



JANUARY 2023

Pictured above: Kenneth Schiwal displaying his art in the apartment building for all to enjoy.

## A NEW YEAR -- NEW RESOLUTIONS

### A Time to Share Our Gifts

This past year I've been painting almost every day, typically landscapes or abstract art. It's been exciting to try new art mediums and use the new supplies that I got for Christmas. This year I planned to teach an art class for my neighbors and friends. It will be a great time! -Ken Schiwal



Pictured above: Wayne and Sarah

### A Time to Try New Things

Wayne Schiwal is starting off his 2023 on the right foot. He set a goal for himself to be brave and try new things. One of those new experiences was to go to the arcade and try some virtual reality. So Wayne and his friend, Sarah Carlson, ventured off to feel like kids again and improve accuracy with a claw machine, challenge spatial awareness with ball drop, show strength at the hammer, and defeat the alien invaders. Our planet is safe for another day.



### A Time to Lend a Helping Hand

It's always a good time helping out friends. Here I am working cattle with my friend Dave at the Bohn farm near Richardton. I haven't helped work cattle for several years. It was a great day to get out and work the cows and supervise the operations. I can't wait to go again. -Mitch Hintz

# Repeat Outlet

UNIQUE GIFTS DESIGNED & CRAFTED ON LOCATION

101 NORTH MAIN STREET - BOWMAN ND

# CHOPPED

The ICF Homes hosted the first annual Chopped Challenge for all high school staff. There are currently 11 high schoolers that support the evening shifts at all four homes and for many of them, experience cooking for the first time while at ABLE, Inc. Each home was broken into teams and competed against each other for the coveted Chopped Champion Christmas Ornament.

Each team was assigned a protein and grain and they selected their vegetables and other ingredients. They were challenged to not only cook a main dish, but also sides and a dessert without recipes. Judges were Randy Weiler, Tyler Gress, and JoAnne Riederer. 1153's staff, Amalia Miller and Alyssa Curtis were the unanimous winners with their pork chop dish. The groups used every plate and dish in the home that welcomed them to cook in, so clean up was a group effort!



Pictured left: Randy Weiler taste testing. Above: Sarah Carlson with contestants Sam Stillings, Brayden Jangula, Skylar Cardinal, Mia Moreno, Drew Biel. Top right: Sarah with the Chopped Champion Christmas ornament. On right: Amalia Miller preparing the winning porkchops.



## Fun times at Day Supports

People are enjoying time together at our Dickinson Day Support location! On left: Mad Scientist Matt Steinbach recently won a Humor award. Right: Lori Freisz chatting with Barb Wanner. Below: Christopher Tagle beating Daniel Bogner at a game of pool while Dustin Moos cheers him on.



TAKE A TRIP THROUGH TIME AT

# Decades

LOCATED IN THE TREX PLAZA

OPEN 10AM-5PM MON-FRI  
10AM-3PM SATURDAY

A photograph of decorative silver cups and a white lace doily on a dark surface, likely a table or bar.

# A GLIMPSE AT THE HOLIDAYS



ABLE, Inc. held a holiday open house at the Dickinson main office on December 2nd. Employees and board members stopped by throughout the day to take in the breakfast and lunch being served. It was wonderful to enjoy great company and celebrate all that our amazing employees accomplished in 2022. Thank you to all who came to enjoy the day!



Pictured top left, from left to right: Sammy Schnaible, Hope Meyers, Hilda Butler, Mary Anderson, Alana Peart Gibson. Lower left: Jenna McCarthy, Sarah Carlson, Urja Aryal, Cheyenne Heidt. Upper right: Rosie Jahner, Casey Jo Johnson, Mary Anderson, Tana Johnson, Diana Diaz, Brittany Grafton, Kristie Jurief, Kirsten Friedt, Carlie Jahner, Nancy Ratterree. On right: Shelley and Bill Flaget enjoying the company of Teri Dupont.



## THANK YOU FOR ALL THAT YOU DO!

ICF Leaders got together for fellowship and celebration of a hard year's work. We have a fantastic group of dedicated supervisors that help make sure each home is running smoothly. So grateful for each one of them!

-Sarah Carlson



Front, left to right: Kyle Brilz, Hope Meyers, Hilda Butler, Courtney Towry, Sarah Carlson, Claudia Torres, Samantha Schostek. Back: Urja Aryal, Kristie Jurief, Brittany Grafton, Kayla Weber, Danielle Salo, Cheyenne Leingang, Abigail Hodell.

## WE ARE SO GRATEFUL FOR OUR ANGELS

We were blessed to have the support of Dickinson State University and St. Patricks Church again this year as they hosted our Angel Trees.

Over 100 angel wishes were fulfilled, bringing carloads of gifts to the people we support.

Pat Renner (Santa) and Teri Dupont (Elf) delivered gifts to our homes bringing even more spirit to the wonderful season!



Pat Renner (Santa) and Teri Dupont (Elf) above visiting Linda Zins and below Elaine Wyman.



# A NOTE FROM EXECUTIVE DIRECTOR



**Mary Anderson**  
Executive Director

The attraction and retention of employees is CRITICAL to ABLE, Inc.'s success. This is why we are dedicating intense resources to train and support our teams. We are joining forces with our provider association, North Dakota Association of Community Providers, to communicate with legislators how desperate our industry is for staff! NDACP is made up of 31 organizations across ND, providing services in over 195 communities and supporting over 7,000 people. Our staff work nontraditional hours; shifts span 24 hours a day, 7 days a week. Some recent statistics:

- 47% - Average Turnover Rate for DSPs statewide
- 700+ Open DSP Positions Across the State
- \$18.02 - Average DSP Hourly Pay Rate

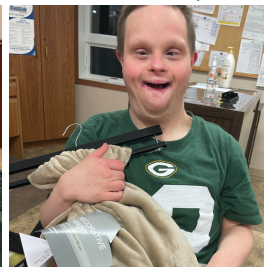
Unlike other industries, we cannot simply raise prices, alter hours, or adjust services. We cannot pay more as we are fully funded by Medicaid dollars. Legislators are the ticket to higher wages and higher wages will help our industry! I want you to know my personal commitment is to network and provide testimony on behalf of ABLE, Inc. Certainly, employees can reach out to legislators to communicate your needs as well. Below is the NDACP legislative platform.

Thank you employees, families and community members for your passion and dedication to excellence. I feel confident about our abilities to emphasize needs and to represent the superb work that ABLE, Inc. performs on behalf of people.” -Mary Anderson

## 68th NDACP Legislative Session Platform

- Inflationary increase of 5% and 5%
- Equity increase of \$1.88 to each of the service payment brick rates; which will fund all bricks at 100%, removing the need for funded percentage and providing parity to all services
- Corporate guardianship - add 30 slots and increase the daily rate to \$10.30

# NEW YEARS BINGO!



Left to right: Beverly Bogner holding up her winnings. Colin with his new blanket. Pat Renner and Ella Skretteberg on the upper right with Valentines Day theme prizes. Lower right: Amy Belile, Aunika Wilhelm, Jay Limpot and Julia Anderson.

The HOPE self-advocacy group had a blast at our New Years Bingo. Everyone was a winner with Colin Schmidt taking home the grand prize blanket for his blackout bingo. The prizes were purchased using a VISA gift card donated by our friends at Self-Advocacy Solutions (SAS) in Grand Forks. Thank you SAS, we appreciate you! Our next HOPE meeting is March 9th, 6pm at the ABLE Main Office for **ST. PATRICKS DAY BINGO!**





# ABLE KID THRIFT

Clothing sizes 0 to 5T, cribs, high chairs, & more for your small children.

HOURS: MON-FRI 10AM-5PM, SAT 10AM-3PM



Hours: Tues-Fri 10am-5pm  
Saturday 10am-3pm

**STOP IN TO SEE WHAT'S NEW**  
Exciting things are happening at the TRex Plaza! Decades and ABLE Used Furniture have moved to their new locations. Our new store ABLEtoCelebrate is bringing joy to all who love the holidays.

