



Our Family Caring for Yours

# Wheatland Newsletter

October, 2024

## How to reach us

### Wheatland Terrace Main

#### Administrative Assistant:

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#### Housing Manager:

Cheryl Ekren  
(701) 787-7566

#### Housing Coordinator:

Traie Dockter  
(701) 787-7563

#### Charge Nurse:

Cris Mitzel, RN  
(701) 787-7602

#### Personal Care Assistant:

(701) 885-2431

#### Life Enrichment Coordinator:

Sandy Kemnitz  
(701) 787-7880

#### Director of Dining Service:

Rachael Herberg  
(701) 787-7804

#### AR Specialist/VSL on 42nd &

Cherry Street:  
Therese Brierley  
(701) 787-7823

#### Chaplaincy:

Charles "Bud" Johnson  
(701) 787-7895



Want to send an email to a loved one? [wheatlandterracetenants@hotmail.com](mailto:wheatlandterracetenants@hotmail.com)



## HEALTHCARE FOODSERVICE WORKERS WEEK October 6-12, 2024

**"LEADING THE WAY IN SELF-OPERATED FOODSERVICE"**



This year's theme, "leading the way in self-operated foodservice" is known as "in-house" operations. It's when a healthcare facility's own staff manages the food service department. This assures the food and nutrition is aligned with the organization's mission.

October 6-12 is when we recognize those employees who work in foodservice in healthcare facilities. It's an opportunity for us to thank the valuable professional employees who create and serve healthy food to the residents, visitors and staff at Valley.

Here at Valley on 42nd, dining services employs 53 individuals. They provide service to Wheatland Terrace, Country Estates, the Myra Café, and all the neighborhoods in Woodside Village. At the end of each day, they have prepared approximately 645 meals that are served at our community.

Our dining services staff takes pride in their work and enjoys serving the residents here at Valley on 42nd. This is a time where we can tell them how much we appreciate all they do in providing enjoyable nutritious meals for us. Our dining services staff are



## NATIONAL BOSS'S DAY Wednesday, October 16, 2024

Boss's Day 2023, although not a federal holiday, is observed annually in the U.S. It's a day dedicated to all employers.

This day is to recognize the hardworking boss for overseeing the workplace or department. This day was created for the purpose of strengthening the relationships between employers and employees.

To all supervisors at Valley, Happy Boss's Day!



### The Presidential Election will be held on November 5, 2024

#### EARLY VOTING:

Early voting is at the Alerus Center from Tuesday, October 29 through Friday, November 1—10:00 am—6:00 pm & Saturday, November 2—10:00 am—2:00 pm

#### ABSENTEE BALLOT:

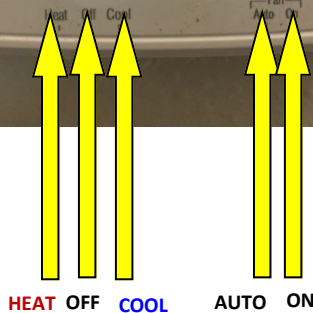
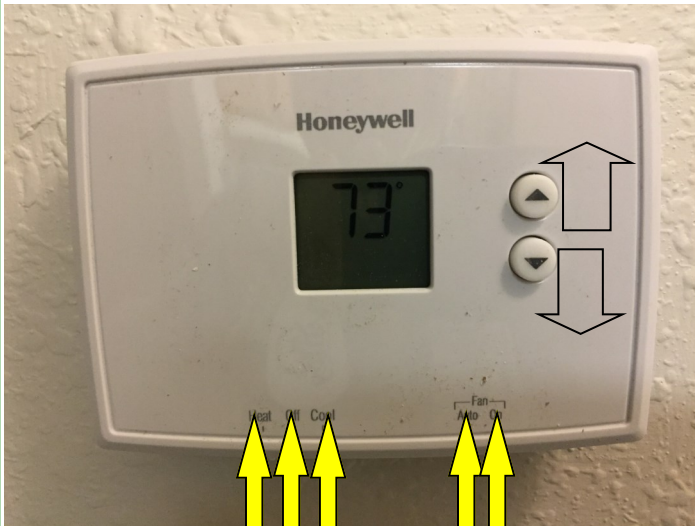
As long as your absentee ballot application was sent in for the June election and was marked to vote in the November election, it would be valid; otherwise you will need a new request submitted. If you would like to vote by absentee ballot, please see Jodi. Paperwork will be completed and you will get your paper ballot by mail. Absentee ballots began being mailed on September 27. All absentee ballots must be postmarked 1 day before the election (November 4).

#### ELECTION DAY VOTING:

7:00 am—7:00 pm

Voting centers: Alerus Center, Runnings (Home of Economy), Icon Arena & Hope Church

If you would like to vote in person, please contact Sandy at 787-7880.



#### Thermostat Operation

Your thermostat is currently set for Spring/ Summer. With the days getting shorter and the nights cooler, it's time for a refresher on how to adjust your thermostat for the Fall/Winter season.

To operate the thermostat, move the lever to Auto and Heat and adjust the temperature by using the controls up or down.

If you have questions on how to adjust your thermostat, please let maintenance know and they will be happy to assist you.

#### DINING ROOM SERVING TIMES

Meal	Doors Open	Serving Time
Breakfast	7:15 am	7:30—9:00 am
Lunch (Dinner)	11:30 am	11:45—1:00 pm
Supper	5:15 pm	5:30—6:30 pm

# SMOKE ALARMS

Make Them WORK For You!™



FIRE PREVENTION WEEK™

fpw.org

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The theme for Fire Prevention Week 2024 is **“Smoke alarms: Make them work for you!”** The week will take place from October 6-12, 2024.

The theme’s goal is to educate everyone about the importance of having working smoke alarms in their homes.

The key safety tips for 2024 Fire Prevention Week:

**INSTALL**—Install smoke alarms in every bedroom, outside each separate sleeping area (like a hallway) and on each level (including the basement) of the home.

**TEST**—Test smoke alarms at least once a month by pushing the test button.

**REPLACE**—Replace all smoke alarms when they are 10 years old or stop responding when tested.

## Wheatland’s Fire Procedures

In the event of a fire **all residents** should remain in their apartment unless:

- The fire is in your apartment
- An immediate evacuation is advised by management or emergency personnel

### If the fire is in your apartment:

- Leave your apartment immediately, close the door tight (do not lock)
- Pull the nearest fire alarm located in the hallway

### If the fire is in a public area:

- Remain in your apartment unless an immediate evacuation is advised by management or an emergency personnel
- Close all doors and windows
- Keep all telephone lines clear
- Stay in your apartment until further notice is given
- The appropriate staff or Fire Department will let you know when all is clear

Our residents are our top priority! The most important thing to do is to **REMAIN CALM.**

If the alarm in your apartment begins to chirp, it may mean the batteries are running low and need to be replaced. Call the maintenance department to report this and they will change your batteries. If it continues to chirp, call maintenance again as it may be time to replace the alarm.



## HAPPY HALLOWEEN (ALMOST) - OCTOBER 31

Halloween is just around the corner and we are excited for the trick or treaters to come to Wheatland Terrace. The party will be held on Halloween between 4:00-5:30 pm

We are asking residents if they would like to contribute to this fun event by donating candy.

Please drop your donation off to Jodi or Sandy by October 28. Thank you!!

**REMINDERS:**

**Special Breakfast**—Thursday, October 3—French Toast will be served

**Columbus Day Holiday**—**NO MAIL** service on Monday, October 14

**Take out Tuesday**—Tuesday, October 22—Catered by Happy Joes Pizza

**Renters Insurance**—A copy of your renters insurance is required each year. If you haven't given us a copy yet, please give it to Cheryl or Jodi at your earliest convenience

**Meals**—If you will not be here for a meal, please contact the PCA office at 701-885-2431 or the dining room at 701-787-7810 to let them know

**Mail**—Your mailbox needs to be emptied every day. If you are going to be gone for an extended period of time, please make arrangements to have someone pick it up for you. If the mailbox gets too full, mail will be returned to the post office. If you receive someone else's mail in your mailbox, please leave it on Jodi's desk




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**PASTOR APPRECIATION DAY**  
**Sunday, October 13, 2024**

Pastor Appreciation Day is a time to recognize the work of our clergy for their hard work and the spiritual gifts they give us.

It takes someone special to become a pastor. He/She must be called by God and meet the qualifications listed in the Bible. He/She must be saved, filled with the Holy Spirit and prove to be faithful to God before entering the ministry.

Pastors play a vital role in our lives. They often oversee our most joyous occasions, e.g. marriages, baptisms, Holy First Communion, as well as requests for special blessings. They are also with us during the low points in our life. Their support is unwavering.

Pastor Bud is a knowledgeable, kind, attentive, loving and a supportive member of Valley's clergy and this is the perfect time to say **"THANK YOU"** for all he's done in enriching our spiritual lives.



**OCTOBER  
BREAST  
CANCER  
AWARENESS  
MONTH**

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**BREAST CANCER AWARENESS MONTH**

The month is observed October 1-31, 2024. The theme for Breast Cancer Awareness Month is **"No one should face breast cancer alone"**. The theme reminds us that people with breast cancer should not face the disease alone, and that there are many ways to support them.

The purpose of Breast Cancer Awareness month is to promote screening and prevention of the disease. Best known for the pink ribbon, the month features a number of campaigns and programs conducted by groups ranging from breast cancer advocacy organizations to local community organizations, to major retailers, all to raise funds for cancer research.

If you are looking for an organization to donate to, please consider the American Cancer Society. They can be reached at <https://www.cancer.org> or you can call them at 1-800-227-2345]=[

# Introducing Wheatland's Newest Employees



**ASHLYNN BIRST** has joined our team as the Life Enrichment Assistant. She is currently a senior at UND studying Kinesiology/Pre-OT. When she's done with school, her goal is to be a pediatric occupational therapist.

Ashlynn is originally from Bismarck, ND. She has two sisters, and just recently adopted a puppy named Phoebe. In her free time, Ashlynn enjoys reading, seeing family and friends, or baking.

Ashlynn says "she is super excited to work at Wheatland and can't wait to get to know everyone here". Welcome Ashlynn, you're doing a great job!

**TIFANI GILBERTSON** is one of our new housekeepers. She was born and raised in Grand Forks.

Tifani has 2 sons, Jordan (31) and Keaton (24) as well as 2 grandchildren. Having a close family is very important to their family.

Her past time hobbies include spending with the kids, watching Netflix, and eating oreos!

We've heard nothing but good compliments about Tifani and we certainly are happy she's here!



**JULIE BALBOA** was born and raised in Grand Forks.

She is currently studying business/accounting. After graduating, she hopes to open her own business, and do some traveling.

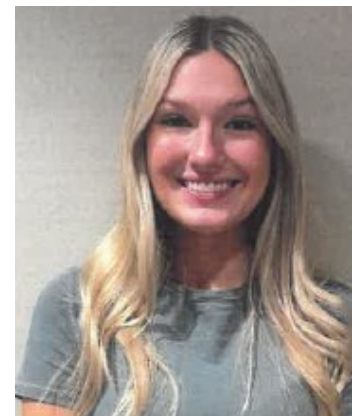
Something you may not know about Julie is that she has a twin sister.

Julie is another member of our housekeeping team. She is doing a great job and completes the housekeeping department at Wheatland!

**Kylin Winterberg** is from Bismarck. She enjoys going on walks with her dogs and spending time with family.

Her mom, nana, and boyfriend are the people who are most important to her. One thing on her bucket list is to travel to Greece.

Kylin is joining us as a Flex PCA (Personal Care Assistant). We know you will like it here Kylin. Welcome to Wheatland!

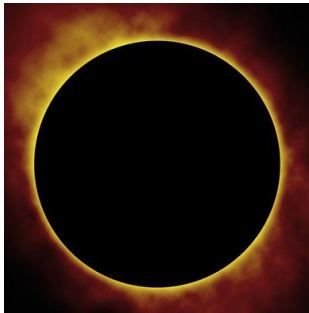




## VALLEY SENIOR LIVING Fall Craft & Bake Sales

**OCTOBER 11**  
**VALLEY SENIOR LIVING ON 42ND**  
**9:00 AM—2:30 PM**  
**AUDITORIUM**

EVERYONE is welcome! If you're an early Christmas shopper, you may want to check out the craft sale. There will be plenty of homemade baked goodies as well!



### OCTOBER 2, 2024 ANNULAR SOLAR ECLIPSE

October 2 an annular solar eclipse will occur. It's an upcoming celestial event that has captured the attention of astronomy enthusiasts worldwide. The moon will pass before the sun during this eclipse, creating a "ring of fire" effect in the sky.

The eclipse will be visible in Grand Forks with approximately 59% of the sun covered. It will start at 12:51 pm and end at 3:08 pm with the maximum coverage at 2:00 pm.

If you plan to watch the eclipse, be sure to wear the appropriate eye protection.



Mark your calendar to attend the **4th Annual Oktoberfest** on October 3, 5:00-7:30 pm at the Alerus Center. Get your tickets now and join us for an evening of polka music by Matt Hodek and the Dakota Dutchmen, German cuisine and brews, and Oktoberfest themed games. A commemorative Oktoberfest beer stein will be available for the first 320 guests!

You can purchase tickets at <https://okto24.cbo.io> or contact Kayla Gust, Event & Volunteer Coordinator at 701-787-7989 or you can email her at [kgust@valleyseniorliving.org](mailto:kgust@valleyseniorliving.org)

Online silent auction bidding is open now and closes on October 3.

Proceeds will benefit the community connections program at Valley Senior Living, focusing on keeping Valley Senior Living residents connected to the community with life enrichment opportunities.



One of the events held during Assisted Living Week was a cornhole tournament. A resident was paired with a staff member. There were 8 teams each competing to win one of the shiny, golden trophies.

We had cheerleaders, complete with pom poms to fire up the crowd of spectators.

Jon McMillan and Michelle Anderson won the tournament and each took home a trophy to keep until the next tournament. Will they be defeated? More to come.

Root Beer Floats were served following the tournament.

### OCTOBER EVENTS

Tuesday, October 1	Flu Shot Clinic	8:00-10:00 am	Auditorium
Friday, October 4	Movie & Popcorn "The Wizard of Oz"	1:45 pm	Fireside Room
Monday, October 7	Auction Bingo Music with Micheal Henna	1:30 pm 2:30 pm	Fireside Room Auditorium
Tuesday, October 8	Town Meeting	2:30 pm	Fireside Room
Thursday, October 11	Scenic Drive Craft Show & Bake Sale	1:30 pm 9:00-2:30 pm	Sign Up Auditorium
Monday, October 14	100 Year Celebration	2:30 pm	Auditorium
Wednesday, October 16	Music with Cathy Erickson	7:00 pm	Auditorium
Friday, October 18	Caramel Rolls	2:30-3:30 pm	Fireside Room
Monday, October 21	Whist Card Game with our friends at Woodside Village	2:00 pm	Fireside Room
Wednesday, October 23	Fall Festival Concert Worship Service Play—"Robin Hood"	10:00 am 2:45 pm 3:30 pm	Auditorium Auditorium Red River High School
Friday, October 25	Painting Pumpkins	2:00 pm	Fireside Room
Thursday, October 31	Halloween	Trick or Treaters	4:00-5:30 pm



### OCTOBER BIRTHDAYS

Thursday, October 3	Donna Breiland
Monday, October 7	Jon McMillan
Monday, October 13	Verona Poolman
Tuesday, October 14	Andy Swanson



Wednesday, October 16	Ona McMillan
Thursday, October 24	Alice Eider
Sunday, October 27	Greg Zak



Join Valley Senior Living  
as we celebrate

100 YEARS OF  
**Caring for the Community**

**October 14**

2:30 P.M.  
Valley Senior Living  
on 42nd  
Auditorium

**October 15**

2:30 P.M.  
Valley Senior Living  
on Columbia  
Bethesda Crossings

**October 16**

2:30 P.M.  
Valley Senior Living  
on Cherry  
Tufto Manor Lounge

*Cake and ice cream will be served following each program.*

Open to residents, families and the public. Hope to see you there!

