



Points of Interest:

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

St. Paddy's Myths

They say that everyone is a little bit Irish on St. Patrick's Day, and the world will be draped in green on March 17, when St. Patrick's Day celebrations take place across the globe in honor of the patron saint of Ireland. But if you really want to celebrate the right way, be sure to take a look at these facts behind St. Patrick.

St. Patrick may be one of Ireland's patron saints, but he was not Irish. Evidence suggests that he was, in fact, British. By some accounts, he was born with the name Maewyn Succat in either Scotland or Wales. Yet it is important to realize that even though St. Patrick may have been born in Britain in the year 390, at the time of his birth, Britain was occupied by the Romans. Thus, it is very likely that Patrick's family was from Roman aristocracy. Indeed, Ireland's precious St. Patrick may well have been Italian.

But don't trade in Irish green for Italy's tricolor green, white, and red just yet. The true color of Ireland might be blue. King Henry VIII flew a blue flag over Ireland during the 16th century. Knights of the Most Illustrious Order of Saint Patrick, a society of Irish knights founded by King George III in 1783, wore a light blue color known as St. Patrick's blue. The Irish president flies a blue flag with a harp. So when did green become the color of Ireland? During the Great Irish Rebellion of 1641, Irishmen flew a green flag against King James. Green became the color of Irish nationalism and independence during the Irish Rebellion of 1798, a notion promulgated in the ballad "The Wearing of the Green."

So whether you're marching in Dublin, raising a pint of Guinness in New York, Irish dancing in Sydney, or eating corned beef and cabbage in Montreal, just remember that none of these pastimes come from the original St. Patrick's Day. The Roman Catholic feast day was traditionally spent in quiet prayer, a far cry from the raucous celebrations of today.



Jelly Bean Game

Here's the challenge...try to guess the amount of jelly beans in the jar. If your guess is the closest (*either over or under the exact amount*), you will win the entire contents of the jar! Winners will be drawn after the Easter holiday.

There is a jar in each campus; therefore there will be one winner in each. The **EAST CAMPUS** jar and guesses can go are located in the front entrance under the large wreath. The **WEST CAMPUS** jar and guesses are by the front office.

Please ask Elaine if you have any questions.

****Only residents of Serenity are eligible to win.**

****Only 1 guess per resident.**



CRAFTS AND DRAFTS

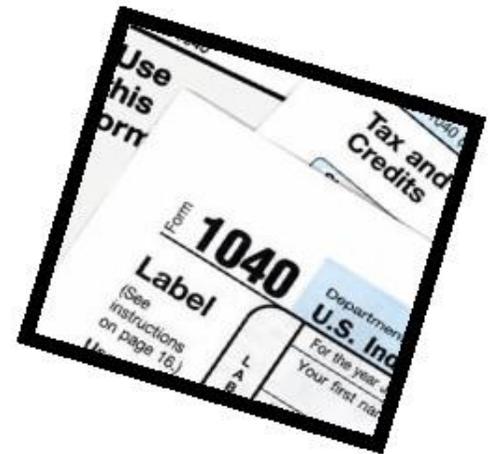


Our first ever Crafts & Drafts night was a success! Family & friends joined the group at Serenity to make a handmade, monogrammed sign to take home. We look forward to doing it again soon!



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.

MARCH 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.

Wonder (2017)



Based on the New York Times bestseller, WONDER tells the inspiring and heartwarming story of August Pullman. Born with facial differences that, up until now, have prevented him from going to a main-stream school, Auggie becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the larger community all struggle to find their compassion and acceptance, Auggie's extraordinary journey will unite them all and prove you can't blend in when you were born to stand out.

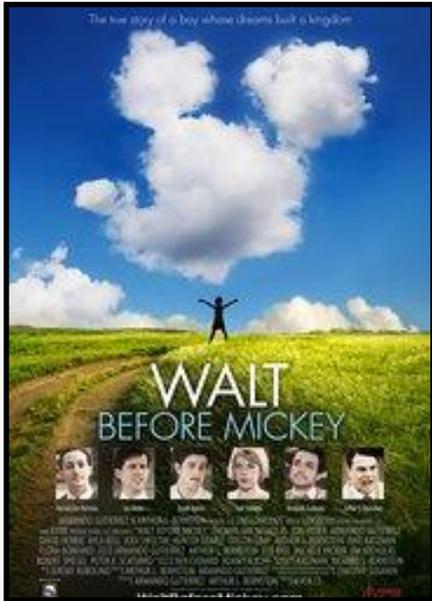
Evan Almighty (2007)



Evan Baxter relocates his family from Buffalo to Northern Virginia, God reveals to him that a devastating flood is coming and the planet is about to be cleansed once again. Later, when Baxter accepts the responsibility of building a great ark and his rapidly changing physical appearance begins to draw media attention, his skeptical family attempts to discern if his actions are driven by delusion or divine intervention.

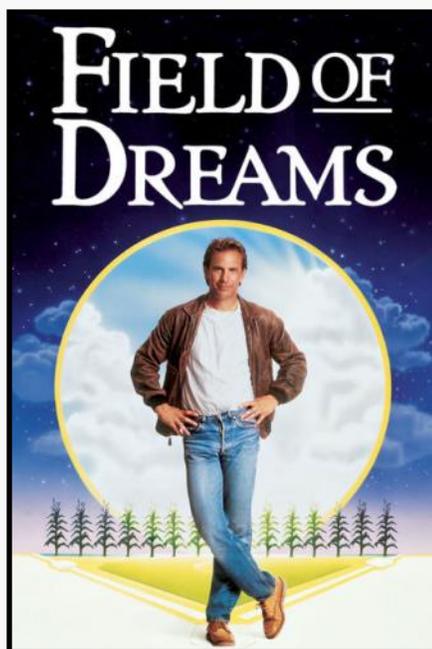
MARCH MOVIES

Walt Before Mickey (2015)



This film is about Walt Disney's early years. For ten years before the creation of Mickey Mouse, Walt Disney struggled with, failed at, and eventually mastered the art and business of animation. Walt Disney worked in a variety of venues and studios, refining what would become known as the Disney style. This film captures the years 1919 - 1928, creating a portrait of the artist from age seventeen to the cusp of his international renown.

Field of Dreams (1989)



"If you build it, he will come." That's the ethereal message that inspires Iowa farmer, Ray, to construct a baseball diamond in the middle of his cornfield. As time goes on, he realizes that his ballfield has been divinely ordained to give a second chance to people who have sacrificed certain valuable aspects of their lives. One of these folks is writer Terence Mann, whom Ray kidnaps and takes to a ball game and then to his farm. Another is Doc Graham, a beloved general practitioner who gave up a burgeoning baseball career in favor of medicine. The final "second-chancer" turns out to be much closer to Ray. That "magical" field in Dyersville, Iowa still draws thousands of baseball-happy tourists each year.



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 February Grub Club. We made Mongolian Beef, Shrimp & Green Bean Stir Fry and Wonton Soup. All of the vegetable chopping made us all hungry. We were delighted how our Lite as Air Japanese Cheesecake turned out! The colder weather had us craving pumpkin pie and we were eager to make this seasonal favorite.



SNAPSHOTS



Look at this fun crew! We all competed in some Academy Award and Hollywood themed games.



Ed gives a toss during one of our Super Bowl games!

SNAPSHOTS



It was barely warm enough to dig out the deep fryer to cook up some chicken fried steak for Men's Lunch...and everyone loved it!

Look at the talented work of a client at the East Campus!

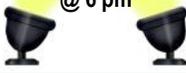


Dee dresses the part for Mardi Gras... and her birthday too!



March 2018



| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|--|---|--|---|
| Events are subject to change! | | | | 1 Communion w/ Marlene  | 2  | 3  Staff Evert's Birthday Nail Day!  Ice Cream SUNDAES |
| 4 Church Transportation Academy Awards @ 6 pm  | 5  Mass with Fr. Pat @ 10:45 am (West)  | 6 Resident Council @ 10:45 am (West)  Nurse Amanda's Birthday | 7  Staff Renata & Chris Birthdays  East @ 1:30  3:00 pm @ East 3:30 pm @ West **All are welcome! | 8 Resident Council @ 10:45 am (East)  Appetizer Night @ 6:00 | 9  | 10 Nail Day!  Ice Cream SUNDAES |
| 11 Church Transportation  Staff Caitlin's Birthday  Spring Ahead!! | 12 Rosary (East) @ 10:15 am West @ 10:45 am   | 13 Monthly Girlfriend's Gathering @ 2:30 (East) | 14  Verna's Birthday   3:00 pm @ East 3:30 pm @ West **All are welcome! | 15  **See Flyer! Appetizer Night @ 6:00 | 16  John Aas Birthday  | 17 Nail Day!   Ice Cream SUNDAES |
| 18 Church Transportation | 19 Rosary (East) @ 10:15 am West @ 10:45 am  Staff Jodi's Birthday  | 20  Staff Juliette's Birthday  Men's Lunch (West) | 21  East @ 1:30  3:00 pm @ East 3:30 pm @ West **All are welcome! | 22  Mary Beaton's B-Day  St. Joe's Education: Missionaries in Lourde & Fatima @ 2:00  Appetizer Night @ 6:00 | 23 Moorhead Library Outing Shopping at   Jeanne Kelly's Birthday | 24 Nail Day!  Ice Cream SUNDAES |
| 25 Church Transportation  | 26 Rosary (East) @ 10:15 am West @ 10:45 am  | 27  Cleo's Birthday Easter Lunch BINGO @ 1 pm Jerry Jacobson @ 2 pm (West)  | 28  3:00 pm @ East 3:30 pm @ West **All are welcome! | 29  Doris's Birthday  Dilworth Lutheran 2:00 (East) & 3:00 (West)  | 30   | 31 |

Mark Your Calendar!

APRIL

April 1st = Easter Sunday & April Fools Day

April 5th = Mr. Sparkle Window Washing

April 10th = Cecil Malme & Marilyn Lee @ 2:00 (West)

April 26th = St. Joseph's Senior Education @ 2:00

April 30th = Depot Singers @ 2:00 (West)

MAY

May 1st = May Day

May 5th = Cinco de Mayo & Kentucky Derby

May 6th = Nurse Appreciation Day

May 8th = City Wide Clean Up Week

May 9th = Overnight Staff Appreciation Day

May 13th = Mother's Day

TBD = Mothers & Others Luncheon

May 17th = Syttende Mai Norwegian Celebration

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

May 24th = St. Joseph's Senior Education @ 2:00

May 28th = Memorial Day (Business Office Closed)

March 3rd
Staff Evert

March 6th
**Nurse
Amanda**

March 7th
**Staff Renata
& Staff Chris**

March 11th
Staff Caitlin

March 14th
**Verna
Hvidsten**

March 16th
John Aas

March 19th
Staff Jodi

March 20th
Staff Juliette

March 23rd
Jeanne Kelly

March 27th
Cleo Langseth

March 29th
**Doris Binsfeld
& Staff Ally**

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

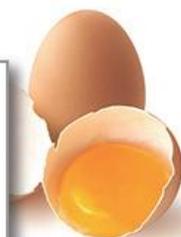
701-429-0136

(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!

Egg-citing Eggs

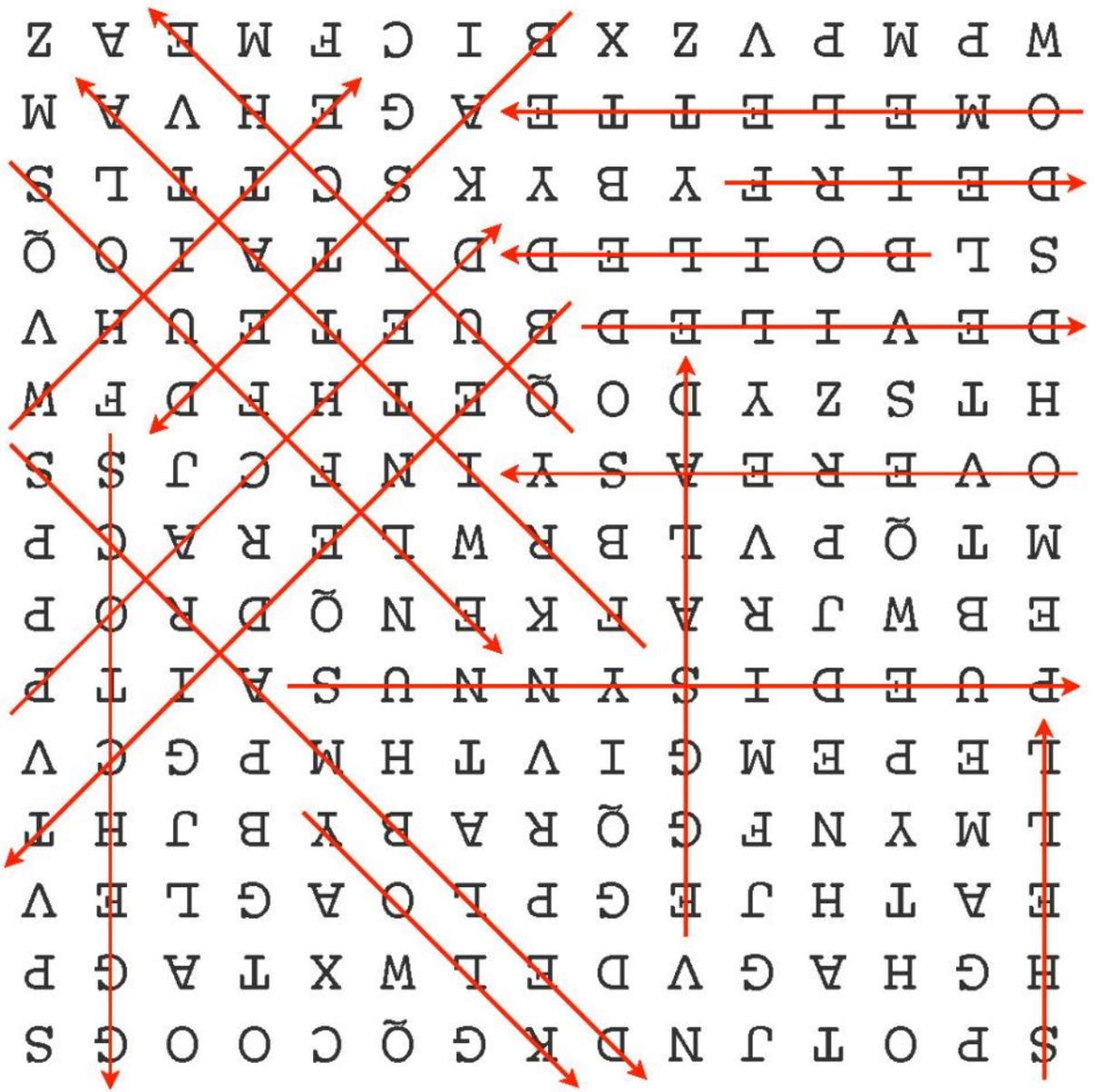
The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



- | | | |
|-----------|------------|---------------|
| BASTED | FRITTATA | SCRAMBLED |
| BENEDICT | OMELETTE | SHELL |
| BOILED | OVER-EASY | SOUFFLÉ |
| DEILED | POACHED | SUNNY-SIDE UP |
| EGG SALAD | QUICHE | WHITE |
| FRIED | SCOTCH EGG | YOLK |

Egg-citing Eggs

(solution)



Serenity's Winter Olympic Games



Serenity hosted it's first ever Winter Olympics in February...including a torch ceremony (carried by Mary Beaton) and singing of our national anthem (compliments of Bob Campbell)!

Our two events were hockey and curling. We left the figure skating for the professionals! Staff teamed up with our ladies and gentlemen for a fun afternoon!





Recipe Request

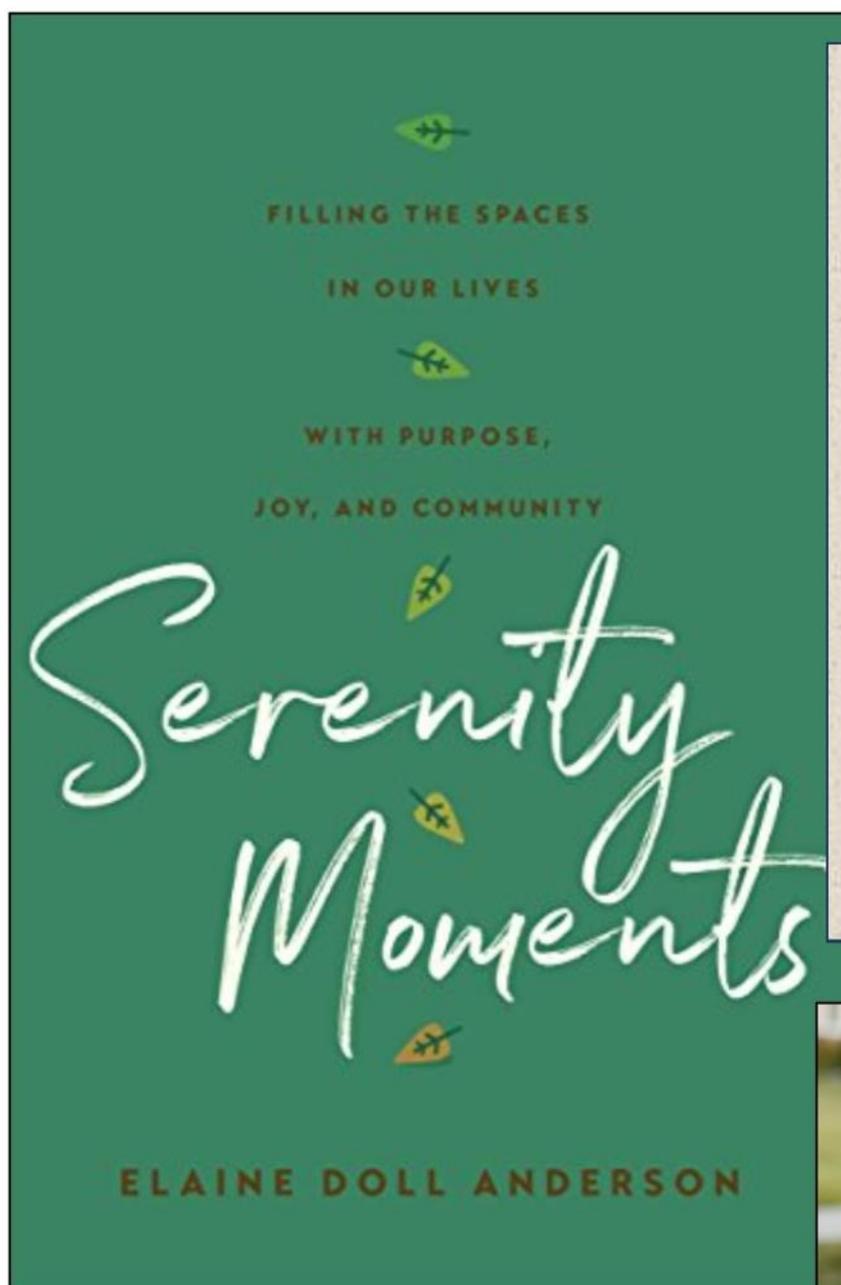
Soon, Tim & Denise will be updating the menu rotation for Spring & Summer and would love if you submitted some warm weather recipes to take into consideration...all are welcome! We are specifically looking for side dishes (vegetables, salads, etc.) and desserts. Also, if there is a “main course” dish you’ve been dreaming about, please let us know too! Out with pumpkin and squash...and in with rhubarb and fresh fruit!



Please get your recipes in to Denise by April 9th so we can start bringing warm weather foods to our menus.

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.



Who to Contact



Jennifer Fillipi
Nurse

nurse@serenityassistedliving.com

218-477-7254 Ext:21

- Health related questions
- Physician's orders
- Changes in medications



Marissa Lupkes
Nurse

rn@serenityassistedliving.com

218-477-7254 Ext:20

- Health related questions
- Physician's orders
- Changes in medications



Amanda Paquin
Nurse

amanda@serenityassistedliving.com

218-477-7254 Ext:63

- Health related questions
- Physician's orders
- Changes in medications



Becky Gustofson
Assistant Administrator

becky@serenityassistedliving.com

218-477-7254 Ext:34

- Staffing concerns
- Housing concerns (laundry, cares, housekeeping, etc.)
- Complaints & Grievances



Elaine Anderson
Owner/Administrator

elaine@serenityassistedliving.com

218-477-7254 Ext:26

- Liaison to State licensing regulations
- Coordination of facility policies
- Mission & core values implementation
- Hospitality



Denise Tollefson
Director of Operations

denise@serenityassistedliving.com

218-477-7254 Ext: 27

- Strategic alliances & planning
- Overall operational management
- Coordination & execution of major facility events



Tim Anderson
Owner/CFO

tim@serenityassistedliving.com

218-477-7254 Ext:34

- Facility financial statements
- Food Services Manager
- Maintenance/Groundskeeping



Richard Anderson
Director of Accounting

richard@serenityassistedliving.com

218-477-7254 Ext:29

- Billing statements
- Medicaid questions
- Maintenance



Carol Miranowski
Life Enrichment

activities@serenityassistedliving.com

218-477-7254 Ext:40

- Administer & delegate activities
- Coordinates weekly activities



Stephanie Miller
Wellness Coordinator

wellness@serenityassistedliving.com

218-477-7254 Ext:32

- Personal training
- Goals for individualized client strength, balance & endurance
- Employee wellness



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