



TUFTE TIDINGS

July 2026

Tufte Manor - 3300 Cherry Street - Grand Forks, ND 58201 (701) - 787 - 7600

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

July - Join the Celebration

July 4th activities are colorful displays of flags, parades and picnics plus twilight fireworks.

Duck knows first hand the holiday's focus on United States freedom. From serving as an alter boy and singing in the choir in Toldeo, Ohio, he joined the United States Marine Corp. "I was so young that my dad signed for me. My brother was in Vietnam."

Duck trained at Camp Lejeune, North Carolina. "My job, I taught people how to kill other people. I was part sniper and part instructor."

"It was a young man's war. The old guy I served with was 25 years old. After four and a half years together, we went our separate ways. Everything is just a memory now. Some good. Some bad. I believe the Fourth of July should be celebrated for our country and its freedom. Go to church. Pray for veterans and their families and encourage others on the 4th." he shared.

Rebeca P. was born abroad when her father's Air Force assignment took the family to Panama in Central America. She and her husband, another Air Force member (1995-2016) are celebrating their 20th wedding anniversary. Rebeca currently works in Dining Services at Tufte Manor. Here is her Plain Jane Potato Salad.

Boil 4 to 6 large potatoes. Boil but don't overcook. Cool. Cook 3 eggs and dice. Add a small finely diced onion as well as a green pepper. Add small amount of garlic powder. Salt and pepper to taste. Add Hellmann's Real Mayo.

Lousie G. has many Fourth of July memories. Her seven dogs have had a variety of reactions to fireworks. "Our collie CODY is helped by creating white noise. Having a TV and radios on all over the house are ways we try to drum out the sound of fireworks. Riley, a German Shepherd from an animal rescue was only a month old last year and this had a calming effect on her," said Louise. Annie, a chocolate lab, did quite well during the thunderstorm recently in Grand Forks."

Enjoy our country's 250th year celebration!

Linda Kay

This article was submitted by Linda Kay N. a current resident at Tufte Manor. Linda Kay began her career at The Bismarck Tribune and the Mandan Morning Pioneer before moving to the Hazen Star, Beulah Beacon and Center Republican.



Duck



Rebeca



Louise



Linda Kay N.

hello JULY

**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 with Lindsey on Tues. & 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**

July Community Meeting and Greet

Wednesday, July 8 - 2:00pm

Tufte Manor Community Room

**Joe Litsey - Pharmacist
Thrifty White Pharmacy
Grand Forks, ND**



**Friday
July 31**

**9:30
AM**

**Tufte Manor
parking lot**

Event will be rescheduled if mother nature is not cooperating!!



**THANK
YOU!**

**We enjoyed another successful
FAMILY PICNIC!**





Resident

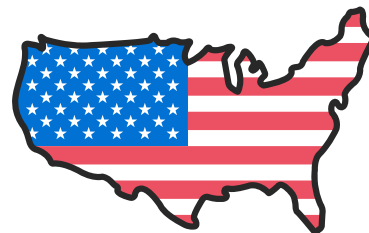
July 13 - Joyce L.
July 17 - Diane C.
July 18 - Mary A.
July 18 - Linda Kay N.
July 21 - Kevin K.
July 22 - Irene D.

Care Partner

July 2 - Tara Z. - Receptionist
July 5 - Jacinda W. - Director PCS
July 7 - Nira R. - PCA
July 15 - Nura K. - PCA
July 22 - Kathie P. - Housekeeper
July 24 - Summer R. - Admin. Asst.

*word
scramble*

U.S. STATES



ESXAT _____

COORDAL _____

NONMATA _____

AIOW _____

EDRLAEWA _____

KNSASA _____

IAHIAW _____

AEIMN _____

AVENDA _____

GOOERN _____

KYUNKCET _____

LASAKA _____

The Court: Officer, when you stopped the defendant, were your red and blue lights flashing?

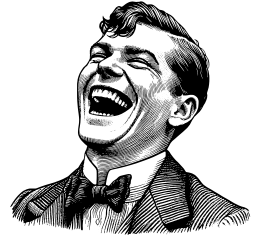
Officer: Yes, Sir

The Court: Did the defendant say anything when she got out of her car?

Officer: Yes, Sir

The Court: What did she say?

Officer: What disco am I at?



The Barber's Bad Haircut

Barber: How would you like it, sir?

Man: Could you cut it very short on one side and not at all on the other, with a sort of crooked fringe at the front and big tufts pulled out at the back?

Barber: Oh dear, I don't think I can manage that, sir.

Man: Why not? You did it last time!

Amusing Figures of Speech

I thought I wanted a career – turns out, I just wanted paychecks.

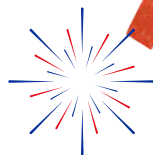
I used to be indecisive – now I'm not so sure.

They begin the evening news with "Good evening," then proceed to tell you why it isn't"





God Bless America!



4TH OF JULY



**WE HAVE IT ALL
TOGETHER**



STAY CONNECTED!

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

Our resident e-mail address is TufteTenants@hotmail.com. The front desk will print e-mails daily, and residents can pick them up with their postal mail.