



VALLEY MONTHLY HIGHLIGHTS



Volume 31, Issue 4 --- April 2024

Welcome New Employees

Valley on Columbia

Chris Glenn Noelle Mack
Kylie Hanson Beltha Okole
Kaylee Kamrowski

Woodside Village

Addi Kujawa Chantal Umutesi
Meegen Smith

Town Square

Karen Cummings Regina Wiechelman
Kade Langowski

Wheatland Terrace

Annie Nielsen



Valley Senior Living April 2024 Longevity Recipients

25 YEARS

Cindy Danielson - VC Care Coordinator/RN

10 YEARS

Victor Hernandez - Van Driver/CNA
Janet Moen - TS Administrative Assistant
Halee Weber - VC Resident Care Att/CNA

5 YEARS

Suzie Burger - VC Housekeeper
Raven Hernandez - VC CNA
Joanne Kalal - VC Dining Services
Zoey Sholtis - VC Dining Services

As employees celebrate their milestones in their career, Valley will be recognizing staff during their anniversary month. Staff's longevity award for years of service will be deposited into their account on the pay period following their anniversary date.

9th Annual Around Our Table

Valley Senior Living Foundation will host the 9th annual "Around Our Table" on April 27. Around Our Table supports the Chaplaincy Ministry program at Valley Senior Living care communities, providing spiritual support to the nearly 550 residents, their families, and over 850 employees.

Learn more at: <https://valley100.cbo.io>

How can you become involved in Around Our Table?

- Host a decorated table (8 seats) for brunch at Calvary Lutheran Church on April 27.
- Purchase an individual ticket for bunch at Calvary Lutheran Church on April 27.
- Make a donation online to support Valley Senior Living's Chaplaincy Ministry.
- Bid on quilts and related items in the online silent auction from April 19 to April 27.

Questions? Contact Valley Senior Living Event & Volunteer Coordinator, Kayla Gust at 701-787-7989 or email kgust@valleyseniorliving.org



Wellness Committee

April Movement Challenge



For the month of April, the Wellness Committee is promoting movement and the positive affects on mental health! The aim is to provide you with a goal setting opportunity that will in turn assist you in improving your mental health - your mind and body are intimately connected, and while your brain is the master control system for your body's movement, the way you move can also affect the way you think and feel.

For April, you will be keeping track of how many minutes of movement you complete outside of work. Movement doesn't have to mean sweat-inducing workouts, it can also mean less stressful options such as walking, household chores, playing with your children, etc. A tracker is available in the company communication or from HR - all details surrounding the challenge can be found on the tracker. Those who submit their completed tracker by May 7th, 2024 will be entered in a drawing for a \$25 gift card to a local health eatery in Grand Forks and chance to win a \$150 VISA gift card.

Employee Assistance Program

The Employee Assistance Program (EAP) provides **ALL** employees and their household members with resources to assist in dealing with personal or workplace concerns such as personal or marital counseling, financial or legal assistance, alcohol or substance abuse, and other work/life concerns. Valley employees or family members have **8 free sessions per episode/person/year**. The EAP services provided for you are completely confidential to your employer. To begin using these services, you can call the toll-free number or access the website. If you have any questions, please contact Human Resources or your supervisor.

www.livewellworklife.com

Ph: 1-866-831-2181 Click on: Living Well Resources
EAP@livewellworklife.com Company Code: Valley

Follow us on social media



APRIL BIRTHDAYS

Valley on Columbia

Devon Maszk - 1	Cindy Stattine - 17
Barb Barta - 2	Kevin Nowatzki - 18
Teresa Jankowski - 2	Gabby Dryden - 18
Pabi Rai - 3	Kaley Littlejohn - 19
Christina Cain - 4	Tamie Frericks - 19
Toni Lafrenz - 7	Caitlin Kotowicz - 19
Lila Rothenberger - 7	Ruben Oliver Jr - 21
Sally Grosgebauer - 9	Jessica Zelio - 21
Erin West - 9	Sarah Visser - 23
Deborah Nelson - 10	Gina Neal - 23
Londa Depestel - 14	Jenn Gerszewski - 24
Michelle Coulter - 14	Christiana Njume - 24
Courtney Feist - 14	Dana Phillips - 25
Joanne Kalal - 15	Larayne Stevens - 27
Wilmot David - 16	Jacob Visser - 29
Corissa Sam - 17	

Woodside Village

Ashlee Welch - 1	Sagal Abdirahman - 17
Declyn Martinez - 3	Robin Sickels - 18
Kendra Nelson - 7	Kassie Kuntz - 21
Molly Brown - 11	Kerwin Sletto - 26
Brittany German - 12	Jordan Bushnaq - 26
Karly Martell - 14	Bryce Snobl - 29
Rebecca Peterson - 15	

Wheatland Terrace

Jodi Dub - 4

Tufte Manor

Jacob Useldinger - 6	Lori Jacquemart - 25
Tish Clagg - 6	Angie Goulet - 30
Jaylene Rosencrans - 22	

Dates to Remember

April 1st-April 7th

World Health Worker Week

April 24th

Administrative Professionals Day

April 27th

Around Our Table Event



VALLEY HIGHLIGHTS STAFF

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