



ODC OUTLOOK

OPEN DOOR CENTER

March/April 2021

S.A.V.E.

Suicide continues to be a mental health issue in our country and worldwide that is compounded by the pandemic. It is impacting individuals of all ages from children as young as 3 to adults over 75. However, suicide is preventable, and anybody and everybody can help stop a suicide. It is the 10th leading cause of death in the US but it is the only one that is preventable.

S.A.V.E. is the acronym used by the Veteran's Administration to train non-professionals to save a life by intervening in suicide. Due to recent conflict assignments in Afghanistan, Iran, etc., many veterans are suffering from mental health problems that may lead to suicide. Suicide is one of the leading causes of death in the military and young people and it is preventable.

"S" represents warning signs. Most people who commit suicide really don't want to die, but they want to stop their pain. Warning signs of suicide ideation include a focus on death often including talking about death or actions that reflect the person's desire to put "things in order. They may withdraw from normal activities that they previously enjoyed or mention the pain they are feeling. Their mood may be one of despair or reflected in swings of euphoria and sadness. Some individuals experience a change in sleep patterns, increased use of drugs or alcohol, or reckless and dangerous choices. When the person emphasizes death, dying, or self-destruction you must move to the "A".

"A" implores one to ask the question. The question is "Are you thinking of suicide?" It is a difficult question but asked in a natural way, with your usual non-emotional voice and eye contact, will comfort the person. Remain calm, use an open body language, limit your questions, and allow the person to talk. Use supportive and encouraging comments. Ask the question sooner than later, preferably immediately upon feeling the person is thinking of killing themselves. Use the words suicide or killing to assure them you understand the gravity of their situation.

Validating the person's feeling is imperative. Validation of the person's thoughts represents the letter "V". Don't pass judgement but offer understanding that their feelings are real. Realize that what they are saying or doing is how they are currently feeling and that they need help or treatment. Don't minimize what they say. Listen more than speak, limit questions, and appreciate that their feelings are real.

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**Open Door Center is a
non-profit corporation
serving
people with disabilities.**

Board of Directors

Bill Cook, President

Al Adams

James Buhr

Mark Diede

Grant Goven

Deb Kohler

Steve Myers - Vice President

Carol Nelson, Sec./Treas.

Jackie Owen

Gail Pederson

Leo Schmidt



REDUCE ~ REUSE ~ RECYCLE



Excellence in serving people with disabilities by:

***Respecting dignity and rights**

***Providing opportunities for growth**

***Fostering independence**

*Open Door Center is an equal opportunity
provider, and employer.*

Mary Simonson, Executive Director
Marcy Svenningsen, Director of Finance
Sherri Horsager, Human Resource

ICF/MR

Tana Plecity

Erin Halland, Staff Trainer

ISLA

Elaine Almberg

Heather Muscha

Ben Simonson

Program Directors

Matt Jensen, Children's Program

Marshall Hopp, Prairie Inn & MSLA

Cindy Schopper, Work Activity

WE WANT YOUR CANS

Open Door Center is looking for donations of *pop cans* for our individuals to crush. Once crushed they are turned in to be recycled.

Our folks get paid to crush cans and look forward to the paychecks they receive.

Cans can be dropped off at the Day Activity Center (north of Pizza Corner).

OR

If you live in the Fargo area, you can take your cans to the MinnKota Recycling center and tell them you want to donate them to Open Door Center in Valley City. They send us a check quarterly.

Please help us,
won't you?



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“E” represents encouragement and expedition. You should assist the person to obtain treatment and expedite their ability to receive it. Don’t keep their behavior and thoughts a secret but support them to discuss their feelings by seeking treatment. Do not leave them alone and encourage contact with someone who can help. Accompany them to treatment if necessary. Continue to portray respect and understanding.

Suicide, unlike many things that cause death is preventable. You don’t have to be a therapist to be therapeutic for someone considering suicide, you just need to care. Statistics show that ninety-five percent of those who attempted suicide and failed do not try it again. Yes, you can save a life!

*Mary Simonson, Executive Director
Open Door Center is an equal opportunity
provider and employer
(Mary’s columns are written monthly for the
VC Times Record)*

Popcorn Fundraiser

ODC held a popcorn fundraiser in January and raised money and donated to Dennis and Gail Pederson. They lost their pottery business building in a fire in August 2020.

Dennis & Gail Pederson sent a very colorful Thank You for this donation. We are very sorry for your loss.



MEMORIALS DONATED:

*In Memory of: Kyle Kohn
Brenda Olson*

*The Open Door Center would
like to sincerely **THANK YOU**
for your donations.*

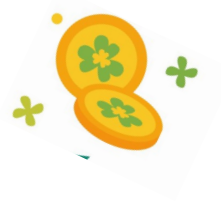
GIVING HEARTS DAY 2021

**The Open Door Center
would like to thank
everyone who donated on
Giving Hearts Day!
Your donations will be used
to help support the various
programs in the Open Door
Center, HI-Soaring
Eagle Ranch, and the Lisbon
Open Door Center.**

THANKS!!

MARCH BIRTHDAYS

- 2 - Justin Horsager
- 5 - Steve Myers
- 6 - Marshall Hopp
- 6 - Denine Duffy
- 8 - Ashley Tostenson
- 8 - Megan Carrizales
- 9 - John Andrus
- 11 - Kenneth Stopczynski
- 13 - Cara Sorensen
- 16 - Shane Kay
- 17 - Renee Larocque
- 18 - Gary Prochnow
- 20 - Ryan Mathias
- 21 - Trevor Berg
- 21 - Jessie Brackins
- 23 - Rita Grant
- 25 - Matt Jensen
- 25 - Mariah Olson
- 26 - Colleen Hehr
- 30 - Brett Volk
- 30 - Teri Ronning



MARCH ANNIVERSARIES

29 Years
Chris Dvorak-Ranch

24 Years
Carol Grotberg-ISLA

23 Years
Melanie Lindgren-GH 2
Bekah Cook-ISLA

21 Years
Chris Merkes-GH 3

15 Years
Denise Stanley-ISLA

13 Years
Kim Esch-GH 2

11 Years
Missy Leroux-ISLA
RoxAnne DeKrey-ISLA

10 Years
Jessa Hafele-GH 4

8 Years
Jacki Grant-ISLA

7 Years
Patty Altringer-ISLA

6 Years
Mara Heinze-ISLA, Karla Lyon-Lisbon

5 Years
Megan Perdue-GH 2

4 Years
Sheryl Solberg-Thunderbird/Amberland

2 Years
Trevor Berg-Prairie Inn
Alexius Hajek-Lisbon,
Amanda Erickson-GH 1
Amy Elstrom-Nursing
Aliyah Kennedy-Prairie Inn

1 Year
Tricia Mikkelsen-ISLA
Haley Elston-WAC
Jazzlyn Statema-ISLA
Taylyn Storbeck-GH 5
Jalynn Anderson-GH 3

APRIL BIRTHDAYS

1-Nancy Bjerke
 2-Scyra Agard
 5-Jasmine Rombs
 5-Rachel Kilmon
 6-Tammy Devitt
 7-Matt Harrington
 7-Nancy Knutson
 8-Lynn Priebe
 8-Trudi Lanz
 11-Lindsey Jacobson
 14-Aliyah Kennedy
 15-Raymond Nelson
 19-Cory Duvén
 19-Tiffannie Justesen
 19-Alaina Hanson
 19-Bradley Kumlin
 21-Sarah Parkman
 21-Kaitlyn Eliason
 22-Jennifer Kriewald
 26-Sherry Anderson
 26-Haleigh Earles
 27-Chris Dvorak
 27-Mike Venhuizen
 27-Holly Sabinash
 27-Brenda Dick
 27-Kyley Lauf
 29-Phillip Hill
 29-Denise Stanley
 29-Travis Donnelly
 30-Jodee Ukestad



APRIL ANNIVERSARIES

36 Years
Lori Reimers-ISLA

33 Years
Darnelle Bakke-ISLA

30 Years
Linda Christensen-ISLA

29 Years
Wanda Schwab-ISLA

25 Years
Jeremy Williams-ISLA

23 Years
Barb Anderson-GH 2

20 Years
Josh Kracht-ISLA

19 Years
Garrett Greenwood-GH 4

11 Years
Sam Ihry-GH 1, Todd Clark-GH 4
Mitch Fitzell-DAC

10 Years
John Dyrness-Bookstore

9 Years
Kaitlin Anderson-GH 5

8 Years
Michael Johnson-ISLA

5 Years
Holly Sabinash-ISLA

4 Years
Teana Pettier-Prairie Inn, Aidyn McCombs-GH 1

3 Years
Mya Anderson-GH 4, Ruth Dorlus-GH 2
Anthony Anderson-GH1
Marah Pickell-GH 3, Shane Hoffman-GH 4

1 Year
Izabella Grenz-GH 2



Lights at Lindenwood Park

December 27th brought Tara, Russell and Diana out to Fargo. They decided to check out a new restaurant and went to "Randy's" on S. University. During the week they are known for their great breakfast specials. However they learned the weekend those "Specials" were not available. Good thing they were prepared to try something else! The Lights at Lindenwood Park was their main destination. A great way to social distance in their own minivan! The photos show a very small example of the beautiful lights they enjoyed. Happy New Year to All!!

"Strum'in In The New Year

Friends at Prairie Inn gathered to "Strum" in the New Year. After sharing a New Year's supper, Randy, Tara and Diana helped prepare and serve scalloped potatoes and ham supper with all the trimmings. Staff, John A., kindly color-coded the music of "Auld Lang Syne". Everyone got their own stringed musical instrument and joined in playing and singing. We were very grateful to John for the music and toting of instruments!! Our New Years Eve celebration was complete with sparkling juice served in glass goblets! Many toasts and New Years resolutions were shared.





LOVE IS IN THE AIR AT WORK ACTIVITY! 02-22-2021

At WAC we are trying to work on our new normal, which still includes wearing masks and working on sanitizing at the end of every day. We have added a group of people that come to the Center every Friday, with the other two groups alternating every other Friday. As always, we continue to provide programming in homes and at the Center. In February we focused on Valentine's activities. Everyone is looking forward to nice weather and being able to do our laps outdoors! There still may be a chance of snow, but Spring is around the corner! ~ Tara

As you see, our windows to the world transitioned from Holiday Cheer to Frosty Snowflakes!! We folded and cut huge snowflakes, but do not blame us for the frosty weather!

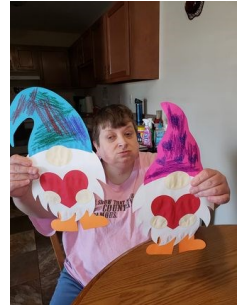


Football and Love are in the air at WAC. We focused on football for the first week, coloring footballs and helmets, working on football themed worksheets and making our football Predictions for the Super Bowl—GO Buccaneers!!

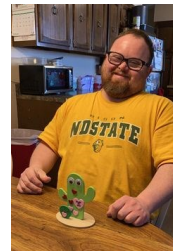
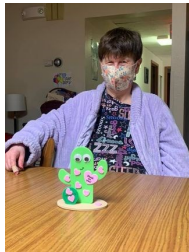


.....WAC Continued

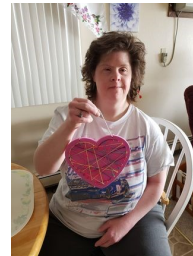
Then what comes after football?? Valentines Projects! We cut out and created gnomes that everyone could personalize. They were so fun we might make them for every holiday!



There is nothing as special as a Valentine Cactus! Everyone crafted a "Stuck on You" cactus to either keep for themselves or share with a friend.



We thought we would try something different and create heart string art. These were more difficult and required placing small pins and wrapping the string around them in a pattern. Everyone's turned out different—it was fun to see what all our friends created! Another of our favorite activity is scratch art. We found Valentine Donuts to scratch patterns on and give to our friends.



Corner

Katie's



*As I see it from
where I sit!*

By Katie Sand

Hello Everyone

Your friendly neighborhood Katie Sand here. Hoping you're all having a good 2021 so far. I'm hoping March has some nicer weather than February did. In March it's St. Patrick's Day on the 17th. Spring is also in March on the 20th. On April 1st it's April Fool's Day so make sure to think of many pranks. Easter is April 4th. Hope to see you all soon; it's been almost a year!

Until next time.KATIE

CONGRATULATIONS

Direct Support Professionals for
completing their modules!



Full Time:

*Barry Devitt, Brandon Carlisle
Sam Northup, Abby Bladow
Nick Ericksen-Hughes*

Part Time:

Savana Ley, Taylyn Storbeck

*Happy
St. Patrick's
Day!*





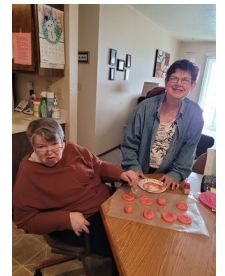
Tara was sure glad to get back to Eagles BINGO. She won on her first night back! CONGRATULATIONS!



Cassie loves to work on Art Projects. Here are some great words for all of us to live by!
Nice Job Cassie!!

Winter Baking

Several people were craving some yummy baked goods this winter and spent some time baking treats!
Looks Delicious!!



Shane and Michael working hard on an assembly project. They sure used A LOT of concentration to get this job done!



NEW YEARS EVE CELEBRATIONS

Just a few more pictures of New Years Eve Celebrations. Lots of great food and great company!!

COMING EVENTS

MARCH:

14 - Daylight Savings Time
17 - St. Patrick's Day
20 - Spring Begins
28 - Palm Sunday

APRIL:

1 - April Fool's Day
4 - Easter
22 - Earth Day



**Turn clocks ahead
1 hour at 2:00 am
on Sunday,
March 14, 2021**

Have news???
Let Nancy know.
**Your news is our
news!**

All Staff
Door Prize Winners:

January:
Allyssa Weitkum
Adam Liesener
Tifani Komrosky
Alaina Hanson

February:
Justin Horsager
Jenny Kriewald
Colin Zawaira

CONGRATULATIONS!!

A BIG



TO NEW STAFF WHO HAVE JOINED:

Megan Carrizales, Benjamin Carter, Jordyn Gray, Melinda Harris
Deb Hegdahl, Megan Markuson, Hadlee Mathias
Heather Muscha, Erik Peterson, Julie Rash
Jasmine Rombs, Anne Wright

OPEN DOOR CENTER
129 3rd Ave. NE
Valley City, ND 58072
701-845-1124

Address Label Here

Celebrating 61 Years

WE'RE ON THE WEB!
ODCVC.COM

Charitable Donation

Please consider us when making your charitable donation. Open Door Center is a non-profit organization which receives support from the North Dakota Department of Human Services. Although it is our main funding source, it is not enough to cover all the costs of our corporation. The money received will help provide continued support and assistance to those supported by Open Door Center. We are very appreciative for the support we do already receive. If you would please consider a financial contribution to help meet the extra needs of our children and adults with disabilities, please fill out this form and return it to Open Door Center, 129 3rd Ave. NE, Valley City, ND 58072.

ENCLOSED IS MY TAX DEDUCTIBLE DONATION:

I would like my contribution:

☐ \$ 50 ☐ \$250
☐ \$100 ☐ \$500
☐ \$150 ☐ \$Other

In memory of: _____
In honor of: _____
Other: _____

May we publish your name? ☐ Yes ☐ No
Your thoughtful gift will be acknowledged to the family indicated:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

DONATE

You may also donate on our
webpage: www.odcvc.com
Hit the red **DONATE** button
on the home page and choose
the amount you wish to
donate, hit the **NEXT** button
and follow instructions. The
Open Door Center would
really appreciate this donation.