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HUMANITARIAN AWARD BRINGS GRANT DOLLARS

At ABLE, Inc. we have been blessed with many supporters of our mission, each with a different connection to us and a story to tell. Throughout the years, Dr. Dennis Wolf, has been one of those supporters to "...encircle people with care, kindness and hope" as one of our value statements reads.

Dr. Wolf has dedicated his life to the practice of medicine in rural North Dakota for nearly 60 years. He has served his community through giving of his time and charitable contributions in many ways, including supporting people with disabilities through ABLE, Inc., Special Olympics, Elks Camp Grassick and the Mayors Committee on Employment of Persons with Disabilities.



Dennis Wolf, M.D.

We are thrilled to share that he recently was recognized with the COPIC Humanitarian Award. This award is presented annually by COPIC, a mission-driven medical professional liability company. The recipient of the award receives a grant for \$10,000 to be designated to a health-related organization of their choice. We are honored that Dr. Wolf has chosen ABLE, Inc. to receive this grant!

Our journey with Dr. Wolf began back in 1985 when our executive director, Mary Anderson, met with his clinic to inform them that people with disabilities were being deinstitutionalized and coming home to our community to live. They will need doctors she said. He stepped forward to provide services and has journeyed with us, impacting many, and supporting our mission ever since.

Today, we celebrate you, Dr. Wolf. We celebrate all your accomplishments: boards you've served on, the issues you've fought for, and your contributions to make our community a better place for many. Most of all, we celebrate the impact you've made on the health care, lives and hearts of people we support. We look forward to what we can accomplish together in the future.



Rodney Askay & Hoppy Vogel

In Memory of

As we say goodbye and feel the loss of Rodney Askay to cardiac arrest, we share one of his favorite pictures... he and his saddle pal Hoppy taken just last month.

Rodney started with ABLE in Bowman July 15, 2019 as our Administrative Assistant. In his short time with us, he became known as the guy to go to for almost anything from fixing a walker to budgeting for lunches out, to ordering books/clothes/office supplies and more. Rodney enjoyed researching for the best deals and products for us. His close relationships with people from almost day one is a wonderful reflection on his character, faith, and appreciation of life. Here's to you, Rodney Askay, may your journey be speedy and your destination glorious. -Carolynne Jones

FINDING MOMENTS OF JOY THIS HOLIDAY SEASON

A Note from our Executive Director



As the year 2020 winds down, we have much to look back on. We have navigated unprecedented times, being challenged in many ways. We at times have become weary then fueled by moments of joy, those small moments that lift us up and remind us of whom we are fighting for. We have been continually reminded of the unbending commitment and resilience of our employees, families and the people we support. We have seen the power of unified positive spirit. I am full of gratitude for ABLE, Inc.'s team, families, and board of directors for all that we have accomplished thus far.

Despite our focus on COVID this year, we have been able to accomplish so much by putting our faith and trust in community partners. We intend to begin spotlighting them in future newsletters as they are so essential to our success and often delight us! The progress at the T-Rex plaza has brought much optimism with the concrete improvements which bettered the life of our tenants and all that frequent the plaza. Thank you to Winn Construction and Highlands Engineering for your partnership in this project. The ABLE Thrift Center recently got a new roof, a project led by Scott Harr with Twin City Roofing who said that the Thrift Center/Medicine Shoppe was the busiest parking lot in town. We are overjoyed to see Dr. Dennis Wolf recognized for his commitment to community and am thrilled that he's chosen ABLE, Inc. as the recipient for the Humanitarian Award grant. We are also looking forward to upgrading our vehicle fleet with a \$10,000 grant from Agribank. Did you know that we also received a grant from the City of Dickinson to



purchase AED machines for our Bowman and Hettinger locations? Lastly, we thank Ray Ann Kilen with R Kilen Consulting who has been working on many grants and projects including the Economic Resiliency Grant of which ABLE, Inc. was awarded. There are so many blessings for which we are grateful. As we move into 2021, we continue to focus on our future with housing projects and other initiatives that will provide opportunities to brighten the lives of people we support.

As the holiday season nears, we ask that you stay the course and focus on health and safety practices as COVID risks continue. Many of us have difficult decisions to make during this time of increased fellowship and family gatherings. We appreciate your ability to adjust and have mindfulness when we all are just yearning for normalcy. Please be kind and patient with one another. Find ways to spread small moments of joy when so many need it most. Keep safe all. -Mary Anderson, Executive Director

THANK YOU *for inspiring us!*



In early October, we attended a virtual training called **Grow with SAS**, led by Self-Advocacy Solutions from Grand Forks, ND. The training was made possible through a grant from the Consensus Council. Over the course of 4 evenings, we talked about decision making, self-esteem, education & more. The laughs were endless and we truly enjoyed our time together.

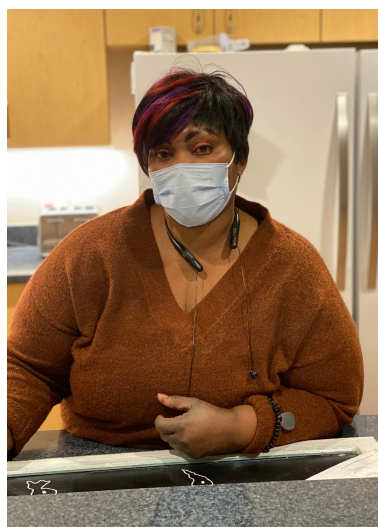
This inspired us to start a new self-advocacy group at ABLE, Inc. Our group met a couple of weeks ago to get a start and the next meeting will be on Nov. 24th at 6:30pm on Microsoft Teams. If you need info on joining our meetings, contact Janelle at 701-456-3000.



Upper left: Kevin Peplinski. Lower left: SAS sent personalized gifts for each person! Right: The group via Teams call, Richard Susa holding one of the gifts.



WHEN THE WORLD IS SLEEPING, I'M HERE FOR YOU



Carla Foster has served as a DSP for over 5 years

Direct Support Professionals play an important role in lives of people we support. You may see them everyday in the homes assisting with meals, at the grocery store, or even over Facetime as they help loved ones connect. What you don't often see is the energetic souls who are there caring for the homes, ensuring health and safety, to provide supports during the overnight hours.

This overnight support is essential for many of our residential sites. In our apartment settings, the overnight staff are able to rest when supports are not being provided but in our ICF homes employees must remain awake throughout night. Carla Foster has been one of these dedicated overnight employees and says that it can be difficult to adjust to working nights but she takes naps during the day to adjust. She goes on to say, "To stay awake, I put on a gospel program and listen while I work, cleaning cupboards and other tasks. I enjoy being alone by myself to do the work. I don't have to worry about others, I just do what needs done and I help the guys when it's time." She continues on, stating, "I love everything about working at ABLE and love working with the guys I support. They are like family to me."

Finding employees to fill the overnight needs, has been challenging at times. In an effort to provide stability to the overnight workforce, ABLE, Inc. recently implemented a shift differential for hours worked from 10pm-6am. This differential applies an increase of \$3.00/ hour in our ICF homes and \$1.50/ hour in apartment settings to the base rate of pay for the employee working.

Glenda Crain has been a DSP for 6 years covering overnight hours and is pleased about the differential. She shares that she likes the quiet at night, working by herself. "You do have to be an independent and self-motivated person. People I support are counting on me to assist them during scheduled times. When I start to get tired at 3am, I get busy mopping the floor. You just stay active." One of the challenges she says is "you don't have as much time with the people you're supporting so it is harder to build relationships with them at first. You need time to build trust. I find ways to have fun with people from 8-9pm before they go to sleep and in the mornings from 6-8am." Glenda finds creative ways to impact people's lives. She states, "During the night, I decorate birthday cakes for the people I support and they just love it! It's important to discover what people love and make their world better because it makes your world better."

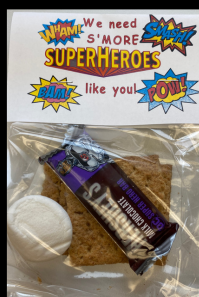
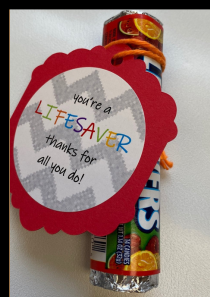


Shirley Lund with her most recent birthday cake

ABLE, Inc. is currently looking to hire more dedicated and self-motivated overnight employees for our ICF locations. If you or someone you know is interested, don't hesitate to apply online at www.ableinc.net

DSP Recognition Week 2020

With some label creativity, 3 orders on Amazon, 8 local grocery store trips, buying every jar of salsa/cheese in town, we prepared for DSP Appreciation Week this past September. Sending little gifts to our employees each day warmed our hearts as they deserve so much for all that they dedicate to people we support. We wished that every week of the year was DSP Appreciation Week!

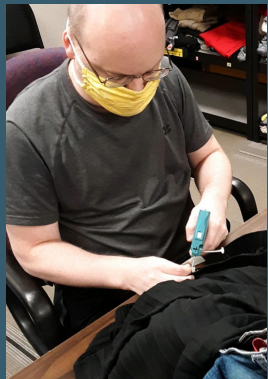




what brings us light...



Upper, from left to right: Pat Renner and his passion for music. Wendy Obritsch enjoying a new quilt from Catholic Community Quilters Plus who recently donated many to people we support. Wade Hassebrock taking in a beautiful ND sunset. Gail Dobitz & Herman Hecker (right) enjoying time in the kitchen. Left: A snapshot of Ken Everson through his window at the nursing home as he continues to rehab from a broken leg.



Glad to still be working!
 Left to right: Kali Mathern cleaning records, Clenton Kling tagging clothing.
 Below: Enjoying time together for Halloween in Hettinger. From left to right: Randy Wyman, Alexis Ehlers, Dallas Alexenko, Zach Lohnes, Carrie Beck.



Hoppy visiting his longtime friend Sheriff Rory Teigen in Amidon. Rory was the sheriff in Bowman County for years and so important in Hoppy's life. Rory moved to Slope County a few years ago to be their sheriff in his plan to scale down before retirement.

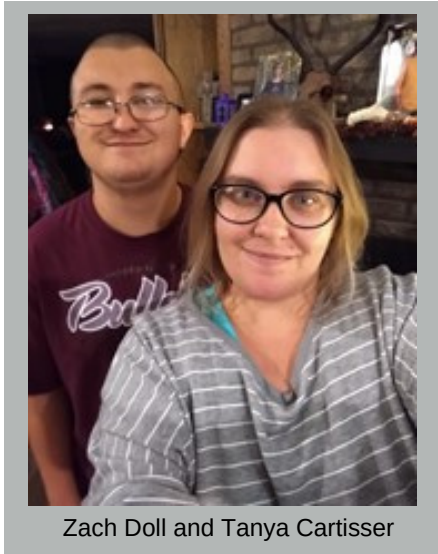


COPING *with* COVID

By: Darlene Ovitt,
Bowman, ND



This is a story about my 16-year-old grandson Zach and my 39-year-old daughter Tanya. On October 12th they both had an annoying cough and thought it was the start of a bad cold. A visit to the doctor on the 15th proved otherwise. They both tested positive for COVID-19. My oldest granddaughter Gabby (age 8) also had symptoms, but her test was negative. I pray that she and her sister Savanna (age 7) will be spared! In addition to having a cough, Zach and Tanya also experienced varying degrees of fever, body aches, tiredness, headache, some shortness of breath, and a loss of appetite including their sense of taste and smell. Sound familiar? Yes, that list covers almost all the symptoms we'd been warned about, and it was an awful lot to be thrown at an otherwise healthy and active young man, as well as my daughter who is prone to sinus infections.



Zach Doll and Tanya Cartisser

They were prescribed Dexamethasone medication for five days. My research indicated that this was a corticosteroid medication used to treat a wide range of conditions for its anti-inflammatory and immunosuppressant effects. The WHO (World Health Organization) had recommended it for patients with severe and critical COVID-19. The medicine sometimes kept them up at night and made them feel like they had lots of energy. As a matter of fact, one day Zach wanted to go out and rake leaves! Even though he felt like superman, I explained to him that he needed to take it easy and not put any extra strain on his body and his lungs! Grandmas worry you know! At the same time Tanya was being supermom making sure Zach and his two little sisters were doing their distance learning while isolating and in quarantine, which was not always an easy task. Once their five days of medicine had ended, they no longer felt like superman or supermom, and the burst of energy they had was gone. It's now been well over a month since the onset of symptoms and their recovery continues. Zach told me the worst thing was his coughing, which continued mostly at night for awhile. They both feel fatigued at times and still tire more easily than usual. I pray there won't be any prolonged effects.

He was out of isolation as of 10-23 at 11:59 pm and was released to go back to school on 10-26. Gabby has also been released, but Tanya and Savanna remained home until November 9. My own quarantine went until October 30 and that's another story in itself! I asked Zach how he felt about COVID. He said, "I don't like it obviously—it doesn't feel good getting it", "trying to fight this is probably the worst thing I've ever had to do", "quarantine was hard because I couldn't be around people", and "people need to do their part to help slow the spread by wearing masks and social distancing!". On a final note he says, "I'M STILL ALIVE!", and it goes without saying that our entire family is thankful for that! Tanya continued to experience body aches, a sporadic fever, and no energy. She says, "I never thought that taking a bath would be so much work!". It was hard for her to depend on others to get groceries, to keep up on the kids' distance learning, to get the rest she needed, and being away from work.

I treasure my family, and as a mother, a grandmother with pre-existing medical conditions, and an employee of ABLE, Inc., I implore you all to do your part! Please wear a mask if you can and social distance, as well as all the other things that are recommended! This terrible virus can find you or someone you love and sometimes things don't end well! Kudos to ABLE for taking the lead early on to protect all of us. There have been tough decisions made and many sacrifices, but **EVERYTHING WE CAN DO TO STOP THE SPREAD IS WORTH IT!**

Repeat Outlet
UNIQUE GIFTS DESIGNED & CRAFTED ON LOCATION
101 NORTH MAIN STREET - BOWMAN ND

TAKE A TRIP THROUGH THE
DECADES

Located in the T-Rex Plaza
10am-5pm Mon-Fri
10am-3pm Saturday

Pictured on front header: Desmond Taylor, relaxing amongst the beauty of the season, Christmas 2019.



Come explore to find something new everyday!
1571 West Villard, Dickinson ND
Mon-Fri 10am-5pm, Sat 10am-3pm