

VALLEY MONTHLY HIGHLIGHTS



Volume 31, Issue 11 --- November 2024

# Welcome New Employees

### Valley on Columbia

Madisyn Beck Rachel Dunlop Sarah Erickson Ludy Ivey

Cadance Jelinek

Raquel Lopez Liz Mehregan Mary St. Pierre Alexandra Sullivan Alecia Truesdell

### Woodside Village

Emma Abbey Lyonelle Azenkeng Holli Kells Kar Pittman Julie Strom Bryn Vettleson

Tashina Niemitalo-Vilas

### **Town Square**

Ranna Dawlaty Sarah Dohman Logan Nikle

----

#### **CNA Class**

Emilee Anderson
Taylor Barnes
Bishop Billups
Audi Brien
Lindsay Brunssen
Saydi Delgado
Saphire Ferguson
Tyy Johnson
Garret Kemp

Mia McCoy
Owen Meeker
Reyna Navarette
SiSi Pulis
Evan Relf
Kali Shaul
Sasha Smith
Daznea Williams-Oparaji
Maggie Zavoral

## Benefits Open Enrollment



Save the date: Sunday, November 17th through Saturday, November 30th Please watch for more information in staff communication

Changes will be effective for the January 1, 2025-December 31, 2025 plan year

# November 2024 Longevity Recipients

35 YEARS

Vicki Carter - VC HUC

10 YEARS

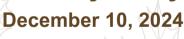
Brandi Rusczak - WV CNA

**5 YEARS** 

Jamie Rash - WC 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.

# Valley Senior Living Holiday Party



Alerus Center Door 7

1200 S 42nd St. Grand Forks, ND

4:30pm Bingo 5:45pm Meal 7:00pm Event



Sign up to attend with the QR code The deadline to sign up is November 23rd.

Get ready to laugh with ventriloquist Greg Claassen!
Performance begins at 7:00pm.

CASH BAR CHANCES TO WIN PRIZES COMPANY
AWARDS

## **Wellness Committee**

Stress relief is essential for maintaining better mental health, as it significantly reduces anxiety and enhances overall mood.

Regularly engaging in relaxation techniques, exercise, and mindfulness practices allows you to manage stress more effectively, fostering resilience and promoting a balanced lifestyle. This November, the Wellness Committee is providing you with 25 stress relief activities to try.

By prioritizing stress relief, you can improve your emotional stability, enhance mental clarity, and increase your capacity to cope with life's challenges. Investing time in stress-relieving activities ultimately supports a healthier, more fulfilling life and strengthens overall well-being. Look in the staff communication for the Stress Relief Bingo Challenge. To qualify for a chance to win a prize, you will need to complete at least 20 activities.

Prizes include one \$150 Visa Gift Card and four \$50 Visa Gift Cards Submit the Bingo form to HR by December 8th

## **Employee Assistance Program**

Valley employees and their family members have access to 8 free sessions per episode/person/year through Live Well Solutions. The Employee Assistance Program services are completely confidential.

Live Well Solutions

TOLL-FREE: 1-866-831-2181

EMAIL: EAP@livewellworklife.com

WEBSITE: www.livewellworklife.com

CLICK ON: Living Well Resources

**COMPANY CODE: Valley** 





## Valley on Columbia

Stacey Pic - 1 Paula Amahndong - 1 Ana Weisz - 2 Lindsay Brunssen - 3 Michelle Mosher - 5 Samuel Dahn - 5 Max Boushee - 6 Sophia Skavroneck - 6 Michelle Reese - 8 Sarah Sharpe - 9 Parni Walingrai - 11 Lillian Newton - 13 Amy Shilling - 13 Amy Vanscoy - 13

Jessica Shah - 13

Jennifer Angen - 14

Calista Jerome - 15

Katherine Sapp - 16

Jennifer Loraas - 17

Shelley Fultz - 16

Xia Kim - 19 Anna Miletic - 20 Amy Olson - 22 Kathy Feist - 24 Leah Larson - 24 Belle Edvall - 26 Tammy Yorba - 26 Sarita Rai - 27

Alex Kirlin - 17

Janice Lein - 17

Mars Berlanga - 18

Emma Duncombe - 18 Xania Quintanar-Valdez - 20 Saydi Delgado - 22 Von Sue Iron Bear - 23 Paula Nowatzki - 23 Elizabeth Beasley - 25 Marc Pederson - 25 Marty Sanchez-Rosado - 26

## **Woodside Village**

Danielle Lund - 2 Madalynn Parent-Quirk - 8 Vada Smith - 9 Rhonda Perkerewicz - 11 Jamie Rash - 11 Emma Mills - 12 Delaney Aaker - 13 Labrina Jose - 15 Zach Bauer - 18

Mary Schofield - 18 Therese Brierley - 20 Megan Vasek - 20 Joe Bailey - 21 Garret Casperson - 22 Diamond Harris - 22 Bri Thoreson - 27 Melinda Socwell - 28 Matthew Noll - 28

## Wheatland Terrace

Tara Gereau - 6 Kelsey Moses - 7 Emma Swenson - 16

## **Town Square**

Colin Borgen - 6 Allie Haiby - 22 Sophia Hanson - 23

Karen Cummings - 25 Markie Kuntz - 26

## **Tufte Manor**

Terri Heggie - 2 Austin Hanson - 4 Karen Grainger - 5 Lynsy Baumgart - 5

Sammy Krogfoss - 10 Linda Christy - 14 Matthew Grady - 19







VALLEY HIGHLIGHTS STAFF Editor: Adam Edwards

Publisher: Rebecca Peterson