



Serenity Assisted
Living
Dilworth, MN

Serenity Snippets

December 2016

Special points
of interest:

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

Old World Traditions

Singers Nat King Cole and Mel Tormé croon about “chestnuts roasting on an open fire” during the holiday season. But who roasts chestnuts anymore? And when did this culinary tradition become a popular holiday tradition? Hopefully we’ll answer these questions in time for Roast Chestnuts Day on December 14.

Reports of street vendors roasting chestnuts on the streets of Rome date back to the 16th century. Chestnuts have long been part of the Mediterranean diet, largely because they were much easier to grow in mountainous regions than other cereal grains. Chestnuts are not like other nuts; they are low in fat, have no cholesterol, and are high in vitamins and minerals. They also taste and smell delicious. Today, visitors to New York City can still find (and smell) vendors roasting chestnuts in their pushcarts on Midtown street corners.

So when did roasted chestnuts become associated with Christmas? The truth is that they are not solely part of a Christmas tradition. Chestnuts taste best soon after their harvest in September, when the nuts are flavorful and not rock hard. Perhaps this is why chestnuts tend to appear on Thanksgiving dinner tables in November. In Portugal, they are eaten on November 11, St. Martin’s Day, a religious holiday celebrating the maturation of the year’s wine. They are also part of St. Simon’s Day festivities on October 28 in Modena, Italy. Perhaps chestnuts are part of these religious holidays because in early Christianity, the chestnut, owing to its spiky husk, was considered a symbol of chastity. Furthermore, roasting significantly sweetens a raw chestnut’s bitter flavor, and they smell as sweet as honey. Sweets, after all, are typically indulged during the holidays. All these clues, when taken together, may point to why chestnuts are roasted on an open fire during the holidays and memorialized in the voices of Nat King Cole and Mel Tormé.



PLEASE JOIN US FOR A

HOLIDAY

OPEN HOUSE

Thursday **8TH** December

3-5 PM

Located in Both Buildings

Santa Clause
Sugar Cookie Decorating
Hot Beverage Bar
Art Projects
Photo Booth
...and more!

VOTE FOR YOUR FAVORITE CHRISTMAS TREE!



**Put a penny in the cup by the tree you want
to vote for as your favorite.**

Unlimited voting! Cannot take pennies out of cups.
Lindsey and Richard will have rolls of pennies to buy.

50 cents each.

(must have exact change)

Proceeds will go to our Activities fund

December Movies

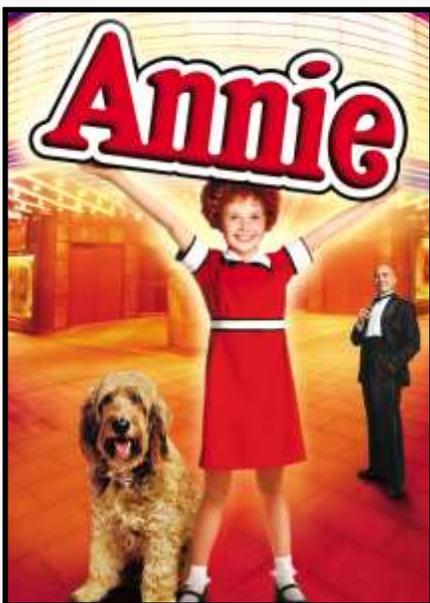
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

Spectre: James Bond (2015)



A cryptic message from Bond's past sends him on a trail to uncover a sinister organization. While M battles political forces to keep the secret service alive, Bond peels back the layers of deceit to reveal the terrible truth behind SPECTRE.

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.

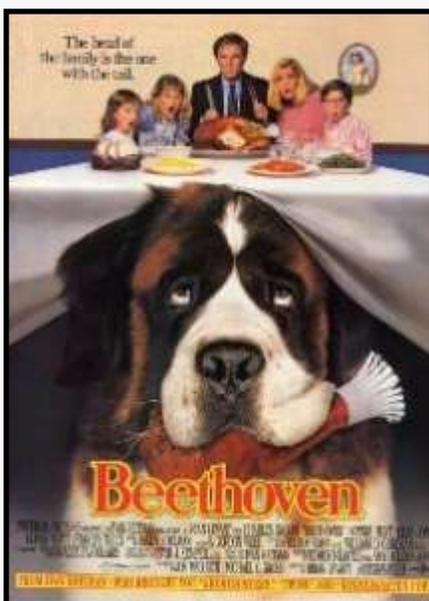
December Movies

Eye in the Sky (2016)



An operation to capture terrorists in Kenya is complicated when a young girl enters the kill zone, triggering an international dispute over the implications of modern warfare.

Beethoven (1992)



An adorable puppy named Beethoven wins the heart of George Newton (Charles Grodin) and his family - only to grow up into 185 pounds of romping, drooling, disaster-prone St. Bernard!

Weekend Holiday Movies

This month we will be playing extra movies reflecting our holiday spirit. Watch the weekly activity calendar for the schedule.

Here are the movies that will be showing:

Joyful Noise

White Christmas

Miracle on 34th Street

The Christmas Candle



Sals Gals

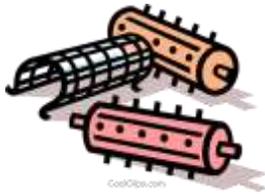


Serenity's Auxiliary Fund!

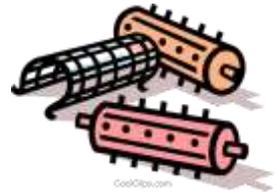
SALS GALS is an acronym that stands for 'Serenity Assisted Living's Gals' which is our auxiliary fund. The auxiliary fund is utilized to pay for musical entertainment at Serenity, go towards various fundraising efforts for equipment for our clients, and other items brought up by our clients at our monthly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



The Wellness Department held a **“Turkey Hunt”** last month. Here Marie Zimmer is pictured with her Nerf gun taking aim.



Kate holds one of the turkey decoys.



Staff Allorah, Virgil & Franklin at Applebees.
***This restaurant gave free meals to Veterans in honor of Veterans Day!*





Giving Thanks

We had a magical evening at our Giving Thanks event...complete with a traditional Thanksgiving meal **and entertainment by the St. Joseph's Men's Choir.** Thank you to all of our staff for their hard work in making this event possible...and to all of the families and friends who came to celebrate at Serenity.

Check out the rest of our photos on our Facebook page!

MEET Jeanne Kelly

(WEST CAMPUS)



Where did you grow up? What was your childhood like?

Jeanne grew up in St. Paul, MN. Her dad worked as an eye doctor and her mom stayed home. She had a good childhood with 2 brothers and 1 sister.

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

Jeanne's husband, Patrick, worked in pharmaceutical sales. They lived in Boston for 16 years and raised 4 sons and 2 daughters. When they came back to MN, they ran the Mahnomon newspaper together for 35 years.

How did you meet your spouse?

Jeanne met Patrick on a blind date. He was a football player at the University of St. Thomas. Jeanne's friend was supposed to go on the date but got sick and asked Jeanne to take her place. The rest is history.

What was your very first job? Favorite?

Jeanne stayed home with her children when they were small. When the youngest started kindergarten, Jeanne started volunteering at the school and continued for 6 years.

What's your favorite memory?

Jeanne has always loved Christmas so her favorite memories always center around the holidays.

Are you a morning or a night person?

Definitely a night person!



MEET

Emma Laternus

(WEST CAMPUS)



Where did you grow up?

Emma was born in Rugby, ND and then moved to Devils Lake. Her parents farmed and she had “a houseful” of siblings.

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

Emma’s husband, Paul, was a farmer and WWII veteran. They had “a houseful” of kids, 4 of whom went into the military as well and served overseas.

What was your very first job? Favorite?

Emma worked in the kitchen of the hospital in Cando, North Dakota. Her favorite job was being a mother.

What is your favorite memory?

“Being a kid at home with my parents.”

Are you a morning or night person?

A morning person. “I’m up with the chickens!”





December 2016



SUN	MON	TUE	WED	THU	FRI	SAT
Events are subject to change!				<p>1 Resident Council @ 10:45 am (East)</p> <p>Communion w/ Marlene </p> <p>Vikings vs. Cowboys @ 7:25 pm VIKINGS</p> <p>Appetizer Night @ 6:00</p>	<p>2 Resident Council @ 10:45 am (West)</p> <p>Ellen S. & Millie H.'s Birthday </p>	<p>3 Nail Day! </p> <p>Moorhead Library Outing Shopping at Herbergers</p>
<p>4 Church Transportation</p> <p>Holiday Caroling by Girl Scouts @ 2:00 (Both)</p> <p>Ice Cream SUNDAY</p>		<p>6 Notables (West) @ 2:00 </p>	<p>7 BINGO West @ 1:30</p>	<p>8 HOLIDAY OPEN HOUSE</p> <p>Caroling 9:30 (West) & 10 am (East)</p> <p>Appetizer Night @ 6:00</p>	<p>9 Moorhead High Choir @ 2:15 pm (West)</p>	<p>10 Nail Day! </p> <p>Target Shopping </p>
<p>11 Church Transportation</p> <p>Vikings vs. Jaguars @ Noon VIKINGS</p> <p>Ice Cream SUNDAY</p>		<p>13 Emma L.'s Birthday </p> <p>Heritage Day </p>	<p>14 BINGO East @ 1:30</p>	<p>15 Pastor Mark 2:00 (East) & 3:00 (West) </p> <p>Appetizer Night @ 6:00</p>	<p>16 Virginia's Birthday </p> <p>New Horizon Middle School Band @ 1:00 pm (West) </p>	<p>17 Nail Day! </p> <p>WAL-MART Shopping </p>
<p>18 Church Transportation</p> <p>Vikings vs. Colts @ Noon VIKINGS</p> <p>Piano Recital 1:30 (West)</p> <p>Ice Cream SUNDAY </p>		<p>20 Staff Holly's Birthday </p> <p>Staff Holiday Party HOLIDAY PARTY </p>	<p>21 NORTHWESTERN BANK BINGO West @ 1:30</p>	<p>22 Slew Family (West) @ 1:30 pm </p> <p>Appetizer Night @ 6:00</p>	<p>23 Staff Mark's Birthday </p> <p>Stein Family X-Mas 1:15 (East) & 2:15 (West) </p>	<p>24 Nail Day! </p> <p>Vikings vs. Packers @ Noon VIKINGS</p> <p>Church Transportation</p>
<p>25 Merry Christmas! </p> <p>Ice Cream SUNDAY @ 3:00!</p>	<p>26 Business Office Closed</p>	<p>27 Alice & Staff Megan K.'s Birthday </p> <p>Wellness Finishers Celebration 11:30 am (Dine Out & Bowling) </p>	<p>28 BINGO East @ 1:30</p> <p>Wellness Finishers Celebration 11:30 (Dine In) </p>	<p>29 Appetizer Night @ 6:00</p>	<p>30</p>	<p>31 Nail Day! </p> <p>Moorhead Library Shopping Outing </p>

Mark Your Calendar!

JANUARY

January 11th = FREE Bingo by Northwestern Bank

January 20th = Grub Club @ 12:30

FEBRUARY

February 5th = Super Bowl

February 14th = Valentine's Day

February 26th = Academy Awards

December 2nd
Ellen Speer &
Millie Hansen

December 13th
Emma
Laternus

December 16th
Virginia Foss

December 20th
Staff Holly

December 23rd
Staff Mark

December 27th
Alice Nolan &
Staff Megan K.

A VERY HAPPY BIRTHDAY TO...

Dear Serenity Residents,

It is my pleasure to introduce to you my very special helper Buddy the Elf.

This magic elf will be staying at Serenity from now until Christmas Eve, to observe the behavior of any good ladies and gentlemen of Serenity.

When I arrive on Christmas Eve, Buddy will make a proper report based on his observations; at any time, Buddy's whereabouts may be subject to whimsy.

I must add that Buddy has a history of getting into some Elf Mischief. Should any Elf Mischief occur, please write it on the attached form and return to Lindsey or Richard in the week following Christmas. Anyone who has recorded Buddy's whereabouts every day up until Christmas will be entered in a drawing for a very special present from my workshop.

Yours sincerely,

Santa



ELF ON THE SHELF

Resident Name _____

Turn completed form after
Christmas to Richard or Lindsey for
a chance to win a prize!

Write down what Buddy the Elf is doing each day!

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	
22	
23	
24	
25	



Operation Christmas Child is a project of the international relief organization, Samaritan's Purse. Our mission is to provide local partners around the world with shoeboxes filled with small toys, hygiene items, and school supplies as a means of reaching out to children in their own communities with the Good News of Jesus Christ. We ship these simple gifts outside the United States to children affected by war,

poverty, natural disaster, famine and disease; and to children living on Native American reservations in the U.S.



2016

Serenity has helped collect donations and pack boxes for 10 years. This year, we are proud to have packed 80 boxes!



From the Desk of...

Elaine Anderson, LSW

Dear Family & Friends,

When I was a teenager as well as into my early adult life I never did much reading, but now find reading to be a part of my ritual in calming my stress. I tend to read a variety of different types of books. All from spiritual, romantic, murder and self-growth. I recently read a book regarding the benefits and power of two simple words, THANK YOU. The author of the book is Jon Gordon. Allow me to explain especially during the season of miracles.

These two words have the power to transform our health, happiness, athletic performance and success. While reading I have discovered that research shows that grateful people are happier and more likely to maintain good friendships. A state of gratitude, according to research by the Institute of HeartMath, also improves the heart's rhythmic functioning, which helps us to reduce stress, think more clearly under pressure and heal physically. It's actually physiologically impossible to be stressed and thankful at the same time. When you are grateful you flood your body and brain with emotions and endorphins that uplift and energize you rather than the stress hormones that drain you.

I am realizing that gratitude is like muscle. The more we do with it the stronger it gets. In this Season of Christmas Blessings, I would like to put out a challenge to both staff and residents to strengthen our muscles by using these 5 ways to practice gratitude.

- 1. Take a Daily Thank You Walk** - I started this practice after Tim recently encountered his most recent surgeries. When I am stress I am learning to take a simple 10-30 minute walk each day and say out loud what I am thankful for. This has helped me develop positive thoughts and gets me through the day.
- 2. Meal Time Thank You's** – During this season, go around the table and ask your table mates how they are doing for the day. Ask them what their plans are and what they are most thankful for.
- 3. Gratitude Writing:** - Martin Seligman, Ph.D., the father of positive psychology, suggests that we write a letter expressing our gratitude to someone. After the letter has been written and the recipient receives the letter, call them or visit with them. This research shows that people who do this are measurably happier and less depressed a month later.
- 4. Say Thank you here at Serenity.** – We could all do a little less grumbling while we make every attempt to energize and engage with our peers. We would all benefit letting our peers know what we are grateful for and how much we appreciate others.
- 5. Say Thank you and Goodnight** – At bedtime reflect on your day, identify and share all that you are thankful for. Acknowledge your own creator and be thankful what your creator has given you.

Tim and I hope you have a wonderful Christmas Season...Happy Holidays!



Owner/Administrator/LSW

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