



Serenity Assisted  
Living  
Dilworth, MN

# Serenity Snippets

January 2017

Special points  
of interest:

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

## Explosive New Year

The new year is celebrated all around the world, and its arrival is most often heralded with fireworks. Why are fireworks associated with ringing in the new year all over the globe? It turns out they are part of a larger story and much more than just a loud and raucous display of joy and revelry. This story begins with their invention in China.

China is very proud of its Four Great Inventions: the compass, papermaking, printing, and gunpowder. Like so many important inventions, gunpowder was discovered by accident. In the ninth century, Chinese alchemists searching for the elixir of immortality instead discovered the formula for gunpowder. It was, of course, eventually adapted for use in warfare, but other uses were discovered more immediately, such as in the development of flares and eventually fireworks.

While the emperor may have been treated to elaborate and spectacular fireworks shows, fireworks were not all fun and games. They served another important purpose: when fireworks exploded at the beginning of each new year, they were believed to frighten away evil spirits, banish bad luck, and bring good fortune. From these superstitious beginnings, fireworks have become a mainstay of new year traditions around the world.

There may be no better time to watch a fireworks display than on the Chinese New Year, which falls on January 28. Beijing and Hong Kong often vie for the most amazing displays, which may mean—if ancient superstitions are true—that these two cities will enjoy the greatest luck. In the Chinese zodiac, 2017 is the Year of the Rooster, an animal that, thanks to its relentless crowing, is considered adept at shooing away evil spirits. It is also the year of Fire, so be on the lookout for greater, more elaborate, and more powerful fireworks displays.



# HOLIDAY PHOTOS

# Open House

\*\*See more photos on our Facebook page!



*Delicious*  
**HOT CHOCOLATE**



# Festival of Trees



**1st Place goes to  
Walter's John Deere  
tree**



**2nd Place goes to  
Edith and her pink  
angel tree**



**3rd Place is the  
Marian & Deb's  
gingerbread tree**

Each year, owner and administrator, Elaine, decorates the halls of Serenity to its fullest! A holiday tree goes outside of all apartments as well as more in the public spaces. This year, we held a competition, using pennies to tally as one vote to decide which was everyone's favorite tree between both buildings. We brought in almost \$70 of loose change that will go towards our SALS GALS auxiliary fund; more information on this auxiliary fund can be found on the next page of this newsletter. To view all holiday trees and decorations around Serenity this year, please stop by ASAP before they get taken down...or see our slideshow on our Facebook page.

# Sals Gals

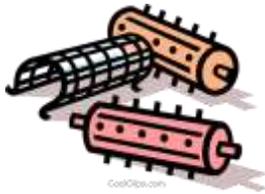


## Serenity's Auxiliary Fund!

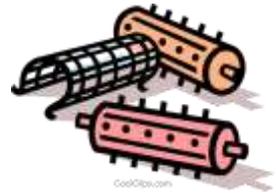
SALS GALS is an acronym that stands for 'Serenity Assisted Living's Gals' which is our auxiliary fund. The auxiliary fund is utilized to pay for musical entertainment at Serenity, go towards various fundraising efforts for equipment for our clients, and other items brought up by our clients at our monthly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

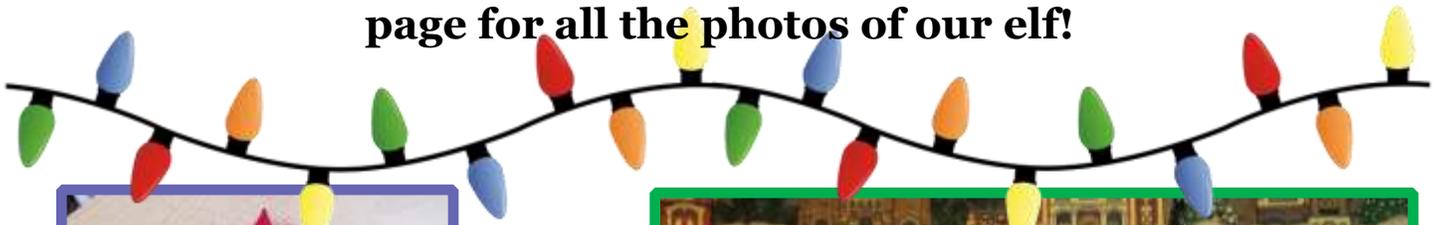
**Perm with cut....\$52.00**

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

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

# Elf on the Shelf

All month long in December, we found our elf, Buddy somewhere new around Serenity keeping an eye on everyone. It sure was fun to see who could find him first each morning! In fact...we made it competition to our clients. If they found the elf every day, their name would go into a drawing for our prize. Our winner...Chip Young! He won a gift card to Wal-Mart. Check out our Facebook page for all the photos of our elf!



# January Movies

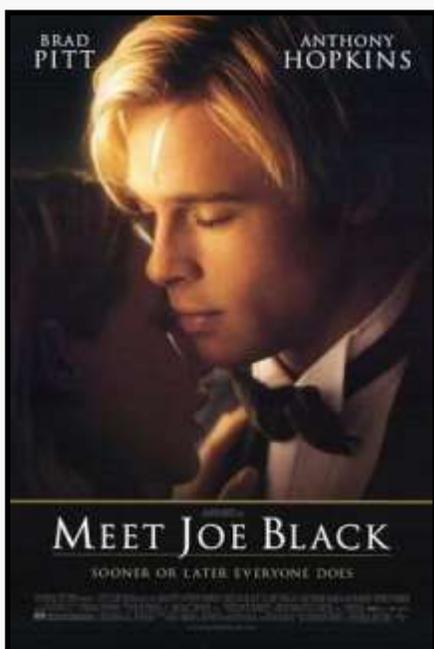
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

## Jungle Book (2016)



After a threat from the tiger Shere Khan forces him to flee the jungle, a man-cub named Mowgli embarks on a journey of self discovery with the help of panther, Bagheera, and free spirited bear, Baloo.

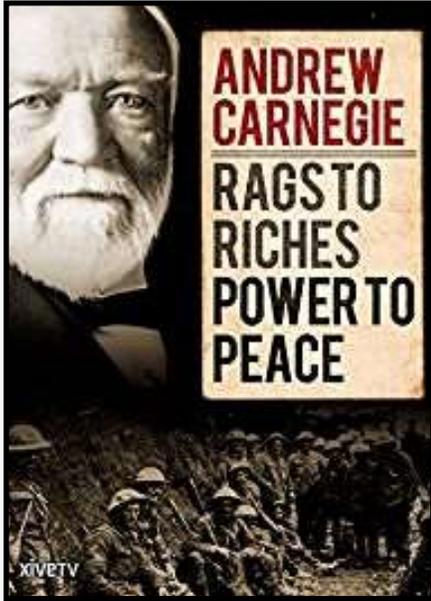
## Meet Joe Black (1998)



Brad Pitt and Anthony Hopkins give stellar performances in this film about a powerful man who receives a visit from Death and agrees to serve as his earthly guide in exchange for more time.

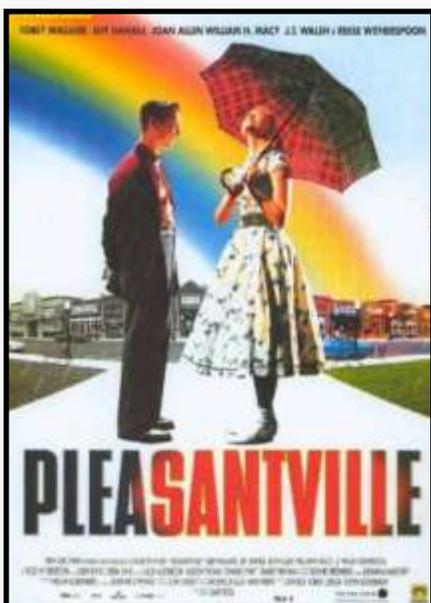
# January Movies

## Andrew Carnegie: Rags to Riches, Power to Peace



Andrew Carnegie, a poor Scottish immigrant who sailed to America in the 1840s, and by the end of the century would be the richest man in the world. Not content with creating a steel empire, he had a plan to buy peace as Europe headed to war.

## Pleasantville (1998)



Two 1990s teenage siblings find themselves in a 1950s sitcom where their influence begins to profoundly change that complacent world.

# Snapshots



Bonnie, Simone & Gretchen pose while wearing red.



Alice shows off the handmade gift she received from Serenity for the holidays.



A group of home schooler sing carols at the East Campus.



Virgil tries a cup stacking game and tries to get them to balance.



Teens from Moorhead Middle school help with some holiday projects before performing.



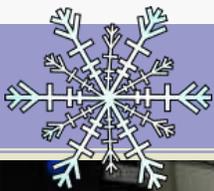
# Snapshots



Alice & Connie wear practically matching snowmen sweaters!



Chip & Staff Brittney both wearing Montana State apparel (they are both from Montana)!



The Anderson-Tollefson family made over 100 jars of spaghetti sauce using client, Sybil Verdi's, secret family recipe with the help of her son. The sauce was given to staff and some of the vendors who assist us and our clients on a weekly basis as a holiday thank you.

# MEET Patricia 'Pat' Schenck

(EAST CAMPUS)



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

*Pat was born in Fargo and lived there most of her life. She had a challenging childhood that brought out "the best and worst in me."*

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

*She was married for 34 years and had 2 children, a son and daughter. Her daughter lives nearby in Moorhead.*

## What was your very first job? Favorite?

*Pat's first job was at a movie theater working as an usher when she was 16 years old. At 17 she started working for a phone company where she stayed for many years, at one time working as a commercial artist, and eventually was promoted to management. She traveled all over the region for work.*

## What are your hobbies and interests?

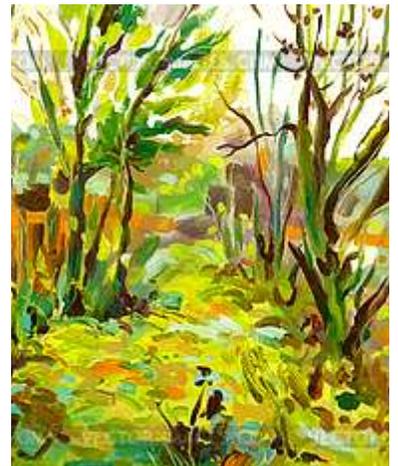
*Art (drawing, painting) and collecting art. Pat has many beautiful pieces of art on display in her apartment.*

## What is the most important thing in your life?

*Faith in God. "I would not have survived everything without God!" Pat was a longtime member of Triumph Lutheran in Moorhead and now enjoys watching Pastor John Hagee on television.*

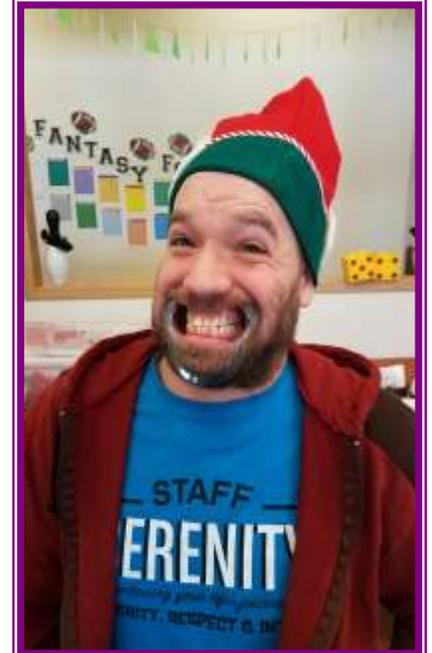
## Anything to add?

*"I want people to know that I am not stuck up! I am still recuperating after 4 years of illness and taking some time to settle in. I love people and making friends."*



# We Love our Staff!

*Sherry*



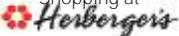
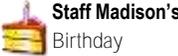
**Our staff spent an afternoon playing games and reflecting on a wonderful year at Serenity. From the Anderson-Tollefson families, we want to thank each and every one of you for ALL of your hard work, dedication, and love you show our ladies and gentlemen. Serenity is the place it is because of all of you.**





# January 2017



SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> Vikings vs. Bears @ Noon 	<b>2</b> Business Office Closed	<b>3</b>	<b>4</b>  West @ 1:30	<b>5</b> Communion w/ Marlene  Appetizer Night @ 6:00	<b>6</b>  Bowling Tournament	<b>7</b> Nail Day!   Shopping
<b>8</b> Church Transportation  Ice Cream SUNDAY	<b>9</b>	<b>10</b>	<b>11</b>   East @ 1:30	<b>12</b> Resident Council @ 10:45 am (East)  Deb Jacobson Birthday Appetizer Night @ 6:00	<b>13</b>  Carpetball Tournament	<b>14</b> Nail Day!  Moorhead Library Outing Shopping at 
<b>15</b> Church Transportation  Ice Cream SUNDAY	<b>16</b>  Betty Buland's Birthday 	<b>17</b>  Meeting @ 10:15 am	<b>18</b>  West @ 1:30	<b>19</b>  Pastor Mark 2:00 (East) & 3:00 (West)  Jean Baird & Staff Abby's Birthday Appetizer Night @ 6:00	<b>20</b>  West @ Noon  Ice Fishing Tournament	<b>21</b> Nail Day!   Shopping  Staff Madison's Birthday
<b>22</b> Church Transportation  Ice Cream SUNDAY	<b>23</b>	<b>24</b>  Monthly Men's Lunch (West)  Monthly Girlfriend's Gathering @ 2:30 (East) 	<b>25</b>  East @ 1:30	<b>26</b>  Staff Cornell's Birthday Appetizer Night @ 6:00	<b>27</b>  Carpetball Tournament	<b>28</b> Nail Day!   Moorhead Library Shopping Outing
<b>29</b> Church Transportation  Ice Cream SUNDAY @ 3:00!	<b>30</b>	<b>31</b>  Staff Donna's Birthday				

# Mark Your Calendar!

## FEBRUARY

**February 2nd** = Groundhog Day

**February 5th** = Super Bowl

**February 14th** = Valentine's Day

**February 26th** = Academy Awards

**February 28th** = Fat Tuesday/Mardi Gras

**TBD** = Mardi Gras Wellness Tournament

**TBD** = Gorgeous Grandmas Day?

## MARCH

**March 1st** = Ash Wednesday

**March 12th** = Daylight Savings

**March 16th** = March Madness College Basketball Tournament

**March 17th** = St. Patrick's Day

*January 12th*  
**Deb Jacobson**

*January 16th*  
**Betty Buland**

*January 19th*  
**Jean Baird &  
Staff Abby**

*January 21st*  
**Staff Madison**

*January 26th*  
**Staff Cornell**

*January 31st*  
**Staff Donna**

A VERY HAPPY BIRTHDAY TO...



January 1, 2017

Dear Clients, Families and Staff of Serenity,

Tim and I opened the doors of Serenity with very little in our pockets and big dreams of serving others. Over the past 10 years, Serenity has seen its fair share of struggles and triumphs...all while expanding to serve 60 clients and employ over 50 staff. Serenity Assisted Living is now the 5th largest employer in the city of Dilworth behind BNSF, DGF schools, Wal-Mart, and Axis Clinicals.

Family owned businesses are unlike any other business. Transitions can be difficult and tricky; in fact, 70% of family owned businesses are never able to transition into a 2<sup>nd</sup> generation of family. Our family feels very fortunate that this is not the case with all of our hard work building Serenity into the loving home it is today for so many others. With so much accomplishment and working closely with our professional advisors, we have been carefully and strategically planning our transition into retirement.

Don't worry, that date isn't for a very long time. However, our family firmly believes in education, guidance and trust. We feel that in order to successfully transition into retirement, our clients, their families and our staff need to have confidence in our successors. With God as our guide, we have had the opportunity to hire our replacement to slowly transition into this new role over the next several years.

We are thrilled to announce that Rebecca Sallberg has accepted the position of Assistant Administrator starting the week of January 16<sup>th</sup>. Becky brings experience in long term care and a proven track record of success as she worked as a Personal Care Attendant at Serenity for over 7 years when we first opened. Her experiences from Serenity and other positions will be invaluable in meeting Serenity's goals and objectives. Becky graduated from Concordia College in Moorhead, MN with a degree in Sociology. Prior to accepting this position, she served as Residential Coordinator at CCRI in Moorhead managing four homes and supervising over 20 staff. Most recently, Becky has been working as General Manager at a hotel in Fargo for over 2 years.

Join us in welcoming Becky! She will be working only a few hours a week for a year or two while she seeks and trains her replacement for her position as General Manager at the hotel in Fargo. Becky will work primarily with Elaine, who will serve as her official mentor and learn her new role over the upcoming years. Her new role will oversee overall operations in both facilities and work to ensure top notch quality in care. Becky is going to be incredible in this new role and we are eager to see her grow professionally!

Becky's office will be at the West Campus starting the week of January 16<sup>th</sup> and can be reached via email at [becky@serenityassistedliving.com](mailto:becky@serenityassistedliving.com) until she is more full time.

Thanks to everyone for making Serenity Assisted Living such a loving place!

Sincerely,

  
Elaine Anderson  
Administrator/Owner/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



*Maintenance & Groundskeeping, Menu & Food, 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.*

## Becky Sallberg

becky@serenityassistedliving.com



*Assistant Administrator of Serenity: Policies, Housekeeping, Laundry, Staff Concerns, etc.*

## Carol Miranowski

activities@serenityassistedliving.com



*Events, Activities &  
Life Enrichment*

## Lindsey Goetz

lindsey@serenityassistedliving.com



*Household Manager,  
Events & Life  
Enrichment*

## Denise Tollefson

denise@serenityassistedliving.com



*Menu & Food,  
Operations,  
Newsletters, Events,  
Marketing, Photos, etc.*



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