



Serenity Assisted
Living
Dilworth, MN

**Special points
of interest:**

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



Serenity Snippets

August 2016

Summer Olympics in Rio

The Olympic torch arrives in Rio de Janeiro on August 5 to begin the summer Olympic games. For 17 days, over 10,000 athletes from over 200 countries will compete for Olympic gold, including in two sports that have not been part of Olympic competition for a century: golf and rugby. Even more momentous, this is the first time the Olympic games have ever been held in South America. In many ways, tensions are running high for the games to be a success.

Rio won the bid to host the 2016 Olympics back in 2009, when it appeared that Brazil was a stable and energetic country. Since 2009, Brazil has suffered some setbacks. Its economy began to stall in 2011, eventually leading to the impeachment of Brazil's president, Dilma Rousseff, in April 2015. To complicate matters, mosquito-borne diseases are on the rise in Brazil. Dengue fever and the newly discovered Zika virus are spreading toward Rio, which may likely deter people from buying tickets to the games. And while Rio is famous for its beaches, its two main bodies of water, in which athletes will compete in events like the triathlon, rowing, and sailing, are terribly polluted.

Despite this gloomy outlook, the Olympic spirit is shining bright in Rio. American swimmer Michael Phelps has come out of retirement in an effort to add more gold to his 22 Olympic medals. South African swimmer Chad le Clos will do his best to challenge Phelps. Newcomer Simone Biles is already being called America's greatest gymnast ever, but Russian powerhouse Aliya Mustafina could defeat her if she has fully recovered from a 2011 injury. Can Jamaica's Usain Bolt, the "World's



Rio 2016™



Fastest Man,” win gold in the 100-meter dash? Host Brazil is favored to win gold in beach volleyball, but can they take gold in their national sport of soccer? Will Northern Irishman Rory McIlroy win gold in golf’s modern Olympic debut? These questions can be answered only after the Olympic torch is lit in Rio.

LET THE 2016



**GAMES
BEGIN!**

Please Join Us

Date: Wed., August 3rd

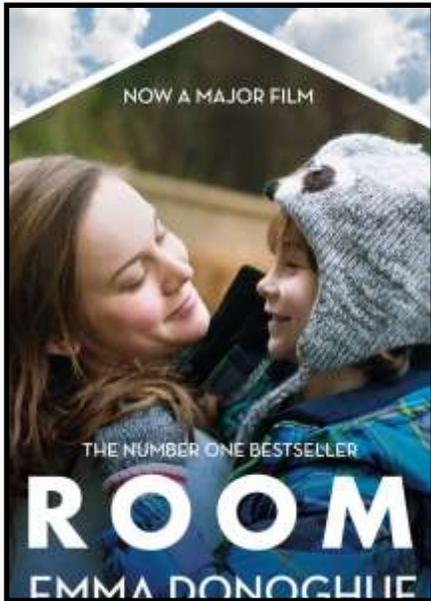
Time: 1:00—4:00 pm

Where: Parking Lot Between Buildings

August 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.

The Lovely Bones (2009)



Centers on a young girl who has been murdered and watches over her family - and her killer - from purgatory. She must weigh her desire for vengeance against her desire for her family to heal.

Bridge of Spies (2015)



During the Cold War, an American lawyer is recruited to defend an arrested Soviet spy in court, and then help the CIA facilitate an exchange of the spy for the Soviet captured American U2 spy plane pilot, Francis Gary Powers.

August Movies



Minions (2015)

Minions Stuart, Kevin and Bob are recruited by Scarlet Overkill, a super-villain who, alongside her inventor husband Herb, hatches a plot to take over the world.

There's No Business Like Show Business (1954)



Molly and Terry Donahue, plus their three children, are The Five Donahues. Son Tim meets hat-check girl Vicky and the family act begins to fall apart.

Batkid Begins (2015)



On one day, in one city, the world comes together to grant one 5 year old cancer patient his wish. Batkid Begins looks at the 'why' of this flash phenomenon.

Joke of the Month



August Birthdays!

8th = Betty Hill

9th = Robert 'Bob' Sloan

**11th = Duane 'Sonny' Romer &
Staff Mariah**

13th = Staff Rose

16th = Staff Carol

24th = Staff Stacy

25th = Staff Michael

31st = Emma Kaiser

In astrology, those born between August 1 and 22 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. Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their work, show diligent habits, and are well respected in their circles.

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 volun-

teers 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:

- **August 17th**
- **August 31st**

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

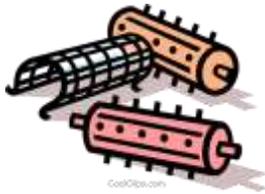


Serenity's Auxiliary Fund!

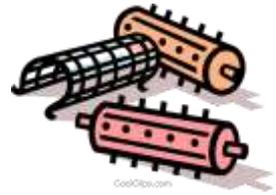
SALS GALS is an acronym that stands for 'Serenity Assisted Living's Gals' which is our auxiliary fund. The auxiliary fund is utilized to pay for musical entertainment at Serenity, go towards various fundraising efforts for equipment for our clients, and other items brought up by our clients at our monthly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

Serenity's 2nd Annual

golf Tournament



For the second year, our Wellness and Life Enrichment programs put on a mini golf tournament for our ladies and gentlemen to compete in. We had over 50 participants in our tournament and a whole lot of fun!





| | | | | | |
|----|----------|----|-----|----------|---|
| #1 | Randy | -5 | | Rose | 4 |
| #2 | Sonny | -4 | | Kate | 4 |
| | Chip | -4 | | Frank | 4 |
| #3 | Marie W. | -2 | | Erling | 4 |
| | Charlene | -2 | #9 | Jean | 5 |
| | Deb | -2 | | Angeline | 5 |
| | Etta | -2 | | Barbara | 5 |
| #4 | Milly | -1 | | Aggie | 5 |
| #5 | Virgil | 0 | #10 | Dennis | 6 |
| | Connie | 0 | | Judy | 6 |
| #6 | Evonne | 1 | | Margie | 6 |
| #7 | Mae | 3 | #11 | Betty B. | 7 |
| | Bev | 3 | | Joyce | 7 |
| | Marie Z. | 4 | | | |
| #8 | Robert | 4 | | | |
| | Larry | 4 | | | |

Gorgeous Grandmas Day

Our first ever Gorgeous Grandmas Day event was a huge success! Our ladies enjoyed the pampering of massages, mani-pedis, Mary Kay makeup and facials and more!



Gorgeous Grandmas Day



Gorgeous Grandmas 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.

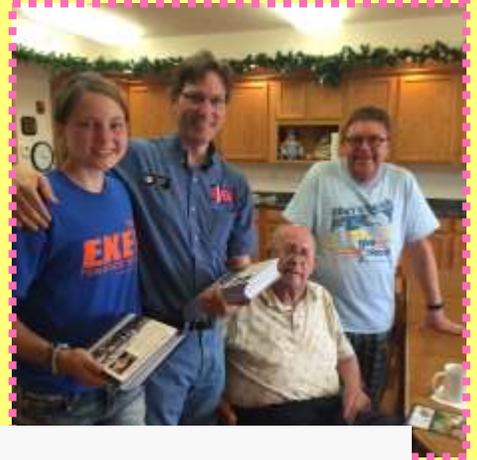
Starting our trial, we will be using a diffuser in the East Campus spa room. If successful, we will start introducing it to our other two spa rooms at the West Campus.



Snapshots



Tim & Elaine represented Serenity in **Dilworth's Loco Daze parade...with Gina's** homemade doll in the back!



Representative Kent Eken came to campaign this month; he is a proven advocate for long term care!



Edith's son, Dave, fixed up her old "washing machine" for Rollag this year. But Serenity got a special demonstration of the old machine. It is on display at the West Campus until Labor Day.



Snapshots



Group at the Red River Valley Fair for Senior Day & BINGO!



Betty B. takes a turn for our first Carpet Ball tournament.



Sofia and Adeline posing at our Island Party!



Take a peek at Etta's flowers...they're real!



August 2016



| SUN | MON | TUE | WED | THU | FRI | SAT | |
|--|------------------------------|--|---|---|--|---|--|
| | 1 | 2 Shopping Moorhead Library Outing West @ 1:30 | 3 Mass at Serenity @ 10:00 am (West) Serenity Olympics! | 4 Resident Council @ 11:00 (East) Communion w/ Marlene Appetizer Night @ 6:00 | 5 | 6 Nail Day! Dilworth Dairy Queen @ 3:30 | |
| 7 Transportation to Dilworth Lutheran @ 9 am Ice Cream SUNDAY @ 3:00! | 8 Betty H.'s Birthday | 9 Shopping Robert's Birthday | 10 Mass at St. Liz @ 8:30 am Fryn' Pan @ 11:00 NORTHWESTERN BANK East @ 1:30 | 11 Resident Council @ 11:00 (West) Sonny Romer's & Staff Mariah's Birthdays Appetizer Night @ 6:00 | 12 Carpetball Tournament **Championship game at West | 13 Staff Rose's Birthday Nail Day! Dilworth Dairy Queen @ 3:30 | |
| 14 Transportation to Dilworth Lutheran @ 9 am Ice Cream SUNDAY @ 3:00! | 15 Fish Fry @ Noon (West) | 16 Staff Carol's Birthday Fish Fry @ Noon (East) Moorhead Library Outing Shopping at Herberger's | 17 Mass at St. Liz Boating & Fishing in Detroit Lakes West @ 1:30 | 18 Pastor Mark 2:00 (East) & 3:00 (West) Monthly Men's Lunch (West) Appetizer Night @ 6:00 Slew Family (East) @ 6:30 pm | 19 | 20 Nail Day! Dilworth Dairy Queen @ 3:30 | |
| 21 Transportation to Dilworth Lutheran @ 9 am Ice Cream SUNDAY @ 3:00! | 22 | 23 WAL-MART Shopping | 24 Staff Stacy's Birthday Mass at St. Liz @ 8:30 am East @ 1:30 | 25 Staff Michael's Birthday Monthly Girlfriend's Gathering @ 2:30 (East) Appetizer Night @ 6:00 | 26 Carpetball Tournament **Championship game at East | 27 Nail Day! Dilworth Dairy Queen @ 3:30 | |
| 28 Transportation to Dilworth Lutheran @ 9 am Ice Cream SUNDAY @ 3:00! | 29 | 30 Target Shopping Fantasy Football Draft @ 1:30 (East) | 31 Emma's Birthday Mass at St. Liz @ 8:30 am Boating & Fishing in Detroit Lakes West @ 1:30 | Events are subject to change! | | | |

Mark Your Calendar!

SEPTEMBER

September 5th = Labor Day—Business Office Closed

September 11th = Grandparents Day Celebration!

***Kickoff to National Assisted Living Week!*

September 20th = Zippity Zingers @ 2:00 (West)

September 28th & 29th = Wellness Finishers Party & Bowling!

TBD = Antique Farm Outing

TBD = Outing to Doubting Thomas Farm

OCTOBER

October 19th = Professional Client Photos

October 31st = Halloween Party

TBD = Resident Flu Shots by Cash Wise Pharmacy!

TBD = Serenity Oktoberfest Celebration

TBD = Clergy Appreciation

NOVEMBER

November 3rd & 4th = Mr. Sparkle Window Cleaning

November 22nd = Serenity Thanksgiving

November 27th = Advent Begins

TBD = Clergy Appreciation

DECEMBER

December 8th = Holiday Open House (*Santa Visits, Festival of Trees, Cookie Decorating*)



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 August Schedule

| | | | |
|-----------|----------|--------------------|-------------------------------|
| 8/1/2016 | 6:10 PM | Twins at Indians | TV: FS-N ----- Radio: Go 96.3 |
| 8/2/2016 | 6:10 PM | Twins at Indians | TV: FS-N ----- Radio: Go 96.3 |
| 8/3/2016 | 6:10 PM | Twins at Indians | TV: FS-N ----- Radio: Go 96.3 |
| 8/4/2016 | 11:10 AM | Twins at Indians | Radio: Go 96.3 |
| 8/5/2016 | 6:10 PM | Twins at Rays | TV: FS-N ----- Radio: Go 96.3 |
| 8/6/2016 | 5:10 PM | Twins at Rays | TV: FS-N ----- Radio: Go 96.3 |
| 8/7/2016 | 12:10 PM | Twins at Rays | TV: FS-N ----- Radio: Go 96.3 |
| 8/8/2016 | 7:10 PM | Astros at Twins | TV: FS-N ----- Radio: Go 96.3 |
| 8/9/2016 | 7:10 PM | Astros at Twins | TV: FS-N ----- Radio: Go 96.3 |
| 8/10/2016 | 7:10 PM | Astros at Twins | TV: FS-N ----- Radio: Go 96.3 |
| 8/11/2016 | 12:10 PM | Astros at Twins | Radio: Go 96.3 |
| 8/12/2016 | 7:10 PM | Royals at Twins | TV: FS-N ----- Radio: Go 96.3 |
| 8/13/2016 | 6:10 PM | Royals at Twins | TV: FS-N ----- Radio: Go 96.3 |
| 8/14/2016 | 1:10 PM | Royals at Twins | TV: FS-N ----- Radio: Go 96.3 |
| 8/16/2016 | 6:10 PM | Twins at Braves | TV: FS-N ----- Radio: Go 96.3 |
| 8/17/2016 | 6:10 PM | Twins at Braves | TV: FS-N ----- Radio: Go 96.3 |
| 8/18/2016 | 7:15 PM | Twins at Royals | TV: FS-N ----- Radio: Go 96.3 |
| 8/19/2016 | 7:15 PM | Twins at Royals | TV: FS-N ----- Radio: Go 96.3 |
| 8/20/2016 | 6:15 PM | Twins at Royals | TV: FS-N ----- Radio: Go 96.3 |
| 8/21/2016 | 1:15 PM | Twins at Royals | TV: FS-N ----- Radio: Go 96.3 |
| 8/23/2016 | 7:10 PM | Tigers at Twins | TV: FS-N ----- Radio: Go 96.3 |
| 8/24/2016 | 7:10 PM | Tigers at Twins | TV: FS-N ----- Radio: Go 96.3 |
| 8/25/2016 | 12:10 PM | Tigers at Twins | Radio: Go 96.3 |
| 8/26/2016 | 6:07 PM | Twins at Blue Jays | TV: FS-N ----- Radio: Go 96.3 |
| 8/27/2016 | 12:07 PM | Twins at Blue Jays | TV: FS-N ----- Radio: Go 96.3 |
| 8/28/2016 | 12:07 PM | Twins at Blue Jays | TV: FS-N ----- Radio: Go 96.3 |
| 8/29/2016 | 6:10 PM | Twins at Indians | TV: FS-N ----- Radio: Go 96.3 |
| 8/30/2016 | 6:10 PM | Twins at Indians | TV: FS-N ----- Radio: Go 96.3 |
| 8/31/2016 | 6:10 PM | Twins at Indians | TV: FS-N ----- Radio: Go 96.3 |



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

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