



# ODC OUTLOOK

OPEN DOOR CENTER

May/June 2021

## DEMENTIA AND DISABILITIES

Teepa Snow, a national expert, provided a webinar on dementia and disabilities two weeks ago. Not only did it pique my interest because she is one of the very few virtual presenters who has kept my interest for two hours, but also because there are individuals with the Open Door Center who are receiving this diagnosis. Many of these individuals entered services around the time that I was fortunate to begin my position at Open Door Center. They were twenty to thirty some years younger when I first met them.

The normal population usually starts developing some signs of dementia when they are in their sixties or later. However, people with learning disabilities often develop dementia earlier than the general population. About 1 in 5 people with a learning disability over the age of 65 will develop dementia compared to 1 in 14 without a learning disability. This probability increases if the person has a history of a head injury, a family history of dementia or is diagnosed with Down Syndrome. They sometimes develop dementia and often Alzheimer's as early as their thirties.

There are several types of dementia including the more familiar Alzheimer's to Lewy Body dementia, Frontotemporal Dementia, Vascular Dementia, Parkinson's Disease Dementia, Creutzfeldt-Jakob Dementia, Huntington's Disease and mixed dementia. Due to the number of different types of dementia it is often difficult to diagnosis, but common symptoms include a decline in attention, decreased memory and self-care skills, and seizures may be noted. There may be more speech problems as the disease progresses along with changes in thinking skills, judgement, decreased attention, and a change in communication skills according to the Foundation of People with Learning Disabilities.

With the disease running from three to ten or more years there are things that can help us to live with dementia. Physical, mental, and social activity are important. Spiritual involvement and emphasis on self-worth, well-being and reduced anxiety or distress are important according to Teepa Snow.

*.....continued on page 3*

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

**Board of Directors**

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MAY

JUNE

**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?



.....continued from page 1

**Positive physical approach with the person with dementia is important. These are reflected in a greeting with a smile, calling the person by name, approaching slowly, and waiting for their response. Look friendly and interested, sound enthusiastic, and keep responses short. Introduce yourself and offer a positive personal comment about the person. Try to give simple information accompanied by gestures and a verbal cue. Diminish words and wait for their response. Patience is important. Believe that people with dementia and developmental disabilities are doing their best, so give your best too. Together you will both have a positive experience living with dementia.**

*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)*



***MEMORIALS DONATED:***

**Bonnie and Mike Johnson**

*In Memory of:  
Geri Voltz  
Vi Rindy  
Keith Flaten  
Cindy Sorensen*

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



**Mitch sending greetings!  
We haven't seen him in a  
really long time either!  
We miss you Mitch!!**

## MAY BIRTHDAYS

- 2 - Kellie Schulz
- 3 - Cynthia McFadgen
- 4 - Nicholas LeMier
- 8 - Chris Merkes
- 9 - Brittiany Gronhovd
- 10 - Pete Sherman
- 10 - Garrett Greenwood
- 11 - Tricia Mikkelsen
- 12 - Cindy Schopper
- 12 - Theresa Rose
- 13 - Jess Stack
- 16 - Lori Reimers
- 16 - Amy Elstrom
- 22 - Marcy Svenningsen
- 22 - Layne Nannenga
- 23 - Amanda Hanlon
- 24 - Maureen Rueckert
- 28 - Kandice Novak
- 29 - Dennis Myers
- 29 - Nicole Wieser
- 30 - Lee Webster
- 31 - Colin Zawaira



## MAY ANNIVERSARIES

39 Years  
Mary Simonson-Executive Director

26 Years  
Jennifer Kriewald-ISLA

20 Years  
Vanessa Wilson-GH 5

18 Years  
Jessica Stack-GH3  
Staci King-YAP

17 Years  
Diana Gehlhoff-Prairie Inn  
Colette Jenson-ISLA

15 Years  
Derek Murach-GH 2

13 Years  
Adam Maresh-ISLA

8 Years  
Tiffannie Justesen-GH 3 & WAC

7 Years  
Brenda Olson-YAP

6 Years  
Travis Donnelly-DAC  
Jesse Juelfs-Lisbon  
Becky Nelson-GH 1

4 Years  
Larry Duffy-Maintenance

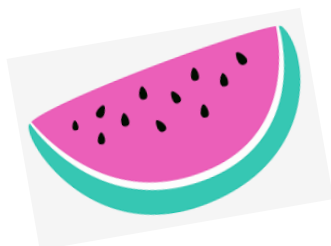
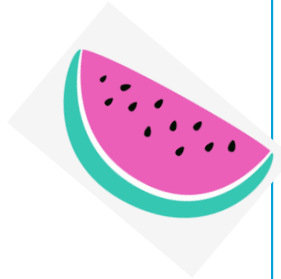
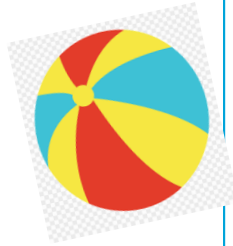
2 Years  
Cullen Engstrom-Prairie Inn  
Karissa Yturralde-ISLA  
Ryan Mathias-Thunderbird/Amberland

1 Year  
Jacob Gottenborg-Prairie Inn  
Bonnie Kapaun-Ranch  
Lida Le-ISLA



# JUNE BIRTHDAYS

1 - Marie Delorme  
 1 - Michelyn Boateng  
 1 - Nicholas Ericksen-Hughes  
 3 - Joanne Nguyen  
 3 - Teana Peltier  
 4 - Robin Borchert  
 5 - Sherri Horsager  
 6 - Roosevelt Capehart  
 7 - Jacob Gottenborg  
 8 - Dustin Sortland  
 8 - Karla Lyon  
 12 - Erin Halland  
 12 - Terri Stevens  
 12 - Alexis Wilson  
 13 - Janna Bitz  
 13 - Diane Wagner  
 13 - Allysen Mathias  
 14 - Jaci Haas  
 14 - Abbigail Maertens  
 15 - Elaine Almberg  
 16 - Jessa Hafele  
 16 - Haley Thompson  
 17 - Brenda Liebenow  
 18 - Jacki Grant  
 18 - Amanda Erickson  
 18 - Izabella Grenz  
 19 - Lindsay Simms-Jones  
 19 - Ronnie Mulder  
 22 - Pam Walsh  
 22 - Dawn Larson Schock  
 23 - Jesse Brown  
 24 - Russell Conway  
 26 - Dan Johnson  
 27 - Brenda Bjork  
 28 - Missy Leroux  
 28 - Kelly Braton  
 29 - Danielle Neuberger  
 30 - Kathy McGough



# JUNE ANNIVERSARIES

40 Years  
 Rita Grant-GH 5, Julie LeMier-ISLA  
26 Years  
 Matt Harrington-ISLA, Alex Lanenga-ISLA  
 Nicole Jones-GH 1  
24 Years  
 Deb Borg-WAC  
22 Years  
 Kelly Klein-ISLA  
20 Years  
 Matt Jensen-GH 1 Program Director  
19 Years  
 Tana Plecity-GH 2 & 4 Program Director  
15 Years  
 Katie Sand-GH 4  
14 Years  
 Garret Thompson-Lisbon, Michael Kirsch-Lisbon  
 Lee Hoff-ISLA  
13 Years  
 Phillip Hill-GH 3, Brenda Liebenow-GH 5  
11 Years  
 Clifford Peterson-GH 3, Dustin Sortland-WAC  
9 Years  
 Marshall Pederson-ISLA, Kassandra Yokom-ISLA  
8 Years  
 Kandice Novak-ISLA  
7 Years  
 Nancy Knutson-WAC  
6 Years  
 Wyatt Doll-GH 1, Felicia Esch-ISLA,  
 Alexis Wilson-GH 1  
5 Years  
 Roxanne Gabel-WAC, Brittney Stenvik-GH 4  
4 Years  
 Randy Prescott-GH 5, Vally Grabinger-YAP  
3 Years  
 John Haas-Ranch  
2 Years  
 Liam Pierce-Lisbon, Carol McIlvaine-Ranch  
 Sarah Howe-WAC, Beverly Howe-Bookstore  
 Haleigh Earles-GH 3, Michael Cornelious-GH 1  
1 Year  
 Madelyn Zahnow-GH 1, Travis Clifford-GH 3  
 Roosevelt Capehart-Prairie Inn

## What is happening at Work Activity...

March 15<sup>th</sup>, exactly one year from when Work Activity and Day Activity closed due to COVID 19, we were able to welcome back people from Group Homes to work part time, starting fulltime on April 5<sup>th</sup>. People that were coming 3 days a week were able to come full time 5 days a week. The first week was long and exciting for everyone, but it feels good to reboot and introduce everyone to the new changes around the center and get into a new routine.

Both staff and people we serve continue to wear masks. We save time for sanitizing at the end of our workday, and staff deep clean after people leave at 4:15pm. Everyone has been doing their part to keep our building and all of us healthy.

We decided to use this fresh start at WAC as a time to redesign how some of our groups look. Over the months that we have been back part-time we have learned some things that helped us to restructure. We have found that our cleverly named, UP Group, that meets upstairs, was a good fit for some of our younger more active people to get involved in activities. We also discovered that integrating the people that were at AVT into our regular groups at WAC was very beneficial for them. By eliminating AVT as we knew it before and creating an area called the Depot, at the Prairie Inn, we have a group of people that move in and out throughout the day going to jobs and working with staff on skills. The Front and Back groups are still in their respective areas, with Front expanding out into the lobby area and the Back reorganizing and adding more tables to accommodate people. By reorganizing our groups, we can utilize more of our spaces and try to keep some social distance with close to 100 people and staff every day.

We have gotten so used to creating the “Daily Flier”, that we decided to continue with a modified version. Every morning, in our groups, we review the Daily Flier with a new topic for discussion. We have also created a new daily sheet that is called “Name One”. For example, name one of your goals or name your favorite city in North Dakota. These two discussion pieces are accompanied by worksheets that often follow the theme of the day.

People continue to work on projects, recycling, and skills. Everyone is looking forward to getting outdoors and planting our garden. Happy Spring!

Tara- WAC

Safety Sam says we need to keep our kitchens safe! Here are some safety questions to think about for both home and work.



1. Are your knives and sharp utensils stored safely?
2. Do you wipe up spills on the floor promptly to prevent a slip and fall injury?
3. Do you turn pot handles in while cooking?
4. Do you know how to use the fire extinguisher and where it is at?

Look for more safety tidbits from the Safety Committee and Safety Sam!



**Several folks celebrated their birthdays the past couple months and brought cakes to share with everyone. Rita was especially excited to celebrate being 60 years young!!  
HAPPY BIRTHDAY EVERYONE.**



Scyra LOVES fashion and had a great time creating this cutout model and posing her in all kinds of outfits and accessories. What a great way to spend some time this winter Scyra!!



Late Winter we found out one of our peers had Cancer. Several fundraisers were held, including a Bake Sale, Popcorn Sales and a Design a Button Contest. Ashley Tostenson won the Button Contest with her "No One Fights Alone" button and Teana Peltier placed 2nd. Great Buttons!! All other participants received a button with the creation they designed.



Roxanne also organized a Bake Sale over at WAC with a lot of baked goods donated and a lot of shoppers coming to purchase the yummy items.



C.C.— Everyone here at ODC wants to wish you the best of luck in this fight and we are all praying for you ! !



## Corner

Katie's



*As I see it from  
where I sit!*

By Katie Sand

### *Hello Everyone*

*It is time to begin. It is finally SPRING!! I am in Track this year. I am happy that the snow is gone and we can go outside for Track and go on more walks. I am also happy to be back at WAC full time and that I get to see my friends every day! I hope everyone is enjoying it as much as I do! We are still wearing masks to help us stay safe and not spread germs!*

*Pretty soon it will be Summer. In the summer I like to go out and eat and get ice cream. I am hoping to go swimming more this summer. I also like to go on van rides to go watch my nephews play baseball. I hope everyone has a good month.*

*Until next time. . . . .KATIE*

### CONGRATULATIONS

Direct Support Professionals for  
completing their modules!



*Full Time:*

*Melissa Huffstutler*

*Megan Markuson, Jackie Grant*

*Miranda Reister, Amanda Erickson*

*Part Time:*

*Haley Olsen*



## LADIES DAY AT THE BISON GAME

March 13th brought ladies Cheila, Kandice, Holly, Kelly and Roxanne to Fargo to the NDSU Bison vs. Illinois State Redbirds game. They all had on their NDSU Bison gear and they brought their *SPIRIT* to cheer on a victory win—21 to 13 over the Redbirds!



## FROZEN YOGA

Marie and Kandice spent some time doing "Frozen Yoga". It looks very interesting, and looks like the ladies enjoyed it!!



## EARTH DAY

April 22, Earth Day, was a beautiful day outside and it also brought this group of our younger folks, Marah, Marie, Matt and Shane out to clean up some garbage up by the new Loves Gas Station.

Thanks for volunteering!!!



In April, good friends, Diane and Russell got to spend some time together again. They haven't see each other in a very long time due to the COVID Pandemic. They had a lot of catching up to do!!



## **COMING EVENTS**

### **MAY:**

**9 - Mother's Day**  
**31 - Memorial Day-Center Closed**

### **JUNE:**

**14 - Flag Day**  
**20 - Father's Day**  
**20 - First Day of Summer**



### **JULY:**

**4 - Independence Day**  
**5 - Center Closed to Observe 4th of July**

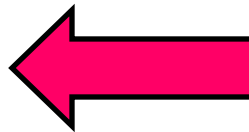
**Have news???**  
**Let Nancy know.**  
**Your news is our news!**

All Staff  
Door Prize Winners:

March:  
Barb Anderson  
Tanner Clark  
Theresa Rose

April:  
Brett Volk  
Paige Benson

**CONGRATULATIONS!!**



The face of every-  
one returning to  
WAC in April !!

**A BIG**



**TO NEW STAFF WHO HAVE JOINED:**

**Emma Fiedler, Tara Haugtvedt, Sara Koryta, Kaelie Kosiak**  
**Tanaya Leifson, Emma Nelson, Josh Plecity, Kylie Rowell**  
**John Thomas, Morgan Wangrud and Jahidi West**

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](http://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.