

BETHEL BEACON

Bethel Lutheran Nursing & Rehabilitation Center
1515 2nd Avenue West • Williston, North Dakota 58801
701-572-6766 | activities@blnrc.com
Bethel Lutheran Foundation
701-572-0223 | foundation@blnrc.com
56 22nd Street West, #3 • Williston, ND 58801
Recognizing each individual as a child of God



Spring 2023



Welcome to Our New Foundation Director, Keefe Lovgren

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."

—Philippians 2:3-4

I consider it a privilege to be working at the Bethel Foundation as the new Foundation Director and alongside such great staff and residents of Bethel Lutheran Nursing and Rehab Center.

My lovely wife Vanessa (Vournas) Lovgren and I are lifelong residents of Williston. We have been blessed to raise four wonderful daughters for the past 18 years in this community we love. Prior to coming to the Bethel Foundation, I owned and operated Nexus Security Solutions for approximately eight years. After selling Nexus, I was provided the opportunity to serve alongside the dedicated staff at Upper Missouri Ministries as the Facility Director at Camp UMM in Epping, ND. During my time at UMM I was able to use my gifts and enhance the property and facilities, however, my greatest joy came from watching God grant faith through grace to campers and strengthen the faith of those who believe.

In the brief time that I have engaged with the staff, board members, and residents of Bethel I have witnessed its mission statement lived out. It is more than words on paper, it is the culture of Bethel. Through understanding the

mission statement and hearing the personal stories of how Bethel has impacted so many people in this community, it brought to mind the words of the Apostle Paul quoted above. Christ is our ultimate example of humility and servanthood and it is by His grace that we are able to care for one another. It is my prayer that my words and actions will be guided by the grace of God and that I can live out Christ's example to my fellow co-workers and residents of this great Bethel family.

I would like to thank Kurt Stoner for the time he has invested into Bethel Home and the Bethel Foundation over the last several decades. His presence will be missed by all, but his contributions and legacy will remain a part of Bethel and this community forever. I am fortunate to have Kurt mentor me and share with me his experience and passion for Bethel. I look forward to continuing his legacy of commitment and service to this community.

In Christ,

Keefe Lovgren

Bethel Lutheran Mission Statement

Bethel Lutheran Nursing & Rehabilitation Center exists for the primary purpose of providing Christian care in its truest meaning - ministering to the physical, spiritual, and emotional needs of each person, not merely as a professional service, but as a work of love and mercy. Thus, we minister to the people in the name of Christ by recognizing each individual as a child of God.



Kurt Stoner – Director

Foundation *Corner*

A picture still hangs in our Foundation office that depicts an architectural rendering of a future addition to Bethel's original (1948) four story building. The drawing is from the mid to late 1960's. The demand for services was growing at that time and Bethel rose to the occasion to provide additional beds for an expanding and aging Williston senior population. Fast forward to today. That addition was completed in 1970 and today is over 50 years old. Building designs have changed, delivery of care is often more complex and resident and family expectations demand a less institutional more home like environment.

Bethel's leadership is once again working with an architectural firm to design a building that can carry on this legacy of providing quality Christian care to future generations. We are hopeful the purchase of approximately 18 acres of land in Williston Square (Old Airport) can be completed in March and initial drawings of a new facility available soon.

My employment at Bethel began in May of 1991. For several years I worked as the Assistant Administrator under Wayne Hansen until his retirement in 1998. I then had the privilege to serve as Bethel's Administrator until 2015. Jim Yockim, Bethel Lutheran Foundation's first director announced his retirement and I was able to transition over to the Foundation. During my time at Bethel and at the Foundation I have had the honor to work with so many dedicated employees, Board members, volunteers and supporters. Many of Bethel's supporters never personally benefited from the care and service provided; rather their support was rooted from their love and concern for their community and fellow man.

I now find myself looking at the next chapter of my life. I will turn 65 in late April and plan to retire. Our Board recently hired Keefe Lovgren for my replacement as Bethel's Foundation Director. Keefe and his wife, Vanessa, both have family here in Williston and are active members of our community and their church. Keefe will work to raise awareness of Bethel's mission and service to our community's senior population. I ask for your continued support and prayers as he begins the next chapter of his life.



Architectural rendering from 1967 of a future addition to Bethel's original (1948) four story building.

Staff and Board Members

Bethel Lutheran Nursing & Rehabilitation Center

1515 2nd Ave. West, Williston, ND 58801
701-572-6766

Administrator – Belinda Moen, RN, BSN, MBA, LNHA

Director of Finance – Tiffany Sickinger, CFO

Director of Nursing – Jill Wiedrich, RN

Chaplain – Pastor Sheldon Sorenson

Human Resources – Sam Womelsdorf

Social Services Supervisor –

Sarah Tappenden, BSW

Laundry/Housekeeping Supervisor –

Joan Tofte

Clinical Dietician –

Kashia Ellis RDN, LD

Director of Food Services –

Valerie Barrett

Activities Supervisor – Salina Henke, ADC

Director of Maintenance – Lee Brenna

Board of Directors

Tina Hanson,

Chair/President

Peggy Sundet,

Secretary/

Treasurer

Alvina Skogen

Jim McKenzie

Kelsey Geltel

Patti Stewart

Rick Braaten

Rob Osborn

Ruth Carlson

Arbor House Assisted Living Center

1705 3rd Ave. West, Williston, ND 58801
701-572-2688

Nurse Manager –

Renee Bendixson, LPN

Bethel Lutheran Foundation

56 22nd Street West, #3, Williston, ND 58801
701-572-0223

Directors –

Kurt Stoner, kstoner@blnrc.com

Keefe Lovgren, klovgren@blnrc.com

Assistant Director – Kathy Harger

Board of Directors

Stuart Lanager,

President

Tina Hanson,

Vice President

Peggy Sundet,

Secretary/

Treasurer

Ken Kjos

Aaron Schmit



Salina Henke

Activity *Update*

Here's what's happening at Bethel March 2023 - July 2023. We are looking forward to Spring and being able to get outside and go on more outings.

Monthly EVENTS

MARCH

- 2nd Our Redeemers Women of Life bringing treats & entertainment
- 10th St. Patrick Craft
- 16th Lions Bingo
- 17th St. Patrick Party
- 20th Spring Fling
- 30th Birthday Party of Month

APRIL

- 1st April Fools Day
- 7th Easter Party
- 13th Lions Bingo
- 27th Birthday Party of Month
- 28th Senior Prom

MAY

- 5th Cinco de Mayo
- 10th Sock Hop
- 13th Band Day
- 14th Mother's Day
- 18th Lions Bingo
- 20th Garden Arts
- 25th Birthday Party of Month
- 29th Memorial Day

JUNE

- 13th The Golden Grands Awards
- 18th Father's Day
- 21st Beach Party
- 29th Birthday Party of Month

JULY

- 4th Independence Day Celebration
- 27th Birthday Party of Month

BETHEL ACTIVITIES *Daily* EVENTS

MONDAY

- Group Exercise - 9:30am
- Bingo - 7:00pm

TUESDAY

- Spontaneous Activities throughout the day

WEDNESDAY

- Group Exercise - 9:30am
- Sing A Long - 10:30am
- Bingo - 7:00pm

THURSDAY

- Catholic Mass Every other Thursday - 10:00am
- Spontaneous Activities - 3:30pm

FRIDAY

- Group Exercise - 9:30am
- Spontaneous Games - 3:30pm

SATURDAY

- One-to-One Visits - 1:00pm
- Afternoon Game - 4:00pm
- Bingo - 7:00pm

SUNDAY

- Worship Service - 9:30am

***Monthly and daily calendar events are subject to change.**
All activities are in the activity room unless stated otherwise.

We Want You to Join Our Family!

NOW HIRING

Full-time and Part-time Positions Available.

Stop by or visit our website for more information:

www.blnc.com



Scan the QR code
to find out more!





Belinda Moen
Administrator

Excited for the Upcoming Spring Season!

Hello Everyone –

Hoping this winter has been treating you all well and free from all the illnesses that come with the colder climate. I know we are all looking forward to Spring! With that comes Band Day in May, an event we are excited to be involved with again this year. We are also planning a day to “spruce up the grounds” around Bethel which will include planting flowers, cleaning out the shrubs and bushes, picking up garbage and debris and generally making the grounds clean and fresh for the residents and their families to enjoy.

The plans for a new building are still underway! The Building Committee for the new facility has chosen our Construction Manager at Risk (the “CMAR”) and we are pleased to be working with FCI Constructors, Inc. EAPC is the architect working on the plans with us and they have been a great resource already with their depth of knowledge and years of experience. Meetings are happening with the three organizations (Bethel, FCI and EAPC) to begin the

process of what the “Home” will look like, how many beds it will accommodate, along with all the finer details. This project is definitely a “work in progress” and will take many hours of careful planning to ensure we build the best facility for our community and its members.

Lastly, I just want to thank everyone for their continued support of Bethel. And to all the families who trust us to care for their loved ones an extra heartfelt thank you to you. We count it a blessing to be able to serve our community in this way.

Remember to check out our Facebook page for updates, events, and general information about what’s happening around Bethel. You can also check out our website at blnrc.com.

God Bless.

Happy Retirement!



Arbor House
Retirees Hannah
Henderson,
Faye Schmit
enjoying a visit.



Hannah
Henderson,
at her farewell
retirement
party.

Congrats
Cheryl Sandaker
& Mary James
on your
retirement!



Years of Service

Hannah Henderson – 51 Years
Faye Schmit – 34 Years
Cheryl Sandaker – 26 Years
Mary James – 21 Years



VISIT US ONLINE AT
BLNRC.COM
OR VISIT OUR
FACEBOOK PAGE!

Did you know we offer electronic giving?

You can contribute anywhere, anytime right from your computer, smartphone or tablet. Give online by visiting our website at **blnrc.com** and clicking the "Give Online" tab. Get started today!

Please consider supporting Bethel with a charitable gift today!



Visit **blnrc.com** to donate!

HAPPY BIRTHDAY *To you!*

Bethel Birthdays

APRIL

12th Marilyn Ludlum

MAY

10th Gregoria Binfield
Evelyn Kukuk
12th Leonard Hustad
20th Melva Sogard –
Melva will celebrate
her 104th birthday!

JULY

5th Gida Anderson
Janet Lancaster
8th Mary Merck
10th Beverly Lobsinger
22nd Harvey Skaare
30th Lavina Haarstad

ADMITS

Margaret Bottke

DISCHARGED

Vivian Garvin

GOD BLESS THE MEMORY OF OUR DECEASED FRIENDS

Harold Tofte
Hilda Banning
Alfreda Thompson

Arbor House Birthdays

APRIL

4th Delores Nordhagen
11th Fred Martin
Priscilla Chewerda

MAY

9th Norman (Clint)
Cooper
16th Wesley Larson
20th Gordon Hagge

JUNE

6th Abner Tufto
7th Sharon Gosline
13th Dale Livdahl

JULY

2nd Dolores (Dee) Brorby
19th Violet Muller

ADMITS

Ed and Loretta
Engebretson
Jerome & Darlene Langseth
Priscilla Chewerda
Marlo Yttredahl
Lawrence & Violet Muller

DISCHARGED

None

UPCOMING EVENTS

St. Patrick's day party
Easter
Mother's Day
Memorial Day
Father's Day
July 4th

*Hopefully summer BBQ's
will start in May.*

Employees OF THE MONTH

Carissa Weibye FEBRUARY 2023



MORE ABOUT CARISSA:

Carissa was born and raised right here in Williston! She is an LPN and has 3 daughters and 1 son. She enjoys camping, fishing, going to the lake and anything that includes her kids. She has been at Bethel for 2 years and 8 months as a floor nurse and now as a Nurse Manager. The best thing about Bethel - "I love visiting with the residents and hearing their stories from when they were younger. Also, the staff are amazing!"

NOMINATION COMMENTS:

Carissa is such a hard-working individual. She truly cares about the residents and their family. She is gentle, kind and has empathy and compassion. You can go to her with any complication that arises, and she responds in a timely manner. She is thorough and it does not go unnoticed.



Kathy Erickson MARCH 2023



MORE ABOUT KATHY:

Kathy was born and raised in Williston and has 1 year of college. Her family includes 2 sons, her mom, a sister who also works at Bethel (Kay), 1 older brother, 1 younger sister and many nieces and nephews. Kathy enjoys reading, fishing, coloring, beading and her Lord and Savior. She has been at Bethel for 11 months in Dietary. When asked what she likes best about Bethel she said "All of it! Residents and Co-workers."

NOMINATION COMMENTS:

Kathy is awesome with the residents. She goes out of her way to help them in any way she can. She is very passionate and the love she has for the residents is visible and so sweet.

Congrats! THANK YOU FOR ALL THAT YOU DO AT BETHEL.

Baking
at Bethel

Charles making edible
ground hog cookies



Gida is preparing Lasagna...yummy



Donna making delicious cupcakes





NUTRITION TIP

by Kashia Ellis RDN, LD

Slow-Cooker Turkey Chili

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1½ pounds ground turkey
- 1 15-ounce can black beans, drained and rinsed
- 1 14 ½-ounce can low-sodium diced tomatoes with chilies
- 1 15-ounce can pizza sauce
- 1 10.75-ounce can reduced-sodium tomato soup
- 2 tablespoons chili powder
- 1 tablespoon reduced-sodium Worcestershire sauce
- ¼ teaspoon ground pepper

DIRECTIONS

Before you begin: Wash your hands.

1. Heat oil in a large pan over medium-high heat.
2. Add onion and garlic. Cook about 2 minutes until golden brown.
3. Add turkey, cook until broken up and browned, about 5 minutes. Transfer turkey mixture to a slow-cooker.
4. Stir in remaining ingredients. Cook on low heat for 8 hours, or high heat for 4 hours.



Recipe courtesy of www.eatright.org/recipes/soups-and-stews/slow-cooker-turkey-chili-recipe



Chaplain's *Corner*

– with Pastor Sheldon Sorenson

Most people like to go on vacations. This is especially true in the winter for those who live in cold climates. Hawaii, Arizona, Texas and Florida all sound awfully good this time of year. Some people want to retire and travel around the country, around the world. Some people even live on cruise ships full time. Yet, most people want a place to call home. We like to put down roots. Some people move to be closer to family.

One day all of us will leave our earthly homes. God has prepared a beautiful place for those who are prepared for that day when we relocate permanently. It will be more glorious than anything we can imagine. There will be no more suffering or sorrow. There will be no more separation from loved ones who have gone on before.

We can thank God for all He provides in this life. Yet, one day we will leave it all behind. No more home repairs, no more yard work, and no more snow shoveling.

Let us make sure that our reservations to heaven are in order. Let us make sure that our loved ones will be with us forever. What a day of rejoicing it will be when we all see Jesus!

*“For here we do not have
an enduring city,
but we are looking for the
city that is to come.”*

– Hebrews 13:14

WE'RE LOOKING FOR ARBOR HOUSE VOLUNTEERS

Can you carry a tune, make a craft or tell a story?
Are you a member of a 4H club, service group or
choir? We want to hear from you!

Contact Dora at Arbor House by calling
572.2688, if you'd like to volunteer!

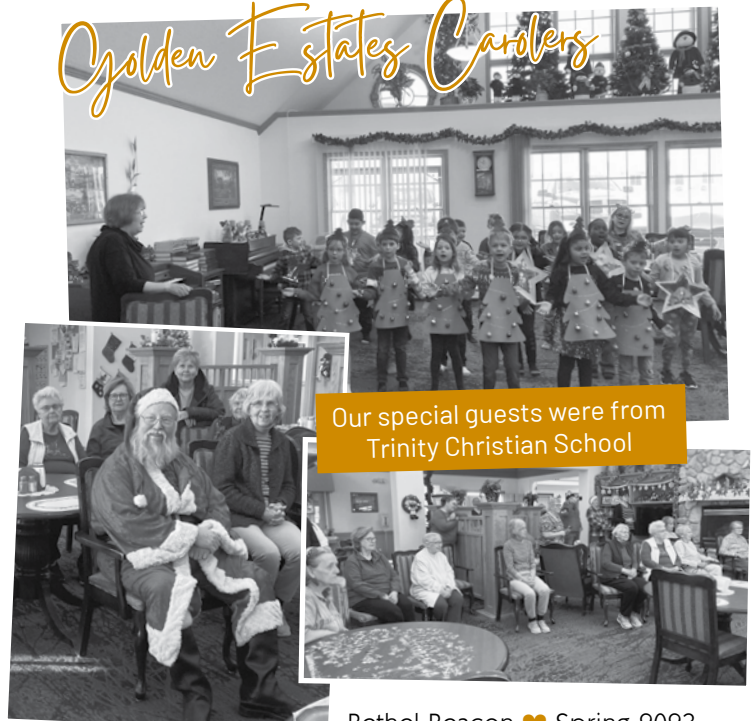


Congratulations!

Bethel Assisted Living Center
scored in the top 15% of the
nation across a 12-month
average. As a result, you've
earned our 2023 Pinnacle
Customer Experience Award™.



Golden Estates Carolers



Our special guests were from
Trinity Christian School

Bethel Beacon ♥ Spring 2023

Oh The Fun We Have!



Your Support IS NEEDED

Bethel depends on our church sponsors and community. We are very appreciative of your financial gifts that improve the lives of the residents we serve. Resident rates are set/limited by North Dakota's rate equalization reimbursement system. North Dakota Medicaid and Medicare rates typically (hopefully) cover the cost of providing direct care to our residents. However, our Foundation is looked upon to help support facility improvements and other quality of life services. Please consider one of the following ways you could make a positive difference in the quality of care Bethel provides.

GIFTS OF CASH: The easiest way to obtain a charitable deduction is to support Bethel through a cash gift. If you itemize, your gift may be fully deductible.

BEQUEST/WILL: Consider naming Bethel in your will for any fixed or proportionate share of your estate.

GIFTS OF APPRECIATED STOCKS/BONDS: Giving long-term appreciated stocks or bonds avoids capital gains tax and you will receive an immediate tax deduction based on the full fair market value on the date of the transfer.

GIFTS OF LIFE INSURANCE: Designating Bethel Lutheran Foundation as the owner and beneficiary of an existing or new insurance policy usually offers a tax advantage in the year the gift was made. If the policy is paid up, the charitable deduction will be the cash value at the time of the gift. If the policy is not paid up, you continue to pay annual premiums which will become tax deductible to you each year.

GIFTS OF REAL ESTATE: If you have owned rental property, farmland or other real estate for many years, a charitable gift of that property can be especially tax advantageous. If sold outright, the sale could result in capital gains on any appreciation, and ordinary income on any depreciation recaptured. A charitable gift to Bethel may avoid the tax consequence and realize a charitable deduction for the full market value of the real estate.

There are many ways to support the Mission of Bethel, please consult your tax advisor or call the Bethel Foundation office at 701.572.0223.

EXPRESSING *Our Gratitude*

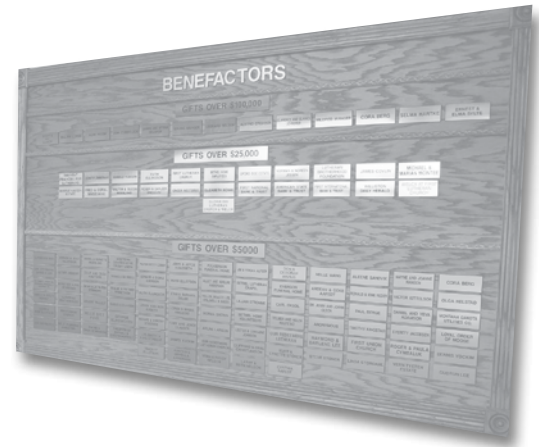
Bethel Lutheran Foundation is a non-profit organization, dependent on gifts and endowments from individuals, foundations and corporations. In addition to cash gifts, planned giving donations are made through gift annuities, charitable remainder trusts, insurance policies, stocks, real estate, and bequests from wills.

The Foundation is very grateful to all donors. Your contribution ensures that Bethel Lutheran Nursing and Rehabilitation Center and its services continue to be the very best—now and in the future.

Contributions may be made payable to: Bethel Lutheran Foundation

Mailing address: 56 22nd Street West, #3, Williston, North Dakota 58801

Contributions listed below were received between November 2022 – February 2023.



ANNUAL FUND

Marilyn Bakke
Lorilee Bott
Jeanne Buschta
Roger & Paula Cymbaluk
First Lutheran Church
Gloria Dei Lutheran Church
Marlene & Loring Johnson
Bill & Tammy LaCrosse
Anne Lee
Kari Lee
Janet Monroe
Eleanor Olson
Our Redeemers
Lutheran Church
Our Saviors Lutheran
Church WELCA
Tim Ritter
Ron & Kathy Seeley
Lee Skavanger
Elva Smith
St. Olaf Lutheran Church
Floyd Stewart
John Vohs & Linda Boehm
John & Charlotte Wesoloski
West Prairie Lutheran

BETHEL BUILDING FUND

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Karl & Sarah Carlson
Diane Goodman
Ruth Gunlikson
Jerome & Patricia Hanson
Family Foundation
Jeremy Hansen
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Larry & Maureen Laqua
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Ingvald & Dorothy Monger

Ron & Ione Reder
Lowell & Carol Sandvik
Gary & Alvina Skogen
Lyjean Smith
Wayne & Cindy Sorenson
Tom & Denise Weyrauch

CHAPEL

Bethel Residents

ENDOWMENT

Judy & Armand Barbot

THRIVENT CHOICE DOLLARS

Scott Alan Lund
Corey W. Paryzek
Arlin & Kristine Polsfut

IN HONOR OF

Bethel's Staff and Residents (Past & Present)

Lorilee Bott
David Hanson
American State Bank & Trust
Melva Sogard
Pat & Tammy Sogard
Emma Thorson
Larry Hanson
Cheryl Sandaker's Retirement
Marilyn Sandaker

IN MEMORY OF

Gordon, Herma, Howard & Carol Axness
John & Gayle Axness
Julie Azar
Rick & Linda Tofte
Jerome Bakke
Marilyn Bakke
Hilda Banning
Ronelle Gravgaard
Mildred Haugen

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Dale Livdahl
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Noel Hanson
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Irene Schneider
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Floyd Semenko
Elva Smith

Sylvia Simle
Pauline Everson
Doug Smith
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Karl & Sarah Carlson
Norman Thompson
American State Bank & Trust
Joyce Krabseth
Dale Livdahl
Peggy Schill
Harold Tofte
Mabel Colebank
Stan & Nina Grev
Betty Hegge
Gene & Tammy Johnson
Jim & Sharon Moline
Stan & Amy Reep
David & VeAnna Selid
Gary & Alvina Skogen
Rick & Linda Tofte
Katy Wahlstrom
Larry & DeDe Bean
Larry & Maureen Laqua
Gene & Tammy Johnson
Brad & Marilyn Olson

Lowell & Carol Sandvik
David & VeAnna Selid
Carl & Delores Wiseman
Gary & Leora Sukut
Joe & Adeline Yockim
Marvene Larvick

LUMINARY GIFTS

Christmas Wreaths given in memory of their parents Fred & Ruth Miller by their children.

IN HONOR OF LUMINARY

Eleanor Olson
The Olson Family
Kurt & Lynette Stoner and In appreciation of all the Bethel, Arbor House, and Golden Estates staff
Lowell & Carl Jean Sandvik
John & Katy Wahlstrom, Garret & Rachel Stoner, Abby Stoner, BLNRC Staff
Kurt & Lynette Stoner

IN MEMORY OF LUMINARY

Lillian Skurdal, Gustav Skurdal and Myrtle (Skurdal) Bar
Dennis Bar
Richard Bjornson
Wife, Janyce & Family
Courtland L. Browning, Virgil Lee Browning
Laurlynn J. Browning
Ethel Conlin, Pete Conlin, Sr, Bill Conlin and Leah

Conlin Hofer
Liz Bustad
Hazel Johnson, Elwood Adams and Jerry Christensen
JoAnne Christensen
James and Beverly Witt
Donna Dahlgren
Jeanette Finnesgard, Hannah Finnesgard & Lillian Stromme
Orvin Finnesgard
Mabel & Melvin Gravgaard, Nels & Alma Tvedt, Marlene & Ronald Gravgaard
Ronelle Gravgaard
Rudale Nelson, Arlene Nelson, Mille Grondahl
Larry & Brenda Grondahl
Lloyd & Avis Kohlman and Lamont & Betty Jahn
Roger & Sandy Kohlman
Selma Berwick & John Kuester
Kuester Family
Jean Jacobson Thomas
Laurence & Vi Muller
Dr. Bob Olson
Olson Family
Judy Kay Peterson
Tammra Peterson
Fred & Ruth Miller, Jake & Roberta Sandvik, Family & Friends
Lowell & Carol Jean Sandvik
Randy Smith, Marlin Brevik, Hunter Smith, Lloyd Papineau, Sherman Smith, Lois Brevik Papineau, George & Stella

Long, Glenn & Mona Brevik, and Floyd Semenko
Lyjean Smith
Roger Soiseth & Donna Hatton-Olson
Soiseth Family

George & Lois Stoner, Bruce Stoner, Clint & Elizabeth Stoner, Gabriel & Mari Johnson, Herman Johnson, Norman Johnson, Ivan & Olga Sundet, George & Marie Langseth, Henry & Molly Buxbaum, Richard & Luella Buxbaum, Jamie Wahlstrom, Axel & Mabel Wahlstrom, Harold & Lila Baxbaum, Harry & Mary Nelsen, Mark Wahlstrom
Kurt & Lynette Stoner
Curtis Hansen, Richard Bjornson, Sharon Smith, Bernadette Larson, Lorraine Hillestad, Jean Halverson, Frances Black, Truman Olson, Delbert Domres, LaVonne Pederson, Leonard Melgaard
Kurt & Lynette Stoner
Norma Austreim
Marcella Storseth
Viola TeSoro, Lolita Carns, Harris Cornelius
Jamie & Candy TeSoro
Wyatt E. Tofte
Georgianne Tofte

Arbor House Activities



New Year's Eve!



Valentine's



Bethel Lutheran Foundation

56 22nd Street West, #3
Williston, ND 58801

www.blncr.com

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FOR MORE INFORMATION, CONTACT: Keefe Lovgren, Bethel Lutheran Foundation
56 22nd Street West, #3, Williston, ND 58801 • PHONE 701-572-0223

