

SPRING 2025 • GRAND FORKS ND

# VALLEY *Times*



## Myra Café

Where Hearts  
and Hands Unite:

# *Volunteers* AT WORK

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**Garth Rydland**  
PRESIDENT/CEO  
Valley Senior Living

## Volunteering: Making a Difference at Valley Senior Living

Our organization was completely volunteer-driven in its first ten years. Starting in 1914, the Bethesda Societies of Grand Forks, along with pastors and members of local Lutheran churches, created the organizational structure for the Grand Forks Home of the Aged in 1917. Their volunteer efforts continued for seven years as they raised money to build the first nursing home in Grand Forks, which opened in 1924.

In the past, churches were the major engines for social services and volunteer work. With government funding of social programs for vulnerable groups, volunteering has evolved, with people seeking flexible, personalized opportunities to make an impact.

At Valley Senior Living, we are taking the month of April, National Volunteer Month, to recognize the value volunteers bring to our residents and care partners every day. We appreciate the volunteers who enhance lives by offering companionship, assisting with recreational activities, and sharing their talents in numerous ways. Whether it's an hour a month or a weekly commitment, every act of kindness makes a meaningful difference.

Volunteering doesn't need to be "formal." In fact, families and friends of residents contribute thousands of unofficial volunteer hours in our communities every year. They develop relationships with other residents and engage in activities each day throughout our organization.

Thank you to each volunteer who shares their time and talents with Valley Senior Living. Your support and dedication are what make Valley Senior Living a special place. If you are interested in learning more about volunteer opportunities, please contact Kayla Gust, Volunteer Coordinator, at 701-787-7989 or visit our website.

### MISSION STATEMENT

Valley Senior Living provides compassionate Christian care for those we serve.

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

### VALLEY SENIOR LIVING BOARD OF DIRECTORS EXECUTIVE COMMITTEE

**Margaret Reed**  
CHAIRPERSON

**Dave Molmen**  
VICE CHAIRPERSON

**Dwight Thompson**  
TREASURER

**Carol Svendsen**  
SECRETARY

**Scott Berge**  
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**Patrick Moore**  
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**Michael Brown**  
DIRECTOR

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PRESIDENT/CEO

### VALLEY SENIOR LIVING FOUNDATION BOARD OF DIRECTORS

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**Garth Rydland**  
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**Dwight Thompson**  
EX OFFICIO

**Shaun Havis**  
PRESIDENT/DIRECTOR OF DEVELOPMENT

*“Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone.”*

1 CORINTHIANS 12:4-6



**Bud Johnson**  
CHAPLAIN  
Valley Senior Living

## CHAPLAIN UPDATE

There are a variety of gifts that come to us at Valley Senior Living from those who, I believe, are guided by the Holy Spirit. They are our wonderful volunteers. Our residents are able to experience many remarkable moments because of the generosity of our volunteers who give their time and talents.

Our volunteers also provide many unique skills and abilities for the enjoyment and success of our programming and daily operation. Many times, an activity or an event begins with a simple statement such as, “Have you ever thought of...?”, or “I was thinking I would like to help with...” The beauty of such offerings is that these ideas come with expertise or abilities that we hadn't considered as a possibility.

It is gratifying to see when a volunteer, or a group of volunteers, plans, organizes, and executes an activity that is outside of the daily routine here at Valley. The delight and satisfaction on our residents' faces radiate when they are fully involved and participating in an activity or event, such as the recent “Grand Pals” Day of activities with children on a recent day off from school.

It is an honor to work alongside our wonderful volunteers who provide for the organization, care, well-being, and entertainment of our residents and staff. We say “Thank You” for your partnership and generosity of your ideas and your time. We look forward to continuing our shared ministry with our residents at Valley Senior Living.

## The gift of Volunteers



### 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

# To all our amazing volunteers *Thank*

Your support and kindness make an immeasurable difference, and we are grateful for the care you provide. You are a part of what makes Valley Senior Living such a special place.

Together, let's celebrate these incredible individuals in April and always!



## *The Quiet Presence of Kathy Lieberg*

*Over a decade ago, Kathy Lieberg embarked on a volunteer journey that would prove life-changing and spiritually fulfilling. At that time, the Abiding Program was established at Valley, a program dedicated to offering comfort to those in their final moments and ensuring that no one dies alone, if that is their wish. Though initially uncertain, Kathy was moved by the program's purpose, encouraged by a friend, and decided to volunteer.*

"It's just something about going into the room," Kathy reflects. "I feel the presence of God, and sometimes, I even feel like there are angels there with me. I introduce myself, I pray a rosary, and I pray that they die as peacefully as possible," she explained, her voice soft yet assured. "I find it a peaceful time for me, and I hope that what I am doing is good for the person I'm with."

Kathy has no illusions about her role. For her, this work isn't about grand gestures or dramatic moments. It's about offering her presence, her prayers, and her compassion during a time when they are most needed.

Kathy's volunteer work at Valley extends beyond just being with residents at the end of life. Twice a week, she also shares communion with the Catholic residents. She looks forward to these visits just as much as the residents seem to look forward to seeing her. "They seem to enjoy my presence," Kathy said with a warm tone, though it was clear that the enjoyment was mutual. "The more I am at Valley, the more I thoroughly enjoy the company of the residents."

Over time, Kathy has stopped questioning why she feels drawn to this work. In the quiet moments of prayer, she has come to realize that her time there is part of a much larger story—a story of service, compassion, and the quiet presence of God.

For more than a decade, Kathy has given of herself not out of a desire for something in return, but because she discovered a profound sense of peace and purpose she never anticipated when she first began this volunteer journey. And perhaps, in the end, she will come to understand that the greatest gift she has given is the presence of love, prayer, and quiet companionship in the final moments of a resident's life.

you!

*The Heart of Service:  
Dawn Anderson  
Spreads Joy Through  
Bingo and Serving  
at the Myra Café*



*After retiring over a year ago, Dawn Anderson sought a way to give back to her community through meaningful volunteer work. It didn't take long before she found herself walking through the doors of Valley on Columbia, a place that was special to her. Her mother had been a resident there, and Dawn had felt the warmth and care that the staff and volunteers provided. Valley has a unique way of making people feel like family, and Dawn knew she wanted to be part of that experience again, in any way she could.*

On Mondays, Dawn volunteers for the popular Bingo games at Valley on Columbia. The familiar sound of numbers being called loudly and clearly, paired with the shared laughter of residents and volunteers, fills the air during her time there. Dawn loves how Bingo brings the residents together, the joy it brings to their faces when someone wins, and the collective sense of community in the room. "It's such a simple game, but it makes such a difference. I feel good doing it each Monday," she says with a smile.

But Dawn's service doesn't stop there. Once a week, she heads to the Myra Café at Valley on 42nd, where she serves lunch to employees, visitors, and occasionally a few residents. The Myra Café is operated by volunteers like Dawn, and she has come to treasure the experience. "It's more than just serving food. It's about connecting with people, making them feel seen and valued," she shares.

Dawn's time at Valley is about much more than the tasks she performs. After nearly a year of volunteering, she has found a renewed sense of purpose, knowing that her small acts of kindness are making a meaningful difference in the lives of others. Whether it's assisting a resident during Monday afternoon Bingo or serving a warm meal at the café, Dawn is an integral part of the community at Valley, contributing to the comfort and connection felt by those who walk through its doors.

In her quiet way, Dawn has discovered that retirement isn't just about slowing down — it's about giving. Giving her time, her heart, and her presence to a place that has meant so much to her, and in doing so, finding a new chapter of fulfillment and joy.

# THE VALLEY SENIOR LIVING CLUB: A Legacy of Support and Fellowship



For over 50 years, the Valley Senior Living Club has been a cornerstone of generosity and community engagement, ensuring that residents at Valley Senior Living enjoy the little extras that make life more meaningful. Originally founded in 1973 as the Valley Memorial 1000 Club (VM-1000 Club), this fellowship of men and women was organized to enhance the lives of residents through special items, programs, and projects beyond the standard provisions of care.

In its early years, the club was known for its quarterly dinner meetings, where members enjoyed meals, engaging programs, and dynamic speakers. Over the decades, the club hosted governors, college presidents, ministers, and community leaders, providing programs that were spiritual and informative. The organization was governed by a dedicated board of directors, who guided its mission and ensured that funds were used effectively to enrich residents' lives.

## A History of Generosity

Since its inception, the club has provided countless gifts that have improved the quality of life for those at Valley Senior Living. From vans and buses for resident outings to therapeutic whirlpool tubs, electric organs, entertainment centers and furnishings providing support for all Valley Senior Living care communities. Even items like fine china for dining services have been made possible through the club's generosity, demonstrating its commitment to creating a warm and welcoming environment.

## Why Was the Club Formed?

Even in the 1970s, the rising costs of healthcare were evident. As regulations and care provisions increased, so did the financial challenges of providing a premier living environment for seniors. While resident fees covered essential care, the Valley Senior Living Club stepped in to provide the "little extras"—those special additions that transform a facility into a true home.

## The Club Today

While the club's format has evolved, its mission remains strong. Today, the Valley Senior Living Club meets semi-annually in the spring and fall, hosting the Tree of Life Award Luncheons. These gatherings celebrate the generosity of individuals and organizations that have supported Valley Senior Living through gifts to the Valley Senior Living Foundation. At these luncheons, members continue the club's tradition of education, fellowship, and philanthropy, ensuring that the spirit of giving remains vibrant.

## Recent Contributions

Through the dedication of its members, the Valley Senior Living Club has continued its mission of enhancing the residents' experience. Recent gifts have included:

- An Eversound listening system for residents at Woodside Village, improving their ability to engage in conversations and activities.
- A set of Orff instruments to support the Music Therapy Program.
- Cooking utensils for Woodside Village, allowing residents and Life Enrichment staff to prepare meals.
- Support for the End-of-Life Program, ensuring dignity and comfort for residents in their final journey.
- Crosses for all newly admitted residents in skilled nursing neighborhoods providing a meaningful and spiritual welcome.
- Dining and Activity Room chairs for Tufte Manor, creating a more comfortable experience.
- Computers and desks for Valley on Columbia, supporting technology needs for residents.
- And funding for various Life Enrichment programs that bring joy and engagement to residents across all campuses.



*Orff instruments played by a Wheatland Terrace resident and a Valley Senior Living volunteer.*

## Membership and Leadership

The 2025 Valley Senior Living Club Board of Directors includes:

- Joanne Becker
- Donna Larson
- Sandy Heffern
- Marlys Kjellberg
- Debbie Todhunter (newly appointed)

The club's goal for membership this year is to raise more than \$7,000. Annual membership is \$75 per individual, which includes lunch at both recognition luncheons.

The legacy of the Valley Senior Living Club is one of dedication, community, and impact. As it continues to support the residents of Valley Senior Living, we invite all who share in this mission to be part of a tradition that has enriched lives for more than five decades.

For more information about joining or supporting the Valley Senior Living Club, please contact Shaun at the Valley Senior Living Foundation at 701-787-7997 or email [shavis@valleyseniorliving.org](mailto:shavis@valleyseniorliving.org).

# Memorials

We gratefully acknowledge the following gifts received in memory or in honor from November 16, 2024 to February 28, 2025.

**In Memory of Alvin & Loraine Ahmann**

Ann Jacobson

**In Memory of Elsie Asche**

Diane Bring

**In Memory of John Belcher**

Ida Belcher

**In Memory of Barbara Belt**

Chap. Charles & Claudia Johnson

**In Memory of Donald Benson**

Rachel Berger

**In Memory of Bethesda Society Members**

Curtis & Barbara Olson

**In Memory of Bernice "Bunny" Bodensteiner**

Donald & Maureen Larrabee

**In Memory of Joe & Bernice "Bunny" Bodensteiner**

Linda Conneran

**In Memory of Jim Bollman**

Ginny Bollman

**In Memory of Dean Brown**

Barbara Brown

Joann Brown

Cheryl & Jay Ekren

**In Memory of Loraine Brown**

Barbara Brown

**In Memory of Russell Brummond**

Rae Moore

**In Memory of Audrey Burfening**

Kevin & Kelly Berg

**In Memory of Madaline Carlson**

Sarah Sharpe

**In Memory of Melanie Carpenter**

Benjamin Carpenter

**In Memory of Tom Carson**

Shari Elgin

Sally & Andy Grosgebauer

Eida Kastner

Warren & Susan Schumacher

Richard & Mary Ziegler

**In Memory of Donna & Dewey Christen**

Ann Jacobson

**In Memory of Richard Clark**

Mrs. Phyllis Clark

**In Memory of Shelly Corthell**

Stephen & Kathryn Flaot

**In Memory of Doris Delmaire**

Mark & Teresa Aubol

**In Memory of Diane Durand**

Susie Laurin

**In Memory of Marion Durand**

Susie Laurin

**In Memory of Alice Gardner**

Terry & Donna Gardner

**In Memory of Paul Gillespie**

Chap. Charles & Claudia Johnson

**In Memory of Orv & Loraine Gullickson**

Paul & Claudia Zimmer

**In Memory of Dennis Gunderson**

Chap. Charles & Claudia Johnson

**In Memory of Hazel Gunderson**

Laurie Fontaine

**In Memory of Helen Halle**

Brenda & Scott Halle

**In Memory of Donna Haug**

Kathryn Flaot

Donna Haug Estate

Reed & Sheryl Tinkham

**In Memory of Edwin & Donna Haug**

Janet Vanek

**In Memory of Larry Heuchert**

Pauline Bondy

**In Memory of Lloyd & Evelyn Hirschberger**

Renee Powell

**In Memory of Robert Iverson**

Colette Iseminger

**In Memory of Carol Joyce Johnson**

Sally & Andy Grosgebauer

Debbi Hillebrand

Robert Hoverson

Kathy Mutcher

Carol Troftgruben

**In Memory of Delores Johnson**

Brian & Marcia Westlund

**In Memory of Dolly Johnson**

Valerie Cartier

**In Memory of Gordon Johnson**

Marcia Westlund

**In Memory of LaVonne Johnson**

Kari Chiasson

Wayne & Erlene Erickson

Douglas & Madonna Hajjcek

Edgewood Management Group

Keith Jensen

Kenneth & Patricia Jensen

Chap. Charles & Claudia Johnson

Kathy Kath

Donald & Jennifer Mack

Walter & Nancy Olson

Mary Shide Hartje

Phyllis Tweton

Gerald & Gail Zehren

**In Memory of Oliver J. Johnson**

Craig Brownstein

Jill Gerber

Shannon & Alan Hamm

Lawrence Jahnke

Karl Kaufman

Jana & Dana Loken

John & Patricia Rieth

Callan Swenson & Jennifer Barger

Paul Wade Tordoff

Cheryl Tupa

Tyler Visina

& an anonymous donor

**In Memory of Frances Kobe**

Mark Kobe

**In Memory of John Lambie**

Debbie Koffski

**In Memory of Ray Larson**

Duane & Audrey Anderson

James & Joyce Carlson

Roger & Roxanne Hagen

Chap. Charles & Claudia Johnson

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Anna Larson

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Jeanne Tack

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Molly Yeh & Nicholas Hagen

**In Memory of Marcie Loiland**

Jerry & Cheryl Loiland

**In Memory of Susan Maddock**

Daniel & Kathleen Maddock

Patrick Maddock

**In Memory of Edward Mayotte Sr.**

Chap. Charles & Claudia Johnson

**In Memory of Pat McGurk**

Ginny Bollman

**In Memory of Terry McKenna**

Mary Ann McKenna

**In Memory of Ralph Messelt**

Chap. Charles & Claudia Johnson

**In Memory of Jack Miller**

Mark Kobe

**In Memory of Loretta Miller**

Mark Kobe

**In Memory of Marlys Miller**

Brian & Kelly Schanilec

**In Memory of Marilyn M. Morstad**

Anonymous

**In Memory of James & Agnes Nelson**

Kent & Marilyn Ripplinger

**In Memory of Lyle O. Nelson**

Terry & Tara Nelson

**In Memory of Richard Nelson**

Anonymous

**In Memory of Curtis Novak**

Brittany Jallo

**In Memory of our Parents**

Mark & Carol Egeland

**In Memory of Lila Pedersen**

Melvin Pedersen

**In Memory of Lee Piepkorn**

Clark & Kathy Piepkorn

**In Memory of Ethel Ramstad**

Elaine Ramstad

**In Memory of Sheldon Roning**

Fisher Lutheran Church WELCA

**In Memory of Nancy Rynestad**

Joseph (Andy) & Patricia Anderson

Chap. Charles & Claudia Johnson

Rod & Karen Wilhelm

**In Memory of Kirk Sand**

Steve & Annella Winger

**In Memory of Clarence Sande**  
Kory & Susan Sondreal

**In Memory of Margaret Sather**

Mary Ann Devig

Doris Lambie

**In Memory of Geraldine Schlenker**

Rachel Berger

**In Memory of Frank & Dorothy Schmidt**

Monica and Mark Musich

**In Memory of Nancy Schulz**

Chap. Charles & Claudia Johnson

**In Memory of Donald & Margie Sellheim**

Donavon & Georgine Sellheim

**In Memory of Marilyn Sherwin**

Chap. Charles & Claudia Johnson

Lindsey & Danny Moffitt

Michelle Post

**In Memory of Don & Gladys Snyder**

Bev Snyder

**In Memory of Randy Sorum**

Chap. Charles & Claudia Johnson

**In Memory of Ted Schock**

John & Sherry Strecker

**In Memory of Ray Steffen**

James & Sharon Holter

**In Memory of Gail Swanson**

Andy Swanson

**In Memory of Marvin Swanson**

Shaun & Kristen Havis

**In Memory of Chris Tinjum**

Elaine Niemeyer

**In Memory of Myrlin Troftgruben**

Rhonda Greicar

**In Memory of Dagny Tweten**

Jack & Marge Buchner

Kristie Friese

Allan Moe

**In Memory of Dick Walsh**

Beverly Walsh

**In Memory of Marie Weber**

Kevin & Kelly Berg

**In Memory of CJ & Kathleen Whalen**

Scott & Colleen Dennison

**In Memory of Hilda D. Wilhelmi**

Rod & Karen Wilhelmi

**In Memory of Dorothy Woinarowicz**

Minnkota Power Cooperative

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**In Memory of Robert G. York**

Elizabeth York

**In Memory of Ann Zahradka**

Bill & Laurie Vasicek

**In Memory of Vivian Zespy**

Vicki Neal

**In Memory of Will & Blanche Zimmer**

Paul & Claudia Zimmer



## A Heartfelt Thank You to Our Giving Hearts!

We are deeply grateful to the over 170 Giving Hearts who generously donated on Giving Hearts Day! Together, we raised over \$59,000 in support of Intergenerational Programming at Valley Senior Living.

A special thank you to our incredible matching gift supporters: Bruce & Renee Vaaler, Duane Nelson, Alerus, C&R Cleaners (Don & Patricia Larsen), Cole Papers, Megan & Nicholas Flom, Dave & Karen Molmen, Dr. Pat & RoxAnne Moore, and one anonymous donor. Their generosity doubled every gift this year, making an even greater impact!

*Thank you for helping us  
create moments that truly matter.*



## Valley Senior Living Receives 2025 Customer Experience Award

Valley Senior Living has earned Activated Insight's 2025 Customer Experience Awards™ for Woodside Village, Valley Senior Living on Columbia, and Wheatland Terrace. This recognition reflects the organization's ongoing commitment to providing exceptional service and care.

Valley Senior Living achieved this honor by scoring in the top 15% nationally across a 12-month period based on feedback from residents and their families. This accomplishment underscores Valley's dedication to delivering exceptional experiences to residents and their families.





**Giving  
Now**

**vs.**

**Giving  
Later**

## Making an Impact Today and Tomorrow

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As Valley Senior Living enters its second century of service, we are not only enhancing our current program pillars — **Chaplaincy Ministry, Music Therapy, Intergenerational Programming, and Community Connections** — or upgrading our facilities to ensure a safe, caring, and comfortable environment for our residents. We must also look ahead, preparing to sustain these focus areas for the future by providing financial flexibility to embrace new challenges and opportunities.

### **GIVING NOW** Meeting Immediate Needs

Gifts made to current Foundation funds provide immediate support for our pillars and services that are making a difference today. These gifts allow Valley Senior Living to respond to pressing needs, fund specific projects, and maintain essential programming. Since these funds are utilized in the present, they must be replenished often to sustain ongoing initiatives.

### **GIVING LATER** Leaving a Legacy

Gifts made through endowments, planned gifts, or estate giving ensure Valley Senior Living's long-term stability. Endowment gifts are invested, with only the earnings used to support designated programs, creating a permanent source of funding. Unlike current gifts, these contributions continue to make an impact for generations to come. While some donors establish endowments through estate planning, many choose to give during their lifetime, ensuring their values and vision live on.

Both Giving Now and Giving Later play vital roles in sustaining the mission of Valley Senior Living. Whether you wish to make an immediate impact or leave a lasting legacy, your support helps create a future where our programs continue to thrive.

*To learn more about how you can give in a way that aligns with your personal goals, please contact Shaun Havis at (701) 787-7997 or [shavis@valleyseniorliving.org](mailto:shavis@valleyseniorliving.org).*

“Each of you should use whatever gift you have received to serve others, as *faithful stewards* of God’s grace in its various forms.”

- 1 PETER 4:10

## Volunteer at Valley – Make a Difference Today!

Discover the joy of giving back by joining the volunteer community at Valley. Your time and talents can make a meaningful impact in someone’s life.

Sign up now at [valleyseniorliving.org/volunteer](http://valleyseniorliving.org/volunteer).

For more information, reach out to Kayla Gust, Volunteer Coordinator, at [kgust@valleyseniorliving.org](mailto:kgust@valleyseniorliving.org) or call 701-787-7989.

Be the reason someone smiles today - be the helping hands that make a difference - together.

# 10th Annual *Ground* **OUR TABLE** & 2nd Annual Quilt Auction

## April 26, 2025

Calvary Lutheran Church Fellowship Hall | 1405 S. 9th St., Grand Forks, ND  
Doors Open 9:30 a.m. | Brunch 10 a.m. | Online Quilt Auction Ends 12 p.m.



Individual  
Tickets  
**\$25**

Table of 8  
**\$200**



Visit our website at:  
<https://aot.cbo.io>

All proceeds support  
the Chaplaincy  
Ministry Program





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# 2025 Events

## Mark Your Calendars



04.26

Calvary Lutheran Church

### Around Our Table

Benefits Chaplaincy  
Ministry



06.24

Calvary Lutheran Church

### Music Therapy Fundraiser

Benefits Music Therapy



07.17

King's Walk Golf Course

### Golf Tournament

Benefits special  
projects & Greg V.  
Hanson Scholarship



09.25

Alerus Center

### Oktoberfest

Benefits Community  
Connections

Valley Senior Living Foundation hosts special events throughout the year. Various sponsorship opportunities, in-kind donations, and more are needed for our events. If you are interested in becoming a sponsor or would like to contribute donations for our various silent auctions, raffles, and more, contact Shaun Havis, Director of Development at the Valley Senior Living Foundation, (701) 787-7997 or [shavis@valleyseniorliving.org](mailto:shavis@valleyseniorliving.org)

