

HAV-IT MONTHLY

January 2025

Congratulations to Harvey Stingers!

We wanted to share some new photos that came out after last month's newsletter publication. Way to go Stingers!



"The secret of change is to focus all your energy not on fighting the old but on building the new." -Socrates

Contact Us

Please send feedback/ contributions regarding our monthly newsletter to:

HAV-IT Services
Attn: Office Manager
Melody Casserly
409 West Brewster Street
Harvey, ND 58341

(701) 324-4636

melodyc@hav-it.org

Visit us on the web at
www.hav-it.org

Welcome!



Rebekah Castlebury
Activities Coordinator



Sadie Walleen
DSP Sub

Door Contest Winner



"Let It Snow" was the winner!

Happy New Year!

So many people decide that with the new year come new beginnings. Resolutions often include weight loss, healthier eating, new hobby habits, financial goals, more time with loved ones. All sorts of plans are made with good intention. According to cbsnews.com, "while nearly half of Americans make New Year's resolutions, only about 25% of people stay committed to their resolutions after 30 days and only 10% fully accomplish their goals."

Goals are great, finding ways to improve is always a plus for both you and those around you when you become a better, healthier, happier person. However, remember to give yourself some grace. Every day is not the same except that every day IS a new day. If you slip at a meal, forgot to send a birthday card, dipped into savings, etc., remember that life happens and we only get one. Make the most of every day in ways that you can and chalk up any disappointments you made to being human and be willing to try better next time.

People tend to focus on all they need or want to fix about themselves. All the negatives can bog you down. With every change you want to make, I'd like to suggest listing a positive down next to it of something you're really excelling at currently in life. When you feel down on yourself about a resolution or the negatives start to pile up, you'll have a nice list to remind you of all the things you're doing right and remember then to give yourself some grace.



Enjoying the Holiday Train (a yearly tradition in Harvey!)



BOARD OF DIRECTORS

GloryAnn Schimke, President
Nicole Brynjulson, Secretary
Ruby Franklin, Director
Jeff Blomquist, Director
Chris Hurley, Director
Steve Kourajian, Director

Be somebody who makes everybody feel like a somebody.

HUMAN RIGHTS COMMITTEE

Erin Hagemester, APRN, Chair Person
Kathy Flach, Vice Chair Person
Melody Casserly, Secretary
Donna Corneliusen, Member
Jessica Fahlsing, Member
Karen Slaamot, Member
Lanae Strand, Member

"The secret of getting ahead is getting started."

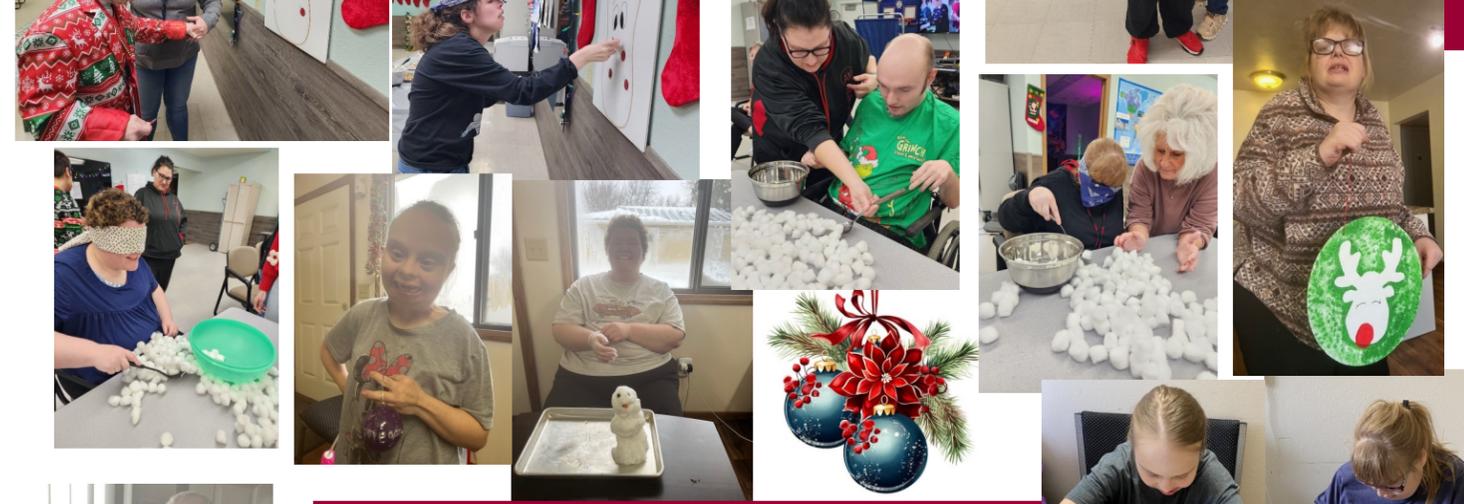
Mark Twain

SUCCESS

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."



Christmas Party at the Center



We celebrated all December long in preparation for our Christmas Party for individuals at the Center. Snowmen were built, cookies were baked and decorated, games were played, sweater contests held, group pictures taken, seasonal door contest, prizes won, food shared, Christmas decorations were made, homes were decorated for the season...these pictures are only a glimpse into our holiday season here at HAV-IT. We hope everyone had a wonderful Christmas season and are ready for the new year and all the beautiful possibilities 2025 brings.



“Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most.”

