



ODC OUTLOOK

OPEN DOOR CENTER

November-December 2022

Direct Support Professionals: Essential People

Although the designated month to formally recognize the on-going work of Direct Support Professionals is in September, any time of the year is time to say thank you and recognize the work of the DSP. They play the most important role, enhancing the lives of individuals, young and old who have a disability. Open Door Center wants to recognize and acknowledge the essential contribution of the DSPs who provide support, care, and concern for all who work at Open Door Center. We want to recognize the almost 200 DSPs who work for the Open Door Center in both Valley City and Lisbon and to thank them for their work throughout the year.

Direct Support Professionals or DSPs provide a broad range of services. They assist and offer training in meal preparation, medication administration, bathing, dressing, and arriving to school, work or other activities. They provide opportunities for new experiences in work, leisure, and general daily living. They bestow the essential care to keep people with disabilities connected to the community, their families and to enable them to live healthy, meaningful, and productive lives.

The DSP has a multitude of job requirements. Open Door Center DSPs in Valley City and Lisbon are obligated to complete a rigorous orientation training and fourteen modules of education in eighteen months to maintain employment. The competency-based modules cover areas related to their job performance. Other on-going training is also mandated. DSPs must meet the demands of ICF/DD surveys, CQL accreditation and state licensing standards that require the adherence to various and numerous rules and regulations while balancing the personal wants and needs of the people receiving services. Additionally, new requirements arise annually with the introduction of Therap, computer software with more state reporting requirements including risk assessments, Ipops, GER's and shorter timelines for these reports.

However, beyond these requirements, a DSP has a myriad of human nature responsibilities that are entwined in helping individuals with disabilities traverse the path of their life's journey. DSPs must develop an allegiance and affiliation to the person they support to honor the personality, preference, and gifts of the person. Simultaneously they must separate their own personal beliefs that could negate the desires or harshly judge the wishes of the person served. The DSP is an advocate for those they serve.

A DSP is responsible for the well-being of the individual by promoting the physical, emotional, and personal health of the individual and encouraging growth yet being attentive to any risk of harm. The DSP is a nurse, a teacher, a mentor, and a help mate.

.....continued on page 3

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

Board of Directors

Bill Cook, President

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Grant Goven

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Steve Myers - Vice President

Carol Nelson, Sec./Treas.

Jackie Owen

Gail Pederson

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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Integrity is woven in the duties of the DSP. A DSP serves as a model for those receiving services and their co-workers and thus must practice responsible decision making and good work habits.

HIPAA and Confidentiality are knotted in the job responsibility of the DSP. The DSP must safeguard and respect the privacy of the person supported decreasing the ability to discuss concerns with people outside the agency and limiting any interactions to only “those who have a need to know.”

Three words: respect, rights and relationship are integral throughout the work of the DSP. The DSP must respect the human dignity and uniqueness of the person supported by honoring their choices and preference; protecting their human rights and providing opportunities that help the individual to be viewed by others with respect. The DSP must work in partnership with the person, family members and the agency to proactively facilitate relationships.

Direct Support Professionals have my utmost respect and deepest appreciation for the work they perform. When you meet a DSP please express your gratitude to them for their care, concern, and dedication to others. Express your appreciation throughout the year as they work morning, noon and night and provide services 365 days of the year. Our employees provide the essential services so others may fully participate in life’s journey. On behalf of the people served, the Board of Directors and family and friends of the Open Door Center, I ask all Open Door Center DSPs and those throughout the State of North Dakota to accept our deep appreciation for your commitment to helping others!

***Merry Christmas &
Happy New Year
to you all!!***

***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

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



NOVEMBER BIRTHDAYS

- 1 - Susan Daniel
- 1 - Richard Clark
- 4 - Staci King
- 5 - Kim Bjerke
- 6 - Tina Nilsen
- 8 - Sandra Ley
- 9 - James Kramer
- 10 - Richard Roorda
- 10 - Natasha Esch
- 10 - Tarryn Justesen
- 12 - York Grebel
- 12 - Josh Kracht
- 16 - Robin Huffstutler
- 17 - Jennifer Hatcher
- 18 - Mary Simonson
- 18 - Jody Smedhammer
- 19 - Analise Hanson
- 23 - Diana Gehlhoff
- 26 - Nancy Tougas
- 27 - Joshua Pahl
- 30 - Anthony Anderson



NOVEMBER ANNIVERSARIES

22 Years

Linda Johnson-Community

19 Years

Susan Daniel-Ranch

13 Years

Randy Eggermont-Ranch

12 Years

Cassie Colwell-ISLA

11 Years

Brittney Torbenson-Prairie Inn

10 Years

Megan Banderet-Prairie Inn

Cheila Ihry-Prairie Inn

7 Years

Lynn Priebe-Thunderbird/Amberland

5 Years

Pam Walsh-GH 4

4 Years

Amber Webb-GH 5

3 Years

Caylyn Makoff-GH 1

Carolyn Zaun-YAP

Melissa Huffstutler-Ranch

1 Year

Elaine Walls-ISLA

Sandra Chapin-Admin

Aaron Cluchie-GH 3 & WAC

DECEMBER BIRTHDAYS

1 - Matt Thorson
2 - Heather Cunningham
2 - Jeremy Heinze
2 - David Brown
4 - Cheila Ihry
4 - Shane Hoffman
4 - Dana Cihak
5 - Jason Blasczyk
7 - Kris Kopp
7 - Samantha Storhoff
9 - Starlene Abbott
13 - Darnelle Bakke
13 - Lynn Kensok
14 - Stephanie Sauter
14 - Jocelyn Goulet
14 - Madison Maley
16 - Adam Maresh
16 - Sam Ihry
18 - Michelle Grebel
19 - Robin Miedema
19 - Rebekah Hilgemann
20 - Dale Wangrud
21 - Colette Jenson
21 - Amanda Bjork
21 - Hadlee Mathias
21 - Nicole Wright
22 - Janie Johnson
23 - Julie Opdahl
23 - Adrian Graefing
24 - Jesse Juelfs
27 - Wanda Schwab
28 - Randy Reiser
30 - Brenda Olson



DECEMBER ANNIVERSARIES

31 Years
Veronica Miller-ISLA

25 Years
Kevin Esch-GH 2

24 Years
Terry Lee-ISLA

21 Years
Dan Johnson-ISLA

14 Years
Willy Korinta-Ranch

12 Years
Ben Simonson-Program Director ISLA

6 Years
Maureen Rueckert-Prairie Inn

5 Years
Sarah Parkman-Nursing
Patsy Hanson-Nursing
Jane Diemert-Nursing

4 Years
John Andrus-Prairie Inn

3 Years
Robin Miedema-AR/AP Accountant
Analise Hanson-Prairie Inn

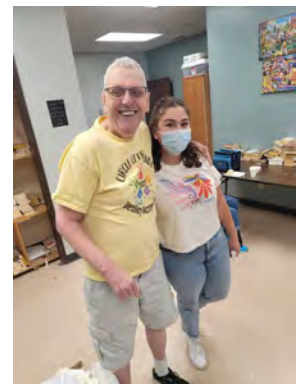
2 Years
Bradley Kumlin-WAC





Visit with Amanda

On September 8th, a small group went to Fargo to visit Amanda. They had a great visit and Amanda says HELLO to everyone at ODC.



Farewell to Kiana

Our Social Worker, Kiana, got married this summer and found a new job closer to her home. WAC had treats and everyone celebrated with her and wished her Good Luck in her new position.

Everyone will miss you Kiana!!





On September 30th, everyone at the Ranch decorated a float and participated in the VCHS Homecoming parade. They wanted to wish the Hi-Liners good luck for their homecoming football game. Treats and small prizes were handed out along the way and everyone had a BLAST!
GO HI-LINERS



Think "OUTSIDE" The Box Contest

As part of DSP Week, Thunderbird Ranch/Dakota Seasonings, held a contest: Think OUTSIDE the Box in which participants got one of the boxes of delicious food mixes over at their business and made a recipe that was different than the recipe on the box. There was a lot of delicious entries and the judges, Joanne Molar, Diane Kracht and Crystal Nehlich had some hard choices to make.

1st Place Winner: Robin Miedema with her Wild Rice Hotdish using Frontier Wild Rice Soup Mix

2nd Place Winner: Layne Nannenga with his Fiesta Bean Sausage Soup using Fiesta Bean Soup Mix

3rd Place Tied Winners: Marie DeLorme with her Mexican Layer Dip using Rancho con Queso Soup Mix and
Sandy Chapin with her Dill Pickle Potato Chip Cookies using Dill Pickle Pasta Salad Mix.

Honorable Mentions went to Thunderbird Ranch/Dakota Seasonings Staff Kay Metcalf for her Juneberry Pie Ice Cream, Ryan Mathias for his Pub Style Mac N' Cheese and Robin Borchert & Aarika Thorton for Caramel Apple Cookies
Thanks everyone for all the AWESOME tasty samples!!

See pages 8-10 for their recipes.



The winners of the “Think Outside The Box” contest shared their winning recipes with us. We decided to share them with all with you. As you can tell, there are some very creative cooks/bakers here at the Open Door Center and some of the recipes are very creative. I know there are things I wouldn’t think of! I hope you try some and enjoy! We will try and share more recipes in upcoming Newsletters.

Robin Miedema

Wild Rice Hotdish

Yields: 8 Servings

Ingredients

- 1 Box *Thunderbird Ranch Wild Rice Soup*
- 1 # Browned Ground Beef
- 1 cup Onion diced
- 1 ½ cups Celery diced
- 8 Tbsp. Butter divided
- 1 cup Beef Broth
- 1 can Cream of Mushroom Soup
- French Bread Cubes (or other bread)

Directions

1. Pre-heat oven to 350 degrees
 2. Follow directions on back of soup box to cook the rice, drain and set aside
 3. Brown ground beef
 4. Saute onion and celery in 2 Tbsp. butter in the same skillet as you browned the hamburger in
 5. Heat beef broth in microwave and dissolve soup seasoning packet in it.
 6. Stir broth mixture with hamburger, onion and celery and add mushroom soup and rice, place in a greased casserole dish.
- Melt 6 Tbsp. butter and add cubed bread and toss in the butter, place on top of hamburger mixture and bake for 30 minutes.
-

Layne Nannenga

Mexican Sausage & Bean Soup

Serves 8

Ingredients

- 1 pkg. *Thunderbird Ranch Fiesta Bean Soup* mix
- 1 ring spicy sausage (Kielbasa/Chorizo/Andouille)
- 1 can Kidney Beans drained
- 1 small can Tomato Paste
- Onion Powder to taste
- Garlic Powder to taste
- Old Bay Seasoning to taste
- Chili Powder to taste

Directions

- Make soup according to package directions and add all other ingredients. Simmer for 35 minutes and enjoy!

Marie DeLorme

Mexican Burrito Dip

Ingredients

- 1 pkg *Thunderbird Ranch Rancho con Queso Soup mix*
- 1 lb. Hamburger OR Shredded Cooked Chicken
- 4 Cups water
- 1 Pkg. *Dakota Seasonings Fiesta Dip mix*
- 2 cups shredded cheddar cheese
- 1 16oz container Sour Cream
- 1 10oz can Rotel Diced Tomatoes & Green Chilies drained (optional)

Directions

- Follow directions to make the *Thunderbird Ranch Rancho con Queso Soup mix* BUT only use 4 cups water.
 - Spread in the bottom of a 9x13 pan and refrigerate until cold.
 - Meanwhile mix the *Dakota Seasonings Fiesta Dip mix* with the Sour Cream and refrigerate
 - Remove 9x13 pan & Sour Cream/Fiesta Dip mixture from fridge and layer Sour Cream mixture on top of the soup mixture.
- Next layer the cheddar cheese and garnish with Rotel or your other favorite toppings (green onions, black olives, shredded lettuce) Serve with your favorite Chips

Sandy Chapin

Dill Pickle Potato Chip Cookies (don't knock em til you try em!)

Ingredients

- 2 tsp. *Thunderbird Ranch/Dakota Seasonings Dill Pickle Salad Mix Seasoning* +more for sprinkling
- 2 cups crushed dill pickle potato chips divided
- ¾ cup butter softened to room temperature
- ½ cup sugar
- 1 egg
- 1 ¾ cup All Purpose Flour

Directions

- Crush potato chips and measure 1 ½ cups for mixing into the batter, set other ½ cup to the side (don't crush to much so that they are powder they should be recognizable crumbs)
 - In a mixer beat the butter on high speed for about 1 minute and then add sugar, *Thunderbird Ranch/Dakota Seasonings Dill Pickle Salad Mix Seasoning* and mix until creamy.
 - Add the egg and beat the mixture again.
 - Add flour and mix just until it's a batter
 - Fold 1 1/2 cups of potato chips into the batter by hand, do not overmix
 - Cover dough and refrigerate for 1 hour until easy to handle
 - Preheat oven to 350 degrees F
 - Shape dough into 1" balls and place 1" apart on an ungreased or silicone backing mat covered cookie sheet
 - Flatten cookies to ¼" thickness
 - Take remaining ½ cup chips and sprinkle them on top of cookies pressing lightly into the dough and sprinkle a little of the remaining *Thunderbird Ranch/Dakota Seasonings Dill Pickle Salad Mix Seasoning* on top of the cookies also.
 - Bake for approximately 12 minutes or until the cookies are just starting to brown on the edges.
- Cool cookies on wire racks and ENJOY!

Sherri Horsager

Hot Jalapeno Corn Bread Muffins

Ingredients

- 1 jar *Dakota Seasonings Hot Jalapeno Jelly or Sweet Heat Sauce*
Your Favorite Corn Bread recipe or mix mixed as directed on package or recipe

Directions

- Fill muffin tins ¼ full of cornbread mixture
 - Put 1 Tbsp. *Dakota Seasonings Hot Jalapeno Jelly or Sweet Heat Sauce* on top and top with more cornbread mixture until 2/3 full
- Bake as directed on Corn Bread mix

Kay Metcalf

Juneberry Pie Ice Cream

Ingredients

- 3 Cups Heavy Whipping Cream
- 14oz Sweetened Condensed Milk
- 1 ½ tsp. Vanilla Extract
- ½ tsp. Coconut Extract
- 1 tsp. Cinnamon
- 2 Cups *Dakota Seasonings Juneberry Pie Filling*

Directions

1. In large bowl beat whipping cream until stiff peaks appear
 2. Fold in extracts, cinnamon, milk and pie filling until well mixed
- Spread into a 9x5 bread pan and cover with plastic wrap. Freeze for 8 hours or overnight.
Can be stored in an air tight container for up to 3 months (if it lasts that long).

Robin Borchert & Aarika Thornton

Caramel Apple Cowboy Cookies

Ingredients

1 box *Thunderbird Ranch Gourmet Foods No Flour/No Foolin' Cowboy Cookie Mix*

- 8oz Butter grated
 - 2 Eggs
 - 2 Tbsp. Whole Milk
 - 1 ½ tsp. Vanilla Extract
 - 12 oz. Kraft Caramel Bits
- 2 Cups Tart Apple – Shredded

Directions

1. Preheat oven to 350 degrees
 2. Mix butter, eggs, milk and vanilla together in a mixing bowl. Slowly incorporate the *Thunderbird Ranch Gourmet Foods Cowboy Cookie Mix* until thoroughly combined.
 3. Fold in the Kraft Caramel Bits and shredded apple until well combined.
 4. Shape dough into golf ball size and place on parchment lined baking sheets, 6 cookies per sheet.
 5. Bake for 12 minutes (rotate pan as needed) and cool on pan for two minutes and then remove to wire rack to cool completely.
- Store in an airtight container or freeze.

BEFORE YOU GO: A CHECKLIST

TO BE SAFER ON WINTER ROADS



CHECK UP

MAKE SURE YOUR DEFROSTER, WIPER BLADES, LIGHTS, BATTERY & BRAKES ARE WORKING.



TRACTION READY

CARRY CHAINS. BE SURE YOUR TIRES ARE PROPERLY INFLATED & TREAD IS GOOD.



BE INFORMED

CHECK THE WEATHER, ROAD CONDITIONS & TRAVEL CAMS.



CHARGE UP

BE SURE YOUR MOBILE PHONE IS FULLY CHARGED IN CASE YOU GET STUCK.



FLUIDS

ADD CONCENTRATED WIPER FLUID & TOP OFF ANTIFREEZE.



VISIBILITY

USE WATER REPELLANT ON THE OUTSIDE OF YOUR WINDSHIELD & ANTIFOGGER ON THE INSIDE.



HEADLIGHTS

USE WATER REPELLANT ON YOUR HEADLIGHTS. CONSIDER RESTORING YOUR LENS' COVERS.



FILL UP

IN CASE YOU GET CAUGHT IN TRAFFIC OR HAVE TO CHANGE ROUTES OR TURN BACK.



JUST IN CASE

CARRY A KIT WITH ICE SCRAPER, WATER, SNACKS, HEADLAMP, HAT, GLOVES & ESSENTIALS.

Corner

Katie's



*As I see it from
where I sit!*

By Katie Sand

Hello Everyone!

October is coming to a close with Halloween around the corner! Can't wait to see everyone's costumes.

For November, there seems to be quite a bit of holidays. Just to name a few, there's Alzheimers Disease Awareness month that starts on the 1st. Other Holidays include National Deviled Eggs Day, National Love your Red Hair Day and a Dear Santa Letter week. Don't forget to send your letters in! Last, but not least, we can't forget about Thanksgiving. I'm so excited to have some turkey. Don't forget to put your Thanksgiving pants on!

As for December, get your thick winter coats and boots on.

Some fun holidays in this month include a National Gingerbread House Day. Those are fun to see as they are put together. National Egg Nog Day - which is also Christmas Eve and of course, Last Minute Shoppers Day. If you are a last minute shopper, that's the day for you! And of course Christmas and New Years Eve on their respective days that need to be celebrated. Hanging out with family, soaking in the quality time. Hope everyone enjoys the Holidays.

Stay Safe!!

Until next time.KATIE

A BIG



Shelly Anderson, Josh Ensz
Lynette Gustafson, Jenna Lindgren
Kaylie Nguyen, Ashley Oberlander
Bonnie Olson, Paulette St Louis
& Madison Taylor

OPEN HOUSE

Thunderbird Ranch/Dakota Seasoning will be holding an Open House on Thursday, December 8th from 3—7pm at their business. You are welcome to come try some samples and see all they have to offer for the upcoming holiday season!

COMING EVENTS

NOVEMBER

6 - Daylight Savings Time Ends
11 - Veteran's Day
24 - Thanksgiving Day - **CENTER CLOSED**
25 - **CENTER CLOSED**

DECEMBER

21 - First Day of Winter
24 - Christmas Eve
25 - Christmas Day
26 - *Center Closed*
31 - New Year's Eve

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

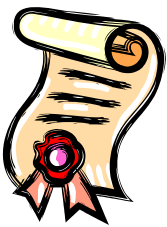
All Staff
Door Prize Winners:

SEPTEMBER:
Cynthia McFadgen

CONGRATULATIONS!!



CONGRATULATIONS



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

Full Time:
Michelle Anderson & Jesse Schuldt



Happy New Year

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

Address Label Here

Celebrating 62 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.