



MARCH 2023 | Pictured above left to right: Michael Pearson, Roma Schade, Daniel Morland, Ronald Bosch & Kyrsten Boberman.

A New Way to Spend the Day

In February, we started a new day program at The Bowman Landing, offering recreational/leisure activities in one of the open apartments. The transition is going great! People are enjoying exploring their creative side and the crazy, silly fun that happens in apartment 202. Relationships are growing between the staff and people supported in this new environment. We are looking forward to having warmer weather so there can be more outdoor activities and day trips in the future. The biggest request has been for a day trip to Deadwood, SD to try their luck at gambling! Be on the lookout for many adventures to come in Bowman, ND.



Above: Bethany Joppa & Daniel Morland



Left to right: Ronald Bosch, Lynne Nygaard and Daniel Morland enjoying activities. Michael Pearson showing off his snowman dessert. Lynne Nygaard creating with tissue paper. Kim Peplinski and Rochelle Thompson trying some painting.

Bringing honor and touching hearts

The Repeat Outlet in Bowman, ND offers many products for sale but there are none more powerful than our memory pillows. These five pillows they recently made were extra special as they were made with love from the shirts of our dear friend Hoppy Vogel who was with ABLE for almost 40 years and passed away earlier this year. The pillows were sent to his four sisters and a friend to remind them that Hoppy will always be with them. We are proud to make such treasured keepsakes!



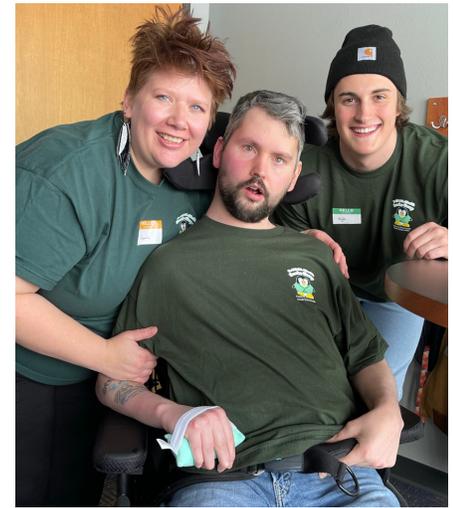
SHAKING THINGS UP

On March 16th, over 70 students headed to the Biesiot Activities Center to participate in **Scrubs Camp**. The Scrubs Camp event hosted over 17 presenters from various organizations providing interactive experiences to highlight health careers in this region.

Kyle Brilz, Tyler Gress and Sarah Carlson educated students on muscle tone/spasticity and how neurological conditions can impact it. Next, they challenged students to a game of Jenga... but it was not ordinary Jenga! Using TENS units to send electrical pulses through pads applied to their bicep and forearm, students experienced uncontrollable muscle spasms in their arm. Students quickly learned how challenging it can be to do even simple tasks when disability is a factor. Events such as these are wonderful for providing disability awareness as well as recruiting our future workforce!



Pictured above: Sarah Carlson explaining how muscle tone impacts movement. Bottom left: Students enjoying the game. Below: Sarah Carlson, Kyle Brilz and Tyler Gress.



Thank you Dickinson Police!



It brings us great joy to say thank you to our community partners. This newsletter we celebrate you, Dickinson Police Department for all of your support. Together we have faced some big issues lately. Your team responded with care and consideration to all parties! We are so grateful to our community support and that includes our responsive **POLICE DEPARTMENT!**

Back row, left to right: Melinda Hiatt, DJ Bachman, Lt. Hanson, Sterling Besler, Officer Praus, Officer Olson, SPO Hopponen, Detective Whinery. Front row, left to right: Brittany Grafton, Desmond Taylor, Mike Klein, Mary Anderson, Samantha Walz, Alana Peart-Gibson.

A NOTE FROM EXECUTIVE DIRECTOR



Mary Anderson
Executive Director

As I bask in the sun that seems to have eluded us much of the winter, I am filled with hope. Hope for ABLE, and the MANY people we support. I am excited about all that we can do together as a team, as individuals, as family. We survived and continue to survive COVID and multiple snow storms. We are moving forward with a new group home in Hettinger, upgrades at the Bowman Landing and renovations at the TRex Plaza. But what excites me the most is that people we support have had great things happening. This is because they are surrounded by dedicated and observant support teams and families!

Today I want to share some excerpts from a book I recently read called *Dangerous Hope* by Mandy B. Anderson. I found this book during a leadership workshop I recently attended. The title is not what I thought it would be, which was that dangerous hope was something to avoid. It is not. The book describes that “When people lose hope, they become fearful. We need to be filled with a Dangerous Hope that is so strong it can change our current reality for the better.”

I want to share this philosophy of hope with all the people we support and our teams. Hope mixed with action will help us create great things for the people we support. I look forward to continuing to lead a team that is filled with hope and future. -Mary Anderson

SW NIGHT WITH LEGISLATORS

Our team was proud to represent ABLE, Inc. at Southwest Night with the Legislators on February 13th. We had a booth to showcase our organization and products from the Repeat Outlet on display. Our team members worked diligently to educate legislators on our needs and legislative platform for increasing wages. We heard that it made a difference, so good job team!

The highlight of the night was the celebration roast of Rich Wardner upon his retirement from the North Dakota Senate. Speakers got up and shared stories and many laughs to thank him for his dedication to our beautiful state.



Above: Shawn Orcutt & Megan Walsler at booth.



Left to right: Kim Fretheim, Shawn Orcutt, Shelby Pauley, Megan Walsler, Kyle Brilz and Sarah Carlson enjoying a great meal. Rich Wardner reminiscing on his time in the Senate. Mary Anderson, Angela Dinius (Exec. Director of NDACP) and Mike Klein.



DECADES

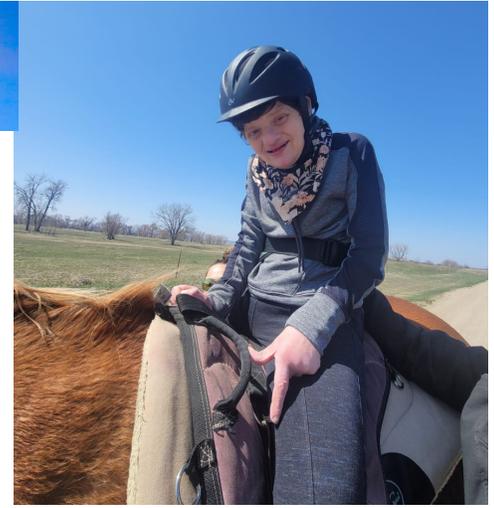
Stop by today and take a trip
through time at the T-Rex Plaza!

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



Waiting for summer

Who says therapy can't be fun and exciting? TR 4 Heart and Soul has been the highlight of Laura Schmit's summer ever since she joined in summer of 2021. TR 4 Heart and Soul is a non-profit that is dedicated to improving the quality of life for individuals through the heart and soul of a horse. The owner Katie and her team of volunteers have made this experience so wonderful for Laura that she is looking forward to going back for the 3rd summer. She has not only gained coordination and body strength, but also new friendships with the hooved companions in the program.



Laura wanted to give a shoutout for TR 4 Heart and Soul. They are located in Bismarck and work with people of different ages and abilities. You can find them on Facebook at www.facebook.com/tr4heartandsoul/ Or on their website at <https://www.therapeuticriding4has.org/>



Celebrating Progress

As our Dickinson community celebrates a year of progress in 2022, ABLE, Inc. is honored to be recognized by others as a valued contributor to this great community. Stark Development Corporation featured our T-Rex Plaza on the cover of their 2022 Progress Report and awarded us with the 2022 Community Transformation Award at their Annual Meeting on February 21st!

On left: Mary Anderson thanking our partners at the Stark Development annual meeting.
On right: T-Rex Plaza on cover of Progress Report



Back: Ryan Kilwein, Brad Kordonowy, James Donivant, John Rehbein, Tracy Tooz, Jared Twogood, Derek Twogood, Alec Johnson. Front: Luis Vega, Brinkley Rehbein, Mary Anderson

A couple weeks later, Tooz Construction was awarded the Dickinson Area Builders Association Project of the Year Award for their work on the T-Rex Plaza. We were delighted to join them at the Eagles Club as they accepted the award.

Helping our Community

Greg Wock has a passion for recycling so last year he began visiting local businesses to help them recycle cardboard, aluminum cans and pop tops. What started with 3 businesses continues to expand as more community members hear of what he is doing. He currently stops at both Daily Perks locations, Serendipity, Poppy's Coffee Shop and Gaffaney's Floral. Being able to share his passion with the community, while building relationships with his business partners has given him great joy. He can't wait to expand upon it in the future. Way to go, Greg!



Left to right: Greg with Christy Haven, Julie Degele, Joelle Dolechek, and Jason Degele at Gaffaney's Floral.



Greg stopping at businesses, Daily Perks & Gaffaney's Floral.





Pictured above: Halie Maychrzak sewing strips to be used in loom rugs.

Hard at work at the



in Bowman, ND.

The Repeat Outlet and Recycling Program in Bowman are business ventures ran by people with disabilities to bring vibrancy to their community, while helping the planet. When you walk through their store, you will find products such as rugs, quilts, aprons and more that they make from recycled fabrics. Outside you will see their aluminum can recycling operation which processed over 7 tons of cans last year and nearly 440 tons since the program began May 1st, 1987.

One of their favorite days of the year is Earth Day! During their upcoming Earth Day Celebration on April 21, 2023, they will be running sales in their store as well as paying a higher price for aluminum cans. Please bring your cans and stop on down anytime between 7am and 5pm to have a free pop, register for door prizes and shop the sale products.



Pictured left to right: Shawn Orcutt tying placemats, Shelby Pauley helping Lindsey Moore from CQL do some shopping, Shawn Orcutt running the recycling, Faye Sarsland and Ashley Schmalz sewing strips to be used in loom rugs.



Colin Schmidt with his cake.

A FEW FUN MOMENTS TO SHARE

Colin Schmidt was overjoyed this February when he was surprised with this Green Bay Packers birthday cake. What made it even more special? It was ordered from his good friend Casey Jo Johnson's business, Cake Eaters Bakery. When she's not working the front desk at our ABL office in Dickinson, she's baking these delicious creations!

Carrie Beck recently got her ears pierced. She has been wanting to do this for awhile and was so excited. They look fabulous!



Carrie getting ears pierced.



Julia Anderson and Alicia have been experimenting in the kitchen and recently made homemade pasta and lasagna! Yum!



ABLE KID THRIFT

Clothing sizes 0 to 5T, cribs, high chairs, & more for your small children.

HOURS: MON-FRI 10AM-5PM, SAT 10AM-3PM



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

STOP IN TO SEE WHAT'S NEW
Exciting things are happening at the T-Rex Plaza with new items added daily at our three store locations. Come and explore!

