



Serenity Assisted  
Living  
Dilworth, MN

# Serenity Snippets

October 2017

## HALLOWEEN HISTORY

### Special points of interest:

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

### THE CELTS & SAMHAIN

Yes, our candy-laden, pumpkin-happy, autumn celebration has its roots in the darker, more spiritual Celtic holiday of Samhain (pronounced SAH-win or SOW-in). Samhain means “summer’s end” in Old Irish, and it marked the end of the harvest time and the start of winter. This season was also considered a time when the barrier between the natural world and the supernatural world thinned, and spirits of the dead returned to the earth. It was thought that the presence of these spirits made it easier for Druids, the Celtic priests, to make predictions and foretell the future, especially what might happen during the long, cold winter ahead. More than 2,000 years ago, these ancient Celtic people believed that the roaming spirits needed to be treated with respect or they would take revenge on the living. As part of the Samhain celebration, the people gathered around huge bonfires to sacrifice animals and crops to Celtic gods. They dressed in costumes made of animal skins and animal heads to confuse spirits that might want to harm them. They also left offerings of food, drinks, and crops to ensure that they and their farm animals would make it safely through the winter. Because the souls of the dead were also said to revisit their homes during Samhain, relatives would set a place at the table or by the fire to let these supernatural visitors know they were welcome and should cause no harm. When Samhain ended, the Celts re-lit their hearth fires from the sacred bonfire to help protect them from death and danger that the coming winter might bring.

### THE ROMAN CONTRIBUTION

By 43 AD, the Roman Empire had established its rule over most of the Celts. Over the next 400 years, Roman gods and festivals combined



with Celtic celebrations, including Samhain. Aspects of two Roman holidays—Feralia, celebrated late in October to commemorate the passing of the dead, and Pomona, a holiday to honor the Roman goddess of fruit and fruit trees whose symbol was the apple—merged with the traditional Samhain celebration. Perhaps our Halloween traditions of bobbing for apples and eating caramel apples have their origin in the Pomona festival.

### THE CHRISTIAN CONNECTION

After the fall of the Roman Empire, Christianity spread gradually to the Celtic lands. By the ninth century, it was beginning to merge with, and in some cases replace, Roman and old Celtic gods and traditions. Many theological historians believe that in an attempt to replace Samhain with Christian holidays, Pope Gregory IV decreed in 835 AD that November 1 would be All Hallows' Day (also known as All Saints' Day), a feast day to honor martyred saints and the recently departed. Later, in 1000 AD, November 2 was declared All Souls' Day, possibly for the same purpose. At that time, October 31, All Hallows' Eve, the night before All Hallows' Day, was celebrated in a fashion similar to Samhain with bonfires, feasting, and dressing up. Though costumes of saints, angels, and devils replaced the animal skins and heads of Samhain, their purpose was the same—to help the person in disguise avoid being recognized by the souls of the dead who could wander the earth until dawn of All Hallows' Day. Over the years, All Hallows' Eve slowly became Halloween. And immigrants, particularly those from Ireland, England, and Scotland brought their traditions with them when they came to America. Much of what we recognize and enjoy today about the completely secular celebration of Halloween evolved from the religious roots of their practices.



Join us for

# Oktoberfest at Serenity

OCTOBER 10TH

2:00 PM—3:30 PM

WEST  
CAMPUS

Music

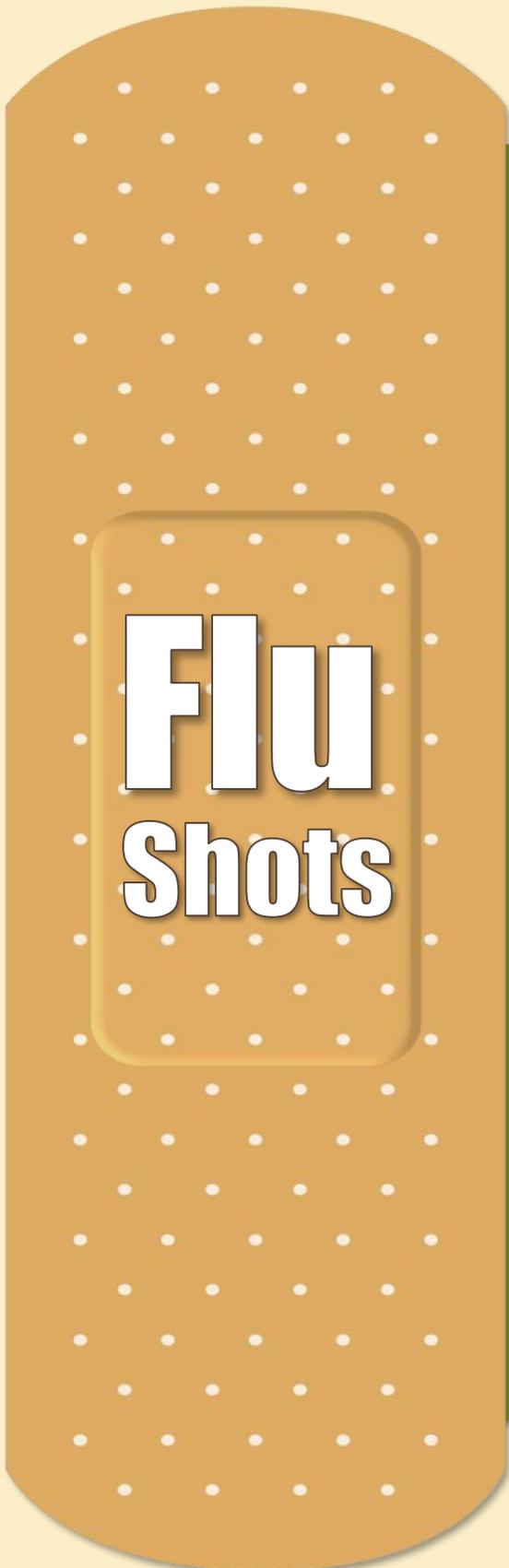


Food

Oktoberfest Party & Albert Mikkesh

Performs at 2:00 pm (*West*)

*Sample a variety of German foods and beverages.*



**Flu  
Shots**

**We'll bring  
the flu shots  
to you.**

**Cash Wise Pharmacy  
will be at Serenity o to  
administer flu shots**

**Oct. 11th**  
Tentative Date

**Flu Shots aren't just for you;  
protect those who can't  
protect themselves.**

# Operation Christmas Child

For the past 10 years, Serenity Assisted Living has participated in Operation Christmas Child. It's 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. These simple gifts get shipped 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.

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

**We will be packing our shoeboxes in November.**

**Our goal is to pack 1 box per client!!**



# SHOEBOX GIFT SUGGESTIONS



## "WOW" ITEM

- outfit
- shoes
- musical instrument
- soccer ball with pump
- stuffed animal
- doll

## TOYS

- toy cars
- jump ropes
- yo-yos
- toys that light up and make noise (with extra batteries)

## ACCESSORIES

- socks
- hats
- sunglasses
- hair clips
- jewelry and watches
- flashlights (with extra batteries)

## NON-LIQUID HYGIENE ITEMS

- toothbrushes
- bar soap
- washcloths
- combs

## SCHOOL SUPPLIES

- pens, pencils, and sharpeners
- crayons and markers
- notebooks and paper
- coloring and picture books
- solar calculators

## A PERSONAL NOTE

- a message to the child
- a photo of yourself, your family, or group

*If you include your name and an address, the child may be able to write back.*

## QUALITY CRAFTS

- hair bows
- finger puppets
- friendship bracelets

*Check out the Operation Christmas Child boards on Pinterest for specific suggestions.*



**Do Not Include:** Candy; toothpaste; used or damaged items; war-related items such as toy guns, knives, or military figures; chocolate or food; fruit rolls or other fruit snacks; drink mixes (powdered or liquid); liquids or lotions; medications or vitamins; breakable items such as snow globes or glass containers; aerosol cans.



Daycare, Group & Seniors

First Annual **2017** Scarecrow Garden

October  
27 • 10am-4pm

Education, Groups & Senior Day

at  
trollwood  
PERFORMING ARTS SCHOOL

801 50th Ave SW • Moorhead MN

Book your group today!!

Call 218-979-1722

REGISTRATION DEADLINE: 10.17.2017

Open to the Public on

Oct 28 • 10-4pm and Oct 29 • 1-4pm

Vendors will be set up on **Saturday & Sunday.**

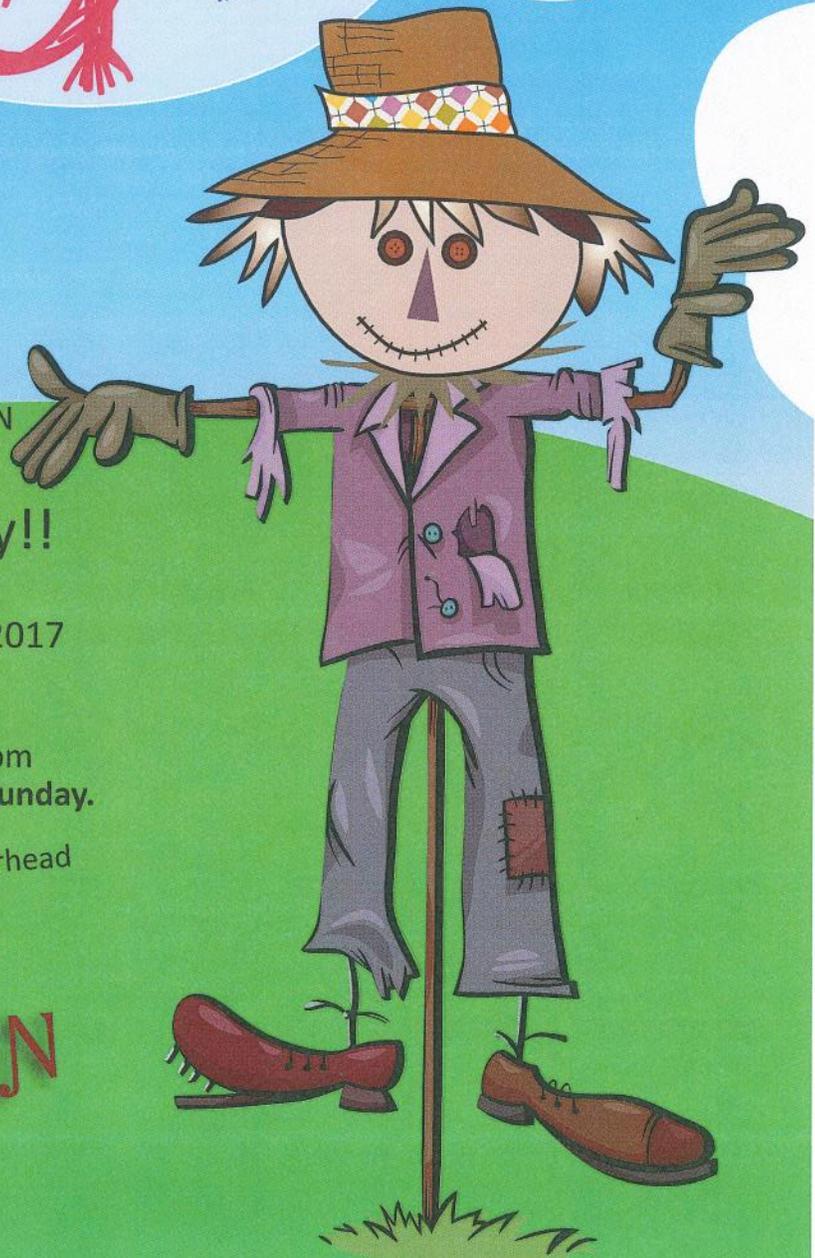
Family Friendly Activities for Fargo/Moorhead  
and the surrounding areas.

**FREE  
ADMISSION**

Event will benefit

trollwood ~ AND ~  
PERFORMING ARTS SCHOOL

SQUARE  
FOOT  
GARDENING  
FOR THE RED RIVER VALLEY



# COSTUME CONTEST

**TUESDAY, OCTOBER 31ST**



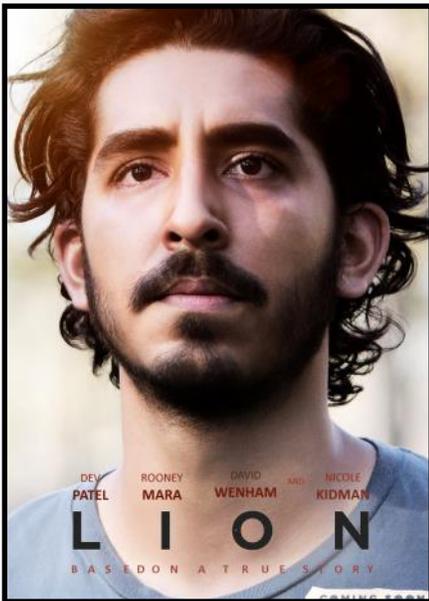
**CONTEST ELIGIBLE TO ALL CLIENTS OF SERENITY.**  
**VOTING BY DILWORTH POLICE DEPARTMENT @ 3 PM.**  
**VOTING BY TRICK OR TREATERS BETWEEN 3-6 PM.**  
**\*\*TWO CHANCES TO WIN A \$25.00 GIFT CARD TO CASH WISE FOODS!**

Sponsored by  SERENITY

# October Movies

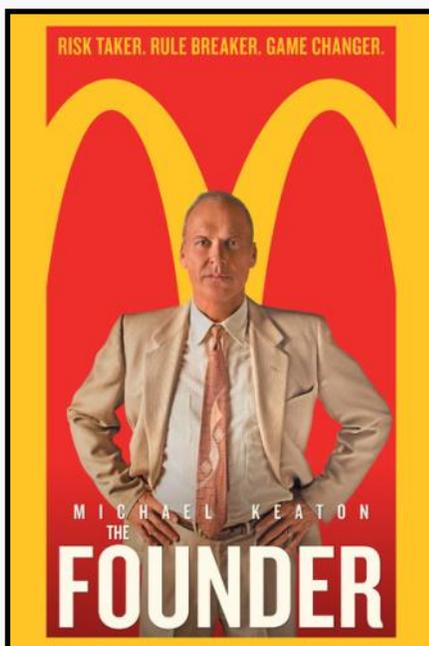
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

## Lion (2016)



Five-year-old Saroo gets lost on a train which takes him thousands of Kilometers across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty-five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home.

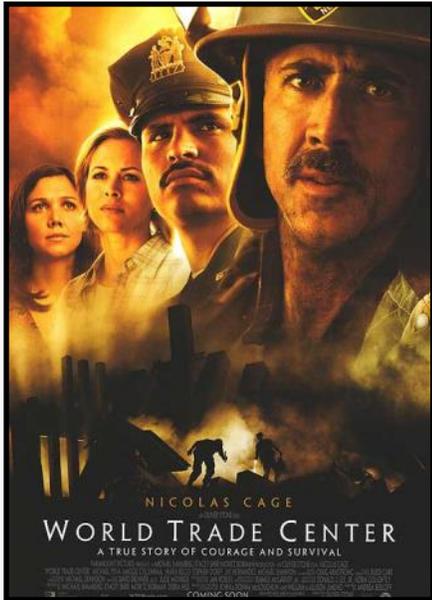
## The Founder (2017)



THE FOUNDER features the true story of how Ray Kroc (Michael Keaton), a struggling salesman from Illinois, met Mac and Dick McDonald, who were running a burger operation in 1950s Southern California. Kroc was impressed by the brothers' speedy system of making the food and saw franchise potential. The movie details how Kroc maneuvered himself into a position to be able to pull the company from the brothers and create a billion-dollar empire. The film also stars Laura Dern as Ray Kroc's first wife Ethel; John Carroll Lynch as Mac McDonald and Nick Offerman as Dick McDonald.

# October Movies

## World Trade Center (2006)



Sergeant John and William were two officers assigned to New York City's Port Authority when they received an emergency call. The day was September 11, 2001, and were among the policemen who attempted to evacuate the World Trade Center towers after they were struck by airliners piloted by terrorists. Both McLoughlin and Jimeno were inside the fifth building of the World Trade Center when the towers fell, and were two of the last people found alive amidst the wreckage.

## Lovely Still (2012)



Martin Landau and Ellen Burstyn topline the debut of writer/director Nik Fackler in *Lovely Still*, a whimsical romance tale that follows an elderly grocery-store bagger (Landau) who experiences his first pangs of love in the form of Burstyn. Elizabeth Banks portrays the woman's daughter, while Adam Scott handles the role of the store's owner.

# October 2017

SUN	MON	TUE	WED	THU	FRI	SAT		
<b>1</b>  Twins vs. Tigers @ 2:30 pm  JL Beers Takeout @ 5:30 pm	<b>2</b> Rosary (East) @ 10:15 am (West) @ 10:45 am  Virginia Borgen's Birthday	<b>3</b>	<b>4</b>  Erling A.'s & Staff Sam O.'s Birthday  BINGO West @ 1:30 Appetizer Night @ 6:00	<b>5</b> Communion w/ Marlene 	<b>6</b>  Staff Lisa J.'s Birthday	<b>7</b> Nail Day!   Runnings FARM & FLEET Shopping Ice Cream SUNDAES		
<b>8</b> Church Transportation  Burger King @ 5:30 pm	<b>9</b> Rosary (East) @ 10:15 am (West) @ 10:45 am	<b>10</b>  Staff Nancy's Birthday  OKTOBERFEST Albert Mikkesh @ 2pm (West)	<b>11</b> Resident Council @ 10:45 am (West)  Connie K.'s Birthday  BINGO East @ 1:30 Appetizer Night @ 6:00	<b>12</b> Resident Council @ 10:45 am (East)  BRIDAL SHOWER for Becky @ 3 pm (East) Appetizer Night @ 6:00	<b>13</b>	<b>14</b> Nail Day!   WAL*MART Shopping Ice Cream SUNDAES		
<b>15</b> Church Transportation  McDonalds @ 5:30 pm	<b>16</b> Rosary (East) @ 10:15 am (West) @ 10:45 am Vikings vs. Saints @ 6:10 pm  VIKINGS	<b>17</b>  GrubClub Meeting @ 10:30 am Monthly Girlfriend's Gathering @ 2:30 (East)  El Zagal Chantors @ 5:15 (West)	<b>18</b>  BINGO West @ 1:30	<b>19</b>  Men's Lunch (West)  Dilworth Lutheran 2:00 (East) & 3:00 (West)  Staff Becky's Birthday Appetizer Night @ 6:00	<b>20</b>	<b>21</b> Nail Day!   Moorhead Library Shopping Outing Ice Cream SUNDAES  Lorraine O. & Adeline's B-Day		
<b>22</b> Church Transportation Vikings vs. Steelers @ Noon  VIKINGS  Arby's @ 5:30 pm	<b>23</b> Rosary (East) @ 10:15 am (West) @ 10:45 am  Staff Marissa's Birthday	<b>24</b>	<b>25</b>  GrubClub  BINGO East @ 1:30	<b>26</b>	<b>27</b> Halloween Games @ 9:30 (East)  Fun & Games  Scarecrow Garden Outing (FREE) **Must Sign Up!	<b>28</b> Nail Day!  Moorhead Library Outing Shopping at  Herberger's Ice Cream SUNDAES		
<b>29</b> Church Transportation Vikings vs. Buccs @ Noon  VIKINGS  Hardees @ 5:30 pm	<b>30</b>  Kathy L.'s Birthday Communion w/ Deacon Tom at 10:45  Halloween Games @ 1 pm (West)  Fun & Games	<b>31</b>  HALLOWEEN BINGO West @ 1:30  Randy & Angeline's Birthday	<div style="background-color: orange; color: white; padding: 5px; border: 1px solid black;">                         Events are subject to change!                     </div>					

# Mark Your Calendar!

## OCTOBER

**October 21st** = Staff Becky's Wedding!

**October 31st** = Halloween Party, Costume Contest, Trick or Treaters & More!

## NOVEMBER

**November 1st** = Employee Benefits Day

**November 2nd & 3rd** = Mr. Sparkle Window Cleaning

**November 5th** = Daylight Savings

**TBD** = Operation Christmas Child

**TBD** = Serenity Thanksgiving Formal Supper

## DECEMBER

**December 1st** = Elf on the Shelf until Christmas

**December 3rd** = Advent Begins & Girl Scouts Caroling  
@ 4:00 pm (West) and 4:45 pm (East)

**December 5th** = Holiday Open House (*Santa Visits, Festival of Trees, Cookie Decorating*)

*October 2nd*  
**Virginia Borgen**

*October 4th*  
**Erling Anderson & Staff Samantha O.**

*October 6th*  
**Staff Lisa Jensen**

*October 10th*  
**Staff Nancy**

*October 11th*  
**Connie Kopp**

*October 19th*  
**Staff Becky**

*October 21st*  
**Lorraine Olson & Adeline Robertsdahl**

*October 23rd*  
**Nurse Marissa**

*October 30th*  
**Kathy Lorentz**

*October 31st*  
**Randy Sams & Angeline Verbout**

A VERY HAPPY BIRTHDAY TO...

# SNAPSHOTS



Sonny went with Nick & Stephanie to Scheels to help pick out some exercise equipment...and "caught a fish"!



Mary & Nita show off their paper art which will be used to make a "quilt."



Our new woodworking group is taking apart some pallets for our first project...a birdhouse hotel!

# SNAPSHOTS



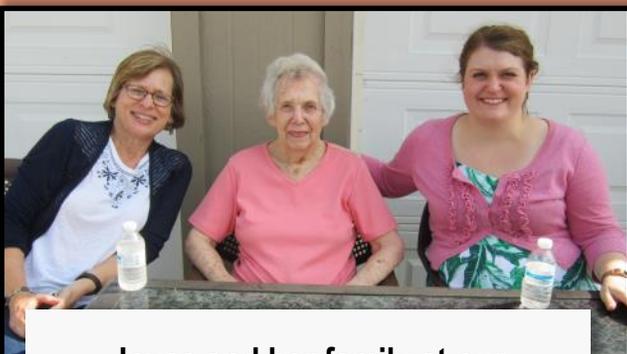
**Evert & Dee pose with Sylvester the Cat.**



**Part of our group at the Antique Farm outing last month.**



**We were blessed with many donations of produce; here's a crew helping by preparing apples to freeze for later use!**



**Joyce and her family at our Grandparents Day event!**



**All of the items in this picture came right from our very own garden!! Yum!**

# MEET Inez Braton

(WEST CAMPUS)



## Where did you grow up?

*On a farm in Wilkin County.*

## Tell us about your family:

*Inez grew up in a Norwegian speaking household. She had 3 brothers and 4 sisters. They all got along well and enjoyed playing games such as "pom pom pullaway."*

*Inez married Thorald Braton and together they had 2 daughters, Cheryl and Kathleen.*

## Did you work outside the home?

*They lived on a farm so Inez had plenty to keep her busy there between raising kids and maintaining the house and farm.*

## What kinds of things have you enjoyed in your spare time?

*Inez loved playing games and cards. She plays "Kings in the Corner."*

## What else should we know about you?

*Inez is very strong in her faith and still likes to recite The Lord's Prayer and Table Grace in her native Norwegian!*



# MEET Cleo Langseth

(WEST CAMPUS)



## Where did you grow up?

*Cleo grew up on a farm in the Erhard, MN area. Her father milked cows and moved between a few farms depending on where the work was.*

## Tell us about your family:

*Cleo grew up with 6 sisters and 1 baby brother.*

## Did you marry? Tell us about your spouse; how did you meet?

*Cleo married Orris Langseth. They met while Cleo did seasonal work butchering turkeys for extra money. After the season was over, Orris looked her up.*

## Do you have children?

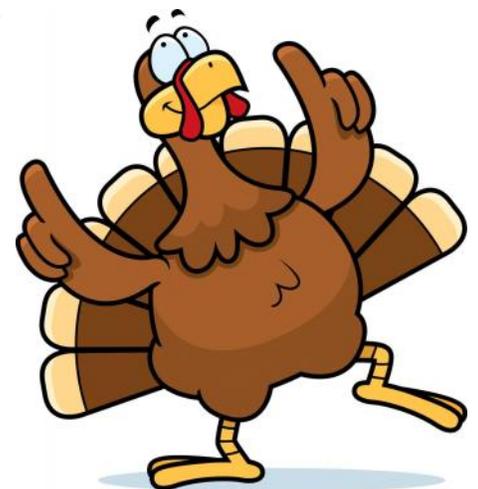
*They had 2 boys. Her son, Dale, lives close by in Glyndon.*

## Did you work outside the home?

*Only a bit here and there if people needed help with something.*

## What kinds of things do you enjoy in your spare time?

*She loves to read and sometimes likes to play cards and do handwork.*



# 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 Rose



5

Years!

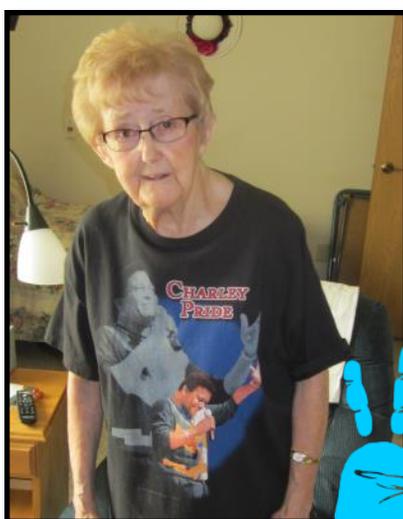
Staff Rose is celebrating 5 YEARS on our team at Serenity! Next time you see her, make sure to tell her how wonderful she is!

Rose has been a rock at Serenity...not only to our family as an employee, but for the COUNTLESS ladies and gentlemen she has cared for over her years here. Rose, you are a TRUE BLESSING!

Love: Tim, Elaine, Denise & Richard

# National Assisted Living

# Week



# 2017



# Wacky Wednesday



Pajama Day



# Fancy Friday



Hat Day

MN Twins Day





# Grub Club

Serenity Assisted Living Culinary Club

*For those who may miss cooking, Serenity has a “club” for you called the Grub Club! See our recap from our last meeting below. If you are interested, please be sure to let Carol know.*

## **LAST MONTH**

The hallways smelled SO GOOD for September’s Grub Club. We made Chicken Pot Pie in a bread bowl. Jalapeno Poppers seemed scary to some, but weren’t spicy at all. The colder weather had us craving pumpkin pie and we were eager to make this seasonal favorite.



# Happy Halloween

Work your way through the maze by spelling the words below. You can move up, down, left, or right. Use each word only once.

Start spelling words at **S** and end at **Y**.



BAT  
BLACK  
BOO  
CANDY  
GHOST  
HOWL  
OCTOBER



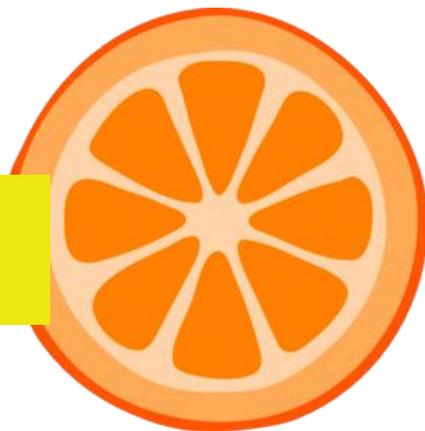
ORANGE  
SCARY  
SPIDER  
SPOOKY  
WEBS  
WITCH  
VAMPIRE





# Wellness

# Update



**Our ladies and gentlemen celebrated Quarter 3 of Wellness! Serenity rewards participants with an outing to the Pizza Ranch in Dilworth...and if they can't make it out, we bring in the goodies right here! Check out some statistics and highlights from last quarter:**

- *An official 86% of our clients participated in exercise a minimum of 2 times per week!*
- *Judy beat her old walk by 29 feet!!*
- *One client has been coming into the gym 2-3 times a day riding the bike. Started out at 2 minutes and is now up to about 10-14 minutes on a good day each time he comes in. He also got a lot stronger and increased his walk by 185 feet.*
- *Pat beat her walking test from 1,466 feet to 1,513 feet (setting a new Serenity walking record)!*
- *Randy still maxing out the machine and improving his walking test.*
- *Paul increased his balance and walk again and is starting to do obstacles without his walker.*

**Our Wellness Program is pivotal to good health and happier selves.**

**AMAZING** job to all of our participants! Let's make Quarter 4 even better!

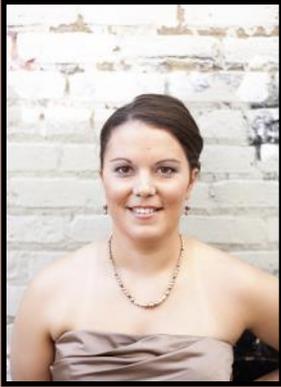


**More photos on  
our Facebook  
page!**

# Who to Contact

## Amanda Paquin

[amanda@serenityassistedliving.com](mailto:amanda@serenityassistedliving.com)



*Health Related Questions, Doctor's Orders, Changes in Medications, etc.*

## Nurse Marissa

[RN@serenityassistedliving.com](mailto:RN@serenityassistedliving.com)



*Health Related Questions, Doctor's Orders, Changes in Medications, etc.*

## Nurse Jennifer

[nurse@serenityassistedliving.com](mailto:nurse@serenityassistedliving.com)



*Health Related Questions, Doctor's Orders, Changes in Medications, etc.*

## Becky Sallberg

[becky@serenityassistedliving.com](mailto:becky@serenityassistedliving.com)



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

## Elaine Anderson

[elaine@serenityassistedliving.com](mailto:elaine@serenityassistedliving.com)



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

## Denise Tollefson

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



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

## Tim Anderson

tim@serenityassistedliving.com



*Maintenance &  
Groundskeeping, Menu  
& Food, etc.*

## Richard Anderson

richard@serenityassistedliving.com



*Billing Questions,  
Financial Matters,  
Maintenance, etc.*

## Carol Miranowski

activities@serenityassistedliving.com



*Events, Activities &  
Life Enrichment*

## Lindsey Goetz

lindsey@serenityassistedliving.com



*Household Manager,  
Events & Life  
Enrichment*

## Stephanie Miller



*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)