



Serenity Assisted
Living
Dilworth, MN



Serenity Snippets

May 2016

Special points of interest:

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

Mariachi Season

Ay, ay, ay, ay! May is the season for mariachi! The celebration begins a bit prematurely with Texas State University's Feria del Mariachi, or Mariachi Festival and Competition, on April 30. Not to worry, for there will be plenty more mariachi enjoyed on May 1, the official Mariachi Day in Texas and elsewhere.

Mariachi may be Mexico's most well-known style of folk music. It has been recognized as a treasured cultural heritage by UNESCO. Mariachi is rooted in Spain's arrival in Mexico when the Spanish introduced European musical instruments such as guitars, violins, harps, brass horns, and woodwinds that were used in theater productions and church services. Native Mexicans quickly appropriated the instruments to their own uses, even building, tuning, and modifying them.

Scholars argue over the origin of the term *mariachi*. Some believe that it comes from the French word *mariage*, meaning "wedding" or "marriage." How did a French word enter the Mexican lexicon? In the 19th century, Mexico was conquered and ruled by Maximilian I, a Frenchman at the command of Napoleon III, nephew of Napoleon Bonaparte. Others believe that the word does not stem from French at all but is rather from a native word for a local tree used to build both guitars and for the stage upon which musicians played music.

No matter where the word originated, mariachi music embodies the heart and soul of Mexico. Bands typically consist of at least two vio-



phillipmartin.info

lins, two trumpets, and one guitar. For some of the best in mariachi, head to El Paso, Texas, on Mother's Day weekend for the Mariachi Loco Music Festival. The Annual Battle of the Mariachis will take place on May 14 in San Juan Capistrano, California. In Mexico, every day is Mariachi Day, but perhaps the best day to hear mariachi would be on Cinco de Mayo (May 5), the Mexican holiday celebrating Mexico's victory over the French at the Battle of Puebla.

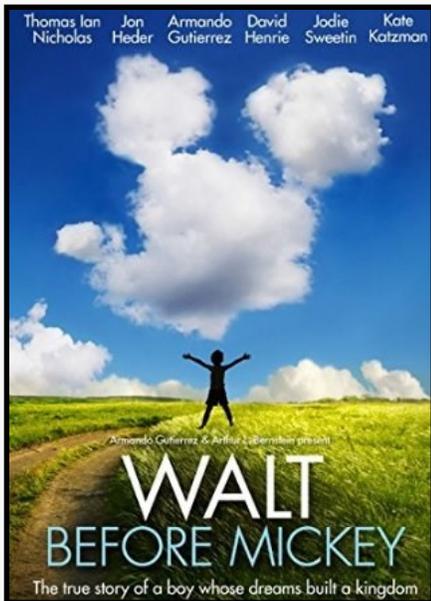
You're Invited...

Aside from the interesting mariachi music facts, we will be celebrating Cinco de Mayo (5th of May) at Serenity. Staff Diana will be making homemade tamales with the clients as well as some other Mexican goodies!

May MOVIES

The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

Documentary: Walt Before Mickey (2015)



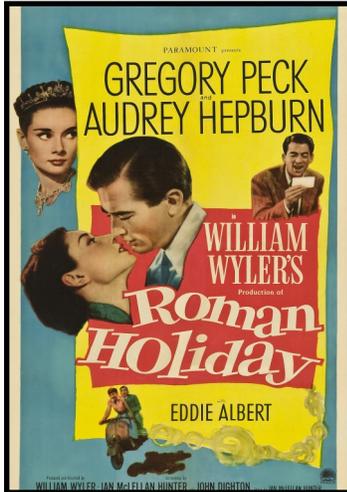
The portrait of young Walt Disney traces his path from Missouri to Hollywood, as he juggles big breaks, raw business deals and a budding romance.

The Little Rascals (1994)



Alfalfa is wooing Darla and his "He-Man-Woman-Hating" friends attempt to sabotage the relationship.

May Movies



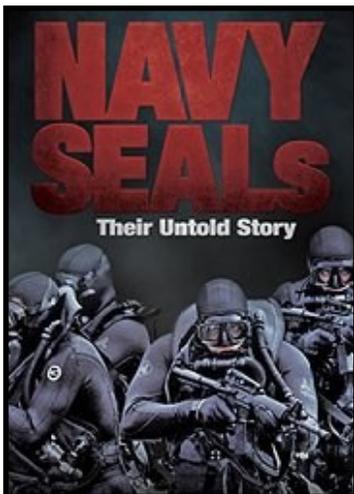
Roman Holiday (1953)

A bored and sheltered princess escapes her guardians and falls in love with an American newsman in Rome.



E.T. (1982)

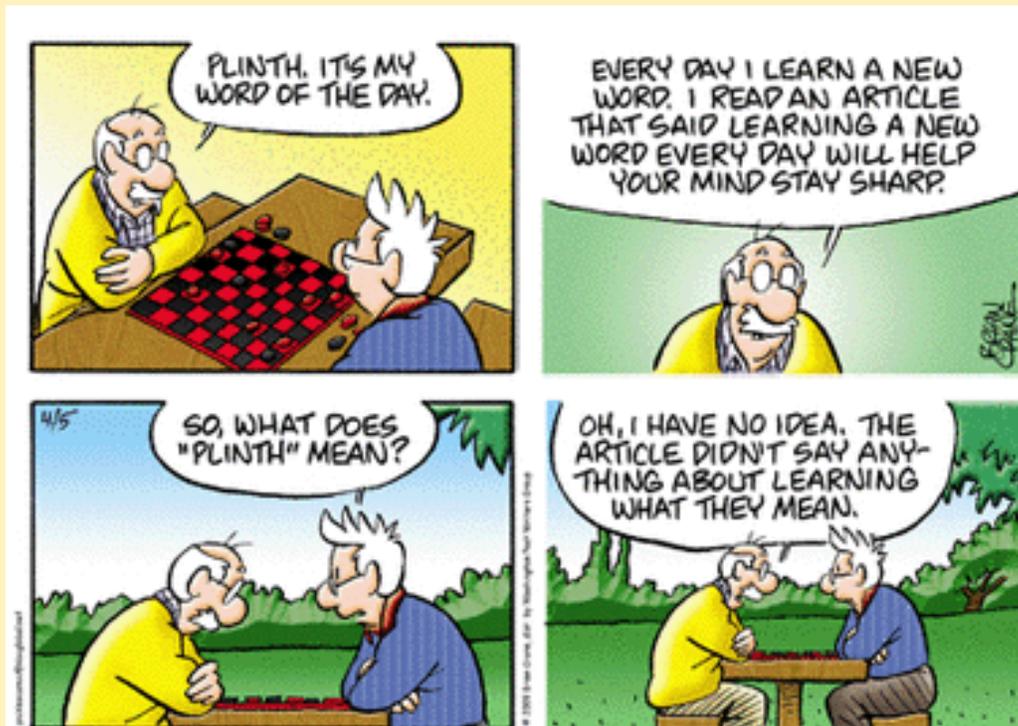
A troubled child summons the courage to help a friendly alien escape Earth and return to his home-world. .



Navy SEALs: Their Untold Story (2014)

Few know the story of how the U.S. Navy SEALs (Sea, Air and Land) became the renowned warriors of today. Without them, much of world history would have been written differently, from the beaches of Normandy to the Pacific theater, Korea, Vietnam, Iraq, and Afghanistan. It explains the U.S. Navy SEALs, and how they came to be, from their Frogman and UDT (Underwater Demolition Teams) ancestors, to their making in 1962, and to present day. Former Navy SEALs and UDTs are interviewed and third stories are told from all eras of Naval Special Warfare.

Joke of the Month



May Birthdays!

- 4th = Staff JoAnn**
- 6th = Nurse Jennifer**
- 7th = Larry Skalsky**
- 16th = Staff Amanda**
- 17th = Lloyd Anderson & Staff Allorah**
- 20th = Staff Katie G.**
- 22nd = Staff Dayna**
- 28th = Jeannette Savageau**

In astrology, those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born between May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

Cause for Applause

for



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.
- Please nominate your co-workers when they go above and beyond in their work performance.
- Put the completed form in Denise's or Richard's box.
- Each quarter (4 times/year), **Cause for Applause** one nomination will be selected to receive a \$50 gift card!

Check out our section below...we have a lot of great employees who have bee with Serenity for over 5 & 10 years!

YEARS OF RECOGNITION

10+ Years or More

Tim Anderson
Elaine Anderson
Denise Tollefson
Richard Anderson

5+ Years or More

Gretchen Christensen
Renata Krull
Marissa Lupkes

Staff Susan has officially been with our team for 5 YEARS! Next time you see her, make sure to tell her how wonderful she is!





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 = See below for current pricing.

Hours = Karen's hours at the West Campus salon are posted on the salon door.

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

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! Along with money in our SALS GALS account, we are now accepting iTunes gift cards to use for App purchases.



Essential Oils

There's something new in the air at Serenity. We have been working with local consultant, Amanda Martens with doTerra to introduce essential oils in an aromatherapy program in our facility. Aromatherapy is one of the fastest growing therapies in the world today and is defined as the "skilled and controlled use of essential oils for physical and emotional health and well-being." The name "aromatherapy" is deceiving in that the practice includes applications beyond olfactory stimulation and the diffusion of oils in the ambient air. Essential oils are produced by the leaves, roots, stems, fruits or flowers of aromatic plants and are extracted through a process of steam distillation or cold expression. The volatile aromatic substances contain an essence of the plant form. Aromatherapy has played an important role in holistic health and wellness practices for centuries. But recently, its effects have been shown to help seniors suffering from a range of health problems.

Aromatherapy essential oil diffusers are small devices that send the essential oil elements into the air. This favorite method for air purification is to use the wellness approach for receiving the benefits of aromatherapy. When we breathe in the gentle vapors of the aromatic oils, the fresh, earthy, or fragrant scent not only smells wonderful, but also the relaxing air surrounding us is healing. You do not need a spa or Japanese garden to realize the benefits of aromatherapy softly diffused into your living environment.

Starting our trial, we will be using a diffuser in the East Campus spa room. If successful, we will start introducing it to our other two spa rooms at the West Campus.

Essential Oil

SPOTLIGHT



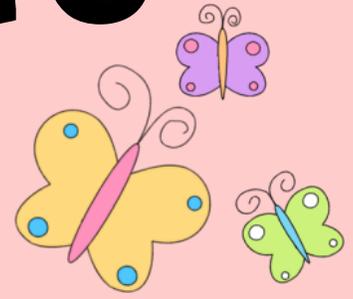
- Creates a perfect escape with its calming, renewing fragrance
- Promotes relaxation and restful sleep
- Diffuses into a subtle aroma, ideal for aromatic benefits
- Lessens tension and calms emotions

Serenity →

ESSENTIAL OIL
BLEND CALMS THE
MIND, RELAXES THE
BODY AND SOOTHES
THE SOUL



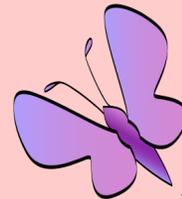
SNAPSHOTS



Sonja had a lot of cake to celebrate her birthday this last month!



Youth from Dilworth Lutheran Church came to work with our clients on making shoes out of denim to send overseas.

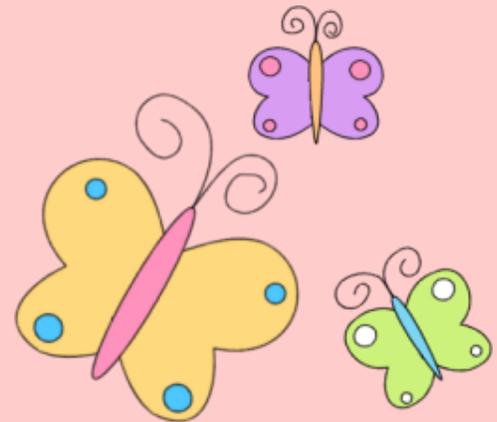


Northwestern Bank has been coming to Serenity 1x/month to host BINGO and brought cake this month for our 10th anniversary!

SNAPSHOTS



5th graders from Robert Asp Middle School volunteered their time to make May Day baskets. Pictured (right) are two student with Joyce and (left) is Bev and Carol with some students.

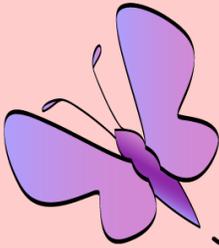


Robert, Corki & Frank work together to make a Carpet Ball game. How do you play? Better stop in to challenge a resident to a game!

SNAPSHOTS



Led by Sharon (dgt. Of Elaine Oland), we turned some pallets into a beautiful painted fence!



We celebrated the Minnesota TWINS opener!



New Faces

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

Marie Zimmer (West Campus)

Where did you grow up?

Marie grew up in Bottineau County in North Dakota. She lived on a farm with her 7 brothers and sisters.

Marie left home after high school and attended 1 semester of college in Minot, ND.

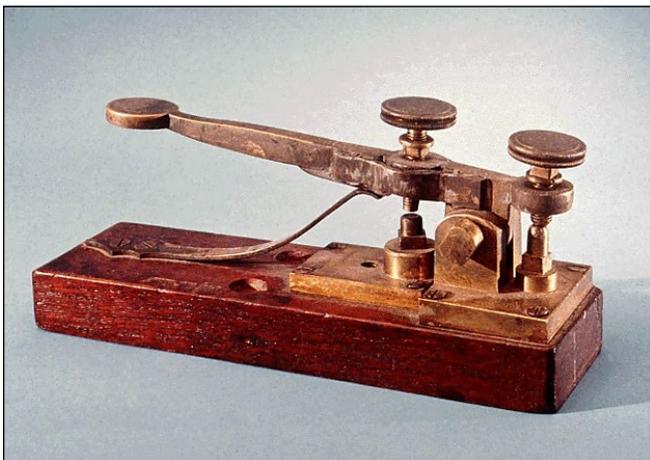
What was your primary occupation?

Marie's husband worked as a telegrapher for Great Northern.

Marie went back to work in 1971. She had a few clerking jobs and worked at a switchboard at Great Northern. She retired at 67 years young and has lived in Rugby for the past 37 years.

Tell us about your family:

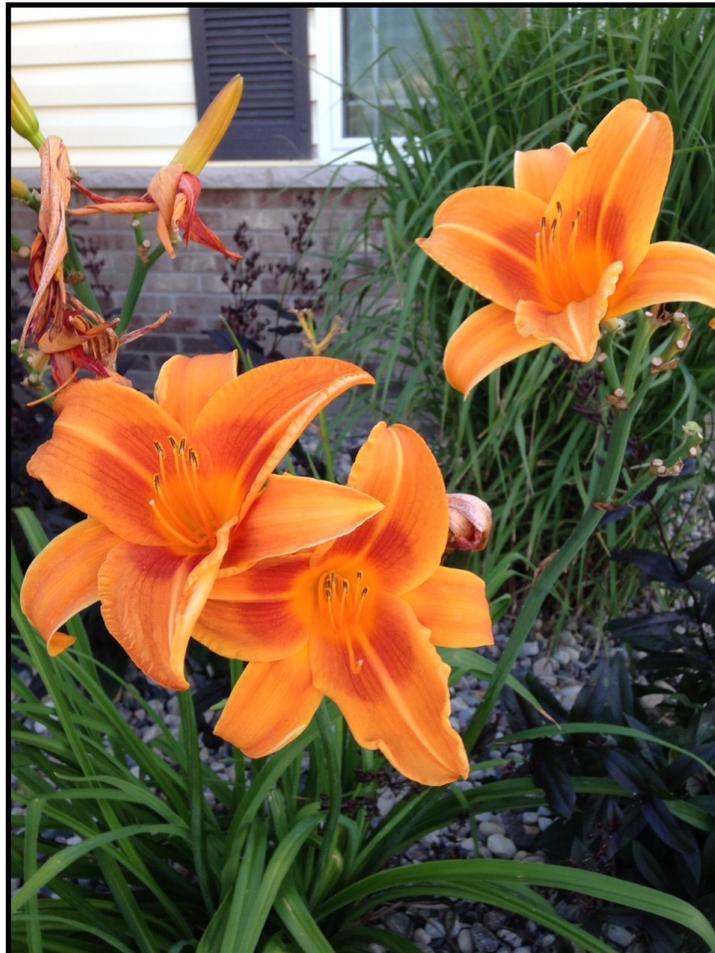
Marie got married at 19 years old. She and her husband had 2 girls while living in Munich, ND. They then moved to York. Marie's brothers and sisters moved all around the country and live in 7 different states. Her daughter lives nearby in Hawley.



GARDENING AT SERENITY

The ladies and gentlemen of Serenity are welcome to continue their hobby of gardening while living here. Here are some of the guidelines:

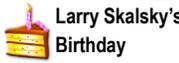
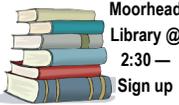
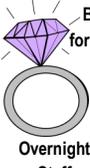
- Serenity will provide the soil
- Serenity can provide the pots
- There will be plots in our raised beds for client's to sign up
- Clients, or their families must be able to care for their own plants
- Max of 3 pots per client
- Pots will start to become available on May 17th or later





May 2016



SUN	MON	TUE	WED	THU	FRI	SAT
<p>1 Transportation to Dilworth Lutheran @ 10 am</p>  <p>Happy May Day!</p>	<p>2</p>	<p>3</p> 	<p>4 Mass at St. Liz @ 8:30 am</p>  <p>Staff JoAnn's Birthday</p> <p>VFW for Supper & BINGO</p> <p>CANCELLED THIS WEEK!</p>	<p>5 Resident Council @ 11:00 (East)</p>  <p>Communion</p> <p>Appetizer Night @ 6:00</p>	<p>6 Nurse Jen's Birthday</p>  <p>10 Year Party @ Travel-Lodge</p>  <p>Nurse's Appreciation Day!</p>	<p>7 Nail Day!</p>  <p>Larry Skalsky's Birthday</p>  <p>KENTUCKY DERBY</p> <p>Dilworth Dairy Queen @ 3:30</p>
<p>8 Transportation to Dilworth Lutheran @ 10 am</p> <p>HAPPY MOTHER'S DAY</p> <p>Ice Cream SUNDAY @ 3:00!</p>	<p>9</p>  <p>Notables (West) @ 2:00</p>	<p>10</p>  <p>DOLLAR TREE Shopping</p>  <p>Moorhead Library @ 2:30 — Sign up</p>	<p>11 Mass at Serenity @ 10:00 am (East)</p>  <p>Bridal Shower for Staff Anna & Staff Nicole!</p> <p>Overnight Staff Appreciation</p> <p>THANKS FOR BEING AWESOME</p>	<p>12 Resident Council @ 11:00 (West)</p> <p>Appetizer Night @ 6:00</p>	<p>13</p> <p>BINGO East @ 1:30</p>	<p>14 Nail Day!</p> <p>Dilworth Dairy Queen @ 3:30</p>
<p>15 Transportation to Dilworth Lutheran @ 10 am</p>  <p>Silver Follies Performance @ Island Park Theater... see sign up</p> <p>Ice Cream SUNDAY @ 3:00!</p>	<p>16</p>  <p>Staff Amanda's Birthday</p>	<p>17</p>  <p>K-WALK Shopping</p> <p>Lloyd & Staff Allorah's Birthdays</p>  <p>HAPPY SYTTENDE MAI</p>	<p>18 Mass at St. Liz @ 8:30 am</p>  <p>Mothers & Others Luncheon 11:30 am—1 pm</p> <p>**Entertainment at West</p> <p>VFW for Supper & BINGO</p>	<p>19 Monthly Men's Lunch (West)</p>  <p>Pastor Mark 2:00 (East) & 3:00 (West)</p>  <p>Staff Katie's Birthday</p> <p>Appetizer Night @ 6:00</p>	<p>20</p> <p>BINGO West @ 1:30</p>	<p>21 Nail Day!</p> <p>Dilworth Dairy Queen @ 3:30</p>
<p>22 Transportation to Dilworth Lutheran @ 10 am</p>  <p>Staff Dayna's Birthday</p> <p>Ice Cream SUNDAY @ 3:00!</p>	<p>23</p>	<p>24</p>  <p>Moorhead Library @ 2:30 — Sign up</p> <p>Shopping at Herberger's</p>	<p>25</p> <p>Mass at St. Liz @ 8:30 am</p>	<p>26</p> <p>Appetizer Night @ 6:00</p>	<p>27</p> <p>BINGO East @ 1:30</p>  <p>GARAGE SALE 9 am—7 pm</p>	<p>28 Nail Day!</p>  <p>Jeannette's Birthday</p> <p>Dilworth Dairy Queen @ 3:30</p>
<p>29 Transportation to Dilworth Lutheran @ 10 am</p> <p>Ice Cream SUNDAY @ 3:00!</p>	<p>30</p> <p>Business Office Closed</p>  <p>THANK YOU!</p>	<p>31</p> <p>WAL*MART Shopping</p>	<p>Events are subject to change!</p>			

Mark Your Calendar!

JUNE

June 11th = Staff Anna's Wedding!

June 16th = Surf & Turf Father's Day Lunch

June 18th = Staff Nicole's Wedding!

June 24th & 25th = Scandinavian Festival @ Hjemkomst

June 29th & 30th = Wellness Celebration Parties!

JULY

July 6th = 2nd Annual Serenity Golf Tournament

July 14th = Senior Day @ RRV Fair! (TBD)

July 19th = Serenity Island Party!



Serenity's

10 Year ANNIVERSARY



WHEN = Friday, May 6th from 11 am—11pm

WHERE = Travelodge and Suites

3027 S Frontage Rd

Moorhead, MN 56560

WHAT = Celebrating 10 Years of Business

Food, Drinks and Swimming on Serenity!



From the Desk of...

Elaine Anderson, LSW

Dear Family & Friends,

Ten years ago, Serenity Assisted Living Center, opened its doors with a philosophy of care that allows aging-in-place...a dream Tim and myself have had our entire married life. As our anniversary date looms closer, we have found ourselves looking at each other and saying, "We can't believe it's already been 10 years!" There have been more than one time we have felt like throwing in the towel, too exhausted to think about going forward, or too frustrated. There have been many times we have worried if we'd even make it. Luckily, in turn, there have also been times we can reflect on our loving and caring staff, a client that has particularly touched our hearts, and families that have been eternally grateful that make these past 10 years our most rewarding and challenging parts of our lives yet. As a family owned business, we strive hard to operate with a "hands-on" management approach, often having members of the management team available on-site 24/7.

Over the ten years we have accomplished a lot with the amazing staff that have chosen to work for Serenity Assisted Living. One of our most current amazements that we have accomplished is the development of our wellness center and program. As this letter goes to print, know that plans are in the works to renovate our wellness center over at the East Campus by transforming a portion of the back garage into a motivating space. There will be new garage doors with natural light and possibly the function of opening into a screen to let fresh air come through. We will also be tidying up the space and putting proper flooring in. We are so excited for this renovation and to be an encouraging support system to our ladies and gentlemen to feel their best possible self. If you are interested in any type of donation, please get in touch with any member of the Anderson family (Tim, Elaine, Denise, or Richard.) We will be happy to share our renovation designs with you or share with you any other type of donation that you so wish.

In this newsletter, you can read about the aromatherapy diffuser we have implemented at the East Campus spa room. We hope it aides in providing a relaxing space for our clients. Tim and Richard have already planted our Hackberry and Oak tree rows on the West Side of our new expansion and have incredible plans for completing the new "courtyard" that the expansion has created. Look forward to some patio lights, an edible garden, beautiful landscaping, outdoor seating and more! Our other wish list items are to renovate the East Campus spa room (new tile and new, more accessible tub), a second blood pressure machine for the West Campus, and of course many more things.

Please mark your calendars for Friday, May 6th for an anniversary party at the Travel Lodge in Moorhead. We will have space available from 11 am—11 pm for food, drinks and swimming...all on Serenity! We'd love to see you and say THANK YOU for helping us have a successful 10 years!

Thanks!



Elaine Anderson, Owner & Licensed Social Worker
218-477-7254
elaine@serenityassistedliving.com



MINNESOTA TWINS

MAY SCHEDULE

5/1/2016	1:10 PM	Tigers at Twins	TV: FS-N Radio: Go 96.3
5/2/2016	7:10 PM	Twins at Astros	TV: FS-N Radio: Go 96.3
5/3/2016	7:10 PM	Twins at Astros	TV: FS-N Radio: Go 96.3
5/4/2016	7:10 PM	Twins at Astros	TV: FS-N Radio: Go 96.3
5/6/2016	7:10 PM	Twins at White Sox	TV: FS-N Radio: Go 96.3
5/7/2016	6:10 PM	Twins at White Sox	TV: FS-N Radio: Go 96.3
5/8/2016	1:10 PM	Twins at White Sox	TV: FS-N Radio: Go 96.3
5/9/2016	7:10 PM	Orioles at Twins	TV: FS-N Radio: Go 96.3
5/10/2016	7:10 PM	Orioles at Twins	TV: FS-N Radio: Go 96.3
5/11/2016	12:10 PM	Orioles at Twins	TV: FS-N Radio: Go 96.3
5/13/2016	6:10 PM	Twins at Indians	TV: FS-N Radio: Go 96.3
5/14/2016	3:10 PM	Twins at Indians	TV: FS-N Radio: Go 96.3
5/15/2016	12:10 PM	Twins at Indians	TV: FS-N Radio: Go 96.3
5/16/2016	6:10 PM	Twins at Tigers	TV: FS-N Radio: Go 96.3
5/17/2016	6:10 PM	Twins at Tigers	TV: FS-N Radio: Go 96.3
5/18/2016	12:10 PM	Twins at Tigers	TV: FS-N Radio: Go 96.3
5/19/2016	7:10 PM	Blue Jays at Twins	TV: FS-N Radio: Go 96.3
5/20/2016	7:10 PM	Blue Jays at Twins	TV: FS-N Radio: Go 96.3
5/21/2016	1:10 PM	Blue Jays at Twins	TV: FS-N Radio: Go 96.3
5/22/2016	1:10 PM	Blue Jays at Twins	TV: FS-N Radio: Go 96.3
5/23/2016	7:10 PM	Royals at Twins	TV: FS-N Radio: Go 96.3
5/24/2016	7:10 PM	Royals at Twins	TV: FS-N Radio: Go 96.3
5/25/2016	12:10 PM	Royals at Twins	TV: FS-N Radio: Go 96.3
5/27/2016	9:10 PM	Twins at Mariners	TV: FS-N Radio: Go 96.3
5/28/2016	9:10 PM	Twins at Mariners	TV: FS-N Radio: Go 96.3
5/29/2016	3:10 PM	Twins at Mariners	TV: FS-N Radio: Go 96.3
5/30/2016	3:05 PM	Twins at Athletics	TV: ESPN Radio: Go 96.3
5/31/2016	9:05 PM	Twins at Athletics	TV: FS-N Radio: Go 96.3





Mothers & Others Tea

WHAT

Come celebrate your mother, sister, aunt or friend at our Mothers & Others event. There will be a variety of salads for lunch, refreshments other nibbles.

Compete in our BEST HAT contest for a chance to win a prize...men, that includes you too!

WHEN & WHERE

Wednesday, May 18th from 11:30 am—1:00 pm.

East or West Campus...wherever your loved one lives.

***Entertainment will be at the West Campus.*

RSVP

Please RSVP to Lindsey at lindsey@serenityassistedliving.com or 218-477-7254 by Monday, May 16th so we can plan accordingly.

UNABLE TO ATTEND?

Join us at 3:00 on Sunday, May 8th for our regularly scheduled 'Ice Cream SUNDAE' build your own dessert bar!

Who to Contact

Nurse Jennifer

nurse@serenityassistedliving.com



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

Nurse Marissa

RN@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

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*Events, Activities &
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Lindsey Goetz

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*Household Manager,
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Enrichment*

Evan Thomas

evan@serenityassistedliving.com



*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