



Serenity Assisted
Living, Inc.
Dilworth, MN



Serenity Snippets

September 2015

Special points
of interest:

- September Birthdays
- Activity Calendar
- Snapshot Photos
- Movies of the Month

ABOUT National Assisted Living Week

Established by NCAL in 1995, National Assisted Living Week[®] (NALW) provides a unique opportunity for residents, families, staff, volunteers, and the surrounding community to come together through a variety of events and activities to recognize the role of assisted living in caring for America's seniors.

The 2015 theme, *Nourishing Life: Mind, Body, Spirit*, celebrates the numerous ways assisted living enriches the lives for each individual residing in these communities. NALW celebrations during the week of September 13-19, 2015, will showcase how assisted living focuses on the whole person.

Nourishment is the root of life, the basis upon which all things are built. When properly nourished, living things thrive and grow in aspects never before imagined. Each day, all over the country, assisted living communities provide a nourishing environment for residents, families, team members, and volunteers. NALW is a time to celebrate the richness of life that assisted living provides. This guide will prepare and inspire you to plan events and celebrations that showcase the enrichment of life each and every day.



September 13–19, 2015

Please join us in celebrating our
*Open House &
Grandparents Day*

SUNDAY, SEPTEMBER 13TH
11:00 AM - 1:30 PM

**FOOD IS SERVED FROM 11 AM TO 1 PM

SERENITY ASSISTED LIVING
1125 & 1204 OAKVIEW DRIVE
DILWORTH, MN 56529

*Food served buffet style
in each respective building, free will offering.*

*Rockin' 60's and Clark Gable performing
in the parking lot between campuses.*



National Assisted Living Week

MONDAY (14th) = Active with Recreation

***Wear your favorite sports shirt or jersey!*

TUESDAY (15th) = Animals Lift our Spirits

***Wear an animal print or shirt with an animal on it.*

WEDNESDAY (16th) = Making the Taste Buds Dance

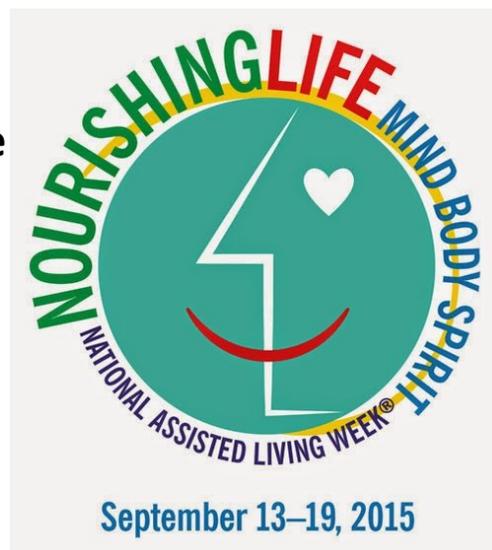
***Enjoy bread baking in the morning.*

THURSDAY (17th) = Enjoying the Outdoors

***Trip to Thomas Farm.*

FRIDAY (18th) = Nourishing the Mind

***Join in Creative Story Making*



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



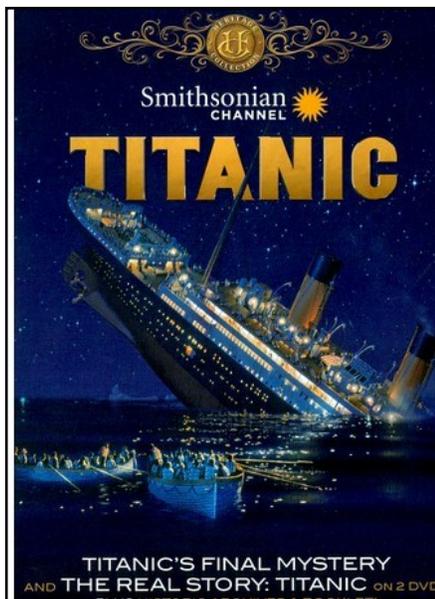
September Movies

Seeking a Friend for the End of the World (2012)



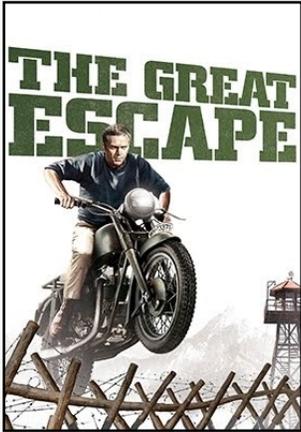
As an asteroid hurtles toward Earth, a man sets out to reunite with his high school sweetheart. But a woman who tags along complicates things.

Titanic's Final Mystery (2012)



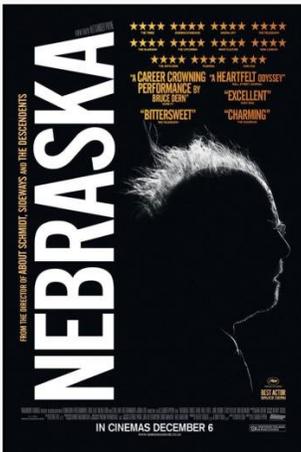
This documentary presents new scientific evidence that blows apart the myths and may forever change the way you look at the Titanic tragedy.

September Movies



The Great Escape (1963)

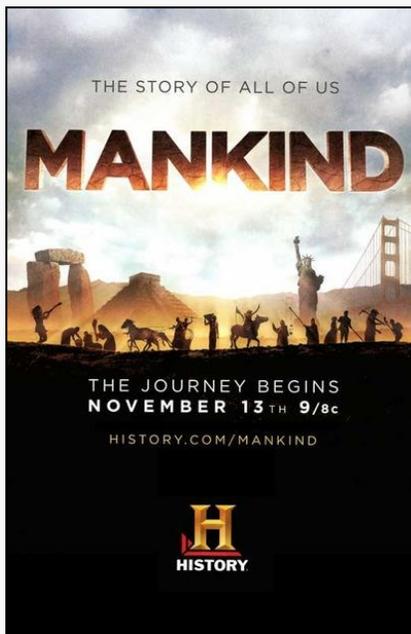
This epic adventure centers on an audacious plan by Allied officers to stage a massive breakout from an ostensibly escape-proof German prison camp.



Nebraska (1963)

When a cantankerous old boozier thinks he's won a magazine sweepstakes prize, his son reluctantly takes a road trip with him to claim the fortune.

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



Season 1, Episode 4: Europe enters a dark age, but from the fringes of the old Roman Empire, two potent new forces—Islam and Christianity—emerge and clash.

Joke of the Month



YOU SHOULD BE ASKING YOURSELF, HOW CAN THIS NOT WORK? PEOPLE LOVE FREE STUFF

September Birthdays!

4th = Staff Ray

5th = Charlene Romer

7th = Staff Jennifer K.

12th = Staff Sondra

21st = Staff Denise

28th = Don Dahl

29th = Etta Kind



In astrology, those born between the 1st and 22nd of September are Virginal Virgos. Virgos are industrious, efficient, and pay close attention to details, which is why they tend to get the job done right on the first try. Those born between September 23rd and 30th balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they'd rather avoid conflict, they are excellent team players who are tactful and polite at soothing those embroiled in argument.

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.

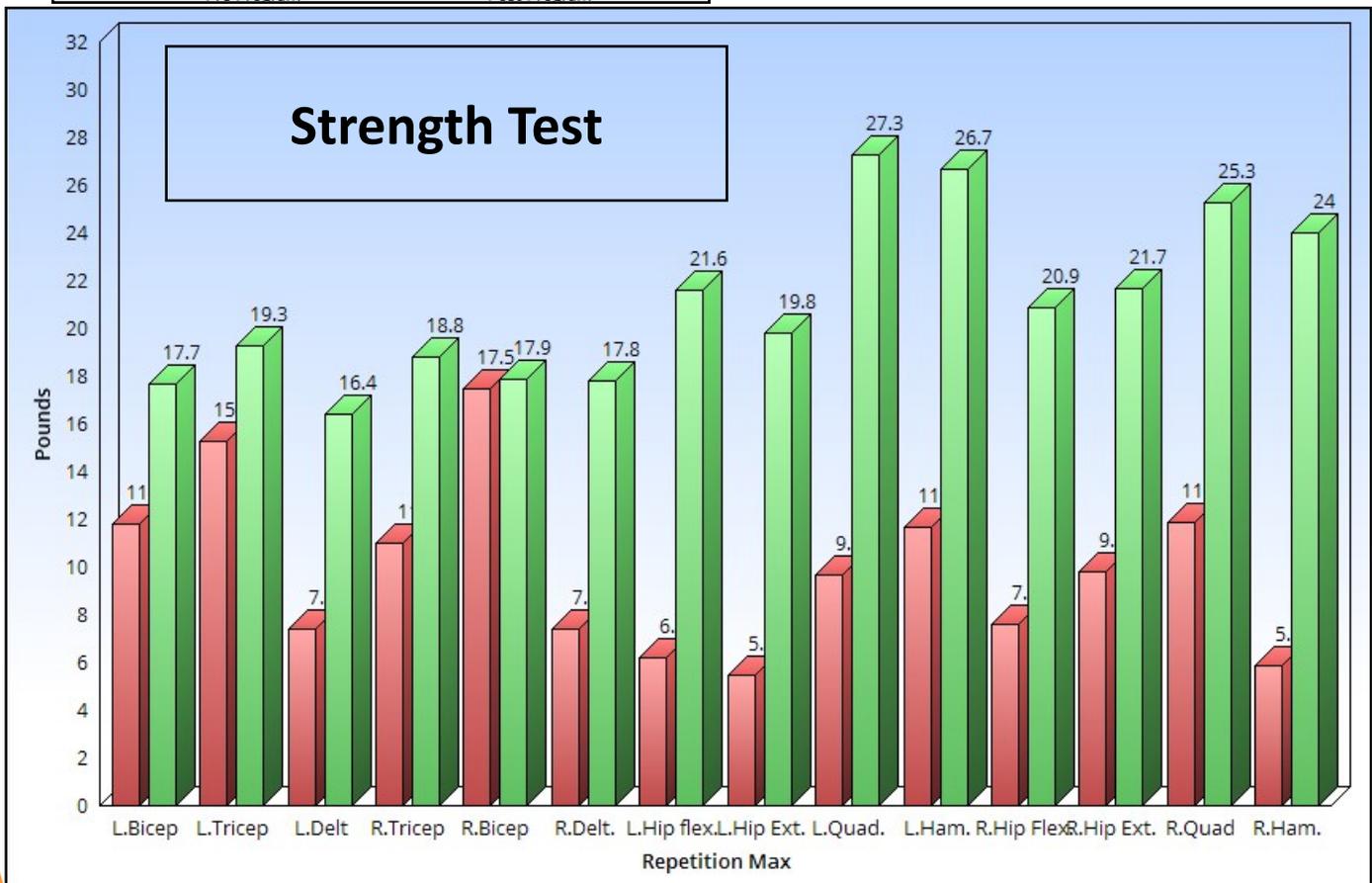
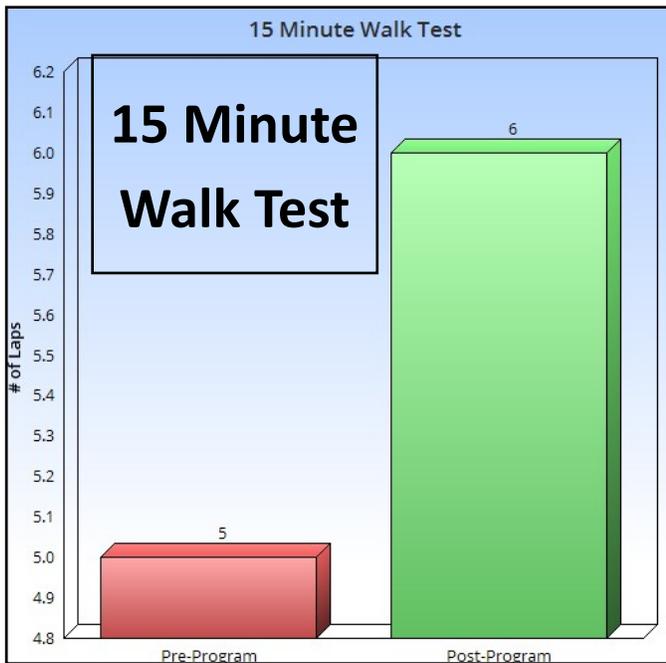
After testing was completed we took seventy percent of each participants baseline results and used that as a starting point for week one, with the goal of increasing their levels throughout the ten week program. The workload and number of repetitions were increased as we noticed the exercises becoming 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!



Sample Client Results



Good Job, Everyone!

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

9/1/2015	7:10 PM	White Sox at Twins	TV: FS-N ----- Radio: Go 96.3 -- BOB FM
9/2/2015	7:10 PM	White Sox at Twins	TV: FS-N ----- Radio: Go 96.3
9/3/2015	12:10 PM	White Sox at Twins	Radio: Go 96.3
9/4/2015	7:10 PM	Twins at Astros	TV: FS-N ----- Radio: Go 96.3
9/5/2015	6:10 PM	Twins at Astros	TV: FS-N ----- Radio: Go 96.3
9/6/2015	1:10 PM	Twins at Astros	TV: FS-N ----- Radio: BOB FM -- Go 96.3
9/7/2015	7:10 PM	Twins at Royals	TV: FS-N ----- Radio: Go 96.3
9/8/2015	7:10 PM	Twins at Royals	TV: FS-N ----- Radio: BOB FM -- Go 96.3
9/9/2015	7:10 PM	Twins at Royals	TV: FS-N ----- Radio: Go 96.3
9/11/2015	7:10 PM	Twins at White Sox	TV: FS-N ----- Radio: Go 96.3
9/12/2015	6:10 PM	Twins at White Sox	TV: FS-N ----- Radio: Go 96.3
9/13/2015	1:10 PM	Twins at White Sox	TV: FS-N ----- Radio: BOB FM -- Go 96.3
9/14/2015	7:10 PM	Tigers at Twins	TV: FS-N ----- Radio: Go 96.3
9/15/2015	7:10 PM	Tigers at Twins	TV: FS-N ----- Radio: Go 96.3 -- BOB FM
9/16/2015	7:10 PM	Tigers at Twins	TV: FS-N ----- Radio: Go 96.3
9/17/2015	7:10 PM	Angels at Twins	TV: FS-N ----- Radio: Go 96.3
9/18/2015	7:10 PM	Angels at Twins	TV: FS-N ----- Radio: Go 96.3
9/19/2015	6:10 PM	Angels at Twins	TV: FS-N ----- Radio: Go 96.3
9/20/2015	1:10 PM	Angels at Twins	TV: FS-N ----- Radio: BOB FM -- Go 96.3
9/22/2015	7:10 PM	Indians at Twins	TV: FS-N ----- Radio: Go 96.3 -- BOB FM
9/23/2015	7:10 PM	Indians at Twins	TV: FS-N ----- Radio: Go 96.3
9/24/2015	7:10 PM	Indians at Twins	TV: FS-N ----- Radio: Go 96.3
9/25/2015	6:08 PM	Twins at Tigers	TV: FS-N ----- Radio: Go 96.3
9/26/2015	6:08 PM	Twins at Tigers	TV: FS-N ----- Radio: Go 96.3
9/27/2015	12:08 PM	Twins at Tigers	TV: FS-N ----- Radio: Go 96.3 -- BOB FM
9/28/2015	6:10 PM	Twins at Indians	TV: FS-N ----- Radio: Go 96.3
9/29/2015	6:10 PM	Twins at Indians	TV: FS-N ----- Radio: Go 96.3 -- BOB FM
9/30/2015	6:10 PM	Twins at Indians	TV: FS-N ----- Radio: Go 96.3



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.





Down on Thomas Farm



Doubting Thomas Farms was generous enough to invite Serenity out to their farm on the last Sunday of August. We enjoyed the beautiful weather, livestock and ended our outing with a picnic!

Our calendars are set again for a visit on September 17th!

SNAPSHOTS



On a crop tour and Connie showed us her old 1 room school house.



Making homemade mints for staff Andrew's wedding this weekend!

Len & Randy on a Men's Group outing to the Fargo Air Museum



Making refrigerator pickles out of cucumbers donated by families of clients.



New Faces

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

Steve Mjosness (West Campus)

Where did you grow up as a child?

Felton, MN. Steve has lived there his whole life.

What was your primary occupation?

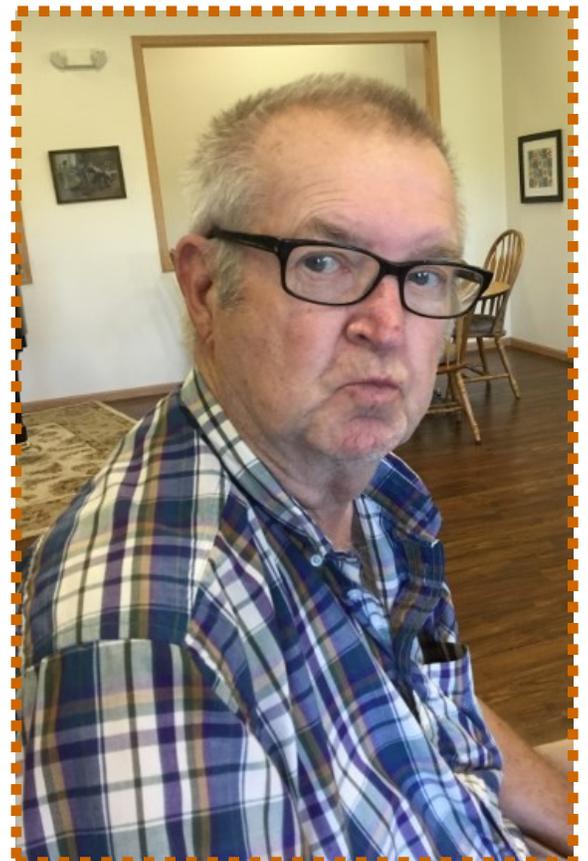
With a love of the land Steve is a small grains and sugar beet farmer.

What was/is your top favorite hobbies?

Steve enjoyed horseback riding, having owned Arabian horses & Quarter horses.

Favorite food?

"I like a good steak."



New Faces

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

Franklin Pinkava (West Campus)

Where did you grow up as a child?

Frank grew up and lived in Brownsdale, MN. It is a small town with 400 people and is located in southern MN near Highway 56.

What was your primary occupation?

Frank enjoyed many different lines of work through his time spent working. From mall security, to health service. Frank's wife spent a lot of time raising their three kids. Frank is proud of all of them.

What was/is your top favorite hobbies?

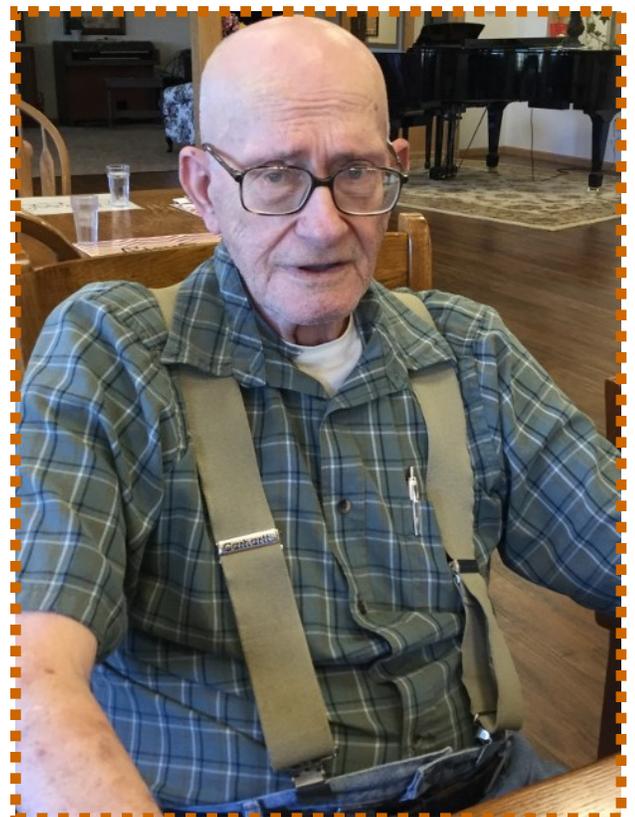
- Metal Detecting. Frank owns and operates a Garrett Ace metal detector. He has used it in the past to help recover rings and things for people.
- "Years ago" Frank loved to go go-karting, and racing.
- Frank also loves to watch the 1960's Batman with Adam West starring.

Favorite music?

"Any of the old songs. Folks don't usually sing it." He wasn't fond of Ertha Kitt for her music, but when she played Catwoman in the Batman series she topped the role.

Favorite food?

An Ice-cream smoothie.



New Faces

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

Catherine Fitzgerald (West Campus)

Where did you grow up as a child?

Catherine grew up in Dilworth, MN.

What was your primary occupation?

Catherine went into nursing and completed the program through a hospital. From there she worked in Minneapolis MN, Vancouver, Washington, Colorado, and several other places before ending up back near Fargo working at Saint Ansgars Hospital. Her husband worked for the railroad company (Now known as Burlington Northern). Together they had 5 children (2 boys, 3 girls).

What was/is your top favorite hobbies?

- Sewing, Catherine can't sew anymore but when she did she would create anything from clothes for herself to Blazers (from Irish wool no less) for her kids.
- Reading, though she doesn't do too much of that now days.

Favorite music?

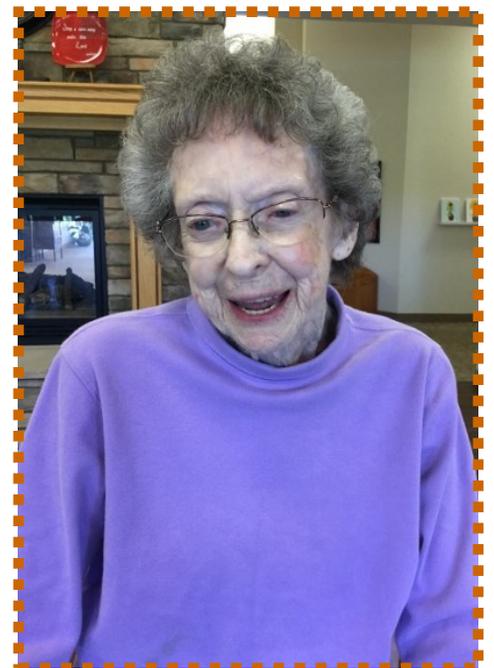
Catherine: "Big band music."

Interviewer: "Like Lawrence Welk?"

Catherine: "Oh God no, I can't stand Lawrence Welk. Like Benny Goodman."

Favorite food?

Catherine doesn't have an exact favorite for a meal, though she did cook a lot of hot dishes for the family, however she is partial to going to the lake and eating grilled goods.



September 2015

SUN	MON	TUE	WED	THU	FRI	SAT	
		1 Evan's Group (West)  WAL*MART Shopping	2 Mass at St. Liz @ 8:30 am  VFW for Supper & BINGO	3 Resident Council @ 11:00 (East) Communion w/ Marlene  Appetizer Night @ 6:00	4 BINGO West @ 1:30	5 Nail Day!  Charlene's Birthday  Dilworth Dairy Queen @ 3:30 	
6 Cookie Baking @ 2:00 pm  Ice Cream SUNDAY @ 3:00!	7 Staff Jenny K.'s Birthday 	8 Shopping at <i>Herberger's</i> 	9  Mass at Serenity @ 10:00 am (East) Boating & Fishing in Detroit Lakes 	10 Resident Council @ 11:00 (West) Fantasy Football Draft @ 1:30  VFW Car Show @ 5:00  Appetizer Night @ 6:00	11 BINGO East @ 1:30	12 Nail Day!  Dilworth Dairy Queen @ 3:30  Staff Sondra's Birthday 	
13 Grandparents Day 11—1:30pm 	14  Vikings vs. 49'ers @ 9:20 pm VIKINGS	15 Monthly Men's Lunch (East)  Dog Fashion Show  DOLLAR TREE Shopping	16 Mass at St. Liz @ 8:30 am  Homemade Bread Day  VFW for Supper & BINGO	17 Trip to Thomas Farms  Pastor Mark 2:00 (West) & 3:00 (East)  Appetizer Night @ 6:00	18  BINGO West @ 1:30 CARAGE SALE 1 pm - 5 pm 	19 Nail Day!   German Festival **See Flyer Dilworth Dairy Queen @ 3:30 	
20 Cookie Baking @ 2:00 pm  Vikings vs. Lions @ Noon VIKINGS Ice Cream SUNDAY @ 3:00!	21 Staff Denise's Birthday 	22 Evan's Group (East)  K Shopping  Zippity Zingers (West) @ 2:00 	23 Mass at St. Liz @ 8:30 am  Monthly Girlfriend's Gathering @ 2:30 (West)	24 Appetizer Night @ 6:00	25 BINGO East @ 1:30	26 Nail Day!  Dilworth Dairy Queen @ 3:30 	
27 Cookie Baking @ 2:00 pm  Vikings vs. Chargers @ Noon VIKINGS Ice Cream SUNDAY @ 3:00!	28 Don Dahl's Birthday 	29 Etta Kind's Birthday  WAL*MART Shopping	30 Mass at St. Liz @ 8:30 am 	Events are subject to change!			

Mark Your Calendar!

OCTOBER

Professional Resident Portraits = Wednesday, October 7th

Scholarship Reception for Katrina = Wednesday, October 14th @ 12:30 pm

Oktoberfest = TBD

Clergy Appreciation = TBD

West Acres Outing = TBD

Movie Theater Outing = TBD

Halloween Party = Friday, October 30th

NOVEMBER

November 1st = Daylights Savings

November 11th = Veterans Day

November 26th = Thanksgiving

November 29th = Advent Begins

TBD = Serenity Thanksgiving



From the Desk of...

Elaine Anderson, LSW

Dear Family & Friends,

From time to time, employees identify items that may not have been budgeted for, yet they mentioned that these items would enhance the quality of life for the people we serve here at Serenity, allow more efficient operations, assist visitors or otherwise provide a benefit towards a better means of hospitality.

This list of items below has been suggested by employees and is based on needs that have been identified in the course of their work with the people they serve, your loved ones. Please review the list and consider making a designated gift to underwrite the purchase of any of these items.

- Towel warmer for the spa
- A DVD player / projector with sound to facilitate the showing of movies and other entertainment.
- Glen Miller DVD's
- Grill for outside grilling (Both campuses)
- Patio furniture (West Campus)
- Fingernail kits (fingernail polish, clippers, etc.)
- Stand Alone Blood Pressure unit
- Mixing Bowls for the neighbor kitchen
- Utensils for the neighbor kitchen
- Cookie sheets for the neighbor kitchen
- 9x 13 cake pans neighbor kitchen
- Dish towels for the neighbor kitchen
- Bathroom Scale
- Coat Rack for open houses / parties
- Stand Alone Refrigerator
- Platform Parallel Bars
- Pedal Exerciser
- Portable Mirror & Weight Rack with (Wheels)



If you are interested in donating any of the above items, please contact Serenity Assisted Living to discuss the details of each item. Call 218-477-7254 or e-mail elaine@serenityassistedliving.com.

Thanks!

A handwritten signature in cursive script that reads "Elaine Anderson".

Elaine Anderson, Owner & Licensed Social Worker

218-477-7254

elaine@serenityassistedliving.com



German Culture Day

September 19, 2015

\$5 Admission, 12 & under- Free

Performances By

Dale Kris and the
Dahman & Riverbend
The Beats Dutchmen

Events

Shopping Folk Art
Food Dancing
Demos Drinks

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



Who to Contact

Nurse Jennifer

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

amy@serenityassistedliving.com



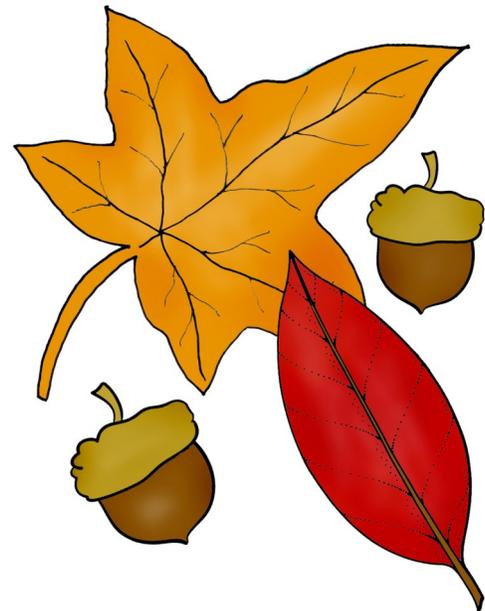
*Events, Activities &
Life Enrichment*

Evan Thomas

evan@serenityassistedliving.com



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



Nicholas Kollross



*Professionally
planned exercise
programs &
activities*

Andrew 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