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Serenity Assisted Living

Dilworth, MN

Serenity Snippets

June 2018

Points of Interest:

- June Birthdays
- Activity Calendar
- Snapshot Photos
- Movies of the Month

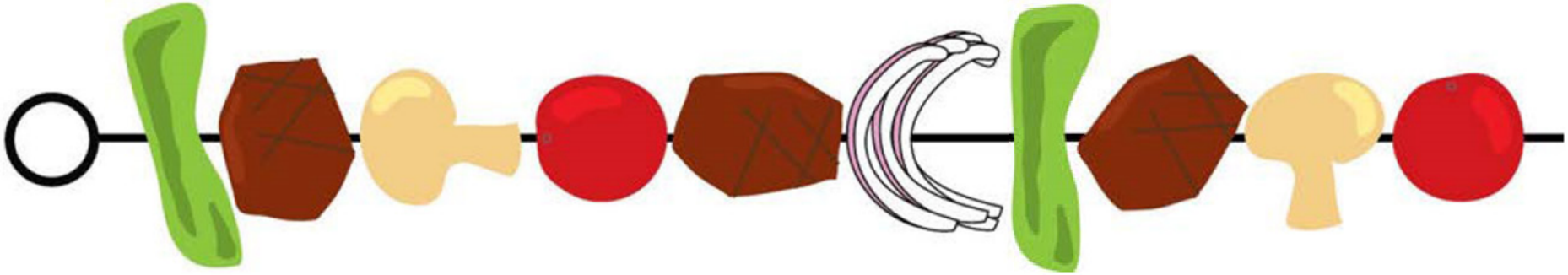
Rose Colored History

This June, Rose Month, consider how a rose is more than just a mere flower. Roses are filled with symbolism and meanings that change depending on the color of the flower: red means love and passion, pink means gratitude and admiration, white means innocence, and yellow means friendship. These color-coded meanings, however, are relatively recent inventions. The symbolic importance of roses dates back to the ancient Greeks, Romans, and Persians.

Greeks told the myth of Chloris, goddess of the flowers, who transformed a woodland nymph into the "Queen of Flowers," the most beautiful flower in all the world. Chloris' husband, the West Wind, blew away the clouds so that Apollo, the god of the sun, could shine his divine light down on her. Aphrodite, the goddess of beauty, gave the flower its form. Dionysus, the god of wine, bestowed an intoxicating aroma. The three Graces gave the flower charm, joy, and splendor. It was Aphrodite who named the flower Rose, rearranging the letters of the name of her son, Eros, the god of love. The rose's unparalleled beauty was used by Iris, the rainbow goddess, and Aurora, the goddess of the dawn, to paint the morning sky. Eros would eventually use a rose to bribe Harpocrates, the goddess of silence, to keep the many secrets of his mother, Aphrodite. In these ways, the rose became a symbol of beauty, love, and silence for Greeks and Romans. Persian legends, too, hold the rose in high esteem.

The rose has grown naturally for millennia throughout the Middle East and is associated with the creation of the world and mankind. In early June, the city of Kashan in Iran holds its centuries-old Rose Festival, an annual harvest of desert roses. The roses are distilled into fragrant rose water and pure rose oils. Roses were first carried back to Europe from these harvests. Indeed, much of our modern reverence for the rose stems from these ritual harvests in Persia.

father's day.



celebrate your loved one with some surf and turf.

Wednesday, June 13th @ Noon

Serenity Assisted Living (East Campus Courtyard)
1125 Oakview Drive, Dilworth

**Inclement weather, event will be held at the West Campus.

Suggested donation is $8.00/per guest.

Must RSVP to Denise at
218-477-7254 or denise@serenityassistedliving.com

THANK YOU!

Serenity has an auxiliary fund that is utilized to pay for musical entertainment at Serenity, go towards various fundraising efforts for equipment for our clients, and other items brought up by our clients at our monthly Resident Council Meetings! We collect donations in various forms. There are piggy banks on our dining room tables...we call them our Treasured Tips. Feel free to drop a small amount if you are joining your loved one for coffee or anytime.

Many times, memorial gifts following a funeral are donated to Serenity and designated for a specific project or item. An example of a few of these are the handicap door openers, pergola, and outdoor chairs at the East Campus. Other times, donations are just made because it's a good cause!

We want to take a moment to thank those who have put money in our piggy banks. Also, special thanks to the family of Cleo Enderle in her honor as well as well as Gloria & Larry Skalsky in memorial of Connie Kopp. Donations have been put towards the purchase of a Pit Boss smoker for client use!

THE LONGEST DAY

alzheimer's association

During the week of June 18th—22nd, we will begin a week long *Penny Wars* in conjunction with the Alzheimer's Association's annual fundraising event *The Longest Day*. This event is always held on June 21st which is the summer solstice to advance the care, support and research efforts of the Alzheimer's Association.

Both campuses will have a large container located in the front of each building. Everyone will be welcome to put pennies and dollars in their building's containers. The building with the largest sum of money gets to nominate up to 4 clients and staff member to pie the Anderson-Tollefson family members in the face!

Here is the catch, to help make the competition fun, all are welcome to put silver coins in the OTHER building's containers! Any silver coins (quarters, dimes and nickels) will take away from the amount in that container.

We are hoping to raise $100 for the Alzheimer's Association and have fun while doing it.

Today, over 35 million people across the world are living with Alzheimer's, including more than 5 million Americans. In the U.S. alone, more than 15 million caregivers generously dedicate themselves to those with Alzheimer's and dementia. Please consider dropping off your loose change at the front of either building; money raised will go to the Alzheimer's Association to help support all those facing the disease.

Thank you!

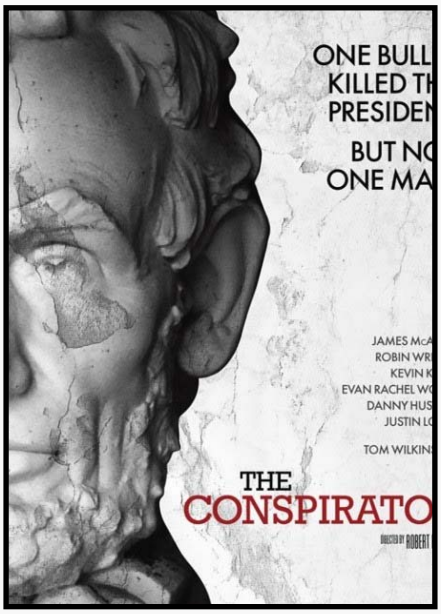
Mothers & Others

Serenity holds a Girlfriends Gathering each month to celebrate women! Last month, in lieu of our normally scheduled gathering, we had a Mothers and Others event where our ladies invited their loved ones to celebrate! We held a buffet of different "salads", multiple drawings with prizes for "best hats" and other miscellaneous drawings. Many of our prizes were items made by our woodworking group!

June Movies

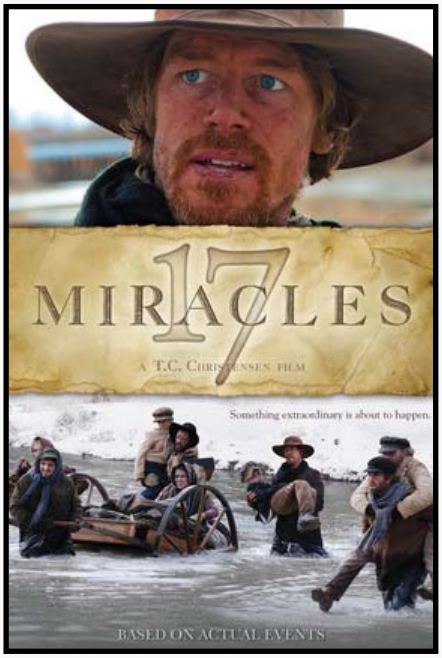
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

The Conspirator (1996)



In the wake of Abraham Lincoln's assassination, seven men and one woman are arrested and charged with conspiring to kill the President, Vice President, and Secretary of State. The lone woman charged, Mary, owns a boarding house where John Wilkes Booth and others met and planned the simultaneous attacks. A 28-year-old Union war-hero, reluctantly agrees to defend Mary before a military tribunal. Aiken realizes his client may be innocent and that she is being used as bait and hostage in order to capture the only conspirator to have escaped a massive manhunt, her own son. As the nation turns against her, Surratt is forced to rely on Aiken to uncover the truth and save her life.

17 Miracles (2011)



Christian pioneers push their handcarts across the plains in 1857 and are sustained by many miracles.

June Movies

Last Flag Flying (2017)

A Vietnam veteran visits two of his fellow Marines to ask them with help in bringing the body of his son, a fallen soldier in Iraq, to Arlington. As they learn the truth about his death, they bond over the sore memories of their own troubled pasts.

I Can Only Imagine (2018)

On Growing up in Greenville, Texas, Bart Millard suffers physical and emotional abuse at the hands of his father, Arthur. When Arthur becomes terminally ill, he finds redemption by embracing his faith and rediscovering his love for his son. Years later, Bart's troubled childhood and mended relationship with his dad inspires him to write the hit song "I Can Only Imagine" as singer of the Christian band MercyMe.

MEET
Laura Schrom

(WEST CAMPUS)

Learn about Laura!

Hello, my name is Laura Jean Schrom and I just moved into the west campus. I have a hard time hearing so when you visit with me – if I don't respond, know that it is not intentional. I simply did not hear you.

I was born and raised in Sioux Falls, South Dakota and later my Dad purchased a dairy Creamery Plant in Worthington. It was then that I learned the importance of how to make butter and how butter plays a role in our daily diets. I was the oldest of three children with both a sister and a brother.

I can't remember exactly how I met my husband, but I know it was not in church. His name was Fred and we had a good life. When I wasn't busy with raising children and completing homemaking tasks, I was a bookkeeper. Every now and then you will see my daughter Becky. She comes to take me shopping and stops in for visits along with my other children, but she seems to have a bit more time and together we can get a little goofy.

The OLD CREAMERY

Congratulations to our graduating class of 2018. Best wishes to our staff below on their future!

Sofia Reno

Presley Norris

Jennifer Gudding

MINNESOTA TWINS
JUNE SCHEDULE

6/1/2018	7:10 PM	Indians at Twins	TV: FSNO ----- Radio: WCCO 830
6/2/2018	3:10 PM	Indians at Twins	TV: FS1 ----- Radio: WCCO 830
6/3/2018	1:10 PM	Indians at Twins	TV: FSNO ----- Radio: WCCO 830
6/5/2018	3:10 PM	White Sox at Twins	TV: FSNO ----- Radio: WCCO 830
6/5/2018		White Sox at Twins - Time TBD	TV: FSNO ----- Radio: WCCO 830
6/6/2018	7:10 PM	White Sox at Twins	TV: FSNO ----- Radio: WCCO 830
6/7/2018	12:10 PM	White Sox at Twins	TV: FSNO ----- Radio: WCCO 830
6/8/2018	7:10 PM	Angels at Twins	TV: FSNO ----- Radio: WCCO 830
6/9/2018	1:10 PM	Angels at Twins	TV: FSNO ----- Radio: WCCO 830
6/10/2018	1:10 PM	Angels at Twins	TV: FSNO ----- Radio: WCCO 830
6/12/2018	6:10 PM	Twins at Tigers	TV: FSNO ----- Radio: WCCO 830
6/13/2018	6:10 PM	Twins at Tigers	TV: FSNO ----- Radio: WCCO 830
6/14/2018	12:10 PM	Twins at Tigers	TV: FSNO ----- Radio: WCCO 830
6/15/2018	6:10 PM	Twins at Indians	TV: FSNO ----- Radio: WCCO 830
6/16/2018	3:10 PM	Twins at Indians	TV: FSNO ----- Radio: WCCO 830
6/17/2018	12:10 PM	Twins at Indians	TV: FSNO ----- Radio: WCCO 830
6/19/2018	7:10 PM	Red Sox at Twins	TV: FSNO ----- Radio: WCCO 830
6/20/2018	7:10 PM	Red Sox at Twins	TV: FSNO ----- Radio: WCCO 830
6/21/2018	12:10 PM	Red Sox at Twins	TV: FSNO ----- Radio: WCCO 830
6/22/2018	7:10 PM	Rangers at Twins	TV: FSNO ----- Radio: WCCO 830
6/23/2018	1:10 PM	Rangers at Twins	TV: FSNO ----- Radio: WCCO 830
6/24/2018	1:10 PM	Rangers at Twins	TV: FSNO ----- Radio: WCCO 830
6/26/2018	7:10 PM	Twins at White Sox	TV: FSNO ----- Radio: WCCO 830
6/27/2018	7:10 PM	Twins at White Sox	TV: FSNO ----- Radio: WCCO 830
6/28/2018	1:10 PM	Twins at White Sox	TV: FSNO ----- Radio: WCCO 830
6/29/2018	4:05 PM	Twins at Cubs	TV: FSNO ----- Radio: WCCO 830
6/30/2018	1:20 PM	Twins at Cubs	TV: FSNO ----- Radio: WCCO 830

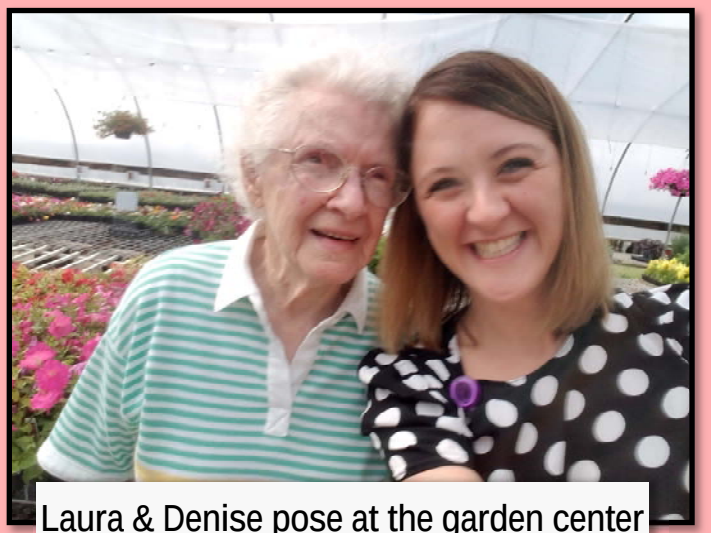
SNAPSHOTS

Mary helps make krumkake for Norwegian Constitution Day (Styennde Mai)!

Alice, Sonja & Pat are part of a crew who went to Texas Roadhouse last month... fun night!

This group finished their night scene campfire paintings...gorgeous!

SNAPSHOTS



Laura & Denise pose at the garden center in Sabin; a group helped pick out flowers and vegetables for around **Serenity!**

The Humane Society brought some feline visitors this month...they were a huge hit!

Staff helped plan an activity to make Mexican tissue flowers to help celebrate Cinco de Mayo! They turned out great!

Searching for June

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

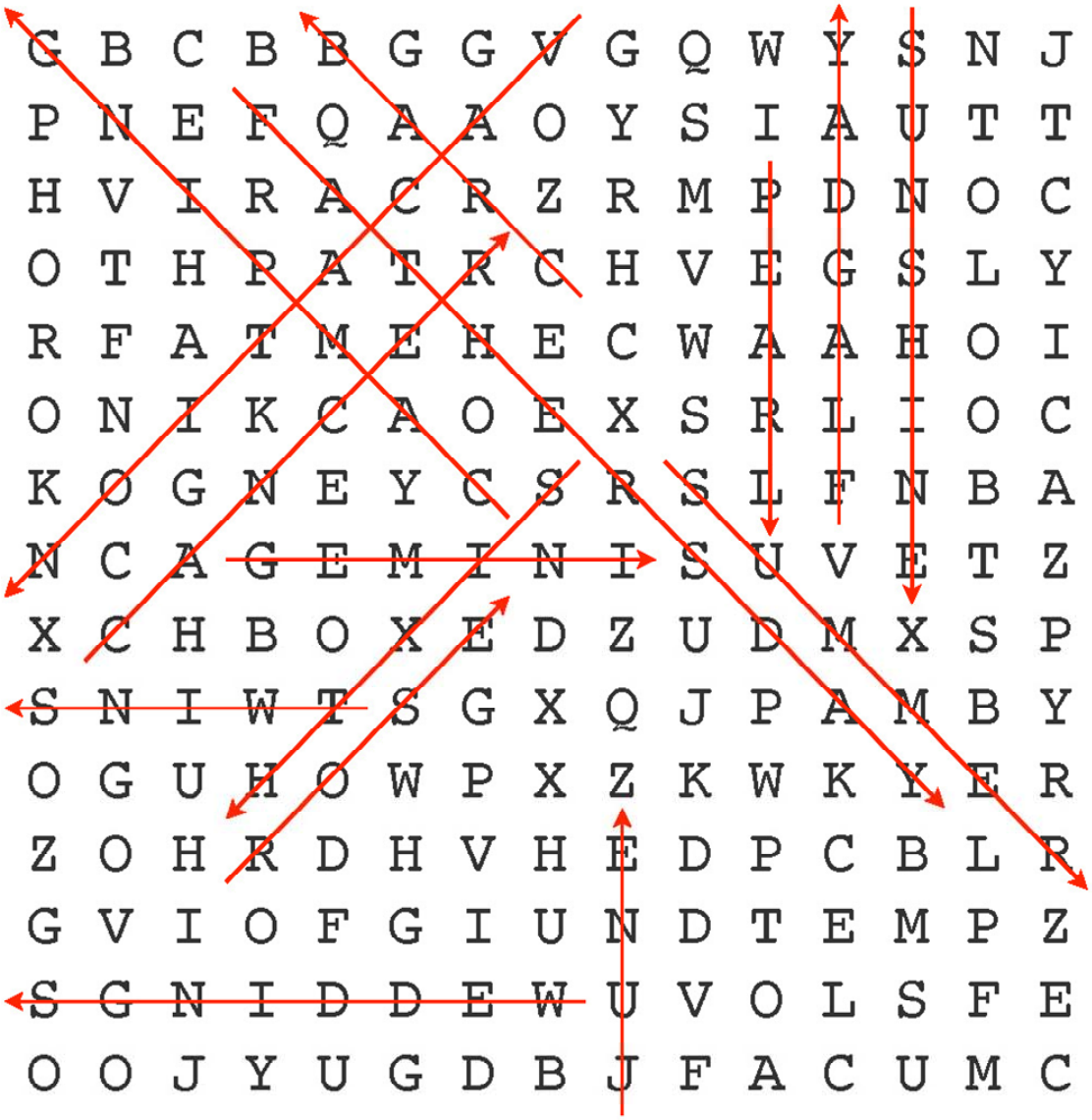
G B C B B G G V G Q W Y S N J
P N E F Q A A O Y S I A U T T
H V I R A C R Z R M P D N O C
O T H P A T R C H V E G S L Y
R F A T M E H E C W A A H O I
O N I K C A O E X S R L I O C
K O G N E Y C S R S L F N B A
N C A G E M I N I S U V E T Z
X C H B O X E D Z U D M X S P
S N I W T S G X Q J P A M B Y
O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

CAMPING
CANCER
CRAB (Cancer)
FATHER'S DAY
FLAG DAY
GEMINI
JUNE
PEARL
ROSE
SIXTH
SUMMER
SUNSHINE
TWINS (Gemini)
VACATION
WEDDINGS

©ActivityConnection.com

Searching for June

(solution)



Partnership

Serenity is teaming up with Early Years Childcare again this summer to provide some inter-generational programming. Two times a month, children ages 5-8 will be joining our ladies and gentlemen at Serenity for some themed games and art. This month we had patriotic and camping themes!

time spent playing with children is never wasted

-DAWN LANTERO

GARDEN CLUB

You don't have to give up gardening just because you moved into an assisted living! Watch your activity calendar for more events with

ONGOING ACTIVITIES

- ***Clients plan & plant produce and flowers with staff helping to facilitate***
- ***Weeding & soil prep (add manure, compost, etc.)***
- ***Thinning- Thin your sprouts that are too close together to produce***
- ***Cultivating- loosen soil around plants with small hand held rake in order to aerate the soil***
- ***Fertilize & mulching***
- ***Deadheading- cut or snap off the dead flowers on top of the stocks.***
- ***Paint rocks or large paint sticks to use as plant labels***
- ***Use produce & herbs when available in our regular cooking and Grub Club meals***

LOGISTICS

- ***Serenity will provide the soil & some pots***
- ***There will be plots" in our raised beds for client's to sign up***
- ***Clients, or their families must be able to care for their own plants***
- ***Serenity will provide a max of 3 pots per client***

GrubClub

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

LAST MONTH

It was so fun to break out the grill for last month's Grub Club meal!
We made BBQ chicken breasts, cheesy potatoes, creamy grape salad and chocolate cherry dump cake.

June 2018

Events are subject to change!

SUN	MON	TUE	WED	THU	FRI	SAT
					1 SECOND TIME AROUND THRIFT STORE SALE Runnings FARM & FLEET Shopping Camping Day w/ Early Years Childcare	**2** Nail Day! Ice Cream SUNDAES Gloria Skalsky & Staff Roosevelt's Birthdays
3 Church Transportation Staff Stephanie's Birthday	**4** Rosary (East) @ 10:15 am West) @ 10:45 am WALKING CLUB	**5** Zippity Zingers *(West)* @ 2:00 Woodworking Group!	**6** BINGO West @ 1:30 Staff Amber's Birthday River City Church Group & S'Mores 6:30pm @ East	**7** Communion w/ Marlene ALDI Aldi's Shopping Appetizer Night @ 6:00	**8** Virgil Barta's Birthday WAL★MART Shopping	**9** Walter Pender's Birthday Nail Day! Ice Cream SUNDAES
10 Church Transportation	**11** Mass with Fr. Pat @ 10:45 am *(West)* WALKING CLUB	**12** Resident Council @ 10:45 am (West) Staff Jerrica's Birthday Woodworking Group!	**13** Father's Day Event! ***See Invite* BINGO East @ 1:30	**14** Resident Council @ 10:45 am (East) Hornbacher's Monthly Girlfriend's Gathering @ 2:30 *(West)* Appetizer Night @ 6:00	**15** DOLLAR TREE Shopping Moorhead Library Outing Flag Craft & Games w/ Early Years Childcare	**16** Nail Day! Ice Cream SUNDAES
17 Church Transportation HAPPY FATHER'S DAY	**18** Ardella Voss's Birthday Rosary (East) @ 10:15 am West) @ 10:45 am WALKING CLUB	**19** SONS of NORWAY Smorgasbord Woodworking Group!	**20** BINGO West @ 2:30	**21** CASH WISE FOODS Target. Shopping Appetizer Night @ 6:00	**22** Muriel Frisco's Birthday Serenity Golf Tournament!	**23** Nail Day! Scandinavian Festival Ice Cream SUNDAES
24 Church Transportation Staff Ashley's Birthday	**25** Rosary (East) @ 10:15 am West) @ 10:45 am WALKING CLUB	**26** Red Lobster Supper @ Red Lobster	**27** BINGO East @ 1:30	**28** CASH WISE FOODS Leo Osowski's Birthday Appetizer Night @ 6:00	**29** Staff Christy's Birthday Patriotic Craft & Games w/ Early Years Childcare WAL★MART Shopping	**30**

Mark Your Calendar!

JULY

July 4th = Independence Day

***Business Office Closed*

July 17th = Serenity Island Party **(TBD)**

June 1st = Early Years Childcare

June 15th = Early Years Childcare

June 29th = Early Years Childcare

TBD = 4th Annual Mini Golf Tournament

TBD = Senior Day & BINGO @ Red River Valley Fair

TBD = Island Party

TBD = Fry Bread Tacos

TBD = Wellness Celebration Parties!

AUGUST

TBD = Serenity Fantasy Football Draft

SEPTEMBER

September 9th = Grandparents Day Celebration!

A VERY HAPPY BIRTHDAY TO...

June 2nd
Gloria Skalsky & Staff Roosevelt

June 3rd
Staff Stephanie

June 6th
Staff Amber

June 8th
Virgil Barta

June 9th
Walter Pender

June 12th
Staff Jerrica

June 18th
Ardella Voss

June 22nd
Muriel Frisco

June 24th
Staff Ashley

June 28th
Leo Osowski

June 29th
Staff Christy

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!

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

SERENITY

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

FAMILY OWNED & OPERATED

2006 SERENITY Assisted Living 2016

CELEBRATING 10 YEARS

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