



TUFTE TIDINGS

October - 2025



ADMIN

Angie Goulet, RN
Administrator
(701) 787 - 7616

Summer Rainoshek
Administrative
Assistant
(701) 787 - 7600

NURSING

Jacinda Wood, RN
Director of Personal
Care Services
(701) 787 - 7611

Laura Schauer, RN
Charge Nurse
(701) 787 - 7618

LIFE ENRICHMENT

Terri Heggie
Coordinator
(701) 787 - 7615

DINING SERVICES

Sophie Sebelius
Director
(701) 787 - 7626

Peter Brack
Dining Services
Assistant
(701) 787 - 7619

BUSINESS

Therese Brierley
Billing Clerk
(701) 787 - 7823

HOUSEKEEPING & MAINTENANCE

Jim Belbas
Director of
Environmental
Services
(707) 787 - 7614

**October Featured Resident:
Walter Stroh**



Grand Forks, North Dakota is my hometown. I had many jobs and enjoyed my times working on the railroad. My hobbies include gardening, working on word puzzles, baking and reading. I do enjoy watching sports, especially UND hockey. Seeing my family brightens my day. A Snicker bar or two also helps! I don't really have a favorite tv show. I watch whatever looks interesting to me at the time.

Word Search



DANCE STYLES WORD SEARCH

E	B	H	L	F	V	W	V	Z	X	H	G	L	D
C	H	A	R	L	E	S	T	O	N	N	A	N	T
I	A	W	L	P	H	L	D	K	I	L	B	E	F
L	T	N	E	L	A	W	I	W	U	Q	L	J	Z
J	A	V	C	W	R	G	S	H	Y	L	T	Z	E
A	N	M	T	A	I	O	C	N	A	M	T	S	P
O	G	S	B	S	N	R	O	B	O	L	E	R	O
L	O	G	C	A	F	L	A	M	E	N	C	O	L
I	S	R	T	L	D	O	B	M	I	L	P	C	K
M	Q	U	W	S	S	A	X	L	A	X	L	V	A
B	U	M	I	A	P	W	R	T	D	M	D	Y	R
O	A	B	S	A	Y	Y	N	I	R	Y	B	M	Y

- | | | | |
|----------|------------|-------|--------|
| BALLET | CHARLESTON | LINE | SQUARE |
| BALLROOM | DISCO | MAMBO | SWING |
| BELLY | FOXTROT | POLKA | TANGO |
| BOLERO | HULA | RUMBA | TWIST |
| CAN CAN | HUSTLE | | WALTZ |



Life Enrichment News

Meet our newest four-legged family member at Tufta Manor! Louis, AKA Louie, joined our home on September 12th. He is a 7 month old miniature Goldendoodle. He comes from the same breeder as Portland, our almost 11 year old doodle. At this time, Portland is still adjusting to Louie.

We are grateful for the opportunity throughout Valley Senior Living to be able to have approved pets to offer so much love to the residents.

Terri Heggie, Life Enrichment Coordinator.



Beauty Shop open on Wednesday & Friday

Bingo every Monday at 1:00pm

Bingo every Thursday for prizes at 10:00am

Movies on Saturday and Sunday

Music & Chimes with Lindsey on Mon. & Thur.

Bible Study every Monday at 3:00pm

Worship every Thursday at 3:00pm

Catholic Services every Wednesday at 10:00am

Worship on Channel 98 every Sunday at

10:00am and 11:00am

HIGHLIGHTS FOR OCTOBER

October 3, Chuck Gust

October 7, Scenic Drive

October 10, Decorate Pumpkins with Red River Student Council

October 15, I Love Lucy Party

October 17, Shopping trip to Hobby Lobby

October 20, Jersey Day

October 23, Pizza Party

October, 30, Birthday Bingo Bash with GF Library

October 31, Halloween Party



Enjoying some
good music



"The really frightening thing about middle age is that you know you'll grow out of it." – Doris Day

"By the time you're 80 years old you've learned everything. You only have to remember it." – George Burns



Residents

October 3 - Mark J.

October 13 - Elva L.

October 16 - Ona M.

October 23 - Sandy T.

HAPPY
birthday

Care Partners

Maren S. (Dining aid) 10/1

Madeline N. (Dining aid) 10/20

David F. (Dining aid) 10/24

Felicity L. (Asst. Cook) 10/25



We recognize Angie Goulet, Administrator of Tufte Manor as she recently celebrated her 28th year of employment with Valley Senior Living.

Congratulations!

From all of us at Tufte Manor.



Join us for this fun afternoon!
We will be showcasing "I Love Lucy" Day and pulling out several of this iconic actress' classic moments.
Open for all to attend.



"I Love Lucy" event

♥ Tufte Manor Lounge ♥

October 15, 2025 @ 1:30pm

1:30 PM	Greetings and Sing - A - Long
1:45 PM	"I Love Lucy" skits
2:10 PM	"I Love Lucy" costume competition
2:20 PM	Voting and refreshments
2:20 PM	Prizes awarded to winners
2:40 PM	"I Love Lucy" episode's and popcorn



Time to prepare your costume for Halloween!
If you need assistance putting together your costume, please come check with Terri or Rachel!



make "GOOD" MEMORIES



**Ruth J. gives us two thumbs up
after enjoying her very first
roasted marshmallow!**



**We took a musical trip down
memory lane with the 60's Chics!**

STAY CONNECTED!

Visit our website for a look at this month's upcoming events:
<https://valleyseniorliving.org/activity-calendars/>

Write to friends or family member at Tufte Manor. Our resident e-mail address: TufteTenants@Hotmail.com
The front desk will print e-mails daily which residents may pick up along with their postal mail.