

HAV-IT MONTHLY

August 2025



Work Feels Less Like Work When You Work with Friends

The number of people who actually enjoy their jobs and like going to work daily is rare. Work can feel less like mundane work when we have friends to show up for and share a common goal with. "When we're around supportive people, we're empowered to do our best work. It's been shown that working with friends actually boosts employee satisfaction by 50%, and people that share a job with a best friend are seven times more likely to engage fully. Friends at work make work better." -Jessie Wood, wavelength.asana.com
Check out these friendly coworkers (and our new loading dock) at Recycling!



Contact Us

Please send feedback/ contributions regarding our monthly newsletter to:

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

Human Tabletop Hungry Hungry Hippos Game



HAV-IT WELCOMES



Dawn Rispa
Direct Support Professional Lead

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Be somebody who makes everybody feel like a somebody.

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Best Wishes Nita

Nita has been part of the HAV-IT family for twelve years. She served as a Service Coordinator and then as a DSP Substitute. Nita has formed lasting relationships to those we serve and we wish her the best in her future life endeavors.

Simplify Your Life

Did you know that the first week of August is known as National "Simplify Your Life Week"? I've never heard of it before, but it's a good idea seeing as it's mid year after New Year's resolutions are made. As the seasons pass from one busy schedule to another, it's important to stop and process what really matters. Taking charge of clearing out your home space-yes even that crazy junk closet you avoid, your work space, kitchen and family space, even your head space, is crucial to being surrounded only by what helps to lead a positive, productive lifestyle.

It's past August 7th-13th, but it's never too late to take a dive into Google's suggestions on how to participate:

- ⇒ "Declutter your physical space: Go through your belongings and get rid of items you no longer need, use, or love.
- ⇒ Declutter your schedule: Evaluate your commitments and see where you can reduce obligations or delegate tasks.
- ⇒ Declutter your mind: Practice mindfulness, meditation, or deep breathing to reduce stress and anxiety.
- ⇒ Set realistic goals: Break down larger tasks into smaller, manageable steps.
- ⇒ Focus on what truly matters: Identify your priorities and allocate your time and energy accordingly."

When your work and living spaces are welcoming and decluttered, it allows for more time for what, and who, truly matters.



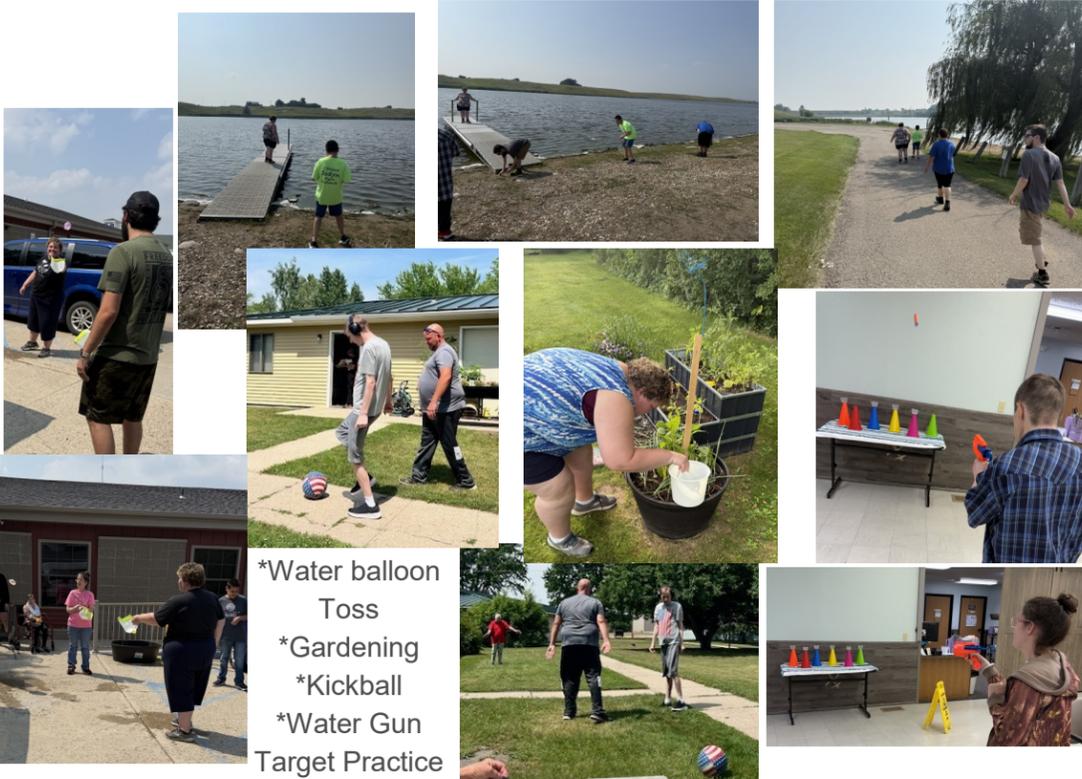
"If we could see the miracle of a single flower clearly, our whole life would change" -Buddha



Walk Along the Local Beach



White Horse Hill



- *Water balloon Toss
- *Gardening
- *Kickball
- *Water Gun Target Practice

ADVENTURES AWAIT

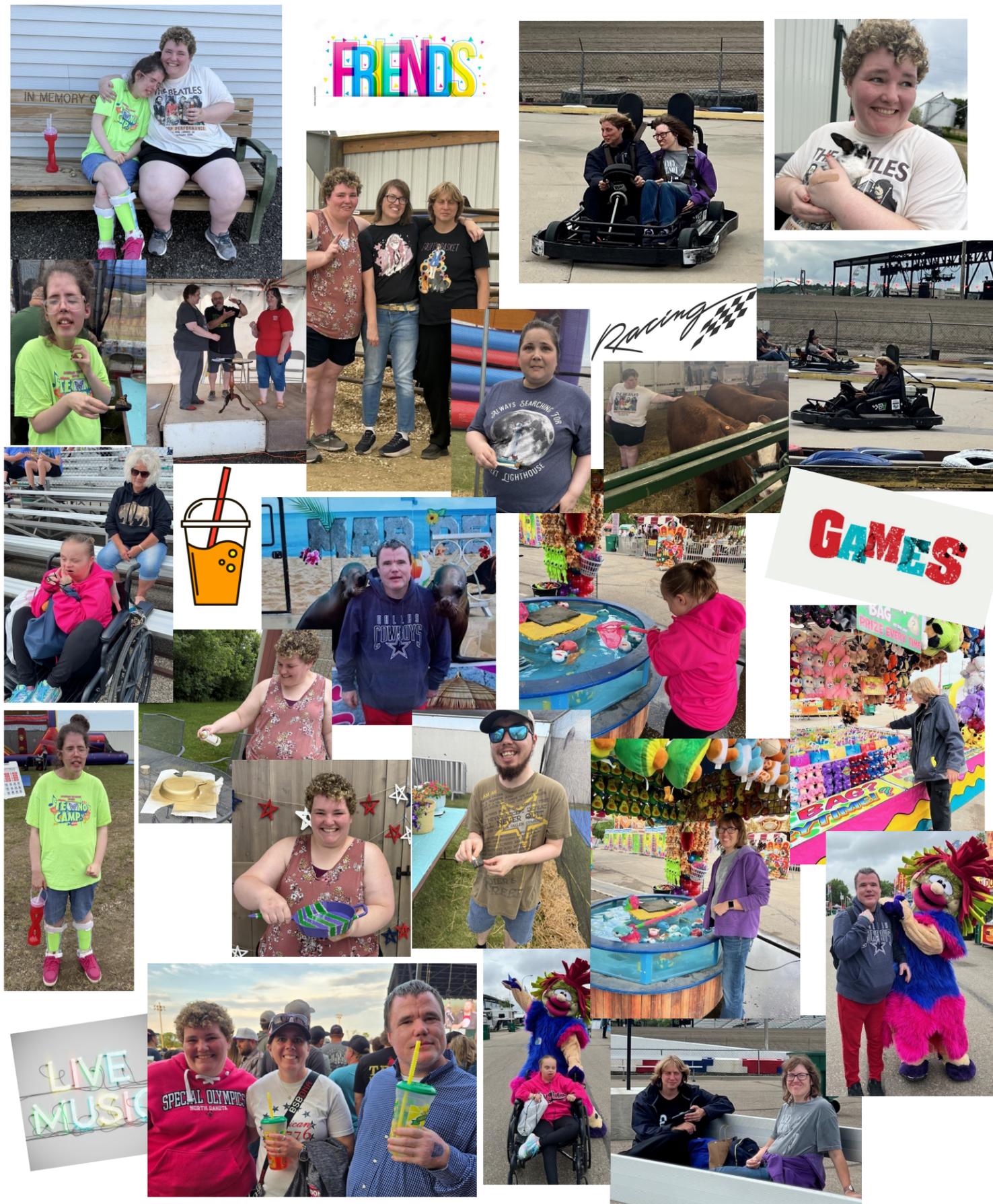


Finding Time to Relax

Making Music with Water



Summertime Means Fun at the Fairs



FRIENDS

GAMES

LIVE MUSIC

Ribfest and Street Dance



Trip to Devils Lake