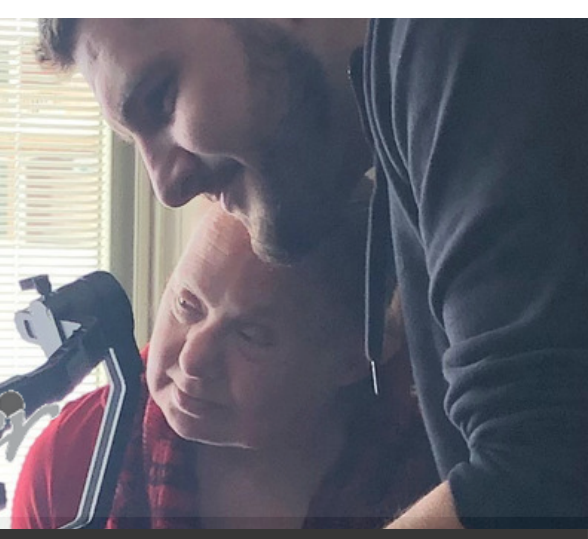


ABLE inc

Weaving lives together

OCTOBER 2019



FRESHENING UP OUR MEDIA PRESENCE

Like many providers in the state, ABLE has been focusing on staff recruitment. One element of this is examining our presence in various media sources. We are currently updating our website, launching in November, to include new features and a fresh look! We also used VUK Multimedia, a local production company, to create a new commercial for TV and 3 recruitment videos to feature on the website and social media. For this project, we spent time doing interviews, filming and sharing our lives and passions, which brought new experiences and so much joy to all involved! The VUK team consists of: Vladimir Dasic (pictured above with Susan Krehlik), Jelena Cesljarac and Ariel Dembele (pictured to the right with Rachel Sorenson and Diane Morel). VUK expressed the following:

"Working with ABLE gave us a chance to get educated on the history of people with disabilities and see progress made in supports for people. It is truly heartwarming to be around the staff that work at ABLE as well as people they support. There is so much joy in their friendship, it feels more like a big family than a company."

We hope that you enjoy the new look and appreciate any feedback that you may have. A special thanks goes out to all involved who shared their time, experiences and stories so passionately!

TAKE A LOOK AT WHAT'S INSIDE:

- Pg 2 - Goodbye Summer**
- Pg 3 - A Mother's Love
Community of Helpers**
- Pg 4 - Just One of the Guys**
- Pg 5 - SKOL!**
- Pg 6 - ABLE Thrift Center**



TRAVEL WITH SUNDIAL SPECIAL VACATIONS

Mary Lingelbach from Sundial Special Vacations will give a presentation at ABLE, Inc. on

October 17th at 4:00 pm

Come & learn what this travel service has to offer!



ADVENTURE AWAITS!

Saying Goodbye to Summer

Even though our beautiful summer days are longer, by September's end we ask ourselves how they pass by so fast. For many of us, this summer brought unforgettable memories. Whether we were taking in peaceful sounds at the Bandshell Concert Series, enjoying the beautiful outdoors or tapping our toes at the Medora Musical, we just didn't want it to end. Here are a few of those moments that we don't want to forget:



Above: Sterling Bessler & Madison Hansen.
 Pictured left: Carrie Beck & Randy Wyman
 Below: Carrie, Randy and Shelby Pauley



Ashley Zastoupil, Katrina Ollila, Jaymin and Joelle Dolechek, Josette Copenhaver, Greg Wock, Carissa Hibel, Clenton Kling, Abra Safratowich, Shawn Slatter, Olivia Ogren, John Vaughn.

This year the Unified Softball league through Dickinson Park & Recreation was a highlight for all involved. Many players showed growth in their skills but mostly in celebrating each other. The sportsmanship of both teams as they cheered each other on and celebrated each hit, brought positive energy and many smiles to the spectators.



Randy Billig, Dallas Germain, Gail Dobitz, Pat Renner, Chris Douthitt, Steven & Carlie Jahner, Nicole Hanel, Matt Steinbach, Jordan Dolechek, Amy Belile, Braden Tooz, Sarah Steiner



Josette Copenhaver and Kylee Nelson

A Mother's Love

"For all of my life, until I moved to Dickinson, ND in 2013, I deeply knew the daily love of a mother.

This love was steadfast, always present.

This has been a wonderful summer because every 2 weeks over the summer months I went back to Hettinger, ND to visit my mother in my forever home". -Karla Smolnikar



As the vehicle leaves Dickinson, Karla is full of smiles. So many smiles and laughter! Karla and Shirley, have a very special relationship. Many families often struggle to communicate with each other, but Karla and Shirley have a unique understanding and love for each other.

One can see it. One can feel it. The love is so unconditional. And it is all communicated through their presence with each other as Karla doesn't communicate through spoken words. It is so touching that even her support staff can only watch and admire as they witness this strong bond.

The trip and visit is brighter than any other time for Karla. In the winter, Shirley will make the trip to Dickinson, for regular visits but the two will look forward to next summer's time together again in Hettinger.

-Chassidy Harmes and Hannah Phillips

A Community of Helpers

On the night of August 24, 2019, instead of being nestled snugly in their beds, the people living at our 4th Avenue ICF home were greeting first responders, fire fighters, contractors, neighbors, and helpers of the Dickinson Community. There was a fire event caused by a cooking accident, which activated the sprinkler suppression system, putting out the fire. While there was little fire or smoke damage, the home did experience water damage from the sprinkler system.

Everyone living on 4th Avenue has stayed in their home and continue to bear witness to the restoration as cleanup occurs, flooring is replaced, appliances are installed, and the home returns to the condition before the fire. There are so many people who came to support them. Shannon Bachmeier, a neighbor, offered support with cleanup the night of the fire and continued to check in and offer support. The first responders, law enforcement, and fire department provided quick response at the time of the fire and were very supportive of connecting with NOVA to replace the sprinkler and connect with cleanup crews that same night. AVI, OTIS elevator, Cerberus, Fire and Ice, Floor to Ceiling, Arrow, Steam Brothers, and St. Benedict's Health Center have all responded and been supportive of steps to restore the home. Other people receiving supports at ABLE and staff have made meals, and given outreach. The families and staff team at 4th have been wonderfully supportive to everyone living in the home and have been flexible and creative with service delivery as they work around restoration efforts.

We would all like to say thank you to our great community!



DECADES

COME TAKE A TRIP THROUGH TIME AT THE T-REX MALL
OPEN 10AM-5PM MON-FRI, 10AM-3PM SAT



Just One of the Guys

The team from 3rd Avenue met in early spring to brainstorm the future and one main goal emerged: friendship. We were looking specifically for a BRO, a man with shared interests to hang out with and lean on as a friend. Coincidentally, the Badlands Big Sticks were seeking host families for their players. The men who live at 3rd opened their doors for a team member to move into the basement apartment for the summer.

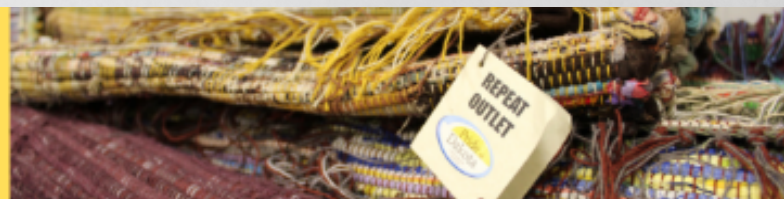
Dayquam Bridges came from Massachusetts to spend the summer. Every day, Daquam ate with the guys, and on a few occasions, additional team members joined him as well. There were also two meals before a home game where the entire Big Sticks team came over, filled the garage and ate with them. At summer's end, Daquam shared his thoughts on the experience:



“When I first found out where I would be housing for my summer internship, to be honest, I was a little nervous, because I didn’t know much about people with disabilities and I wasn’t sure how I, a person without a disability, would fit in. As the summer went by, I realize that people with disabilities are just regular people and I became comfortable with being around the six guys as I learned more about them. Now, I would say that I look at each of them as my six new brothers. ABLE, Inc. means a lot to me and if I had to sum up my summer experience in one word, I would say FAMILY. I had a great time hanging out with each of the six guys. My favorite part of the summer would be just sitting down to eat lunch and dinner with them every day. I also loved going to the 4th of July Parade. As my summer came to an end with six guys, I will miss being around them and now have six reasons to return to North Dakota someday.” -Daquam Bridges

REPEAT OUTLET

**101 NORTH MAIN STREET - BOWMAN, ND
OPEN 8AM-5PM MON-FRI**



SKOL!

By Monte Besler

It's Friday morning, August 23, 2019, I'm in Dickinson, ND, and I've been invited, by my son Sterling, to go to a Minnesota Viking football game in Minneapolis. A month earlier, Sterling with the support of his staff approached me about the possibility of attending a game. Sterling had expressed a desire to go and wanted me, his Dad, to go too. He even insisted on paying for my ticket! How cool is that? Would I go? Me, a lifelong Viking fan? Wild horses couldn't keep me away, and going with Sterling was going to be a huge bonus for me. We decided on a pre-season game, against the Arizona Cardinals.

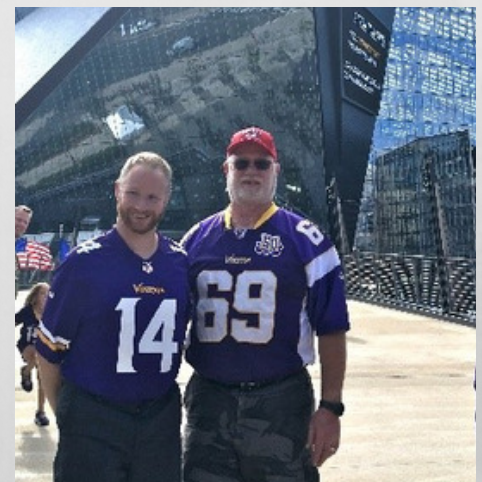


Quick breakfast and I'm off to his home for a very important 8:00 AM meeting. I'm meeting Sterling and one of the dedicated ABLE staff, Kayla, to ride with them to the game. About 10 hours later, we arrived in Farmington, MN at the home of Sterling's older brother, Nathan and his family. They hosted us for the night, which was great opportunity for Sterling to enjoy a family visit, as well.

Saturday morning, August 24, 2019, five hours to game time! Up and at 'em! Sterling was roused out of his warm blanket cocoon by the seductive aroma of bacon frying! Nathan, and wife Allison, treated us to a gourmet breakfast, fit for royalty. You know Sterling ate him some bacon and sausage! Then it was off to the Mall of America park and ride, to board the Light Rail to ride downtown to US Bank Stadium. What fun for Sterling! Another new experience. After the roughly 45 minute ride we were there, and entered the stadium to look around. Had to locate the important amenities, you know, like where all the food and beverage stands were located, and of course the restrooms. We had fantastic seats, conveniently near all those amenities, and best of all, a good view of the huge Jumbotron replay screen, which Sterling really liked. Those twenty foot tall football players, on the screen, were pretty impressive. Sterling may want a bigger television at his home now!

Sterling loved the game, really the entire experience, and the Vikings won! Sterling is now a perfect 1-0 in win/loss record at Viking games. A perfect record! I really wish I could still say that! Ten long hours later, and several hundred miles of interstate highway, and we are back at his home in Dickinson. ABLE prepared the downstairs apartment for this very tired traveler, a welcome relief indeed. None of this would have ever been possible without the assistance of ABLE and their staff. Having Kayla along to assist with Sterling was huge. The staff have developed very strong friendships with Sterling, and have become his extended family, without a doubt.

Thanks for the memories! -Monte Besler, Sterling's Dad



Come shop our large selection of Halloween costumes
and cold weather gear!

ABLE Thrift Center

Open Mon-Fri 10-5, Sat 10-3 at 1571 W Villard, Dickinson ND

