



DECEMBER 2019

FIND UNIQUE GIFTS AT REPEAT OUTLET

Since 1994, our store in Bowman, ND has been a popular shopping spot for old Saint Nicholas. Even if handmade rugs or quilts are not on your list this year, you must still stop in to see the wide array of products that the Repeat Outlet has to offer. They create aprons, pillows, children's activity bags, tote bags, pot holders and so much more. While you're there, don't forget to pick up one of the new recycling mugs for \$7 each! Store manager, Halie Maychrzak says "Come see me and I'll give you a deal!" Halie (pictured above with Nora Hyde, Assistant Manager) stepped into the manager position when long time store manager, Rosemary Whipf passed away on February 2, 2019.

Repeat Outlet is open 8am to 5pm Monday through Friday, at 101 North Main Street. If your sleigh isn't planning on traveling to Bowman, ND this Christmas season, you can also buy some of the Repeat Outlet products at our Decades store location in the Dickinson T-Rex Mall.

TAKE A LOOK AT WHAT'S INSIDE:

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Left: Jason Andersen and Sierra Schoeneman making pillows

 Find us on **Facebook**
December 3, 2019

#GIVING TUESDAY

Giving Tuesday is a day of giving celebrated the first Tuesday after Thanksgiving. To help raise awareness of charitable causes and amplify donors' generosity, Facebook is matching dollar for dollar, up to \$7 million in eligible donations on a first-come, first served basis beginning at 6am (MT). ABLE, Inc. was honored to receive over \$20,000 in donations through this event last year. Mark your calendars and set your alarm clocks early to participate on December 3rd if you are interested in helping us reach our \$10,000 goal. Our fundraising event can be found on the ABLE, Inc. Facebook page.

Thank you to all who consider us this year in your giving!

The True Value of Team

The last home game of the season was about to start as the DSU volleyball team gathered together in the basement locker room of Scott Gymnasium. Excitement and laughter turned to calmness as they wrapped their arms around each other and huddled to say their pre-game prayer. It is these moments that truly mean the most to Assistant Coach Gail Dobitz. Regarding her 4th year of coaching, she states "My team needs me, for 4 seasons, they counted on me and I count on them. They are my girls." Head Coach Jennifer Willis has seen the impact that Gail's coaching makes on the team and even assists her in scheduling a time each season to educate the team on disability awareness. As this season comes to a close, we celebrate you Blue Hawks for another season of memorable moments



FUN FACTS



Left: October 30th was a magic day for Ron Bosch and Evelyn Wahl. Why? Because Ron's favorite show, "The Price is Right" came to Bismarck, ND.

Right (left to right): Carrie Beck, Ken Everson, and Randy Wyman attended the Halloween dinner & dance. Carrie even took 2nd place with her bee costume!



Cardiac Ready Community

Rosie Jahner, Human Resource/Safety Support is a committee member of the Cardiac Ready Community here in Dickinson working to help educate our community of the importance of CPR and the AED. The ultimate goal is to improve the survivability of cardiac event outside of a hospital. At current, persons who experience cardiac arrest outside of a hospital have a 10% chance of surviving.

This program promotes increasing the amount of CPR and AED trained individuals within the community, as a way to improve public response in an emergency while waiting for EMS to arrive. It also identifies where the AED's are, so if one is in need, it may be easily located and publicly accessible. ABLE, Inc. is proud to have Rosie serving on the committee for this great cause!

Why Become Cardiac ready

- In rural North Dakota, there can be time delays before first responders can arrive at the scene in time to help cardiac arrest patients.
 - Overall National average time for EMS response is 7 minutes
 - National average for solely rural areas is 13 minutes
- Cardiac Ready Community designation works to improve several of the elements of cardiac care.
- Designation guidelines set by ND-DoH, AHA/ASA, ND Cardiac system of care



Cummins R, 1989. From concept to standard-of-care. Review of the clinical experience with subcutaneous automated defibrillators. *Annals of Emergency Medicine*. 18:1568-75.

3 REASONS TO STOP AT THE ABLE THRIFT CENTER TODAY

1

OUR CHRISTMAS DECOR IS ALREADY FLYING OUT THE DOOR.



2

WE HAVE THE WINTER GEAR THAT YOU'LL NEED THIS YEAR.

3

YOU ARE THE REASON THAT OUR WORK IS ALWAYS IN SEASON.



Thank you for supporting the **ABLE THRIFT CENTER**

1571 West Villard, Dickinson ND
Open Mon-Fri 10-5, Sat 10-3



Bowling Party

On October 25th, the Little Missouri Arc sponsored the annual bowling party in Bowman, ND. People from Bowman and Hettinger and community members came together to enjoy food and an afternoon of fun!

Upper left to right: Jeffery Pearson, Shawn Orcutt, Daniel Morland, Zach Lohnes, Randy Wyman

Lower left to right: Kim Peplinski, Lynne Nygaard, Halie Maychrzak

On right: Kim Peplinski



Decades

Come take a trip through the Decades! Now is the time to shop our large selection of Christmas decor.

Open Mon-Fri 10-5, Sat 10-3 in the T-Rex Mall, Dickinson ND

