



Serenity Assisted
Living
Dilworth, MN

Serenity Snippets

November 2017

Special points of interest:

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

Thanksgiving Food

Thanksgiving in America means gracing the table with a classic roast turkey with stuffing and gravy, sides of cranberry sauce and sweet potatoes, and, of course, a pumpkin pie for dessert. By the start of November, Canada has already celebrated its own national Thanksgiving with the traditional turkey, stuffing, and gravy, and a spicier pumpkin pie made with nutmeg, cinnamon, cloves, and ginger. While we call these foods the “traditional” dishes of Thanksgiving, were these foods really eaten by the Pilgrims and Wampanoags at the first Thanksgiving in 1621?

For many, turkey is synonymous with Thanksgiving. While there is no exact record of the first Thanksgiving menu, one Pilgrim named Edward Winslow did keep a chronicle of the colony’s daily events. He noted that prior to the feast, governor William Bradford sent men on a fowl-hunting mission. This “fowling” group may have hunted for wild turkeys, but it is more likely that they brought back ducks, geese, and swans. These birds were not stuffed with bread-based stuffing, but with onions, herbs, and nuts. While no definite record of turkey exists, it is known that the Wampanoags arrived at the feast with five deer, which may have been roasted on a spit or cooked into a savory stew.

Vegetables were plentiful, especially corn, but it was made into cornmeal, which was then pounded and boiled into a porridge sweetened with molasses. Cranberries were also plentiful, but they were not made into sweet sauces, jellies, or tarts. The Pilgrims had long run out of sugar from their ocean voyage. There were also no potatoes, either sweet or white, at the first Thanksgiving, for potatoes did not yet exist in North America. While pumpkins were native, they were not made into pies, for the Pilgrims had no butter or wheat flour to make piecrust. What is more certain is that shellfish was abundant: mussels, clams, oysters, bass, and lobster were stars of the first Thanksgiving.





join us
to give
thanks

Please join us for a

THANKSGIVING DINNER

Monday, November 20th at 5:30 pm

1204 Oakview Drive - West Campus

Seating very limited... only 2 guests per client please!

\$7.00/person

Suggested donation... clients free.

Must RSVP by *Wednesday, Nov. 15th.*

**We won't be able to accommodate those who do not RSVP.

Please be considerate of the time that has gone
into planning this event.





VOLUNTEER

Talk to Denise today about helping with this volunteer project in December! See time slots below!

Tuesday, December 5th

10 am—12:00 pm = 7 Slots

1:00 pm—3:00 pm = 8 Slots

3:00 pm—5:00 pm = 8 Slots

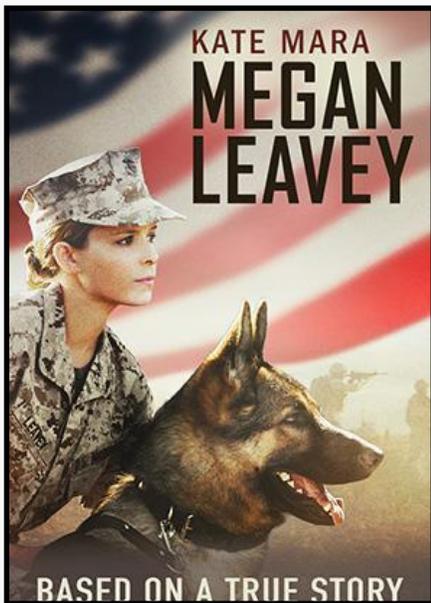
Packing Specialist: This individual will be responsible for packing the Holiday Boxes with the goods for our families. You will most likely be working in pairs.

The Great North Pole's mission is to work with local non-profits and community partnerships to help children and families in need in the counties of Cass & Clay. We believe that every child should have the opportunity to experience the joy of Christmas and the holiday season. We know that adults in some families within our community struggle to provide for their family's basic needs. Our goal is to take some of the stress of being a provider away during the Christmas season in an effort to make their family's holiday a more joyous time for family, laughter, and love. We do this through community and national corporate partnerships, generous donors, and volunteers from our community.

NOVEMBER MOVIES

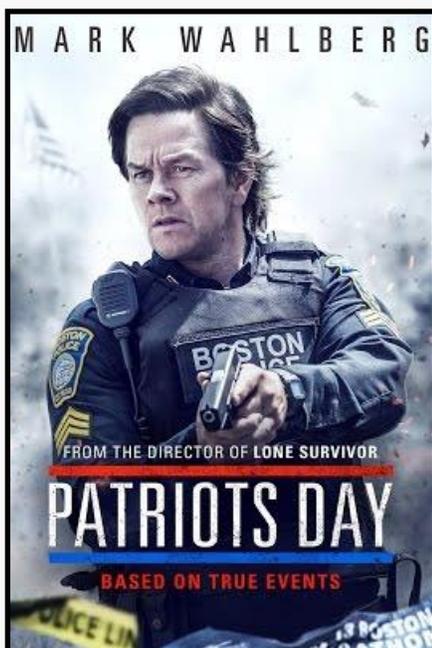
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

Megan Leavy (2017)



Based on the true life story of a marine corporal (Kate Mara) whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq.

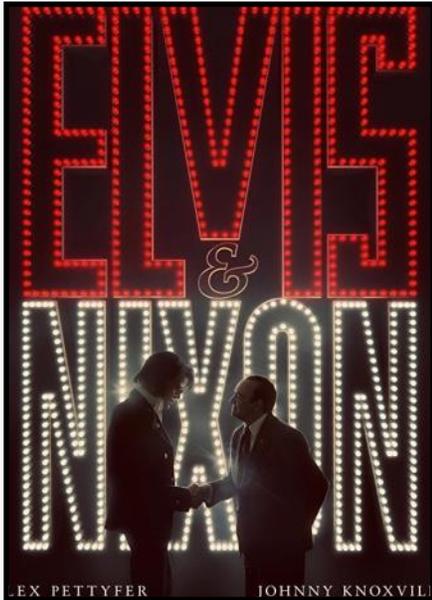
Patriot's Day (2016)



Mark Wahlberg shines in this all-star action-thriller that chronicles the courage and power of the people of Boston during the real-life manhunt for the Boston Marathon bombers.

NOVEMBER MOVIES

Elvis & Nixon (2016)



The untold true story behind the meeting between the King of Rock 'n Roll and President Nixon, resulting in this revealing, yet humorous moment immortalized in the most requested photograph in the National Archives.

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!

Hello Baby



Elias



Marschner

10/21/17

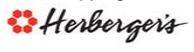
7lbs. 1 oz.

20 1/2 inches long

Mom is Staff Anna



November 2017

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Events are subject to change!</p>			<p>1  Aldi Outing @ 1:30 pm</p> <p> Marie Zimmer's Birthday</p>	<p>2 Communion w/ Marlene </p> <p> Inez B.'s Birthday</p> <p> Mr. Sparkle Window Cleaning</p> <p>Appetizer Night @ 6:00</p>	<p>3  Mr. Sparkle Window Cleaning</p>	<p>4  Nail Day!</p> <p> Runnings FARM & FLEET Shopping</p> <p>Ice Cream SUNDAES</p>
<p>5 Church Transportation</p> <p></p>	<p>6 Rosarv (East) @ 10:15 am West) @ 10:45 am</p>	<p>7 Resident Council @ 10:45 am (West) Fryn' Pan @ Noon</p> <p> Fryn' Pan Family Restaurant</p> <p> Thrift Store Shopping @ 1:30 pm</p>	<p>8  BINGO East @ 1:30</p>	<p>9 Resident Council @ 10:45 am (East)</p> <p>Appetizer Night @ 6:00</p>	<p>10  Bev Wagner's Birthday</p>	<p>11  Nail Day!</p> <p> WAL-MART</p> <p> HONORING THOSE WHO SERVED VETERANS DAY</p> <p>Ice Cream SUNDAES</p>
<p>12 Church Transportation</p> <p>Vikings vs. Redskins VIKINGS @ Noon</p>	<p>13 Rosarv (East) @ 10:15 am West) @ 10:45 am</p> <p> Pack Shoe Boxes 9 am (East) 1:15 (West)</p>	<p>14  Sewing Projects @ 9:00 am</p> <p> Men's Lunch (East)</p> <p> JL Beers BURGERS</p> <p>JL Beers Takeout @ 5:30 pm</p>	<p>15  BINGO West @ 1:30</p>	<p>16  doTerra Hand Massages by Amanda 10 am (</p> <p>Appetizer Night @ 6:00</p>	<p>17</p>	<p>18  Nail Day!</p> <p> Moorhead Library Shopping Outing</p> <p>Ice Cream SUNDAES</p>
<p>19 Church Transportation</p> <p>Vikings vs. Rams VIKINGS @ Noon</p> <p> Catherine F.'s Birthday</p>	<p>20  Diane W.'s Birthday</p> <p>Rosarv (East) @ 10:15 am West) @ 10:45 am</p> <p> Serenity Thanksgiving</p>	<p>21 Monthly Girlfriend's Gathering @ 12:30 (West)</p> <p> McDonalds @ 5:30 pm</p>	<p>22  BINGO East @ 1:30</p>	<p>23 Vikings vs. Lions VIKINGS @ 11:30 am</p> <p> HAPPY THANKSGIVING</p> <p>Appetizer Night @ 6:00</p>	<p>24 Business Office Closed</p>	<p>25  Nail Day!</p> <p>Moorhead Library Outing Shopping at  Herberger's</p> <p>Ice Cream SUNDAES</p>
<p>26 Church Transportation</p>	<p>27</p>	<p>28  Arby's @ 5:30 pm</p>	<p>29  BINGO West @ 1:30</p>	<p>30 Appetizer Night @ 6:00</p>		

Mark Your Calendar!

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 = Great North Pole Volunteer Event

***See page in newsletter for details.*

10:00—12:00 = 7 Slots

1:00—3:00 pm = 8 Slots

3:00—5:00 pm = 8 Slots

December 7th = Holiday Open House @ 5 pm—7 pm

(Santa Visits, Festival of Trees, Cookie Decorating)

December 12th = Zippity Zingers @ 2:00 (*West*)

December 20th = Serenity Christmas Dinner, Silver
Follies @ 1:00 (*West*) and Holiday BINGO @ 2:00

December 25th = No Communal Service

JANUARY

January 1st = No Rosary

November 1st
Marie Zimmer

November 2nd
Inez Braton

November 10th
**Beverly
Wagner**

November 19th
**Catherine
Fitzgerald**

November 20th
Diane Wald

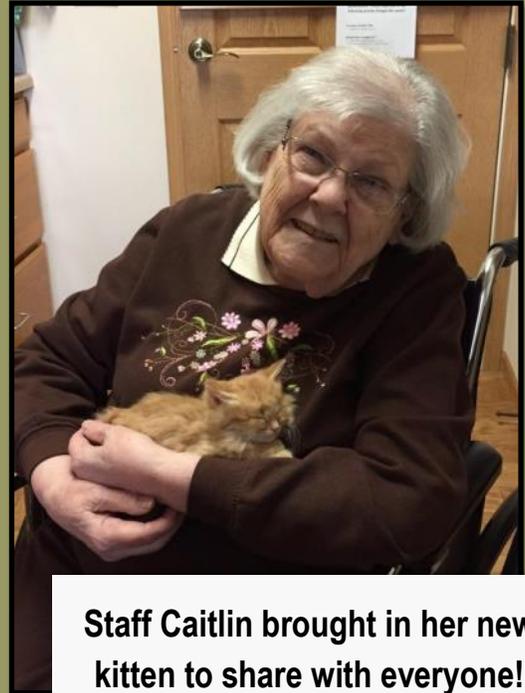
A VERY HAPPY BIRTHDAY TO...



SNAPSHOTS



Carol and Mary partake in the Oktoberfest photo booth!



Staff Caitlin brought in her new kitten to share with everyone! Pictured here is Alice.



Serenity held a bridal shower for staff Becky! She got married in October!



Walter toasts his chocolate milk to our monthly Men's lunch!

SNAPSHOTS



Virgil plays some Halloween games!



Pictured here is Robert & Paul; they are making birdhouses for our new woodworking group!



Dee tries out the new TRX equipment at the East Campus!



Staff Anna is pictured here with her new son, Elias born Oct. 23rd.

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!!



COSTUME CONTEST



Charlene



Jeannette



Ardella



Sidney



Alice



Dee



Sonja



Pat



Serenity held its first resident costume in 4 years...and WOW the participation! We had two chances to win. The first round was judged by Hunter at the Dilworth Police Department. Sidney Jackson took home the win and a \$25 gift card to Cash Wise. Trick or Treaters were encourage to vote for a "fan favorite"...and Pat Schenck took home that prize and a \$25 Cash Wise gift card.



Gina



Joyce



Mary



Vernon



Bonnie



Connie



Jeanne & Jen



Randy



Millie



Jeannette



Emily



Edith



MEET Carol Steen

(WEST CAMPUS)



What name do you prefer to be called?

"I was named Carol because I was born on Christmas Day."

Where did you grow up?

Winnipeg, Canada

Tell us about your family:

Her father worked for the railroad and her mother stayed at home. They divorced when Carol was quite young. She had one older brother.

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

Yes. She met her husband through her aunt and uncle, who owned a bar in Glyndon, MN. He was a hard worker.

Did you work outside the home?

Not when I had young kids, but "I was good at math and would have liked to do taxes for people."

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

"I like to relax and go out with my friends." Used to do a lot of babysitting for the grandkids.

What else should we know about you?

Once worked for a Canadian bank with a ceiling made of gold, as well as for a bank in London. London is the place she would most like to go back and visit. She has done a lot of travelling, including touring Europe by bus with friends.



MEET Ardella Voss

(WEST CAMPUS)



What name do you prefer to be called?

"I answer to both Ardie and Ardella. Most friends call me Ardie."

Where did you grow up?

Born and raised in Tampa, North Dakota.

Tell us about your family:

Family of Farmers. Now she has a daughter and grand-daughter.

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

Ardella's first husband passed away and she got remarried after that.

Did you work outside the home?

Ardie worked selling furs at Mandel's in Fargo for a time.

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

Puzzles, adult coloring, and visiting with friends.

What else should we know about you?

Ardella has done some travelling to places like Florida, California, and Hawaii



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



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 gathering below. If you are interested, please be sure to let Carol know.

LAST MONTH

Cleo Enderle's son brought in some walleye for Grub Club this month! We added some shrimp and got to deep fry these goodies! And don't forget homemade, fresh cut fries too! For the first time, we also attempted homemade baked donuts! They turned out great; we are excited to have the molds to try them again soon!



Thanksgiving Day

Answer the clues to find words that are hidden in the puzzle.
Search vertically, horizontally, diagonally, forward, and backward.

W	H	D	M	P	Y	W	T	L	K	I	L	D	G	X
K	P	L	A	N	B	R	L	H	M	S	G	W	L	Q
E	H	T	L	X	A	A	R	D	U	Q	K	I	C	P
G	X	K	U	P	B	M	A	E	G	R	U	K	T	Z
L	A	L	Z	T	G	F	A	U	B	G	S	S	I	R
C	C	V	O	K	P	N	P	R	D	N	A	D	Z	J
C	A	O	S	J	S	K	I	E	B	E	A	I	A	P
B	F	M	A	I	Z	E	L	B	F	Y	E	R	U	Y
S	T	U	F	F	I	N	G	M	E	W	D	M	C	E
Y	E	K	R	U	T	X	R	E	V	D	P	Q	S	V
U	P	D	E	X	D	I	I	V	H	K	A	L	X	R
Y	Y	N	C	O	Z	W	M	O	I	P	J	R	T	A
G	Q	X	J	U	F	F	R	N	O	B	B	B	A	C
X	W	P	X	F	N	E	A	R	V	I	K	W	K	P
J	H	S	V	P	I	Q	Z	K	G	E	U	F	N	M



Cut up _____

Thanksgiving berry _____

Holiday roast _____

Mayflower passenger _____

Banquet _____

Corn _____

Thanksgiving month _____

Pigskin _____

Dressing _____

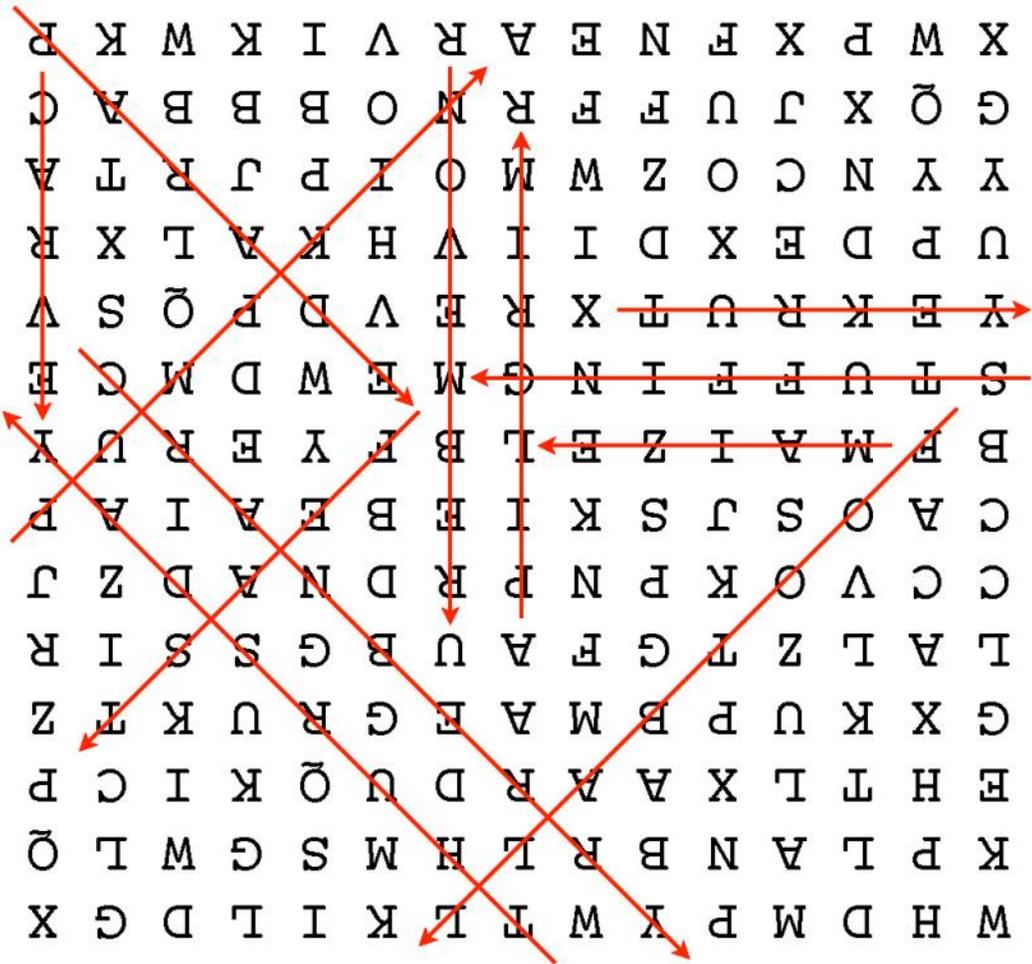
Procession _____

Fifth day of the week _____

Pie ingredient _____

Thanksgiving Day

(solution)



Cut up – **carve**

Thanksgiving berry – **cranberry**

Holiday roast – **turkey**

Mayflower passenger – **pilgrim**

Banquet – **feast**

Corn – **maize**

Thanksgiving month – **November**

Pigskin – **football**

Dressing – **stuffing**

Procession – **parade**

Fifth day of the week – **Thursday**

Pie ingredient – **pumpkin**



Who to Contact



Amanda Paquin

amanda@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.

Nurse Jennifer

nurse@serenityassistedliving.com



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

Becky Sallberg

becky@serenityassistedliving.com



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

Elaine Anderson

elaine@serenityassistedliving.com



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

Denise Tollefson

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

Tim Anderson

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

Richard Anderson

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



Carol Miranowski

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*Events, Activities &
Life Enrichment*

Lindsey Goetz

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*Household Manager,
Events & Life
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*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