

FALL 2022 • GRAND FORKS ND

VALLEY *times*



Relaxing Together

Kay Ingwalson and daughter Gail enjoy the new Whisper Glide swing at Valley Senior Living on 42nd.



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Garth Rydland
PRESIDENT/CEO
Valley Senior Living

Nearly a Century of Care in Our Community

Valley Senior Living is deeply rooted in this community. We are in our 98th year of caring for people in Grand Forks. A group of Lutheran pastors and church members started meeting in 1914 about the need for a “home,” and in 1917 our incorporation articles stated that we were “founded for the purpose of building and operating a Lutheran Christian home for aged people.”

When the “Grand Forks Home for the Aged” opened in 1924 at 1023 Almonte Avenue in Grand Forks, we cared for 40 residents who had come from primarily Norway and may not have had any extended families of their own. The building was led by the superintendent and the resident’s needs were looked after by the matron. When the matron rang the bell, it was time to eat (an actual printed rule). A custodian lived on site and much of his pay was free room and board. On the application for move in, we asked the question, “Do you wish to enter for life or by the month?” If for life, we asked, “How much do you think you can give to the home for the privilege of staying the rest of your life?”

These were certainly humble beginnings for our organization. Nearly 100 years later and 25 years into my service here at Valley, I think about how proud our founders would be of what we have become. Our 830 staff provide care and services for about 550 of the residents in Grand Forks in our three locations. When you put those numbers together, we are bigger than many towns in North Dakota. In fact, we are the 39th largest employer in the state of North Dakota!

It’s not about the numbers though. I think our founders would be proud to know that we are still governed by our area Lutheran churches. They would be pleased to see that we have our own chaplains providing church services and Bible studies throughout the organization. They would be happy to see that the first statement of our employee code of conduct reads, “I will provide compassionate Christian care through the virtue of grace which is care that is given without the expectation of anything in return.”

We are proud of our many years of care in our community and we are committed to many more!

MISSION STATEMENT

Valley Senior Living provides compassionate Christian care and service to enhance the quality of life for those we serve.

If you would like to be removed from our mailing list, please contact us.

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**You make known to me the path of life;
in your presence there is fullness of joy;
at your right hand are pleasures forevermore.**

Psalm 16:11



Gwenn, Bazajou
CHAPLAIN
Valley Senior Living

JOY
is the simplest
form of gratitude.

– Karl Barth

FROM THE CHAPLAIN'S DESK

Joan (pronounced “Jo-ann”) loves the feel of the sun on her face and sits out in front of the care community every chance she gets. Her skin tans easily and she wears a wonderful straw hat. When asked if she used to garden, she replies with great enthusiasm, “Oh yes! I was always out in the yard. I had flowers and also a vegetable garden. I loved it!”

This is one of the joys of this past summer...that residents could enjoy the outdoors. Scenic drives, planting flowers in beautiful courtyards, helping with a lunch program for children at United Lutheran Church, have been just a few of the opportunities for residents to participate in nature and connect with the Grand Forks community. Half-jokingly, but mostly seriously, the residents and I speak of how we need to soak in as much sun and warmth as we can so that it can sustain us during the winter.

The opportunity to soak in the light and the love of God has also improved. After a couple years of worship being broadcast on TV and then, worship in person on Friday mornings, most of our care communities have returned to attending worship in person on Sunday mornings. Many residents had expressed, “Sunday just doesn’t feel like Sunday without church.” Thanks be to God that we are able to do this again.

It has been rough for many folks these last two and a half years, but we celebrate being able to provide as much quality of life as we can even while we live a “new normal.” We work hard to provide joy for residents and staff, and this summer God blessed us with many opportunities to do so.

Gwenn A. Bazajou

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United Lutheran Church
University Lutheran Church
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Zion Lutheran Church



17TH ANNUAL *Valley Senior Living* *Classic*

Teeing Up FORE Music Therapy

Thank you to all of our golfers and sponsors this past July for making the 17th Annual Valley Senior Living Golf Classic another success! We are grateful for the generous support from our dedicated community partners.

**Together, we raised more than \$61,000
for the music therapy program and the
Greg V. Hanson Nursing Scholarship Fund.**

A big thank you to Brian Harris and Greg Mattson from Century Electric for their leadership, commitment and support of the annual event.



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Looney Lutherans for Music Therapy

Did you smell the hotdish
and hear the laughter?

The trio of wacky gals, known as the Looney Lutherans, slid into Grand Forks to perform not once or twice, but three times on June 28. Two performances were within Valley Senior Living care communities and one performance was a community event featuring musical performances by residents from Valley Senior Living.

Music, comedy, audience participation and the sharing of age old wisdom, the Lutheran way, crept into every corner of the room and the sound of laughter rippled through the care communities.

Thank you to the generous sponsors for making the Looney Lutherans performances possible for residents at Valley Senior Living, and for the support of those that share a passion for the importance, power, and the effect of the music therapy program for so many residents.

SCAN HERE TO LEARN
MORE ABOUT MUSIC
THERAPY AT VALLEY
SENIOR LIVING.



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COMMUNITY CONNECTIONS & WISHING WELL

With a steadfast commitment to ensuring quality care and quality of life for residents at Valley Senior Living, our care partners create new community connections and nurture those that are existing.

From stepping back in time with an evening outing to the car show, to waiting until dusk on the 4th of July and heading to the southern edge of town to watch the fireworks display, residents from Valley Senior Living have enjoyed this summer season to its fullest.

We went to Turtle River State Park for a picnic, volunteered at United Lutheran Church's summer lunch program, and spent an afternoon dipping our toes in the water at Maple Lake while soaking up the sunshine and each other's company.

This summer season was filled with Wishing Well experiences to include graduation celebrations, grandchildren's weddings and even a trip to the Red River Valley Fair to see Tim McGraw.

The long *summer days* mean

more

time for *smiles!*

Thank you to those that generously support the Community Connections program and make these experiences a reality for residents.

valleyseniorliving.org/donate

VALLEYtimes | 7

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Dianne Hutton

We are grateful for each gift, given in memory or in honor. This generosity continues to provide life enrichments for the residents that call Valley Senior Living 'home'.



Tree of Life

We are recognizing our Tree of Life award recipients from July 1, 2021 to December 31, 2021. We thank our new donors and those that are moving to new award levels as our trees continue to grow at each care community.

Cornerstone Award (\$25,000)

Les & Patty Howard
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Heritage Award (\$10,000 - Large Stone)

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THE
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at Valley
Senior Living?

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Remember, you can make a gift to the Valley Senior Living Foundation that costs you nothing during your lifetime.

Make us a beneficiary of your will or revocable trust – and help to guarantee our future without affecting your current asset balance or cash flow.

For more information on how you can leave a legacy in our care communities, please contact Shaun Havis at shavis@valleyseniorliving.org.



**VOLUNTEERS DO
NOT NECESSARILY
HAVE THE TIME;
THEY
HAVE THE** *heart*

– Elizabeth Andrew



For Marilyn Gregoire, volunteering has a point and it is a sharp, steel point.

Marilyn contacted the Valley Senior Living Foundation shortly after the pandemic started and offered her time and talents to sew seams, replace buttons or to bring back to use treasured items from residents' closets. She had an understanding that in that time restrictions did not allow for volunteering opportunities inside the care communities, and she felt this was a way she could give of her time and talents.

When asked what prompted her to call and offer to volunteer she explained, "I

had recently fixed five or six pair of my mom's pants, a few blouses and a spring/fall jacket, her favorite. Once I was done I realized not every family has someone who can stitch and fix."

She went on to share, "Sewing is a kettle that has been at the back of my full stove, and when I mended for Mom and that kettle warmed up, I started to regain confidence. The tailor inside me was still there. My first project for Valley Senior Living was a pink sweater, needing a big hole darned. I learned about darning first to make it right. I had yarn to match the sweater, but it was too thick. So I darned with a single ply of that thick yarn, and it worked out just fine. Fixing clothes to make them useful again brings a rewarding feeling...a sense of being useful, and maybe a bit clever."

valleyseniorliving.org/volunteer



Join
Valley Senior Living
in the
**Walk to End
Alzheimer's**

**Saturday,
September 17,
2022**

Sertoma Park
3300 11th Ave S
Grand Forks, ND

Registration 9 a.m.
Opening Ceremony 10 a.m.
Walk 10:20 a.m.





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