



MARCH 2021 | Pictured above: Lando Crawford at the Dickinson Museum Center where his art is on display this month.

SELF-ADVOCACY GROUP - OFF TO A GREAT START

ABLE, Inc.'s new self-advocacy group has officially chosen a name. HOPE (Helping Our People to Excellence) meets the second Tuesday of the month at 6:30pm over Microsoft Teams. The founding members of the group are Richard Susa, Kevin Peplinski, Abra Safratowich, and Julia Anderson. They



Pictured: Richard Susa presented Mackensie Stedman and Steph Lee with their gifts.

recently recognized the ABLE, Inc. nurses for their dedication to people supported during the pandemic. Each nurse received a personalized mug and key chain.

HOPE members look forward to future meetings where they can discuss many topics that impact their lives and give input

on ABLE, Inc. initiatives. They are currently looking for new members, so spread the word! The meetings are informal & anyone with a disability can join by logging on at the scheduled time. The link is on the calendar on the ABLE website. They also look forward to meeting in person in the future.

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We are gearing up for Earth Day!
Watch Facebook for more info.

Did you know...

- 1 **ABLE, Inc. began the recycling program in Bowman in 1987.**
- 2 **We recycled 9,902 pounds of aluminum cans in the year 2020.**
- 3 **In 1994, we took in over 50,000 pounds of cans, a record year!**
- 4 **We are the drop off site for can tabs for the Ronald McDonald House in Bismarck.**
- 5 **Since starting recycling, we have saved our landfills of 842,268 pounds of waste!**



From Left: Lynn Evans, Jynnea Peterson, Glenn Hawn, Jeffery Pearson, Shawn Orcutt

Earth Day
April 22nd



ARE YOU READY FOR SOME FUN?

PAINTING CLASS

People supported & their staff will paint side by side in this new art class!

APRIL 17TH 3 PM - 5 PM
ABLE, INC MAIN OFFICE

No experience needed. Mask is required.

Art supplies will be provided.

Class size: 12 people maximum

Sign up on the Outlook training calendar or call training office.

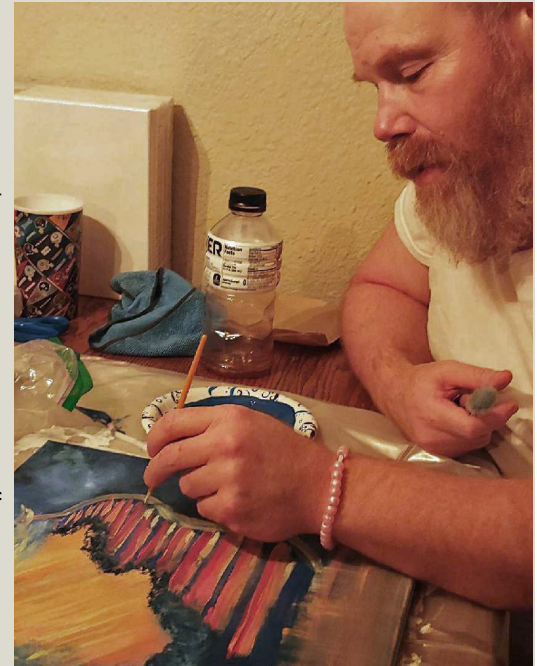
CREATIVITY is the cure

By: Janelle Stoneking
Training & Development Specialist

As the challenges of 2020 stretched into fall, “somebody up above was looking out for me.” Lando Crawford recently shared. “This COVID stuff was driving me crazy. I couldn’t go on trips, shouldn’t hang out with friends. I lost one of my jobs. I didn’t know how much longer I could take it.” Then, a smile spread across his face and he said, “I’m so glad that Lizzy came.”

After graduating from Americorps, Elizabeth “Lizzy” Henderson had worked a few regular jobs but was looking to make a bigger impact. She heard from others that ABLE, Inc. offered the meaningful work she was seeking. She was intrigued and soon joined our team as a Direct Support Professional. The beauty was that she brought her passion for art and music with her! As she began supporting Lando in his home, they would pass the time by doing artwork together, each with their own canvas, working side by side, something she had done in the past when teaching painting classes. It was a perfect fit because building relationships through side by side walks with people is the heart of our business and success at ABLE, Inc.

“Doing art has helped me out a lot. I can paint and it gets my mind off things that are frustrating. In the past, a lot of that stuff was hard for me. It feels nice to have something else to do when I feel that way.” Lando shared, “I lost a young family member, Will, who unexpectedly passed away. Lizzy and I did a painting that day and I couldn’t help it, the tears were flowing. I could put my heart into it and it felt good to



Lando painting in memory of Will.



Lando & Elizabeth standing in front of his artwork at the T-Rex plaza.

give the painting to Will’s mom and dad and brother.” Lando shared that he never thought that he would be painting like this. Although, he has had a passion for art for a long time and has wanted to be recognized as an artist. He most recently participated in the Dickinson Chalk Walk this past summer with some help of friends, drawing a New York City skyline with Garfield and Odie. “I want my paintings to be seen by others and to make them smile. That’s what it’s about, my friend. I want people to know that I did it for them.”

“Elizabeth has been my teacher and friend. We just work together so nicely. Our paintings are the best because we put a lot of love into each one and we plan to donate a percentage of our sales to charity.”

ABLE, Inc. is blessed to have many employees with depth of experiences. We have found that the universe works in unique ways, bringing people into our lives when they are needed most. When our employees use their own gifts in their work, magical things happen! Creativity soothes the soul. Relationships heal.

If you are interested in supporting Lando’s art, he has pieces for sale at the ABLE Furniture Store in the T-Rex mall. He also has pieces on display in March at the Community Art Show in the Dickinson Museum Center. He is building an artist Facebook page in the near future. You may also follow Elizabeth Henderson on her page at: <https://www.facebook.com/lizzysartwork>



One of many beautiful art pieces by Lando

THERE'S SO MUCH TO CELEBRATE!



Left to Right: Mike Klein, Mary Anderson, Wendy Obritsch, Heather Hecker, and Kwirt Johnson.

ABLE, Inc. received \$10,000 from AgriBank through their Rural Community Grant Fund. We used these funds towards the purchase of two new minivans. Kwirt Johnson from Farm Credit Services recently stopped by to see the new vehicles and celebrate with a photo. Thank you AgriBank for supporting our mission!



Spring is coming! Dallas Alexenko bird watching, one of his favorite pasttimes.

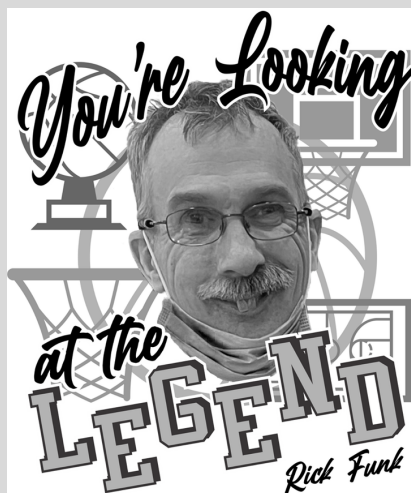
Jerri Storer, President of the Arc Little Missouri, Inc. hands a \$10,000 check to Carolynne Jones, ABLE's Director of Satellite Services in Bowman and Hettinger, to be used towards the purchase of a new side ramp mini-van.



From left to right: Carolynne Jones (ABLE, Inc.), Valerie Grosz (Arc Treasurer), Kathy Wyman (The Cedar Chest Manager), Jerri Storer (Arc President), Denise Miller (Arc Secretary). Photo taken by Brad Mosher from The Bowman County Pioneer, 01-29-2021.

Part of the Team


Rick Funk was recently honored by the Dickinson Trinity Titans. They sold t-shirts celebrating Rick, their longtime #1 fan, with all proceeds going to ABLE, Inc. The story was featured in the Dickinson Press and on local news station, KFYZ. It highlighted Rick's relationship with Steve Glasser,



who is Trinity Catholic Schools President, as they have been cheering each other on for 40 years. The fundraiser was a huge success with about 90 shirts sold and a total of \$605 being donated to ABLE, Inc. You can



find the actual news stories posted on our Facebook page. Congrats Rick!

Thank you... 

In the unpredictable year of 2020, a small group of creative individuals were planning a "United Relief" benefit for those in the community impacted by COVID. As concerns continued on regarding the risks of hosting group events, the benefit was cancelled. The group instead donated \$600 they had raised to ABLE, Inc! This donation was used to purchase supplies for our new recreational apartment that people we support are using during the pandemic. What a wonderful gift. Your kindness is appreciated!

A NOTE FROM OUR EXECUTIVE DIRECTOR

Hello all!

As we spring into a new season, we are keeping a watchful eye on the COVID recommendations for health care providers. We can report that over 1/3 of ABLE, Inc. employees have been vaccinated as well as 90% of the people we support residentially. We look forward to people we support having more normalcy as we begin transitioning to being more active in our communities in the future.

We are grateful that for all those who have been vaccinated, we have not seen serious side effects! We are encouraging all to be vaccinated as CDC states it is essential to reach herd immunity to get this pandemic under control!

One of the major concerns we have had in this pandemic is the isolation and its potential impact on people's mental & emotional health. We are so proud of our employees who have worked diligently to protect and engage people, including securing almost \$22,000 in grant dollars from the North Dakota State Council on Developmental Disabilities to purchase iPads, art & craft supplies, training and recreational opportunities.



Mary Anderson
Executive Director

People we support have been able to adjust but there is no doubt that this pandemic has been traumatic for many. This is one of the considerations of the grants. We are excited to connect with Karyn Harvey, Ph.D. who is a well-known author and expert in Trauma Informed Care, specializing in supporting people with disabilities. She has been a breath of fresh air during this time when we are ready to take action. Our leadership will be trained by Karyn in April to better understand trauma, its effects and solutions for healing.



Karyn Harvey, Ph.D.

Per Karyn Harvey, trauma could be a major event that people experience (a big T trauma) or could be a series of smaller events that add up over time to negatively impact someone (little T traumas). ABLE, Inc. is proud to have witnessed people we support successfully cope with past trauma and transform to find peace and live the life they desire. It has been challenging in the past to find local counselors or even experts to consult with in assisting people to cope or heal. We hope to partner with Therapy Solutions to bring Karyn's expertise to local counselors so they can learn additional methods and tools for supporting people with disabilities in therapy settings.

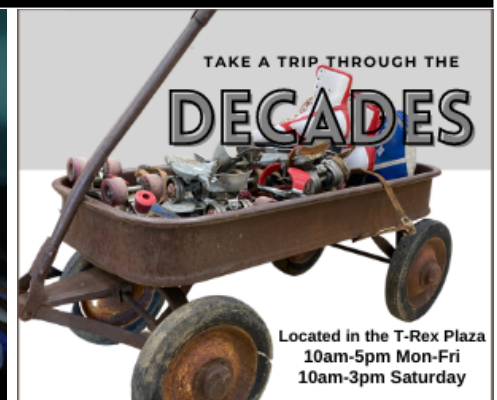
We often think about our families and the trauma they experience on their journey, often without a venue or others to lean upon. This is something we would love our families to think about. We'd love to hear if you have needs for help and outreach. Especially since we have a very well known author and therapist who might be able to guide us. -Mary Anderson, Executive Director

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"Change is very difficult for most people, and this difficulty is only intensified when one perceives a lack of control over many factors in life. People with intellectual disability cannot control who is working with them or how they are being worked with or talked to in most instances. Change, therefore, can be terrifying." -Karyn Harvey

Repeat Outlet

UNIQUE GIFTS DESIGNED & CRAFTED ON LOCATION

101 NORTH MAIN STREET - BOWMAN ND





THANK YOU

for finding creative solutions!

Cerberus Security in Dickinson, ND has been a valued partner of ABLE, Inc. since 2015. At the time, we needed creative minds to troubleshoot technology that would empower the people we support as well as focus on health and safety needs. And Cerberus has delivered! No matter how unique the request, they have put their minds together to brainstorm solutions. Many of our Dickinson locations have card



access systems and sensors that control doors, cabinets, and even refrigerators in unique ways, meeting the needs of both staff and the people we support.



Left to right: Adam Herring, Andrew "Kord" Kordonowy, Chris Rixen

We have witnessed how freeing technology can be for people. With the help of monitoring and motion sensors, one person we support no longer needs overnight staff in her home. Another person can access her backyard independently thanks to a door that has been programmed to automatically unlock when our unpredictable outside temperatures are within a safe range. We have refrigerators that remain unlocked for most people but lock when others who have different support needs approach them. It seems as though nothing is impossible for the team from Cerberus.

If you have a need, don't hesitate to contact Cerberus Security for a variety of services including alarm systems, surveillance cameras, card access, ATMs, and firearms.

A Convenient Addition

Customers at the **ABLE Thrift Center** have something new to look forward to when they stop to shop. The jewelry counter now features a monitor that displays pictures of the furniture that is available for sale at our T-Rex Plaza location. Many customers don't have time to frequent all of ABLE, Inc.'s stores regularly so being able to see what furniture is available will bring the convenience that many desire. Mitch Hinz stated that customers are liking the display so far and that he enjoys being able to control what's on the screen if they want to look at something in particular. Check it out the next time you shop!



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



Mitch Hinz with the new display monitor.

A LETTER TO HERMAN

because there's so much we have to thank you for.



We thank you for showing us things about ourselves that we would have never known if we didn't meet you. You taught us a different form of patience. You taught a different kind of love.

YOU TAUGHT US THAT NO MATTER WHAT THE CIRCUMSTANCE, SMILE AND LAUGH BECAUSE "THIS TOO SHALL PASS".

Your smile brightened our day when mornings started rough. It seemed that a cup of coffee and conversation with you was the cure for everything and you always reminded us that "work aint goin' nowhere".

You led by example, reminding us to enjoy the little things in life and never complain.

You always listened to jokes even though you heard them a million times but your greatest joy was seeing people laugh so you never told us the punchline.

You were always the calm we needed when things got too busy.

Your life lessons will live on. Just as you taught us, we'll savor the moment because when its gone, its gone.

We won't forget that real ranchers only wear snap button shirts.

WHEN WE DRINK OUR COFFEE, IT WILL REMIND US OF YOU.
BLACK, NO SUGAR, NO CREAM.

**We won't forget to say "I love you" frequently.
and just as you said, love who we can because they won't be here forever.**

Herman, you are one in a million and we will forever remember you for the gentle human you were. You left your mark on the world, in your home, and in the hearts of everyone you came in contact with.

You taught us a different kind of pain when we lost you. We love you. We miss you.

Your legacy will forever reside at 1153 & all of ABLE, Inc.

**Love,
Your friends at ABLE, Inc.**



**Herman Hecker
Oct. 23, 1939 - March 2, 2021**

EXTRA! EXTRA! READ ALL ABOUT IT!

Our team in Hettinger has been the talk of the town recently, featured in both the Eido Connect newspaper and the Adams County Record. Both articles shared the history of ABLE, Inc. in Bowman and Hettinger including people's transition out of the Grafton Institution.

The Business Spotlight in the Adams County Record also shared the importance of community and how people we support are very active in their communities. Carolynne Jones, Director of Satellite Services for ABLE in Bowman and Hettinger, and the people that reside in the Hettinger

home were excited to share that they are in the planning stages of building a new group home in Hettinger.

It was beautiful to see our services featured in these publications!



From Left to Right: Alexis Ehlers, Carrie Beck, Randy Wyman, Karen Jorgensen

WE WELCOME YOU TO OUR BOARD OF DIRECTORS



We are pleased to announce that Matt Mack has joined our ABLE, Inc. Board of Directors. Matt has worked for Dickinson Parks and Recreation for almost 12 years and is currently the Director of Recreation/Facilities. Matt resides in Dickinson with his wife, Monica, and his son, Brody.

Matt shared that he is excited to join the board as he lives to serve. He is community minded and believes that he can bring a valuable perspective to the table to benefit the people we support, families, and our employees.

We appreciate your service Matt!



For all those who struggle to express themselves, this is for you.

Visit this free website and see how they turn your art into music.

<https://www.unspokensymphony.com/>

Free website kits are available in the Dickinson ABLE, Inc. training office



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



YOU CAN NOW SUPPORT  **FROM YOUR**  **MOBILE APP!**

1 JOIN AMAZONSMILE

Sign up at <https://smile.amazon.com/>
Select ABLE, Inc. as your charity of
choice and we receive a donation
each time you shop!

2 GET THE APP

Make sure you have the latest
version of the Amazon
shopping app.

3 TURN IT ON IN APP

Open the app and find "Settings"
in the main menu. Tap on
AmazonSmile and follow
instructions.