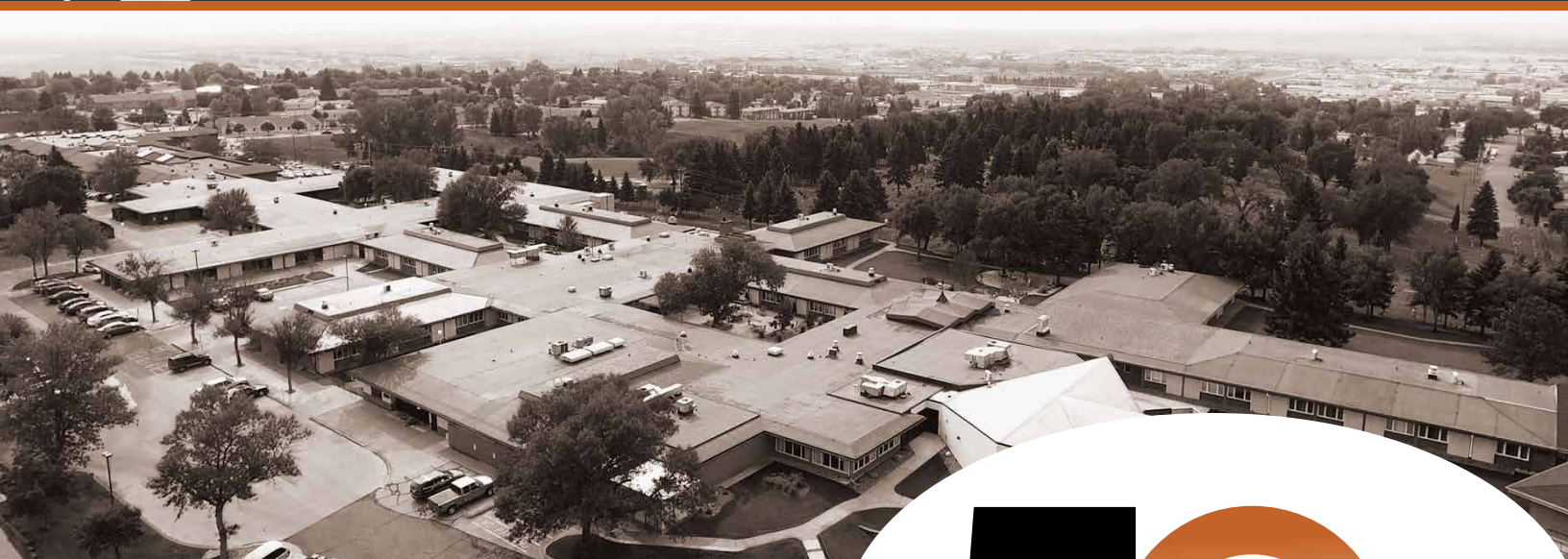


The *Hill*TOPPER

Fall/Winter 2017 | Volume 43

newsletter



50 YEARS

of Enriching Lives

It's been a half century of enriching lives with love and compassion!

Our 50th Anniversary celebration this July was the perfect opportunity to unveil exciting news. Preliminary plans have been approved and a site chosen for a new MSLCC campus in north Bismarck. As the population ages and resident needs change, our current physical location does not provide the possibility of expansion. The Hillview Avenue campus will remain with some restructuring, while the new campus will bring opportunities for exciting options in housing, rehabilitation, and quality of life for more generations of the MSLCC family.



Past and present administration, board members, clergy, member congregants, staff, residents and families enjoyed an afternoon of worship and fellowship as MSLCC marked its 50th anniversary.

PRESIDENT'S *Annual Report*



Reier Thompson

MBA, NHA

President/CEO



2425 Hillview Avenue
Bismarck, ND 58501
Phone 701.223.9407

www.mslcc.com

www.valleyviewheights.com



One of my favorite scripture verses is from 1st Corinthians 12:12–
“Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ.” Every day, we have hundreds of individuals that come together to form a team at Missouri Slope and Valley View Heights. Each individual is an essential part of the team. Each individual has a unique role and function to contribute to the team that allows it to achieve our collective goal of *Enriching Lives!* I am so thankful to be part of the wonderful team that is MSLCC/VVH.

The question I get asked the most when meeting people out in the community is, “How are things going at MSLCC/VVH?” I always respond that things are great. We have many projects and goals being worked on each day, while also having the most fulfilling and rewarding opportunity to provide care and services to those who depend on us the most; our residents and tenants. In fact, I believe for many of us, it is the residents and tenants that have come to care for us employees in nurturing our hearts, our minds, and our souls through their love and friendship. I am blessed and grateful for the opportunities I have been given to be a part of the wonderful mission of MSLCC/VVH these past four years.

We have set our goals and expectations very high. We have purchased land and a building in northwest Bismarck and we intend to build a new continuum of care campus on that property to help meet the growing needs of our community and allow for much needed relief of pressure on the current campus. Our leadership team and Governing Board of Directors have selected the team of the Roers Construction and Pope Architects to lead the construction and design of our North Campus project. The plans for the North Campus are being worked on and I encourage you to keep in touch with us via our social media, web pages, and by visiting as we progress. A Capital Campaign to raise funds for the project is also being developed and I ask for your support and prayers throughout the process.

Thank you for your love and support throughout the past year, and God bless you in 2018!

CHANGES TO *Building Security*

As MSLCC moves toward improved customer service and safety for our residents, staff, and visitors, we've recently implemented a new security system on our campus. Beginning in early October, all entry and exit doors are locked 24 hours a day, with the exception of the main entrance, Door 1, which is open Monday through Friday from 8 to 5. All the locked entrances, including visitor entrances 3, 5,

and 19 may be accessed through a newly installed door bell system. Security staff will provide support evenings and weekends. With these newly implemented security measures, we will undoubtedly experience some challenges. We ask for your patience and prayers as we make this transition.





Alton Larson

Chairperson

**In Psalm 118:24
we read:**

This is the day that the Lord has made; Let us rejoice and be glad in it.

This should be our prayer every morning as we plan and work for Missouri Slope Lutheran Care Center and Valley View Heights, TOGETHER ENRICHING LIFE.

Missouri Slope Lutheran Care Center and Valley View Heights has just completed a very busy year highlighted with the celebration of our 50th anniversary. Lots of new things have happened, but the most exciting event was the purchase of the eighteen plus acres of land and building on North Washington Street, formerly known as the Good Shepherd Lutheran Church North Campus. Requests were advertised for design\build proposals and we received proposals from nine different contractors. That group was narrowed down to three which were interviewed. Roers Construction and Pope Architects were chosen. There will be several meetings scheduled in the coming year to gather input and help plan for the new facility to be as efficient as possible.

At the MSLCC/VVH annual meeting, Sunne Lutheran Church of Wilton, ND, was accepted as a member congregation. We welcome them as our newest member congregation.

I want to thank all of the board members for their dedication and support to MSLCC and VVH. I certainly want to thank Brach Johnson for the many years he served on the board. We wish him well in his retirement years. We welcome Steve Andrist from Lord of Life Lutheran Church as our new board member. Welcome, Steve! Thank you to our CEO Reier Thompson for his Christian and caring leadership, and to all the department heads and employees that work so hard to support MSLCC and VVH.

Member Churches

First Lutheran Church – Bismarck
First Lutheran Church – Mandan
Faith Lutheran Church
Lord of Life Lutheran Church
Lutheran Church of the Cross

House of Prayer Lutheran Church
Sunne Lutheran Church – Wilton
Trinity Lutheran Church
Good Shepherd Lutheran Church

MSLCC *Board Members*

Alton Larson – *Chairperson*

Jerry Saude – *Vice Chairperson*

Carol Beiswanger – *Secretary/Treasurer*

Steve Andrist

Audrey Solheim

Diane Laub

Don Walz

Joyce Saylor

Rev. Craig Schweitzer

Marcie Conmy

Stacy Krumwiede

We extend a special thank you to Brach Johnson, our outgoing board member, for his many years of dedicated service to MSLCC/VVH.

RESIDENT SERVICES *Report*



LeAnn Hokanson
RN, BC, BSN
*Vice President of
Resident Services*

It has been a busy, but great year here at MSLCC. We achieved ten years of continuous participation in the Occupational Safety and Health Administration Voluntary Protection Program (OSHA VPP). This program encourages industries to prevent workplace injuries and illness through hazard prevention and control, worksite analysis, training, and cooperation between leadership and staff. It is not an easy process

to receive VPP status and it is an honor to sustain this high level of performance for 10 consecutive years. This takes commitment from every member of our organization to assure employee safety and health excellence. Because of this, we received the "Decades of Excellence" award.

Pelican Health began offering onsite services to our residents this year. They are able to provide gynecological and urological services to our residents. Due to the chronic nature of pelvic health problems, services from Pelican Health can improve the quality of life and ensure dignity for our residents. Residents receive the benefit of these services without leaving our facility.

The Palliative Care Teams at both CHI St. Alexius Health and Sanford Health have also started offering their services onsite at MSLCC. The goal of Palliative Care is to improve quality of life for residents. Palliative Care is offered to residents at any stage in a serious illness and can be provided alongside all other appropriate curative treatments. In addition, Palliative Care provides support to family members and staff. The Palliative Care Teams that makes onsite visits to MSLCC include a physician, nurse practitioner, and nurse.

We have implemented the Point Click Care Skin and Wound Module. Our nurses use a mobile device, like an iPad or iPod, to take a picture of a wound in the app. The app then assists with measurements and documentation on the status of the wound. Providers

have access to these pictures while they are at MSLCC or from their offices, enabling the providers to see trends early, make informed decisions, and modify treatment if needed in real time. Better outcomes and reduced risk should be seen with this improved and timely decision making.

With Kaitlyn Green's move to Director of Valley View Heights, Tara Huss-Redding has taken over as our new Director of Social Services. Linda Patzner, the North Central Unit Director, retired, and April Fugleberg took her place. They are all doing well in retirement and their new leadership positions.

A lack of evidence was found that proves alarms actually prevent falls or injuries. In fact, research now shows that alarms that are intended to prevent falls and injuries may actually be causing them. Alarms can cause frequent disruption in a resident's rest and sleep and can increase confusion and restlessness. These negative effects do not just affect the resident who has an alarm, they affect all residents in the care center. Chair alarms also cause noise disruption in unit lounges or other common areas, increasing the likelihood of restlessness and agitation in many residents. Due to these findings, we are striving to make MSLCC alarm-free.

We are committed to respecting residents' rights when and if a resident desires to self-administer medication. MSLCC is tasked with determining that the practice is safe for the resident and other residents in the facility. For this reason, we request that all medications, prescription and over-the-counter, are brought to the nurses' station. This will assure the proper assessment has been performed and the medication has been accounted for. In addition, all resident belongings, i.e., clothing, glasses, or shoes, should be brought to the nurses' station. These items must be marked to assure they are available for your loved one to use.

I would like to thank the board, staff, residents, family members, and volunteers for enabling MSLCC to innovate and progress as we have this past year. Your support in the coming year will be equally important as we continue to innovate and grow. This will assure that we are able to provide the highest quality services to our residents in the future, while remaining mindful of our mission to enrich lives with love and compassion.



Rev. Larry Giese
*Director of Pastoral
Care*

Chaplain's Corner

Hello! Happy 50th Anniversary to Missouri Slope Lutheran Care Center! Through the years I prayed that residents, family, friends and staff have received warm and friendly greetings, and I trust that together, the warmth and friendliness will touch the hearts of all into the future.

I love the verse in an old familiar hymn, "O God, our help in ages past, our hope for years to come." Notice how the words, "help" and "hope" are paired by Isaac Watts. Missouri Slope Lutheran Care Center and Valley View Heights Assisted

Living provide help and hope to residents and tenants. Together, we remember God's help is needed to get us to where we are now, and God's presence to provide hope for the next 50 years and more. Through God's creative handiwork, we are sent out on a mission of honesty, respect, quality, and compassion. Gifted, educated, and compassionate people of God reach out to the most vulnerable among us and provide for specific needs of residents. Through it all, we are mutually blessed with the abiding presence of Christ! Grace abounds!

Thanksgiving and Christmas Worship Service Schedule

Thanksgiving Eve, Nov. 22, 10:00 a.m. at MSLCC Chapel
and 10:45 a.m. at VVH Chapel

Christmas Eve, Dec. 24, 1:30 p.m. at VVH Chapel and 2:15 p.m. at MSLCC Chapel *Both Christmas Eve services include Holy Communion



**Tara
Huss-Redding**
LSW
*Director of Social
Services*

Social Services Department

Over the past year, there have been many changes in our Social Services Department.

I am Tara Huss-Redding and I have worked at Missouri Slope Lutheran Care Center since November of 2016. I recently stepped into the Social Services Director position after Kaitlyn Green accepted the Director of Valley View Heights position in August. I cover the North Central and North East units here. I can be reached at 701-221-9373 or email thussredding@mslcc.com.

Many people wonder about the role of the social worker in a long-term care facility. The social worker will work with residents and families by identifying their psychosocial, mental and emotional needs.

We work with the interdisciplinary team and administration to promote and protect resident rights and the psychological well-being of each resident. We have several staff in the Social Services Department to meet the needs of our residents and families.

Our staff of six serves all residents in the facility. Linda Vogel is our Social Services Admissions Coordinator. Gwen Bauer, LSW, is our Social Work Assistant. Levi Kilzer, LSW, covers the West and West View Units. Rhonda Ames-Nelson, LSW, and Jessica Patch, LSW, cover the South Central and South East units.

If you have any questions or concerns, please feel free to reach out to a social worker.



Vicki Butler

Director of Environmental Services & Material Management

Environmental Services Department

Missouri Slope Lutheran Care Center continues to explore more effective use of our campus and we have concluded another season of improvement. Our new bath spa rooms are a welcome update with regard to the comfort, safety and privacy of our residents and their caregivers.

As the holidays approach, we suggest

that you check on items of need and sizes for your loved ones. Trying on clothes can be a challenge and returns are inconvenient. Choose wash and wear items; dry clean only articles are not recommended. Most residents appreciate fleece sweaters and blankets. Undergarments should be replenished periodically. Our laundry staff recommends that seven to ten complete changes of clothes is sufficient for each resident. Gift items must be brought to the nurses' station for labeling. If you are considering lotions, perfumes, cosmetics, scissors, tools or any type of sharp object, please visit with staff about the resident's level of physical and cognitive function. Ensure they are capable of using the item and storing it securely. Aerosol cans are a safety concern so please choose an alternative. Medications, over-the-counter creams, drops, and ointments must also be cleared with nursing staff.

As a reminder, federal regulations prohibit the following: cloth mattresses, coffeemakers, portable heaters, curling irons, humidifiers, outlet adapters, extension cords, scented wax warmers, diffusers, scent plug ins, halogen and heat lamps, glue guns, foot stools, and throw rugs. Decorative lights cannot be hung in resident rooms. Cloth wall hangings must be fire treated and labeled (MSLCC will provide treatment product and labels upon request). Live Christmas trees and wreaths are not permitted. Artificial trees must meet all of the following criteria; 1) it is fire retardant treated and the lights are UL listed, 2) original packaging identifying retardant is in resident's room, 3) UL Listed tag is on the lights and stated on the box, and 4) tree and lights are plugged directly into an outlet. Fiber optic trees are acceptable; however, the base must be clear of cloth or paper and plugged directly into an outlet. Electrical Items must be UL Listed with tag and have either a polarized electrical plug (one side of plug-in is larger) or a threepronged plug. While all of these regulations may seem discouraging, you will agree that the safety and well-being of our residents needs to be our first priority.

Environmental Services Staff want to extend blessings to all in the coming Holiday Season with hopes of a measure of peace in the World, especially to all MSLCC residents, family, friends, vendors and staff.

God Bless!



Jayne Hovland
RD, LRD

Director of Nutritional Services

Nutritional Services Department

We are happy to announce, due to the generosity of those who have donated to the MSLCC Foundation, several of our staff will be enrolled in the Association of Nutrition and Foodservice Professionals training program through the University of North Dakota.

Upon the successful completion of this training program, the staff will qualify to take the national certification exam to become Certified Dietary Managers. The employees selected have all been at MSLCC a number of years, and have advanced through many of the positions in the department. Those enrolled in the course are Julie Roth, 24 years; Sean Jacobson, 16 years; Bonnie Krushevsky, 14 years; Ashley Kintz, 10 years; and Loren Fuhrer, 10 years. Kay Wanner, RD, LRD, CDE, will be preceptoring the class. Sean Jacobson has been hired for our new mentor position. Along with his other duties he will be

available during the training phase for all new employees. He will be assessing their training process and ability to work independently along with fostering an environment that makes them comfortable coming to him with any concerns.

We have also received more direction from our regulatory agencies regarding food brought into the facility from a source not inspected by federal or state authorities. It is not the intention of the regulatory agencies, nor our intention, to prohibit family and friends from bringing food into the facility. Nor do we want to deny residents the enjoyment that comes with eating foods specially prepared for them by their loved ones. However, residents could be at risk if this outside food was not prepared, transported, or stored safely. Residents in nursing facilities typically have compromised immune systems due to age, illness, medications and/or medical treatments. Such individuals are more likely to become seriously ill from

contaminated food than the average healthy person. For these reasons we take food safety very seriously.

We encourage you to first let your dietitian know if there are certain foods your family member enjoys that are not on our menus. Perhaps we can provide it. If you do bring something in, we prefer it be a single serving and it be labelled and dated. You can leave it in the nourishment center refrigerator. Staff on the unit have specific instructions for safe reheating of food. We suggest the resident consume it within 24 hours. Dietary staff will discard it five days from the date on the container.

We would like to say thank you to our Foundation and the M-Club for donating money that will enable us to continue to provide fresh flowers on the dining room tables for the residents. We are so grateful we can continue the flowers; they enrich the residents dining experience and generate many positive comments.



Kaitlyn Green
LSW
VVH Director

Valley View Heights Assisted Living

As we approach the holiday season and the end of another year, I can't help but reflect on this past year's milestones. Valley View Heights has experienced many changes, both internally and externally. Thankfully, this well-oiled machine continues to function at peak performance despite these challenges.

The most significant change came in July when Valley View Heights' fearless leader, Cathy Eckmann, opted to retire. Cathy has been with Valley View Heights since its establishment in 2003. Her industry knowledge, professionalism and desire for growth have been instrumental in the success of Valley View Heights over the past 14 years. With any hope, Cathy will stop in from time to time to snap some tenant portraits or take a few tenants out for a pontoon ride down the Missouri. Although we wish Cathy a blissful retirement, it was very hard to see her go as she will be greatly missed.

Kaitlyn Green has taken over as Director. Kaitlyn previously served as the director of Social Services at Missouri Slope Lutheran Care Center.

You may have noticed a significant amount of construction equipment, pallets of patio pavers and several busy workers buzzing around the south entrances of Valley View Heights over the past few months. We are completing quite an exterior "face lift" which we hope will help give our tenants a more fulfilling outdoor experience.



► continued on page 14.

ACTIVITY DEPARTMENT *News*



Arnette Harris

OTR/L

*Director of Activity
Department and Adult
Day Program*

The Activity Department and Adult Day Program at MSLCC have a goal to reach every resident and participant with an individualized plan of care that helps them to meet their specific interests in socialization, leisure and spiritual interests. We provide daily, evening and weekend activities for meaningful and purposeful use of their leisure time. The activities are designed to reduce

physical and mental declines and to promote the person's highest level of functional independence. The activities provide opportunities for each person to express their personal and collective talents, interests and skills in a manner that they are able to continue to experience personal fulfillment and contentment and have a sense of on-going learning and achievement in their daily lives. We provide group entertainment and a variety of programs, one-to-one specialized visits and materials needed for independent activities on a daily basis. We do this in keeping with our value of *Quality* as we pursue high quality of standards of the services we provide. For information about Activities, Day Program or the Volunteer program you can contact the Activity Department at 221-9368.



MSLCC VOLUNTEER SPOTLIGHT *Sister Renee Zastoupil*

When MSLCC reached out for someone to lead Rosary before the Thursday morning celebration of Mass, Sister Renee Zastoupil's return call came almost immediately. This year marked her Diamond Jubilee, sixty years as a member of the Benedictine Order at Annunciation Priory. Joining the order in 1957, she has served St. Alexius as an x-ray technician and in many other departments before being named Director of the School of Radiology, where she served for 26 years. Following a brief sabbatical, she became St. A's Director of Spiritual Services, where she served another 20 years. Sister Renee's ministry of hospitality continues in her role here providing Rosary, communion, and pastoral care; as house director for the Sisters of Annunciation Priory; and as a sacristan at St. Alexius. She can pinpoint the moment of her call to service, coming in a flash of light as she rode a merry-go-round in fifth grade; her destiny—to become a nun and serve the sick. Even after sixty years of service, the word



retirement is not part of Sister Renee's vocabulary. "Christ is the center of my life. My greatest love is to be present, serving the sick. There's so much to do." MSLCC is blessed by her positive energy and Christian commitment to our community.

Discover how you can make a positive difference in someone's life. Call 221-9368 for information on becoming a volunteer at Missouri Slope Lutheran Care Center.

Happy Holidays!

Families are welcome to bring in special holiday meals for their loved ones. However, our Dietary Department is unable to provide extra holiday meals for guests. You may reserve a private dining room on a first come, first served basis.

Call Vicki Calheim at 221-9370 for information and reservations.



Jessica Gilbertson
MPA
Foundation Director

It's been a busy year for our Foundation. We started the year with participation in our first ever Giving Hearts Day. It was a fun and busy day and we raised nearly \$6,000 for our M-Club. Thank you to the donors that made the day successful. If you haven't been part of Giving Hearts Day before, it is a unique event for North Dakota charities to participate in a day of online giving with matching opportunities. Visit givingheartsgiving.org to learn more or call our Foundation at 701-221-9349. We are looking for matching gifts for our participation in 2018.

We hosted our second annual golf tournament in June at Apple Creek Country Club and Golf Course. The event raised \$12,000 for our Foundation and we look forward to the 2018 event. Save the date of June 28th for our 2018 Tournament!

Because of the generosity of our donors, we have been able to provide so many enhancements and programs

for our residents and tenants this year. Our M-Club replaced recliners in nearly all of our lounges with cordless, safer models. We were able to provide new equipment for our restorative nursing program, including two new exercise bikes. And we were able to continue to provide fresh flowers every week for our resident dining rooms, among other projects. None of this work would be possible without the support of our donors.

Many exciting developments are to come in 2018 and we will rely on the continued support of our donors. We have purchased a new property and are in the beginning phases of developing plans for a second campus. With this growth will come a capital campaign and expanded fundraising efforts. Please continue to keep us in your thoughts and prayers as this process moves forward. Thank you for your support in 2017 and we look forward to an exciting 2018! God's peace to you!

ENDOWMENT GIFTS, MEMORIALS, AND M-CLUB CONTRIBUTIONS *November 1, 2016 - October 31, 2017*

ENDOWMENT GIFTS

Lynn & Carol Beiswanger
Merton & Karen Johnsrud
Alton & Delores Larson
Diane Laub
Dale & Judy Nabben

MSLCC HONORS/ MEMORIALS

Eleanor Anderson
Darla & Cory Grabinger
Norma Anderson
Adelene Kepler
Milton Blehm
Rev. Robert & Joann Lynne
Alvin & Elaine Wittmaier

Ilene Boeckel
Josh Vallely
Ervin Bohrer
Lu Miller
Ervin Bohrer
Art & Jeanette Oster
Muriel Boyum
Wanda & Richard Melchert
Cleo Carlson
Dale & Judy Nabben
Judith Dobney
Alvin & Elaine Wittmaier
Pearl Dockter
Greg Dockter
Joseph Eckroth
Roto-Rooter
Orville Engelbretson
Dale & Judy Nabben

Rose Feist
Georgeann Will-Gerr
Evelyn Flemmer
Lu Miller
Dr. Daphne Ghorbani
John & Janet Doerner
Arlene Griffin
Dale & Judy Nabben
Arland Grunseth
Lu Miller
Norbert & Sharon Mayer
Gloria Haas
Jerry Haas
Larry and Faye Rolfson
Mary Helm
Marlys Kramer
Judith Hettelved
Janell Quinlan

Bev Hill

Lu Miller

Gary Jacobson

Alvin & Elaine Wittmaier

Charlotte Kaseman

Lu Miller

John Malsam

Colleen Preszler

Phyllis Mauer

Lu Miller

Beth McAdoo

Dale & Judy Nabben

Pearl McDowell

Scott & Kathy Howe

Jeanette Oster

Lu Miller

Herman Preszler

Lu Miller

Agnes Raszler

Family of Agnes Raszler

Ruth Renken

Dale & Judy Nabben

Louis Ritchotte

Janice Ritchotte

Loren Schwalbe

Lu Miller

Marc Schwede

Alvin & Elaine Wittmaier

Eva Shafer

Merton & Karen Johnsrud

Janet Smaltz

Dale & Judy Nabben

Virgil Smith

Arnold Burian

Ruth Stotz

Dale & Judy Nabben

Celia Schuette

Helen Strand

Lu Miller

Melvin Strobel

Art Oster

Elsie Thompson

Lu Miler

Marvin Vossler

Mark Vossler

Albert Walter

Celia Schuette

Gladys Walz

Don Walz

Anita Wilkens

Dick Wilkens

M-CLUB CONTRIBUTIONS

\$100.00 BRONZE MEMBERS

Elmer Allmendinger
Clarence Bauman
Reinhard Bellin
Rodger and Mavis Buchholz
C.L. Bensen Co. Inc.
Myrna Dahl
Allen and Beverly Darling
John and Janet Doerner

Environmental Abatement Services

Michael and Jessica Gilbertson
Darla and Cory Grabinger
Charlotte Kaseman
Margaret Ketterling
Larry & Phyllis Larson
Diane Laub
Margie Martin Lee
Norbert & Sharon Mayer
Lu Miller
Dale & Judy Nabben
Barbara Nash
Ella Nayes
Alice Nelson
Northern Plains Plumbing and Heating
John and Linda Olsrud
Colleen Preszler
Timothy Reuer
William & Melvina Rogers
Jerry Saude
Loren & Delores Schock
Audrey Solheim
Rev. Renee Spichal-Larson
Ron Staiger
Melvin Strobel
Patty & Ron Tangen
Trinity Lutheran Church
Don Walz
Bernard & Mabel Weisz
Dean Willnow
Alvin & Elaine Wittmaier
Dennis & Janice Klipfel

\$250.00 SILVER MEMBERS

Mervyn & Jean Anderson
Electrical Services
Faith Lutheran Church Women
Shirley Fox
Charles Gullicks
Tim & Arnette Harris
Kelsch, Kelsch, Ruff and Kranda
Mike and Stacy Krumwiede
Prairie Engineering
Gary & Pat Ritter
Joyce and Mark Saylor
Uniform Center
Jerry Walz
Jeff & Char Wanek
WELCA-Lord of Life
Mary Jo Sogge

\$500.00 GOLD MEMBERS

Lucille Braun
Lord of Life Lutheran Church
Rev. Craig Schweitzer
Reier & Whitney Thompson
Robert & Nita Thompson
Marvin Vossler
Otto & Agnes Raszler

\$1,000.00 PLATINUM MEMBERS

Associated Financial
Richard & Karen Espeland
Faith Lutheran Church
First Lutheran Church - Bismarck
First Lutheran Church - Mandan
Dave and Cazanne Fitterer
Pastor Larry Giese
House of Prayer Lutheran Church
Alton & Delores Larson
Lutheran Church of the Cross
MDU Resources Foundation

Thrivent Choice Dollars

Donald Bailey
Lavern Hanson
Kelly Heid
Adelene Kepler
Ann Meyer
Lu Miller
Howard & Dorothy Neils
Loretta Schiermeister
Ron Schneider
Craig Scott
Susan Stratton
Don Walz
Debra Wolf

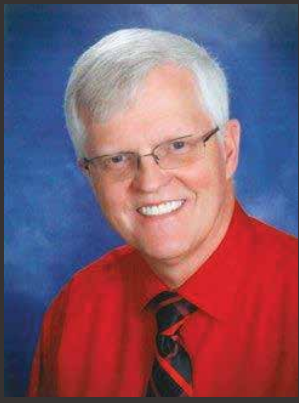
Would you like to know more about how you could leave an endowment legacy AND receive a generous tax credit? Contact our foundation today! 701-221-9349.

A potential tax benefit may look like this:

Gift Amount	\$5,000	\$10,000
Federal Tax Savings	-\$1,400	-\$2,800
ND Tax Credit Amount	-\$2,000	-\$4,000
Net Cost of Gift	\$1,600	\$3,200

Actual tax situations may vary. Please consult your tax advisor for advice specific to your situation.

M-CLUB 2017 Annual Report



Jerry Walz
M-Club Chairperson

Thank you to all who continue to support the M-Club with your individual donations, memorials and church donations!

The mission of the M-Club is to provide funding for projects that are most beneficial for residents who live at Missouri Slope Lutheran Care Center and those who provide care to these individuals. The funds for M-Club are donated by individuals, businesses, service clubs and churches. The funds are distributed by a committee of representatives from member congregations. The committee meets three times a year.

THE M-CLUB RECEIVED \$44,861.81 IN DONATIONS IN 2017 AND \$44,663 IN PROJECTS WERE FUNDED.

Flowers for the dining rooms	\$6,000
Nu-Step and an Omni-cycle for restorative program	\$13,633
Digital photo frames	\$150
Planters for vegetable garden	\$180
Musical entertainment for residents	\$500
Companion cats	\$500
Lift chairs	\$22,100
Valley View landscaping project	\$1,000
Supplies for activities	\$500

If you are interested in serving on the M-Club, please contact your pastor or Jessica Gilbertson with the foundation at MSLCC at 701-221-9349. Thanks, again, for all who continue to support the M-Club with your individual, church donations and other entities.

2017 M-CLUB Committee Members

Church of the Cross

Shirley Fox

Faith Lutheran Church

*Ray Frank and
Phyllis Larson*

First Lutheran Church, Bismarck

Muriel Seidel

Good Shepherd Lutheran Church

Paul Frank

House of Prayer Lutheran Church

Alton Larson

Lord of Life

Janell Quinlan

Trinity Lutheran Church

Donna Hegle

First Lutheran, Mandan

Elaine Wright

Charity Lutheran Church

Jerry Walz

Our second annual Golf Tournament was a success!
Thank you to all of our participants and sponsors!



Eagle Sponsors - \$1,000

Anderson Western, Inc.
H.A. Thompson and Sons
Magi-Touch Carpet One
Nor-Son
Stifel
SYSCO - North Dakota

Birdie Sponsors - \$500

Associated Financial
Bremer
Concordance Healthcare Solutions
Consolidated Construction
Dakota Outdoor Scapes
Dakota Travel Nurse
Eide Bailly
Good Shepherd Lutheran Church
Prairie Engineering
Starion
Robert & Nita Thompson
Vaaler Insurance

Hole Sponsors - \$250

Capital Electric Cooperative
DFC Consultants
Electrical Services
Geiermann, Bergeson & Guler Law Offices
High Point Networks
Ideacom Mid-America
Image Printing
Kirkwood Bank and Trust
Northern Plains Plumbing and Heating
Professional Pharmacy

Team Sponsors

Ditch Witch of North Dakota
Bryce Doll

Prize Donations

Medora Foundation
Vaaler Insurance
Captain Jack's Liquor Land
Bismarck Larks

Lisa Zahn – *January 2017*

Born and raised in Beulah and the youngest of six, Lisa Zahn, RN, has always displayed common sense. Her mother says she never worried about her daughter and recalls, "... It was always a desire of hers in high school to have a job at the nursing home." She is a past winner of the Anita Wilkens Nursing Scholarship. A staff member says, "... She is one of the best nurses I have worked with over the years. Considering she hasn't been a nurse that long, I am surprised by her." Lisa's ability to remain positive even when working under stress is noticed by staff, family, and residents. She is a true team player, willing to assist CNAs and CMAs and answer call lights. A testament to living MSLCC's mission, Lisa's main focus in life is to serve Christ. "I love the residents. My coworkers are very hard-working and great to work with. It's a blessing to get to help people every day."



Zachary Melgaard – *April 2017*

Zachary Melgaard, CNA, chooses to be happy. The University of Mary graduate was encouraged to his course of study by the concept of positive psychology. His attitude is wonderfully infectious and was noted in every one of the many nominations submitted on his behalf for Missouri Slope Lutheran Care Center's Employee of the Quarter award. Zachary treats everyone he encounters equally and has gained a reputation as a great role model for newcomers and veterans. An encounter with Zac leaves us all feeling noticed and worthy; an especially cherished trait for some lost and lonely residents. Zachary has gone on to pursue a Master's in counseling.



Cherie Sjoquist – *July 2017*

Cherie Sjoquist's caring spirit developed early. "My whole childhood, I assumed everyone had an uncle in a wheelchair." Her mother had 17 siblings and an uncle was part of the family's household. "It's just in our family to do that." Cherie's empathy towards pain comes from her own health struggles. When three physicians encouraged her to begin proceedings for disability, she chose chemotherapy to retain hand function so that she could continue the work she has loved her entire career. Cherie serves as CNA Mentor and wants her new staff, "... to think this is an important job. These are people that other people love."



Becky Berndt – *October 2017*

Serving as a primary nurse, Becky's fans include her co-workers who share this endorsement – "Her smile and drive is an inspiration to all of us to keep doing our best and give our residents the care they deserve." As a youngster, she had contemplated becoming a lawyer, but after caring for her grandfather, she was called to a career of care. She has served different populations since becoming a nurse, but believes she excels in geriatrics. Becky and her family have deep roots here on Hillview Ave; three grandparents as residents, and her mother Sarah is an employee. Staff and residents agree that Becky makes MSLCC a better place.



MSLCC *Scholarship Awards*



Dick Wilkens, Tamacene Ho-Sang, Nicole Kilen and President/CEO Reier Thompson



Vice President of Resident Services, LeAnn Hokanson, Haley Bladow and President/CEO Reier Thompson

Missouri Slope Nursing Scholarships

In the last year, MSLCC has been able to award three nursing scholarship to staff members, thanks to the generosity of our donors. The Anita Wilkens Nursing Scholarship was established in honor of MSLCC's former Vice President of Resident Services and her dedicated service and leadership. That scholarship was awarded to two nursing students in December of 2016, Tamacene Ho-Sang and Nicole Kilen.

The Elsie Kraft Nursing Scholarship was awarded in August to Haley Bladow. This scholarship was established to honor the sister of Lucille Braun by Lucille and her husband Walt Braun. This scholarship will continue to be awarded twice a year to an MSLCC employee who has worked at MSLCC for at least one year, has an interest in gerontology, shows a need for financial assistance, and is enrolled in an accredited school of nursing program or is pursuing a postgraduate degree in nursing.

These scholarships are a great benefit to offer our employees and are possible because of donations to our facility. Contact our Foundation Director, Jessica Gilbertson, at 701-221-9349 or jjgilbertson@mslcc.com, if you are interested in learning more about our scholarship program or any of our other programs for charitable giving.

► *Valley View Heights Assisted Living* continued from page 7.

We are in the process of updating the landscaping, adding some new exterior seating areas and building a drive-under canopy. Our hope is to not only add a visual and functional appeal to our building, but also provide tenants and visitors with an outdoor space where the incredible hilltop views of Bismarck can be appreciated.

We are so appreciative of all of the smiles, laughter and personality that our tenants bring to Valley View Heights every day. It is our great honor and privilege to have a place in each and every one of our tenants' lives and we feel blessed that they

have chosen to join our family and allow us to care for them.

As we all know, there will come a time for everyone when the day-to-day duties will become too much of a burden; make Valley View Heights your first call when this happens. We would love the opportunity to lighten your load, help you feel young again, and have you join our family too. We're here for you when living alone is no longer an option and a nursing home is not the answer.

Call us at 221-3018 to set up a tour today!



Patty Tangen

Director of HR

Human Resource Department

A subject dear to my heart is the act of embracing MSLCC's values on a daily basis as we carry out the mission of our organization. This past year the Human Resource Department has undergone a few changes that demonstrate an effort that aligns with our value of *Quality* at MSLCC. In attempt to adequately support the hiring and

payroll functions more efficiently, it was decided to move the Payroll & Benefits functions from the Business Office and integrate them into the Human Resource Department. Position descriptions were revised accordingly and the offices were relocated to the Human Resource Department on the east lower level of the facility. A major innovation in

managing our workforce was to implement a new Human Resource, Payroll and Timekeeper System to promote efficiency of multiple processes. To provide leadership in promoting health and safety we welcomed Kendra Roeder into the re-established position of Safety & Health Manager. We also welcomed Shelley Theisen into a much-needed HR/Payroll Assistant position to help backup payroll and employment processes. We welcomed Alicia Baumann into the Employment Benefits Coordinator position as we did experience a turnover during the year. I'm deeply appreciative to get to work with this highly talented and productive HR department of six individuals. It is with bittersweet emotions that I am turning the page on the MSLCC chapter in my life. After 28 years, I look forward to my retirement in January. It has been a privilege to serve in an organization so consistent with my personal values and mission in life. May we all continue to enrich lives with love and compassion.



Sharon Celebrating 40 years!

Each year at MSLCC/VVH we recognize the years of service served by our staff. This year we had several milestone anniversaries, including a very special 40th anniversary with Sharon Wetzel, Restorative Nurse Assistant. Congratulations to our amazing staff as they celebrate anniversaries!

3 Years

Michaela Alexander
Rebecca Berndt
Anna Bonsness
Linda Brown
Marie Clerge
Mikayla Erstad
Britney Fetch
Kimberley Franklund
Melody Garner
Kellie Helm
Ann Hopper
Sara Huff
Ansen Boehm
Sobrina Koch
Sanya Kom
Brittney Nguyen
Evelyn Kreyoh
Daniel Nguyen
Doris Raber
Daniel Schommer
Matthew Schroeder
Amber Schwartz
Dorothy Shertzer
Beth Teiken
Chanise Wieland

5 Years

Abigail Bardell
Brittany Belohlavek
Joleen Berger
Chelsea Braun
Devon Brew
Marla Carman
Rose Darius
Sherrri Davis
Tiffany Dutke
Sheree Ganje
Kaitlyn Green
Lisa Jensen
Melodie Jorgenson
Lenora Leno
Rebecca Ludwig
Sarah Marquardt
Susan Mitchell
Mailyln Moran
Sara Payne
Kayla Storseth
Carol Thomas
Chelsie Tryhus
Talia Wittmier
Karalyn Yeado

10 Years

Robin Ahonen
Brenda Allan
Wendy Bender
Sarah Bergstad
Loren Fuhrer
Ashley Gross
Dawn Hilzendeger
Annette Hogan
Ashley Kintz
Jessica Peterson
Alexis Reis
Diane Sailer
Donna Wilson

15 Years

Angie Dietrich
Sharon Foth
Nancy Gallagher
Melissa Gross
Sean Jacobson
Shirley Monson
Nancy Nieuwsma
Kendra Roeder
Mary Zelmer

20 Years

Jessica Holzer
Heather Kramer
Margie O'Shea
Lisa Schlichenmayer
Judy Strecker
Charlene Wanek

25 Years

Charlotte Galster
Diane Skwarok
Stephanie Tripp

30 Years

Mary Farstveet
Tami Hoff
Diane Vetter

35 Years

Troy Bailey
Sharon Boehm
Victoria Butler
Cathy Kinnischtzke

40 Years

Sharon Wetzel



Non-Profit Org
US Postage
PAID
Permit #433
Bismarck, ND 58501



2425 Hillview Avenue
Bismarck, ND 58501
Phone 701.223.9407

www.mslcc.com
www.valleyviewheights.com



Giving Hearts
← FEB **Day** 8TH →

givingheartsdays.org

FEBRUARY 8, 2018

The Foundation at Missouri Slope Lutheran Care Center is participating in Giving Hearts Day on February 8, 2018. This exciting event is a chance for donors to have their gifts matched for one day only!

Contact Jessica Gilbertson at 701-221-9349 or jjgilbertson@mslcc.com for more information!

UPCOMING EVENTS

DECEMBER

Hillview Holiday Talent Show, Dec. 22,
2 p.m. (Families encouraged to attend and participate.
Call 221-9421 for information.)

Christmas Day Open House, Dec. 25,
2-3:30 p.m. – MSLCC Activity Room
(Refreshments Served)

If you would like to purchase a poinsettia plant to grace our chapel this holiday season in honor of or in memory of a loved one, you are invited to send a check for \$13.75 payable to MSLCC with the word Poinsettia in the memo line, by December 11, 2017. MSLCC Activities, 2425 Hillview Ave, Bismarck, ND 58501

