

SPRING 2024 • GRAND FORKS ND

VALLEY *times*



100
— YEARS —

A Century of Our Family Caring For Yours



Valley Memorial Homes President Art Tweet places a flag pole in memory of this wife, Alma, at 1023 Almonte Avenue.

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Garth Rydland
PRESIDENT/CEO
Valley Senior Living

I unknowingly started on a path towards long term care while I was in elementary school and my grandma was in the nursing home. We would visit on Sundays and sometimes I would play piano for my grandma. I was struck by how people would gather when music was playing. At first, I was surprised and a little nervous because it felt more like a recital by the time I was done. Later I would learn to bring a bunch of music because I wasn't getting by just playing a few songs.

Fast forward forty years and I'm still doing the same thing, just differently. I try to sing and play for residents once each week. Mostly it's by singing a favorite song for a resident. Sometimes it's singing for a resident who is at the end of life, singing at a memorial service, or at a Valley event. My contributions to Valley go to an endowment that will help music happen here for years to come.

Music connects us to memories and emotions and other people.

Sometimes it's just entertaining. Hopefully, it's all around us, enriching our lives. In a one-hour timeframe near the end of May, I sang for a memorial service at Valley on 42nd, watched the kids from Head Start sing and play with the Wheatland Terrace residents in their fireside room, and talked to a Valley on Columbia resident who was excited to attend the Willie Nelson concert compliments of our Wishing Well fund. Music is everywhere here at Valley!

This time of year, memories pop up in my photos from the recent years of my kids playing at piano recitals at Valley on 42nd. Those are second generation memories I treasure. Who knows, maybe I'll be the resident in the audience someday! I know I will be enjoying the music like the residents do each day at Valley.

Music
connects us

MISSION STATEMENT

Valley Senior Living provides compassionate Christian care and service to enhance the quality of life for those we serve.

VALLEY SENIOR LIVING BOARD OF DIRECTORS EXECUTIVE COMMITTEE

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If you would like to be removed from our mailing list, please contact us.



Welcome

Killashandra Link, BCC

Chaplain at Valley Senior Living on Columbia

What led you to Chaplaincy?

In seminary I was able to experience working as a chaplain intern in a hospital setting at Altru. I enjoyed the experience so much that I continued my education working at a skilled nursing home south of the Cities, followed by two residency programs out in Colorado at a Level 1 trauma hospital south of Denver.

What inspires you in your work as a Chaplain?

The most inspirational part of my work is the connections I get to create and be a part of. These result in the most sacred and humbling experiences when people are in challenging and difficult circumstances. The trust that is placed in my hands in those moments is truly amazing and reminds me every time how important the work I do is.

In your first few months at Valley, what brings you the most joy?

What has brought me the most joy and been the most life-giving has been recognizing how valued the role of the chaplain is here at Valley. By valuing the role of the chaplain, it has led to some amazing connections with staff, residents, and their families. It has led to the chaplain role being utilized as it should be, in its variety of scope of practice which creates a level of depth in each encounter.

What are your hobbies and interests outside of work?

I enjoy camping, riding motorcycle, UND hockey games, playing tennis, working out, reading, watching outdoor movies, hiking, road-tripping with friends, skiing, archery, and hosting themed parties in my apartment complex.

What is your favorite food or snack to indulge on?

My go-to snack would be popcorn or the Albanese brand of fruit snacks and gummy bears. My favorite meal would be either pineapple fried rice, sushi, or a home cooked Puerto Rican dish.

“He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.”

2 Corinthians 1:4

MEMBER CONGREGATIONS

Augustana Lutheran Church
Bethany Lutheran Church
Bethel Lutheran Church
Bygland Lutheran Church
Calvary Lutheran Church
East Walle Lutheran Church
Evanger Lutheran Church
Family of God
Fisher Lutheran Church

Middle Grove Lutheran Church
Ness Lutheran Church
Our Savior’s Lutheran Church
Redeemer Lutheran Church
Reynolds Lutheran Church
St. Mark’s Lutheran Church
St. Matthew’s Lutheran Church
St. Paul’s Lutheran Church
Sharon Lutheran Church

Trinity Free Lutheran Church
Trinity Lutheran Church Manvel
United Lutheran Church
University Lutheran Church
Walle Lutheran Church
Zion Lutheran Church

We would like to recognize and thank Ascension Lutheran Church for serving as a member congregation through 2023.

Generations of Care:

Brooky's Gift to Tufte Manor

In 2024 we celebrate the centennial anniversary of our organization, and we are reminded of the countless lives touched and the enduring legacy of compassionate Christian care that has defined The Home of the Aged, Valley Memorial Homes, and the present Valley Senior Living. From the humble beginnings to the present-day stature, Valley has been a place of comfort and support for generations of residents and their families.

For Brooky Anderson, Tufte Manor holds a special place in her heart and her memories. As a young girl, Brooky would spend time at Tufte Manor with her grandmother, Millie Bjelverud who was the assistant administrator to Art Tweet in the 1970's and later became the administrator. She remembers being a happy six or seven year old girl, moving freely through the care community connecting and visiting with so many different residents, many she still remembers by name. She fondly remembers the 4th of July celebrations and purchasing fireworks with her father to share a celebratory display for the residents outside the main entrance in the loop area just off Cherry Street.

In her eyes, Tufte Manor wasn't just a place that provided care to elderly, but was a place Brooky found to be filled with surrogate grandparents. Each was very welcoming and she recalls sensing how happy they were to have her there and spending time with them. She also has memories of the employees at Tufte Manor, such as the cook Muriel who freely shared her cookies, and the times when her own mother would step up and fill the role of an aide when illness or other commitments would get in the way of the scheduled staff.

Despite the fact she rarely visits Tufte Manor now, and years after her childhood experiences, Brooky saw the news that interior renovations were needed at Tufte Manor. With such positive memories of her time spent there and in loving memory of her grandmother, she graciously decided to contribute to the Tufte Manor Interior Renovations project and is excited to see the physical space improvements become a reality for the residents who live there.

With gratitude for the care that Valley has provided the community for the past 100 years, she describes Valley as, "An extremely caring group of people. They take time to get to know the residents and show they care."

Brooky's gift to Tufte Manor's interior renovations are more than paint, cabinets, and carpet; it's about ensuring those who live there, and those who visit, experience the same warmth and compassion that shaped her own childhood through the time she spent at Tufte Manor.



Tufte Manor Activity Room - 1975

If you are interested in learning more about Tufte Manor's interior renovations please contact Shaun Havis, Director of Development at the Valley Senior Living Foundation at 701-787-7997 or email shavis@valleyseniorliving.org.

Congrats!

Each year the North Dakota Long Term Care Association names recipients of awards including Caregiver of the Year and Volunteer of the Year. This year, Valley Senior Living was honored to have two Caregiver of the Year Award recipients, Joe Bailey and Christopher Plante. We also extend our sincere gratitude to Grand Forks Public_ for the volunteer service they provide to our care communities and congratulate them on being selected as Group Volunteer of the Year.

CAREGIVER OF THE YEAR

JOE BAILEY

Life Enrichment
Assistant Director,
Woodside Village



CAREGIVER OF THE YEAR

CHRISTOPHER PLANTE

LPN,
Woodside Village



GROUP VOLUNTEER OF THE YEAR

Grand Forks
Public_



Inside Valley Senior Living care communities music often fills the air. It may be a piano performance by a volunteer, local musical performers with instruments like an accordion or saxophone, or a group of Childe. Often it is music made by the residents who live at Valley Senior Living.

At Valley, we have two music therapists, Lindsey Moffitt and Jill Swingen, who bring music to life throughout our communities in a variety of ways including joining with families and residents in song at end-of-life, providing residents individualized musical opportunities, assisting with worship services, and offering music groups throughout each community.

Music *fills the air*

Examples of these musical sounds that spread through the buildings include chimes choirs, vocal choirs, and many other small groups. With music groups and individualized visits scheduled throughout each week, music therapy offerings are abundant and highly anticipated by residents.

Music therapy is a cherished part of the day-to-day routine at Valley. Through the power of the music made, walls seem to crumble, barriers dissolve, friendships blossom, and hearts heal. Physically, mentally, and emotionally, music therapy is a unique avenue for expression, connection, and holistic well-being.

Thursday Afternoon Requests

At Valley on Columbia, President/CEO Garth Rydland and Music Therapist Jill Swingen take to the hallways each Thursday with a guitar and keyboard in tow providing the opportunity for residents to request a song for an impromptu performance. They receive all types of song requests from gospel to folk to rock, and of course country and western. Some residents enjoy familiar favorites while others enjoy trying to stump the duo. The connections made and memories shared in the simple act of choosing a song for a one song performance are priceless!



Tufts Manor Chimes Choir

performs for a crowd at Around Our Table.



Heartbeat Treasures

Recording the heartbeat of a resident who is nearing the end-of-life stage often holds a deep significance for the resident and for their loved ones. In moments of uncertainty and impending loss, music therapist Lindsey Moffitt captures the rhythm of a heartbeat. Using music that is meaningful to the resident, she transforms the heartbeat into a recording which is then given to the resident's loved ones after they have passed.

As Heartbeat Treasures are created, a resident's favorite song, Bible passage, or poem is intertwined into their own heartbeat and becomes a special memento created through the talents of Valley's Music Therapist.

JULY 18 AT KING'S WALK GOLF COURSE

19TH ANNUAL VALLEY SENIOR LIVING

GOLF Classic

Contact Shaun Havis at 701-787-7997
for more information.

All proceeds benefit the Tufts Manor
Interior Renovations Project and
Greg V. Hanson Scholarship Fund.

Tree of Life

Our "Trees of Life" located at each care community are beautiful ways we recognize valued donors. Cumulative lifetime giving is recognized at luncheons held twice a year. The most recent luncheon on May 2, 2024, honored 66 individuals, families, and businesses who support Valley Senior Living in numerous monetary ways.

Century Award (\$100,000 to \$249,999)

Eugene L. Lautenschlager Estate

Bethesda Award (\$50,000 to \$99,999)

Bruce & Renee Vaaler

Cornerstone Award (\$25,000 to \$49,999)

Gordon & Trudy Iseminger

Walter & Barbara (Reishus)

Pedersen Lutheran Foundation
Myron Arndt Family - Donette Arndt

Builders Award (\$5,000 to \$9,999)

In Memory of Virginia Schweigert -
Helen & Casey Hutton

Barb Vigen

Tim & Sandy Dittus

In Memory of Ethel Ramstad -

Elaine Ramstad

Chaplain Gwenn Bazajou

City of Grand Forks

Golden Circle (\$2,500 to \$4,999)

In Memory of Ethel Ramstad -

Friends & Family

Scheels

John & Patricia Rieth

Dan & Kristi Austin

Katie Olson

Debbie Kieckbusch

Park Construction Company

Grand Giver (\$1,000 to \$2,499)

Wendy Nelson

In Memory of Margy Gabrielsen -

Friends & Family

Bank Forward/Insure Forward

Don & Carla Kramer

Alexander & Donna Bott

AE2S

Alexis Dawn Horner

Bev Snyder

In Honor of Jerry & Mary Dawn

Berge - Scott Berge

Derek & Heidi Ebertowski

The Sharpe Family-Sarah,

Stephen, Tristan, Dru, JoJo &

David

Michael & Debra Enlow

Beverly Walsh

James & Rita Havis

Yvonne D. Nelson

Sandra Brown

Daniel & Elaine Kratochvil

Sarita Rai

Absolute Glass Window Cleaning

- Chris & Laura Schauer

Jodi & Darren Straus



*Valley Senior Living Club Members
Ida Heuchert and Donna Larson*



Expressing our Gratitude

We extend our heartfelt gratitude to all who have generously contributed to the following memorials from January 9, 2024 to April 30, 2024, ensuring that the legacies they honor continue to inspire and uplift. Your generosity and compassion will make a profound difference in preserving the memory of those we hold dear.

In Memory of Don Amiot

Anna Larson

In Memory of Alice Anderson

James & Rita Havis

In Memory of Betty Anderson

Joan & Greg McMahon

In Memory of Dale Andrews

Jay & Tracey Johnson

In Memory of Kathleen Bakke

Laurie Bakke

In Memory of Sharon Barrett

Andi Iverslie-Folkner

Teresa Kuhens

Jody Little

Paula Nowatzki

In Memory of Charles & Jane Bata

Janet Devillers

In Memory of Jane Bata

Jeff Bata

In Memory of Bethesda Society Board Members

Curtis & Barbara Olson

In Memory of Mildred "Millie" Bjelverud

Brooky L. Anderson

In Memory of Lloyd Blackwell

Rachel Goebel

In Memory of Bernice (Bunny) Bodensteiner

Donald & Maureen Larrabee

Linda Conneran

In Memory of Bunny & Joe Bodensteiner

Mark & Carol Egeland

In Memory of Jim Bollman

Ginny Bollman

In Memory of Gena Bratteli

Truman & Judy Bratteli

In Memory of Dean Brown

Lori & Steve Bott

Barbara Brown

In Memory of Lorraine Brown

Barbara Brown

In Memory of Audrey Burfening

Kevin & Kelly Berg

In Memory of Blaine Burns

Chap. Charles & Claudia Johnson

In Memory of Marvin Burris

Anonymous

Nicole Borman

Steve Burris

Ginni Kroocmo

Lorrie Lansing

Scott & Debbie Rice

In Memory of Margaret Calendar

Heidi Ebertowski

In Memory of Betty Canavan

Scott & Jodi Boettner

Dave & Heather Gilbert

In Memory of Arvid Cellmer

Brenda & Jerod Monda

In Memory of Dick Clark

Margo & Pat Svoboda

In Memory of Ern & Nor Egeland

Mark & Carol Egeland

In Memory of Harold Eisenbarth

Chap. Charles & Claudia Johnson

In Memory of Dolly Erickson

Deanna Nordling

In Memory of Shar Fearing

Debra Fearing

In Memory of Vivian Finnie

Gloria Foss

Sharon Nelson

In Memory of Lois Fontaine

Susan Prestegard

In Memory of Margy Gabrielsen

Doug & Mary Bakken

James & Jill Bisson

John Cowger

Virgil Foss

Mark & Nancy Hadlich

Sandra & Hank Heffern

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Dr. Robert & Judith Johnson

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Fay McPhail

Marjorie Murray

Kathy Mutcher

Richard & Janice Olson

Annette Ray

Todd Schaefer

Margaret Spivey

Scott & Sue Stinar

Robert Tupa

Mr. and Mrs. Ronald Witt

James Woodrow

Roberta Zick

In Memory of Rick Gessler

Patricia Berggren

David & Amy Christianson

Dennis & Kristin Cook

Chadwick Deutsch

Beth Nelson

Jon & Laura Raymond

Bethany Rentz

John & Patricia Rieth

Tim & Lori Saylor

Margo & Pat Svoboda

Janice Tangen

Glen Yoshida

In Memory of Grandparents

Ann Jacobson

In Memory of Veronica Gregoire

Truman & Judy Bratteli

In Memory of Vie & Art Grove

Shari Elgin

In Memory of Lloyd & Evelyn Hirschberger

Renee Powell

In Memory of Jack E. Hoffert

Bill & Laurie Vasicek

In Memory of Doris Jackson

Bonnie Elde

In Memory of Dolly Johnson

Valerie Cartier

In Memory of Glenna Johnson

Loretta Prather

In Memory of Gordon & Delores Johnson

Brian & Marcia Westlund

In Memory of Ronald Johnson & ULC Friends

Sandra & Paul Barrett-Burda

In Memory of Bernice Joseph

Audrey Barta

In Memory of John Joyce

Gerry & Mary Joyce

In Memory of Michael Joyce

Gerry & Mary Joyce

In Memory of Everett Knudsvig

Yvonne Nelson

In Memory of Mark Laliberte

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Yvonne Nelson

In Memory of John Lambie

James Swanson

In Memory of Jack Legg

Chap. Charles & Claudia Johnson

In Memory of Lois Lindquist

Dave & Judi Loer

Mr. and Mrs. Dale Pesch

In Memory of Grace Link

John & Patricia Rieth

In Memory of Mildred Loseth

Thomas & Linda O'Toole

In Memory of Ginko Lundin

Doris Lambie

In Memory of Susan Maddock

Patrick Maddock

In Memory of William L. Madsen

Bill & Laurie Vasicek

In Memory of Maria McNally

Bill & Patricia Whalen

In Memory of Norval Meagher

Gerald & Kathleen Meagher

In Memory of Marlys M. Miller

Kelly Schanilec

In Memory of Charlotte Moen

Anonymous

In Memory of Delores Moore

Rachel Goebel

In Memory of Diane Morken

Fisher WELCA

In Memory of Lyle Nelson

Yvonne Nelson

In Memory of Ken Nice

Audrey Barta

In Memory of Gene Niemeyer

Elaine Niemeyer

In Memory of Jerry Pairez

Chap. Charles & Claudia Johnson

In Memory of Lila Pedersen

Melvin Pedersen

In Memory of Jean & Sherman Plante

Bill & Laurie Vasicek

In Memory of Dwayne Rud

Kevin & Carol Grove

In Memory of Donald Rupp

Pam Rupp

In Memory of Lyle Smith

Suzanne Lien

In Memory of Clyde Soderberg

Mr. and Mrs. Michael Moen

In Memory of William "Bill" Stewart

Donna Woods

In Memory of Gail Swanson

Andy Swanson

In Memory of Marvin Swanson

Shaun & Kristen Havis

In Memory of Alice Tveit

Alice Joy Bostrom

Elsie Egstad

In Memory of Arthur G. Tweet

Sue & Brian Larson

In Memory of Daniel Wallace

Elaine Salentiny

Karen Salentiny

Don & Ellen Strickler

In Memory of Marie Weber

Kevin & Kelly Berg

In Memory of Con & Kathleen Whalen

Scott & Colleen Dennison

In Memory of Vivian Zespy

Vicki Neal

In Memory of Jim & Laurette Zettel

Dan & Sandy Filipi

In Memory of Harold Zola

Sue Cullinan

James & Rita Havis

Howard & Deborah Swanson

Thank You

1st Annual Quilt Auction Donors

Zion Quilters (Oslo)
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Vicki Yoney
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Judy Gafkjen
Trinity Free Lutheran WMF

Redeemer Lutheran Quilters
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Barb Quamme / United Lutheran Church
Nancy King
Sharon Lutheran Quilters

Women That Stitch at
Fisher Lutheran
Willow City Mission Quilters
Augustana Lutheran Quilters
Elsie Egstad
Angela Mills & Wendy Nelson
Linda Welker
Mari Dietrich



Volunteering

AT VALLEY

In April during National Volunteer Week we hosted an open house to recognize our many volunteers and thank them for all they do at Valley Senior Living.



Mary Dawn Berge was recognized as this year's Valley Senior Living Volunteer of the Year. Mary Dawn gives her time and her talents and touches the lives of many residents and employees through her kindness and generosity. Her passion for making a difference is truly inspiring and her contributions to Valley Senior Living make our care community brighter. We honor Mary Dawn with sincere appreciation for all that she does.

Why Volunteer at Valley?

1. Share your time and talents.
2. Create connections with residents and staff.
3. Feel fulfilled when you make a difference.

If you are interested in becoming a volunteer at Valley, visit valleyseniorliving.org/volunteer and sign up today!

Opportunities are abundant! We welcome family members of residents, community members, youth, and groups and organizations to be a part of the Valley team through volunteering.

Current opportunities and volunteer needs include:

- Resident companionship visits including one-on-one visitation or small group gatherings.
- Life enrichment events including a variety of activities from game days to birthday parties.
- Assistance during resident outings to community events or shopping trips.
- Taking residents outdoors in summer for strolls or patio conversations.

If you have a talent you would like to share, a topic you would like to present, or a special way you can help us make it home at Valley, contact Kayla Gust, Volunteer Coordinator at 701-787-7989 or email kgust@valleyseniorliving.org.

Donor Spotlight

Pat Maddock

Valley Senior Living Donor



With a heart filled with generosity and brimming with compassion and appreciation,

Pat Maddock, retired attorney in Grand Forks shared memorial gifts after the passing of his wife Susan with the Valley Senior Living Foundation.

The memorials were given to Valley Senior Living and specifically for Valley Transitions. Valley Transitions is a neighborhood with 30 private rooms and 3 semi-private rooms offering the ability to care for 36 residents. Care partners at Valley Transitions work closely with the resident's personal physicians to design customized care plans to maximize recovery and to provide comfort.

When Pat's wife Susan fell ill, they found solace in the compassionate Christian care provided at Valley Senior Living on Columbia within the Valley Transitions neighborhood. The staff's kindness, patience, and unwavering support during those final weeks are moments Pat and his family will never forget, and moments he will forever be forever grateful for.

During a recent remodel of the resident rooms at Valley Transitions, art pieces featuring local historical places were purchased for each room. Residents will find pictures of Whitey's, the Bronze Boot, the Holiday Inn, Kmart, Norby's former location, UND sporting events and campus locations, and many other historical places and events.

Thank you to the generosity of Pat, his love and Susan's love for this community and the Grand Forks region, Grand Forks' vibrant history is now a part of each Valley Transitions room and has become so much more than a rectangular picture on the wall. Pat says, "The memorial gifts are for my wife, from our friends that gave in her memory and from me."

These carefully selected historical images from our community have become conversation pieces that resonate with both residents and visitors alike. Each room emulates a chance to reflect on the past, and a reason to visit about our wonderful community. If you know Pat, he loves history and he loves a good conversation about our wonderful community, the community where he and Susan lived and celebrated 50 years of marriage, where he worked as an attorney for 51 years, and where they raised their family. He also has a deep appreciation for the care that is provided to so many people at Valley Senior Living care communities. This combination makes the instances where residents and family are reminiscing around the new historical art feel extra special.

Thank you, Pat, for honoring the memory of Susan in this way, and bringing true moments of reflection to so many who pass through our doors for the same compassionate care your family received.



Our Family Caring for Yours

2900 14th Avenue South
Grand Forks, ND 58201

Non-Profit Org.
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Permit #1159

Presented by



JUNE 25, 2024

Calvary Lutheran Church Fellowship Hall | 1405 S. 19th St., Grand Forks, ND

This event is a fundraiser for the Music Therapy program at Valley Senior Living care communities, a life enrichment for Valley Senior Living residents!

11:30 a.m. - 12 p.m.

Church Basement Style Hotdish Meal

12 p.m. - 1:15 p.m.

The Looney Lutheran featuring Valley Senior Living Resident Performers



A Century of Our Family Caring For Yours

Scan this code to purchase tickets or visit our website: music100.cbo.io

