



October is National Depression and Mental Health Awareness Screening Month—a crucial time for promoting and understanding, reducing stigma, and encouraging individuals to seek help for mental health challenges at any age.

How to Support Mental Health Awareness:

1. **Educate Yourself and Others** – Understanding mental health is the first step toward reducing stigma. Share data-based information about depression and the importance of mental health screenings with friends, family, and your community.
2. **Encourage Open Conversations** – Create a brave space for discussions about mental health. Encourage loved ones to express their feelings and concerns without fear of judgment.
3. **Promote Available Resources** – Share credible resources that provide support for mental health. Ensure that individuals know where to find help when they need it.
4. **Advocate for Mental Health** – Support initiatives that promote mental health awareness in your community. Participate in local events, campaigns, or online discussions to destigmatize the impacts of mental health.
5. **Practice Self-Care** – Taking care of your own mental health is essential. Engage in activities that promote well-being, such as exercise, mindfulness, and connecting with others.

The impact of mental health awareness is a year-round commitment to fostering understanding, compassion, and action. Remember, mental health is just as important as physical health, and everyone deserves access to the support they need to thrive. Together, we can make a difference in the lives of those affected by mental health issues and create a safer, more supportive environment for everyone.

We would like to congratulate our Jeff Bahm Guardian Angel Recipient, Lorrie Somers. We started this award in memory of a dear friend and coworker, Jeff Bahm. She has been with Benedictine-Bismarck for over 7 years and has made a huge impact on everyone in our community, from residents to associates and the families she has met along the way. **Lorrie is known for the hospitality she provides to everyone here. She ensures our community is welcoming and feels like home for all. She is a listening ear for our residents and families and takes their feedback to constantly make improvements to our community.** Her compassion and the hospitable nature she provides for our residents and her coworkers, exemplifies our Core Values. Congratulations Lorrie!



Benedictine-Bismarck RESIDENT NEWSLETTER



Quilt of Valor: History and the Nomination Process

Catherine Roberts' Dream... Quilts of Valor Foundation began in 2003 with a dream, literally a dream. Founder Catherine Roberts' son Nat was deployed in Iraq. According to Catherine:

The dream was as vivid as real life. I saw a young man sitting on the side of his bed in the middle of the night, hunched over. The permeating feeling was one of utter despair. I could see his war demons clustered around, dragging him down into an emotional gutter. Then, as if viewing a movie, I saw him in the next scene wrapped in a quilt. His whole demeanor changed from one of despair to one of hope and well-being. The quilt had made this dramatic change. The message of my dream was: **Quilts = Healing.**

The model appeared simple: have a volunteer team who would donate their time and materials to make a quilt. One person would piece the top and the other would quilt it. I saw the name for this special quilt: it was Quilt of Valor, a QOV.

A Quilt of Valor is... From the beginning, Catherine Roberts had definite ideas about standards of excellence for Quilts of Valor: I knew a Quilt of Valor had to be a quality-made quilt, not a "charity quilt." A Quilt of Valor had to be quilted, not tied, which meant hand or machine quilting. It would be "awarded," not just passed out like magazines or videos, and would say unequivocally, **"Thank you for your service, sacrifice and valor in serving our nation."**

Who is eligible for a Quilt of Valor?

Active duty, National Guard, and Reservist members of the United States Armed Forces, being the United States Army, Marines, Navy, Air Force, Space Force and Coast Guard.

Served during declared war, conflicts, police actions, peacekeeping missions, and counter terrorism operations and/or times of peace.

Service during, but not necessarily limited to, WWII, Korea, Vietnam, Panama, Beirut, Granada, Bosnia, the Cold War, Desert Storm, Desert Shield, Iraq, Afghanistan, anti-terrorism operations, and terrorism attacks against Armed Forces personnel is included.

Only veterans with an Honorable or General Discharge status are eligible.

Quilt of Valor Foundation does not award Quilt of Valor's posthumously.

How do you nominate someone?

Go online to <https://www.qovf.org/nominations-awards/> and fill out the 'Online Nomination Form.' It is a shared responsibility between the nominator and the Quilt of Valor Foundation volunteers.

Are service member's or veteran's families or other support personnel eligible to receive?

No, they are not. Quilt of Valor awards quilts only to service members and living veterans of the U.S. Armed Forces. Quilt of Valor Foundation acknowledges and appreciates the support of families. They also remember and honor those who have given their lives for our freedoms.

Congratulations to our most recent residents, Pat Rotenberger and Ralph Spier who received their Quilts of Valor.



Help Us Reach the Light!

Our stunning stained glass windows are on track to begin construction in Spring 2026—and we're already 80% funded! Be part of this lasting legacy. Every gift brings us closer to the finish line. Donate today and help illuminate our future.



Assisted Living Buffet
“Cracker Barrel Inspired”
Thursday, October 16th at 11:30 A.M.
All Saints Chapel

Cockatiel Pet Therapy

Skilled Nursing residents join us for a unique pet therapy experience on Tuesday, October 14th at 1:30 P.M. in the Theater!



Let's Meet Melissa! Melissa joined our Assisted Living Wellness Team in September and she jumped in, full of fun ideas and ready for the action! We asked Melissa a few questions to get to know her better, check out her answers below:

A Little About You: I used to be a preschool teacher for 7 years, I have a dog, cat and a bearded dragon. My son is a junior (17) and my daughter is a freshman (15). My husband works at Bismarck Aero Center as an Avionics Lead.

Favorite Food: ANYTHING PASTA!

Favorite Activity Outside of Work: Coffee with friends, I am a HUGE get together and have coffee type of gal!

Favorite Hobby: I love flowers and planting.

Favorite Color: Yellow!

Alpaca Farm Outing

Assisted Living residents slip on your boots, dig out \$5.00 from your walker and join us for a morning with the alpaca's on Wednesday, October 8th!



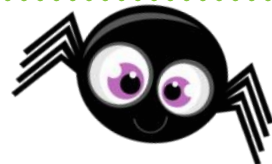
UPCOMING EVENTS:

Halloween Trivia

What U.S. city is known as the “Witchcraft Capital”?

On average, how many seeds are there in a pumpkin?

Actor Michael J. Fox plays a high schooler with a monstrous secret in what 1985 movie?



Paint Party with Linda

Get ready to unleash your inner artist! Local talent Linda Maize is here to guide us through a fun painting class on October 8th at 1:30 PM. Whether you're a total newbie or a seasoned pro, this is your chance to create and chill. We'll be sipping wine and snacking on cheese and grapes—because art tastes better with snacks! All supplies are included, so just bring your creativity. Don't forget to sign up in the book, and if you've got questions, Tara at the front desk is your go-to gal. Let's paint, sip, and have a blast!

