



VALLEY MONTHLY HIGHLIGHTS



Volume 31, Issue 7 --- July 2024

Welcome New Employees

Valley on Columbia

Olivia Beaudry	Kemberly Nielson
Roselynn Crawford	Freya Nielson
Annette Glomstad	Emily Olson
Fatumata Jalloh	Jocelyn Ouraga
Makayla Johnson	Veronica Rubia
Loumil Martin	Hanna Stephan

Woodside Village

Molly Baker	Tyna Lewis
Keanu Clark	William Miller

Town Square

Lindsey Mortenson

Tufte Manor

Darin Bosman	Delaney Potter
Jody Horner	

CNA Class

Paula Amahndong	Jennifer Hedia
Yamah Barvor	Asma Ismail
Steven Belgarde	Cam Kofstad
Wyatt Clark	Leila Mahamud
Lionna Dubois	Kaitlyn Peltier
Kailyn Ellenwood	Ramsey Petron
Marissa Esquivel	Rose Pratt
Madison Hageman	Valerie Rocha
Renae Hagen-Hamby	Deqa Salad
Breanna Hampton	Michelle Salinas
Natlaie Harvey	Arie Washington

Valley Senior Living Scholarship & Loan Repayment Programs

APPLY NOW!

For more information and to obtain an application, please contact:

Leah Larson, ADON at Valley on Columbia
 Kate Woodworth, ADON at Valley on Columbia
 Angie Praska, ADON at Woodside Village

Deadline to apply is July 12, 2024

July 2024 Longevity Recipients

40 YEARS

Susie Naastad - WV HUC

25 YEARS

Julie Lofberg - VC Housekeeper

5 YEARS

Mara Fuglestad - VC CNA

Alexis Jerome - VC CNA

As employees celebrate these 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.

2024 Annual Corporate Education Meetings



July 31st 12:00pm-4:00pm
 July 31st 5:00pm-9:00pm
 August 1st 8:00am-12:00pm
 August 1st 1:00pm-5:00pm
 August 6th 8:00am-12:00pm
 August 6th 1:00pm-5:00pm
 August 7th 8:00am-12:00pm
 August 7th 1:00pm-5:00pm
 WHERE TO SIGN UP:

- A Sign-up Genius link was provided in staff communication on 6.19.24.
- Follow the QR Code to the right
- Dining Services Staff, please notify your supervisor on date you selected to attend.



Employees hired before June 30, 2024 are required to attend a session. If you do not sign up, you will be placed in a session.

Wellness Committee

Hydration plays a crucial role not only in physical health but also in mental well-being. Our brain is composed largely of water and requires adequate hydration to function optimally. Dehydration can lead to impaired cognitive function, affecting concentration, alertness, and short-term memory. Studies have shown that even mild dehydration can alter mood and increase feelings of anxiety and irritability. Maintaining proper hydration levels is essential for mental clarity and emotional stability. Because of this, ensuring you consume enough water in your daily routines is a fundamental aspect of self-care, promoting not just physical vitality but also mental and emotional resilience.

July Challenge

Determine your weight in pounds (lbs) and divide it in half. That number is the amount of ounces of water you must drink to fulfill your daily goal.

Example: 160lbs / 2 = 80 fl ounces.

The challenge is surrounding hydration from water, so coffee, soda, milk, juice, etc. do not count. You can however add fruit to flavor your water.

You must meet your goal 15 days out of the 31 days of July to be eligible for the prizes below. A tracker for this challenge can be found in the all staff communication or in your HR department.

Submit your completed tracker to the HR department by August 9th for a chance to win exciting prizes:

*One person will win a \$150 VISA gift card

*Five people will win a \$50 VISA gift card.

Recruiter Bonus

Do you know someone who could join the team at Valley Senior Living?

Direct them to our website to apply:
valleyseniorliving.org/apply

Once you recruit someone:

- Get the Recruiter Bonus form from your supervisor or the HR office
- Fill out the bottom section and return to HR
- Earn \$1000, \$500, or \$250
 - \$1000 if you recruit a new FT care partner
 - \$500 if you recruit a new PT care partner
 - \$250 if you recruit a new Flex care partner

Follow us on social media



July Birthdays



Valley on Columbia

- | | |
|-------------------------------|-----------------------|
| Xantelle Quintanar Valdez - 1 | Marty Butters - 18 |
| Anna Kalenze-Akinboro - 2 | Deqa Salad - 18 |
| Alexis Ryan - 2 | Heidi Ebertowski - 19 |
| Renita Stethem - 5 | Mason Moen - 19 |
| Meredith Baumann - 7 | Madison Parisien - 19 |
| June Adams - 7 | Sabrina Byrd - 19 |
| Katie Watt - 7 | Tricia Camrud - 21 |
| Chaise Hennum - 7 | Alexis Thomas - 21 |
| Kayla Gust - 9 | Raechel Trutwin - 21 |
| Darci Lyn Bohn - 12 | Sophia Volk - 22 |
| Mia Gubbels - 12 | Bethany Bailly - 24 |
| Marla Love - 13 | Sienna Cariveau - 24 |
| Savannah Schaefer - 14 | Yamah Barvor - 25 |
| Loumil Martin - 15 | Steven Belgarde - 25 |
| Aiyana Asmus - 15 | Jill Mudge - 26 |
| Brooke Heggie - 16 | Falyn Shane - 27 |
| Stacey Vancamp - 16 | Stacy Lewis - 28 |
| Jailynn Chambers - 16 | Morgan Benson - 30 |

Woodside Village

- | | |
|----------------------|--------------------------|
| Troy Badolato - 1 | Deb Gaddie - 19 |
| Ruth Voer - 4 | Sheila Nygaard - 20 |
| AJ Janssen - 4 | Jaden Prigge - 22 |
| Kylie Laurin - 7 | Kathleen Peterson - 22 |
| Rochelle Nelson - 8 | Susie Naastad - 23 |
| Alma De la cruz - 11 | Stacy Roach - 23 |
| Tiffany Emanuel - 12 | Patty Holter - 24 |
| Hannah Hanson - 15 | Desni Giles-Johnson - 25 |
| Sara Kukowski - 15 | Shannon Holte - 26 |
| Tru Decker - 18 | Madison Fowler - 26 |

Town Square

- | | |
|-----------------------|-----------------------|
| Ljiljana Mlikota - 1 | Natalie Cooper - 9 |
| Lu Gibbs - 1 | Diana Hermreck - 20 |
| Thomas Cunningham - 5 | Khaleela Korynta - 24 |

Wheatland Terrace

- | | |
|---------------------|--------------------|
| Cris Mitzel - 3 | Zander Swartz - 24 |
| Tammy Cleem - 9 | Tonya Gramm - 28 |
| Brianne Bender - 12 | |

Tufte Manor

- | | |
|---------------------|-----------------------|
| Tara Zirnheld - 2 | Dawn Christopher - 23 |
| Jacinda Nelson - 5 | Elda Atilano - 24 |
| Cherie Stamper - 6 | Summer Rainoshek - 24 |
| Nira Rai - 7 | Ally Dietzler - 28 |
| Maurine Lukong - 10 | Gena Hellerstedt - 29 |
| Nura Kroeger - 15 | |

VALLEY HIGHLIGHTS STAFF

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