



JANUARY 2021 | Pg 2/3-Holiday Season | Pg 4-Community Partners | Pg 5-DSP Memories | Pictured above: Amy Belile & Dorothy Schlabsz

HAPPY NEW YEAR TO ALL!

I am so looking forward to a new year. One where COVID 19 doesn't dominate nearly every conversation.

This has been a long 10 months of vigilance, care and separation from family and regular community life. Today we want to thank the families who are walking side by side trying to make the best decisions possible. This has included staying away from your family member's home at times and making difficult decisions about vaccines.

We are so excited about the coming of vaccines. This is an important piece of returning to normalcy. As we speak, I have had my first vaccine with the next one scheduled within January. Here are some things to note for our readers:

1. The website continues to host some excellent information about vaccines
2. We have started some vaccinations for employees.
3. We now have started vaccinations for people supported



Mary Anderson
Executive Director

We know this has been a long road for the people supported, employees and families. Today, we celebrate families who have walked this path with us. We thank you for your patience and consideration. I have no doubt that the journey we've traveled in 2020 has strengthened us in many ways.

As I read this issue of the newsletter, I'm reminded of our resilience and our ability to creatively shift to meet the needs of people we support. Joy and gratitude are the themes woven into each page, giving testimony to the focus of our teams. For this, I'm grateful. It is that spirit that fuels us to reach further, taking on new initiatives to build a future that brings opportunity and honor to the people that we support.

Best wishes to all. -Mary Anderson, Executive Director

COVID VACCINE INFORMATION

In preparation for the arrival of the COVID-19 vaccine, we sought out resources to help us understand the benefits vs. risks. A webinar by Dr. Paul Carson fueled us to compile information in a simple format on our website.

Our website has since become a valuable tool for our employees, people we support and their families. We are proud that it has been shared across the state to many others, including DD providers and health care organizations. To date it has been viewed by almost 3000 unique visitors. If you are interested in vaccine information, visit <https://www.ableinc.net/covid-19-vaccine-information.html>

A JOYFUL HOLIDAY SEASON



Our team in Bowman participated in the Festival of Lights in Bowman City Park. This was our first year and it was an absolute delight to see the park lit up, bringing holiday joy to the community. A special thank you goes to Kay Fletcher for donating the lights and ordering the elves, Donna Crow for painting the sign and Shawn Orcutt, Glenn Hawn, Megan Walser, Sierra Ballard, Rochelle Thompson and Shelby Pauley for decorating.

BRINGING LIGHT

SHARING her gifts



Donna Crow standing next to her beautiful artwork!

The windows of Repeat Outlet in Bowman, ND were feeling very festive this holiday season thanks to the talent of ABLE, Inc. employee, Donna Crow. One of our value statements reads:

"We believe that ABLE, Inc. has the power to weave lives together making our communities more interesting and more beautiful."

When our employees share their passions and gifts with the people they support, it brings such delight. Thank you Donna for making your community more beautiful!



Repeat Outlet

UNIQUE GIFTS DESIGNED & CRAFTED ON LOCATION

101 NORTH MAIN STREET - BOWMAN ND

TAKE A TRIP THROUGH THE DECADES



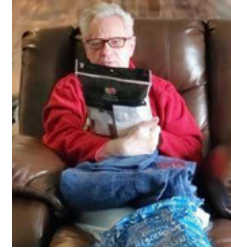
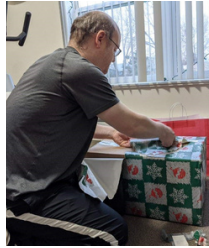
Located in the T-Rex Plaza
10am-5pm Mon-Fri
10am-3pm Saturday

YOUR GENEROSITY MAKES A BIG IMPACT



This holiday season we have been so blessed! We thank the following people for their kindness, bringing Christmas spirit to the people we support:

- Angel Tree Gifts from St. Patrick's Parish
- Mary Kay Baskets - Anita Biel
- Musical Hallmark decorations - The Andersons
- Gifts - Brad and Brenda Fong
- Monetary gift from Consolidated split between Dickinson, Bowman and Hettinger locations



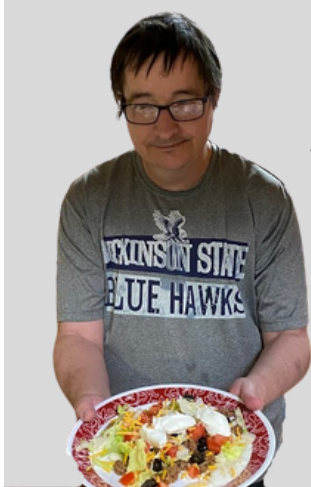
Left to Right: Shirley Lund, Clenton Kling, Desmond Taylor, Wayne Schiwal, Cory Ackerman.

Remembering James



Eileen Berger with Janie Goldade, James' sister

The 4th Avenue Home, with ABLE, Inc. was gifted with a blanket for each person who resides there and \$60 for a Christmas Party by National Life Insurance. Everyone enjoyed the party with Kentucky Fried Chicken for the 6 living in the home; along with staff. This gift was in memory of a dear friend, James Jaborski, who at one time called 4th Avenue home. We were so touched when his sister, Janie, stopped to present the gifts. Our lives on 4th Ave continue to be weaved together with those in the community who care. Our hearts are touched with gratitude as we fondly remember James. - Eileen Berger



December 17th was a very special day in Hettinger... it was the 2 year move-in anniversary for Randy Wyman. They celebrated with a taco party and drove around enjoying Christmas lights in town. Randy says, "I love it here, I never want to move!"



Pictured above: Randy Wyman & Carrie Beck.
Below: Dallas Alexenko, Carrie Beck & Randy Wyman



HUMANS OF DICKINSON

BROUGHT TO YOU BY 7 & C MIDDLE SCHOOL STUDENTS

JANUARY 19-31

Join us at the T-Rex Plaza and Praire Hills Mall to view the gallery of Humans of Dickison.

STUDENTS INTERVIEWED DICKINSON CITIZENS AND CREATED NARRATIVE PIECES AND BLOCK PRINT ART DISPLAYS. THESE WILL BE SHOWCASED AT THE ABOVE LOCATIONS

SCAN ME

Please provide feedback for our students. Thank you!

DD COUNCIL GRANT

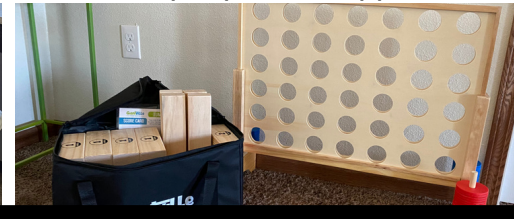
brings A RECREATIONAL REFUGE

With the impact of COVID continuing on, we needed some relief. We needed a space where people could just go, engage in hobbies, and spend time with friends with appropriate precautions. Thanks to the passion of Hope Mehlhoff, her team, and a grant from the ND State Council on Developmental Disabilities, that day has arrived.

The recreational space has a variety of exercise equipment for those who can't go to the gym at this time. There is also a room designated for board games and activities for those who want to relax and have some fun. For those who prefer more creative activities, there are art supplies, adult coloring books, and much more. Don't miss the Giant Jenga and Connect 4 games as they are sure to bring many laughs!

People are looking forward to sharing this space and creating weight loss challenges, Yahtzee tournaments, etc. with physical distancing of course. Our new Direct Support Professionals are yearning to create memories and support people in more social settings as opportunities to build these skills have been limited in the past year.

We want to thank the DD council for granting funds to cover rent and supplies for six months. We thank our community for the donated exercise equipment, furniture, games and activities. These efforts will positively impact the lives and mental health of people we support.



THANK YOU for supporting our mission!

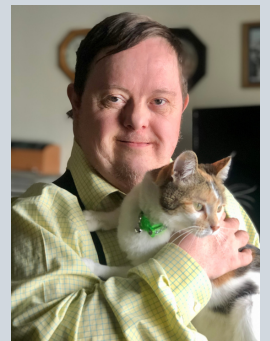


We are proud to feature the Deschamp family and their business, Fire & Ice, as they have been a community partner who has been willing to journey with us in unique ways. From providing service to our Dickinson ICF group homes, to assisting us in providing a specialized housing opportunity for someone we support, the Deschamp family has understood the importance of our mission. Tevis and Jill welcomed our vision of renovating a home on their property and because of their willingness, Greg Privratsky is ringing in the New Year with a new home of his own. In discussing the project, Jill shared, "We appreciate the ability to serve and it was a neat idea for the house. It's awesome."



The Deschamp Family- left to right: Jill, Delaney, Nick, Hunter & Tevis

Mary Anderson stated, "They saw the potential and allowed us to customize the home to meet Greg's specific needs. It is freeing to have partners like them in our corner. We also need to thank Jason Klein, Brian Frank, Lyle Filkowski, Shane White and Cerberus Security for their work on this project." Through this support of our community partners we can bring our mission to life and positively impact the lives of people with disabilities. We look forward to featuring more community partners in future newsletters.



Greg Privratsky

PRICELESS MEMORIES

will never be

FORGOTTEN

By: Janelle Stoneking,
Training & Development Specialist



Moriah Schroeder

I recently sat down with Moriah (Mo) Schroeder, Assistant Manager at our Metro location, to chat one last time before she moves out of state to be closer to family. Mo came to ABLE, Inc. ten months ago with a degree in social work and experience working with children, elderly, as well as prison and homeless populations. She was interested in supporting people with disabilities because it was an area of the human services field that she had not yet explored.

As we began talking, she laughed saying that from day one, she knew that this job was going to be a good fit for her. She described how only a few hours into her training, she and the Support Coordinator walked into a gentleman's apartment so she could get to know him. Within moments, he charged towards her, trying to pin her against the wall which was very unusual! As she quickly left the apartment, things settled down and

they learned that Mo resembled someone from the WWE wrestling TV show. With a little convincing, the problem was resolved and Mo was able to build a wonderful relationship with him in the weeks that followed. She giggled, stating "every once in awhile we think back to that day and give each other our best flex (wrestling pose) and we just laugh. I love that this job kept me on my toes, each day is so different you never know what to expect."

There have been many moments that stand out as favorites in her time here, Mo shared. Dancing in Pat Renner's kitchen to Molly B's music brought back memories of her grandmother. "It was so special to feel like I was home even though I was miles and miles away from St. Cloud, Minnesota. Having that shared love for polka music brought comfort I never expected." On another occasion, she recalled sitting at the table in Wendy Obritsch's apartment when Wendy suddenly said Mo's name out loud, which was quite unusual. She looked up at Wendy, who laughed and in sign language, motioned for Mo to smile. "In moments like that," Mo said, "it was the people I was supporting who reminded me of what really matters in life. Those were powerful moments."

In her time here, Mo said she's learned to be more organized, how to better multitask, but more importantly, she's learned about relationships. "I never expected to build such strong relationships. I've become so close with people, especially my coworkers. Everyone has been like family, they've been there for me, reaching out to me when I've needed it most." She went on to say, "It's hard to leave a job where I am excited to go to work every day. It's been hurting me knowing that I'm leaving soon, it was a tough decision. It's been so humbling to work with people who have taught me to be a better person."

We will certainly miss Mo's passion for life and her gift of photography as she often honored people by taking beautiful photos of them for Christmas cards or to share with family. I asked Mo what advice she has for other DSPs who are just starting. She said, "It's stressful at first as you have so much to learn, all of the tips and tricks, (module) tests to do, but it gets easier. Eventually you get into the groove and things get easier every single day. I'm appreciative of all of it (training) because now I get to carry it with me for the future."



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

Stop to shop
FURNITURE

**AND HOME DECOR
AT OUR NEW STORE IN THE T-REX PLAZA!**

**OPEN 10-5pm Mon-Fri, 10-3pm Sat
Dickinson, ND**

