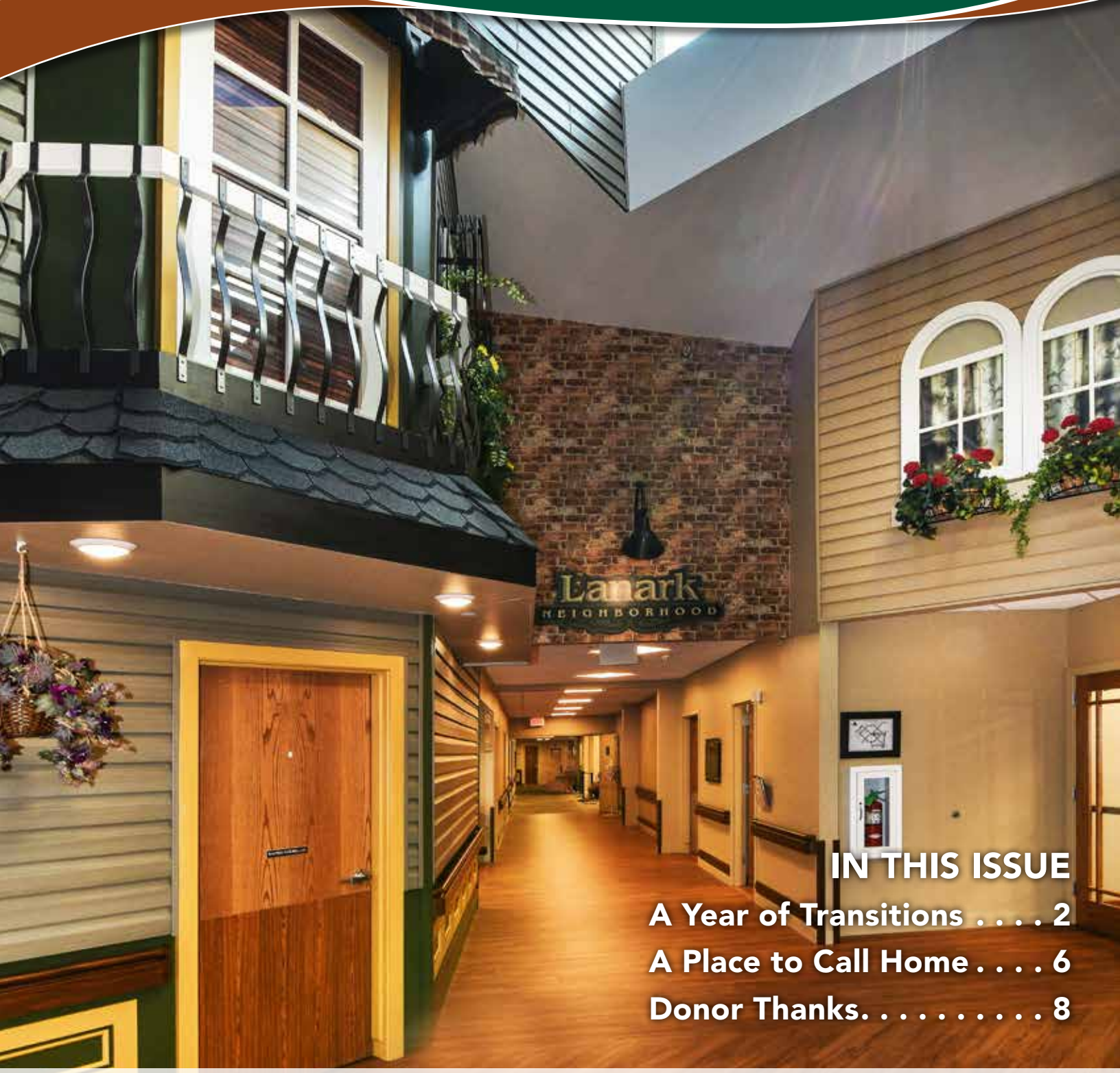


FALL 2018 • GRAND FORKS ND

VALLEY *times*



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Mission Statement

"Valley Memorial Homes provides compassionate Christian care and service to enhance the quality of life for those we serve."

Valley Memorial Homes

Valley Memorial Foundation

2900 14th Avenue South

Grand Forks, ND 58201

701-787-7984 • www.valleymemorial.org

If you would like to be removed from our mailings please contact us.



A Year of Transitions

Garth Rydland, President/CEO Valley Memorial Homes

The future of our organization is bright, though there are challenges that we are facing due to occupancy and reimbursement issues. These challenges are well known in many areas of North Dakota and the United States, but they are now affecting Grand Forks.

Strategic planning sessions were held with the Executive Committee and Executive Leadership within Valley Memorial Homes. These planning sessions were timely as we are facing a number of new challenges with nursing home occupancy and reimbursement as long term care is in a state of transition.

Transitions of Care

We are proud that someone transitions to home or to a lesser level of care almost every day from Valley Memorial Homes. Most of that activity is occurring within Valley Transitions at Valley Eldercare Center. This vital work for the residents of our community gives people the confidence to return to their prior residence.



Tammy Cleem, Wheatland Terrace PCA & Carol Loiland, Wheatland Terrace resident

Transitioning Population

Independent living, basic care, and assisted living occupancy has been strong. However, we are seeing lower nursing home occupancy. Even though we are on track to have about 600 moves to our nursing homes in 2018, the overall census has been about 93 percent. Our population has been transitioning from the larger



"greatest generation" of the 1910s and 1920s to the smaller numbers of those born in the "silent generation" of the 1930s and early 1940s. We project that there will be a few more years of less demand before it increases. The oldest baby boomer is only 73 and less than a quarter of the residents in our nursing homes are under the age of 80!

Financial Pressures

In addition to lower census, one of the factors that has created financial pressure on nursing homes is the legislative cut of the 3% annual inflator on prior year costs. 2018 is the second year with no inflator in the rates, which creates significant financial hardship for our profession. Since this cut occurred in the 2017 legislative session, operating margins in North Dakota nursing homes have declined from an average of -0.8% in 2016 to a -3.6% in 2018. Two-thirds of nursing homes are having losses in 2018. Please encourage your North Dakota Legislators to support the restoration of the 3% inflator during the 2019 Legislative Session.

Our Staff Make These Transitions Possible

We are blessed to have nearly 800 dedicated staff at Valley Memorial Homes! Congratulations to our VMH Employees of the Month for the past year: Sarah Dahlen, Austen Tyryfter, Elizabeth Staatz, Jayne Stempinski, Marlys Goulet, Elizabeth Belgarde, Sarah Hervey, Linda Halvorson, Luke Mathson, Sandy Kemnitz, Fatu Konneh, and Wanda Armstrong!

Of special note we have a transition in Medical Staff leadership. Congratulations to Dr. James Brosseau on his retirement as our Medical Director from Valley Memorial Homes! He has dedicated his career to his patients in our region and we were very fortunate to have his leadership over the last three decades! We welcome Dr. Chris Henderson as our new Medical Director.



Dr. James Brosseau



Dr. Chris Henderson



SMART WAY TO Save on Your 2018 Taxes

FOR THOSE OVER 70½

If you're considering making a gift to a qualified charity, like Valley Memorial Foundation, and are over age 70½, using your IRA as the source may be an attractive option.

Congress passed the Protecting Americans from Tax Hikes (PATH) Act, permanently allowing IRA owners who are at least 70½ years old to give up to \$100,000 directly from their IRA to a charity without having to include the distribution in their taxable income.

Donating the funds directly to a qualified charity, like Valley Memorial Foundation, allows the IRA owner to avoid taking possession of the funds and, more importantly, to avoid the tax bill that normally comes along with IRA distributions. Additionally, this qualified charitable distribution (QCD) can be used to satisfy the IRA owner's required minimum distribution (RMD).

Qualified charitable distributions can be particularly beneficial to individuals with most of their financial assets in their IRA, retirees who don't need their required minimum distribution (RMD) for income, and the charitably inclined who don't itemize deductions on their tax return.

If you are unsure how this strategy might affect your tax situation, it is important to consult with your tax advisor. Additionally, if you choose to take advantage of this strategy, it is advisable to work with your IRA advisor to make sure the qualified charitable distribution is processed correctly.

Feel free to contact the Valley Memorial Foundation if you have any questions or would like more information about gifting an IRA distribution.

This material is not intended to address all issues related to charitable giving. When considering charitable giving, talk with your tax, legal, or financial advisor. The Valley Memorial Foundation does not render legal, tax, or other professional advisory services.



Seated: Stan, Dorothy, Tom **Standing:** Family Members

Dear Valley Memorial Homes,

This year has been one of challenge and change for our family. In late January our father faced health challenges. This was the final factor in their decision that they needed some more assistance to fully enjoy life. While we had looked at Wheatland Terrace previously, they were not ready for the move. Now they were, and they became residents of Wheatland in February.

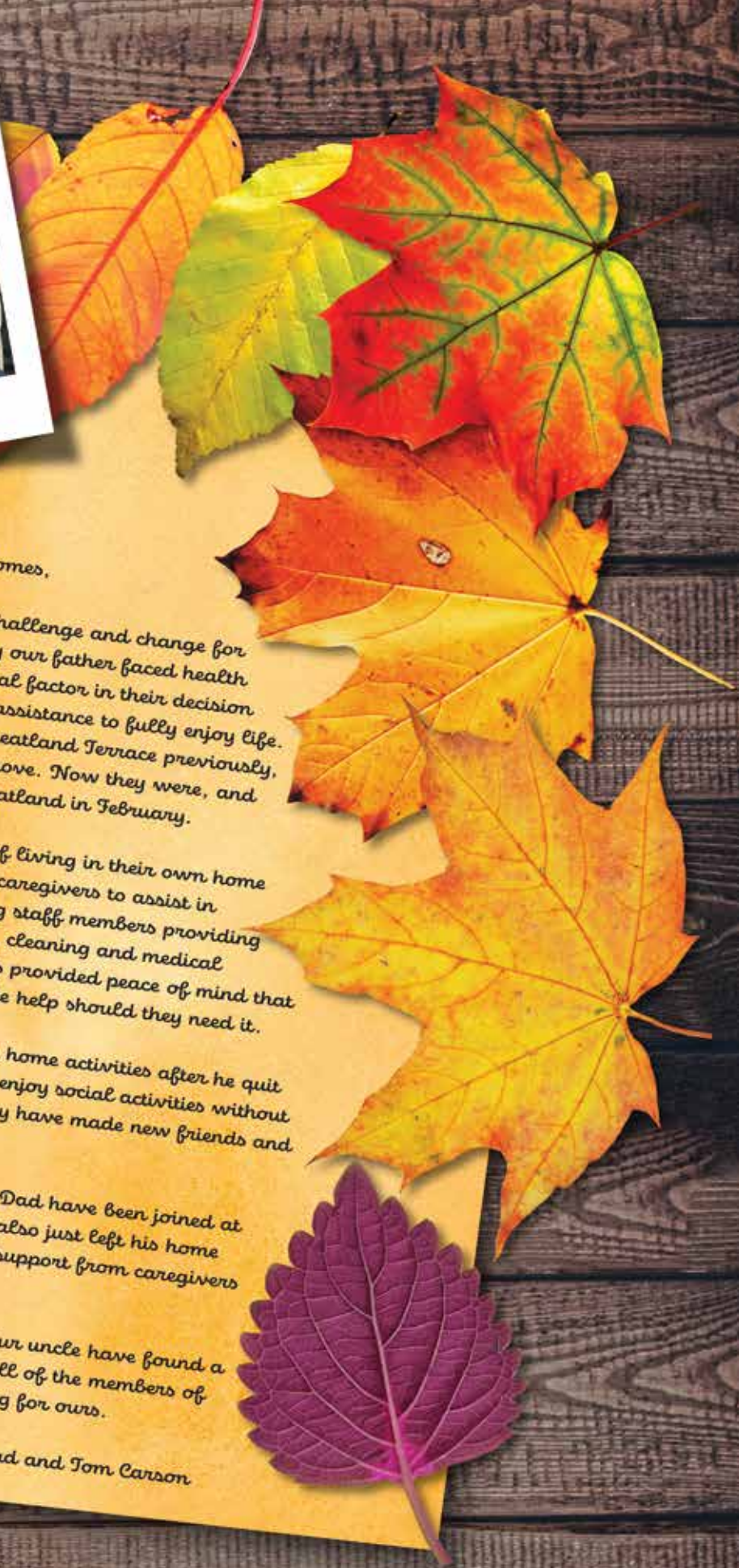
The move has taken the tasks of living in their own home away and replaced them with caregivers to assist in these tasks. Having these caring staff members providing food, activities, transportation, cleaning and medical assistance has been great. It has provided peace of mind that Mom and Dad can get immediate help should they need it.

Dad was limited in his outside the home activities after he quit driving but now he and Mom can enjoy social activities without risking winter slips and falls. They have made new friends and have found a community to enjoy.

An added benefit is that Mom and Dad have been joined at Wheatland by her brother. He has also just left his home and is enjoying his new apartment, support from caregivers and activities.

We are happy that Mom, Dad and our uncle have found a safe, caring place to live. Thanks to all of the members of the Valley Memorial family for caring for ours.

The family of Stan and Dorothy Hoistad and Tom Carson



Home /hōm/ (noun) the place where one lives

Home is so important to everyone in our communities. We want all of our residents to have a private place to call home. This year we will add 36 private rooms to our nursing homes with a number of great amenities. At the same time we are decreasing the number of residents living in semi-private rooms so that we will only have 26 semi-private rooms in our two nursing homes.

« Woodside Village »

At Woodside Village, the new addition has a total of twenty new private rooms with walk-in showers in their bathrooms. Ten rooms on two floors are built around their own activity and dining space just outside their room. These ten room additions have been well received by the first people to live in them!

Valley Eldercare Center »

At Valley Eldercare Center, 32 residents who were previously living in semi-private rooms will live in private rooms. In converting these rooms in the Riverside neighborhood, we are adding 16 deluxe private rooms with two closets and over 300 square feet of living space. They are the most spacious of our nursing home rooms. It has been great to see people move in their additional furnishings to these rooms to make it more like home! The social areas have also been updated and turned into an outdoor city sidewalk.

« Head Start »

Our Head Start preschool partnership has led to the creation of two classrooms for 28 children that will lead to amazing new intergenerational opportunities for our residents and the children in the program! We built the new accessible playground and classrooms with tremendous community support and a partnership with the Valley Memorial Foundation and the Grand Forks Foundation for Education.

Wheatland Terrace & Country Estates »

The new Wheatland Terrace activity room, entrance, and parking lot have been very well received by our assisted living residents and families. Washers and dryers have now been installed in all of our independent apartments, at Country Estates, and a second elevator is under construction.





Donor Thanks

We appreciate your generous hearts and are grateful to be a part of such a caring community! Every effort is made to correctly list donors, but if we inadvertently omit or misspell your name, please let us know. If you have any questions please call the Foundation Office at 701- 787-7984. Gifts listed were given from June 1 to September 30, 2018.

ONGOING PROJECTS AND PROGRAMS

Amazon Smile Foundation
Diane & Alvin Shervold
Evelyn Williams Estate

In Memory of Alice Lundin

John & Doris Lambie

Bernie Burggraf

John & Doris Lambie

Beverly Gravelle

Duane & Sharon Myron

Con Whalen

Dianne Torrey
Thomas & Linda O'Toole

Eileen Horpedahl

John & Doris Lambie

Esther Grabanski

Ruth Phalen

Eunice Christensen

Pauline Bondy

Frederick Peterson

Aberdeen Federal Credit Union

Helen Pederson

Betty Staveteig
David & Jennifer Burkland
Helen Pederson Family
Joyce Julian
Ralph & Karen Sollom

James Edgar

Hazel Hendrickson

James Murphy

Lawrence & Jeanette Brokke

James Vigen

Gerald & Joann Johnson
Karen & Elton Brekke

Jane Hardy

Bill & Laurie Vasicek

Jimmie C. Coauette

Bruce & Tami Newhouse

John Nolte

Leslie & Patricia Roos

Lee Ness

Bernice Goodman

Margaret Berlin

Bill & Laurie Vasicek

Rick Bohlman

Deb Anklam

Sharon Remark

John & Doris Lambie

Steve Johnson

Ruth Christianson

CHAPLAINCY MINISTRY

Bethesda Society
Clive & Jacky Jones
Dolores Olson
Elaine Brinkman
Elbert & Vivianne Dahlen
Harvey & Arlene Olsen
Helen Louise Nord
James & Laurette Zettel
Ken & Mary Chisholm
Lloyd & Beulah Staveteig
Lula Bry
Bethel Lutheran Church
Trinity Lutheran Church
Our Savior's WELCA
University Lutheran Church

In Memory of

Beth Anderson

Charles & Claudia Johnson

Beverly Gravelle

Beverly Langheid

Con Whalen

Robert & Olive Weber

Fern Yon

Richard & Kathleen Ramsay

Francis Jacobs

Dorothy Jacobs

Janis Hausmann

James Hausmann

Karen Ryan

Lloyd & Beulah Staveteig

LuVerne Higdeman

Charles & Claudia Johnson

Merle Anderson

Donald & Sue Fisk

Paul Bry

Lula Bry

4000 VALLEY SQUARE CAMPAIGN

Altru Health System
Audrey Burfening
BCBSND
Barb Vigen
Bernie Altendorf
Beverly Thureen
Brenda Johnson
Brenda Tuft
Brittany & Jeff Caillier
Bruce & Tami Newhouse
Calvary Lutheran Church
Cecilia & David Lambeth
Charles & Claudia Johnson
Cheri Erickson
Clara Laughlin
Mr. & Mrs. Dave Gunther
David & Cynthia Loiland
David & Jennifer Burkland
Dean & Barbara Moen
Donald & Sue Fisk
Donna Holum
Donnabelle Weston
Doreen Jose
Doris Vinger
Elizabeth York
Evelyn & Romanzo Duncklee
Everett & Karen Knudsvig
Frandsen Bank & Trust
Gaylene Wavra
George & Patti Berg
Georgine Sellheim
Graham & Jane Oakland
Grand Forks Foundation for Education
Harold & Diana Randall
Henrietta Bergman
Herb & Lyla Wogsland
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Joann Brown
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Judith & William Rivard
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Kristen Larsen-Schmidt
Larry & Ellen Hoiberg
Leo Bedard
Leona Czapiewski
Lloyd & Eileen Iverson

Lorraine Amundson
Mardene Slaathaug
Marian Knudsvig
Mark Kobe
Marla Hoff
Mary Jo Schill
Ragna Hanson
Raymond Stewart
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Ronald & Lila Nelson
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Stan MacHipiness
Steven Short
Thomas & Kathleen Hill
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University Lutheran Church
Mission Endowment
US Bank
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Valerie Ione Ames
Vivian Erickson
Wayne & Janet Seames
Widseth Smith Nolting, Inc.
Yvonne Nelson

In Memory of

Barbara Polovitz

Dak Minn Blood Bank
Dan Jorgenson
Donald Chovan
Jacob Jorgenson
Johnnie & Stella Boggio
Leo & Carmen Marchel
Linda Mabry
Marcene Walt
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Ross & Norma Nickerson
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Con Whalen

Alice Joy Bostrom

Glenn Gilbraith

Dawn Gilbraith

James Bilden

Sylvia Bilden

Lee Ness
Alice Joy Bostrom

Lila Benson
Ruth Jelinek

Marla Hoff
Bev & Gary Slominski
Beverly J. Olson
Colleen Bruns
Patti & Dave Miedema
Perry & Priscilla Marto
Shannon Holte
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Millie Schroeder
Hazel Hendrickson

Myrtle Snustad
Bruce & Tami Newhouse

Oben Gunderson
Sue & Mark Bjornstad
Ordean Saure
Mitchell Saure

Shirley Kvidt
Sue & Mark Bjornstad

William 'Bill' Hill
Anthony & Ruth Malaktaris

WHEATLAND TERRACE ACTIVITIES

**In Memory of
Lenore Lee**
Barb & Mark Gregory
Brian & Marilyn Johnson
Cres Compton
Dorothy Stamon
Duaine & Phyllis Espegard
Mr. & Mrs. James Hansen
Joan Smith
Lois Madsen
Patty & Jim Burtness
Robby & Gary Zick

WOODSIDE VILLAGE ACTIVITIES

Barb & Doug Erdman
Cara Hendrickson
Karen Mathiason
Ken & Pam Moreland
Phil & Michelle Amundson
Robert & Barbara Humble

**WOODSIDE VILLAGE
HEARTLAND**
Don Lemon

**WOODSIDE VILLAGE
PET FUND**
**In Memory of
Kayle Bodensteiner**
Mark & Carol Egeland

**WOODSIDE VILLAGE
WISHING WELL**
David & Karen Pierce

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CENTER**
Rydell GM Auto Center

**In Memory of
Donna Wilson**
Neil & Ann Wilson

**VALLEY ELDERCARE
CENTER
MAMAS & PAPAS**
Dahlstrom Motors
Hope Evangelical Covenant
Church
Mr. & Mrs. James Hansen
McKinnon Co Inc.
New Vision Fiberglass
Red River Builders

**VALLEY ELDERCARE
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MUSIC**
James & Laurette Zettel

**VALLEY ELDERCARE
CENTER
ANGEL FUND**
**In Memory of
Myrtle Snustad**
Brian & Pam Whalen
Catherine Wold
Daniel Swingen
Donald & Marcella
Christianson
Family and Friends
Gregory & Debra Nelson
James & Judith Bradshaw
Jay & Gail Snustad
John & Deb Snustad
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Mark Paulson
Mark & Sonya Kalscheur
Michael & Mary Ann Delisle
Patrick & RoxAnne Moore
Peggy & Peter Snustad
Renee Powell
Richard Hirschberger
Sue & Mark Bjornstad

**VALLEY ELDERCARE
CENTER ALMONTE**
**In Memory of
Laura Jane Paulson**
Robert & Dawn Boyd

Todd Gudmundson
Oscar & Shirley Byron

**VALLEY ELDERCARE
CENTER LANARK**
**In Memory of
Alice L'Esperance**
Rachel Goebel

Duane Gustafson
Rachel Goebel

Eunice Christensen
Rachel Goebel

Jane Hardy
Rachel Goebel

LaVern Zimmerman
Rachel Goebel

Marla Hoff
Rachel Goebel

Mary Ohman
Rachel Goebel

Ron Timm
Rachel Goebel

Tersilla DuPont
Rachel Goebel

**VALLEY ELDERCARE
CENTER REEVES**
**In Memory of
Harold O. Hanevold**
Hanevold Family

**VALLEY ELDERCARE
CENTER RIVERSIDE**
**In Memory of
Don Jaros**
Helen & Casey Hutton
Lowell Schweigert

VALLEY MEMORIAL CLUB
Gwenn Bazajou

**In Memory of
Barbara Polovitz**
Beverly Lunde
Lawrence & Ida Heuchert

Eunice Christensen
Beverly Lunde
Lawrence & Ida Heuchert

Joyce Pond
Wayne & Janis Sykes

Ken Kuhl
Beverly Lunde

TUFTE MANOR
**In Memory of
Clare Mathistad**
Ken & Deborah Hovde

Fern Yon
Alice Tveit
Eleanor Tveit

**TUFTE MANOR
ACTIVITIES**
Karen & Richard Axvig
Mark Kobe
Tom & Margo Colenso

**In Memory of
Doris Martinson**
Richard & Barbara Lunde

Fern Yon
Casey & Mary Ann Vilandre
Cecil & Julie Schimke
Connie Kaste
David Jeffrey
Donnabelle Weston
Karen & Richard Axvig
Richard & Barbara Lunde
Richard & Kathleen Ramsay
Sue & Mark Bjornstad
Susan & Larry Hanson

Millie Schroeder
Walter & Nancy Olson

GIFTS IN KIND
Barb Jensen
Barbara Serr
Boyd Wright
Cheryl Severinson
Mona Korsmoe
Nora Bartels

GIFT OF QUILTS
St. Paul's Lutheran Ladies Aid
Therese Linnertz
Our Savior's Lutheran Church
Zion Lutheran Church Quilters

**RESIDENT NEEDS
ENDOWMENT**
Garth & Christine Rydland

GRANTS
Victor & Nina Cranley Trust
Nellie Svee Trust





PARTNERS IN CARING – EMPLOYEE GIVING CAMPAIGN

Valley Memorial Homes employs over 800 people. Over 200 of our employees have combined their gifts to make a difference through the 'Partners in Caring' Employee Payroll Deduction campaign. In 2017 their gifts totaled over \$37,000! Employees' gifts help maintain the quality of life for those who call Valley Memorial 'home' and for those who choose to work here. Thank you to all of our employees who have chosen to be a part of the campaign.

Alan & Linda Halvorson
Alexis Nelson
Alexis Spiros
Alexxis Rosnow
Alice Mah-Parham
Amanda Braseth
Amanda Jones
Amber Swenson
Amelda Grant
Amy Olson
Andrew Williams
Angela Borgen
Angela Olson
Angella Mathison
Angie Praska
Angie & Troy Goulet
Ann Berry
Ashley Hettervig
Austen Tyryfter
Barbara Graf
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Betty Koester
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Bev & Gary Slominski
Bonnie Overby
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Briana Clements-Bazer
Brita Lubinski
Brittany German
Brittany Lively
Capri Rham
Carla Marion
Carole Torgerson
Carra Hindberg
Cathie Arnold
Charles & Claudia Johnson
Cheryl Vidden
Cheryl & Jay Ekren
Chloe Wylot
Christa Lembke
Christine Sondrol
Cindy Pladson
Colleen Bruns
Corynne Brumwell
Dan Kostad
Danielle Sorum
Darci Lyn Bohn
Dave Loranger
Dawn Dill
Deanne Gifford
Debbie Maier
Deborah Jeans
Deborah Nelson
Debra Kieckbusch
Donna Schothorst

Donna Sheard
Doreen Johnson
Doris Ashley
Elizabeth Lipsh
Erin Larson
Garth & Christine Rydland
George Overby
Gina Roller
Gloria Foss
Heidi Ebertowski
Helen Hutton
Ingrid Hove
Jacinda Nelson
Jackyln Brumwell
Jacquelyn Scott
Jan Wysocki
Jane Cable
Jane Leith
Janet Gadaire
Janet Moen
Janice Lein
Janine Ogren
Jasmine Pyle
Jayne Stempinski
Jeffrey Klindworth
Jennifer Enninga
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Jessica Baumgarten
Jessica Van Bree
Jewel Kostrzewski
Jill Blasky
Jill Swingen
Joan Houde
Joni Williams
Jonina & Mike Schumacher
Judith Schmidt
Julie Hendrickson
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Katie Eken
Kayla Ekren
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Kelli Radi
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Madeleine Parks
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Maxine Boushee
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Miranda Storey
Molly McHugo
Monique Manz
Myrna Dyrdal
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Nancy & Rick Halligan
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Noura Ahmed
Pamela Sampson
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Sally Rude
Sandra Pesch
Sarah Dahlen
Sarah Hervey
Sarah Nelson
Sarita Rai
Scott & Mary Van Camp
Shannon Holte
Shaunna Kidd
Sheila Denney
Sheila Hunsberger
Sheila Nygaard
Shelley Garcia
Shelley Two Bulls
Shelly & David Pilon
Sherry Gierszewski
Sie Kam
Sonja Hathaway
Stacey Butters
Stacia Poitra
Stacy Roach
Stephanie Dillenburg
Sue Vien
Sue & Mark Bjornstad
Sunny Ekwenta
Susan Davidson
Susan Henderson
Susan Prestegard
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Susanne Naastad
Suzanne Lien
Suzanne Wedin
Tamara Ault
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Therez Sevigny
Tiffany Kuznia
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Tina Peterson
Toni Adam
Toni Lafrenz
Traci Pind
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Giving Made Easy

ONLINE GIVING We have online giving on our Valley Memorial Homes website. To access our online giving:

www.valleymemorial.org Ways to Help Donate Now

Simply fill out the form using either a credit card or PayPal. One recent online donor stated that it was an easy way to make a gift with the assurance that the gift would arrive within minutes.

THRIVENT CHOICE Thrivent Financial has a charitable program called Thrivent Choice. This program offers Choice dollars to qualifying Thrivent Financial members. As a member who receives these dollars you may choose a non-profit organization, such as Valley Memorial Homes, to receive those dollars. If you have Thrivent Choice dollars to allocate, we ask you to consider Valley Memorial Homes as you help direct Thrivent Financial charitable funds. To make a gift through Thrivent Choice call 1-800-THRIVENT or go to thrivent.com.

MEMORIAL AND HONOR GIFTS These gifts are a tribute to loved ones. Provided below is a form that can be filled out and sent to the Foundation office. These gifts will be listed in future issues of the *Valley Times* newsletter.

For more information about any of these giving options contact Sue in the Foundation Office at 701-787-7984 or sbjornstad@valleymemorial.org.

Gift to Valley Memorial Foundation

Enclosed is my/our gift of \$ _____ (Please make checks payable to Valley Memorial Foundation)

Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Please designate my gift to _____

In Honor of _____ Occasion _____

In Memory of _____

Please notify this person of the gift

Name _____

Address _____ City _____ State _____ Zip _____

Thank you for your gift to Valley Memorial Foundation, 2900 14th Avenue South, Grand Forks, ND 58201



2900 14th Avenue South
Grand Forks, ND 58201

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Consider Choosing Valley Memorial Homes

FOR SENIOR INDEPENDENT LIVING:

Country Estates at 4000 Valley Square

This social community has various 1 and 2 bedroom apartments and benefits from the many amenities offered, such as transportation to medical/shopping, the Myra Café and noon meals, hair salon, libraries, and community rooms for social programs and functions. **Call 701-787-7563 for your tour today!**

Cherrywood Village Do you know someone who is 62 years or older and needs assistance to pay rent? Check out Cherrywood Village located in a quiet residential setting on Cherry Street. Apply at Grand Forks Housing Authority or online at <https://www.thegfha.org/cherrywood-village.tml> or call 701-746-2545.

YOUR AMAZON SMILE CHARITY:

Amazon Smile will donate 0.5% of your Amazon purchases to Valley Memorial Homes if you pick our organization as your charity. This donation is completely free to the shopper.

- <https://smile.amazon.com> each and every time you shop on Amazon Smile. The login for Amazon Smile will be the same as Amazon.



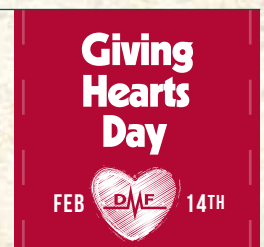
- Once you are logged in you will be prompted to select a charity.

The key is to pick Valley Memorial Homes Charity (not Foundation).

smile.amazon.com/ch/45-0448164



Valley Memorial Homes has been chosen by Dakota Medical Foundation and Impact Foundation to participate in Giving Hearts Day 2019, a 24-hour online fundraising event that will be held on February 14, 2019. Contributions of \$10 or more will be accepted online on February 14 at: impactgiveback.org.



Thank you!