



Serenity Assisted  
Living & Memory  
Care  
Dilworth, MN

## Points of Interest:

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

# Serenity Snippets

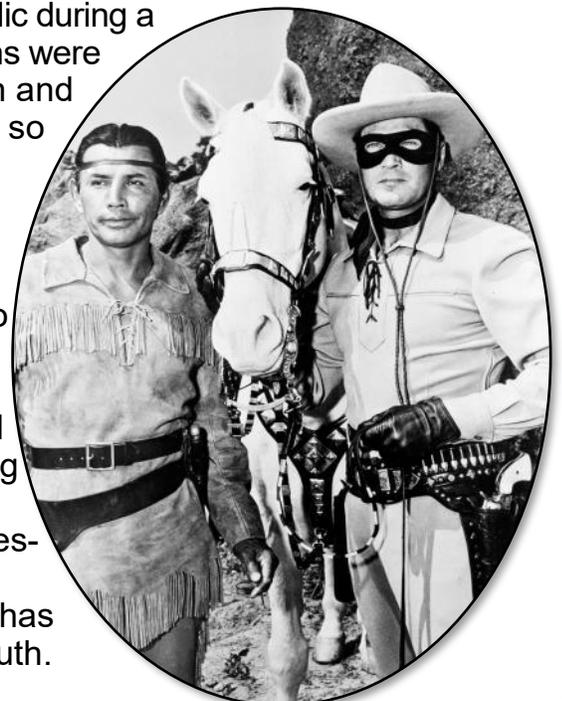
January 2019

## Hi Ho, Silver

On January 31, 1933, a Detroit radio station hit broadcasting gold when it aired the first episode of a western series called *The Lone Ranger*. It was an instant hit, and 2,956 radio episodes were produced, followed by a series of books and television shows, a half-dozen movies, and countless games and toys. *The Lone Ranger* phenomenon became a cultural touchstone for an American nation hungry to romanticize its Wild West roots.

Perhaps the greatest appeal of the Lone Ranger was in his strict moral code. He may have hidden behind his signature black mask, but he never hid his desire for truth and justice. The Lone Ranger always used perfect grammar and never swore or used slang. He never drank or smoked. Scenes never took place in rough saloons but in restaurants serving food rather than liquor. The Lone Ranger had a pistol, as any western hero should, but he never shot to kill. He instead used his gun to disarm others and bring them to jail. Criminals were never glamorized with wealth or fame, nor did they enjoy positions of power. These decisions were made deliberately by the show's creators, Fran Striker and George W. Trendle. They intended *The Lone Ranger* to be wholesome family entertainment with a hero destined to become an honorable American icon.

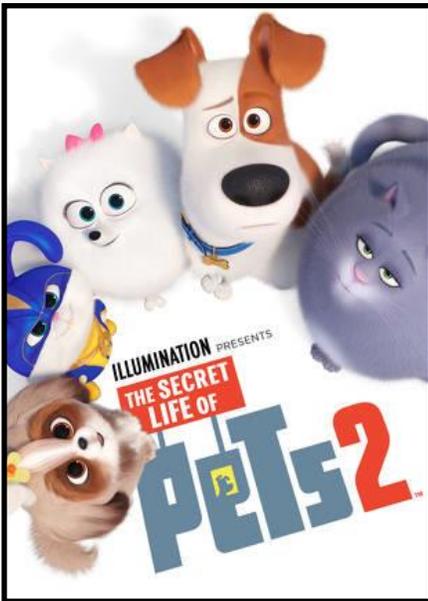
*The Lone Ranger* hit the American public during a particularly fragile time. Many Americans were suffering during the Great Depression and had lost faith in their government and social institutions. The public needed a working-class hero—an ordinary man with extraordinary abilities—who promised to protect those who couldn't help themselves and bring order to a lawless frontier. Such a hero was easily adaptable to any era or medium. As such, *The Lone Ranger* transitioned easily into books, television, and the big screen over the decades. While *The Lone Ranger* has suffered its critics, especially due to its depiction of Native Americans, the Lone Ranger himself has endured as a symbol of justice and truth.



# January Movies

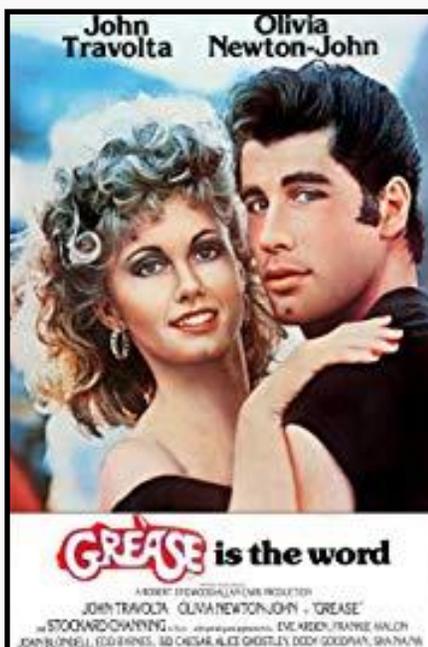
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

## Secret Life of Pets 2 (2019)



Max the terrier encounters canine-intolerant cows, hostile foxes and a scary turkey when he visits the countryside. Luckily for Max, he soon catches a break when he meets Rooster, a gruff farm dog who tries to cure the lovable pooch of his neuroses.

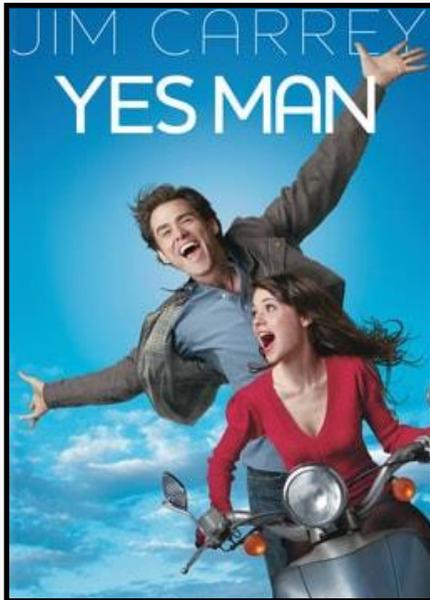
## Grease (1978)



Experience the friendships, romances and adventures of a group of high school kids in the 1950s. Welcome to the singing and dancing world of "Grease," the most successful movie musical of all time. A wholesome exchange student (Olivia Newton-John) and a leather-clad Danny (John Travolta) have a summer romance, but will it cross clique lines?

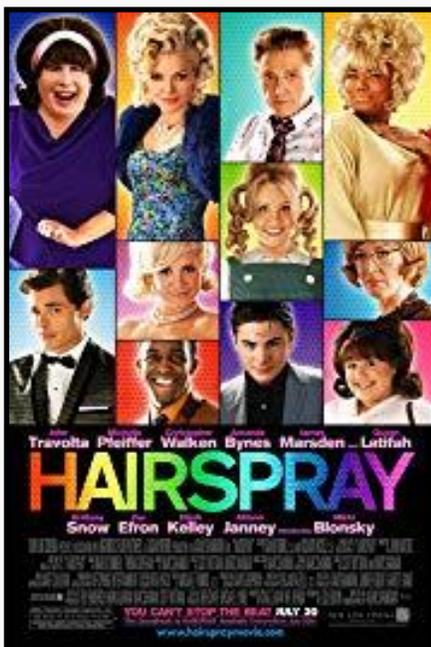
# December Movies

## Yes Man (2008)



Carl Allen (Jim Carrey) is stuck in a rut with his negative ways. Then he goes to a self-help seminar and learns to unleash the power of yes. Living in the affirmative leads him to all sorts of amazing and transforming experiences; he gets a job promotion, and even finds a new romance. But Carl finds that too much of anything, even positive thinking, is not necessarily a good thing.

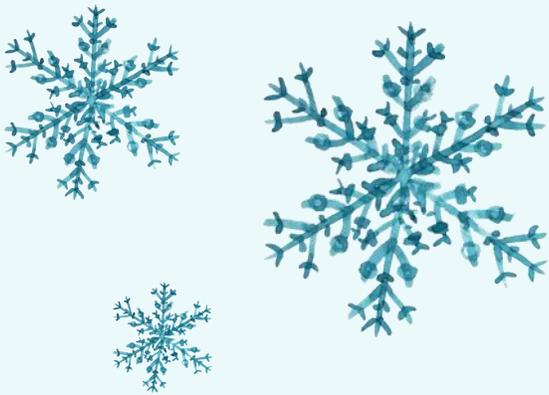
## Hairspray (2007)



In 1960s Baltimore, dance-loving teen Tracy Turnblad (Nikki Blonsky) auditions for a spot on "The Corny Collins Show" and wins. She becomes an overnight celebrity, a trendsetter in dance, fun and fashion. Perhaps her new status as a teen sensation is enough to topple Corny's reigning dance queen and bring racial integration to the show.

# SNAPSHOTS

**Staff Senia had her baby! Meet Amelia Elizabeth, born on December 23rd! She weighed 6 lb., 13 oz and mom says she's a wonderful sleeper! Congrats Senia!**



**Our client bell choir performed in December and did a fantastic job!**



# SNAPSHOTS



Lillian and Ardella help wrap presents for a family in need.



Millie shows off her holiday gift from Serenity!



Pat festively makes lefse for the holiday season!

# Searching for January

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



AQUARIUS

AUSTRALIA DAY

CALENDAR

CAPRICORN

CARNATION

CHINESE NEW YEAR

FIRST



GARNET

GOAT (Capricorn)

JANUARY

MARTIN L. KING (Day)

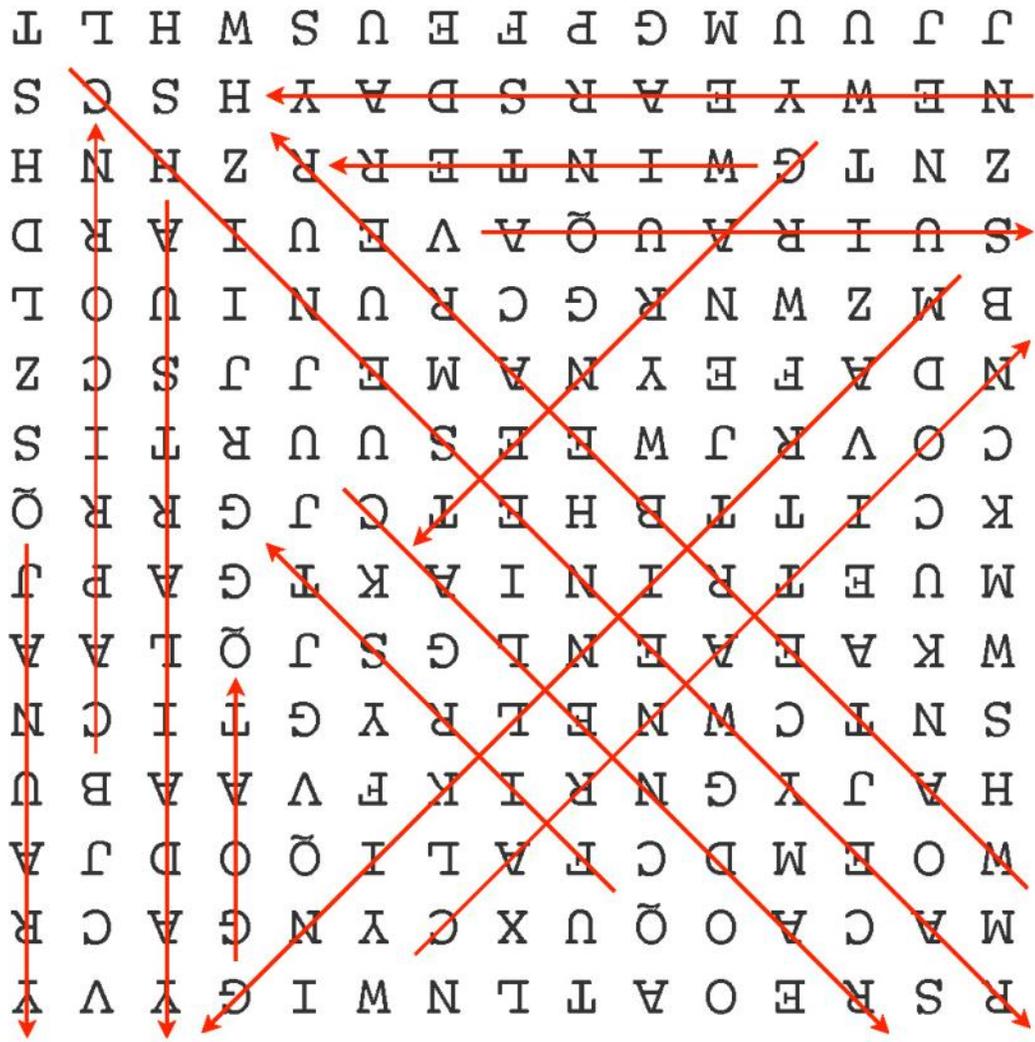
NEW YEAR'S DAY

WATER BEARER (Aquarius)

WINTER

# Searching for January

(solution)





# January 2020



SUN	MON	TUE	WED	THU	FRI	SAT
			1  Moorhead Library <b>Shopping Outing</b> <b>WAL*MART</b> Shopping <i>Hornbacher's</i>  River City Church Group East (6:30pm)	2 Communion w/ Marlene  Appetizer Night @ 6:00	3	4 <b>Nail Day!</b>  Ice Cream SUNDAES
<b>Events are subject to change!</b>						
5 <b>Church Transportation</b>	6  <b>China Buffet</b> @ 11 am	7 <b>Family Council</b> @ 10:45 am (West) <b>Bible Study</b> @ 3:45 pm	8   <b>Target Shopping</b>  <b>Tim Mosser</b> @ 1:15 pm (West)	9 <b>Family Council</b> @ 10:45 am (East) <b>Wellness Finishers Celebration</b> 11:30 am (Dine Out)  <b>BINGO East @ 2:00 pm</b> <b>New Hire Training</b> Appetizer Night @ 6:00	10 <b>Wellness Finishers Celebration</b> 12:00 (Dine In)  <b>West Beaton Music @ 2pm (East) &amp; 3pm (South)</b> 	11 <b>Nail Day!</b>  Ice Cream SUNDAES  <b>NDSU vs. James Madison</b> @ 11 am <b>Wear Green &amp; Gold!</b>
12 <b>Church Transportation</b>	13	14 <b>Bible Study</b> @ 3:45 pm	15  Moorhead Library <b>Shopping Outing</b> <b>WAL*MART</b> Shopping <i>Hornbacher's</i> <b>BINGO West @ 2:00 pm</b>	16 <b>Dilworth Lutheran</b>  2:00 (East) & 2:30 (West) Appetizer Night @ 6:00	17	18 <b>Nail Day!</b>  Ice Cream SUNDAES
19 <b>Church Transportation</b>	20  <b>Catholic Mass</b> @ 10:15 am (South)	21 <b>Bible Study</b> @ 3:45 pm	22  <b>SECOND TIME AROUND THRIFT STORE</b> Five Locations  <b>SALE</b> <b>BINGO West @ 2:00 pm</b>	23 <b>Appetizer Night @ 6:00</b>	24 <b>West Beaton Music @ 2pm (West) &amp; 3pm (South)</b> 	25 <b>Nail Day!</b>  Ice Cream SUNDAES
26 <b>Church Transportation</b>	27	28 <b>Bible Study</b> @ 3:45 pm	29  Moorhead Library <b>Shopping Outing</b> <b>WAL*MART</b> Shopping <i>Hornbacher's</i> <b>BINGO East @ 2:00 pm</b>	30	31	

# Mark Your Calendar!

## JANUARY

**January 23rd** = Senior Outreach: Building Better Health & Choices Program by Sanford

## FEBRUARY

**February 2nd** = Groundhog Day

**February 2nd** = Super Bowl

**February 9th** = Academy Awards

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

**February 25th** = New Horizons Band @ 2:00 pm (West)

**February 25th** = Mardi Gras Carnival (*Fat Tuesday*)

**February 26th** = Ash Wednesday

**February 27th** = Senior Outreach: *Differences Between Espressos & Frappes w/ Caribou Coffee*

## MARCH

**March 8th** = Daylights Savings

**March 15th** = March Madness Tournament

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

January 12th  
**Deb Jacobson**

January 19th  
**Jean Baird**

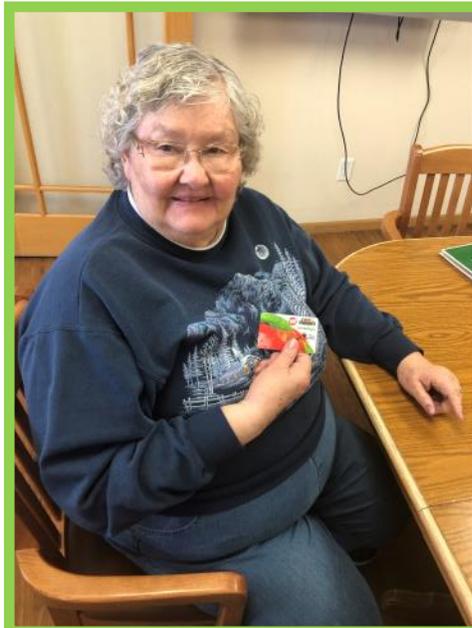
January 26th  
**Staff Cornell**

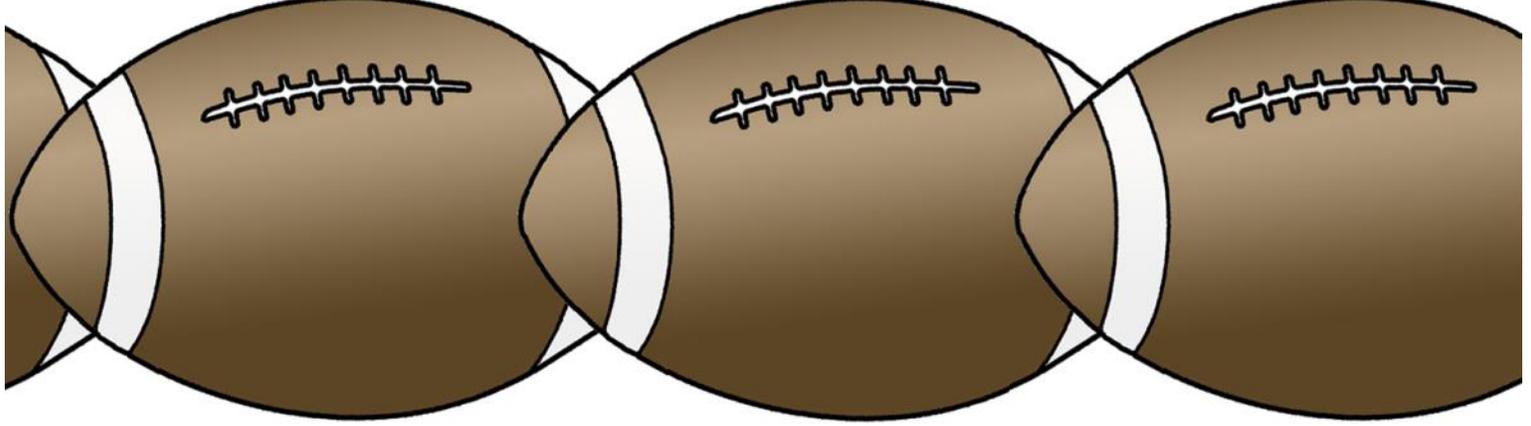
January 31st  
**Staff Donna**

A VERY HAPPY BIRTHDAY TO...

# 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 winners...Maxine at East and Lillian at West! Check out our Facebook page for all the photos of our elf!





**Many clients and staff participated in a weekly football Pick 'Em Leage. Each week, participants guessed which teams would win. Pictured here are some of our 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 STACEY**

**701-552-1872**

(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!



January 1, 2020

Dear Clients, Families and Staff of Serenity,

We are thrilled to announce that Diane McGavin has accepted the position of Life Enrichment Assistant, starting Thursday, January 2<sup>nd</sup>. Diane grew up in Fargo and has three sons: Jared, Josh & Jordan. She has twin, 11-year-old boy-girl twin grandkids (Cora and Lee) and last week had her third grandbaby, Jaxon! She has worked in Life Enrichment in the past as well as has prior experience teaching 1<sup>st</sup> grade for many years and attended college for OTA. She loves spending time with family and friends, and summers at the lake! She loves to read and quote, "Boy do I like coffee!"

Diane is excited to be joining the Serenity team. Her experiences from Serenity and other positions will be invaluable in meeting Serenity's goals and objectives.

Join us in welcoming Diane! Diane will be assisting Carol with Life Enrichment activities, specifically in the South Campus (Memory Care). Diane is going to be incredible in this role and we are eager to see her grow professionally!

Diane's office will be at the South Campus starting the week of January 6<sup>th</sup> and can be reached via email at [diane@serenityassistedliving.com](mailto:diane@serenityassistedliving.com)

Thanks to everyone for making Serenity Assisted Living & Memory Care such a loving place!

Sincerely,

Elaine Anderson  
Administrator/Owner/LSW



# Who to Contact



**Jennifer Fillipi**  
Nurse (West Campus)

nurse@serenityassistedliving.com  
218-477-7254

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



**Marissa Lupkes**  
Nurse (East Campus)

rn@serenityassistedliving.com  
218-477-7254

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



**Amanda Paquin**  
Nurse (Memory Care)

amanda@serenityassistedliving.com  
218-477-7254

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



**Greta Klinnert**  
HR Generalist

greta@serenityassistedliving.com  
218-477-7254

- Personnel Management
- Employee Benefits Management
- Employee Scheduling



**Elaine Anderson**  
Owner/Administrator

elaine@serenityassistedliving.com  
218-477-7254

- 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

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



**Tim Anderson**  
Owner/CFO

tim@serenityassistedliving.com  
218-477-7254

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



**Richard Anderson**  
Director of Accounting

richard@serenityassistedliving.com  
218-477-7254

- Billing statements
- Medicaid questions
- Maintenance



**Carol Miranowski**  
Life Enrichment

activities@serenityassistedliving.com  
218-477-7254

- Administer & delegate activities
- Coordinates weekly activities



**Stephanie Miller**  
Wellness Coordinator

wellness@serenityassistedliving.com  
218-477-7254

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



**Diane McGavin**  
Life Enrichment Assistant

diane@serenityassistedliving.com  
218-477-7254

- Administer & delegate activities
- Coordinates weekly activities



**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



### Serenity Assisted Living

is owned and operated by the Anderson-Tollefson families, which has provided over 13 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)