

SUMMER 2025 • GRAND FORKS ND

VALLEY *times*



WE GIVE THANKS
TO GOD FOR YOU
1 Thessalonians 1:2

IN THIS EDITION

20 Years of the Valley
Senior Living Golf Classic

Resident Music Therapy
Spotlight

Memorial Contributions
& Legacy Giving



Garth Rydland
PRESIDENT/CEO
Valley Senior Living

Making Music & Making a Difference

I've been a strong supporter of our music therapy program since it started 11 years ago. In 2014, we had the opportunity to hire our UND intern and now full-time Music Therapist, Lindsey Moffitt. In 2015, we hired another UND intern, Jill Swingen, who now serves in the unique role of part-time Music Therapist and my full-time Executive Assistant.

I love getting to be a small part of the music therapy program. On Thursdays I get to go room to room with Jill at Valley on Columbia to sing each resident their favorite song. We've been doing this for about five years now. It's often the best part of my week! There is a clear pecking order of people's favorites. If resident requests were an Olympic podium...

Gold goes to Johnny Cash
Silver goes to Elvis (a distant second)
Bronze to traditional hymns

Ultimately, music is about connection. I love the stories that come with the requests. Often, the request is linked to the memory of their husband, wife, mother, or father. You would think there would be more memories linked to their kids, but "I can't understand what they're saying" is often what parents say about their kids' music!

This fall we are excited to hopefully see the return of UND music therapy students to Valley. As we continue to grow in our ability to serve residents, it is our Foundation's goal to fund the music therapy program through endowments. Personally, my wife and I started an endowment for music therapy at Valley because we see how music enriches the lives of residents. If music is your passion, consider supporting the music therapy program through your contributions or maybe even as a volunteer. We are always looking for people to share their talents however you choose!

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	Patrick Moore DIRECTOR
Dave Molmen VICE CHAIRPERSON	Tom Colenso DIRECTOR
Dwight Thompson TREASURER	Michael Brown DIRECTOR
Carol Svendsen SECRETARY	Garth Rydland PRESIDENT/CEO
Scott Berge DIRECTOR	

VALLEY SENIOR LIVING FOUNDATION BOARD OF DIRECTORS

Carol Svendsen CHAIRPERSON	Kathy Meagher DIRECTOR
Brittany Caillier VICE CHAIRPERSON	Margaret Reed EX OFFICIO
Scott Berge TREASURER	Garth Rydland EX OFFICIO
Megan Flom SECRETARY	Dwight Thompson EX OFFICIO
Chris Wolf DIRECTOR	Shaun Havis PRESIDENT/DIRECTOR OF DEVELOPMENT
Monica Musich DIRECTOR	



Killashandra Diekman,
BCC
CHAPLAIN
Valley Senior Living

The spiritual importance of music – and music therapy

“Sing to the Lord, for he has done glorious things; let this be known to all the world.”

ISAIAH 12:5

This quarter, we joyfully celebrate the incredible gift of Music Therapy and the profound impact it has within our care communities. Music is more than sound; it is memory, emotion, comfort, and connection. It reaches places in the heart that words often cannot, and when paired with spiritual care, it becomes a powerful tool for healing, presence, and peace.

The Chaplains collaboration with the Music Therapy department has grown beautifully, and we are deeply grateful for the partnership we share. Together, we have seen how music and chaplaincy can intertwine in both structured worship services and intimate end-of-life settings, creating moments that are meaningful, sacred, and deeply personal.

In worship services, music lifts spirits, invites participation, and helps create a shared sense of belonging. Whether it's singing a beloved hymn or playing reflective instrumental pieces, music softens hearts and opens space for God's presence to move.

At the end of life, this partnership becomes especially powerful. We often work together to provide residents with their favorite spiritual songs and hymns, tunes that have accompanied them through life's journey. Families have shared how hearing a parent's cherished hymn in their final hours brings peace, comfort, and even joy amidst grief. These shared moments become holy ground.

We believe that this connection, through music and spirit, is a sacred thread that weaves love, memory, and meaning together.

As we continue this journey together, we honor the work of our Music Therapists and give thanks for the ways they help us minister more fully to the soul. It is a privilege to walk alongside them in this meaningful work.

Chaplain Killashandra Diekman

GRATITUDE FOR OUR MEMBER CONGREGATIONS

We thank the 24 member congregations whose steadfast leadership and guidance continue to shape and strengthen the mission of Valley Senior Living. Your involvement in the governing process reflects a deep commitment to compassionate care.

- 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

A Standing ovation goes out to our amazing sponsors who helped make this all possible:



PLATINUM SPONSOR

Karrier's Inc.

MELODY GOLD SPONSOR

Family of Marjorie Dorsher Johnson - Sam, Margie, Peter, Kari, and Robert

ENCORE SILVER SPONSORS

Border States Electric
Gertrude Jacoby
Little Miracles
Xcel Energy

PERCUSSION BRONZE SPONSORS

Altru Health System
Budget Drug
Daniel & Sharon Luney
Dr. Pat & RoxAnne Moore
Gregory J. Norman Funeral Chapel
Melanie & James Popejoy
Carol Svendson

BITES & BEATS SPONSORS

Robert & Nancy Useldinger
Veterans of Foreign Wars #3817
Blue Moose
Ely's Ivy
Half Brothers Brewing Co.
Starbucks
DHI Sweet Street



VOICES OF VALLEY
Variety Show

What an incredible afternoon at the Voices of the Valley Variety Show, June 24 at Calvary Lutheran Church! With many heartfelt performances, our care communities came together to celebrate the power of music and raise funds to support the Music Therapy services we offer at Valley Senior Living.

Until next year — keep sharing the music, the love, and the joy!



Scan this code to learn more about Music Therapy at Valley





Still in Tune



Emelia and Music Therapy

At Valley Senior Living on Columbia, the spirit of music lives on through residents like Emelia Homme—a woman whose life has been shaped by a love for music, melody, and rhythm. Though she no longer plays the accordion, her musical journey continues with participation in choir practice, chimes choir, and rock band practice.

Emelia taught herself to play the accordion around the age of 12 and went on to make music a lifelong companion. Her first band was named *The Gaylites*, which laid the groundwork for what would become a 28-year adventure touring the region. Later, she helped form *The Royal Pacesetters*, a talented trio of women who brought their upbeat sounds to towns from the Canadian border to South Dakota. For many

years you could find Emelia and her band playing at the American Legions, VFWs, or Senior Citizen Centers all throughout the region.

While Emelia has since set her accordion aside, her love of music is still as strong as ever. These days, music fills Emelia's soul in different ways. She actively participates in music therapy group sessions at Valley, sharing, "I like to get involved and I enjoy music so much."

Emelia's participation and performance in events like the Voices of Valley Variety Show are a testament to the lasting power of music. For Emelia, it continues to create connections and memories, and it brings her and others great joy.


LEAVING A Legacy

When someone chooses to leave a legacy gift, it is often more than a financial contribution. A legacy gift is often a representation of appreciation and gratitude, and defines interests, beliefs, and desires for a better and brighter future for others.

Gladys Amundson's life can be reflected on as a testament to that kind of legacy – a legacy made even more powerful through her generous \$50,000 gift to the Valley Senior Living Foundation.

Gladys grew up on a farm near Manvel, North Dakota, and together with her siblings and alongside her cousins, they learned the importance of hard work, compassion, and community. After earning her nursing degree in 1941 from Deaconess School of Nursing in Grand Forks, Gladys worked as a registered nurse in Seattle, Alaska, and California. Her nursing career peaked in California with over 20 years spent with the American Red Cross Blood Bank in Los Angeles. During these years in the nursing profession she cared deeply for others. But perhaps Gladys's deepest care was reserved for her family. When her brother Kenneth passed and her other brother Donald needed support and care, she returned home to North Dakota to serve as his caregiver. Donald later became a resident at Valley Senior Living.

Gladys was compassionate and believed in the importance of community, and especially the importance of community in the lives of seniors. After her passing she left generous gifts to organizations attached to senior care and senior services. Gladys' gift to Valley Senior Living is a powerful investment in the well-being of future generations, making a difference beyond her lifetime.

A portrait of Gladys Amundson, an elderly woman with short, curly blonde hair, wearing glasses, a pearl necklace, and a black and white patterned jacket. She is looking slightly to the right of the camera with a gentle expression.

Her
Generosity
Lives On at
Valley Senior
Living

Wishing Well

At Valley Senior Living, our Wishing Well program, funded by donations given to the Valley Senior Living Foundation, turn wishes from residents into memorable experiences.

In May and June, several residents had the opportunity to attend their loved ones' graduations — a meaningful milestone moment for families.

For residents, being present to cheer on and congratulate their grandchildren or great-grandchildren is more than just a day out. These special moments and milestone events not only lift spirits but also remind us of the special connections between generations.

Through the Wishing Well, the Valley Senior Living Foundation provides funding, and the care team at Valley Senior Living connects all the dots and makes all the arrangements to grant special wishes which are often outings to special family events or and meaningful places. We are all honored to make these cherished memories and moments possible.



Cassidy Mindeman, Karen Mindeman, and Jay Mindeman

Karen Mindeman, resident at Valley Senior Living on Columbia, attended the Hooding Ceremony for her granddaughter Cassidy Mindeman, from the Department of Physician Assistant Studies at the University of North Dakota.



Marilyn Johnson and Arynn Rubash

Marilyn Johnson, resident at Woodside Village, attended the Red River High School graduation ceremony for her great-granddaughter Arynn Rubash.



Cornerstone Awardee: Rev. Charles 'Bud' and Claudia Johnson with President/CEO Garth Rydland

Music Therapist Jill Swingen and Life Enrichment Assistant Michelle Post

We are proud to honor the individuals, families, and organizations who help make our mission possible through their contributions. In this special Tree of Life feature, we recognize those whose support has made a lasting impact at a Valley Senior Living care community. The names listed were recognized at the annual Tree of Life banquet held on May 1, and the names are now displayed on our donor recognition walls, the Tree's of Life, as a symbol of gratitude and a testament to the way they have touched Valley Senior Living with generosity.

Tree of Life

Bethesda Award

Virtual Award: \$50,000 Cumulative Gifts
Joy Bostrom

Cornerstone Award

Virtual Award: \$25,000 Cumulative Gifts
Rev. Charles 'Bud' and Claudia Johnson
Peter & Melanie Hoistad

Heritage Award

Large Stone: \$10,000 Cumulative Gifts
Duane Nelson - In Memory of Lila Jane Nelson
Terry & Donna Gardner - In Memory of Alice Gardner
Dakota Supply Group

Builders Award

Small Stone: \$5,000 Cumulative Gifts
Carol Joyce Johnson
Happy Harry's Bottle Shops
Jenny Schultz
Bob & Jeanine Peabody



The Tree of Life at Valley on 42nd



The Valley Orff Band

Golden Circle

Gold Leaf: \$2,500 Cumulative Gifts

Richard & Phyllis Clark
 In Memory of Tom Carson, Jr.
 Warren and Susan Hoistad Schumacher
 Wendy Nelson
 Angie Olson
 Amy Olson
 Reginald Jechart - In Memory of Susan Jechart
 Ellis & Linda Larson
 Peggy Cosley Family - In Memory of Richard
 (Dick) Cosley

Grand Giver

Silver Leaf: \$1,000 Cumulative Gifts

Marilyn Kuhlman - In Loving Memory of Daniel A.
 Kuhlman
 Gordon & Dorothy Hoeger
 Gail Feken - In Memory of Rodney & Carol Clark
 Donna Haug Family - In Memory of Donna Haug
 Gordon Sather and family - In Memory of Margaret
 Sather
 Les Moore Family
 The Misialek Family
 Irene Larson - Ray Larson Family
 In Memory of Al & LaVonne Johnson
 Ginger Bradley
 First Community Credit Union
 Madison Bartlette
 Janet Vanek - In Memory of Edwin & Donna Haug

Debbie Gerszewski
 Lucas Holbrook - In Memory of Alex Crocker &
 Lillian Johnson
 Erin Ortloff
 Sonja Hathaway
 Jim & Alinda Bereksten
 Terry & Tara Nelson
 Else Rike
 Evelyn Ternquist

Bronze Circle

Bronze Leaf: \$500 Cumulative Gifts

John & Kathy Martin
 Michelle Anderson - In Memory of Roy Fairchild
 Raymond Peltier
 John & Wayne Berdal families
 Michelle Post
 Duane & Audrey Anderson
 Baillie Hanson
 Stacey VanCamp
 Kimberly Duncombe
 Diane & Dr. John Knauf
 Jamie & Jacob Rash
 Nancy Solem
 Darrell Hefter
 Etta McDonald
 Tim & Trish Nedberg
 Gladys Pecka
 Ingrid Pfohl - In Memory of Karin Lealos

Memorials

We gratefully acknowledge the gifts given in memory and honor of loved ones, friends, and family. These contributions help support the mission of Valley Senior Living to provide compassionate Christian care to those we serve. We extend our sincerest thanks to all who gave in remembrance from March 1 to June 17, 2025.

In Memory of Rita Ahlers

Debbi Hillebrand

In Memory of Donald Amundson

Gladys Amundson Estate

In Memory of Gladys Amundson

Gladys Amundson Estate

In Memory of Kenneth Amundson

Gladys Amundson Estate

In Memory of Rudy Applequist

Fisher WELCA

In Memory of Jerome Bakke

Marilyn Bakke

In Memory of Marsha Bouvette

Kelly Anderson

John & Renae Bridewell

Rebecca Bryan

Joe & Kari Czapiewski

Roger & Sharon Gustafson

Chaplain Charles "Bud" & Claudia Johnson

John & Jackie Knudson

David & Kristie Lansing

Kevin McCullough

Minnkota Power Cooperative

Carolyn & Nate Nyberg

Pam Olson

In Memory of Frank & Julia Brossart

Marge Wolf

In Memory of Dean Brown

MarshMcLennan Agency

In Memory of Loraine Brown

Marsh McLennan Agency

In Memory of Delores Deitz

Cynthia Driscoll

In Memory of Ebba Eide

Alan & Linda Halvorson

In Memory of Robert Enoch

Mark & Carol Egeland

In Honor of the Kenneth & Verona Poolman Family

Verona Poolman

In Memory of Jacob Fjestad

Wayne & Joan Novak

In Memory of Jerry Foote

Donald Swartz

In Memory of Lillian Frette

Elsie Egstad

In Memory of Tom Gabrielson

Doug & Mary Bakken

Mark & Jackie Erickstad

Delores Fast

Virgil Foss

Marc Gaetz

Jim & Pam Galloway

Dorothy P. Gormsen

Todd & Brenda Hanson

Sandra & Hank Heffern

Matt & Lisa Heher

Dave & Beth Helgerson

Peter & Melanie Hoistad

Robert & Judith Johnson

Paul E. Kaste

James & Marsha Ketring

Marilyn & Victor Luiken

Mary Ann McKenna

Marc & Carol Messmer

Marvin & Marlys Moen

Timothy & Kerry Nikle

Chad & Rita Sanderson

Jeffrey W. Schaefer

Barbara Spicer

Scott & Sue Stinar

Charles Vein

Marilyn Ydstie

Dawn Zammitti

In Memory of Sophie Griggs

John & Junelle Hjelmstad

Liz Schumacher

Kevin Sondreal

Gary & Mary Welsh

In Memory of Chuck Haga

Virgil Foss

In Memory of Donna Haug

Carol Moe

In Memory of Timothy Hervey

Chaplain Charles "Bud" & Claudia Johnson

In Memory of Ida Heuchert

Pauline & Gordon Bondy

Sandra & Hank Heffern

In Memory of Reginald Jechart

Chaplain Charles "Bud" & Claudia Johnson

In Memory of Carol Joyce Johnson

Duane & Laura Claypool

Chaplain Charles "Bud" & Claudia Johnson

Jocelyn S. Johnson

Jerry & Nancy Larson

Kerwin & Wendy Sletto

In Memory of Oliver J. Johnson

Mary Flan

Michele Johnson

Synchrony Bank

In Memory of Alice Keller

Chaplain Charles "Bud" & Claudia Johnson

In Memory of Theresa Knutson

James & Rita Havis

Shaun & Kristen Havis

In Memory of Gerald Kuster

Dan & Paula McMenamy

Timothy & Kerry Nikle

Connie Scholand

In Memory of Lloyd Kvam

Dennis & Joan Johnson

In Memory of Doris Lambie

Pauline & Gordon Bondy

Mae Judy & Susan Christianson

Lisa & Stan Ferguson

Stephen & Kathryn Flaatt

Gerry & Mary Joyce

Mary Ann McKenna

Janet Vanek

In Memory of Patricia Larsen

Donald & Sue Fisk

Shaun & Kristen Havis

Shannon Holte

In Memory of Darlene Larson

Chaplain Charles "Bud" & Claudia Johnson

Lindsey & Danny Moffitt

In Memory of Ione Lautt

James & Marlene Cariveau

In Memory of Karin Lealos

Gertrude Jacoby

In Memory of Susan Maddock

Daniel & Kathleen Maddock

In Memory of Jeannen McMillan

Duane & Audrey Anderson

Andy Swanson

In Memory of Marlys Murphy

Lavonne Brown

In Memory of Dona Nelson

Chaplain Charles "Bud" & Claudia Johnson

Nancy King

Robert & Olive Weber

In Memory of Lyle O. Nelson

Yvonne Nelson

In Memory of Marilyn Nelson

Chaplain Charles "Bud" & Claudia Johnson

In Memory of Ronald Nelson

Carol Moe

In Memory of Marilyn Nelson Grabanski

Carol Moe

In Memory of Dolores Olson

Rod & Janelle Holth

Chaplain Charles "Bud" & Claudia Johnson

Marjorie Leigh

Lindsey & Danny Moffitt

In Memory of Cynthia Pansegrau

Doris Lambie

In Memory of Lila Pedersen

Melvin Pedersen

In Memory of Dona Peterson

Linda Peterson

In Memory of Arnold Phillips

Duane & Audrey Anderson

Mark & Carol Egeland

Anton Filipi

Stephen & Kathryn Flaatt

Halstad Telephone

Chaplain Charles "Bud" & Claudia Johnson

James & Marsha Ketring

Mark & Nancy Knox

Carol Moe

Timothy & Kerry Nikle

Arlet Phillips

Dean M. & Mary L. Schumacher

In Memory of Darlene Rice

Garth & Christine Rydland

In Memory of Raymond Roller

James & Marsha Ketring

Darlene Pokrzywinski

Kay & Larry Roch

In Memory of Alice Rustan

Char Brekke

In Memory of Ben Schildenberger

Anonymous

In Memory of Norma Svoboda

Kevin & Jean Jiskra

William (Bill) Klava

In Memory of Arthur R. Tinkham

Reed & Sheryl Tinkham

In Memory of John Tweten

Chaplain Charles "Bud" & Claudia Johnson

In Memory of Vivian Zespy

Vicki Neal



20 YEARS OF IMPACT: Valley Senior Living Classic Golf Tournament

This summer marks the 20th Annual Valley Senior Living Classic Golf Tournament, a milestone celebration of a community tradition that has combined generosity, good times, and great golf since 2006. Held every year at King’s Walk Golf Course, this tournament has raised over **\$680,000** in its first 19 years to support programs that impact the lives of residents across all Valley care communities.

Funding What Matters

The funds raised have gone far beyond the green. They’ve helped launch a Head Start classroom and playground at Valley on 42nd, they’ve strengthened our chaplaincy and music therapy programs, supported interior upgrades and renovations at Tuft Manor and Valley on 42nd, and contributed to the Greg Hanson Scholarship Fund, helping ensure future care partners have the opportunity to attend nursing education and carry Valley’s legacy forward.

It All Started with an Idea

The tournament was born from a casual conversation in 2006, when Greg Mattson and Brian Harris, partners at Century Electric, proposed the idea to Sue Bjornstad, retired Director of Development at the Valley Senior Living Foundation. The first planning committee was formed shortly after—and both Greg and Brian have remained actively involved in the planning and execution of this event for 20 years!

“We saw the energy and support these tournaments brought to causes, and we thought it would be a great fit for Valley,” Greg says. “The community involvement we’ve witnessed over the years has been incredible.”

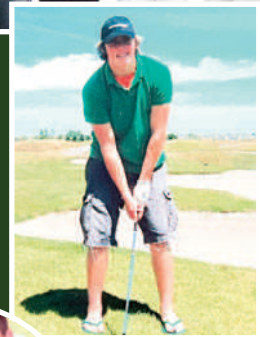
Legends Behind the Legacy

The tournament’s growth has been fueled by an amazingly solid start and the creation and initial planning of this tournament by Sue Bjornstad, the continued support from Valley leadership, including the late Greg Hanson and current CEO and President Garth Rydland, as well as familiar faces from the UND athletic community and beyond.

Fun Fact: TJ Oshie and his dad, Tim, teed off at the inaugural 2006 event, and Karl Goehring joined Greg and Brian in 2009.

Karl recalls, “It was a great way to stay connected to the Grand Forks community after my UND hockey playing days were ending. I was excited to be involved back then because the care that Valley provides to residents stands out—it’s always been about good people doing meaningful work and caring for people at different points in their lives.”

Brian Harris reflects, “This tournament has always been about the residents—enhancing their surroundings in ways that traditional budgets can’t. That’s what keeps us coming back every year.”



*Thank you for
20 great years!*

*We look back with gratitude and
forward with excitement.*



Our Family Caring for Yours

2900 14th Avenue South
Grand Forks, ND 58201

Non-Profit Org.
U.S. Postage Paid
 Fargo, ND
Permit #684

SAVE THE DATE

September 25

5-7:30 p.m.

Alerus Center, Grand Forks, ND

**5th
Annual**



Oktoberfest

