



# ODC OUTLOOK

OPEN DOOR CENTER

November - December 2023

## Science of Gratitude

Despite the first October snowfall and feeling rather tired after a long week, I am feeling particularly grateful today. I'm grateful our snow removal crew knocked it out of the park this morning, for our amazing staff's part in three successful state surveys, for the 38-year anniversary of the Hi-Soaring Eagle Ranch, for my incredible (and crazy) family...I could go on and on. Like all of you, however, I have plenty (yes, PLENTY) of challenges, too. I have learned over the years to actively practice gratitude. There is actually research to support this...it's called the science of gratitude.

In 2015 two psychologists from the University of Miami and the University of California studied the physical outcomes of practicing gratitude. One third of the subjects in the study were asked to keep a daily journal of things that happened during the week for which they were grateful. Another third was asked to write down daily irritation or events that bothered them. The last third of the group was asked to write down daily situations and events with no emphasis on either positive or negative feelings. At the end of the 10-week study, each group was asked to record how they felt physically and generally about life. The gratitude group (group 1) reported feeling more optimistic and positive about their lives than the other groups. Additionally, the gratitude group was more physically active and reported fewer doctor visits than those who wrote only about their negative experiences.

Additional research has been conducted since 2015. Findings indicate that gratitude positively impacts health, improves mental well-being, calms the nervous systems, and deepens resilience. So, does that mean one should sugar-coat challenges or view negative situations with 'rose-colored glasses?' Absolutely not! Focusing on what you are grateful for actually helps you become more resilient in the face of adversity and tackle challenges with a better mindset.

Whether the upcoming holiday season is welcomed and festive or overwhelming and anxiety-producing, I encourage you to take a few minutes to focus on the goodness in your life (both personal life and work life). Focus on what you have instead of what you don't have. Better yet, share that gratitude. Write a good ol' fashioned note, send an email, keep a gratitude journal, pray...whatever works for you. Sharing your gratitude just might make you happier!

**Tracey Zaun, Executive Director**

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

**Board of Directors**

Bill Cook, 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.*

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

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Jamie Stanton Ring

**ISLA**

Heather Muscha  
Ben Simonson

**Program Directors**

Matt Jensen, Children's Program  
Tiffannie Justesen, ISLA & MSLA  
Maggie Oakland, Prairie Inn  
Cindy Schopper, Work Activity  
Markie Toso, Lisbon

**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?



## **Stay Safe For the Holidays**

**Safety tips going into the holiday season:**

### **COOKING:**

- **Keep children at least 3 feet away from an active stove**
- **Monitor food while cooking**
- **Use kitchen safety equipment, such as oven mitts**
- **Be extra cautious when using a turkey fryer, avoid spilling oil**

### **CHRISTMAS TREES AND DECORATIONS**

- **Ensure all Christmas lights are well maintained**
- **Water Christmas Trees often and dispose of dead trees**

### **OUT AND ABOUT**

- **Keep your purse/wallet secure and in front of you on Black Friday, avoid shopping alone**
- **Be careful with alcohol consumption - do not drink and drive and have a designated driver**



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

***In Memory of Mary Simonson  
Mike & Deb Kohler  
Carrie Maresh  
Bruce & Amy Anderson  
Leroy & Barbara Hilde  
James & Shelly Williamson***

***In Memory of Samantha Overland  
Mike, Bonnie & Angie Johnson***

***In Memory of David Dahl  
Mike & Bonnie Johnson***

***In Memory of Norman Jespersen  
Mike & Bonnie Johnson***

***In Memory of Bob Maresh  
Alice Nelson***

***Donation to the ODC  
Endowment Fund  
Carol Nelson***

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

## NOVEMBER BIRTHDAYS

- 2 - Jamie Stanton Ring
- 4 - Staci King
- 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
- 18 - Jody Smedshammer
- 18 - Reis Kriewald
- 19 - Analise Hanson
- 23 - Diana Gehlhoff
- 24 - Adam Compson
- 26 - Nancy Tougas
- 27 - Josh Pahl
- 27 - Amber Bruyea
- 30 - Anthony Anderson
- 30 - Donnette Walker



## NOVEMBER ANNIVERSARIES

23 Years

Linda Johnson-Community

14 Years

Randy Eggermont-Ranch

13 Years

Cassie Colwell-ISLA

11 Years

Megan Banderet-Prairie Inn

Cheila Ihry-Prairie Inn

8 Years

Lynn Priebe-Thunderbird

6 Years

Gene Bjerke-Snow Removal

Pamela Walsh-GH 4

5 Years

Amber Webb-GH 5

4 Years

Melissa Huffstutler-GH 3/WAC

Carolyn Zaun-YAP

2 Years

Sandra Chapin-Admin

Aaron Cluchie-GH 3/WAC

Elaine Walls-ISLA

1 Year

Ashley Oberlander-YAP

Bonnie Olson-ISLA

Mandi Justesen-Lisbon



## **DECEMBER BIRTHDAYS**

**1 - Matt Thorson**  
**2 - Heather Cunningham**  
**2 - Jeremy Heinze**  
**2 - David Brown**  
**2 - Kennedy Gjovik**  
**4 - Cheila Ihry**  
**4 - Shane Hoffman**  
**4 - Dana Cihak**  
**5 - Jason Blasczyk**  
**7 - Kris Kopp**  
**7 - Samantha Storhoff**  
**8 - Megan Bauer**  
**9 - Starlene Abbott**  
**13 - Darnell Bakke**  
**13 - Lynn Kensok**  
**14 - Stephanie Sauter**  
**14 - Jocelyn Goulet**  
**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**  
**23 - Julie Opdahl**  
**24 - Jesse Juelfs**  
**24 - Margaret Deah**  
**27 - Wanda Schwab**  
**28 - Randy Reiser**  
**29 - Brandon Moen**  
**30 - Brenda Olson**  
**30 - Nicole Klefstad Johnson**



## **DECEMBER ANNIVERSARIES**

**32 Years**  
**Veronica Miller-ISLA**

**26 Years**  
**Kevin Esch-GH 2**

**25 Years**  
**Terry Lee-ISLA**

**22 Years**  
**Dan Johnson-ISLA**

**15 Years**  
**Willy Korinta-Ranch**

**13 Years**  
**Ben Simonson-Program Director**

**7 Years**  
**Maureen Rueckert-Prairie Inn**

**6 Years**  
**Sarah Parkman-Nursing**  
**Patsy Hanson-Nursing**  
**Jane Diemert-Nursing**

**5 Years**  
**John Andrus-Prairie Inn**

**4 Years**  
**Robin Miedema-Admin**  
**Analise Hanson-Prairie Inn**

**3 Years**  
**Brad Kumlin-WAC**

**1 Year**  
**Megan Bauer-GH 4**



## ARTIST FROM THE RANCH

In August of this year many of us attended the NDACP Conference held in Fargo, ND. The past several years they have held an Art Show which showcases all the talent across North Dakota. Carol showed off her painting of a dog. Carol is great at making sure we can see all the details of the objects in her paintings. Beautiful painting Carol!!



## FUN DAY OUT IN NATURE

Faith and Holly spent a nice Fall day out hiking and exploring the outdoors. Looks like they even found a lake! What a great way to spend one of the last days of Autumn!

## FRONTIER VILLAGE

Natasha and staff headed out west, all the way to the Frontier Village in Jamestown. Tasha enjoyed visiting the Big Buffalo and visiting all the shops.



## Valley City Special Olympics Soccer Shines at State

Valley City was well represented at the Special Olympics North Dakota State Soccer tournament. The tournament was held this past weekend in Grand Forks. Valley City had 2 adult teams and 2 unified youth teams entered in the tournament.

The Valley City Hi Liners-Blue (the older youth team) was impressive in their first game. They came away with a 6-2 win over the Cass County Tigers. In their next game they were not as fortunate as they came up short in their game against the Grand Forks Falcons. On Sunday in the game for the bronze medal a 5-3 loss to Grand Forks Ravens ended the team's season. The team was coached by Jayden Johnson and Drew Potratz. Blue team members were: Anthony Anderson, Aidyn McCombs, Hannah Mueller, Keytyn Lemier, Rylyn Johnson, Georgia Zaun and Reese Anderson. Anthony Anderson was honored with an All-Tournament award for the youth division.

The other youth team, Hi Liners-White (the younger youth team) started the tournament with a heartbreaking 5-2 loss to the Grand Forks Ravens. That pushed them into the consolation portion of their bracket. On Sunday morning they shined bright with a hard fought 3-2 victory over the Cass County Tigers. With a fifth place finish in hand the team was glorious!!! The team was coached by Ashley Farkas and Jamie Smith. Team members included: Brody Metcalf, Sawyer Peterson, Piper Johnson, Ben Sorby, Grant Anderson, Jett Horsager, Kyler Max and Kam Johnson. Ben Sorby brought home a Youth Division Honorable Mention award for the tournament.

The Valley City Lightning Boltz started their tournament run with an awesome win over the Mandan Sonics (8-1). They next faced the number 1 seed in their division the Dickinson Devastators. The DD's proved to be too much and a loss by the Lightning Boltz sent them to the 3<sup>rd</sup> place game. The game was seesawed back and forth but in the end the Cass County Eagles prevailed. The Lightning Boltz were coached by John Schonert and Sam Ihry. Team members were: Jennifer Bennett, Lee Hoff, Natasha Esch, Adam Compson, Cassie Colwell, Marshall Pederson and Jenna Roe. Adam Compson played stellar defense throughout the tournament and was rewarded with being selected to the Honorable Mention team in their division.

The Valley City Bridgesters won their opening round game in the tournament against the Grand Forks Coyotes. They continued their winning ways with a victory over the Cass County Eagles. In the championship game on Sunday they unfortunately suffered the same fate as their fellow VC Strikers with a defeat at the feet of the Dickinson Devastators. Coaching the Bridgesters to a silver medal was Jason Metcalf. His team included: Terry Hunter, RoxAnne DeKrey, Matthew Johnson, Marie DeLorme, Mike Venhuizen, Kandice Novak and Cheila Ihry. Mike Venhuizen was honored with being selected to the All Tournament Team.

A big thank you to all the families and friends that were in Grand Forks to cheer these athletes on.







Mike Venhuizen and Adam Compson made the Soccer All Tournament Team while up in Grand Forks. CONGRATULATIONS !!

Special Olympics State Games in Grand Forks—Bocce Results  
Coached by Tara Anderson, Jason Elston and Justin Horsager

Singles

Youth Division

Jaxson Horsager Bronze 3<sup>rd</sup>  
Paityn Elston 6<sup>th</sup>

FEMALES:

Holly Sabinash 5<sup>th</sup>  
Lori Reimers 4<sup>th</sup>  
Kelly Klein Silver 2<sup>nd</sup>  
Jess Stack Bronze 3<sup>rd</sup>  
Diane Wagner 4<sup>th</sup>  
Bekah Cook 3<sup>rd</sup>

MALES:

Adam Maresh Silver 2<sup>nd</sup>  
Alex Lanenga Silver 2<sup>nd</sup>  
Michael Johnson Silver 2<sup>nd</sup>  
Chris Feigert Silver 2<sup>nd</sup>

CONGRATULATIONS TO ALL  
THE WINNERS!!

Doubles

Traditional 1

Holly Sabinash & Adam Maresh 4<sup>th</sup>

Traditional 2

Alex Lanenga & Michael Johnson 5<sup>th</sup>

Traditional 3

Paityn Elston & Jaxson Horsager Gold  
Chris Feigert & Bekah Cook Silver

Traditional Female 3

Lori Reimers & Kelly Klein Bronze  
Diane Wagner & Jess Stack 4<sup>th</sup>





# THUNDERBIRD RANCH DAKOTA SEASONINGS



## Join us for our **CHRISTMAS OPEN HOUSE**

Thursday, December 7th

3pm—7pm

We will be sampling dips, soup and out of the box  
recipe ideas for your holiday gatherings

Have us create a one of a kind gift basket  
for that special someone on your holiday list!



Send us your Christmas wish gift  
list for family and friends and let  
us ship them for you.

### We also provide:

Small gift ideas  
Hostess Gifts  
Gift Certificates

Owned/Operated by Open Door Center  
129 3rd Ave NE  
Valley City, ND 58072  
701-845-3631 OR Toll Free 855-820-0092  
[www.store.dakotaseasonings.com](http://www.store.dakotaseasonings.com)



VCSU Paint Bucket Game  
Cassie, RoxAnne and Kelly  
went to the VCSU Vikings vs  
Jamestown Jimmies Football  
game and witnessed the Vikings  
take the "Paint Bucket" back  
from the Jimmies. Great Day!!



SO College and our young  
adults are excited to be  
getting together again this  
school year. Everyone spent  
the evening doing a lot of  
lawn games on the campus  
of VCSU. Go Vikings!!

Kelly, Cassie and Bekah  
spent a great Autumn day  
visiting the A-Maze-'N  
Clown Pumpkin Patch  
outside of Jamestown.  
They love this statue made  
of Hay and had to get  
their picture with it.  
Too Cute!!



Jenna recently moved in with  
Kandice and Marie so they  
have been spending a lot of  
fun time together getting to  
know each other.



**Special Olympics  
Bowling has started  
up again and Lori  
and Mike and several  
others went down to  
Enderlin to get some  
practice in. They all  
had a great time and  
are very excited to be  
Bowling again.**

**Looking Good!**





## Homecoming Parade

Everyone at the Ranch got into the Spirit of Homecoming and decided to participate in the VCHS Parade. Carol helped a lot with the decorations and the high-lite was throwing the candy and mini footballs!



## SODBUSTER DAYS

Josh, Leonard and Richard headed out to attend Sodbuster Days. They all enjoyed all the activities around the area and getting out to enjoy the beautiful weather.



## HALLOWEEN FUN RUN

Kandice and Colette took part in VC Parks and Rec Halloween Costume Fun Run/ Walk held in Chautauqua Park on one of the last beautiful days in October!



## VISITING ROOMMATES

Kandice & Marie spent an afternoon and went to visit their old roommates, Laurie and Janie. All the ladies were very excited to see each other and spend time together. Looking Great Ladies!!



## Corner

Katie's



*As I see it from  
where I sit!*

By Katie Sand

## Greetings to All!

*As of this writing, we have no snow - YIPEE!! Does everyone have all their plans and family organized for Thanksgiving? Hopefully our weather stays nice so everyone can have safe travels. Before we know it we will be putting up our Christmas Trees and decorating and wrapping gifts. What's your favorite meal for the holiday? I can just smell the cookies baking! With all the hustle and bustle of the*

*holiday, I hope everyone stops to think about the reason for the season. I hope all of my family, along with everyone else's, are coming to enjoy the time together!*

*Until next time. . . . .KATIE*

A BIG

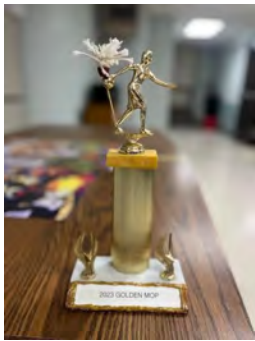


Ciara Berg, Madisen Bjone, Amber Bruyea  
Stephanie Carlisle, Tim Cluchie  
David Duncan, Kael Grebel, Alaina Hanson  
Dustin Nguyen, Carly Redding  
Jamie Schuldheisz, Prairie Seely, Taylor Sherman  
Jamie Stanton Ring, Crystal Tompt  
And Donnette Walker



**FOLLOW US ON FACEBOOK**

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



Open Door Center promoted an optional Fall Deep Cleaning Challenge for our individuals in September. Many individuals chose to participate in deep cleaning their homes/apartments. Way to accept the challenge!! Results from impartial judging and scoring rubric yielded 5 winners of the coveted "2023 Golden Mop" award!! Way to go!!

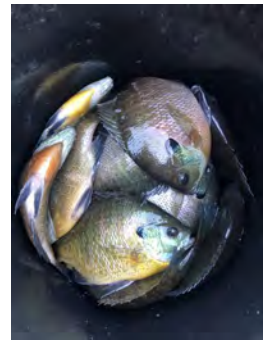
**Golden Mop Award Winners:**  
 Lisbon—Heather  
 HI-Soaring Eagle Ranch  
 North Side Ladies  
 Group Home 2  
 Randy & Tara from Prairie Inn  
**CONGRATULATIONS!!**



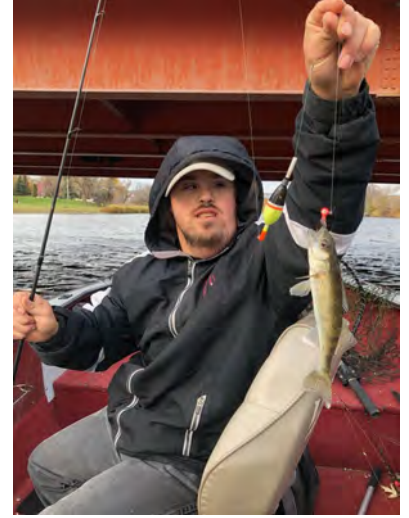
## **ODC LAWN/SNOW REMOVAL CREW**

**Looking for help with your Fall Yard cleanup or your Snow Removal? Our experienced crew can mow, mulch, bag, trim, rake, shovel, or snowblow! Let us help you! Equipment and fuel provided. \$40.00 per hour (minimum 1 hour). Call and leave a message for our crew leader, Justin, at 845-1124, ext. 134 to book your appointment today!**





**October Fishing Days**  
*During the last sunny days of October Ben took a couple fishing trips out with the guys. Lee and Marshall headed out to Ashtabula and caught a bunch of crappie and bluegills and a day on the river with Matt caught a small walleye. Winner of the Fishing Days of Fall has to be Marshall with his great Northern Pike. He didn't want to hold for a picture so Ben volunteered!*  
**GREAT DAYS IN THE OUTDOORS!**



### *Road to Riches*

*About once a year a couple people want to head to a Casino. This year brought Carol and Willy to Hankinson. Tho they didn't win a big bankroll, they did come out of there with a little extra! CONGRATULATIONS!*



### **VOLUNTEERING!**

*On October 19th, Richard, Tasha and Kandice headed to the Methodist Church Parking Lot to hand out donations from the Great Plains Food Bank. They were excited to pass out potatoes, pumpkins and lots of other veggies.*  
**THANKS FOR VOLUNTEERING!!**



## **COMING EVENTS**

### **NOVEMBER**

5 - Daylight Savings Time Ends  
11 - Veteran's Day  
23 - Thanksgiving Day - **CENTER CLOSED**  
24 - **CENTER CLOSED**

### **DECEMBER**

21 - First Day of Winter  
24 - Christmas Eve  
25 - Christmas Day - **CENTER CLOSED**  
31 - New Year's Eve

### **JANUARY**

1 - New Year's Day - Center Closed

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



## **ARC CHRISTMAS PARTY**

ARC Christmas Party will be held December 3rd, 2023 from 2:00-5:00 pm in the basement of the Eagles.

There will be Music, Popcorn, Pizza and Pop. Also a visit from SANTA. Individuals, Staff and Families are invited to attend.

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](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.