

## THE SUCCESS STORY

AUGUST 2011



Celebrating 20 years of providing community based support services for adults with disabilities.

1991 - 2011

*Thank you to the following area businesses who provide employment opportunities for people with disabilities.*

4000 Valley Square	AAFES	Altru
Best Buy	Envision Express	Franchise Concepts
Green Mill	Highlander	Guesthouse International
Happy Host	Hardee's	Howard Johnson's
Kimco	Kohl's	L.I.S.T.E.N. Day Services
Little Caesars	Lowe's	McDonald's
MVW	NDAD	Parkwood Place
Perkins	Pizza Hut	Qdoba
Red Lobster	Valley Eldercare	University of North Dakota



## Success Works

### 2ND ANNUAL

### 5K RUN/WALK

## SATURDAY, OCTOBER 8TH, 2011

Register on-line at [www.successunlimitedinc.org](http://www.successunlimitedinc.org)

Join American Crystal Sugar, Bremer Bank, Development Homes, Inc., Gerrell's and the GF Park District in sponsoring this event.

For more information on sponsorships or volunteering for *Success Works*  
call 701.775.3356  
or email [tanja@successunlimitedinc.org](mailto:tanja@successunlimitedinc.org)

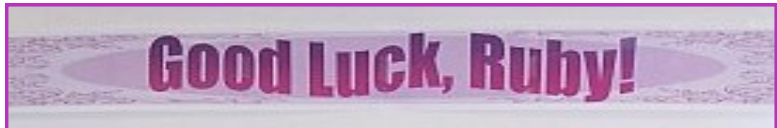
## THE SUCCESS STORY



### Summer Focus Group CVIC Presentation



Community Violence Intervention Center (CVIC) services involve not only intervention, but prevention, as well, to ensure the safety of adults & children who are in abusive situations & impacted by violence. Prevention focuses on issues that contribute to violence through counseling, education & training on new ways of thinking about relationships. The presenter discussed looking for the red flags in a relationship that make you feel uncomfortable. Contact information was provided & people were encouraged to call if they had questions or felt they needed support in dealing with difficult domestic situations.



### Ruby Fordahl has realized her dream.

After 34 years in Grafton & 28 years in Grand Forks, Ruby has started a new chapter in her life. She has moved to be closer to family in Illinois. We wish her all the best in her new home as she reunites with loved ones.

## THE ROAD TO SELF SUFFICIENCY



**Bob Fladeland**

**Bob Fladeland** has been employed at the Bingo Palace for 12 years where he is one of the lead workers on the custodial crew. Bob's past work experience includes working with MVW, Urban Development & the Grand Forks School District.

Bob shares a small house, in a quiet residential neighborhood, with his pet rabbit. He enjoys having the house to himself & taking care of the yard work and snow removal. Bob has been supported by Success Unlimited since 1996.

In his leisure time, Bob likes to spend time playing video games, surfing the internet & adding to his vintage Matchbox Car collection.



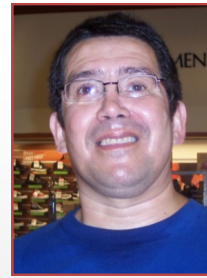
## Congratulations & Welcome to the Work Force



**Jennifer Shull,**  
hired by  
**Eagle's Crest Grill**  
as a dishwasher



**Howard Midstokke,**  
employed as a  
janitor at the  
**Green Mill**



**Gene Kaiser,**  
who joined the  
janitorial crew of  
**Kimco.**

**Nathan Erovick,**  
who was  
recently hired by  
**Kimco**



### From the Desk of Tanja Kapinos, CEO



As we look back on 20 years of providing support services, we reflect on the many benefits that being employed provides and the role that it plays in assimilating people with disabilities into the fabric of the community. This brings to mind a woman I once knew. She began working at 16 and held various jobs until about 29 years old. At this time, she developed a debilitating illness that got progressively worse; she was unable to continue to work and began receiving SSDI. She became very isolated and had few ties with the outside community.

After 7 years, she felt ready to attempt a part-time job. As she began to work more, she described a sense of pride & purpose that enabled her to get out of bed each morning and eventually, again, become a productive member of society. Her self-esteem skyrocketed. She was earning more money. She wanted to start paying more of her own expenses and began to systematically give up some of the public assistance she was receiving. The independence she felt, being able to provide more for herself and have the financial freedom to do more of the things she wanted, made her feel important and helped her start thinking of herself as someone other than just a person with a disability. With this new-found sense of accomplishment, she became more confident and outgoing, which led to new relationships with people at work, as well as outside of work. Eventually this woman was able to secure a full time supervisory position and give up her SSDI benefits completely. She now belongs to several service groups and spends a lot of time socializing with other members and volunteering her time to help make a difference in her community.

What happened with this woman is not typical; however, it just goes to show that wonderful things can happen when a person with a disability has the desire to work out in the community and is given the chance and the support needed to be successful. I like to think that we play a big part in that!

# 20th Anniversary Employer Recognition July 2011



Altru



Pizza Hut



Red Lobster





**McDonald's**



**Franchise Concepts**



**Lowe's**



**Green Mill**



**Howard Johnson's**



**Valley 4000**



**McDonald's**



**L.I.S.T.E.N.**



**Hardee's**



**Perkin's**



**Guesthouse International**



**Little Caesars**



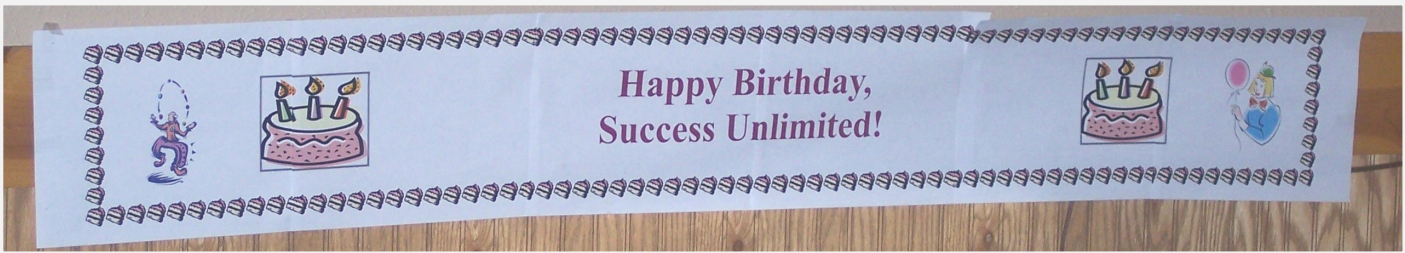
*Congratulations!*  
**TODAY IS CONSUMER APPRECIATION DAY!!**











If you would like to be a part of a day to remember, read the information below. Sign up & then, please call Tanja at 701.775.3356 to let her know you will be joining Success Unlimited's team. You can also participate by making a monetary donation.



**Altru's Walk for Suicide Prevention**  
**Sunday, September 18, 2011**  
**1:00pm - 4:00pm**  
**Lincoln Park**

Each registered walker will receive a remembrance bracelet and their name will be entered in a drawing for door prizes. Also each registered walker who collects \$100 in donations, will receive a long-sleeved "Altru's Walk for Suicide Prevention" T-shirt. For each \$100 you collect in donations, your name will be entered in a drawing for some awesome grand prizes. 100% of the proceeds stay in the Grand Forks community and surrounding areas to help create programs that help bring suicide prevention and awareness to the communities.

Please register on line at

<http://www.altru.org/announcements/altru-walk-for-suicide-prevention/>

If you are planning on raising at least \$100,  
please email Brenda @ [brendabrummond@yahoo.com](mailto:brendabrummond@yahoo.com) by August 23, 2011  
to let her know your shirt size.



**3551 South 20th Street Suite B**  
**Grand Forks ND 58201.3400**  
**[www.successinlimitedinc.org](http://www.successinlimitedinc.org)**

**Employment**  
**Support Services**  
**for People**  
**with Disabilities**

