



# VALLEY MONTHLY HIGHLIGHTS

Volume 31, Issue 11 --- November 2024



## Welcome New Employees

### Valley on Columbia

Madisyn Beck	Raquel Lopez
Rachel Dunlop	Liz Mehregan
Sarah Erickson	Mary St. Pierre
Ludy Ivey	Alexandra Sullivan
Cadance Jelinek	Alecia Truesdell

### Woodside Village

Emma Abbey	Kar Pittman
Lyonelle Azenkeng	Julie Strom
Holli Kells	Bryn Vetteson
Tashina Niemitalo-Vilas	

### Town Square

Ranna Dawlaty	Logan Nikle
Sarah Dohman	

### CNA Class

Emilee Anderson	Mia McCoy
Taylor Barnes	Owen Meeker
Bishop Billups	Reyna Navarette
Audi Brien	SiSi Pulis
Lindsay Brunssen	Evan Relf
Saydi Delgado	Kali Shaul
Saphire Ferguson	Sasha Smith
Tyy Johnson	Daznea Williams-Oparaji
Garret Kemp	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 Ruscak - 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

December 10, 2024

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](mailto:EAP@livewellworklife.com)

WEBSITE: [www.livewellworklife.com](http://www.livewellworklife.com)

CLICK ON: Living Well Resources

COMPANY CODE: Valley



Follow us on social media



# November Birthdays

## Valley on Columbia

- |                       |                             |
|-----------------------|-----------------------------|
| Stacey Pic - 1        | Alex Kirilin - 17           |
| Paula Amahndong - 1   | Janice Lein - 17            |
| Ana Weisz - 2         | Mars Berlanga - 18          |
| Lindsay Brunssen - 3  | Emma Duncombe - 18          |
| Michelle Mosher - 5   | Xia Kim - 19                |
| Samuel Dahn - 5       | Xania Quintanar-Valdez - 20 |
| Max Boushee - 6       | Anna Miletic - 20           |
| Sophia Skavroneck - 6 | Amy Olson - 22              |
| Michelle Reese - 8    | Saydi Delgado - 22          |
| Sarah Sharpe - 9      | Von Sue Iron Bear - 23      |
| Parni Walingrai - 11  | Paula Nowatzki - 23         |
| Lillian Newton - 13   | Kathy Feist - 24            |
| Amy Shilling - 13     | Leah Larson - 24            |
| Amy Vanscoy - 13      | Elizabeth Beasley - 25      |
| Jessica Shah - 13     | Marc Pederson - 25          |
| Jennifer Angen - 14   | Marty Sanchez-Rosado - 26   |
| Calista Jerome - 15   | Belle Edvall - 26           |
| Shelley Fultz - 16    | Tammy Yorba - 26            |
| Katherine Sapp - 16   | Sarita Rai - 27             |
| Jennifer Loraas - 17  |                             |

## Woodside Village

- |                           |                       |
|---------------------------|-----------------------|
| Danielle Lund - 2         | Mary Schofield - 18   |
| Madalynn Parent-Quirk - 8 | Therese Brierley - 20 |
| Vada Smith - 9            | Megan Vasek - 20      |
| Rhonda Perkerewicz - 11   | Joe Bailey - 21       |
| Jamie Rash - 11           | Garret Casperson - 22 |
| Emma Mills - 12           | Diamond Harris - 22   |
| Delaney Aaker - 13        | Bri Thoreson - 27     |
| Labrina Jose - 15         | Melinda Socwell - 28  |
| Zach Bauer - 18           | Matthew Noll - 28     |

## Wheatland Terrace

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

## Town Square

- |                    |                     |
|--------------------|---------------------|
| Colin Borgen - 6   | Karen Cummings - 25 |
| Allie Haiby - 22   | Markie Kuntz - 26   |
| Sophia Hanson - 23 |                     |

## Tufte Manor

- |                    |                     |
|--------------------|---------------------|
| Terri Heggie - 2   | Sammy Krogfoss - 10 |
| Austin Hanson - 4  | Linda Christy - 14  |
| Karen Grainger - 5 | Matthew Grady - 19  |
| Lynsy Baumgart - 5 |                     |

VALLEY HIGHLIGHTS STAFF

Editor: Adam Edwards

Publisher: Rebecca Peterson