



Serenity Assisted
Living
Dilworth, MN

Serenity Snippets

December 2017

Special points of interest:

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

Iceland's Yule Lads

Children eagerly anticipate the arrival of Santa Claus on December 25, but in Iceland children await no fewer than 13 different Santa Claus-like visits. Beginning on December 12 and for 13 nights leading up to Christmas Day, homes are visited by the elf-like Yule Lads, mischievous sprites who are naughty and nice.

The Yule Lads, like Snow White's dwarves, have unique names and personalities and get into unique mischief. According to the National Museum of Iceland, they are: Sheep-Cote Clod, who disturbs sheep; Gully Gawk, who steals foam from buckets of cow's milk; Stubby, who steals food from frying pans; Spoon Licker, who licks batter from spoons; Pot Licker, who licks food from unwashed pots; Bowl Licker, who steals food from under the bed; Door Slammer, who stomps around the house and keeps everyone awake; Skyr Gobbler, who eats up all the Icelandic yogurt; Sausage Swiper, who steals sausages; Window Peeper, who peers into windows and sometimes steals things he finds inside; Door Sniffer, who has a big nose and steals baked goods; Meat Hook, who steals leftover smoked lamb; and Candle Beggar, who steals candles. These Yule Lads arrive to fill a good child's shoe, left on the windowsill, with a gift or treat. Bad children find their shoes filled with potatoes or turnips. This may sound like a harmless Yuletide tradition, but in the past, the Yule Lads were far more terrifying.

In olden days, the Yule Lads—the offspring of two ogres—were joined on Christmas Eve by the Yule Cat, a giant black beast. According to legend, they would gobble up any person found not wearing one new item of clothing. The Icelanders definitely take their myths seriously. Magnus Skarphedinsson, a top elf researcher and headmaster of Iceland's Elf School, says that 54% of Icelanders believe in these beings. The image of the Yule Lads may have changed from naughty to nice over the centuries, but many still fret over their arrival each December.





Holiday Open House

FACE PAINTING
COOKIE DECORATING
HOT CHOCOLATE BAR
TACO BAR
SANTA VISITS!



EARLY YEARS
CHILDCARE
PERFORMING
@ 6:30 PM AT THE
WEST CAMPUS

FREE WILL OFFERING

SERENITY
ASSISTED LIVING

TUESDAY,
DECEMBER 7TH

4 PM—7 PM

SEE OUR EVENT PAGE ON FACEBOOK!

THIS EVENT IS FREE WILL OFFERING. PROCEEDS WILL BENEFIT THE RESIDENTS OF
SERENITY ASSISTED LIVING.

VOTE FOR YOUR

FAVORITE

HOLIDAY PORCH!



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

Unlimited voting. Ends Dec. 26th.

Cannot take pennies out of cups.

Carol and Richard will have rolls of pennies to buy for 50 cents each.

You may vote with coins other than pennies if you wish to do so

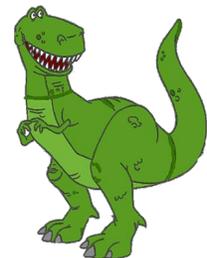


Operation Christmas Child is a project of the international relief organization, Samaritan's Purse. Our mission is to provide local partners around the world with shoeboxes filled with small toys, hygiene items, and school supplies as a means of reaching out to children in their own communities with 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.



2017

Serenity has helped collect donations and pack boxes for 12 years. This year, we are proud to have packed 65 boxes!





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.

December Movies

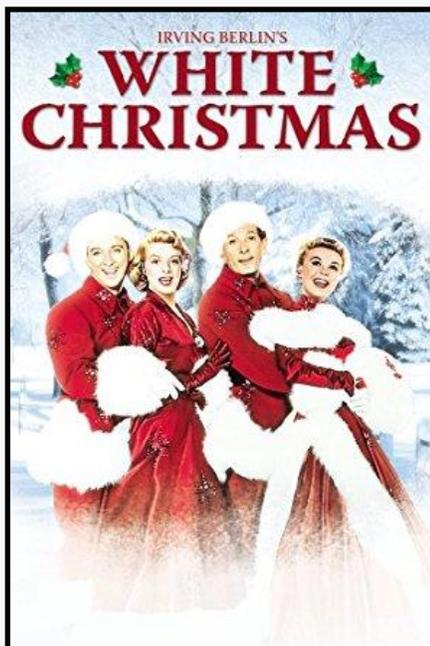
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

The Christmas Project (2016)



Is it really better to give than receive? This Christmas the Buckley brothers are about to find out. Perhaps there's more to Christmas than meets the eye?

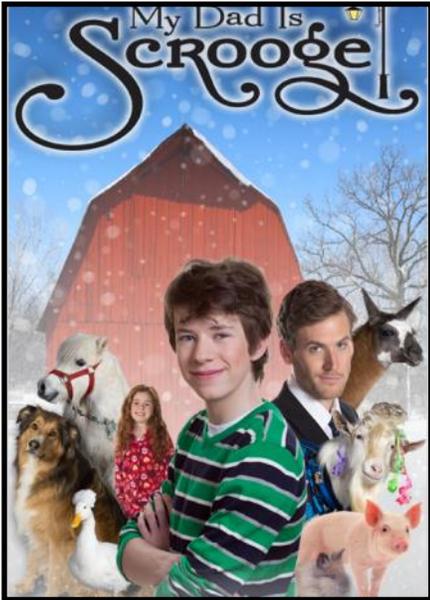
White Christmas (1954)



A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.

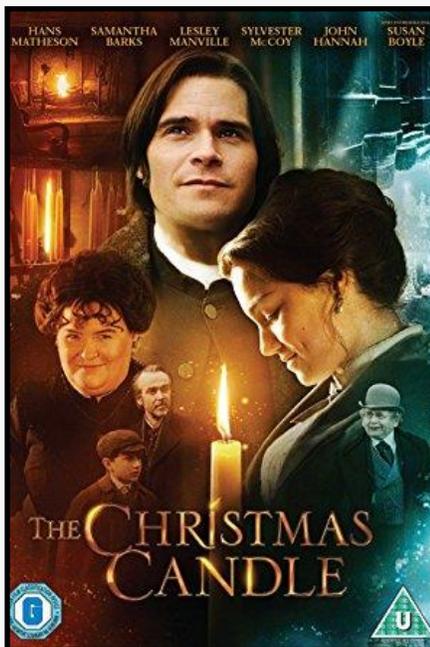
December Movies

My Dad is Scrooge (2014)



"A Christmas Carol" turns into "A Christmas Corral" as the animals of Woodsley's Farm help Oliver and his little sister June stage the classic tale to shock their Dad into embracing the spirit of the holidays.

The Christmas Candle (2013)



A pastor who's suffered a personal loss accepts a position in a town that believes in a Christmas miracle candle, which he strives to abolish.



December 2017



SUN	MON	TUE	WED	THU	FRI	SAT	
Events are subject to change!						1 BINGO West @ 1:45 Moorhead High Choir @ 3:00 pm (West) 	2 Nail Day! Millie's Birthday Ice Cream SUNDAES
3 Church Transportation Vikinas vs. Falcons @ Noon VIKINGS Girls Scouts Caroling @ 4 (West) & 4:45 (East) 	4 Rosary (East) @ 10:15 am West @ 10:45 am 	5 Slew Family (West) @ 2:00 pm Great North Pole Packing Event 	6 BINGO East @ 1:30 Dilworth Lutheran Children's Choir @ 6 pm (East) 	7 Communion w/ Marlene HOLIDAY OPEN HOUSE Appetizer Night @ 6:00	8 WAL*MART Shopping	9 Nail Day! Ice Cream SUNDAES	
10 Church Vikinas vs. Panthers @ Noon VIKINGS	11 Rosary (East) @ 10:15 am West @ 10:45 am 	12 Caroling 9:30 (West) & 10 am (East) BINGO West @ 1:00 Zippity Zingers (West) @ 2:00 	13 Emma L.'s Birthday Hornbacher's Shopping @ 1 pm	14 New Horizon Middle School Orchestra @ 10:15am (West) Staff Holiday Party Appetizer Night @ 6:00	15 Moorhead Library Shopping Outing REINDEER GAMES East Campus @ 9:30 am	16 Nail Day! Virginia Foss's Birthday Ice Cream SUNDAES	
17 Church Transportation Vikinas vs. Bengals @ 11:30 am VIKINGS	18 Rosary (East) @ 10:15 am West @ 10:45 am Bob Campbell's Birthday West Campus @ 9:30 am 	19 West All Day Heritage Day 	20 Christmas Meal @ Noon Staff Holly's Birthday Silver Follies @ 1 pm (West) BINGO West @ 2:00 pm	21 Dilworth Lutheran 2:00 (East) & 3:00 (West) Appetizer Night @ 6:00	22 Moorhead Library Outing Shopping at Herberger's	23 Nail Day! Staff Mark & Jessica G.'s Birthdays Ice Cream SUNDAES Vikinas vs. Packers @ 7:30 pm VIKINGS	
24 Church Transportation	25 Carol Steen's Birthday Business Office Closed	26	27 Alice & Staff Megan's B-Day BINGO East @ 1:30	28 Appetizer Night @ 6:00	29 WAL*MART Shopping	30	
31 Vikings vs. Bears @ Noon VIKINGS							

Mark Your Calendar!

JANUARY

January 1st = No Rosary

January 21st = Dilworth Lutheran Help Make Scarves
@ 12:30pm—2:00 pm (*Both Buildings*)

January 23rd = Crafts & Drafts @ 6:30—8 pm (*West*)

FEBRUARY

February 2nd = Groundhog Day

February 4th = Super Bowl

February 13th = Mardi Gras Carnival

February 14th = Valentine's Day & Ash Wednesday

February 26th = Academy Awards

MARCH

March 11th = Daylights Savings

March 17th = St. Patrick's Day

March 30th = Good Friday

December 2nd
Millie Hansen

December 13th
Emma
Laternus

December 16th
Virginia Foss

December 18th
Robert
Campbell

December 20th
Staff Holly

December 23rd
Staff Mark &
Staff Jessica G.

December 25th
Carol Steen

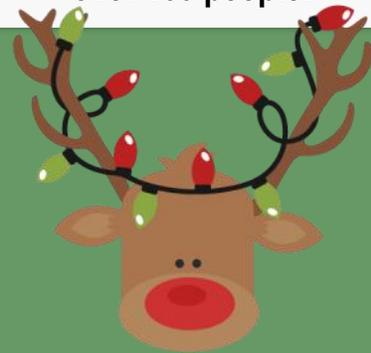
December 27th
Alice Nolan &
Staff Megan K.

A VERY HAPPY BIRTHDAY TO...

SNAPSHOTS



Cheers to an **AMAZING** staff who helped serve our Thanksgiving meal to over 160 people!



Jeanne & Nita help with favors for our Thanksgiving meal. We made homemade Russian Tea and decorated them to look like turkeys!



Our woodworking group assembled these beautiful (2 sided) crafts while another group of ladies painted them to raffle off at our Thanksgiving meal!

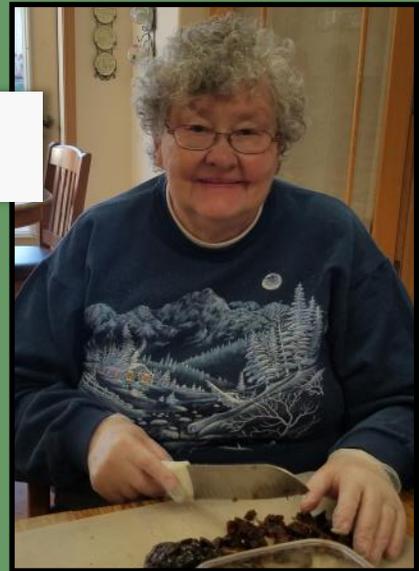


SNAPSHOTS

Randy & Paul attended an NDSU women's basketball game!



Margaret & Maxine helps with some holiday baking!



The DGF High School made homemade cards and delivered them to veterans at Serenity 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 Peter Fredrikson

(EAST CAMPUS)



Where did you grow up?

Davenport, North Dakota

Tell us about your family:

Peter has two brothers; one lives in New York City and another in Minnesota.

Did you work outside the home?

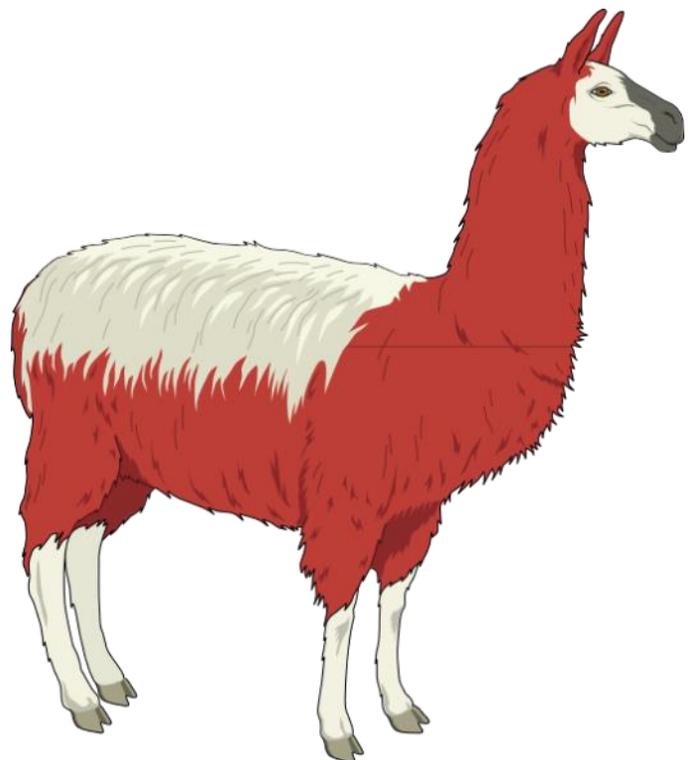
Farmed in Davenport and ran Fredrikson's Funeral Home in Kindred, ND which eventually combined into Boulger/Fredrikson.

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

Raised Llamas and 3 miniature horses and brought them to churches and nursing homes.

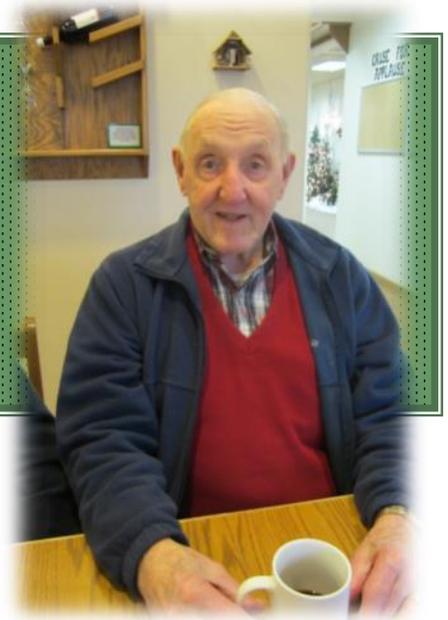
What else should we know about you?

Went to NDSU for 2 years for college and then to Oklahoma State for 2 years. Majored in Business and Mortuary Science. Loves antiques and history. When younger, he spent a lot of time at their cottage on Pelican Lake with family.



MEET Edwin "Ed" Kallander

(EAST CAMPUS)



What name do you prefer to be called?

Ed

Where did you grow up; where raised?

Ed was born in Marion, ND...but raised in Fairmont, ND.

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

Ed married Maxine. They met in grade school. She was in 3rd grade and it was "love at first sight," minus the fact that he was mean to her. He pushed a piano against the wall with her behind it but she married him anyway.

Did you work outside the home?

He worked at Moorhead Power Plant

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

Sing, Snowmobile, and made rocking horses for his grandkids.

What else should we know about you?

The rest is all secret!



MEET Maxine Kallander

(EAST CAMPUS)



Where did you grow up?

On a Farm between Wild Rice and Hickson, ND

Tell us about your family:

Maxine married Ed. They met in grade school. He was in 5th or 6th grade. He also lived across from her grandparents. They have 4 children; 3 boys and 1 girl.

Did you work outside the home?

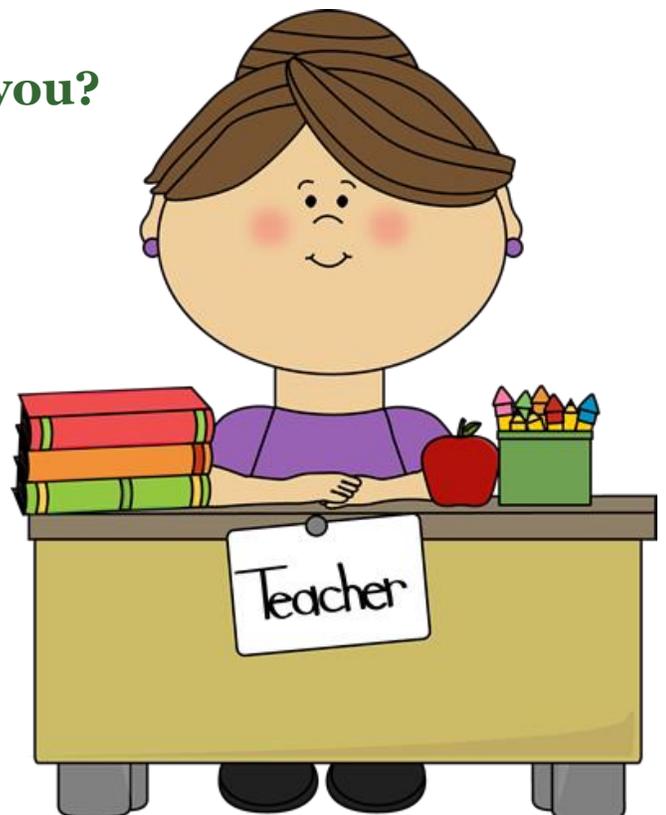
She was a teacher in Fargo. 25 years for 1st, 3rd, and 5th grade.

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

Reading and Baking

What else should we know about you?

Liked living in Moorhead.



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 Nick or Stephanie 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 in completed form after Christmas to Stephanie or Nick for a chance to win a prize! One prize for each building.

Write down what Buddy the Elf is doing each day!

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Salon at
Serenity



\$18

Shampoo & Set

**28 w/ Haircut

\$70

Perm & Cut

\$20

Haircut



CALL TAMMY

218-790-4326

(primarily takes appointments at the East Campus)



CALL KJIRSTEN

701-429-0136

(primarily takes appointments at the West Campus)

Since the salon is unlicensed, you are welcome to invite your own stylist to use the salon, other than Wednesdays when there are standing appointments. Be sure that stylist you invite in has a Homebound license with the Minnesota Board of Cosmetology!

Searching for December

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



ARCHER (Sagittarius)

BOXING DAY

CAPRICORN

CHRISTMAS

DECEMBER

DECORATIONS

GIFTS

GOAT (Capricorn)

HANUKKAH

KWANZAA



NARCISSUS

NEW YEAR'S EVE

SAGITTARIUS

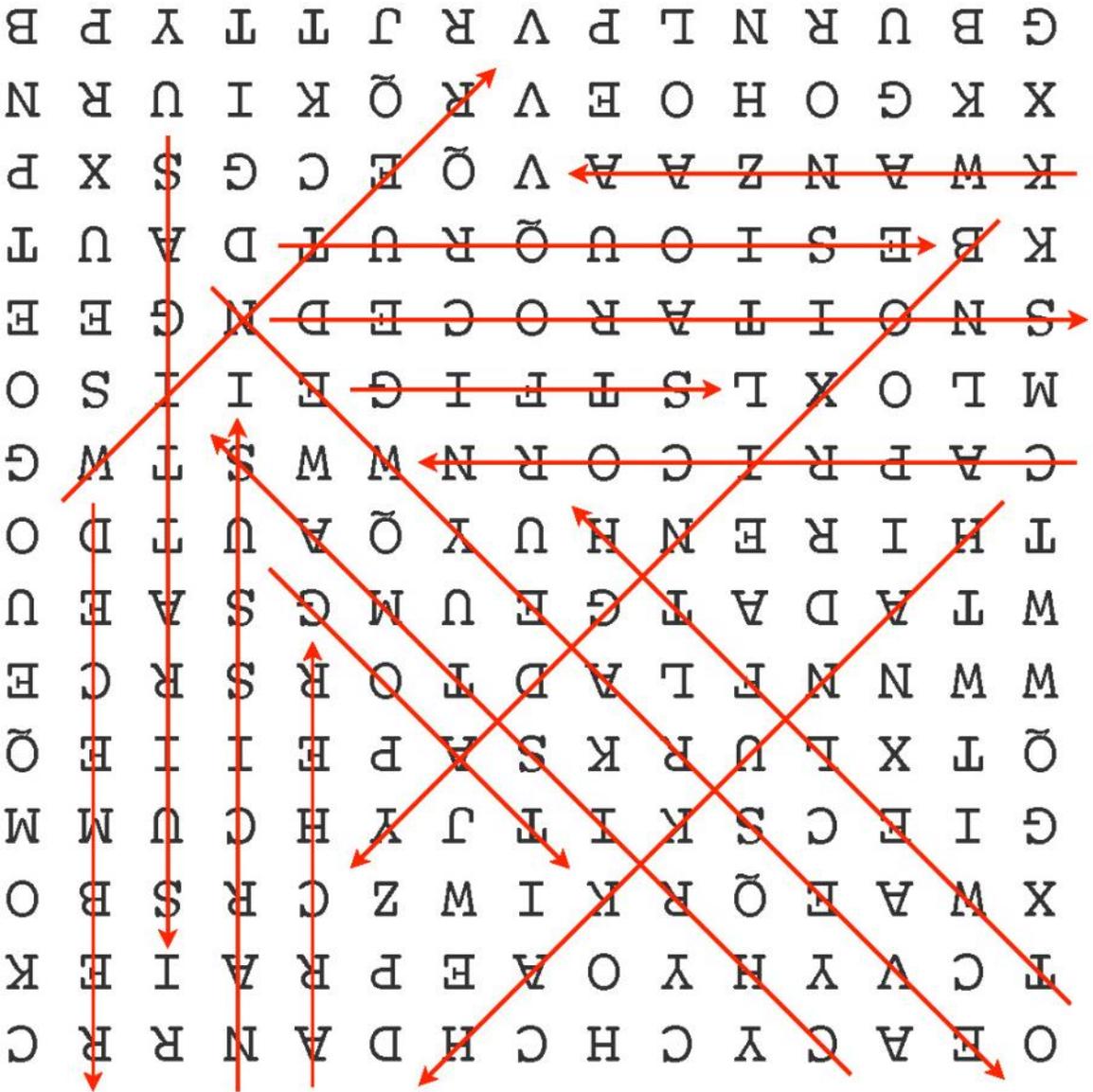
TURQUOISE

TWELFTH

WINTER

Searching for December

(solution)





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

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

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