



Serenity Assisted
Living
Dilworth, MN

Serenity Snippets

February 2018

Special points of interest:

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

XXIII Winter Olympics

From February 9–25, the world's greatest athletes will compete for gold medals and glory at the XXIII Winter Olympics. South Korea will host the winter games in Pyeongchang, a city high in the Taebaek Mountains.

Chief among the battles to play out on snow and ice will be the contest for men's hockey gold. For the past five Winter Olympics, players from the National Hockey League have participated in the Olympics. This year the NHL is not building a break into its schedule to allow players to compete in the Olympics, a matter that is not sitting well with the athletes. The USA hopes to compete with Russia, Canada, Sweden, and Finland for the coveted medal.

Elsewhere on the ice, Russia's 17-year-old Evgenia Medvedeva is favored for gold in women's figure skating, but 17-year-old American Karen Chen is an up-and-coming phenom who might surprise the world. On the men's side, American Nathan Chen could take gold if he continues to impress with innovative new jumps.

On the slopes, Americans Lindsey Vonn and Mikaela Shiffrin are poised to make a run for gold in downhill skiing. Shaun White, red-haired maestro of the snowboard half-pipe, has been a fan favorite since he took gold in 2006.

Canada took gold in men's and women's curling in 2014. Will they repeat? While Germany swept all luge events in the Sochi Olympics, the Austrians will provide stiff competition this time. In bobsleigh, Nigeria will attempt to field its first-ever team as three former women's track stars introduce the cool sport to the African continent. And beyond sports, South Korea is introducing innovative technological advances to the Olympics—virtual reality will change the way we watch the games. These Winter Games are sure to offer both sport and spectacle.



PyeongChang 2018



CRAFTS^{AND} DRAFTS

6:30 PM TO 8:30 PM **MON., FEBRUARY 19TH**
WEST CAMPUS **OAKVIEW DRIVE, DILWORTH**

We will be having a fun night to turn your Pinterest ideas into reality! This project is led by instructors from the "Crafts and Drafts" ladies out of Pelican Rapids. They give step by step to complete and customize the project in the photo above that you'll be proud off! Grab a friend & come have some fun!

Cost will be \$25 per project; must pay AHEAD to participate. Checks can be made out to Serenity otherwise you can get your ticket via the link from our Facebook event page. Perhaps you want to participate with a client and do one project together! Talk to Denise if you have questions, this will be a memorable evening and beautiful keepsake.

Please RSVP with Denise by Thursday, February 15th!

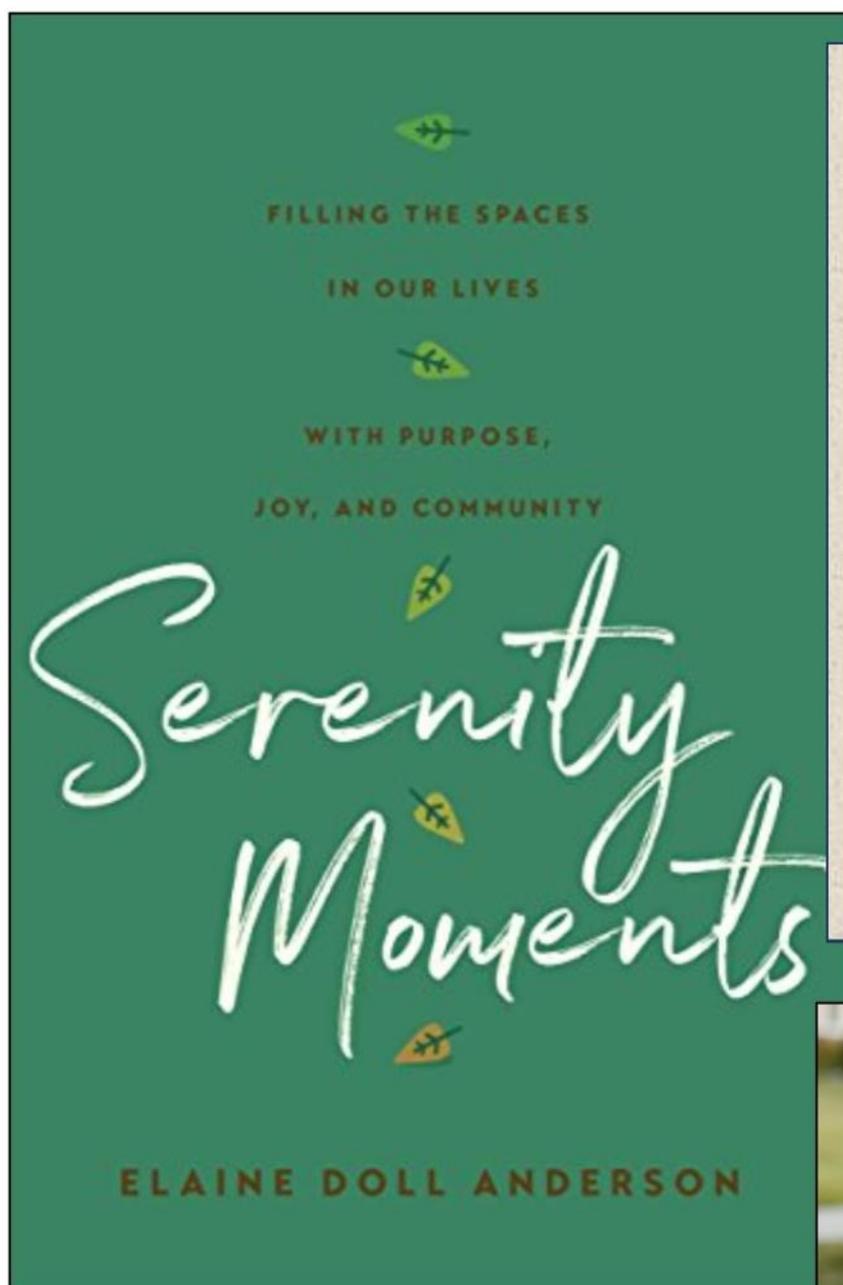
There will be wine, beer and appetizers included and served as well!

All are welcome...even if you don't have a loved one at Serenity, spread the word!



Elaine Wrote a Book!

Elaine's lifelong dream has come true, other than founding Serenity Assisted Living of course! She has written and published her own book, telling her story of Serenity while delivering an intimate tale that is rich in faith, vulnerability, humor, and tenderness. Please stop at the West Campus to talk to Elaine about getting a signed copy. Price is \$15.98. It is also available now on Amazon, free shipping with Prime!



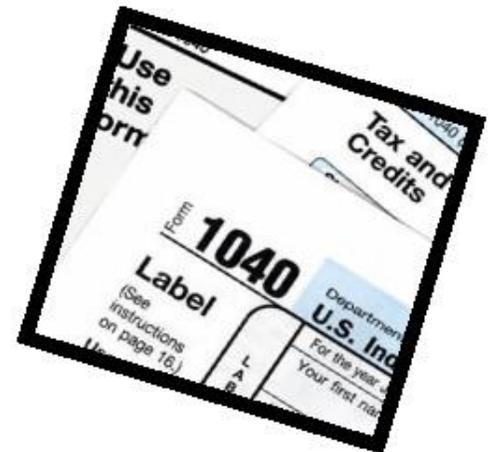
It's quite powerful to consider and face how you will spend the autumn years of your life. The conversation and eventual transition toward a new independence may be intimidating, but it doesn't have to be. Places like Serenity Assisted Living ease the fear, embrace the change, and bring about a clarity to this next stage in life that is liberating, comforting, and refreshing.

Serenity is a family-owned and family-operated business in Minnesota built on faith and divine intervention. Owners Tim and Elaine Anderson care for their residents and their staff with an unceasing patience and giving of love. Their passion for their work is woven with respect and selflessness. It feels good to know that a retirement community wasn't built out of necessity but in honoring the joys of life that are still very much alive at Serenity. As the storyteller here, Elaine delivers an intimate tale that is rich in faith, vulnerability, humor, and tenderness. The residents and family of Serenity are blessed to live such an abundant life in her care.



Senior Connections

FREE INCOME TAX ASSISTANCE
Every Thursday 9:00—3:00 at the
Hjemkomst Center
202 1st Ave. North
Moorhead, MN 56560
February 1st, through April 12th



AARP and the Internal Revenue Service (IRS) are again sponsoring free income tax services to the elderly, low income and handicapped persons.

Volunteer counselors have been trained by the IRS to prepare and electronically file your income tax returns.

You will need to bring:

Copies of your 2016 Federal and State returns, W-2's, 1099's and any other relevant materials showing income from 2017 and Social Security Cards for the tax payer and dependents being claimed.

No reservations or appointments needed.

First come first serve.

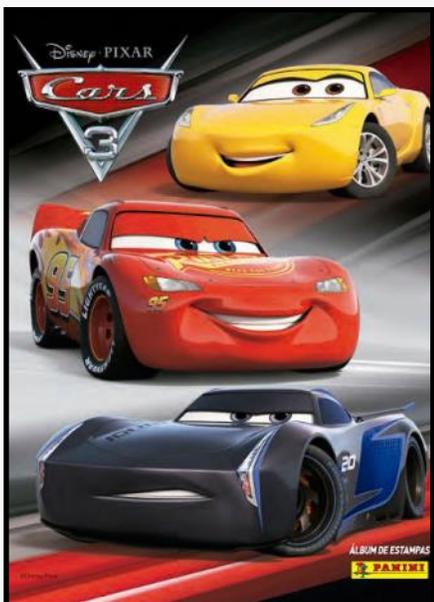
Volunteer Tax preparers will not take phone calls.

Rent Rebates will be done up until April 5.

February Movies

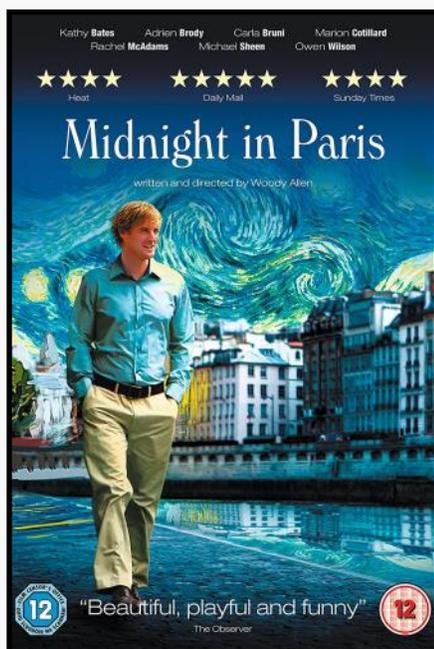
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

Cars 3 (2017)



Blindsided by a new generation of blazing-fast racers, the legendary Lightning McQueen (voice of Owen Wilson) is suddenly pushed out of the sport he loves. To get back in the game, he will need the help of an eager young race technician, Cruz Ramirez (voice of Cristela Alonzo), with her own plan to win, plus inspiration from the late Fabulous Hudson Hornet and a few unexpected turns. Proving that #95 isn't through yet will test the heart of a champion on Piston Cup Racing's biggest stage!

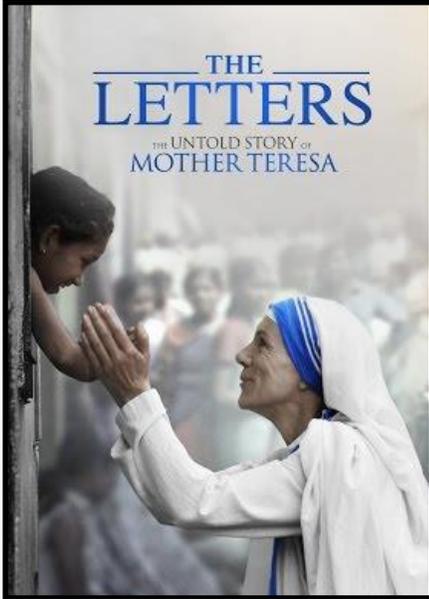
Midnight in Paris (2011)



This is a romantic comedy set in Paris about a family that goes there because of business, and two young people who are engaged to be married in the fall have experiences there that change their lives. It's about a young man's great love for a city, Paris, and the illusion people have that a life different from theirs would be much better.

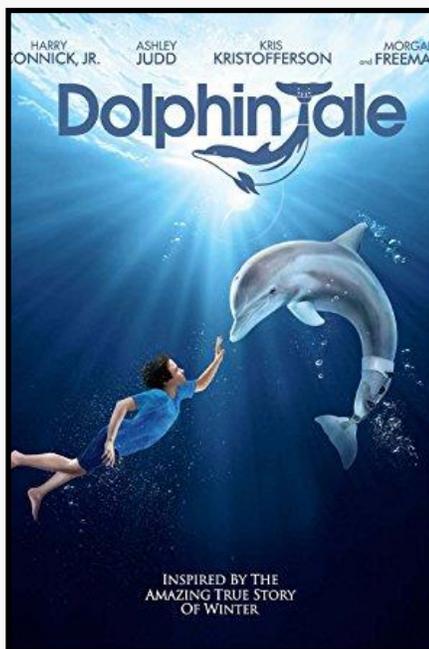
February Movies

The Letters (2015)



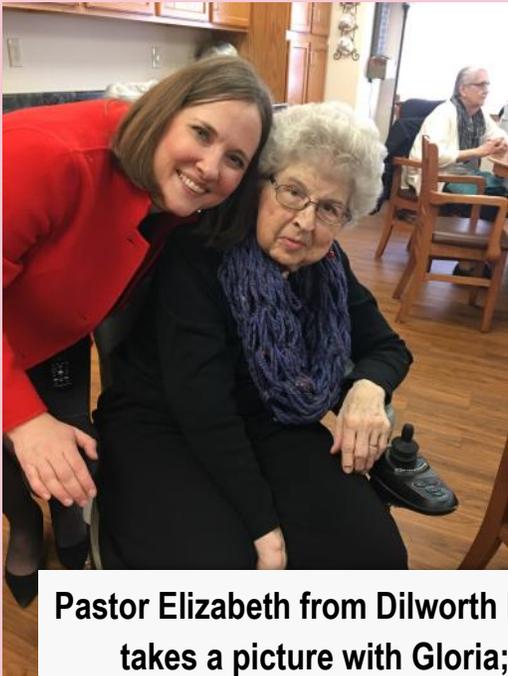
MOTHER TERESA, recipient of the Nobel Peace Prize, is considered one of the greatest humanitarians of modern times. Her selfless commitment changed hearts, lives and inspired millions throughout the world. THE LETTERS, as told through personal letters she wrote over the last 40 years of her life, reveal a troubled and vulnerable woman who grew to feel an isolation and an abandonment by God. The story is told from the point of view of a Vatican priest charged with the task of investigating acts and events following her death. He recounts her life's

Dolphin Tale (2011)



Dolphin Tale is inspired by the amazing true story of a brave dolphin and the compassionate strangers who banded together to save her life. Swimming free, a young dolphin is caught in a crab trap, severely damaging her tail. She is rescued and transported to the Clearwater Marine Hospital, where she is named Winter. But her fight for survival has just begun. Without a tail, Winter's prognosis is dire. It will take the expertise of a dedicated marine biologist, the ingenuity of a brilliant prosthetics doctor, and the unwavering devotion of a young boy to bring about a groundbreaking miracle—a miracle that

SNAPSHOTS



Pastor Elizabeth from Dilworth Lutheran takes a picture with Gloria; she coordinated a group to come back yarn scarfs with Serenity!



Joyce helps paint a pallet project that the woodworking group started!



Nita and Ellatena show off the snowmen they made at Girlfriends Gathering.





February 2018



SUN	MON	TUE	WED	THU	FRI	SAT	
				1 Communion w/ Marlene Appetizer Night @ 6:00	2 Football Wellness Tournament GROUNDHOG DAY	3 Nail Day! Ice Cream SUNDAES	
4 Church Transportation Philadelphia Eagles vs. New England Patriots @ 5:30 pm	5 Rosary (East) @ 10:15 am (West) @ 10:45 am Woodworking Group!	6 Resident Council @ 10:45 am (West) Winter Olympics Games @ 1:30 (West) 	7 BINGO East @ 1:30	8 Resident Council @ 10:45 am (East) Appetizer Night @ 6:00	9 Shopping	10 Nail Day! Staff Sarah's Birthday Ice Cream SUNDAES	
11 Church Transportation Maxine's Birthday	12 Rosary (East) @ 10:15 am (West) @ 10:45 am Woodworking Group!	13 Happy Mardi Gras Dee's Birthday Monthly Girlfriend's Gathering @ 2:30 (East)	14 BINGO West @ 1:30 	15 Dilworth Lutheran 2:00 (East) & 3:00 (West) Appetizer Night @ 6:00	16 Moorhead Library Outing Shopping at Pat S.'s Birthday	17 Nail Day! Christy O. & Staff Lindsey's Birthday Ice Cream SUNDAES	
18 Church Transportation	19 Rosary (East) @ 10:15 am (West) @ 10:45 am **See insert in newsletter!	20 GrubClub Meeting @ 10:30 am	21 Woodworking Group! BINGO East @ 1:30 3:45 pm (East @ Formal Dining Room & West @ Library)	22 Men's Lunch (West) Mary Beaton's Birthday Appetizer Night @ 6:00	23 Moorhead Library Shopping Outing	24 Nail Day! Ice Cream SUNDAES	
25 Church Transportation Staff Kennedy's Birthday	26 Communion w/ Deacon Tom at 10:45 Woodworking Group!	27 GrubClub Hollywood Themed Wellness Tournament	28 Sybil's Birthday BINGO West @ 1:30 3:45 pm (East @ Formal Dining Room & West @ Library)	<div style="border: 2px solid black; padding: 10px; background-color: #f0f0f0;"> Events are subject to change! </div>			

Mark Your Calendar!

MARCH

March 4th = Academy Awards

March 11th = Daylights Savings

March 15th = March Madness College Basketball
Tournament & Serenity Competition

March 17th = St. Patrick's Day

March 30th = Good Friday

APRIL

April 1st = Easter Sunday & April Fools Day

April 5th = Mr. Sparkle Window Washing

TBD = Gorgeous Grandmas Day??

MAY

May 5th = Cinco de Mayo & Kentucky Derby

May 13th = Mother's Day

May 17th = Slew Foot Family Band @ 3:00 (West)

May 28th = Memorial Day (Business Office Closed)

February 10th
Staff Sarah

February 11th
**Maxine
Kallander**

February 13th
Dee Korbelt

February 16th
Pat Schenck

February 17th
**Lorraine
'Christy' Olson
& Staff
Lindsey**

February 22nd
Mary Beaton

February 25th
Staff Kennedy

February 28th
Sybil Verdi

A VERY HAPPY BIRTHDAY TO...

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 February

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



AMETHYST

AQUARIUS

CHINESE NEW YEAR

FEBRUARY

FISH (Pisces)

FLAG DAY (Mexico & Canada)

GROUNDHOG DAY



MARDI GRAS

PISCES

PRESIDENTS' DAY

SUPER BOWL

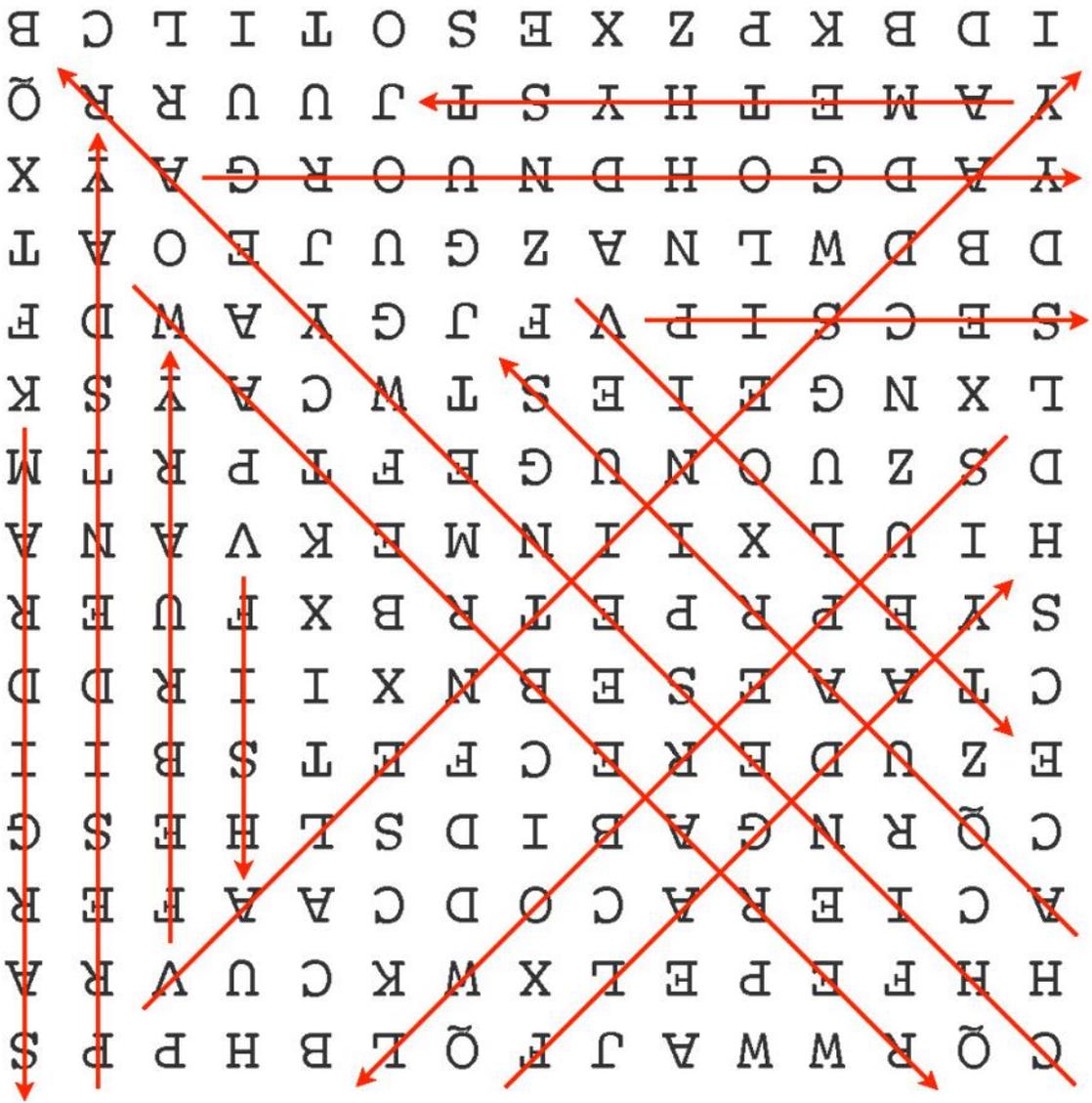
VALENTINE'S DAY

VIOLET

WATER BEARER (Aquarius)

Searching for February

(solution)



Who to Contact

Nurse Amanda

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 Gustofson

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



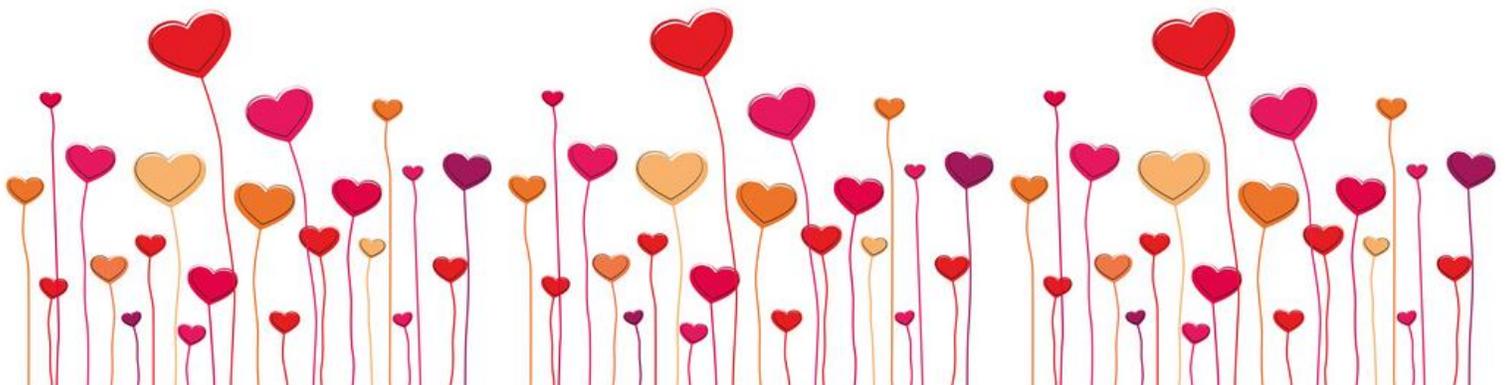
*Events, Activities &
Life Enrichment*

Stephanie Miller

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