



MAY 2023

Pictured above: Amy Belile showing the new inventory at ABLE KID THRIFT in the T-Rex Mall.

## ABLE KID THRIFT EXPANDS SIZES

This May, ABLE KID THRIFT has expanded their inventory to include sizes for all children from newborn to size 18 in clothing and shoes up to size 5. They also still carry other gear for your little ones such as larger toys and strollers. Amy Belile pictured above says that the change is good because more people can shop the store and find what they are looking for. She was right. The Saturday that I went to shop, I found so many great items for my kids including name brands like UnderArmour, Adidas and more. My little girl was pleased to stomp out of the store with her new light up unicorn rain boots, jumping in every puddle on the way to the car. Amy also shared, "We get a lot of clothes, people are so nice to donate to help us. It's good work for everybody here." ABLE is grateful for the community's support as we continue to provide work opportunities for people with disabilities in a variety of ways. by: Janelle Stoneking



Some of the great inventory at ABLE KID THRIFT



## ARE YOU READY FOR SOME SOFTBALL?



It's time to head to the ballpark! June 17th at noon the Badlands Big Sticks will be playing an exhibition game with our unified softball teams. The Big Stick players will help support people with disabilities as they play, assisted by staff and friends that play on the unified softball league teams. There will be 2 hours of field time, which includes 2 innings played with 2 at bats per player.

**THERE IS NO COST FOR ADMISSION!**

We want to FILL THE STANDS with a cheering audience for our teams, so please spread the word. You will not regret it! Concessions, cans of pop and water will be available for purchase with all proceeds going towards the purchase of Minnesota Twins tickets for one lucky raffle winner from our unified softball team. Come out for a wonderful game at the Dakota Community Bank and Trust Ballpark, the home field for our Badlands Big Sticks team.



Pictured top left: Randy Weiler running the bases with a Big Sticks player last year. Below: Carissa Hibl, Pat Renner and Rick Funk enjoying the game with Big Sticks players.

# The Light of 4th Avenue

A Tribute to our Friend, Shirley.

One thing for certain about Shirley, she lit up every room that she entered, literally and figuratively. In the morning, she would drive around the house and turn the lights on, greeting her friends and getting them ready to start the day. Every night before Shirley went to bed, again, she would drive around the house and turn off all of the lights that were left on. It didn't matter if people were still in the room, you'd better be prepared for it to get dark! We would say "Hey! I'm still in here!", which was followed by a giggle and the sound of her wheelchair driving away. She would drive by her friend Karla's room and peek in on her, making sure she was ready for bed, before turning off that last light

by her room. In her own way, it was like she was telling us that she was the only light in the

room that we needed. She was right, she was the light of 4th Avenue. She was bright, cheerful, kind, loving, caring, and warm. She was the "mother hen" of the house and she took that role seriously by always looking out for others. She was a friend to many and loved by everyone that had the privilege of knowing her. We will miss her companionship, her smile, her famous baked goodies, and most importantly, *her light*.

With love, from your friends at 4th Avenue



Samantha Walz playing slots.

## Ladies Night Out!

This April, Laura Schmit, Samantha Walz, Alana Peart-Gibson and Tena Clarke headed out of town to Bismarck for a Ladies Night Out. They went shopping at the mall in Bismarck, went to the casino, out to eat and stayed overnight. It is nice to just get away and spend time together. It was such a great time!



Laura Schmit & Samantha Walz doing some shopping.

# I'm Here for You

This month something big happened. Joelle Dolechek graduated from college with her Bachelor of Science degree in Human Services: Intellectual/Developmental Disabilities. She worked hard this past year to finish while working full time for us and taking care of her kids and hubby. Aidan and I knew we had to go surprise Joelle at her graduation in Minot. We got up at 5am and hit the road. When it was time for the ceremony, we sent a text to Joelle with a picture of us in the audience. She was so happy! The ceremony was good, I really liked the Native American Honor Song. Afterwards, it was time for hugs and pictures. We are so proud of her. -Ken Schiwal



Above: Ken Schiwal giving Joelle a hug. Below: Carlie Jahner, Aidan Wiese, and Ken Schiwal.



Watching the people I support make strides in their life, gave me purpose to move forward in my own life and get my degree to be a Support Coordinator. Not only do I support them, they support me and seeing Ken at my graduation was the perfect example of that. My college path took 7 years to complete and I can thank my family at ABLE for all of the opportunities and reassurance that I needed. I look forward to all that we will accomplish together in the future. -Joelle Dolechek



*Joelle Dolechek took advantage of the Minot State University career ladder program that is available to ABLE, Inc. employees. This program allows students to receive credits by exam using our module curriculum at a reduced rate for some of the required coursework.*

## Celebrating our Nurses

On May 10th, we hosted an open house from 1-4pm to come together and celebrate our nurses. We had cake, snacks and drinks but more importantly we had time to just relax and get to know each other better. People brought some gifts for the nurses including flowers, baskets, candy and gift cards. Our nurses would like to thank all who made this event happen, they truly felt special.



Above: Wayne Schiwal giving Kirsten flowers. Lower left: Jodi Pelton and Hilary Thue. Lower right: John Vaughn, Morgan Kubischta, Desmond Taylor, Cara Wood and Colin Schmit chatting during the party.



Left to right: Kirsten Friedt, Jocelyn Ott, Chelsey Anderson, and Hilary Thue.



# CELEBRATING EARTH DAY



It may have been windy and cold when ABLE held its annual Earth Day recycling drive April 21st in Bowman, but they still processed more than 3,100 pounds of aluminum cans.

The temperature was in the 30s for most of the day with winds gusting to more than 40 miles per hour. It was all hands on deck as people dropped off cans and shopped the Repeat Outlet store for special sales. The annual drive started in 1987 and since then has processed almost 1 million pounds of aluminum cans. The Earth Day drive provided a bonus for those recycling, with the price per pound going from the usual 25 cents a pound to 30 cents for just one day. People interested in dropping off aluminum cans can do it between 8-5 on weekdays at the Repeat Outlet, 101 North Main Street in Bowman.



Above: Casey Jo Johnson, Admin Assistant in Dickinson, was excited to learn about the recycling program.



Top left: Customers taking advantage of the increased price per pound. Lower left: All hands on deck to help empty bags. Lower right: Ashley Schmalz, Halie Maychrzak, Lynne Nygaard, Kim Fretheim & others warming up playing a game.

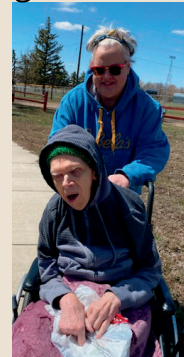


## MORE EARTH DAY MOMENTS

On the far left, Zach Lohnes is planting wild flower seeds at his home in Hettinger. Linda Zins watering their tomato plants in Dickinson. On the right, Gail Dobitz had fun building new flowerboxes and picked out some new flowers to plant in them.



On April 23rd, Hettinger celebrated by picking up trash at Mirror Lake Park. Group photo left to right: Ken Everson, Julie Foss, Randy Wyman, Melodi Boke, Zach Lohnes, Dallas Alexenko, Dyanna Curran, Pat Buckmier, Carrie Beck. On the right, Ken Everson and Julie Foss had fun picking up trash in the park. Next to them, Dallas Alexenko and Pat Buckmier joining the fun.



## A NOTE FROM EXECUTIVE DIRECTOR



**Mary Anderson**  
Executive Director

One of ABLE, Inc.'s greatest assets is our employees. But we need more of them. ABLE, Inc. joined the efforts of our provider organization, North Dakota Association of Community Providers, to communicate to legislators our need for higher wages. We felt heard by legislators and will be issuing information in June about the impact of their decision.

Even with increased wages, there is a limited applicant pool in Dickinson. Therefore, ABLE, Inc. sought out and has been funded by a grant through the ND Department of Commerce to recruit in Puerto Rico. This is quite a process but one that we hope will bring more workers into our area.

A thank you to all the employees we currently have, including the CNA Travelers who have helped fill many gaps. Our employees work hard and are well trained to support people to live great lives!

# FREE DSP TRAINING PROGRAM

ABLE, Inc. received a Technical Skills Training Grant through the Department of Commerce to recruit potential employees interested in working in the field of disabilities. With these funds, we are piloting a free Direct Support Professional Training Program where registered participants learn about our field, receive the classroom training it takes to become a DSP and hopefully, fall in love with our organization and philosophy.

The training program will be held for 12 participants in Dickinson from June 26-29, 2023. At the end of the program, the participants receive a certificate of completion and will be career ready to jump into a DSP position if they desire.

Our goal with this grant is to reach potential applicants that have thought about working in our field but aren't sure if it's the right job for them. Just as people can attend CNA Training to gain skills prior to employment, we believe DSPs may feel more confident in entering the field if they can gain this valuable experience first.

Through grant dollars, we are able to boldly advertise this program in various ways so watch for flyers, billboards, newspaper and social media ads. It is such great exposure for ABLE, Inc! We also had the ability to purchase 3 new CPR

manikins that offer feedback on your compressions while you practice. You will see these in your next CPR/1st Aid class. If you know anyone interested in participating, the DSP Training Program information and registration is open on our website at [www.ableinc.net](http://www.ableinc.net). We look forward to this experience!

**REGISTER NOW**



<https://www.ableinc.net>

**FREE  
DIRECT SUPPORT  
PROFESSIONAL  
TRAINING PROGRAM**

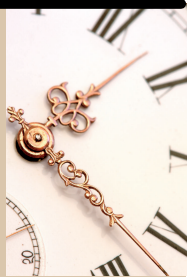
**JUNE  
26.27.28.29**



## DECADES

**Stop by today and take a trip  
through time at the T-Rex Mall!**

**Mon-Fri 10am-5pm, Sat 10am-3pm**





# ABLE KID THRIFT



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

## STOP IN TO SEE WHAT'S NEW

Exciting things are happening at the T-Rex Mall with new items added daily at our three store locations. Come and explore!

