



Serenity Assisted  
Living  
Dilworth, MN



# Serenity Snippets

July 2016

## Yankee Doodle Dandy

The most commonly held belief is that the first part of "Yankee Doodle" was written in 1755, during the French and Indian War, by a British military surgeon named Richard Shuckburgh. One day he happened to see some Connecticut militia marching by—not in squeaky-clean uniforms like the British soldiers, but in their ragged, dirty, everyday work clothes. He noticed some of them were sporting turkey feathers in their tri-corner hats, and this struck him as rather amusing.

At the time, in mid-18th century London, there was a fashion trend among the young men of the upper class called the "macaroni" style. It consisted of very fancy, outlandish clothes, topped off by a hat with a brightly colored ostrich plume. "Dandy" was the name given to those who dressed in "macaroni" style. Shuckburgh, being well versed in poetry and literature, decided to compose a merry little ditty that mocked the colonial militia. So he

wrote the well-known first verse and chorus. He probably wrote more verses, but the first verse is all that remains. Despite the fact that it began as ridicule, the colonials took the song for their own. Countless versions and parodies evolved, many of them made fun of their officers, including George Washington.



*And there was Captain Washington  
With gentle folks about him  
They say he's grown so 'tarnal (eternal) proud  
He will not ride without them.  
There came Gen'ral Washington  
Upon a snow-white charger  
He looked as big as all outdoors*

### Special points of interest:

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

*And thought that he was larger.*

When Cornwallis surrendered at Yorktown, it is said that the British played "The World Turned Upside Down" and the Americans played "Yankee Doodle." There is a line in the song: "As thick as hasty pudding."

**Q:** What is hasty pudding? (A baked dish made mostly of cornmeal, milk, and molasses. It's not pudding like Jell-O pudding but more of a mush. At the time, pudding was the term used for the dessert course of a meal.)

## John Adams Mini Series

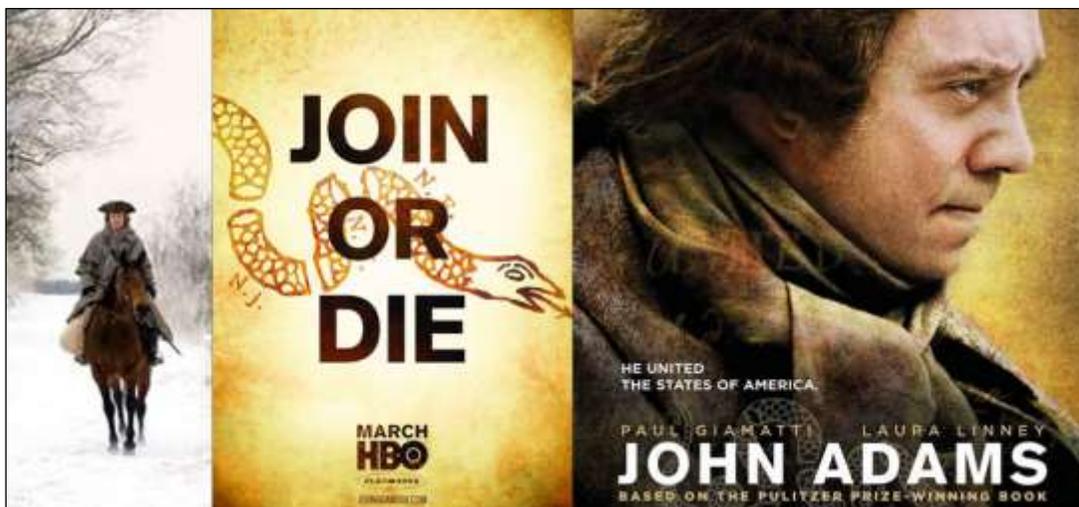
Reflecting on American History this month, the John Adams HBO Mini Series is scheduled for the first few weeks of July. Watch your weekly activity calendar for scheduled viewings.

"Trust no man living with power to endanger the public liberty."

- John Adams, 1772

**John Adams**, David McCullough's Pulitzer Prize-winning book and one of the best-selling American historical biographies of all time, comes to the screen as a seven-part HBO Films mini-series.

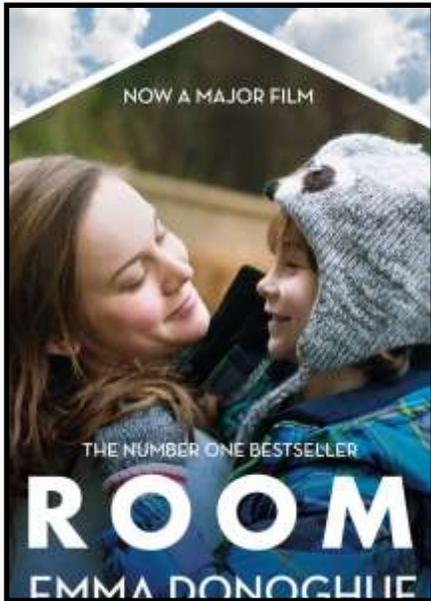
**John Adams** chronicles the life of this remarkable historical figure, a man whose fiercely independent spirit, reverence for the rule of law and commitment to personal liberty profoundly influenced the values on which our country was founded. The miniseries also explores the extraordinary relationship between Adams and Abigail, his wife of 54 years, a partnership regarded as one of the most moving love stories in American history.



# July Movies

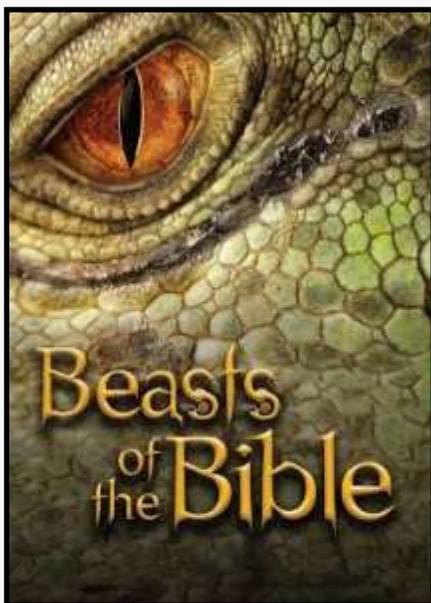
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

## Room (2015)



Both highly suspenseful and deeply emotional, ROOM is a unique and unexpectedly tender exploration of the boundless love between a mother and her child. After 5-year-old Jack and his Ma escape from the enclosed surroundings that Jack has known his entire life, the boy makes a thrilling discovery: the outside world.

## Beasts of the Bible (2014)

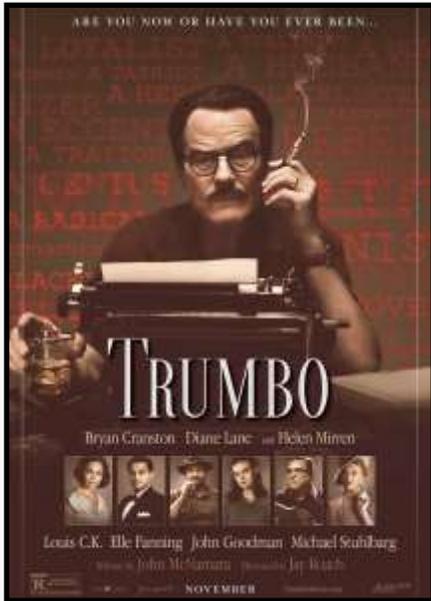


Welcome to the world of Beasts of the Bible, a new 90-minute documentary that explores the most extraordinary creatures in the Biblical tales.

# July Movies

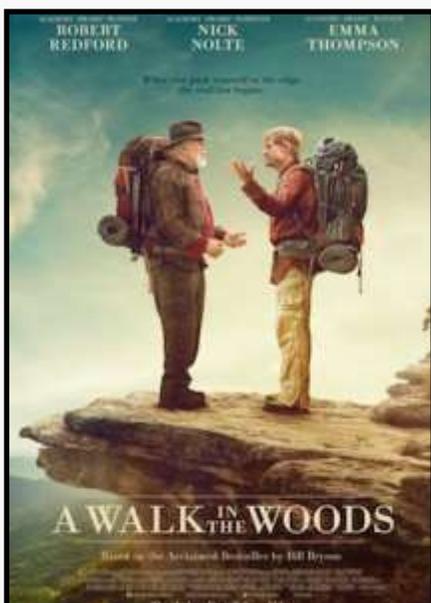
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

## Trumbo (2015)



Bryan Cranston stars as Dalton Trumbo, Hollywood's top screenwriter in 1947, until he and other artists were jailed and blacklisted for their political beliefs.

## A Walk in the Woods (2015)



In this comedy adventure, Robert Redford & Nick Nolte star as old friends who make the improbable decision to hike the 2,190-mile Appalachian Trail, and that's when the fun begins. Based on Bill Bryson's bestseller, the movie co-stars Emma Thompson, Mary Steenburgen, Nick Offerman & Kristen Schaal.

# Joke of the Month



## July Birthdays!

**3rd = Staff Richard A.**

**6th = Esther Saude**

**9th = Staff Leanna S.**

**17th = Cleo Enderle**

**19th = Staff Samantha M.**

**20th = Staff Nicole A.**

**23rd = Staff Becky S.**

**28th = Staff Meghan O.**

In astrology, those born between July 1st and 22nd are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony. Those born between July 23rd and 31st are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals.

# 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.
- 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 been 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  
Susan Johnson  
Jennifer Fillipi

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



# FISHING

Let's Go Fishing was created to enrich the lives of people age 55 and older through free fishing and boating excursions that strengthen communities, build relationships and create memories. Fishing and boating is such a common past-time for Minnesotans and we may often take for granted how easy it is for many of us to enjoy our state's beautiful lakes and rivers. LGF returns the outdoor experience to those whom might not otherwise have the opportunity to fish, boat or enjoy time with friends on the water. Since our inception in 2002, we have served over 50,000 seniors, youth, veterans and disabled adults.

For our guests, LGF is more than just an opportunity to go fishing. Our program returns a sense of freedom to the lives of our guests, provides a safe opportunity to enjoy the outdoors, and offers time to socialize with peers and meet new friends. Thanks to the dedication of nearly 1,600 volunteers LGF is successfully bringing communities together and enhancing the lives of thousands of Minnesotans.



Serenity has scheduled **THREE** fishing/boat ride outings for the summer. The dates are:

- **June 15th**
- **July 20th**
- **August 17th**

Mark your calendars as seating is limited! You do not need a fishing license (the organization takes care of that). If you don't fish, plan to go to enjoy the boat ride and scenery!

# Sals Gals

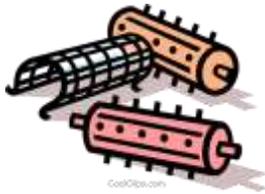


## Serenity's Auxiliary Fund!

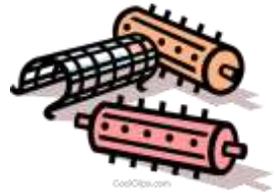
SALS GALS is an acronym that stands for 'Serenity Assisted Living's Gals' which is our auxiliary fund. The auxiliary fund is utilized to pay for musical entertainment at Serenity, go towards various fundraising efforts for equipment for our clients, and other items brought up by our clients at our monthly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



# Hair Salons



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

**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 do their own invoicing and billing. If you have questions or concerns regarding your bill, please talk to them.

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

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

**Color....\$50.00**

**Perms.....\$48.00**

**Perm with cut....\$52.00**

**Shampoo & Set.....\$10.00**

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



# Girlfriends Gathering

**Serenity holds a Girlfriends Gathering each month to celebrate women! In June we had a "Flag Day" theme! We are looking forward to our July gathering which we will be having a day of pampering for the ladies with our Gorgeous Grandma Day!**



# Surf and Turf

We celebrated Father's Day in our new west campus courtyard with some Surf and Turf. We treated our gentlemen and their loved ones with stead and fried walleye!



HAPPY FATHER'S DAY



best  
**DAD**  
ever  
👨🏻



  
**HAPPY**  
**FATHER'S DAY**

# 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.

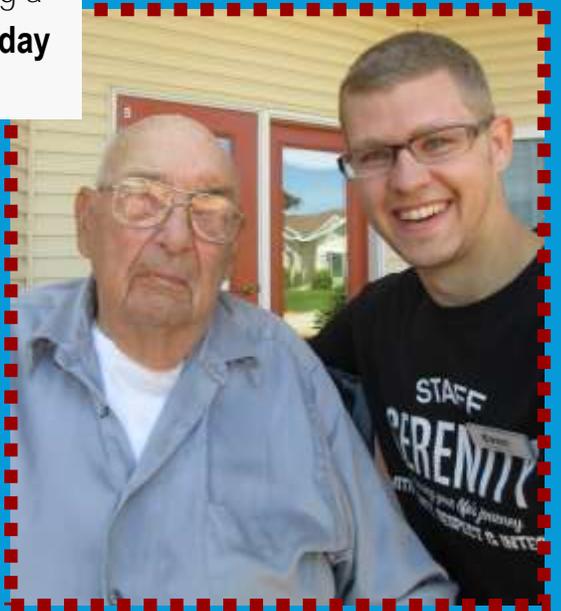
Starting our trial, we will be using a diffuser in the East Campus spa room. If successful, we will start introducing it to our other two spa rooms at the West Campus.



# Snapshots



Walter and Evan taking a **“selfie”** on a beautiful day outside.



Margie with her waffle cone from a group outing to the Old 52 General Store in Sabin.



Our fresh herbs in our gardens are looking beautiful these days! And check out our painted plant markers made by some of our clients.



Staff Sally brought in her big cat for everyone to snuggle.



# Snapshots



Catherine shows off our home-made “hand therapy putty” in the wellness room.



Bev takes a turn steering a RC Car in a race in the courtyard this month.



Marie, Jean and Carole enjoy a Red Lobster outing with staff Stacy & Leanna.



# 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





# July 2016



SUN	MON	TUE	WED	THU	FRI	SAT	
<b>Events are subject to change!</b>						<b>1</b> Patriotic Party & BINGO @ 1:00 (East)	<b>2</b> Nail Day!  Dilworth Dairy Queen @ 3:30
<b>3</b> Transportation to Dilworth Lutheran @ 9 am Staff <b>Richard's Birthdays</b> Ice Cream SUNDAY @ 3:00!	<b>4</b> Business Office Closed	<b>5</b> Shopping Moorhead Library Outing John Adams Mini Series Episode 1 4:00 pm	<b>6</b> Mass at St. Liz @ 8:30 am Serenity Golf Tournament! Inez Rath Entertainment @ 2:30 (East) VFW Bingo @ 5 pm	<b>7</b> Resident Council @ 11:00 (East) Communion w/ Marlene DGF Legion Baseball (FREE) Appetizer Night @ 6:00	<b>8</b> West @ 1:30	<b>9</b> Nail Day!  Dilworth Dairy Queen @ 3:30  Staff <b>Leeanna's Birthdays</b> John Adams Mini Series Episode 2 4:00 pm	
<b>10</b> Transportation to Dilworth Lutheran @ 9 am Ice Cream SUNDAY @ 3:00! John Adams Mini Series Episode 3 4:00 pm	<b>11</b> John Adams Mini Series Episode 4 4:00 pm	<b>12</b> Shopping John Adams Mini Series Episode 5 4:00 pm	<b>13</b> Mass at Serenity @ 10:00 am (East) Senior Day @ RRV Fair!	<b>14</b> Resident Council @ 11:00 (West) East @ 1:30 Appetizer Night @ 6:00	<b>15</b> Carpetball Tournament @ East	<b>16</b> Nail Day!  Dilworth Dairy Queen @ 3:30  John Adams Mini Series Episode 6 4:00 pm	
<b>17</b> Transportation to Church @ 9 am <b>Cleo's Birthday</b> Brownie Sundaes by Cleo's Family @ 3:00 (West) Red River Valley Speedway (FREE!)	<b>18</b> John Adams Finale Episode 7 4:00 pm	<b>19</b> Staff <b>Samantha M.'s Birthday</b> Serenity Island Party 4:30-7 pm Moorhead Library Outing Shopping at <b>Herberger's</b>	<b>20</b> Mass at St. Liz @ 8:30 am Boating & Fishing in Detroit Lakes Staff <b>Nicole's Birthday</b>	<b>21</b> Monthly Men's Lunch (West) Pastor Mark 2:00 (East) & 3:00 (West) Appetizer Night @ 6:00	<b>22</b> West @ 1:30 NORTHWESTERN BANK	<b>23</b> Nail Day!  Dilworth Dairy Queen @ 3:30  Staff <b>Becky's Birthdays</b>	
<b>24</b> Transportation to Dilworth Lutheran @ 9 am Ice Cream SUNDAY @ 3:00!	<b>25</b>	<b>26</b> Gorgeous Grandma Spa Day (west) WAL-MART Shopping	<b>27</b> Mass at St. Liz @ 8:30 am East @ 1:30 Village Inn Supper @ Village Inn	<b>28</b> Staff <b>Meghan O.'s Birthdays</b> Appetizer Night @ 6:00	<b>29</b> Thunder Road Mini Golf Outing	<b>30</b> Nail Day!  Dilworth Dairy Queen @ 3:30	
<b>31</b> Transportation to Dilworth Lutheran @ 9 am Ice Cream SUNDAY @ 3:00!							

# Mark Your Calendar!

## AUGUST

**August 3rd** = Serenity Summer Olympics

**August 17th** = Let's Go Fishing

**August 18th** = Slew Foot Family Band @ 6:30 pm (*East*)

**TBD** = Fantasy Football Draft

## SEPTEMBER

**September 11th** = Grandparents Day Celebration!

**TBD** = Outing to Doubting Thomas Farm

## OCTOBER

**TBD** = Serenity Oktoberfest Celebration

**TBD** = Clergy Appreciation

**TBD** = Professional Client Photos

**October 31st** = Halloween Party



# New Faces

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

## Chip Young (West Campus)

### Where did you grow up?

*Montana.*

### Tell us about your family.

*Chip has two children. His son is in Denver; daughter lives here in the area.*

### What was your primary occupation?

*Worked for the GM finance division for 26 years.*

### If you could go anywhere in the world on vacation, where would you go?

*The South Pacific. A secluded island somewhere.*

### How would you spend one million dollars?

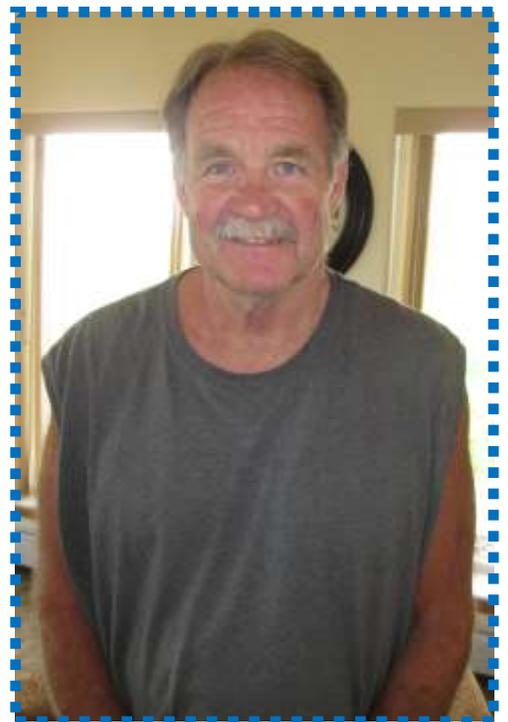
*On my children... whatever they want.*

### What is your favorite sport to watch?

*Football. Chip is in the football hall of fame. He used to play for Montana State against NDSU. His team won the National Championship.*

### Favorite hobbies?

*Golf, bike riding, and being with friends.*



# New Faces

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## **Evonne Anderson (East Campus)**

### **Where did you grow up?**

*Evonne grew up South of Moorhead. She has always lived in Minnesota.*

### **Tell us about your earlier years.**

*Evonne was a "Farm Wife" with Erling and their 4 kids until moving to Moorhead in 1983. Then she spent many years doing daycare.*

### **If you could go anywhere in the world on vacation, where would you go?**

*She was lucky enough to have been able to do a lot of traveling already. She likes to go on picnics.*

### **Are you a morning or night person?**

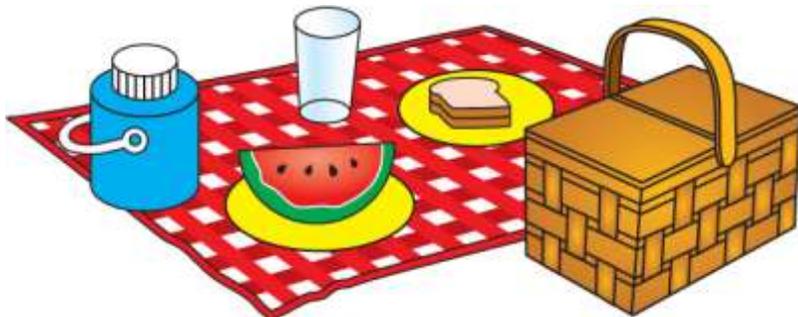
*Morning person*

### **Favorite hobbies?**

*Singing dancing and playing cards.*

### **Anything else we should know?**

*Church is very important to Evonne. She attended the Good News Church in Moorhead.*



# New Faces

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

## **Erling Anderson (East Campus)**

### **Where did you grow up?**

*Ada, MN. Was born into a farming family. Erling's Grandfather came over from Sweden to homestead.*

### **What was your primary occupation?**

*Farming*

### **Tell us about your family:**

*Erling went on his very first date at 30 years old. He knew his wife Evonne was the one for him when they ended their date saying devotions together. She is his first and only love. They had 4 children together, including Serenity owner Tim Anderson.*

### **If you could go anywhere in the world on vacation, where would you go?**

*Serenity! Of course!*

### **How would you spend one million dollars?**

*Since Erling grew up in a very Christian home, his mission work has been a very important part of his life. So he would spend a million dollars helping others through Christ. On a trip to Norway, Erling and his wife gave out 35 bibles!*

### **Anything else we should know about you?**

*Erling's Aunts and Uncles never married, so he never had other people his age around to play with! So he really likes the community at Serenity since there are always people to visit with.*



# New Faces

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

## Barbara Longbella (West Campus)

### Where did you grow up?

*Staples, MN*

### Tell us about your family... Spouse, kids, etc.

*Husband = Wayne*

*4 kids = 3 girls and 1 boy.*

### What was your primary occupation?

*Office work and Homemaker.*

### What is your favorite sport to watch?

*Twins Baseball*

### What's your favorite memory?

*Meeting her husband. He would follow her home from school and they would go dancing at AmVets.*

### Any other hobbies or interests?

*Barbara taught Sunday school at the Congregational church in Glyndon.*





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let's chill!

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# Island Party at Serenity!

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*Tuesday, July, 19<sup>th</sup>*

*4:30 - 7 pm*

*Music - 5 pm Dinner - 6 pm*

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*Serenity Assisted Living*

*Parking Lot Between Buildings*

*Cost: \$5.00/person*

*(Children under 5 & residents are free)*

**RSVP LINDSEY 218-477-7254 OR LINDSEY@SERENITYASSISTEDLIVING.COM**

*Don't forget your best island attire and a chair!*

**From the Desk of...**

# Elaine Anderson, LSW

**Dear Family & Friends,**

America is the land of the free...because of the BRAVE! If you are over at the East Campus, take a look around at our Memorial Wall. We have photos of residents and their spouses who have served our nation. If you have a loved one who has served our country and have a photo of them in uniform, please bring a photo to Denise or Elaine to get scanned to join our memorial tribute. We are waiting to go to print to do a similar wall in the West Campus. We will also be working on getting names of these veterans on the wall.

This warmer weather has allowed Tim to get some landscaping done around Serenity. The front sign at the East Campus has gotten a little TLC as well as some shrubbery. We also have finally been available to get some edible garden and herb items in the West Courtyard...close to our main kitchen hub to use in our meals! Many growing vines were planted in both buildings and they are already growing quickly! If it is a nice day, we have installed patio lights in the West Courtyard so a cozy (WIND FREE) zone. We are currently in search of the perfect seating arrangement for the space and it is our dream to get a gas fire pit for cozy visiting. The East Courtyard has our usual green thumbs (Sonja and Larry) busy making the space absolutely gorgeous! A special thanks goes to Catherine Fitzgerald and her family for the donation of the flowering crab tree that was planted in the front of the West Campus!

This summer we have a few projects on our wish list. The East Campus back garage should get transformed into a motivating space by installing new garage doors with windows to allow for natural light. There is also a possibility that we may put a screen door there as well to let some fresh air in! The space will also get new flooring to make it feel more official. 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. We are also hoping to renovate the East Campus spa room by re-tiling the entire room as well as considering a new spa tub that will be more easily accessible.

Please mark your calendars for our fun and upcoming events all summer long!

**Thanks!**



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



# Minnesota Twins July Schedule

7/1/2016	7:10 PM	Rangers at Twins	TV: FS-N ----- Radio: Go 96.3
7/2/2016	1:10 PM	Rangers at Twins	TV: FS-N ----- Radio: Go 96.3
7/3/2016	1:10 PM	Rangers at Twins	TV: FS-N ----- Radio: Go 96.3
7/4/2016	1:10 PM	Athletics at Twins	Radio: Go 96.3
7/5/2016	7:10 PM	Athletics at Twins	TV: FS-N -----Radio: Go 96.3
7/6/2016	12:10 PM	Athletics at Twins	Radio: Go 96.3
7/7/2016	7:05 PM	Twins at Rangers	TV: FS-N ----- Radio: Go 96.3
7/8/2016	7:05 PM	Twins at Rangers	TV: FS-N ----- Radio: Go 96.3
7/9/2016	8:05 PM	Twins at Rangers	TV: FS-N ----- Radio: Go 96.3
7/10/2016	2:05 PM	Twins at Rangers	TV: FS-N ----- Radio: Go 96.3
7/12/2016	7:00 PM	American at National	
7/15/2016	7:10 PM	Indians at Twins	TV: FS-N -----Radio: Go 96.3
7/16/2016	6:10 PM	Indians at Twins	TV: FS-N ----- Radio: Go 96.3
7/17/2016	1:10 PM	Indians at Twins	TV: FS-N ----- Radio: Go 96.3
7/18/2016	6:10 PM	Twins at Tigers	TV: FS-N ----- Radio: Go 96.3
7/19/2016	6:10 PM	Twins at Tigers	TV: FS-N ----- Radio: Go 96.3
7/20/2016	12:10 PM	Twins at Tigers	Radio: Go 96.3
7/21/2016	6:10 PM	Twins at Red Sox	TV: FS-N ----- Radio: Go 96.3
7/22/2016	6:10 PM	Twins at Red Sox	TV: FS-N ----- Radio: Go 96.3
7/23/2016	6:10 PM	Twins at Red Sox	TV: FS-N ----- Radio: Go 96.3
7/24/2016	12:35 PM	Twins at Red Sox	TV: FS-N -----Radio: Go 96.3
7/26/2016	7:10 PM	Braves at Twins	TV: FS-N ----- Radio: Go 96.3
7/27/2016	7:10 PM	Braves at Twins	TV: FS-N ----- Radio: Go 96.3
7/29/2016	7:10 PM	White Sox at Twins	TV: FS-N ----- Radio: Go 96.3
7/30/2016	6:10 PM	White Sox at Twins	TV: FS-N ----- Radio: Go 96.3
7/31/2016	1:10 PM	White Sox at Twins	TV: FS-N ----- Radio: Go 96.3



# Who to Contact

## Nurse Jennifer

[nurse@serenityassistedliving.com](mailto:nurse@serenityassistedliving.com)



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

## Nurse Marissa

[RN@serenityassistedliving.com](mailto:RN@serenityassistedliving.com)



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

## Tim Anderson

[tim@serenityassistedliving.com](mailto:tim@serenityassistedliving.com)



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

## Richard Anderson

[richard@serenityassistedliving.com](mailto:richard@serenityassistedliving.com)



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

## Elaine Anderson

[elaine@serenityassistedliving.com](mailto:elaine@serenityassistedliving.com)



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

## Denise Tollefson

[denise@serenityassistedliving.com](mailto:denise@serenityassistedliving.com)



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

## Carol Miranowski

activities@serenityassistedliving.com



*Events, Activities &  
Life Enrichment*

## Lindsey Goetz

lindsey@serenityassistedliving.com



*Household Manager,  
Events & Life  
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*

## Stephanie Miller



*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](http://www.serenityassistedliving.com)