

DECEMBER, 2025



WHEATLAND NEWSLETTER

HOW TO REACH US

Wheatland Terrace Main

Administrative Assistant

Jodi Dub
(701) 787-7621

Housing Manager

Cheryl Ekren
(701) 787-7566

Housing Coordinator

Traie Dockter
(701) 787-7563

Charge Nurse

Cris Mitzel
(701) 787-7602

Personal Care Assistant

(701) 885-2431

Life Enrichment Coordinator

Megan Chute
(701) 787-7880

Director of Dining Services

Rachael Herberg
(701) 787-7804

Director of Environmental Svcs.

Brian Sand
(701) 787-7838

Account Specialist

VSL on 42nd & Cherry Street
Therese Brierley
(701) 787-7823

Chaplaincy

Charles "Bud" Johnson
(701) 787-7895

Want to send an email to a loved one?
wheatlandterracetenants@hotmail.com

NORTH DAKOTA LONG TERM CARE ASSOCIATION CAREGIVER AWARD

Residents and/or family members are invited to nominate individuals working in healthcare facilities for the prestigious **"CAREGIVER AWARD"**. This is a program sponsored by the North Dakota Long-Term Care Association.

Do you want to thank a healthcare worker who changed your life, or the life of someone you love? Nominate that person for the North Dakota Long Term Care Association (NDLTCA) Caregiver of the Year! The award recognizes employees who go above and beyond to substantially enhance the quality of life for resident/tenant. Applications can be picked up at Jodi's desk.

Criteria:

- The caregiver must be nominated by a resident or a family member
- The caregiver must be employed in a North Dakota long term care facility
- All entries must be post marked by **February 6, 2026** and can be mailed to:

North Dakota Long Term Care Association
1900 North 11th Street
Bismarck, ND 58201

- The judging of this award is based on how the caregiver substantially enhances the quality of life of residents/tenants.



1900 N. 11th St. 701.222.0660
Bismarck, ND 58501 www.ndltca.org



Wheatland has many staff members who are deserving of this award. Please complete and mail the nomination form on page 2. You may also give it to Jodi to mail for you. If you need help in completing the form, please see one of the staff members and they can assist you. Thank you!

WHEATLAND RESIDENTS & STAFF DONATE TO THE UNITED WAY



There's still time to donate to the United Way's Winter Wishlist Toy Drive!

The gifts will go to the Families First Program which helps secure stable housing for families with children who are experiencing homelessness or near homelessness. They also collaborate with the Grand Forks Foster Care System to provide gifts to the children in foster care who may not otherwise receive anything. Items for ages 0-17 that are being collected are new toys, games, winter apparel, and gift cards. If you would like us to do your shopping, please drop off your monetary donation to Jodi or Cheryl. Deadline to donate is December 4. If you have questions, please reach out to Jodi at 701-787-7621.



Valley's craft show is a great place to finish up your last minute Christmas shopping. While shopping, why not treat yourself to some delicious baked goods for your holiday celebrations? Make sure you come early, the baked goods don't last long!

TAKE OUT TUESDAY

For those of you who are new or need a refresher...each neighborhood has a scheduled date of when they can order in from a restaurant. The meal is served at lunch time.

The next meal for Wheatland is on December 9 and will be catered from Paradiso. Come and enjoy tacos, rice and beans!



Wheatland's Christmas Worship Service will be held on
Monday, December 22 at 11:00 am in the Auditorium.

Luke 1:14: "And you will have joy and gladness, and many will
rejoice at his birth."

CORNHOLE CHAMPS!



It was a nail-biting game but ultimately Emily (WT Resident) and Michelle (Environmental Services) were the champs!.

The next tournament will be held in February. More information to follow.

If you would like to sign up to play, please contact Megan at 701-787-7880.

WHEATLAND HOLIDAY CELEBRATION

The holiday celebration will be held on Tuesday, December 9 from 5:30-6:30 pm. If you have not done so, please notify Megan or Jodi regarding your attendance and the total number of people in your party. The deadline to respond was November 28 but we are accepting late responses. Guest prices are \$15.00/person.

CHRISTMAS MESSAGE



The celebration of the Christmas season must include singing or listening to Christmas Carols and hymns. Often, we hear portions of the Christmas story in the words of a song. One such hymn that tells a story is “Angels, From the Realms of Glory.” “An angel of the Lord appeared to them, and the glory of the Lord shone round about them, and they were terrified.” (Luke 2:9)

“Angels, From the Realms of Glory” is considered by many to be one of our finest Christmas hymns. In a unique style it addresses first the angelic chorus in the first verse, then the shepherds in the second verse, the wise men in the third, and finally today’s believers – calling each of us to worship Christ our King. Worship is the very essence of the entire Christmas story.

The author of this hymn, James Montgomery, was known as a deeply devoted, noble person who made an important contribution to the Christmas season through his many inspiring hymns. Angels, “From the Realms of Glory” first appeared as a poem in the newspaper that Montgomery edited on December 24, 1816.

Angels, from the realms of glory, wing your flight o’er all the earth; you who sang creation’s story, now proclaim Messiah’s birth:

Shepherds in the field abiding, watching o’er your flocks by night, God with us is now residing; yonder shines the infant light:

Sages, leave your contemplations, brighter visions beam afar; seek the great desire of nations; you have seen his natal star:

Saints before the altar bending, watching long in hope and fear, suddenly the Lord descending, in His temple shall appear:

Christmas Message Continued

Just as the angels, shepherds, wise men all bowed their knees in the worship of Christ, may we pause in our busy lives to do the same. Carry this musical reminder with us as we sing the refrain: Come and worship, come and worship, worship Christ the newborn King.

Have a blessed and merry Christmas!

Chaplain Bud Johnson

SPECIAL BREAKFAST

The next special breakfast for residents and staff will be on Thursday, December 11. Pancakes will be served.

CHRISTMAS SIGN OUT/SIGN IN

If you are planning to leave the building for a meal on Christmas Eve/Christmas Day, please use the Christmas sign out/sign in form located on Jodi's desk. This form is used by dining services to estimate how many residents to prepare for. If you plan to have a guest(s) dine with you. The cost is \$11.00/meal. You are able to reserve the Family Dining Room, or for larger groups, the Fireside Room. Each will be available in 2 hour increments. For further information, please call Jodi at 701-787-7621. If you have a guest dine with you, I suggest you pick up the meal(s) to avoid a delivery charge.

APPOINTMENTS/TRANSPORTATION

Please be sure to let the nurse know of all your medical appointments. This makes it much easier to keep your medical information current and to make transportation arrangements, if needed. Even if you don't plan to utilize Valley's transportation, please notify the nurse so she can have the paperwork for your appointment ready to give to your physician. It will also have a number for return transportation for your convenience. Please don't forget to sign out, take your physician envelope, and sign back in when you return.

Now that winter is upon us, (December 21) driving will be much slower. If you are using Valley's transportation for appointments, *please be in the lobby at your scheduled time or even a little earlier. Please don't forget your coat, hat, and gloves, whenever you leave the building.*

NO MAIL

There will be **no mail** service on **Thursday, December 25** in observance of Christmas Day and no mail service on **Thursday, January 1, 2026** in observance of New Year's Day.





DECEMBER BIRTHDAY'S

Richard Sellheim - December 1
Dan Lamke - December 11

December 9 - Evie Ternquist
December 15 - Elizabeth McGurran

The birthday lunch will be held on Tuesday, December 23.

DECEMBER EVENTS

Tuesday, December 2	Enjoy holiday baking from WT staff	2:30 pm	Fireside Room
Thursday, December 4	Richard Sellheim Birthday Celebration	3:45 pm	Fireside Room
Friday, December 5	Music with Michelle & Mary Dawn	10:15 am	Fireside Room
	Lefse baking with JoAnn Brown	1:00 pm	Fireside Room
Sunday, December 7	Evie Ternquist Birthday Celebration	2:30 pm	Fireside Room
Monday, December 8	Music by the Grand Forks City Band	7:00 pm	Auditorium
Tuesday, December 9	Wheatland's Holiday Celebration	5:30-6:30 pm	Fireside Room & Auditorium
Friday, December 12	Craft & Bake Sale	9:00 am	Auditorium
Saturday, December 13	Music by Calvary Lutheran Church	2:30 pm	Fireside Room
Monday, December 15	Holiday Variety Show	2:30 pm	Auditorium
Tuesday, December 16	Pajama Party with Head Start	2:30 pm	Fireside Room
Wednesday, December 17	Music by Thompson High School Jazz Band	11:00 am	Auditorium
Thursday, December 18	Christmas Tour of Lights	6:15 pm	SIGN UP IN FR
Friday, December 19	Music with Dolores Clark & Yen Loh	2:30 pm	Auditorium
Saturday, December 20	Music with Steve Kraushaar	2:00 pm	Auditorium
Monday, December 22	Wear a Holiday Sweater		
	Christmas Worship Service	11:00 am	Auditorium
	Music with Herlof Huso	2:30 pm	Auditorium
Tuesday, December 23	Wear a Holiday Hat		
Wednesday, December 24	Wear Mismatch Holiday attire		
Thursday, December 25	MERRY CHRISTMAS		

REMINDER: Bingo every Tuesday - 1:00 pm - Fireside Room
Manicures every Friday - 10:00 am - Fireside Room