



Serenity Assisted
Living
Dilworth, MN



Serenity Snippets

October 2016

Dino-Mite Discoveries

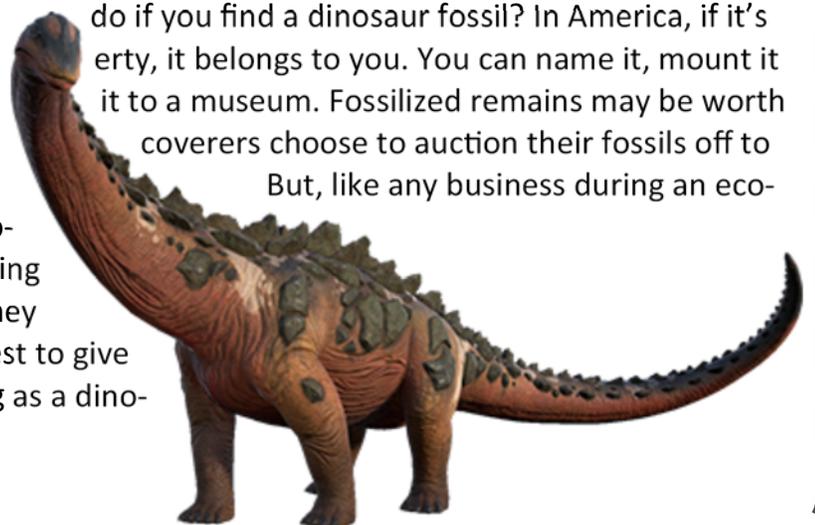
They may have roamed the earth 220 million years ago, but dinosaurs are still in style. In fact, new dinosaur species are being discovered all the time. The year 2015 recorded 45 new species of dinosaur. Anyone from the most seasoned archaeologist to a six-year-old kid may find this to be news worth sharing during Dinosaur Month in October.

Archaeologists aren't the only ones who can find a new dinosaur. In 2005, a retired nuclear physicist named Bill Shipp was strolling his property along the Judith River Formation in Montana when he discovered a giant bone protruding from the earth. After two years of excavating, two more years of cleaning the fossils, and many more years of research, the discovery of a new plant-eating, horned species of dinosaur was announced this past May. It was named Judith, due to the location of its discovery, and has been classified as *Spiclypeus* (meaning "spiked shield") *shipporum*, after its discoverer, Bill Shipp.

April of 2016 brought the announcement of another new dinosaur excavated in Argentina. This was a titanosaur, one of the largest dinosaurs to ever roam the earth. Of the 60 known titanosaur species, this is only the fourth discovered with its skull. Most titanosaurs have such long necks that the skull ends up so far from the body upon death that the skull is lost, especially after millions of years of waiting to be found.

What should you do if you find a dinosaur fossil? In America, if it's found on your property, it belongs to you. You can name it, mount it on your wall, or give it to a museum. Fossilized remains may be worth millions. Some discoverers choose to auction their fossils off to the highest bidders. But, like any business during an economic downturn, dinosaur auctions don't bring in the big bucks like they used to. Maybe it's best to give your fossil to your dog as a dino-sized snack.

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Special points of interest:

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

Join us for

Oktoberfest at Serenity

OCTOBER 11TH

1:30 PM—3:30 PM

**WEST
CAMPUS**

Music



Food

Oktoberfest Party & Albert Mikkesh

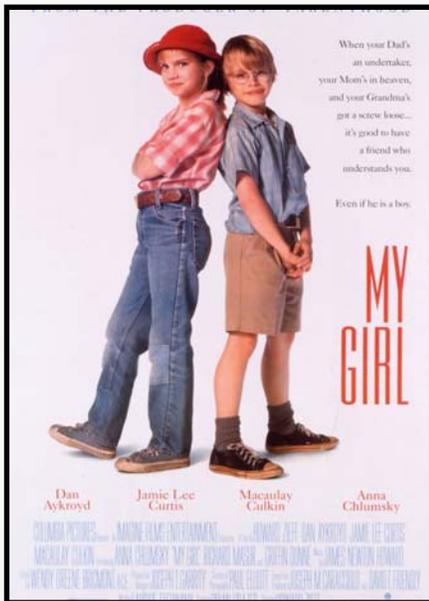
Performs at 1:30 (West)

Sample a variety of German foods and beverages.

October Movies

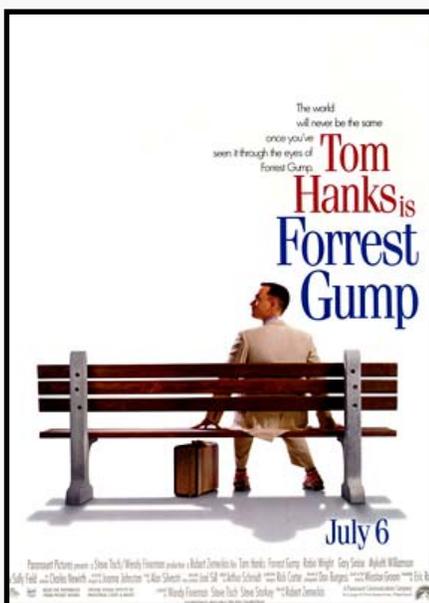
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

My Girl (1999)



A young girl, on the threshold of her teen years, finds her life turning upside down, when she is accompanied by an unlikely friend.

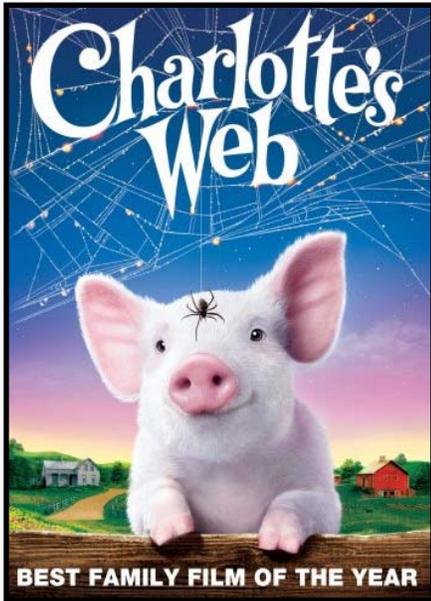
Forrest Gump (1994)



Slow-witted Forrest Gump (Tom Hanks) has never thought of himself as disadvantaged, and thanks to his supportive mother (Sally Field), he leads anything but a restricted life. Whether dominating on the gridiron as a college football star, fighting in Vietnam or captaining a shrimp boat, Forrest inspires people with his childlike optimism. But one person Forrest cares about most may be the most difficult to save - his childhood love, the sweet but troubled Jenny (Robin Wright).

October Movies

Charlotte's Web (2006)



Wilbur the pig is scared of the end of the season, because he knows that come that time, he will end up on the dinner table. He hatches a plan with Charlotte, a spider that lives in his pen, to ensure that this will never happen.

Hotel Transylvania 2 (2015)



Dracula and his friends try to bring out the monster in his half human, half vampire grandson in order to keep Mavis from leaving the hotel.

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

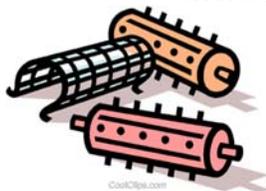


Serenity's Auxiliary Fund!

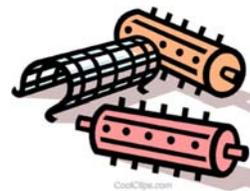
SALS GALS is an acronym that stands for 'Serenity Assisted Living's Gals' which is our auxiliary fund. The auxiliary fund is utilized to pay for musical entertainment at Serenity, go towards various fundraising efforts for equipment for our clients, and other items brought up by our clients at our monthly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

SNAPSHOTS



Marian & Robert showing off the ribeye steaks for our first Grub Club event!

Staff Abby & Sonja pose a picture at the Antique Farm!



Dorothy lines up her shot for our Hockey Shootout Tournament...she ended up winning at the East Campus!



Ellatena & Millie compete in some balloon volleyball.



SNAPSHOTS



Leanna and Betty for a photo op!



Kate, Randy, Connie & Staff Holly with Staff Sophia at her High School volleyball game.

***Not pictured Leanna and Cornell.*



Doris with some of her family for Grandparents Day!



MEET Ellatena Schweigert

(WEST CAMPUS)



What was your childhood like?

Ellatena grew up in Wishek, ND. She was born and raised on a farm. Her family had 3 girls and 3 boys. Ellatena was the baby of the family.

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

Married in 1946 to Roland Schweigert. He worked as a depot relief agent for the railroad so they traveled a lot in the first years of marriage. She says, "We lived out of a suitcase!" They had one daughter, Marsha, and one grandson.

How did you meet your spouse?

Roland lived in a little town neighboring Wishek. He would come to town for basketball games and dances. Ellatena met his little brother first and then was introduced to her future husband.

What was your very first job? Favorite?

Ellatena worked for the Fargo Forum in the circulation office. She remembers refusing to send the paperboys out in a blizzard.

What is your favorite sport to watch?

Basketball, although not a big sports fan.

What's your favorite memory?

Being a teenager. She loved going to high school because she was able to be in town away from the farm.

Anything else to add?

The usual farm animals. Shetland ponies, lambs, cats, and dogs.



MEET Doris Binsfeld

(WEST CAMPUS)



Where did you grow up?

Doris grew up in Washburn and in Wilton, between Burleigh and McLain counties. She says her childhood was “Not quite normal” because when they lost their plow horse she and her brother broke two steers to ride instead!

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

Doris married Bob John. Together they had 2 children.

How did you meet your spouse?

They met at a local dance where her mom played the dulcimer & her dad played the violin.

What was your very first job? Favorite?

First job was probably milking cows. What Doris was really good at was sewing and patching clothes.

What is your favorite memory?

When Doris’s older sister was afraid to move to Florida, her husband sent a blank check to Doris with a note saying “Get your fiddle-footed sister a ticket and send her down here!”

Are you a morning or a night person?

“I’ve been both. Once in a while I oversleep.”

Have you had any pets?

Doris had a black cat named Midnight who was “a regular rascal” with a love of high ledges and a tendency to go on hunger strikes.



October 2016

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------|
| Events are subject to change! | | | | | | 1 Nail Day! Dilworth Dairy Queen @ 3:30 |
| 2 Transportation to Dilworth Lutheran @ 9 am Ice Cream SUNDAY @ 3:00! | 3 Vikings vs. Giants @ 7:30 pm VIKINGS | 4 Erling's & Staff Sam O.'s Birthday Shopping | 5 Mass at St. Liz @ 8:30 am BINGO East @ 1:30 | 6 Resident Council @ 11:00 (East) Communion w/ Marlene Appetizer Night @ 6:00 | 7 Lunch @ China Buffet Hockey & Basketball Tournament Staff Elaine's Birthday | 8 Nail Day! Dilworth Dairy Queen @ 3:30 |
| 9 Transportation to Dilworth Lutheran @ 10 am Vikings vs. Texans @ Noon VIKINGS | 10 Staff Nancy's Birthday | 11 Moorhead Library Shopping Outing Connie's Birthday Albert Mikkesh @ 1:30 (West) | 12 Mass at St. Liz @ 8:30 am BINGO West @ 1:30 | 13 Resident Council @ 11:00 (West) Pumpkin Decorating Appetizer Night @ 6:00 | 14 Carpetball Tournament **Championship game at West | 15 Nail Day! Dilworth Dairy Queen @ 3:30 |
| 16 Transportation to Dilworth Lutheran @ 10 am Homer's Birthday Ice Cream SUNDAY @ 3:00! | 17 | 18 Monthly Men's Lunch (West) Moorhead Library Outing Shopping at Herberger's GrubClub Meeting @ 3:00 | 19 Mass at St. Liz @ 8:30 am BINGO East @ 1:30 Resident Portraits | 20 Pastor Mark 2:00 (East) & 3:00 (West) Appetizer Night @ 6:00 | 21 Lorraine & Adeline's Birthdays Relay Races w/ Wellness | 22 Nail Day! Dilworth Dairy Queen @ 3:30 |
| 23 Transportation to Dilworth Lutheran @ 10 am Ice Cream SUNDAY @ 3:00! Nurse Marissa's Birthday Vikings vs. Eagles @ Noon VIKINGS | 24 | 25 Shopping Depot Singers @ 2:00 (West) GrubClub Supper @ West | 26 Mass at St. Liz @ 8:30 am HALLOWEEN BINGO West @ 1:30 | 27 Monthly Girlfriend's Gathering @ 2:30 (East) Appetizer Night @ 6:00 | 28 HALLOWEEN TOURNAMENT | 29 Nail Day! Dilworth Dairy Queen @ 3:30 |
| 30 Orvie & Kathy's Birthdays | 31 Randy & Angeline's Birthdays HALLOWEEN Vikings vs. Bears @ 7:30 pm VIKINGS | | | | | |

Mark Your Calendar!

NOVEMBER

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

November 6th = Daylight's Savings Time

November 21st = Serenity Thanksgiving

November 27th = Advent Begins

TBD = Pangea at Hjemkomst

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*)

December 28th & 29th = Wellness Parties (*Tentative*)

October 4th

**Erling
Anderson
& Staff
Samantha O.**

October 7th

Staff Elaine

October 10th

Staff Nancy

October 11th

Connie Kopp

October 16th

**Homer
Williams**

October 21st

**Lorraine Oliver
& Adeline
Robertsdahl**

October 23rd

Nurse Marissa

October 30th

**Orvie Dullum
& Kathy
Lorentz**

October 31st

**Randy Sams
& Angeline
Verbout**

A VERY HAPPY BIRTHDAY TO...



The lovely and talented, Traci Anderson, has once again offered to take photos of our ladies and gentlemen this Fall. We would LOVE to get photos of each person living at Serenity.

Buying the photos will be optional, but would work great for a holiday card or gifts to families and friends.

Photos will be done all day on Wednesday, October 19th. Information on how to order photos soon to come. In the mean time, be sure to check out Traci's work at: www.traciadamsonphotography.com or even her Facebook page!





10/19/16 FLU SHOTS

Cashwise Pharmacists

Cashwise pharmacy will be at the East Campus of Serenity Assisted Living at 12:30PM on 10/19/16 to give flu shots (area to be determined). Once all of the clients that want the Flu shot at the East Campus and any West Campus clients going over for Bingo that day have received theirs, the pharmacist will make their way over to the West Campus (conference room) to give to all remaining clients at the West Campus that would like one.

If any client goes to see their primary care physician you are more than welcome to get your flu shot in the clinic, but please make sure you let the nursing staff at Serenity know that you have received it.

Thank You! Marissa and Jennifer

**12:30PM
East Campus**

**Approximately
1:30PM-2:00PM
West Campus**

**Get your FLU
SHOT today!**

Stay HEALTHY!

**Get your FLU shot
to protect yourself
against others!**

SERENITY ASSISTED LIVING

1125 Oakview Drive
Dilworth, MN



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

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



From the Desk of...

Elaine Anderson, LSW

Dear Family & Friends,

On behalf of (Tim Anderson's) entire family, we would like to say a very special word of thanks to each of you that have been praying for Tim's recovery. When we discovered that Tim needed brain surgery due to a spontaneous subdural hematoma, we knew we were in need of God's grace if we were going to get through this experience. It was through His grace that was poured out upon us in a way that we have never before experienced.

Hebrews 4:16 encourages us to come boldly to the Throne of Grace in our time of need. During the week and days that we spent in the hospital while Tim encountered 3 life threatening brain surgeries with in a 26 hour period, we received many generous and loving hugs, thoughts, cards, and personal greetings, but the greatest gift of all has been the presence of the Lord that carried our family.

In Matthew 6:6, we read that God has a special reward for those who pray in secret, seen only by Him. Our family prayers are that God will pour out a rich blessing upon each person that has been praying for us. *"when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."*

As Tim continues to recovery we continue to received e-mails and cards from people that have never met our family, and yet they have been standing with us in prayer. This, we believe, is the kind of love that Jesus speaks of in John 13:35 *"By this shall all men know that ye are my disciples, if ye have love one to another."* When things were looking grim, we certainly encounters a miracle right before our eyes.

Please continue to remember our family in prayer as the Lord brings us to your mind. We know that we will have many tears in the days to come when Tim returns to surgery to correct the bone flap and replace his skull. But as we move forward we are even more confident that God's grace will be with us too.

For the staff of Serenity, Tim, Denise, Richard and myself could not be more pleased with each of you in how you all orchestrated the kick-off to National Assisted Living week in such style. You are a true business family and an extension of our family. We thank you immensely.

For our business partners, thank you for 10 years of wonderful service to our older citizens and for believing in the services we provide. Having each of you reach out to us while Tim was in ICU was not only a comfort but a strong need that we were craving at the time. Your partnership is so essential to us and your prayers offered us much hope that was filled with mercy.

For our beloved residents who have entrusted us with their care. As stated in Romans 15:13 *"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* Caring for you has been our hope, thank you. May God richly bless you with an even deeper understanding of His love and purposes as you live for Him!

With Hope!

Elaine Anderson

Elaine & the Tim Anderson family



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*



Stephanie Miller

wellness@serenityassistedliving.com



*Professionally
planned exercise
programs &
activities*

Nicholas Kollross

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