

NORTH DAKOTA VETERANS HOME WISH LIST

The Activities Fund is always accepting monetary donations. This fund enhances socialization in the lives of the residents. Bingos, craft projects, outings, and social events are just a few ways that these donations are utilized.

The American Legion Auxiliary Cart accepts monetary donations. Your donations will provide residents on-site access to shampoo, deodorant, clothing items, and other personal care items.

Items wanted:

Large Illuminated Alarm Clocks

Large Wall Clocks

Stamps

I-Tunes Cards

Small DVD player

Smaller CD Players

Magazine Subscriptions

Newspaper Subscriptions

Poker Chip Sets

Bike Helmets

Bird Food

*We are so thankful for the donations that have been given to the North Dakota Veterans Home. At this time we are no longer accepting used items. We simply have run out of storage space to house used items. Thank you!

FUTURE WISH ACCOUNTS

-New Bingo Machine Account

-Aromatherapy Program

-Equipment and Supplies for the Workshop

-Display Cabinets for Workshop

If you have any questions regarding donations please contact:

**Mark Johnson,
Administrator**

701-683-6500

or

**Susie Schlecht, Marketing
Coordinator**

701-683-6540

**NORTH DAKOTA
VETERANS
HOME**
Caring for America's Heroes

My name is Alycia Berglund. I am a Registered Nurse that works on the skilled unit as a Clinical Care Partner for Peace Garden. I am very excited to say that we have recently had the opportunity to bring in some alternative therapies into the care of our residents at the NDVH. I recently received some training in the Twin Cities about Aromatherapy and will be implementing the program here at the Veterans Home. Several hospitals and nursing homes in ND and our surrounding states are using Aromatherapy for symptom relief.

Aromatherapy is a caring, hands-on practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being. Essential oils, or aromatherapy oils, are the fragrant essence of a plant. These highly concentrated liquid oils are the foundation of aromatherapy, which is based on the idea that aromatic oil from a plant has healing properties. Benefits and goals of Aromatherapy include but are not limited to: stress relief, antidepressant, memory, boost energy levels, healing and recovery, headaches, sleep aids, immune system, pain relief and digestion.

If you are interested in supporting the Aromatherapy Fund your donations can be made to the North Dakota Veterans Home with designation to the Aromatherapy Fund in the memo. We are looking forward to enhancing the lives of the residents with this proven approach.