



Points of Interest:

- **January Birthdays**
- **Monthly Activity Calendar**
- **Photos**

SNiPPeTS

January 2026

NORTH to the FUTURE

For many, the statehood anniversary pairs naturally with the season of resolutions and fresh beginnings. Just as individuals set goals for the year ahead, Alaska once set its sights on growth, self-determination, and a stronger voice within the nation. That step forward, more than six decades ago, remains a reminder of what it means to embrace change and move with confidence into the unknown.

Moose, a familiar sight to residents and visitors alike, can also serve as a fitting symbol for the season. Towering and powerful, yet able to withstand harsh conditions, the moose embodies strength and resilience. These qualities mirror the challenges Alaskans have faced—from extreme weather to geographic isolation—and the determination that helped them build thriving communities in the years since statehood.

Today, Alaska continues to look forward while honoring its past. Statehood Day isn't just a historical date; it's an annual reminder of endurance, adaptability, and possibility. Whether you live in Alaska or simply admire its story from afar, the anniversary offers inspiration for the start of a new year.

As we settle into January, Alaska's journey can encourage us to take our own steps toward renewal. Like the state that looked north and saw its future, we too can embrace new beginnings with strength, resilience, and hope for the year ahead.



SNAPSHOTS



SNAPSHOTS



WINTER

word search

Can you find all the words related to winter?

z	v	r	y	e	n	x	w	t	y	x	p	v	e	s
y	x	a	e	v	x	i	s	a	e	b	f	w	w	e
s	n	e	t	t	i	m	u	f	s	y	o	e	n	o
k	h	b	w	i	h	s	x	g	e	m	a	o	c	m
l	p	r	u	e	v	r	n	a	n	t	q	l	t	c
i	i	a	d	x	m	f	r	o	e	e	j	s	r	s
s	f	l	g	b	f	m	s	r	w	n	p	e	f	i
n	d	o	l	i	u	l	f	m	f	f	o	y	t	l
o	k	p	w	f	b	g	g	g	v	q	l	j	y	b
w	k	i	f	s	l	e	d	d	i	n	g	a	v	h
m	b	s	l	f	s	l	p	b	a	a	c	i	k	v
a	j	w	r	r	q	n	s	x	a	y	o	k	g	e
n	t	a	b	l	a	n	k	e	t	t	u	g	j	e
h	c	h	m	v	p	r	e	b	m	z	g	t	f	k
s	u	s	x	m	m	r	v	h	q	o	h	m	j	y

blanket

earmuffs

polar bear

snowflake

boots

mittens

scarf

snowman

cough

penguin

sledding

sweater

ANSWER SHEET

z	v	r	e	y	n	x	w	t	y	x	p	v	e	s
y	x	a	e	v	x	!	s	a	e	b	f	w	w	e
s	n	e	t	t	!	m	u	f	s	y	o	e	o	o
k	h	b	w	!	h	s	x	g	e	m	a	o	c	m
l	p	r	e	n	v	r	a	n	u	t	q	l	t	c
!	!	a	d	x	o	r	e	e	j	s	r	s	!	s
s	f	l	g	b	f	m	s	r	w	u	p	e	f	!
u	d	o	l	!	n	l	f	m	f	f	o	y	t	l
o	k	p	w	f	s	l	f	p	a	a	c	!	k	v
a	j	w	r	r	q	r	b	u	s	x	a	y	o	e
u	t	a	b	l	a	n	k	e	t	z	g	n	g	j
h	c	h	m	v	p	r	e	b	m	z	g	t	t	k
s	n	s	x	m	m	r	v	h	q	o	h	m	j	y

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January 2026



SUN	MON	TUE	WED	THU	FRI	SAT
Events are subject to change!				1 Beer & Wine Night	2	3 Nail Day! 🛠️
4 Ice Cream SUNDAES Vikings vs. Packers @ Noon VIKINGS	5 Rosary & Catholic Communion @ 10 am 	6	7  Monthly Birthdays Shopping *Please sign up. BINGO 	8 Beer & Wine Night	9	10 Nail Day! 🛠️
11 Ice Cream SUNDAES	12 Rosary & Catholic Communion @ 10 am	13	14 Shopping *Please sign up. BINGO 	15 Wellness Finishers Lunch  Dilworth Lutheran 2:00 (East) & 2:30 (West)  Beer & Wine Night	16	17 Nail Day! 🛠️
18 Ice Cream SUNDAES	19 Rosary & Catholic Communion @ 10 am	20	21 Shopping *Please sign up. BINGO  ALZ Class @ 3 pm	22 Beer & Wine Night	23	24 Nail Day! 🛠️
25 Ice Cream SUNDAES	26 Rosary & Catholic Communion @ 10 am  Dine & Dance memory cafe 11:30 am - 1:30 pm	27	28 Shopping *Please sign up. BINGO	29 Beer & Wine Night	30	31 Nail Day! 🛠️

UP NEXT

FEBRUARY

February 8th = Super Bowl

February 14th = Valentine's Breakfast (TBD)

February 18th = Ash Wednesday

MARCH

March 15th = March Madness Basketball Brackets

March 29th = Palm Sunday

APRIL

April 5th = Easter

January 1st
Staff Fartun & Staff Morris

January 2nd
Petra Roquet & Staff Chloe

January 8th
Staff Ashlea

January 17th
MaryAnne Linder

January 22nd
Gayle Hanson

January 24th
Vera Wixo

January 25th
Fran Jenson

January 26th
Chef Tina

January 28th
Lucy Knoll & Sandy Hawk

A VERY HAPPY BIRTHDAY TO...

MEET

Jane McGough

(WEST CAMPUS)

Where were you born and raised?

Jane was born and raised in Moorhead, MN.

Tell us about yourself:

Jane has 1 brother and 4 sisters.

Did you marry? Tells about your spouse; how did you meet?

Jane married Richard McGough. Richard was also from Moorhead and they met in Jr. High.

Do you have children?

Richard and Jane have 3 children, 1 girl and 2 boys.

Did you work outside the home?

Jane did office work at ACSC and AT&T. She also worked at the potato house in Downer and the nursing home in Barnesville.

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

Jane didn't have a lot of spare time, but when she did she enjoyed gardening and working outside the yard.

What else should we know about you?

Jane and Richard were foster parents for over 10 years and cared for many children.

If you won a million dollars, how would you spend it?

Jane would share it with family and friends.

*Welcome
Jane*

Understanding Alzheimer's & Dementia



Class Description

ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems with memory, thinking and behavior.

Topics Covered Include:

- The impact of Alzheimer's
- The difference between Alzheimer's and dementia
- Alzheimer's disease stages and risk factors
- Current research and treatments available to address some symptoms
- Alzheimer's Association resources

Upcoming Class

January 21, 2026

3:00 pm-4:00 pm

Serenity Memory Care

1251 3rd Ave NW

Dilworth, MN 56529

Presented by: Julie Praska-Moser, Alzheimer's Association

NURSE MARISSA 10 YEARS



Color and return to Presley or Denise to surprise Marissa for her
10 year work anniversary this month!



**1ST ANNUAL
SALLY AWARDS**

BEST OF THE BEST

**HELP US NOMINATE SERENITY
TEAM MEMBERS FOR OUR 1ST
ANNUAL SALLY AWARDS.**

**FILL OUT YOUR NOMINATION
FOR EACH CATEGORY AND
RETURN IT TO A SERENITY
NURSE BY JANUARY 11TH AT
NOON.**

SALLY AWARD NOMINATIONS

INSTRUCTIONS:

- Vote for **ONE** employee per category
- Please do not vote for yourself
- Write the full name clearly on the line provided

1. The Resident Whisperer

For the staff who connects effortlessly with residents—even on hard days.

2. Call Light Champion

Always answering before it feels like it rang twice.

3. The Shift Saver

Steps in, stays late, or jumps in without being asked.

4. Gentle Hands Award

Known for patience, kindness, and respectful care.

5. Most Likely to Say "I've Got It"

The ultimate team player on the floor.

6. Calm in the Chaos

Unshakeable—even when the unit is busy.

7. The Memory Care MVP

Consistent, compassionate, and steady with residents who need extra support.

8. Above & Beyond (When No One's Watching)

Quietly goes the extra mile.

9. The Clinical Rock

Dependable, knowledgeable, and trusted by staff and families.

10. The Educator

Always teaching, coaching, and answering questions.

11. Crisis? Handled.

Keeps their cool when things get serious.

12. The Advocate

Speaks up for residents and staff alike.

13. Most Likely to Fix It Before It's a Problem

Proactive and detail-oriented.

14. The Behind-the-Scenes Hero

Keeps everything running—even when no one sees it.

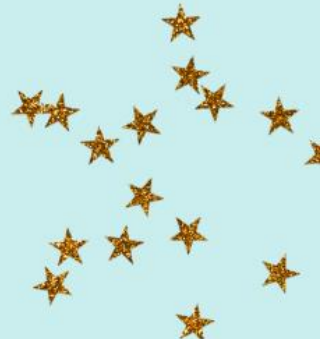
15. The Problem Solver

Always knows who to call or how to fix it.





- **16. Most Likely to Answer "I Can Help With That"**
Approachable and supportive across departments.
- **17. The Multitasking Master**
Juggles it all without dropping the ball.
- **18. The Glue Award**
Holds departments together and keeps communication flowing.
- **19. Teamwork Makes the Dream Work**
Always jumps in to help.
- **20. Positive Vibes Only**
For the person whose energy improves every room they walk into and reminds us that attitude truly matters.
- **21. Five Steps Ahead**
For the teammate who always has the plan, the backup plan, and probably the extra supplies—just in case.
- **22. Human Call Light**
Residents always find them.
- **23. Most Likely to Smile at 6 am**
Positive face and attitude to start the day.
- **24. Above & Beyond**
Even When No One's Watching
- **25. The Pillar Award**
For the team members who have truly stood the test of time. Their dedication, loyalty, and institutional wisdom make them the pillars that hold our community together.



BEST^{OF}_{THE} BEST

- **Spirit of Serenity**
Our MVP is someone we can always count on. They don't just do their job—they do it with heart, reliability, and a willingness to help wherever needed. Our residents feel it, our team feels it, and we are better because of them.
- **Rising Star**
This is someone who hasn't just learned the job—they've elevated it.

Care Team Name Bank:

Fartun	Jenna	Max	Adrianna	David
Ethan	Emma	Lisa	Vinny	Chloe
Mette	Shafii	Ava	Grace	Kadyn
Grace A.	Nyah	Nora	Mckenzie	Ky'juan
Toutou	Mackayla	Khloe	Mya	Chelsey
Nyibol	Katie	Jamie	Kendra	Claire
Kayla	Jelissa	Kailee	Gracyn	Musu
Shyloh	Mallory	Jocelyn	Hannah	Stephanie
Indy	Aurora	Chris	Madelyn	Rose
Elsie	Kim	Morris	Pauline	Viola
America	Lola	Renata	Geri	Laura
Khloe	Stacie	Kristin	Christine	

DINING TEAM NAME BANK:

Dylan
Debbie
Tina

Austyn
Isabelle
Aurora F.

Jake
Heidi
Tyson
Shawn

Ancillary Team Name Bank:

Ashlea
Grace C.

Sandy
Chad

Carol
Ava
Jill



Salon at Serenity

CALL TAMMY
218-790-4326

****PRIMARY TAKES APPOINTMENTS AT THE
EAST & SOUTH CAMPUS.**



Serenity

Family Owned
& Operated

218-477-7254



Please contact us for further information
or to schedule a tour.

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