



ODC OUTLOOK

OPEN DOOR CENTER

March-April 2023

March is Brain Injury Awareness Month

March is Brain Injury Awareness Month not only in North Dakota through a gubernatorial proclamation but also nationally. Brain injury is important because it is one of the leading causes of death and disability in the United States. You, as a citizen of North Dakota, can help decrease the incidence of brain injury by your awareness of its effect and the promotion of its prevention.

According to the Centers for Diseases Control and Prevention (CDC), each year at least 1.7 million Americans sustain a traumatic brain injury (TBI). A brain injury does not discriminate. It happens to people of every age, race, gender, and socioeconomic status and at any time of the day or night. Brain injuries are caused by falls, motor vehicle crashes, assaults, sports/recreational accidents, construction accidents and most recently, blasts from IED's or improvised explosive devices seen in many of our veterans. North Dakota may actually have a higher incidence of TBI than reported because of a high traffic crash rate, our National Guard deployment rate and the onslaught of the oil industry. Additionally, the CDC numbers probably underestimate the true prevalence of TBI since only individuals treated in hospitals, Emergency Rooms and those who die are counted. Research indicates that for every person hospitalized with a brain injury, three to five others are injured but do not receive treatment.

Of significant concern is the impact of TBI on children and young adults. One of the highest prevalence of brain injuries occur during the ages of 0 to 4 and 15 to 19. Nationally TBI is now the leading cause of death and disability in young people. Many of us remark on the resilience of the young; however, children who sustain a brain injury early in life may look well at that moment in time, but as the child ages more serious cognitive and behavior problems emerge. An injury to the frontal lobe, the area of the brain that differentiates us from other mammals, will not manifest problems until late primary grades or adolescence. This part of the brain controls areas of problem solving, initiation, judgment, impulse control and social behavior. These are abilities that are needed to succeed educationally, socially and vocationally.

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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

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Deb Kohler

Steve Myers - Vice President

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Mary Lee Robinson



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

Josh Plecity, Director of Finance

Sherri Horsager, Human Resource

ICF/MR

Michelle Anderson, Staff Trainer
Ashley Tostenson

ISLA

Heather Muscha
Ben Simonson

Program Directors

Matt Jensen, Children's Program
Tiffannie Justesen, ISLA & 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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Across a lifespan, TBI can lead to a wide range of functional changes affecting thinking, language, learning, emotions, behavior and sensation. TBI can also cause epilepsy and increase the risk for conditions such as Alzheimer's and Parkinson's diseases. Many who survive a brain injury often turn to drugs and alcohol as coping mechanisms because of the problems caused by the frontal lobe.

Amazing advances in emergency medical care are allowing more individuals to survive a brain injury. Thirty years ago over 50 percent of individuals with TBI survived; today that number has increased substantially to approximately 80 percent. Also advances in prevention have helped increase the survival rate. Seat belts have been a precipitating factor as has the use of helmets. We are seeing more headgear in such recreational and leisure pastimes as bike riding, motorcycle use, snowmobiling, etc. Unfortunately these survival rates mean that individuals surviving a brain injury are left with significant disabilities and a life time of trying to navigate a complex system of care. The most recent figures estimated direct medical costs and indirect costs due to TBI at over \$76.9 billion a year. To reduce costs there is a need for well founded and funded services as well as an emphasis on prevention. If society can spend over 76 million dollars to save a person, there should be a willingness to help them navigate their life after brain injury and to assist them to become productive citizens once again. There also has to be an emphasis on prevention through education, continued medical research and rehabilitation services. Prevention is definitely worth a pound of cure.

*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)*



***Donations to HI Soaring
Eagle Ranch:
Cynthia Bruce***

***In Memory Of Larry Zaun
Mary Simonson***

***In Memory of Pat Malec
Mary Simonson***

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





Giving Hearts Day

**OPEN DOOR CENTER participated in
GHD on February 9, 2023**

**We want to acknowledge some of those who donated to
our various programs on Giving Hearts Day:**

**Marcy Svenningsen, Amy Anderson, Karen Pullen, Carol Grant,
Kim & Jason Esch, Gordy's, FEO #153, Keith & Joyce DeVillers,
Elaine Walls, Curtis & Sue Paulson, Mary Simonson,
Mark & Neva Walch, Dee & Robert Nelson, Kyle Symanski,
Dennis Nelson, Debbie & Mike Kohler, Sharayah Robinson,
Fraternal Order of Eagles #2192, Karen & Joel Erickson,
Marvin & JoAnn Thorson, Jan Hanson, Chris & Trina Kvilvang,
Angela Rohde, Carol Nelson, Kim O'Neil, Robert & Laurie Banderet,
Darrell & Nancy Hermanson, Rick Hanson, Robert Olson,
Robert & Carrie Maresh, Melissa Erickson, Scott Winkler,
Brandi Hedin, Beth Olson, Daniel Johnson,
LaVerne Seefeld, Susan Snyder**

Thank you for your support!

All of our various programs are included:

**Open Door Center
HI-Soaring Eagle Ranch
Lisbon Open Door Center**

MARCH BIRTHDAYS

- 2 - Justin Horsager
- 2 - Madison Taylor
- 5 - Steven Myers
- 5 - Mckenna Taylor
- 8 - Ashley Tostenson
- 9 - John Andrus
- 10 - Shelly Anderson
- 16 - Shane Kay
- 17 - Renee Larocque
- 18 - Gary Prochnow
- 20 - Ryan Mathias
- 21 - Trevor Berg
- 25 - Matt Jensen
- 26 - Colleen Hehr
- 27 - Mitch Bessette
- 29 - Kaelan Dick
- 30 - Teri Ronning



MARCH ANNIVERSARIES

31 Years
Chris Dvorak-Ranch

26 Years
Carol Grotberg-ISLA

25 Years
Bekah Cook-ISLA
Mel Lindgren-Admin

23 Years
Chris Merkes-GH 3

17 Years
Denise Stanley-ISLA

15 Years
Kim Esch-GH 2

13 Years
RoxAnne DeKrey-ISLA
Missy Leroux-ISLA Supervisor

10 Years
Jackie Grant-ISLA

8 Years
Karla Lyon-Lisbon

6 Years
Sheryl Solberg-Thunderbird/Dakota Seasoning

3 Years
Ronnie Mulder-GH 3/WAC

2 Years
Josh Plecity-Finance Director

1 Year
Haylie Mullins-GH 1
Rebekah Hilgemann-YAP

APRIL BIRTHDAYS

1 - Nancy Bjerke
 2 - Scyra Agard
 4 - Jo Ann Snyder
 5 - Rachel Kilmon
 6 - Josh Enszt
 6 - Tammy Devitt
 7 - Matt Harrington
 7 - Nancy Knutson
 8 - Lynn Priebe
 11 - Lindsey Jacobson
 15 - Raymond Nelson
 19 - Cory Duven
 19 - Tiffannie Justesen
 19 - Alaina Hanson
 19 - Brad Kumlin
 21 - Sarah Parkman
 22 - Jennifer Kriewald
 26 - Sherry Anderson
 27 - Chris Dvorak
 27 - Mike Venhuizen
 27 - Holly Sabinash
 27 - Elaine Walls
 27 - Brenda Dick
 29 - Phillip Hill
 29 - Travis Donnelly
 29 - Denise Stanley
 30 - Jodee Ukestad



happy,
 happy
 birthday
 to you!

APRIL ANNIVERSARIES

38 Years
 Lori Reimers-ISLA

35 Years
 Darnelle Bakke-ISLA

31 Years
 Wanda Schwab-ISLA

27 Years
 Jeremy Williams
25 Years
 Barb Anderson-GH 2

22 Years
 Josh Kracht-ISLA

21 Years
 Garrett Greenwood-GH 4

13 Years
 Sam Ihry-YAP, Todd Clark-DAC

11 Years
 Kaitlin Anderson-GH 5
10 Years
 Heather Cunningham-Lisbon
 Michael Johnson-ISLA

7 Years
 Holly Sabinash-YAP
6 Years
 Teana Rohde-Prairie Inn
 Aidyn McCombs-GH 1

5 Years
 Anthony Anderson-GH 1
 Marah Pickell-GH 3, Shane Hoffman-GH 4
 Mya Anderson-GH 4, Ruth Dorlus-GH 2

3 Years
 Izabella Grenz-DAC

2 Years
 Emma Fiedler-GH 2

1 Year
 Tarryn Justesen-Prairie Inn
 Alaina Hanson-GH 1
 Codee Berube-Lisbon

Special Olympics: **A Movement that Welcomes Everyone**

Submitted by Cindy Schopper

Special Olympics has been around for over 55 years. It started with the simple belief of Eunice Kennedy Shriver that all people/children and adults with and without disabilities deserve the opportunity to participate in sports. Mrs Shriver began her crusade by finding ways for children and adults with disabilities to play and compete. Her summer camps, where children could swim and play football and ride horses was where it started. The first World Games in Chicago back in 1968 brought athletes from all over the world to Soldier Field for Swimming and Track and Field competitions. The abilities not the DIS ability of these athletes was showcased. As time has gone by the Special Olympics organization has expanded it's scope. Addressing the health needs of the minds and bodies of athletes has become a major focus. Healthy Athletes is an initiative that has taken on a life of it's own. Athletes who maybe do not have the means to receive proper physical and emotional care can receive it through their involvement in Special Olympics. The Global Messenger program has athletes advocating for themselves and their fellow athletes. Global messengers get the word out around the world that people with disabilities have rights and ideas and creativeness that the world **MUST** see! Within the last 7 years Special Olympics has sharpened the focus of the movement to encompass all people. The goal is to compete **WITH**...intertwining the talents and skills of **ALL**. Special Olympics College was designed to bridge the gap for college age Special Olympics athletes with their college-age peers. Clubs are being established on college campuses where Special Olympics athletes and college students get together for play, camaraderie and commitment to the cause

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Special Olympics continued from page 7

of equality. Valley City State University is one of 4 universities in North Dakota that has a recognized SO College program. In fact, in 2019, SO College-VCSU was recognized for the state award "Outstanding School" by Special Olympics North Dakota. With that same philosophy in mind, Special Olympics is working to connect school age Special Olympics athletes with their elementary, middle and high school age classmates. Recently, Valley City Public Schools in unison with Special Olympics Valley City have begun the quest to become a Unified Champion Banner School. Valley City Public Schools already has a fine reputation for making all their students welcome. Josh Johnson (VCPS Superintendent), Kristi Brandt and Dan Larson (VCHS and VCJHS Principals), Rob Hunt (VCPS Athletic Director) and a multitude of other school administrators and teachers along with St Catherine's school and the Sheyenne Valley Special Education unit have put together a plan of action that will ultimately have Valley City Hi Liners (Special Olympics athletes and their peer partners) playing against other unified school teams. The first BIG step towards that goal has already happened with a basketball game held at the HAC on February 10th. Valley City played against a team from Grand Forks. The Activity Center was packed full of fans, the pep band was playing and the teams were cheered on. The result was a win for the VC team but the BIGGEST WIN of all was the acknowledgement of all the athletes abilities! Nothing can compare to the esteem gained by being appreciated for the talents you have!!!! Unified Champion Banner Schools earn the title by making sure that ALL STUDENTS are enveloped in their school community. Valley City is on the cusp of great things.....Special Olympics has a place for ALL!!!!

VISION ZERO

Zero fatalities. Zero excuses.



April is Distracted Driving Month

FOCUS on your DRIVE:

Set up while you are still in PARK

Program your GPS before you leave

Set up your playlist

Silence and put away your phone

Can you do TWO things at once???

Try reading and talking on the phone at the same time –

You CAN'T pay attention to both!

Multitasking is a myth

NEVER drive and use your phone at the same time

Focus on driving and get to your destination safely

Did you know at 55mph it take only 4 seconds to travel the length of a football field

The average text takes 4.6 seconds to type and send.

If you are distracted you are driving that distance BLIND – your text can wait!

North Dakota has a Distracted Driving Law:

ND defines Distracted Driving as taking your eyes off the road, your hands off the wheel or your mind off driving.

Texting while driving is ILLEGAL, even at a stoplight.

\$100 fine for texting or committing a traffic violation while distracted:

Examples:

- Texting, Emailing, using the internet**
- Talking on the phone (even hands free)**
- Reaching for an object inside the vehicle**
- Eating and drinking**
- Switching music**
- Applying makeup/ grooming**
- Separating feuding children**

As of 2/13/2023 – 7 people have died in vehicle fatalities.

In 2021 101 people were killed in ND motor vehicle fatalities

Barnes county had 143 vehicle crashes, 1 fatality, 65 injuries



On one of the many snow days this year, Julie and Diane, with staff's assistance, were able to go out on their deck and build a snowman! What a great way to spend some time on a "snow day"!

Also in December, they received a visit from Santa, aka Pete Sherman. They were happy to receive this visitor into their apartment.

Happy Winter Ladies!!



Monster Trucks at the FargoDome



Early February brought Travis and staff to the FargoDome for the Monster Jam, an unforgettable motorsports experience for families and fans around the area. Athletes and their 12,000-pound monster trucks tore up the dirt in competitions of speed and skill. Participants included Grave Digger, El Toro Loco, Earth Shaker, Jurassic Attack, Monster Mutt and Raminator.

Travis had a great time!

NEW YEARS EVE CELEBRATION

The Ladies who live in the Hi-Line Apartments got together for a New Years Eve Party. They brought goodies and played games and had a wonderful time spending the evening together.





Valley City Hi-Liner Special Olympics Team

The Hi-Liners hosted their first non-tournament basketball game on February 10th against Grand Forks.

They played in their own gym, surrounded by their peers, teachers, community and other SO athletes, and of course parents. They came out with the win 42-27.

Then on February 23rd, Valley City School Board recognized the students for their character, hard work, teamwork and accomplishments. They are proud of the students and their outstanding representation of VCPS and Valley City.

CONGRATULATIONS HI-LINERS!!



In Honor of ND Wintershow

Horsin' Around Beef Tips Recipe—From Thunderbird/Dakota Seasonings Cookbook

- ♦ 1 Packet *Wild Horseradish Cheeseball & Dip Mix*
- ♦ 1/2 Cup Flour
- ♦ 2 lbs. Sirloin Beef Tips
- ♦ 2 Cups Beef Broth
- ♦ 2 Tbsp. Oil
- ♦ Mushrooms (Optional)

DIRECTIONS:

- ♦ Mix flour and *Wild Horseradish Cheeseball & Dip Mix* together in a bag.
- ♦ Place beef tips in bag and shake well to coat.
- ♦ Place oil in frying pan and heat until a drop of water sizzles.
- ♦ Place beef tips in hot pan and brown on all sides.
- ♦ Place in a crock pot for 3 hours on high or 5 hours on low.
- ♦ Can be served over mashed potatoes or rice

ENJOY

Corner

Katie's



*As I see it from
where I sit!*

By Katie Sand

Hey Guys & Gals

*Are you looking forward to the Wintershow?
I know I am! I am excited for the Chili
Cookoff, The Ladies Luncheon and the Rodeo!
What are you looking forward to? Are you
going to buy any new things from the Winter-
show? I am hoping to find a new hoodie that I
like. The thing I am not looking forward to is
the smell.*

*Do you like St. Patrick's Day? I am excited to
see what everyone dresses in. Are you going to wear green or say
"I'm Irish, you can't pinch me".*

*Are you ready for Easter? I am. I am ready for the good food
and candy. I also can't wait for the long weekend! Hope you all
have a fantastic time!*

Until next time.KATIE

A BIG



Robert Lewis, Brandon Moen
Jill Taylor, Mckenna Taylor
Jonathan Wingenbach



COMING EVENTS

MARCH:

12 - Daylight Savings Time

17 - St. Patrick's Day

20 - Spring Begins

APRIL:

1 - April Fool's Day

2 - Palm Sunday

7 - Good Friday-*Center Closed*

9 - Easter

22 - Earth Day

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



CONGRATULATIONS

**Direct Support Professionals
for completing their modules!**

***Full Time: Robin Huffstutler
Nicole Wright, Grace Scherr***

Part Time: Jai Goulet



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

Address Label Here

Celebrating 63 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.