NOVEMBER, 2026

WHEATLAND NEWSLETTER

Valley Senior Living
Our Family Caring for Yours

HOW TO REACH US

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DIABETES AWARENESS MONTH

November is Diabetes Awareness Month, a time to raise awareness about diabetes, recognize the importance of early detection and encourage healthy habits that may reduce the risk of developing Type 2 diabetes.

The theme for the 2026 World Diabetes Day campaign is "Early Action on Diabetes," highlighting the importance of early diagnosis, timely access to care and reducing the risk of complications. Did you know that more than 40% of people living with diabetes worldwide are undiagnosed? Without a diagnosis, people may not receive the care, treatment and support they need to manage the condition and live healthier lives. Recognizing the warning signs early can help you get tested and receive treatment.

Increased thirst
Frequent urination
Unusual tiredness
Blurred vision

Type 1 diabetes often develops rapidly, while Type 2 diabetes may develop gradually with few or no noticeable symptoms. Regular health checkups and screening can help identify diabetes earlier.
Diabetes is a growing global health concern, with projections estimating that 853 million people could be living with the condition by 2050.

This November, take action! Learn about diabetes risk factors, talk with your health care provider about screening, and encourage family and friends to recognize the warning signs. Early action can save lives, improve health and help prevent long-term complications.

Wear Blue for Diabetes Awareness!

Show your support by wearing blue on World Diabetes Day, November 14. The blue circle is the universal symbol for diabetes awareness, representing unity in the fight against diabetes.

Introducing



JACQUELYN (OLIMB) JONES

Jacquelyn “Jacky” Olimb was born on November 12, 1935, to Harold and Ruth (Brennun) Olimb in a midwife’s home. Her father was a farmer, and her mother was a homemaker. Jacky was the oldest of four children, with two brothers and one sister.

The family began their life together in what they affectionately called the “Old Place,” their first home. Life was simple in those days, long before television became a household staple. Music came from the human voice, and although the family had a radio, their father turned it on only in the evenings because the battery had a limited life. They had no television, so Jacky and her brother used to paint cartoons. As she got older, she started painting with watercolors.

When Jacky was about seven years old, the family moved to Oak Park, just outside Oslo, Minnesota. The move brought several modern conveniences, including running water and electricity. Afterschool, Jacky and her siblings hurried home to watch their favorite radio programs, including The Lone Ranger, Inner Sanctum and Sergeant Preston of the Yukon. These early radio programs became treasured memories of her childhood.

Jacky attended a one room country school through eighth grade. The school closed the following year, making her one of its last students. She then rode the bus to Olso to attend the Oslo Public School. Growing up near the Red River, gave Jacky and the other children plenty of opportunities to play outdoors, make friends, and enjoy their time together.

Jacky enjoyed the simple pleasures of life and kept busy throughout her school years. She was a cheerleader, and acted is school plays. In Oslo, the Roxy Theater offered another favorite past-time, showing one movie every weekend.

Jacky fondly remembers dancing to live bands that played waltzes, polka, schottisches, and jitterbugs. The dances were popular gathering places for young people, offering opportunities to enjoy music, visit with friends and perhaps meet someone special.

For Jacky, that special someone turned out to be Clive. During her senior year of high school, she met him at one of the local dances and they started dating. She describes their first meeting as “like at first sight,” beginning a love story that would shape the years ahead. After graduating in 1953, Jacky worked as an assistant bookkeeper at Brays, a prominent historic clothing store in Grand Forks. She worked a six-day work week. No stores were open on Sunday’s, so she enjoyed spending the day with her friends and family.

Through the winter of 1953 and 1954, Jacky and Clive dated often, but Clive worked at the American Crystal Beet factory at the time, so their dates were planned around his job. In 1954, Jacky and Clive were married in a country church near Oslo, beginning their life together as husband and wife.

Unfortunately, tragedy struck just ten days before their wedding when Clive’s father passed away. With the family grieving, Clive’s plans to join the Army were put on hold. As the only son on the farm, he was not required to enlist, but after the fall harvest was finished, he decided to join the Army and was sent to Missouri for basic training.

While Clive was away, Jacky moved back into her old bedroom at her parents’ home in Oak Park. After completing basic training, Clive was stationed at Fort Sill, a prominent U.S. Army installation in southwestern Oklahoma, where he served for a year before returning to Oslo.

Jacky Jones - continued

Through the years, Jacky's story has been shaped by the changing times, cherished childhood memories, a love that began at a local dance and, above all, the importance of family.

Clive was discharged early because of the loss of his father. He was honorably discharged, making the family very proud. Clive did not meet his first child, Craig, until he was 6 weeks old. Their marriage marked the beginning of a new chapter for Jacky and Clive, built around family, responsibility, and the life they would share together.

Jacky and Clive went on to have four children in eight years. Craig was born in 1955, Michelle followed in 1956, Pamela in 1961, and Rhonda completed the family in 1963. By the time Jacky was twenty-eight, she was the proud mother of four children, keeping her busy with the many joys and responsibilities of raising a young family.

After all of the children had grown up and left home, Jacky found herself experiencing what she described as the empty-nest syndrome. For years, her life had been filled with the responsibilities of being a farmer's wife and raising four active children. Suddenly, the house was quieter, and she found herself wondering what the next chapter of her life might hold.

Jacky had considered nursing school after graduating from high school but had chosen marriage and family instead. Now, with her children grown, she felt drawn back to that earlier dream. Becoming a Licensed Practical Nurse (LPN) required only one year of training, so she applied to the Lake Agassiz School of Practical Nursing. By July, she had been accepted into the program.

Returning to school at age 42 brought plenty of anxiety. Jacky worried whether she could still learn and memorize information after so many years away from the classroom. She also wondered how she would fit in with her much younger classmates.

Those worries soon gave way to an impressive accomplishment. After receiving her nursing pin, Jacky anxiously awaited for the envelope that would tell her whether she had passed nursing school. When it finally arrived, she discovered that she had not only graduated but had finished second in a class of thirty-four students!

Jacky went on to take and pass her nursing boards. Although she did not have a job lined up immediately, she applied for positions and was eventually hired at Valley Senior Living on Columbia, where she worked for six years. Her decision to return to school proved that it was never too late to pursue a dream.

Clive retired in 1983, opening the door for the couple to enjoy more time traveling together. They purchased a recreational vehicle (RV) and became snowbirds, spending time in warmer destinations such as Texas, Florida, and Arizona,.

With their motorhome club, they ventured into Mexico for a month-long trip. They had mixed feelings about the trip, but they agreed to give it a try. They traveled to Baja California. Navigating the narrow roads in their large RV proved to be quite an adventure! Jacky fondly remembers Clive saying that if they made it back in one piece, he would kiss the ground. True to his words, when they finally made it back safely, he did just that!

Looking back on their life together, Jacky says she and Clive were blessed to celebrate 64 years of marriage. Clive passed away in 2019 at age 87 while receiving skilled nursing care at Valley Senior Living on Columbia.

Like her father, Jacky has loved reading for as long as she can remember. She recalls the excitement of discovering that the little squiggly marks on a page were actually words. Reading became a welcome companion during her quiet childhood and continued to bring enjoyment throughout her early years of marriage and the busy days of raising babies and toddlers.

Jacky Jones - continued

Along with her love of reading and faith, Jacky has always enjoyed painting, another interest she continues to pursue.

Jacky became a lay pastor, giving sermons and teaching Sunday School, Vacation Bible School, and confirmation classes. Her willingness to try something that once frightened her reflects her determination to keep learning and growing throughout her life.

Jacky continued living independently in the lovely home she and Clive had built together until October 12, 2023. It was her last night sleeping in the home that held so many years of memories.

The previous day, Jacky had been riding her bicycle. That night, she suffered an ischemic stroke that left the right side of her body completely immobilized. The stroke brought significant changes to her daily life and independence.

Jacky moved to Wheatland Terrace in March 2025, where she has continued to find ways to enjoy life, despite the challenges she faces.

Although she can no longer walk without assistance, Jacky says she has much to be thankful for. She is grateful that she does not experience physical pain and that her thinking remains clear. While speaking takes more effort than it once did, she can still communicate with family and friends.

One of her greatest blessings is her motorized wheelchair, which provides her with mobility and allows her to participate in outings. Because it is portable, she can take it along and continue enjoying time outside her room and with the people she loves.

Jacky has also found a creative way to keep painting. With determination and patience, she taught herself to paint with watercolors using her left hand. Her ability to adapt and continue doing the things she loves is a wonderful example of resilience.

Close-knit family has always been at the heart of Jacky's life. Three of her children live nearby and the fourth lives in Kansas City, MO, and maintains close contact. Jacky's sister, Leah, who resides in East Grand Forks, is also a source of support and encouragement. Jacky is deeply grateful for each of her loved ones, as well as her circle of long-time friends.

Jacky is also the proud grandmother of eight grandchildren and a great-grandmother to six.

Over the years, she made countless memories with her grandchildren. She loved spending time playing with them, making cookies, rollerblading, playing Nintendo and building with Legos. Family camping trips and tenting in the back yard adventures were also part of the fun, but often, in the morning, Jacky woke up alone in the tent!

Those memories reflect the fun-loving grandmother she has always been and the special relationships she built with her family.

Today, Jacky continues to enjoy the simple pleasures that have brought her happiness throughout her life. She spends time reading, painting, and treasures the connections she shares with her children, grandchildren, great-grandchildren, and friends.

Jacky's story is one of family devotion, faith, perseverance, and a willingness to embrace new beginnings. From returning to school at age 42 to discovering new ways to paint after her stroke, she has shown that life can continue to offer opportunities for growth and joy, even when circumstances change.

Jacky Jones - continued

Thank you, Jacky, for sharing your story with us. It was a pleasure getting to know you better and learning about the many experiences that have shaped your life. We are happy to have you as part of the Wheatland Terrace family!

IT'S CORNHOLE TIME!



The bags are flying, the competition is heating up, and the bragging rights are on the line! Will our champs, Andy and Kathy defend their title, or will a new team take the trophies? Come cheer, toss, and see who has what it takes to hit the hole!

Join us on Monday, November 9 at 2:00 pm in the Auditorium. Let's see who's got game!



THANK YOU!

A big thank-you to everyone who donated Halloween candy and money to help make our Halloween festivities a success! Your generosity and support helped make the season a little sweeter and bring smiles to everyone involved. We appreciate you!

CONGRATULATIONS TO SHANNON GRAMM CARE PARTNER OF THE 4TH QUARTER



We are pleased to announce Shannon Gramm as our Care Partner of the 4th Quarter 2026! Shannon works as part of our PCA/Med Assist team, and has been a valued member of the Valley family since March, 2005.

IT'S TIME TO TURN BACK TIME!



It's time to fall **BACK**! Daylight saving time ends on Sunday, November 1, 2026, at 2 am. When the clock strikes 2 am, turn your clocks back one hour to 1 am — giving you an extra hour of sleep!

SPECIAL BREAKFAST/TAKE OUT TUESDAY

Join us on **Thursday, November 5**, for our next Special Breakfast! Waffles will be served to Wheatland residents and staff. Come enjoy a delicious breakfast and a great start to your day!

Our next Take Out Tuesday is **November 10**, at lunchtime. This meal will be catered by Five Guys. Get ready to enjoy a tasty lunch!

VETERANS DAY PROGRAM

Join us on Wednesday, November 11, at 10:00 am in the auditorium, as we honor and celebrate the brave men and women who have served our country.

Veterans Day is a special time to recognize and express our heartfelt gratitude to the veterans who have served with courage, dedication, and sacrifice to protect the freedoms we cherish.

This event is open to all residents.

To all who have served, thank you for your service, your sacrifice, and your commitment to our country. We are forever grateful!

NO MAIL - There is **NO MAIL** on Tuesday, November 11 in observance of Veterans Day **and NO MAIL** on Thursday, November 26 in observance of Thanksgiving Day.

GOOD-BYE TO LINDA CHRISTY

With sadness and gratitude, we say goodbye to one of our wonderful beauticians, Linda Christy. Linda has been a valued member of the Valley team since January 2018, sharing her time between Tufte Manor and Valley on 42nd.

Linda's last day at Valley on 42nd will be Thursday, November 19, and her last day at Tufte Manor will be Friday, November 20.

When asked about her plans for the future, Linda says she is looking forward to traveling, enjoying some relaxing time at home, and even giving golf a try! We wish Linda all the best as she begins this exciting new chapter filled with relaxation, new adventures, and plenty of time to enjoy the things she loves. You've certainly earned it!

Thank you, Linda, for your years of service, the care you've shared with our residents, and the special touch you've brought to Valley. You will be missed, and we wish you all the very best in this next chapter!

THANKSGIVING WORSHIP SERVICE

Wheatland's Thanksgiving worship service will be held on Wednesday, November 25 at 11:00 am in the Auditorium.

There will be no worship service on Friday, November 27.

THANKSGIVING SIGN OUT/SIGN IN

If you plan to leave the building to enjoy Thanksgiving dinner with family or friends, please remember to sign out and sign back in using the Thanksgiving sign-out/sign-in sheet located on Jodi's desk.

This will help Dining Services prepare the appropriate number of meals. Thank you for your cooperation, and we wish you a wonderful Thanksgiving!

WHEATLAND HOLIDAY CELEBRATION

By now, you should have received your invitation to the Wheatland Terrace Holiday Celeration on Tuesday, December 8, from 5:30-6:30 pm.

We are excited to welcome our residents and **3 of their guests** to our annual holiday meal! Join us for a festive evening filled with delicious food, wonderful company, and the joy of celebrating the holiday season together. The menu includes:

*Walleye * Baked Potato * Baby Carrots * Dinner Rolls * Lefse
* Pecan Pie * Eggnog * Sparkling Juice

The cost is **$15.00 per guest** with no charge for residents. Children ages 12 and under, are $10.00 each. **Payment will be accepted the evening of the dinner only by cash or check.**

Please RSVP by November 23 by calling **Megan at (701) 787-7880**. We look forward to celebrating the holiday season with you!



Once again, Wheatland Terrace is partnering with the United Way to help bring a little Christmas joy to children ages 0-18 who may otherwise go without gifts this holiday season.

We are collecting new winter apparel, toys, games, and other gifts for children enrolled in the United Way's Toy Drive through December 10.

If you would like us to do the shopping for you, monetary donations are welcome! Please give your donation to Jodi or Cheryl.

Every little bit helps make Christmas a little brighter and brings a smile to a child's face! Thank you for your kindness and generosity in helping make the holiday season special for these children!

NOVEMBER EVENTS

Friday, November 6	Caramel Rolls	3:00 pm	Fireside Room
Monday, November 9	Corn Hole Tournament	2:00 pm	Auditorium - **SIGN UP W/MEGAN**
Tuesday, November 10	Town Meeting	2:30 pm	Fireside Room
Wednesday, November 11	Veterans Day Program Music: Dolores Clark & Yen Loh	2:30 pm	Auditorium
Friday, November 13	Outing - Perkins	1:30 pm	**SIGN UP IN FIRESIDE ROOM**
Wednesday, November 18	Worship & Memorial Service	3:00 pm	Auditorium
Friday, November 20	Music: Pratt Pack	2:30 pm	Auditorium
Monday, November 23	Show, Tell & Remember	2:30 pm	Fireside Room
Tuesday, November 24	Monthly Birthday Celebration	2:30 pm	Fireside Room
Wednesday, November 25	Thanksgiving Worship Service	11:00 am	Auditorium
Thursday, November 26	Thanksgiving Day		

NOVEMBER BIRTHDAYS

RESISDENTS

Nov. 12 - Jacky J.	Nov. 22 - Lloyd W.
Nov. 20 - Dean F.	Nov. 25 - Natalie M.
Nov. 21 - Pat H.	Nov. 27 - Richard M.

STAFF

Nov. 6 - Tara G.	Nov. 13 - Lindsay C.
Nov. 7 - Kelsey M.	Nov. 21 - Madison W.
Nov. 13 - Jane S.	

++ 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 - Bible Study
** Thursdays - Shopping **(SIGN UP IN FIRESIDE ROOM)**
** Fridays - Manicures
** Sundays - Worship Service (Channel 98)

