



Serenity Assisted
Living
Dilworth, MN



Serenity Snippets

September 2016

Special points of interest:

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

Keeping Connected

The 2016 theme, “Keep Connected,” recognizes the increasing opportunity technology can offer to enhance the care and overall experience in assisted living communities. “Keep Connected” encourages assisted living communities to support opportunities for residents to use the latest communication tools to engage with the world around them.

Furthermore, “Keep Connected” acknowledges the myriad ways assisted living staff and supporting business partners are revolutionizing the care provided in these communities through innovations in technology.

However, “Keep Connected” is about more than technology. Assisted living reminds us that sometimes the best relationships are formed face-to-face. For many staff members, residents become family, and this bond can never be broken. Meanwhile, assisted living communities are an integral part of the larger community. Staff cultivate connections with local families, business owners, government organizations, community organizers and others to ensure that residents remain an active part of where they call home.

We have a variety of activities planned for this eventful week that incorporates the National Theme. You can get a preview by checking out the next page to see scheduled events and activities. Our biggest event of the week is our Grandparents Day celebration on Sunday, September 11th. From 11:30 am—1:30 pm, families and friends are welcome to join their loved ones at Serenity for food and fun! We will have entertainment in both buildings. We ask for a \$5.00 donation per person for food to go towards our SALS GALS fund. You can read more about this fund in this newsletter; it’s used to go towards client’s needs.

After our event on Sunday...the fun continues with special technology themed activities, speakers from the Clay County Historical Society and theme days (see flyer on the next couple of pages)!



keep connected
NATIONAL ASSISTED LIVING WEEK®
SEPTEMBER 11-17, 2016

Please join us in celebrating

Grandparents Day

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

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

Food served buffet style in each respective building

SUGGESTED DONATION OF \$5.00 PER PERSON

CLIENTS ARE FREE

ENTERTAINMENT BY STEVE KRAUSHAAR (11:30 AM @ WEST)
BILL BOSCH (12:30 @ EAST)





NATIONAL ASSISTED LIVING WEEK

COLOR MONDAY

September 12th



TIES/SCARF Tuesday

September 13th



WACKY WEDNESDAY

September 14th



HAT Thursday

September 15th



SPORTS TEAM Friday

September 16th



We are celebrating National Assisted Living Week with a different theme each day.

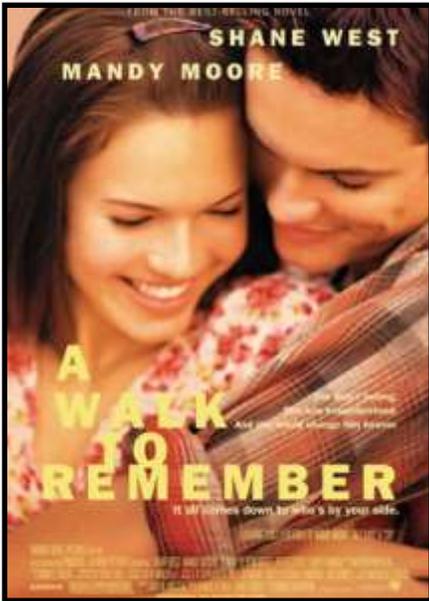
Dressing up and showing support is opened up to everybody ; so, if you are a resident, staff, family member, visitor or friend, we want to see your theme!

Everyone who participates will be entered into a drawing that will be held at the Friday coffee hour for an extra special prize.

September Movies

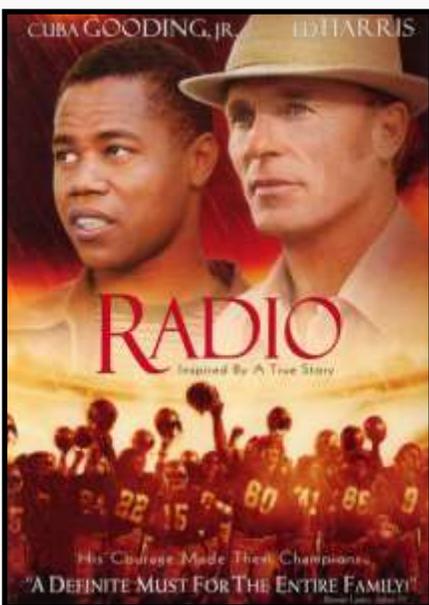
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

A Walk to Remember (2002)



The story of two North Carolina teens, Landon Carter and Jamie Sullivan, who are thrown together after Landon gets into trouble and is made to do community service.

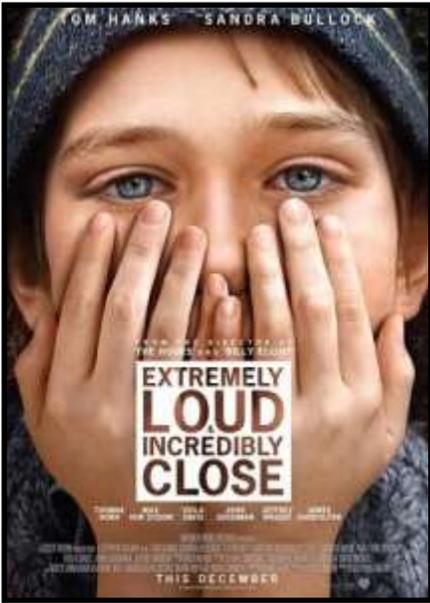
Radio (2003)



The story of a high school coach and the developmentally challenged man who he took under his wing.

September Movies

Extremely Loud & Incredibly Close (2011)



A nine-year-old amateur inventor, Francophile, and pacifist searches New York City for the lock that matches a mysterious key left behind by his father, who died in the World Trade Center on September 11, 2001.

The Painted Veil (2006)



A British medical doctor fights a cholera epidemic in a small Chinese village, while being trapped at home in a loveless marriage to an unfaithful wife.

EMPLOYEE

SPOTLIGHT

Serenity has an incentive program for our employees. Anyone (co-workers, residents, family/friends, etc.) can make fill out a Cause for Applause form. 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 mailbox. 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!

Meet Gretchen



10
Years!

Staff Gretchen is celebrating 10 YEARS on our team at Serenity! Next time you see her, make sure to tell her how wonderful she is!

We have lost count of all the times Gretchen has shined as a leader and friend; to not only her co-workers and clients...but to also our family. We adore you Gretchen!

Love: Tim, Elaine, Denise & Richard

P.S. Thanks for putting up with us!

Sals Gals

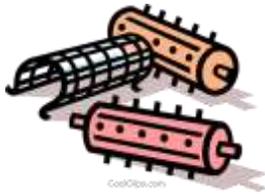


Serenity's Auxiliary Fund!

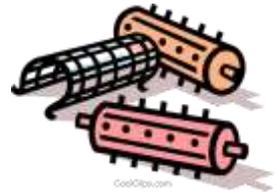
SALS GALS is an acronym that stands for 'Serenity Assisted Living's Gals' which is our auxiliary fund. The auxiliary fund is utilized to pay for musical entertainment at Serenity, go towards various fundraising efforts for equipment for our clients, and other items brought up by our clients at our monthly 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
1st Ever

Olympic Games



For the second year, our Wellness and Life Enrichment programs put on an Olympics competition that paired staff with residents for teams. We had 6 games, 8 teams and a really hot day of competition!



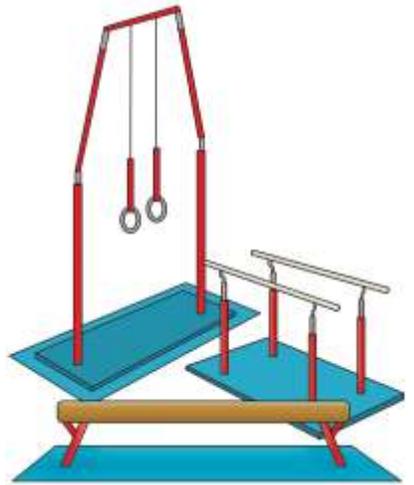
Franklin Pinkava



Connie Kopp



Jeff Gilbertson



Catherine, Angeline, Cleo & Sybil



Dennis Thoen



Robert Sloan, Erling Anderson, Staff Sofia & Chip Young



Millie Hansen, Marie Zimmer, Aggie Barta & Staff Holly



Betty Buland, Jean Baird, Edith Gierszewski, Larry Skalsky, Deb Jacobson & Staff Allorah

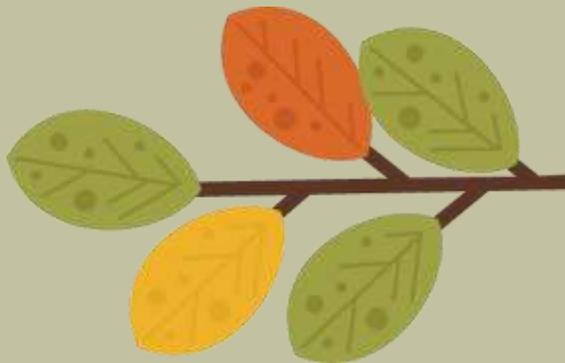
Snapshots



Gloria vs. Evonne in Poolside Battleship to determine a champion of the East Campus!



Staff Lindsey & Jean pose for a photo on our boat outing!



Sonny girls the ball a whirl in our Carpetball Tournament.



We held our Fantasy Football draft this month. Each resident is paired up with a staff member to make for some fun competition!



MEET MARIAN BATES

(WEST CAMPUS)



What was your childhood like?

Marian grew up East of Steven, MN. Her family moved into Steven when she was in 7th grade. Marian's dad was an organic potato farmer and owned a potato house.

She had a difficult childhood being the third oldest of 12 kids and many responsibilities fell to her.

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

Marian was married to Donald Bates for 51 years. Together they had 6 kids.

How did you meet your spouse?

They met at school when Marian got lost on the way to Home Economics and accidentally walked into his Agriculture class.

What was your very first job? Favorite?

Marian has had many jobs over the years. One of the first was working at the show hall (theater) as an usher and later making popcorn and taking tickets. She liked this job because it was "where the boys came."

What is your favorite sport to watch?

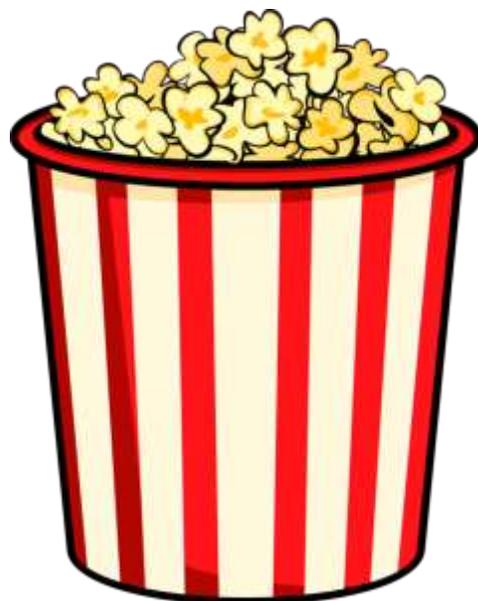
Minnesota Twins baseball

What's your favorite memory?

Being accepted by classmates at school and gaining the confidence to raise her hand in class.

Anything else to add?

"I like to meet people and have fun!"



MEET JEFF GILBERTSON

(WEST CAMPUS)



Where did you grow up?

Jeff grew up in Moorhead, Minnesota.

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

Jeff has been married and divorced. He had 2 kids with his wife Peggy.

He now spends his time with his Girlfriend Linda.

How did you meet your spouse?

Jeff and Linda met online.

What was your very first job? Favorite?

First job was at Scheels in Fargo. He also worked as a cashier at a gas station.

What is your favorite sport to watch?

Hockey is his favorite. He like the MN Wild, Twins, and Vikings. Jeff is a big sports nut!

Have you ever had any pets?

Jeff has had 2 cats. Boots and Moses.

Anything else to add?

He is an avid card collector. Mostly baseball and hockey cards.



Snapshots

Evonne, Carol & Erling
enjoying a boat ride on
Detroit Lake!



Bob & Randy help staff
shuck corn for lunch!



We tried out "volleyball" for
group exercise...so much
fun!



September 2016

SUN	MON	TUE	WED	THU	FRI	SAT
Events are subject to change!				1 Resident Council @ 11:00 (East) Communion w/ Marlene  Appetizer Night @ 6:00	2  Hockey Shootout Tournament	3 Nail Day!  Dilworth Dairy Queen @ 3:30 
4 Transportation to Dilworth Lutheran @ 9 am Ice Cream SUNDAY @ 3:00!	5  Char's Birthday  Labor Day Business Office Closed	6  Shopping Moorhead Library Outing	7  Mass at Serenity @ 10:00 am (West)  Staff Jenny's Birthday  BINGO East @ 1:30	8 Resident Council @ 11:00 (West) Appetizer Night @ 6:00	9  Carpetball Tournament **Championship game at West	10 Nail Day!  Dilworth Dairy Queen @ 3:30 
11 Transportation to Dilworth Lutheran  Grandparents Day Vikings vs. Titans @ Noon 	12  Historical Society on Steamboats @ 1:15 (West) and 2:00 (East)	13  Barbara's Birthday  Shopping  Virtual Reality	14 Mass at St. Liz @ 8:30 am   BINGO West @ 1:30  Meeting @ 3:00	15 Historical Society on Prohibition @ 1:45 (West)   Pastor Mark 2:00 (East) & 3:00 (West) Appetizer Night @ 6:00	16  Pokemon Go Tournament East vs. West!	17 Nail Day!  Dilworth Dairy Queen @ 3:30 
NATIONAL ASSISTED LIVING WEEK!						
18 Transportation to Dilworth Lutheran @ 10 am Ice Cream SUNDAY @ 3:00!  Edith's Birthday Vikings vs. Packers @ 7:30 pm 	19	20  Zippity Zingers (West) @ 2:00 Moorhead Library Outing Shopping at 	21  Staff Denise's Birthday Mass at St. Liz @ 8:30 am   BINGO East @ 1:30 Wellness Closed	22  Monthly Men's Lunch (East)  Monthly Girlfriend's Gathering @ 2:30 (West)  Appetizer Night @ 6:00	23  Balloon Volleyball & Staff Wheelchair Races	24 Nail Day!  Dilworth Dairy Queen @ 3:30 
25 Transportation to Dilworth Lutheran @ 10 am Ice Cream SUNDAY @ 3:00! Vikings vs. Panthers @ Noon 	26  Sherry Watts Farm & Antique Outing **Must sign up!	27  Staff Brenda's Birthday  Shopping  Supper @ West  DGF Volleyball vs. Moorhead Leave at 6:45 pm Cheer on Staff Sofia!	28 Mass at St. Liz @ 8:30 am Wellness Finishers Celebration 11:30 (Dine In)   BINGO West @ 1:30	29  Etta's Birthday  Wellness Finishers Celebration 11:30 am (Dine Out & Bowling) 	30  Carpetball Tournament **Championship game at East	

Mark Your Calendar!

OCTOBER

October 11th = Oktoberfest Party & Albert Mikkesh
Performs at 1:30 (*West*)

October 19th = Professional Client Photos

October 25th = The Depot Singers @ 2:00 (*West*)

October 31st = Halloween Party

TBD = Resident Flu Shots by Cash Wise Pharmacy!

TBD = Clergy Appreciation

TBD = Outing to Doubting Thomas Farm

NOVEMBER

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

November 21st = Serenity Thanksgiving

November 27th = Advent Begins

TBD = Operation Christmas Child Shoebox Packing Party

DECEMBER

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

December 22nd = Slew Family Christmas Performance
@ 1:30 pm (*West*)

September 5th

Charlene Romper

September 7th

Staff Jenny

September 13th

Barbara Longbella

September 18th

Edith Gierszewski

September 21st

Staff Denise

September 27th

Staff Brenda

September 28th

Donald Dahl

September 29th

Etta Kind

A VERY HAPPY BIRTHDAY TO...

From the Desk of...

Elaine Anderson, LSW

Dear Family & Friends,

National Assisted Living Week

Since the creation of assisted living facilities (ALF) in the 1990's, communities like Serenity have provided an important service of elder care throughout the country. Today Assisted Living is a major option for seniors whom independent living is not appropriate but who do not need 24-hour medical care provided by a nursing home. Still many people in and out of the healthcare field do not understand the ALF role in the senior care continuum. Assisted Living week provides us a positive opportunity for residents, family members, staff and community volunteers to celebrate and enjoy in fun activities together while emphasizing the importance of assisted living in the healthcare community. As we celebrate what assisted living has meant for thousands of residents country wide there are still many seniors and decision makers that are unaware of this long term care option. Some seniors find themselves with unnecessary restrictions on their independence because they have no knowledge of assisted living. If you have a friend or family member that is interested in assisted living but has been told that assisted living cannot meet their needs – please encourage them to be assessed by their local assisted living facility. Let the assisted living professional inform them if their needs can or cannot be met in their setting. There are many more seniors that can benefit from the assisted living care philosophy of providing care and services by promoting independence and dignity. To all my team members who honor this philosophy daily, thank you all for all of your love and care for our residents each and every day.

Satisfaction Survey

Results from the satisfaction surveys that were conducted last month will debut soon. Thanks to all of those who took the time to fill one out!

Food and Beverage Tid Bits

Surveys regarding current menu are going out in September. This will provide our residents the opportunity to vote on their top five favorite and least favorite dishes in each category. Our fall/winter menus will debut in the middle of October. In keeping with tradition the new menus will have seasonally appropriate dishes that embrace the Fall and Winter months. But not to worry many of Serenity's favorite dishes will remain part of the new menu line up based on the results from the food surveys. In creating the new menus this is a great opportunity to let us know what you would like to see offered. So if you have any ideas or suggestions please let Tim or Denise know, many of our ideas that are implemented come directly from our residents.

Blessings!



Elaine Anderson, Owner & Licensed Social Worker

218-477-7254

elaine@serenityassistedliving.com



PACKING PARTY

Help us collect donations for this wonderful project! Please take a look at the donations list and see if there is anything you can donate to our cause; there are collection boxes in the front of both buildings.

We will be packing our shoeboxes in November.

TOYS

Small cars, balls, stuffed animals, kazoos, harmonicas, yo-yos, jump ropes, small Etch-a-Sketch, toys that light up or make noise (with extra batteries), Slinky, etc.

SCHOOL SUPPLIES

Pens, pencils and sharpener, crayons or markers, stamps and ink pad sets, writing pads or paper, solar calculator, coloring and picture books, etc.

HYGIENE ITEMS

Toothbrush, toothpaste, mild bar soap (in a plastic bag) comb, washcloth, etc.

OTHER

Hard candy and lollipops, mints, gum, T-shirts, socks, ball caps; sunglasses, hair clips, toy jewelry, watches, flashlights.

Our goal is to pack 1 box per client for a total of 60 boxes!!

Grub Club

Serenity Assisted Living Culinary Club

****First meeting is Wednesday, September 14th at 3:00.**

For those who may miss cooking, we are starting a “club” at Serenity called the Grub Club! See some of the logistics below and if you are interested, please be sure to make it to our informational meeting in September. We will also go over tentative details at our monthly Resident Council meetings!

WHEN & WHERE

1x/month

Neighborhood Kitchen (West Campus)

Supper time...possibly 5:00 – 7:00 pm

LOGISTICS

- *Limit 10 clients*
- *Clients plan & propose and plan menu*
- *Staff Megan Kraft & Staff Lindsey facilitate*
- *There will be a per person budget*
- *Clients help with the whole process (shopping, cooking & cleaning up)*
- *If a client “cancels” more than 2 times, due to budget we would have to offer their “spot” to a new client*

FOOD IDEAS

Homemade Pizzas w/ real dough

Small Steak, etc.

Salmon

Crab Cakes



Minnesota Twins September Schedule

9/1/2016	7:10 PM	White Sox at Twins	TV: FS-N ----- Radio: Go 96.3
9/2/2016	7:10 PM	White Sox at Twins	TV: FS-N ----- Radio: Go 96.3
9/3/2016	6:10 PM	White Sox at Twins	TV: FS-N ----- Radio: Go 96.3
9/4/2016	1:10 PM	White Sox at Twins	TV: FS-N ----- Radio: Go 96.3
9/5/2016	1:10 PM	Royals at Twins	Radio: Go 96.3
9/6/2016	7:10 PM	Royals at Twins	TV: FS-N ----- Radio: Go 96.3
9/7/2016	7:10 PM	Royals at Twins	TV: FS-N ----- Radio: Go 96.3
9/9/2016	7:10 PM	Indians at Twins	TV: FS-N ----- Radio: Go 96.3
9/10/2016	6:10 PM	Indians at Twins	TV: FS-N ----- Radio: Go 96.3
9/11/2016	1:10 PM	Indians at Twins	TV: FS-N ----- Radio: Go 96.3
9/12/2016	6:10 PM	Twins at Tigers	TV: FS-N ----- Radio: Go 96.3
9/13/2016	6:10 PM	Twins at Tigers	TV: FS-N ----- Radio: Go 96.3
9/14/2016	6:10 PM	Twins at Tigers	TV: FS-N ----- Radio: Go 96.3
9/15/2016	12:10 PM	Twins at Tigers	Radio: Go 96.3
9/16/2016	6:10 PM	Twins at Mets	TV: FS-N ----- Radio: Go 96.3
9/17/2016	6:10 PM	Twins at Mets	TV: FS-N ----- Radio: Go 96.3
9/18/2016	12:10 PM	Twins at Mets	TV: FS-N ----- Radio: Go 96.3
9/20/2016	7:10 PM	Tigers at Twins	TV: FS-N ----- Radio: Go 96.3
9/21/2016	7:10 PM	Tigers at Twins	TV: FS-N ----- Radio: Go 96.3
9/22/2016	7:10 PM	Tigers at Twins	TV: FS-N ----- Radio: Go 96.3
9/23/2016	7:10 PM	Mariners at Twins	TV: FS-N ----- Radio: Go 96.3
9/24/2016	6:10 PM	Mariners at Twins	TV: FS-N ----- Radio: Go 96.3
9/25/2016	1:10 PM	Mariners at Twins	TV: FS-N ----- Radio: Go 96.3
9/27/2016	6:15 PM	Twins at Royals	TV: FS-N ----- Radio: Go 96.3
9/28/2016	6:15 PM	Twins at Royals	TV: FS-N ----- Radio: Go 96.3
9/29/2016	6:15 PM	Twins at Royals	TV: FS-N ----- Radio: Go 96.3
9/30/2016	7:10 PM	Twins at White Sox	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*



Nicholas Kollross

wellness@serenityassistedliving.com



*Professionally
planned exercise
programs &
activities*

Stephanie Miller

wellness@serenityassistedliving.com



*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



Serenity Assisted Living

is owned and operated by the Anderson-Tollefson families, which has provided over 10 years of award-winning service to seniors and their families. We encourage you to visit Serenity and let our friendly residents and staff welcome you and your family. Please contact us for further information or to schedule a tour.

218-477-7254

nurse@serenityassistedliving.com



Sign up for Serenity's email list!

No spam, just a monthly update on Serenity happenings.

Call or email Denise at

218-477-7254 or denise@serenityassistedliving.com