

MAY, 2026



WHEATLAND NEWSLETTER

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

HOW TO REACH US

Administrative Assistant

Jodi Dub
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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



NATIONAL NURSES WEEK

What is the #1 most trusted profession?

NURSES are ranked the most trusted profession in the U.S. Those surveyed rated nurses honesty and ethical standards as high or very high of other healthcare professionals.

Every year, from May 6-12, nurses are recognized for their service and dedication to caring for others and improving the health of residents/patients nationwide through National Nurses Week.

Nurses Week celebrates the effort, dedication, and sacrifice nurses make every day. This week honors the nurses who are an essential member of America's healthcare workforce who provide care through every stage of life.

National Nurses Week is celebrated annually and specifically to honor the legacy of Florence Nightingale, who is considered the founder of modern nursing. The celebration always ends on her birthday, May 12.

Our incredible nursing staff at Wheatland include:



Cris Mitzel



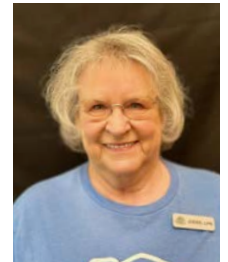
Ingrid Hove



Rachel Jordan



Sandy MacGregor



Judee Schmidt



OLDERS AMERICANS MONTH

Older Americans Month is celebrated every May to recognize the contributions, resilience, and vitality of older adults.

The 2026 theme, “**Champion Your Health**” focuses on prevention, wellness, and personal responsibility to support healthy aging.

Older Americans Month honors the wisdom and contributions of past and current older adults. Society tends to stereotype a certain “group” of the aged rather than focusing on the individual. When we say elderly, some may get the image of fragility, illness, or needing extra care. While there certainly are many older adults needing extra care, but studies show there are just as many, if not more, that are aging in a new way. They are vibrant, interesting, and fascinating as they age.

In this day and age, people often rush, neglecting to slow down, savor experiences, or invest their time in deep, meaningful connections.

We need to slow down and take the time to spend time with our elders. They will happily share their life experiences with you. Listen to their stories of times long past, and use their wisdom to learn from their mistakes.

We celebrate Older Americans Month by helping our elders engage in activities that honor, and uplift older adults. We also promote intergenerational connections with our Head Start program.

We should celebrate our elders not only during Older Americans Month, but everyday. They are so special and can make a difference in our lives.

SPECIAL BREAKFAST

The next special breakfast for Wheatland residents and staff is on Thursday, May 14. Waffles will be served.

IT'S RUMMAGE SALE TIME!



If you have gently used treasures you are no longer needing, how about donating them to the 42nd Rummage Sale?

All proceeds benefit Wheatland Terrace and Country Estates Activity Departments, and Woodside Village Resident Council.

The rummage sale will be on Friday, May 15 in the Auditorium from 9:00 am-2:30 pm.

If you have items to donate, you can drop them off with the Life Enrichment Department on May 14. For larger items, please call Megan in advance of the sale. She can be reached at 787-7880.

MEDICAL APPOINTMENTS

Please see Cris, Charge Nurse, for assistance in making your medical appointments and making sure there is transportation available for you.

It's never too early to let Cris know about your appointments. If she doesn't know about them, there will be no Valley Transportation arrangements made for you. The easiest way to make sure your appointment and transportation is taken care of is to see Cris and make the appointment together.



CONGRATULATIONS TO OUR MAY GRADUATES!



CARLY NELSON, PCA - Carly will graduate in May from the University of North Dakota, in exercise science with a minor in psychology. She is applying for her doctoral degree in occupational therapy.

SARAH SCHAEFER, PCA - Sarah will graduate in May from Northland Community and Technical College's LPN program this May. Shortly after graduation, she is going to Athens Greece for a mission trip to provide healthcare to individuals there as well as the surrounding areas.

Sarah has secured a position at Altru's heart and vascular medical surgical floor (6th floor). She's excited for this new journey. She will miss her Wheatland family.



JENNA TORBORG, DINING SERVICES - Jenna will graduate from the University of North Dakota with a Bachelor of Science Degree in Dietetics. Next year she will pursue her Masters of Nutrition Degree from UND.

KYLIE WOODS, DINING SERVICES - Kylie will graduate in May from the University of North Dakota.

CARE PARTNER OF THE 2ND QUARTER

KIM O'CONNOR, HOUSEKEEPING, was named Wheatland's Care Partner of the 2nd Quarter.

Kim, started working for Valley in November of 2022. She came to work as one of Wheatland's housekeepers last year.

We've heard nothing but good things about Kim. She is personable, friendly, kind, and does an outstanding job cleaning the residents apartments.

Congratulations Kim, you deserve this award!





MEMORIAL DAY, observed on Monday, May 25, is a federal holiday dedicated to honoring and mourning military personnel who died in service.

There will be **NO MAIL** on Memorial Day as we honor the brave souls who made the ultimate sacrifice for our freedom.

We live in the Home of the **FREE**, because of the **BRAVE**.

MAY DAY

Putting **MAY DAY BASKETS** on people's doors on May 1 is an old tradition which means to celebrate the arrival of spring, spread joy, and foster neighborly love. People traditionally fill small baskets with fresh flowers, candy, or treats, hang them on a doorknob, knock, and run away to keep the gift anonymous.

Key reasons for the tradition:

- Welcoming Spring - it's a way to celebrate the changing of the season and the blooming of the flowers.
- Spreading Kindness - it serves as a thoughtful surprise to brighten days for neighbors and friends.
- Romantic Tradition - historically, it was popular for children and young adults to leave baskets for crushes, if caught, the giver might get a kiss.

It's sweet that this tradition was kept for such a long time because its innocence and charm speak of a much simpler time. It seems likely that if someone tried this tradition today, there could be trespassing charges. Enjoy the day!

WHEATLAND CARNIVAL



It's that time of year again! The Wheatland Carnival is on Friday, May 29 from 2:00-3:00 pm, in the auditorium.

Come for the games! Come for the treats! Come for the many prizes!

It's sure to be a great time! You don't want to miss it!

MOTHERS DAY



Sunday, May 10, we celebrate our mothers. She held you tight and rocked you when you were small, she supported you in the activities you were in, she listened to you cry and gave you comfort, she stayed up late while you finished your homework, she celebrated your achievements, she gave you the confidence you needed to forge ahead to make your own path to become the individual you've grown to be.

From your own mom, who always knew just the right thing to say, to the mother of your own children, Mother's Day is the perfect time to let all moms or special women in your life know how deeply you appreciate them.

Mom's don't ask for much. They would be happy with a card but nothing beats a face to face visit. If that's not possible, a phone call will do the trick.

A mother's love is one of God's greatest gifts. Happy Mothers Day to all the mothers and special women in your life!

MOTHER'S DAY TEA

All women (whether you are a mother or not) who reside at Wheatland Terrace are invited to a Mother's Day Tea on Monday, May 11. It will be held in the Auditorium beginning at 2:30 pm.

Dessert, coffee, and punch will be served. Please RSVP to Megan by Wednesday, May 6 at 701-787-7880. Sorry, no guests.

MAY BIRTHDAY'S



RESIDENTS

STAFF

Maren Kelley	Friday, May 8
Lois Axtman	Tuesday, May 19
Paul Howard	Wednesday, May 27
Nona Wennersten	Sunday, May 31

Cheryl Ekren	Sunday, May 24
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The next birthday celebration for residents and staff who have birthday's in May will be on Tuesday, May 19 at 2:30 pm in the Fireside Room. Please come to wish these special people a happy birthday!

TAKE OUT TUESDAY

The next Take Out Tuesday is on May 19. For those of you that 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 11:45 am and will be catered by Olive Garden.

There are several restaurants who will cater your lunch meal. Although, most of you enjoy Olive Garden, VARIETY IS THE SPICE OF LIFE!

What we want from our residents, is your suggestions. Please look at the list and put a check mark beside the other restaurants you would like to see us order from. If you have other suggestions, please let us know and Rachael will check to see if they cater.

Here is a listing of other restaurants that will cater:

- _____ ** Boss' Pizza and Chicken
- _____ ** Buffalo Wild Wings - Chicken Wings
- _____ ** Chick-Fil-A - Chicken Nuggets or Grilled Chicken Wrap with sides
- _____ ** Five Guys - Burgers with sides
- _____ ** Ground Round - Burgers with sides
- _____ ** Happy Joes Pizza - Assortment of pizzas
- _____ ** Hugos - Broasted Chicken with sides
- _____ ** Mike's Pizza - Assortment of Pizzas
- _____ ** Pizza Ranch - Assortment of Pizzas
- _____ ** Sakura Japanese Steakhouse - Sweet & sour chicken, fried rice, egg roll - must be an evening meal
- _____ ** Qdoba Mexican Grill - Taco Bar

Please complete this short questionnaire and return it to Jodi. You can choose to remain 5 anonymous.

Special events!

Friday, May 8	Scenic Drive - SIGN UP IN FIRESIDE ROOM	1:30 pm	
Sunday, May 10	Mothers Day		
Monday, May 11	Mother's Day Tea	2:30 pm	Auditorium
Tuesday, May 12	Town Meeting	2:30 pm	Fireside Room
Wednesday, May 13	Thompson School Jazz Band	11:30 pm	Auditorium
Friday, May 15	Rummage Sale	9:00-2:30 pm	Auditorium
Sunday, May 17	Patriotic Piano Recital	3:00 pm	Auditorium
Monday May 18	Syttende Mai Celebration Piano Recital	2:00 pm 6:00 pm	Fireside Room Auditorium
Tuesday, May 19	Monthly Birthday Celebration	2:30 pm	Fireside Room
Wednesday, May 20	All Seasons - SIGN UP IN FIRESIDE ROOM	9:30 am	
Friday, May 22	Music with Chuck Gust	2:30 pm	Fireside Room
Monday, May 25	Memorial Day - NO MAIL		
Friday, May 29	Wheatland Carnival	2:00-3:00 pm	Auditorium

** Mondays - am - Music with Mary Dawn/ pm - Music with Lindsey

** Tuesdays - am - Catholic Mass/ pm - Bingo

** Wednesdays - Worship Service

** Thursdays - News & Brews (Subject to change)

Thursdays - Shopping (SIGN UP IN FIRESIDE ROOM**)

** Fridays - Manicures

** Sundays - Worship Service (Channel 98)