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Serenity Assisted
Living & Memory
Care
Duluth, MN

Points of Interest:

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

SNiPPETS

January 2026

North to the Future

Every January, as we turn the calendar to a new year, Alaskans mark another milestone: the anniversary of statehood. On January 3, 1959, Alaska officially became the 49th state of the United States, opening a new chapter in its history and symbolizing resilience, opportunity, and the promise of 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.

Alaska's motto, "North to the Future," captures this spirit. Chosen shortly after statehood, it reflects both the geographic identity of America's northernmost state and the sense of direction it offers. The words suggest not only exploration but also progress—ideas that fit well with the energy of January, when many people look ahead with renewed purpose.

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



SNAPSLOTS



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

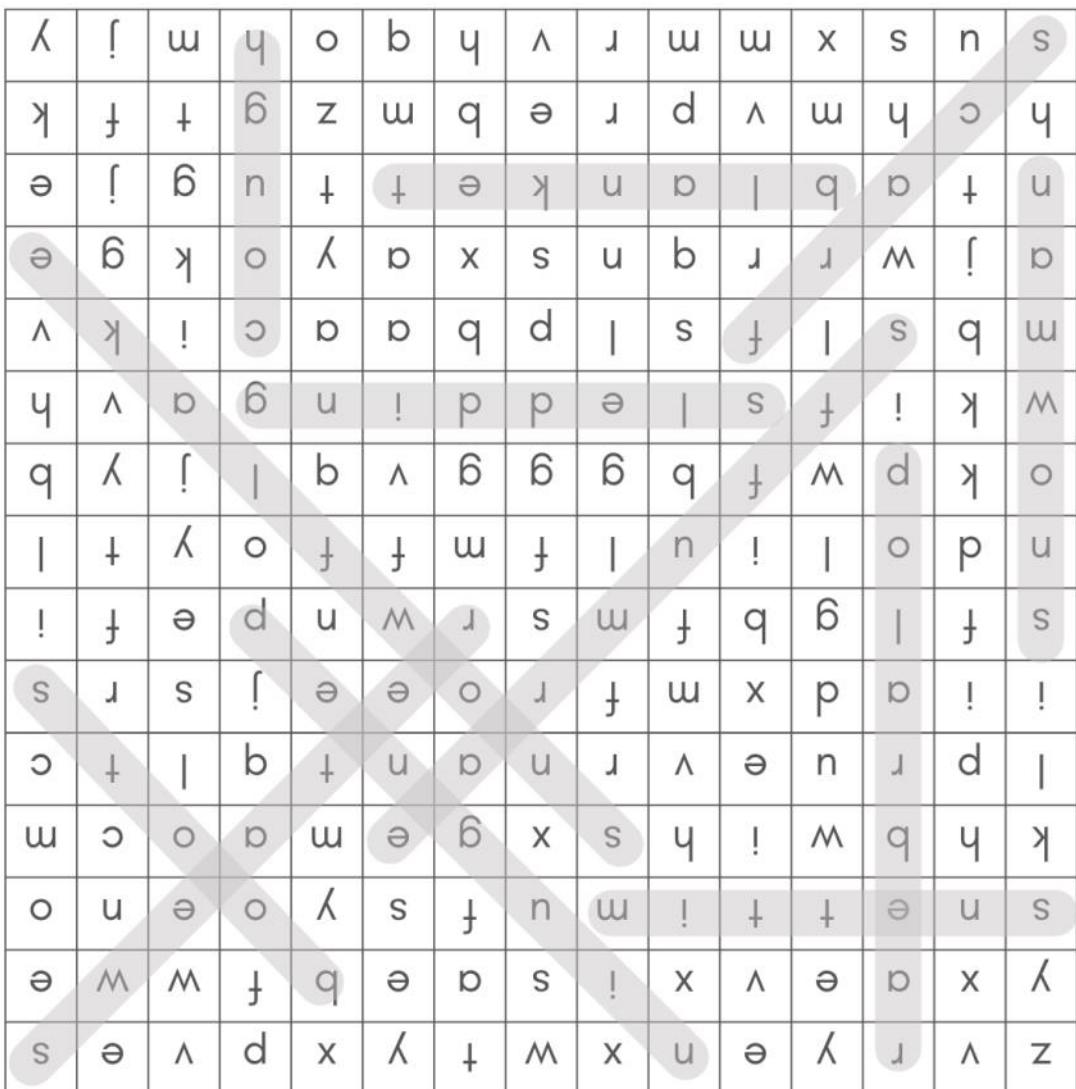
cough

penguin

sledding

sweater

| | | | |
|---------|----------|------------|-----------|
| blanket | earmuffs | polar bear | snowflake |
| boots | mittens | scarf | snowman |
| cough | penguin | sledding | sweter |
| | | | |



ANSWER SHEET



January 2026



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

Events are subject to change!

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

EVERY 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



The North Dakota Dementia Care Services Program Presents

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 NOMIATION
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:

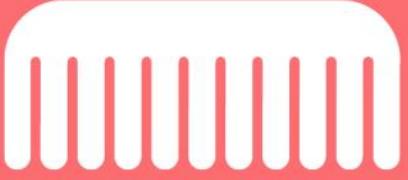
| | | | | |
|----------|----------|---------|-----------|-----------|
| Fartun | Jenna | Max | Adrianna | David |
| Ethan | Emma | Lisa | Vinny | Chloe |
| Mette | Shafii | Ava | Grace | Kadyn |
| Grace A. | Nyah | Nora | Mckenzie | Ky'juan |
| Toutou | Mackayla | Khloe | Mya | Chelsey |
| Nyibol | Katie | 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 | Austyn | Jake |
| Debbie | Isabelle | Heidi |
| Tina | Aurora F. | Tyson |
| | | Shawn |

Ancillary Team Name Bank:

| | | |
|----------|-------|-------|
| Ashlea | Sandy | Carol |
| Grace C. | Chad | 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.

denise@serenityassistedliving.com