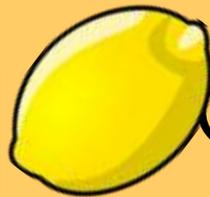




Serenity Assisted
Living, Inc.
Dilworth, MN



Serenity Snippets

August 2015

Special points of interest:

- **August Birthdays**
- **Activity Calendar**
- **Snapshot Photos**
- **Movies of the Month**

When Life Gives You Lemons

August 20 is Lemonade Day. Legend has it that on this date in 1630, lemonade made its debut in Paris, France. The drink wasn't merely a mix of lemons, sugar, and water but was a fashionable concoction of sparkling water, lemon juice, and honey. Leave it to the French to turn lemons into something elegant.

These days lemonade enjoys seemingly endless variations. Pink lemonade adds a colorful dash of grenadine or a splash of pink juice from raspberries, watermelon, red grapefruit, cherries, or strawberries. Such herbs as mint, thyme, and basil or ginger root can be added to a glass for extra flavor. Adventurous types even dare to add spicy jalapeño peppers or Thai chilies. On really hot days, lemonade frozen into a slushy consistency can be eaten with a spoon like sorbet. And there's even limeade, which substitutes limes for lemons. Since August is also Lemonade Stand Month, try selling some of those flavors as a way to raise funds for something special.

Perhaps it's no coincidence that Lucy Ware Webb Hayes, first lady and wife of U.S. President Rutherford B. Hayes, was born on August 28, 1831—during a month now saturated with references to lemonade. As a supporter of the temperance movement, Lucy Hayes was dubbed "Lemonade Lucy." She was a staunch supporter of her husband's decision to ban all alcohol from state functions held at the White House. She was held up as an example of fine morality by the Women's Christian Temperance Union. She took criticism of her views on temperance with good humor and was widely considered a popular and elegant hostess. Some even hailed her as a representative of the "new woman era" in America. That's something we can all drink to...with lemonade of course.



Serenity News

OUTREACH LAB WORK

Instead of going all the way to the clinic to get lab work done...have it done in the comfort of your own apartment instead! Talk to Nurse Jen or Nurse Darcie about this time-saving and comfortable option!

SKYPE

If you would like to Skype with a loved at Serenity...please contact Denise at Serenity to schedule a time/date to do so!



DO NOT CALL LIST

.If you have a minute, please take the time to register your loved one's phone number on the Do Not Call Registry. By registering, you make it illegal for telemarketers to call your loved one. Check out the website below for more information on registering or to file a complaint. It takes only a few minutes and saves a lot of confusion.

<https://www.donotcall.gov/>



TOY BOX

Little ones welcome! A toy box has been furnished with fun stuff for the little ones...help yourself! There are toys in both buildings!



SUBMISSIONS

If there are any news events or submissions you would like to post in our monthly newsletter, please notify Denise so she can get your news in print! Any announcements will do.

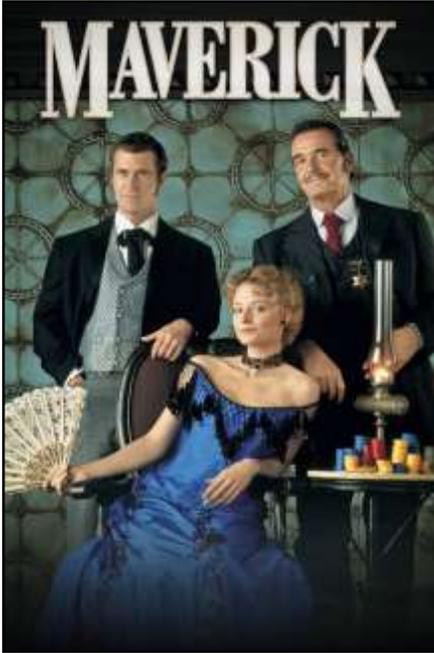


"Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!
-Anne Frank



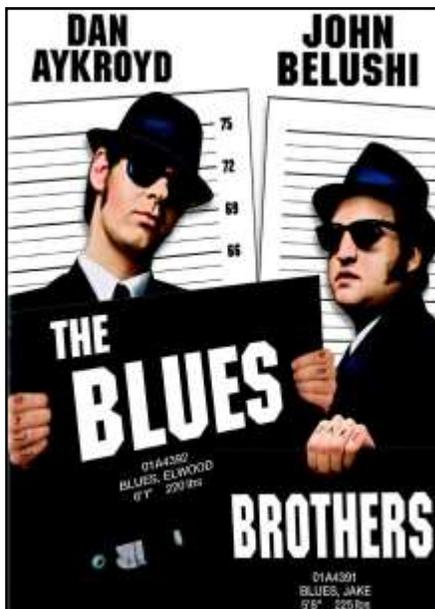
August Movies

Maverick (1994)



This big-screen remake of the Western TV series has poker-playing grifter Bret Maverick trying to wrangle a wad of cash to enter a big tournament.

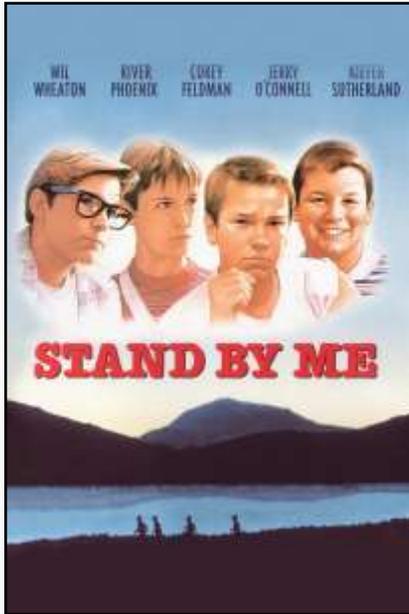
Blues Brothers (1980)



A pair of two-bit crooks go on a quest to save the Catholic orphanage where they were raised by reuniting their former band for a charity gig.

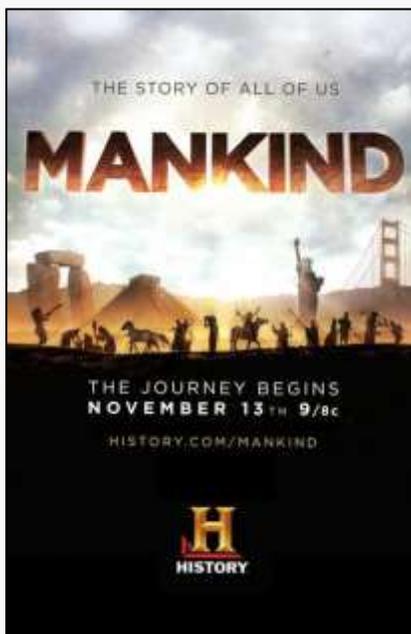
August Movies

Stand by Me (1986)



When four boys seek adventure in the woods while looking for a missing teenager's dead body, they learn some truths about themselves along the way.

Mankind...The Story of All of Us: TV Series



Season 1, Episode 3: Christianity rises from the Roman Empire, but in the Dark Ages, new forces emerge and set the stage for a clash of civilizations — the Crusades.

Joke of the Month



"Hi, Mom. Dad says you'd better get a couple of steaks out of the freezer for dinner."

August Birthdays!

2nd= Staff Kim

8th = Betty Hill

11th = Sonny Romer

13th = Staff Rose

16th = Staff Carol

24th = Staff Stacy

31st = Emma Kaiser



In astrology, those born between August 1 and August 22 take on the lion star sign of Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They're also ambitious—reaching for the stars, working hard, and accomplishing their goals. Those born between August 23 and August 31 are virginal Virgos. Virgos are industrious and efficient. They pay close attention to details and are known for getting the job done right on the first try.

Wellness Update

The wellness program has just completed the first of four ten week exercise programs. Every quarter will be similar in that the muscle groups worked will be the same, but the approach may be different such as types of exercises being used. The program consists of strength exercises and a walking program. The goals every quarter will be to maintain or increase the participant's endurance and strength. We tested the endurance and strength of each participant prior to the start of the program.

To test their endurance we had each resident walk for 15 minutes straight, with the participant able to stop and rest if needed, then measured the distance of the walk. To find the participants baseline for strength we tested their one repetition max for each of the designated exercises using a Smart Handle. A Smart Handle is a piece of equipment used to objectively measure and set precise resistance levels. It also encourages quality exercise by setting resistance targets and using immediate audio and visual signals to cue range of motion and resistance targets.

After testing was completed we took seventy percent of each participants baseline results and used that as a starting point for week one, with the goal of increasing their levels throughout the ten week program. The workload and number of repetitions were increased as we noticed the exercises becoming too easy for the participant. For example if Jane's target weight for a particular exercise was set at 8 pounds, but with each repetition we could see that she was reaching 8.5 pounds we could then increase her target weight moving forward. The Smart Handle worked great for this as you can see exactly the weight they are pulling each time.

We have set weekly walking and strength goals for each participant. We are meeting with participants 2 or 3 times a week to help them meet these goals. Another goal was to maintain a level of independence and improve the daily quality of living. Fall prevention was also one of our big concerns when putting this program into place. Research shows that strong leg and hip muscles help to reduce the risk of falls. For that reason we incorporated hip flexion and extension as well as quadriceps and hamstring strength exercises using the Smart Handle. We also integrated bicep, tricep, and deltoid exercises as a way to strengthen their arms and shoulders.

If the participant met their goals eight out of ten weeks they were given a vote on the reward they would like. The options were to order in pizza or go out for pizza and they had two different options of pizza restaurants. The majority vote from each campus won!



Cause for Applause



Serenity has an incentive program for our employees...hear all about it!

- Anyone (co-workers, residents, family/friends, etc.) can make fill out a **Cause for Applause** form. These are also found on the board in each building.
- Forms should be filled out when you catch a co-worker going above and beyond their call of duty.
- Put the completed form in Denise's box. She will keep copies in your personnel files as well as notify the administration.
- Each quarter (4 times/year), **Cause for Applause** recipients will be randomly selected to receive one grand prize.
- Please nominate your co-workers when they go above and beyond in their work performance. **Excessive or inappropriate nominations will be disregarded.**

Thank you to all of our staff for all of your hard work, dedication and respect. We truly appreciate every single one of you! Check out our section below...we have a lot of great employees who have bee with Serenity for over 5 years!

YEARS OF RECOGNITION

5+ Years or More

Gretchen Christensen

Renata Krull

Tim Anderson

Elaine Anderson

Denise Tollefson

Richard Anderson



Hair Salons at Serenity

Tammy Tollefson operates the East Campus salon and Karen Milburn operates the West Campus salon. Here are some answers to some Frequently Asked Questions concerning the salons.

Prices = Prices will remain the same for both salons. See note below for current pricing.

Hours = Karen's hours at the West Campus salon are posted on the salon door. She will be available by appointment on Wednesdays and Thursdays between 1:00-6:00.

Which salon? = You do not have to get your hair done only in the building you live in. If you prefer one beautician over the other, feel free to make an appointment with that particular beautician. However, Serenity is not responsible for transportation between the buildings for appointments.

Salon billing = Beauticians are not employees of Serenity. They are independent contractors; they also do their own invoicing and billing. If you have questions or concerns regarding your bill, please take them up with the appropriate operator.

Women's Hair Cut.....\$14.00

Perm with cut....\$52.00

Men's Hair Cut....\$13.00

Shampoo & Set.....\$10.00

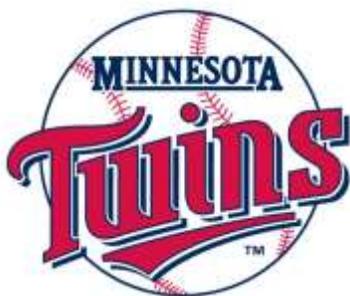
Color....\$50.00

Wet Set w/ Cut.....\$24.00

Perms.....\$48.00

Minnesota Twins August Schedule

8/1/2015	6:10 PM	Mariners at Twins	TV: FS-N ----- Radio: Go 96.3
8/2/2015	1:10 PM	Mariners at Twins	TV: FS-N ----- Radio: Go 96.3 -- BOB FM
8/3/2015	12:07 PM	Twins at Blue Jays	TV: FS-N ----- Radio: Go 96.3
8/4/2015	6:07 PM	Twins at Blue Jays	TV: FS-N ----- Radio: BOB FM -- Go 96.3
8/5/2015	6:07 PM	Twins at Blue Jays	TV: FS-N ----- Radio: Go 96.3
8/6/2015	6:07 PM	Twins at Blue Jays	TV: FS-N ----- Radio: Go 96.3
8/7/2015	6:10 PM	Twins at Indians	TV: FS-N ----- Radio: Go 96.3
8/8/2015	6:10 PM	Twins at Indians	TV: FS-N ----- Radio: Go 96.3
8/9/2015	12:10 PM	Twins at Indians	TV: FS-N ----- Radio: Go 96.3 -- BOB FM
8/11/2015	7:10 PM	Rangers at Twins	TV: FS-N ----- Radio: BOB FM -- Go 96.3
8/12/2015	7:10 PM	Rangers at Twins	TV: FS-N ----- Radio: Go 96.3
8/13/2015	12:10 PM	Rangers at Twins	Radio: Go 96.3
8/14/2015	7:10 PM	Indians at Twins	TV: FS-N ----- Radio: Go 96.3
8/15/2015	6:10 PM	Indians at Twins	TV: FS-N ----- Radio: Go 96.3
8/16/2015	1:10 PM	Indians at Twins	TV: FS-N ----- Radio: Go 96.3 -- BOB FM
8/17/2015	6:05 PM	Twins at Yankees	TV: FS-N ----- Radio: Go 96.3
8/18/2015	6:05 PM	Twins at Yankees	TV: FS-N ----- Radio: Go 96.3 -- BOB FM
8/19/2015	12:05 PM	Twins at Yankees	TV: FS-N ----- Radio: Go 96.3
8/20/2015	6:05 PM	Twins at Orioles	TV: FS-N ----- Radio: Go 96.3
8/21/2015	6:05 PM	Twins at Orioles	TV: FS-N ----- Radio: Go 96.3
8/22/2015	6:05 PM	Twins at Orioles	TV: FS-N ----- Radio: Go 96.3
8/23/2015	12:35 PM	Twins at Orioles	TV: FS-N ----- Radio: Go 96.3 -- BOB FM
8/25/2015	6:10 PM	Twins at Rays	TV: FS-N ----- Radio: Go 96.3 -- BOB FM
8/26/2015	6:10 PM	Twins at Rays	TV: FS-N ----- Radio: Go 96.3
8/27/2015	6:10 PM	Twins at Rays	TV: FS-N ----- Radio: Go 96.3
8/28/2015	7:10 PM	Astros at Twins	TV: FS-N ----- Radio: Go 96.3
8/29/2015	6:10 PM	Astros at Twins	TV: FS-N ----- Radio: Go 96.3
8/30/2015	1:10 PM	Astros at Twins	TV: FS-N ----- Radio: Go 96.3 -- BOB FM



SALS GALS

Serenity's Auxiliary Fund!

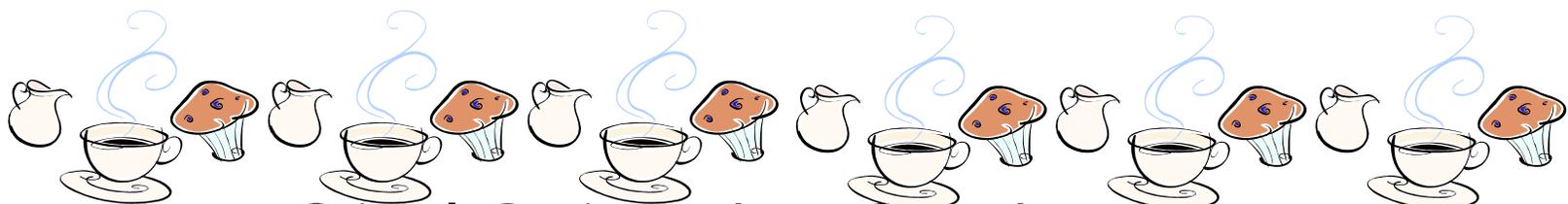
SALS GALS is an acronym that stands for 'Serenity Assisted Living's Gals' which is our auxiliary fund. The auxiliary fund is utilized to pay for musical entertainment at Serenity, go towards various fundraising efforts for equipment for our clients, and other items brought up by our clients at our monthly Resident Council Meetings!

We collect donations in various forms. There are piggy banks on our dining room tables...we call them our Treasured Tips. Feel free to drop a small amount if you are joining your loved one for coffee or anytime.

Many times, memorial gifts following a funeral are donated to Serenity and designated for a specific project or item. An example of a few of these are the handicap door openers, pergola, and outdoor chairs at the East Campus. Other times, donations are just made because it's a good cause!

We have exciting news! We have officially gotten two iPads for our Life Enrichment activities and will start being able to use them immediately! Amy & Carol already have plans to use them for August Jeopardy! Along with money in our SALS GALS account, we are now accepting iTunes gift cards to use for App purchases.





Girlfriends Gathering

Serenity holds a Girlfriends Gathering each month to celebrate women! The location alternates between the two campuses and many of the ladies help with preparations for our fun afternoon.



Our theme last month was ladybugs and watermelon. Did you see how adorable our appetizers and watermelon cupcakes turned out?! The photo to the left is some of the ladies using the new Neighborhood Kitchen for the first time in our new wing.

Snapshots

East Campus Wellness participants celebrating the last quarter with a pizza party and flexing their muscles.



Showing our American pride by painting a pallet to look like an American flag!



Staff Barb shows off her new baby, Lillian!



Some of the ladies out at Thunder Road in Fargo for some mini-golf.

New Faces

Say hello to some friendly new faces around Serenity! Evan has interviewed them so you know a little bit more about them!

Verna Hvidsten (West Campus)

Where did you grow up as a child?

Verna grew up on a farm in Carlston, MN, a small town north of Thief River Falls, and not far from Canada.

What was your primary occupation?

She worked in several jobs, ranging from working at the Articat Factory, to owning a plant nursery with 7 green houses. The big seller there were Geraniums.

Verna's husband (married in 1948), worked as a welder at Articat and worked in the green houses with Verna.

What was/is your top favorite hobbies?

Verna enjoyed sewing and quilting, and she was also fond of a card game or two.

Favorite music?

Country, Western, any Polka + Waltz

Favorite food?

Potatoes and Gravy, some scalloped corn.
"The simple stuff."



New Faces

Say hello to some friendly new faces around Serenity! Evan has interviewed them so you know a little bit more about them!

Maureen Helgeson (West Campus)

Where did you grow up as a child?

In Barney, ND Maureen was born and raised during WW1 on a farm (complete with cows horses and chickens).

What was your primary occupation?

Maureen started out as a teacher in Valley City, later she started to focus on raising a family and stayed home to raise the kids.

Maureen's full blooded Norwegian husband was also born on a farm, and worked at Standard Oil Pipeline.

What was/is your top favorite hobbies?

Maureen is a painter who enjoys a good game of Whist. She also enjoys watching Billy Graham.

Favorite music?

Country music + Lawrence Welk.

Favorite food?

In spite of being full German she enjoys Lutefisk and Lefse.



New Faces

Say hello to some friendly new faces around Serenity! Evan has interviewed them so you know a little bit more about them!

Maureen Helgeson (West Campus)

Where did you grow up as a child?

Marie was born and raised in Warnsdorf, Czechoslovakia. Home was born and raised in Choplin, MI.

What was your primary occupation?

Marie worked in a bakery and a super market in Brainerd. But once their son was born she started to be a home maker. Homer spent 20 years in the army, and 10 to 15 years surveying land.

What was/is your top favorite hobbies?

Marie is fond of needle work, while Homer is fond of fishing. Both are very fond of traveling however.

Favorite music?

Marie likes to listen to easy listening and waltzes. Homer doesn't quite have an ear for music.

Favorite food?

Marie: "Anything that tastes good."

Homer: "I like to eat!" – although he does have a preference towards sea food.





August 2015



SUN	MON	TUE	WED	THU	FRI	SAT
Events are subject to change!						1 Nail Day!  Dilworth Dairy Queen @ 3:30 
2 Cookie Baking @ 2:00 pm  Staff Kim's Birthday Ice Cream SUNDAY @ 3:00! Transportation to Dilworth Lutheran @ 9 am	3 Boating & Fishing in Detroit Lakes w/ Carol 	4 Evan's Group (West)  Jerry Jacobson 2:00 (East)  WAL*MART Shopping	5 VFW for Supper & BINGO	6 Resident Council @ 11:00 (East) Communion w/ Marlene 	7 BINGO West @ 1:30	8 Betty H.'s Birthday  Nail Day!  Dilworth Dairy Queen @ 3:30 
9 Cookie Baking @ 2:00 pm  Ice Cream SUNDAY @ 3:00! Transportation to Dilworth Lutheran @ 9 am 	10	11 Sonny's Birthday  Monthly Girlfriend's Gathering @ 2:45 (East) S'Mores Day Shopping 	12	13 Resident Council @ 11:00 (West) Staff Rose's Birthday 	14 BINGO East @ 1:30	15 Nail Day!  Dilworth Dairy Queen @ 3:30 
16 Cookie Baking @ 2:00 pm  Ice Cream SUNDAY @ 3:00! Staff Carol's Birthday Transportation to Dilworth Lutheran @ 9 am	17 Depot Singers @ 2:00 (West) 	18 Monthly Men's Lunch (West)  Shopping at Herberger's 	19 Mass at Serenity @ 10:00 am (East)  VFW for Supper & BINGO	20 Pastor Mark 2:00 (West) & 3:00 (East)	21 BINGO West @ 1:30	22 Nail Day!  Dilworth Dairy Queen @ 3:30 
23 Cookie Baking @ 2:00 pm  Ice Cream SUNDAY @ 3:00! Transportation to Dilworth Lutheran @ 9 am 	24 Staff Stacy's Birthday 	25 Evan's Group (East)  Shopping  Look at Crops 	26 Mass at St. Liz @ 8:30 am 	27 Appetizer Night @ 6:00	28 BINGO East @ 1:30	29 Nail Day!  Dilworth Dairy Queen @ 3:30 
30 Transportation to Dilworth Lutheran @ 9 am  Ice Cream SUNDAY @ 3:00!	31 Emma's Birthday 					

Mark Your Calendar!

SEPTEMBER

Grandparents Day & Open House = Sunday, September 13th from 11:00 am—1:30 pm

National Assisted Living Week! = September 13th—18th

German Festival = Saturday, September 19th

Outing to Thomas Farms = TBD

Open House = TBD

West Acres Outing = TBD

Movie Theater Outing = TBD

OCTOBER

Oktoberfest = TBD

Clergy Appreciation = TBD

West Acres Outing = TBD

Movie Theater Outing = TBD

Halloween Party = Friday, October 30th



From the Desk of...

Jen Fillipi, LPN

Dear Family & Friends,

Identification Bracelets. Every year you hear about elderly people whether they are diagnosed with a memory illness or not that have wandered off and have gotten lost.

Caring for another person is a huge responsibility and when they go missing it can be hugely devastating.

It is stated that most missing dementia sufferers are located within several hours, but for others the outcome can be heartbreaking.

“The body of a 75 year old man was located on the bank of the Ross River in Townsville in February after missing from his residence in Rasmussen 3 days earlier.”

Many Americans have been diagnosed with a form of dementia, Alzheimer's or memory decline, that number is expected to rise in the coming years. As our loved ones age it is out of our control if they are going to wander or not. For all in which we serve here at Serenity Assisted Living, we look out for their safety during all times of the day. To be proactive in this we are encouraging families to purchase an Identification Bracelet for your loved one if you feel it is necessary.

If you would like you could go to the website: www.neverlostwristbands.com We have several that have these already. It is the double line soft ID bracelet.

What we are suggesting to have on the bracelet is:

CLIENT's Name
Serenity Assisted Living
1125 or 1204 Oakview Drive
Dilworth, MN 56529
218-477-7254
Diagnosis if wanted.



The nurses here at Serenity Assisted Living are encouraging family to seriously think about purchasing one for your loved one here at Serenity. The simple ID bracelet will provide peace of mind for you, the client and the staff here. The nurses here at Serenity would be willing to discuss this with you if you are having questions about it.

Thanks!

A handwritten signature in blue ink that reads 'Jen Fillipi LPN'.

Jen Fillipi, Licensed Practical Nurse

218-477-7254

nurse@serenityassistedliving.com



German Culture Day

September 19, 2015

\$5 Admission, 12 & under- Free

Performances By	Events
Dale Kris and the Dahman & Riverbend The Beats Dutchmen	Shopping Folk Art Food Dancing Demos Drinks

Historical and Cultural Society of Clay County
Hjemkomst Center, Moorhead, MN
www.HCSCOnline.org



Who to Contact

Nurse Jen

nurse@serenityassistedliving.com



*Health Related
Questions, Doctor's
Orders, Changes in
Medications, etc.*

Nurse Darcie

darcie@serenityassistedliving.com



*Health Related
Questions, Doctor's
Orders, Changes in
Medications, etc.*

Tim Anderson

tim@serenityassistedliving.com



*Menu & Food, Financial
Matters, Maintenance,
etc.*

Richard Anderson

richard@serenityassistedliving.com



*Billing Questions,
Financial Matters,
Maintenance, etc.*

Elaine Anderson

elaine@serenityassistedliving.com



*CEO of Serenity,
Policies, Housekeeping,
Laundry, Staff Concerns,
etc.*

Denise Tollefson

denise@serenityassistedliving.com



*Operations,
Newsletters, Events,
Marketing, Photos, etc.*

Carol Miranowski

activities@serenityassistedliving.com



*Events, Activities &
Life Enrichment*

Amy Mugaas

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*Events, Activities &
Life Enrichment*

Evan Thomas

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*Billing, Identifying ways
to continually improve
the experiences of our
ladies and gentlemen.*



Nicholas Kollross



*Professionally
planned exercise
programs &
activities*

Luke Vanhavermaet



*Professionally
planned exercise
programs &
activities*

Times to Remember

Meal Times

Breakfast: 7-9*

**Come at your own leisure!*

Lunch: 12 :00 pm

Supper: 6:00 pm

Scheduled Transportation

Varying Time Slots



Newsletters are printed and distributed to clients at Serenity. There are extra copies located in the entrances of Serenity and are also available on our website. If you would want a copy of the newsletter e-mailed to you, please contact Denise at Serenity to make these arrangements.

SERENITY

Serenity Assisted Living, Inc. is located in Dilworth, MN and is unique because the administration lives on site while they offer you support in your own spacious living quarters. The administration of Serenity comes to you by the way of Tim and Elaine Anderson. Together, they are excited to own and develop Serenity Assisted Living, Inc.

We're on the Web!

www.serenityassistedliving.com