



Serenity Assisted  
Living & Memory  
Care  
Dilworth, MN

## Points of Interest:

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

# Serenity Snippets

January 2019

## New Year; Old Traditions

Another new year begins, and all around the world people will be popping champagne, singing “Auld Lang Syne,” and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these New Year’s traditions year after year?

Bubbly champagne is the drink of choice on New Year’s. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in religious celebrations such as consecrations and coronations. It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy. As champagne became cheaper and more accessible, it became the classiest beverage to offer during the holidays.

Scotland’s national poet Robert Burns penned the words to “Auld Lang Syne” in 1788 and sent them to the Scots Musical Museum, requesting that his lyrics be set to an old Scottish folk tune. The phrase *auld lang syne* roughly translates to “for old times’ sake,” and, fittingly, the nostalgic song is about preserving friendships. The tune was often sung at funerals, farewells, and other group celebrations. It finally made it to America in 1929, when the Guy Lombardo Orchestra played it at a New Year’s celebration in New York’s Roosevelt Hotel.

No New Year’s party is complete without a kiss at the stroke of midnight. In ancient times, the winter darkness was the domain of evil spirits. At New Year’s masquerade balls, scary masks were torn off at midnight, and a kiss was shared as an act of purification to chase away malign spirits. For centuries, New Year’s has been a time of celebration, nostalgia, and hope.



*Pictured here is Walter Pender  
and his daughter Julie. They won  
this year's Tree Decorating  
Contest!*



# JANUARY MOVIES

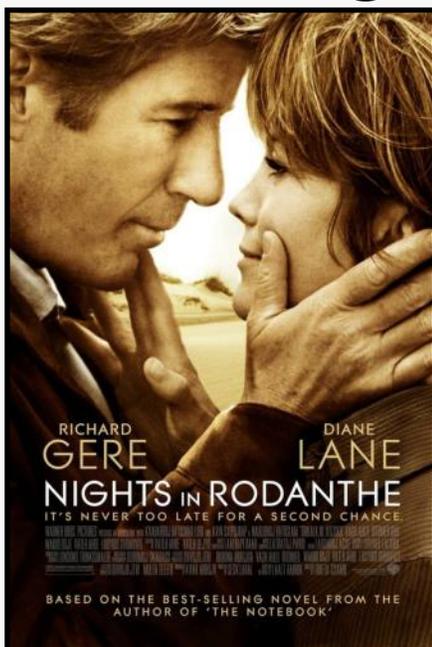
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

## The Phenom (2016)



A Major League rookie pitcher loses control over his pitching and is sent down to the minor leagues, where he begins sessions with an unorthodox sports psychologist. In the process, hidden conflicts with his overbearing father are brought to light.

## Nights in Rodanthe (2008)



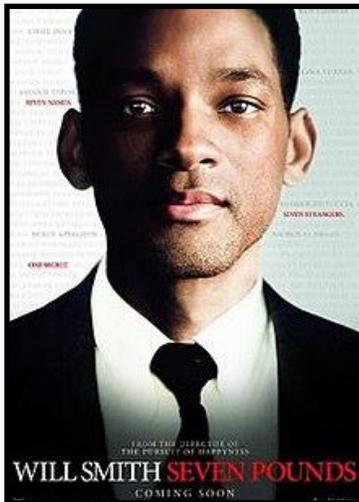
When Adrienne Willis (Diane Lane) arrives at the coastal town of Rodanthe, N.C., her life is in chaos. There, she hopes to sort through the trouble surrounding her, while tending a friend's inn for the weekend. The only guest at the inn is Dr. Paul Flanner (Richard Gere), a man tormented by a crisis of conscience. As a storm approaches the coast, Paul and Adrienne find comfort and a life-changing romance.

# JANUARY MOVIES



## Heidi (2015)

A remake of the classic story of a young girl lives in the Swiss Alps with her goat herding Grandfather.



## Seven Pounds (2008)

Ben Thomas is a man on a mission. Giving vital parts of his body to those desperately in need of a donor. Ben meets Emily Posa, a beautiful young woman at risk from a deadly heart condition. As Ben falls for Emily and begins to open up to her, it becomes clear there is something dark in his past that compels him to commit these apparent random acts of kindness.



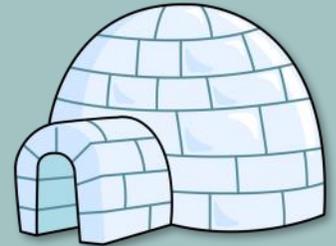
## The Theory of Everything (2014)

In the 1960s, Cambridge University student and future physicist Stephen Hawking falls in love with fellow collegian Jane Wilde. At 21, Hawking learns that he has motor neuron disease. Despite this -- and with Jane at his side -- he begins an ambitious study of time, of which he has very little left, according to his doctor. He and Jane defy terrible odds and break new ground in the fields of medicine and science, achieving more than either could hope to imagine.

# SNAPSHOTS



Outing to the Hi-Ho in Dilworth!



Some of our lefse crew for Heritage Baking Day!



Char & Mary (and over 20 more clients and Serenity staff) helped pack boxes of household essentials, food and toys for 621 local families for the Great North Pole! It is easily becoming one of Serenity's favorite traditions!

# SNAPSHOTS

Angeline snuggles a puppy visitor!



Inez and her daughters participate in Serenity's Tree Decorating Contest.



Santa, Mrs. Claus and an Elf came to visit Serenity for its annual open house! Sonja and her great-granddaughter stopped for a photo!

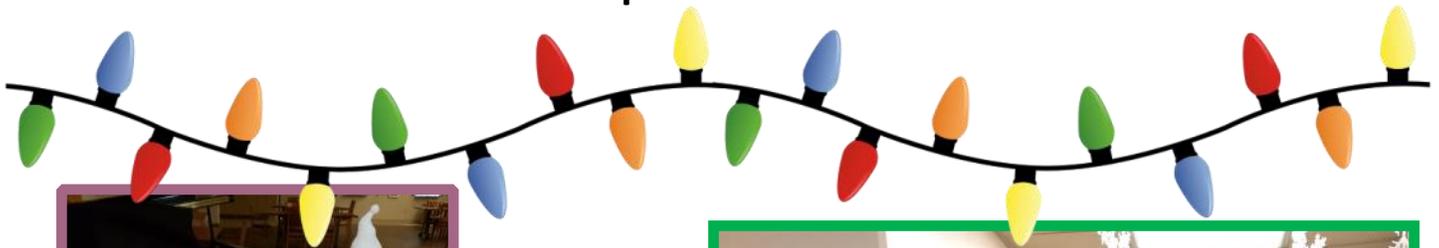


This year we decorated two trees to donate to our local churches; in turn they were given each to a family in need. Pictured here is Larry and the tree for Dilworth Lutheran.



# Elf on the Shelf

All month long in December, we found our elf, Buddy somewhere new around Serenity keeping an eye on everyone. It sure was fun to see who could find him first each morning! In fact...we made it competition to our clients. If they found the elf every day, their name would go into a drawing for our prize. Our winner...Dee Korbel! She won some cash! Check out our Facebook page for all the photos of our elf!



# Searching for January

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



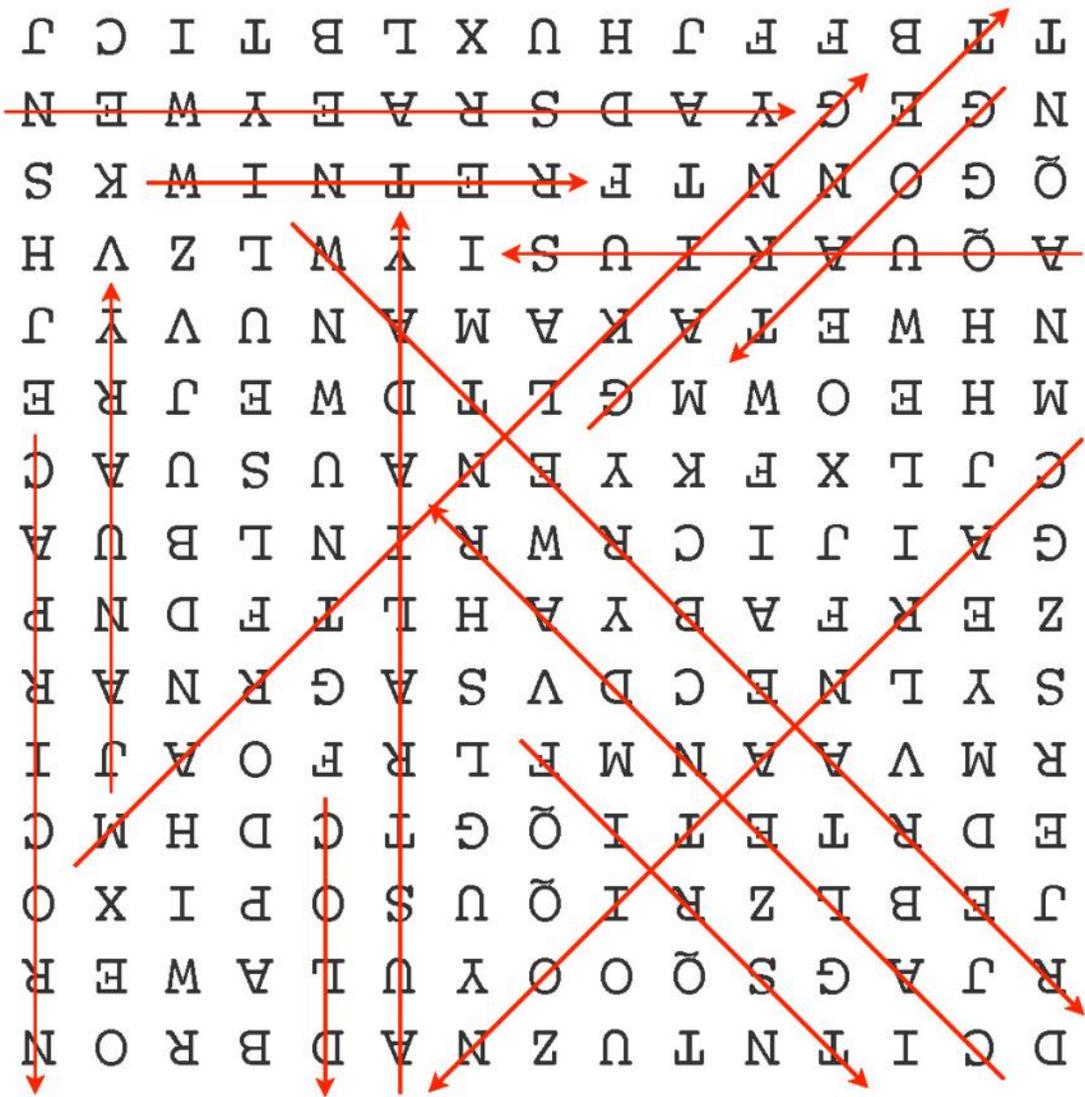
AQUARIUS  
AUSTRALIA DAY  
CALENDAR  
CAPRICORN  
CARNATION  
COLD  
FIRST



GARNET  
GOAT (Capricorn)  
JANUARY  
MARTIN L. KING (Day)  
NEW YEAR'S DAY  
WATER BEARER (Aquarius)  
WINTER

# Searching for January

(solution)





# JANUARY 2019



SUN	MON	TUE	WED	THU	FRI	SAT
Events are subject to change!		1	2 	3 Communion w/ Marlene  Appetizer Night @ 6:00	4 	5  NDSU National Champ Game @ 11 am <u>Wear Green &amp; Gold!</u>  Nail Day!  Ice Cream SUNDAES
6 Church Transportation	7	8 Wellness Finishers Celebration 11:30 am (Dine Out) East @ 1:45  Meeting @ 2:45 pm	9 Wellness Finishers Celebration 12:00 (Dine In)  River City Church Group @ 6:30pm	10 Baby Shower for Staff Jen Dibley @ 2 pm  Appetizer Night @ 6:00	11   @ 4:30 pm	12  Nail Day!  Ice Cream SUNDAES
13 Church Transportation	14   West @ 1:30	15 Resident Council @ 9:15 am (West)   Steve Kraushaar @ 1:30 (West) & 2:50 (South)	16 Mass with Fr. Pat @ 10:45 am  Lunch with Nurses @ Sickies  Shopping	17 Resident Council @ 10:45 am (East)   Dilworth Lutheran 2:00 (East) & 3:00 (West)  Appetizer Night @ 6:00	18  	19  Nail Day!  Ice Cream SUNDAES
20 Church Transportation	21  Men's Group (East) & Ladies (West) @ 2:00	22 East @ 1:30 pm	23 Shopping   Pie Outing @ 2:30 pm	24  St. Joe's 55+ Gathering @ 2 pm	25  	26  Nail Day!  Ice Cream SUNDAES
27 Church Transportation	28   West @ 1:30	29	30	31 Vic's @ 4:30 pm		

# Mark Your Calendar!

## FEBRUARY

**February 2nd** = Groundhog Day

**February 3rd** = Super Bowl

**February 14th** = Valentine's Day

**February 14th** = West Beaton Conservatory Music Program @ Noon (South) & 1:00 (West)

**February 26th** = Golden Notes @ 2 pm (West)

**February 24th** = Academy Awards

**TBD** = Chalk Couture

## MARCH

**March 5th** = Mardi Gras Carnival (*Fat Tuesday*)

**March 6th** = Ash Wednesday

**March 10th** = Daylights Savings

**March 17th** = St. Patrick's Day

**March 19th** = March Madness Tournament

## APRIL

**April 19th** = Good Friday

*January 6th*  
**Margaret Campbell**

*January 12th*  
**Deb Jacobson**

*January 16th*  
**Vernon Woltjer**

*January 18th*  
**Staff Halle**

*January 19th*  
**Jean Baird**

*January 26th*  
**Staff Cornell**

*January 31st*  
**Staff Donna**

A VERY HAPPY BIRTHDAY TO...

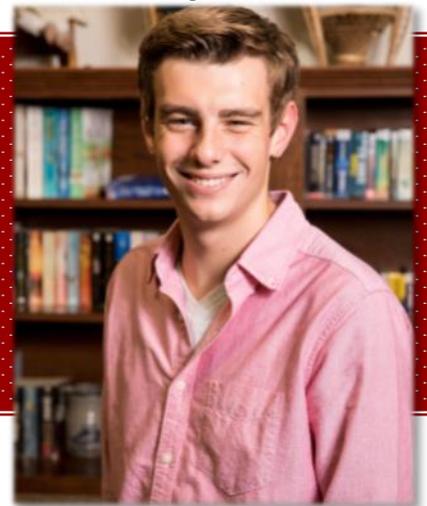
# MEET Staff Juliette!



Hello! My name is Juliette and I have been with Serenity for one full year. I am originally from Blaine, MN which is near the Twin Cities area. I currently am a student at Concordia College with goals to graduate with a nursing degree. Some things I enjoy doing when I am not at work are camping, traveling and playing my viola. I enjoy working at Serenity because I love the relationships I have been able to build with the residents and the staff!

## *Work Anniversary*

# MEET Staff Presley!



Hi! My name is Presley, and I have worked with Serenity for about a year now. I am from Hawley, MN and currently I am a senior at Hawley High School. In the fall I plan on starting college and majoring in nursing. I haven't decided for sure which college I will be attending, but maybe Concordia. When I am not at work, I enjoy walking my dog JoJo and canoeing. I enjoy working at Serenity because I like being able to help people. I think that the clients here have done so much and have gotten us this far so I want to give back.



**SENIOR  
ADULT  
MINISTRY**

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**55+ MINISTRY**

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**WHERE:** St. Joseph's (*Moorhead*)

**WHEN:** Thursday, January 24th  
@ 2:00 pm

**WHAT:** Fleece Fun With No Sew Blankets and Boucle Finger-Looping Yarn Demonstrations. Kathy Bresee will demonstrate a couple of different methods of creating no sew fleece blankets and a unique finger-looping yarn which is soft and designed to be able to quickly and easily work up elegant projects like a fringe scarf using fingers. There will be a few door-prize drawings for some fleece blanket and loop yarn projects! Lunch and community will follow the demonstrations.

**NEXT EVENT:** February 28th:  
Over the Top Cake & Cupcake  
Decorating

**\*\*Serenity provides  
transportation!\*\***



# Wellness

# Update



Our ladies and gentlemen celebrated Quarter 4 of Wellness! Serenity rewards participants with an outing to the Pizza Ranch in Dilworth...and if they can't make it out, we bring in the goodies right here! Check out some statistics and highlights from last quarter:

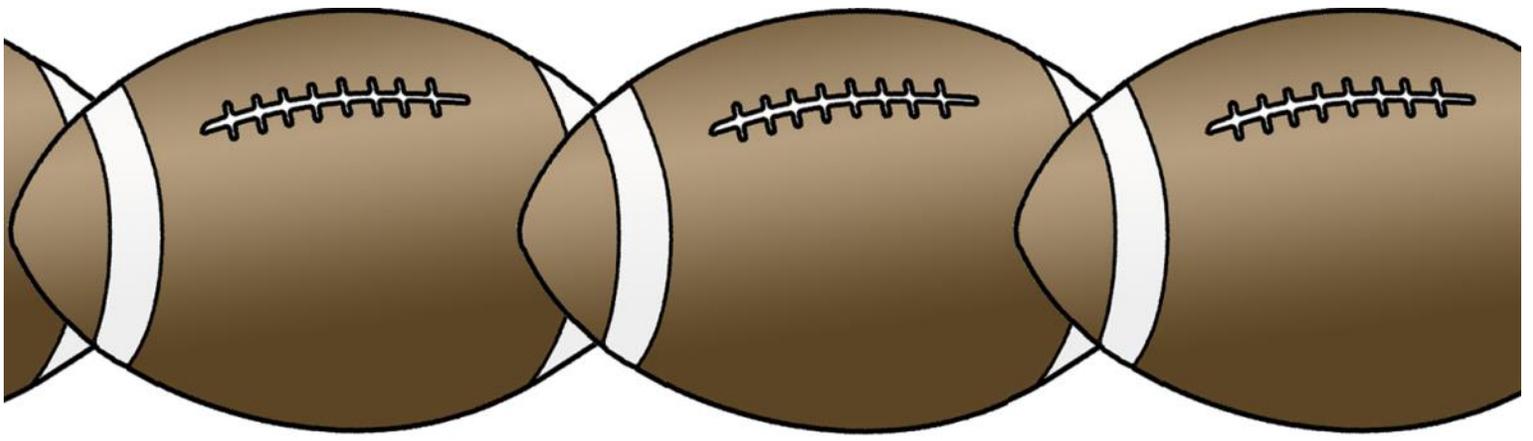
- *Shirley broke the serenity walking test with 1,885 feet!*
- *Paul, Randy, Judie and Larry are maxing out the strength test!*
- *Overall Testing residents went up*
- *Balance tests were **GREAT!***
- *Yvonne, Ellie and Esther's strength and walk went up quite a bit!*
- *Janeene and Ardella's strength went up*

Our Wellness Program is pivotal to good health and happier selves.

**AMAZING** job to all of our participants! Let's make 2019 even better!



*More photos on  
our Facebook  
page!*



Many clients and staff participated in a weekly football Pick 'Em Leage. Each week, participants guessed which teams would win. Pictured here are our latest winners! We can't wait for next season!

**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**

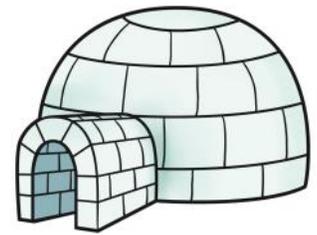
**701-429-0136**

(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!

From the Desk of...

# Elaine Anderson



**Dear Family & Friends,**

With the new year ahead of us, it is a pleasure to reflect upon the good times we had last year. We have shared wonderful news, as well as unfortunate sorrow, and we know we have many blessings for which we can be thankful. We also realize that we are not perfect, but we certainly put forth an amazing effort. Let's look forward to the year ahead and the positive opportunities it brings with it. Here's is our commitment to each of you.

Serenity Assisted Living & Memory Care places a high priority in acknowledging and appreciating all of you as individuals. We recognize each of you and value your own routines and lifestyles. Those of us on the Leadership team strive to supplement and enrich your lives through providing the services and assistance that you need to remain as independent as possible. Some days due to scheduling specifics – this is a hard task and can be very difficult. Along with scheduling is the finically concern that often holds us backs – because of state guideline.

Do know that we here at Serenity pledge to provide dignity, protect your privacy and ensure a safe, secure environment. We will remain steadfast in our efforts to provide the services to meet your current needs and will offer flexibility in meeting needs of the future. We strive to build trusting, personal relationships with each of you and your families. We acknowledge the unique opportunity of being included in the process of helping each of you and your family members while assisting in making important and sensitive decisions. We are committed to providing an environment where families feel comfortable and informed about their loved one's daily lives and healthcare on an on-going basis.

We are committed to the employment of caring with specially trained staff. We will not only perform to the standard of positive care, but will be progressive and conscientious in our commitment to excellence. We will foster a working environment where staff feel valued for the knowledge and expertise they bring to our community.

Serenity will make every effort to ensure that each adult residing with us enjoys life to its fullest as best we can. We will provide continuously maintained and updated amenities when revenue is available. We will feature high quality furnishings and handsomely decorated interior that will cultivate a cozy and comfortable atmosphere for all. Our commitment to excellence will be evident in the delectability and variety provided in each dining experience with a five-week rotation. Our activity and enrichment program will be tailored to the special and varied interests regarding each of you. We are dedicated to providing opportunities that will enrich and stimulate the knowledge, wisdom, spirituality and joy of each of you.



**Happy Holidays!**

*Elaine Anderson*

# Who to Contact



**Jennifer Fillipi**  
Nurse

nurse@serenityassistedliving.com

218-477-7254 Ext: 222

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



**Marissa Lupkes**  
Nurse

rn@serenityassistedliving.com

218-477-7254 Ext:221

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



**Amanda Paquin**  
Nurse (Memory Care)

amanda@serenityassistedliving.com

218-477-7254 Ext:223

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



**Becky Gustofson**  
Assistant Administrator

becky@serenityassistedliving.com

218-477-7254 Ext:233

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



**Elaine Anderson**  
Owner/Administrator

elaine@serenityassistedliving.com

218-477-7254 Ext:231

- 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: 232

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



**Tim Anderson**  
Owner/CFO

tim@serenityassistedliving.com

218-477-7254 Ext: 233

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



**Richard Anderson**  
Director of Accounting

richard@serenityassistedliving.com

218-477-7254 Ext:234

- Billing statements
- Medicaid questions
- Maintenance



**Carol Miranowski**  
Life Enrichment

activities@serenityassistedliving.com

218-477-7254 Ext:250

- Administer & delegate activities
- Coordinates weekly activities



**Stephanie Miller**  
Wellness Coordinator

wellness@serenityassistedliving.com

218-477-7254 Ext:235

- 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 12 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](mailto: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](mailto:denise@serenityassistedliving.com)