



ODC OUTLOOK

OPEN DOOR CENTER

March - April 2026

Thrift-E-Shop Acquisition

March has begun with a very exciting new opportunity for Open Door Center. Open Door Center will be taking over ownership and operations of the Arc Thrift-E-Shop in Valley City as of March 16, 2026. The Arc Thrift-E-Shop has been in business for 45 years.

The Arc of Barnes County opened the Thrift-E-Shop in 1981. In 1988 the Arc Thrift-E-Shop moved to its current location at 141 2nd St NE in Valley City. The Arc of Barnes County is a non-profit, local chapter of the national organization dedicated to promoting and protecting the human rights of people with developmental disabilities. Arc of Barnes County Board members include Jodi Elliott, Dallas Gruebele, Diane Kracht, Ken Merkes, Bill Cook, Barb Cook, Andrea Johnson, and Randy Ladbury.

Why was Open Door Center interested in acquiring the Thrift-E-Shop? The Thrift-E-Shop is an established business within Valley City with fabulous employees. Not only does the store provide a valued service to our community, but it also provides a variety of job opportunities to the individuals we support. Acquisition of this store will provide additional employment opportunities for the people we support; this was the driving force behind our interest in this business acquisition.

Aside from a slight name change, regular shoppers will notice very few changes in the store; it will continue to operate in 'as is'. The Thrift-E-Shop will join the ranks of Thunderbird Ranch and Gourmet Foods, Eagles Nest Bookstore, and Lisbon Thrift Store as the fourth business owned and operated by Open Door Center.

Tracey Zaun, Executive Director



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

Board of Directors

Deb Kohler, President
Al Adams-Vice President
Gail Pederson, Sec./Treas.
James Buhr
Bill Cook
Marla DeLorme
Mark Diede
Grant Goven
Samantha Holm
Carol McIlvaine
Mary Lee Robinson



REDUCE ~ REUSE ~ RECYCLE



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?



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.

Tracey Zaun, Executive Director
Josh Plecity, Director of Finance
Sherri Horsager, Human Resource
Staff Trainer

ICF

Michelle Anderson
Mike Nelson

Res. Hab.

Heather Muscha
Ben Simonson
Kellie Schulz

Program Directors

Matt Jensen, Children's Program
Tiffannie Justesen, GH 3
Veronica Reisenauer, Prairie Inn
Markie Toso, Lisbon

MARCH BIRTHDAYS

Justin Horsager
 Suzy Becker
 Crystal Tompt
 Shelly Anderson
 Gabby Pope
 Gary Prochnow
 Stephanie Schafer
 Matt Jensen
 Colleen Hehr
 Mitch Bessette
 Kaelan Dick
 Victoria Blackburn
 Teri Ronning
 Caleb Torke



MARCH ANNIVERSARIES

34 Years
 Chris Dvorak-Ranch

29 Years
 Carol Grotberg-GH 4

28 Years
 Bekah Cook-Res. Hab.
 Mel Lindgren-Administrative Asst.

26 Years
 Chris Merkes-GH 3

20 Years
 Denise Stanley-Res. Hab.

18 Years
 Kim Esch-GH 2

16 Years
 RoxAnne DeKrey-Res. Hab.
 Missy Leroux-Res. Hab. Supervisor

11 Years
 Karla Lyon-Lisbon

9 Years
 Sheryl Solberg-Thunderbird/Dakota Seasoning

6 Years
 Ron Mulder-GH 3 & Day Services

5 Years
 Josh Plecity-Director of Finance

4 Years
 Rebekah Hilgemann-Res. Hab.

3 Years
 Jake Rindahl-GH 1

2 Years
 Georgia Zaun-GH 3 & Bookstore

1 Year
 Rachel Myren-Thunderbird/Dakota Seasoning
 Christine Miller-GH 4 & Day Services

APRIL BIRTHDAYS

Masila Siua
Jo Ann Snyder
Mia Casseus
Rachel Kilmon
Tammy Devitt
Matt Harrington
Nancy Knutson
Lynn Priebe
Chiara Glauner
Nicholas Levers
Rylan Parsley
Dayna Schmidt
Mia Fountain
Kelsey Kriewald
Cory Duven
Tiffannie Justesen
Brad Kumlin
Sarah Parkman
Jenny Kriewald
Chloee Wieser
Traci Ose
Sherry Anderson
Chris Dvorak
Mike Venhuizen
Holly Sabinash
Brenda Dick
Phillip Hill
Travis Donnelly
Denise Stanley
Jodee Ukestad



APRIL ANNIVERSARIES

41 Years
Lori Reimers-Res. Hab

38 Years
Darnelle Bakke-Res. Hab.

34 Years
Wanda Schwab-Res. Hab.

30 Years
Jeremy Williams-GH 5

28 Years
Barb Anderson-Res. Hab.

25 Years
Josh Kracht-Res. Hab.

24 Years
Garrett Greenwood-GH 4

16 Years
Sam Ihry-Res. Hab.

14 Years
Kaitlin Anderson-GH 5

13 Years
Heather Cunningham-Lisbon
Michael Johnson Jr.-Res. Hab.

10 Years
Holly Sabinash-Res. Hab.

9 Years
Aidyn McCombs-GH 1

8 Years
Anthony Anderson-GH 1
Marah Pickell-Res. Hab.
Shane Hoffman-GH 4
Ruth Dorlus-GH 2

4 Years
Codee Berube-Lisbon

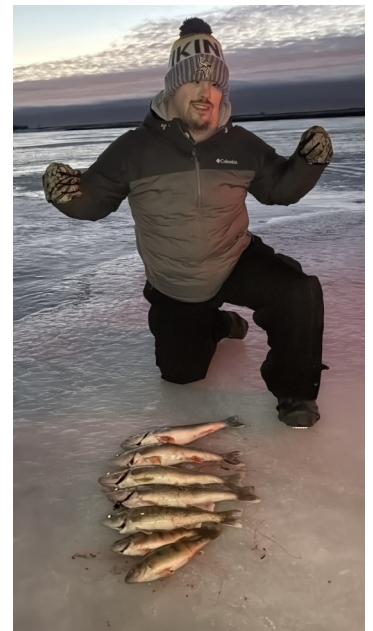


Christmas Morning

Every year the ARC is very generous to many of the individuals who are not able to be with family during the holidays. They hand out many Christmas presents and this year it was Santa who delivered the gifts. Diane shows off a nice new sweater she was given. Many thanks to the ARC!!



On a beautiful day in January, Matt and Ben headed out to a secret location for some time on the ice. Several fish were caught and at the end of the gorgeous day it looked like there was enough fish for a great meal for the 2!!
GOOD JOB MATT!!



A BIG



**Rachael Belgard, Heather Dillard, Antonio Huffstutler
Steven Huus, Kristi Kramlich-Kuball, Russell Marker
Emma Muggli, Stephanie Neubauer, Dorian Sandness, Aubriana Storhoff
and Tawonna Williams-Howard**

Barnes County Tournament

Marshall and Richard along with staff headed to the VCSU Bubble to watch one of the HiLiner games during the Barnes County Tournament. Great time was had by both gentlemen!!



Special Olympics Valley City

Valley City Unified Volleyball took place in the games in Grand Forks. The Valley City Aces (top) took 2nd and the Valley City Hi Liners took 3rd place in the youth division.



GREAT JOB EVERYONE.

Valley City will be hosting the Special Olympic Winter Games the end of February. Watch for highlights from the Volleyball and Cornhole during those games!





Adam Compson is a new writer for ODC Outlook. He enjoys reading up on many subjects and sharing fun information with us. Thank you Adam!

The stage was set for the 2026 Super Bowl LX where the Seattle Seahawks and New England Patriots clashed. It was the 12th Super Bowl appearance for the Patriots franchise. The Seahawks returned to the Big Game for the first time since the Patriots won at the end of the 2014 season. This years Super Bowl ended with a Seahawk victory, beating the Patriots 29-13.

ODC Outlook Mailings

For those parents and friends who receive this newsletter in the mail, do you know that you could be getting it in color if you provide your email address? If you would prefer to get a color copy in your email, please let Nancy know @ nancy.tougas@odcvc.com You may also view the newsletter on our website @ odcvc.com under the NEWS tab on top. If you prefer one of the other options let us know and we will remove you off the mailing list.

THANK YOU!



Larissa Musgrave, Licensed Registered Dietitian provides Nutritional updates for Open Door Center individuals and will be providing articles for us to use throughout the year that will benefit all of us!

Nutrition labels

A Nutrition Facts label provides standardized information on the nutrient content of packaged foods, including serving size, calories key nutrients (especially fat, sugar, and salt), and the ingredient list to help you make informed dietary choices.

Essential tips for label reading:

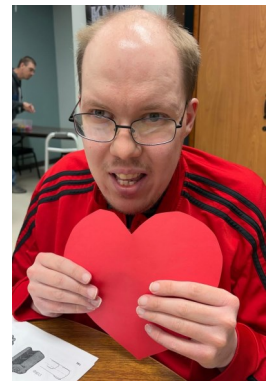
- **Start with serving information:** Serving size tells you how much one portion is and how many servings are in the package. Nutrition values are usually per serving. If you eat more than one serving, multiply the values accordingly.
- **Calories:** Check calories per serving and total for the container.
- **Fats:** Lists total fat, saturated fat, and trans fat. Focus on minimizing saturated and trans fats for better health.
- **Carbohydrates:** Includes total carbohydrates, sugars (natural and added), and dietary fiber. Limiting added sugars is recommended; fiber is beneficial.
- **Sodium (Salt):** keep intake lower than recommended daily limits (e.g., fewer processed foods).
- **Ingredients list:** The first few ingredients usually make up most of a food's content. Watch for multiple names for sugars and unhealthy fats. Fewer ingredients that are recognizable typically mean the food is less processed.
- **Front vs. back of package:** Ignore marketing claims on the front—they're often misleading. Always consult the back for the Nutrition Facts and ingredients.
- **Equal comparison:** When comparing products, make sure the serving size/weight comparison is the same as it can differ between brands.
- **Allergen information:** Common allergens should be listed, often in bold, at the bottom of the ingredient list.

Label reading helps you make informed, healthier choices as well as avoid misleading marketing and unexpected ingredients.

Sources: heart.org, fda.gov, nhs.gov, nia.nih

GIVING HEARTS DAY FUN!

Everyone had fun getting into the spirit of Giving Hearts Day. Holding hearts and smiling for the camera!!



THANKS TO EVERYONE WHO DONATED DURING GIVING HEARTS DAY!!



Giving Hearts Day

Giving Hearts Day was held this year on February 12th. The Open Door Center participated in this charity event again this year and we raised over \$5,700.00 in donations. We appreciate all the donations from everyone who was thinking of us. Thank you all very much!!

Donations from: Darlene Risch, Trinity Lutheran Church, Robert Gulkin, Jared Swanberg, Amy and Bruce Anderson, Edward Jones Trust, Curtis and Sue Paulson, Alesha Knudson, Deb and Mike Kohler, Jason and Kim Esch, Dawn Ihry, Robert and Dee Nelson, Marla and Andre DeLorme, Nancy Hermanson, Nicole Klefstad Johnson, JoAnn and Marvin Thorson, Colette and Dave Jenson, Chris Johnson, Chad and Tracey Zaun, Darren and Robin Miedema, Pat Siener, Karen Erickson, Jeremy and Heidi Gregoire, Gordy's Grill and Fill, Marnie Thielbar, Susan Prochnow, Lynette Kriedeman, Margaret Lundell, Faye Rockswold, Mark Julik, Dennis and Gail Pederson, Dan and Candace Johnson, Nicole Retti, Brenda Olson, Robert and Laurie Banderet, Kim O'Neil, Kayley Peterson, Chris and Trina Kvilvang, Ryan and Tracie Zaun, Melissa Erickson, Connie Radcliffe and several anonymous donors.

A BIG
thank
you


COMING EVENTS

March:

- 8 - Daylight Saving Time Begins—Turns Clocks Ahead 1 hour
- 17 - St. Patricks Day
- 20 - First Day of Spring
- 29 - Palm Sunday
- 29 - ODC Spring Dance

April:

- 3 - Good Friday
- 5 - Easter
- 22 - Earth Day



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



FOLLOW US ON FACEBOOK

The Open Door Center has a public Facebook page so please come take a look at all the activities we have been doing.



Donation to the HI Soaring Eagle Ranch:
Cynthia Bruce

Thank you for your generous donations to
the Open Door Center!



CONGRATULATIONS
Direct Support Professionals
for completing their modules!

Full Time:
Rachel Myren

Part Time:
Angie Hoffman
Ellen Coghlan



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

Address Label Here

Celebrating 67 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: _____

**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.**