



MARCH 2024

Pictured above: Randy Wyman and Elisha Nash cleaning at Kennedy's Grocery Store in Hettinger, ND.

THE COUNTDOWN BEGINS...



Mary Anderson
Executive Director

September 15, 1985, eight people moved into the home located at 1304 2nd Avenue South, Hettinger, ND. This home has been owned and maintained by West River Health Services for going on 39 years! It has been a wonderful home for people, some of whom have lived here for more than twenty years. However, as people's needs have changed our current home isn't ideal. So, the planning began for a new home, one that ABLE, Inc. will own.

In 2021, we met with GT Architects to bring people's dreams to life. Once we finalized our plans (even though we continue to make minor changes, ha!) we partnered with local contractor, David Parrill, and broke ground in October 2022. It has been an incredible joy to watch the construction of the new home at 1308 2nd Avenue South, right next door to the old one. With the new home,

we will be better equipped to support the next generation of needs. We are planning to occupy the new home by June of this year! The support from our community has allowed people to thrive. Thank you to our Hettinger community! -Mary Anderson, Executive Director



Ken Everson and Melodi Boke waiting patiently for the new home to be finished!

Repeat Outlet

UNIQUE GIFTS DESIGNED & CRAFTED ON LOCATION

101 NORTH MAIN STREET - BOWMAN ND

Martha was a strong woman with a contagious laugh. She would brighten every day that you were able to spend with her. Martha enjoyed going to pet the cats at Woofta as well as looking at the fish. Martha will never be forgotten. Every time I see Batman, Suicide Squad or Milo and Otis I will think fondly of her. Losing Martha left a huge hole in the hearts of those who knew and cared for her. Love always, Hope Myers

A Tribute to our Friend, Martha

Martha Stano, April 8, 1952 - January 12, 2024

Martha was the first person I worked with in the home. It was my first day and I was extremely nervous, as soon as I walked into her room I smacked the door. Her instant laughter set me at ease and set the tone for everything else. She continued to be a grounding presence and made my days and nights working here better. I'll never forget how bright her personality was, from playing pranks on the staff, to always being there to make our days brighter. While all of us will miss you, none of us can deny the positive impact you had on us.

We love you Martha, Cheyenne Blanchard

Martha had the kindest heart; her beauty was more than her looks and smile. She could brighten anyone's day. You taught me to always look at the beauty in the world no matter how dark the skies seemed, as well as look at the very attractive actors from your movies and shows you would watch. Your laugh was contagious and could make anyone laugh or smile even if it was over the tiniest thing. When God called you home to those pearly white gates, everyone that knew you was not ready to let you go. We never gave up on you and held on to every hope to make sure you knew you were loved and missed. But you were ready to paint the skies with your paintbrush. Your family and friends all miss you so dearly and will forever love you. Keep painting the skies for us Martha.

Love you, Joyce

I love you! I miss you loving me, hitting me and most of all your smile.

Love, Sofia

Martha's smile was the first thing that I noticed about her and how her eyes lit up when someone came in to see her.

- Sydney

Martha and I went to the biggest parking lot in town to practice driving her electric wheelchair. She beelined it toward a nice looking guy, but took out every cone along the way. When cautioning Martha to have care and increase her awareness of the obstacle course of cones, it seemed she had the goal of running all of them over, laughing hysterically all along the way. Both Martha and I were in fits of giggles. Both were losing our breath due to laughter. When I shared with Martha that the occupational therapist did indeed, pull her "license" to drive, she was not disappointed. She giggled in understanding that it was her time to "hang up the keys." -Sarah



Martha, I will forever hold on to your deep desire to always color outside the box and the courage to never let a moment go dull. Love, Urja

Every day I came into work I would always look forward to your beautiful smile and giggles, they sure made my days brighter!! I truly enjoyed our visits, and I will never forget how you would love to listen to me read to you!! You are truly missed my friend! Until we meet again rest easy, watch over all of us, and have tons of fun!!! -Sherri

Martha, you are one amazing woman that I was so blessed to have in my life. I'll miss your hugs, laughs and sassiness most of all. You will forever be a part of 2357. Thank you for sharing your life with me. I know you are up there dancing, high in the sky! Probably, laughing at all of us as we continue to try and get through our workdays without breaking our backs! OHHHH! how you would laugh at us. I love and miss you dearly, sweet lady. Your wings were ready, but our hearts were not. Rest easy Martha Stano. Love, Raquel

I will always remember Martha's laughter and her beautiful hugs. When I was gone for a few days and came back, She would lift her arms up and give me the biggest, warmest, welcome back hug. I always felt so loved. -Wendy

Chopped Challenge

The ICF homes hosted the second annual Chopped Challenge for all high school students working in our 4 ICF homes. There are currently 11 high school students that support the evening shifts and for many of them, experience many firsts while on their ABE journey. Experiences like employment, supporting people, cooking, loading a dishwasher, doing laundry and many other tasks that our dedicated DSPs do every day.

Each home was broken into teams and competed against each other for the coveted Chopped Champion Christmas Ornament to proudly hang on their home's tree. Each team was assigned a protein, grain, vegetables, and fruit. We added a new complication this year of one weird ingredient, like SPAM, plant based meat, artichokes, and maple syrup. They were challenged to not only cook a main dish, but sides as well without recipes. Judges were Randy Weiler, Sterling Besler, and John Vaughn. 3rd's staff: Mia Moreno, Burkley Luchi, Damon Glasser and Brandon Tackett won the best dish. Congrats team!



Left to right: Mia Moreno, Liliana Vazquez, Kendra Zeller, Burkley Luchi, Brandon Tackett, Sarah Carlson, Randy Weiler, MaKenna Myers, Keira Rambousek, and Dalys Olson



Pictured left: Team 1153 Keira Rambousek and Dalys Olson smiling for the camera.

Pictured center: Team 2357 Kendra Zeller and Liliana Vazquez prepping their plates.

Photo right, from left to right: Damon Glasser, Mia Moreno, Burkley Luchi, Brandon Tackett



An Amazing Trip!

Chris Tagle was the winner of two Minnesota Twins tickets at last years softball game with the Badlands Big Sticks. Chris and his family purchased two extra tickets so he was able to attend the game with his brother, sister, and his niece. His favorite part of the game was watching how hard the Twins pitchers threw the ball. Along with attending the game, Chris went to the Mall of America and bought a Twins shirt.

Chris moved to Dickinson from the Philippines a couple of years ago so this was his first year playing Unified Softball. His first time at-bat, he hit a home run! We are looking forward to another fun season of softball this summer!



Chris at the Minnesota Twins game.

Having Fun & Giving Back

Our HOPE Self-Advocacy Group continues to meet monthly for bingo and really enjoy this time together. This past month, they did a food drive. Richard Susa was proud to deliver 35 pounds of food to benefit others in the community. He said “Before my life was situated, I had to use the food pantry so I know what it is like. It just feels good to be able to give back and return the favor.”



The next bingo night is scheduled for April 11th at 6:30pm at the ABLE Main Office, 1951 1st St West. Come play!



Photo left: Richard proud to deliver food drive goods to the AMEN food pantry in Dickinson.

Photo right: Aidan Wiese and Julia Anderson showing off their winning bingo prize.

Far right: Amy Belile and Greg Wock sharing some laughs during the last bingo night.



A Beautiful Soul: Karla Smolnikar

Karla knew how to have fun and had the best way of showing it; with her big, bright smile and her contagious belly laugh after seeing someone trip over the random divots in the floors.

She loved to be playful and mischievous, so much so, she would try to close drawers on others or giggle while kicking her foot trying to get someone near. She also played it a little risky at times. She enjoyed hitting the bumps in the roads/sidewalks as it would give her a lot of joy bouncing around. Or going down slides or even making a call to keep driving while the car is near empty. She was quite the flirt, too! She had a certain look when men were nearby: flirty eyes, a tempting grin, with her hand placed effortlessly under her chin like she was posing. One man who stuck out to her most, was Elvis Presley. When Elvis would come on, Karla would become delighted by his voice. She would swing her arm back and forth and up and down, dancing to his music.



Karla Smolnikar
October 15, 1966 - November 22, 2023

Karla shared love with everyone, but there was one special woman in her life that received most of it, her mother, Shirley. Karla and Shirley had a special bond that never could have been broken. They always had something to talk about by constantly sending letters to each other and weekly visits. We didn't just get to share space in this world with Karla: we also cherished our time spent with Shirley through Karla. Dance on, Karla. We love you. -your 4th Avenue friends

Making a Difference

Every once in awhile a special delivery arrives at the main office in Dickinson. Brooks Sethman comes into the front door carrying racks of donated bread, buns and baked goods. I sat down with him to ask more about where all of this bread was coming from and the story unfolded.

Brooks shared that he had a difficult past and at a turning point in his life, he realized that helping others was a great healer for himself. While in Georgia, he started a rescue mission and volunteered helping senior citizens, veterans and worked with various food pantries. He moved to this area of North Dakota about 9 years ago due to his son being in the oilfield. He had a friend who worked for Bimbo bread company and when product was nearing the end of the shelf life, it had to be pulled from local stores. His friend asked if he would like to help distribute it to local organizations in need. Brooks began collecting this bread and distributing to ABLE, House of Manna, Domestic Violence and Rape Crisis Center, Community Action and more. He also volunteers at the AMEN food pantry and distributes goods there regularly.

Last year, unfortunately he had to stop his deliveries when his van broke down until he was able to get it repaired. Once his van was fixed, he was back out making those much awaited donations to local organizations. Here at ABLE we truly appreciate the time and efforts of Brooks Sethman. As he unloads racks of bread at our main office, we let the people we support know so they can swing by and grab any goods that they can use for that upcoming week. It is a fun day each time that our bread guy comes to visit.

Brooks, we truly appreciate all that you do for us and this community! by: Janelle Stoneking



Pictured left: Brooks Sethman delivering piles of bread and bakery goods to the Dickinson main office building.

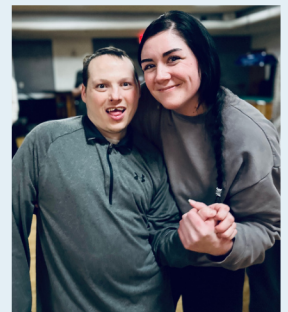
Check Us Out on Social Media



This past month, we have increased our presence on Facebook! If you use social media, don't forget to follow us in order to stay up to date on all of the amazing things happening at ABLE, Inc. Please comment and share our posts to spread the word about how amazing our employees are and the impact of our work. We hope to expand into other social media platforms in the near future as well!



Pictured left: Beverly Bogner making a shamrock window catcher at Dickinson Day Supports. Right: DJ Bachman and Cheyenne Leingang enjoying the music at the March Arc dinner and dance.



DECADES

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

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





TAKE A TRIP THROUGH THE
DECADES

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

STOP IN TO SEE WHAT'S NEW
Renovations are in full swing at the TRex Mall.
Please be patient with us as we navigate
these changes to our interior spaces.

