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Serenity Assisted
Living & Memory
Care
Dilworth, MN

Serenity Snippets

March 2020

Points of Interest:

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

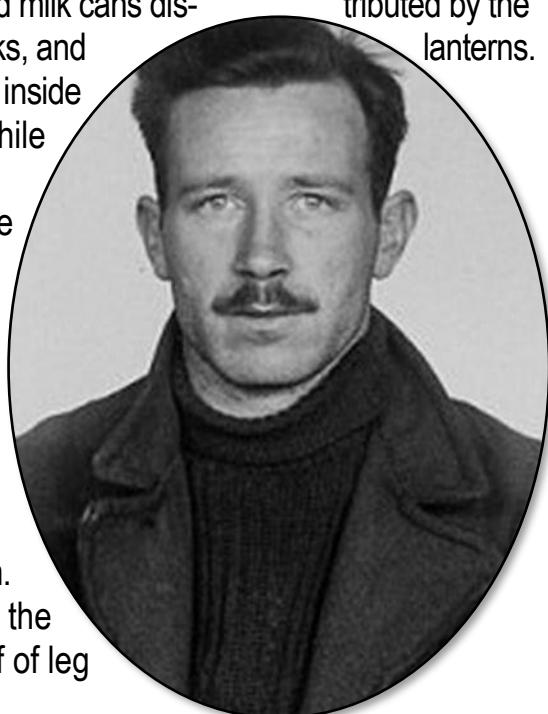
Great Escape

On March 24, 1944, the British bomber pilot Leslie "Johnny" Bull poked his head out of the ground and took his first breath of freedom after suffering as a prisoner of war in the Nazi-controlled Stalag Luft III camp. The so-called "Great Escape" had begun, one of the most daring mass breakouts ever attempted during wartime.

In 1944, the camp housed over 10,000 Allied service members. The location of the camp was chosen in part due to its sandy soil, which made any attempts to tunnel out extremely difficult. This did not deter Royal Air Force Squadron Leader Roger Bushell from devising a grand tunneling scheme. His plan consisted of "three bloody deep, bloody long tunnels," code-named Tom, Dick, and Harry. Previous escapes had been attempted, but none on the scale Bushell proposed. Not only did he oversee the excavation of three tunnels but he also devised a system of signals that allowed POWs to track prison guards and communicate their whereabouts. He also procured civilian clothes for escapees, forged travel documents, and equipment for the 600 digging inmates. As the plan's mastermind, Bushell was given the code name "Big X."

His plan proved ingenious. Powdered milk cans distributed by the Red Cross were fashioned into shovels, picks, and excavated dirt was smuggled to the surface inside inmates' trouser legs and then scattered while the prisoners walked around. The tunnels were 30-feet deep and just 2-feet square, the walls shored up with pieces of wood scavenged from all over the camp, most notably the prisoners' bunk beds. Many of the guards, who were openly anti-Nazi, assisted in the procuring of forged documents and materials. By the moonless night of March 24, 1944, the tunnel "Harry" was complete, and 76 men tunneled to freedom. Of the 76 escapees, 73 were captured, but the dramatic "Great Escape" became the stuff of legend and a Hollywood blockbuster.

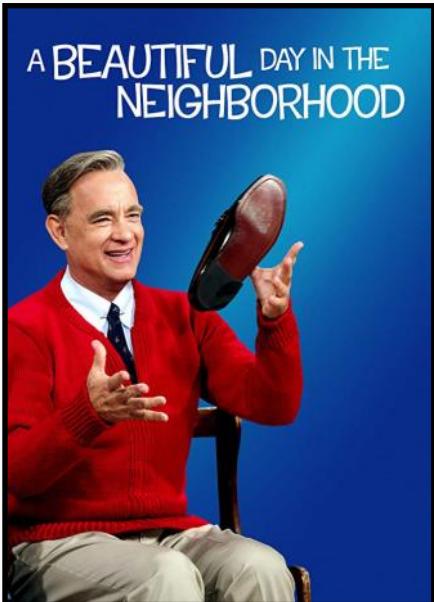
tributed by the
lanterns.



March Movies

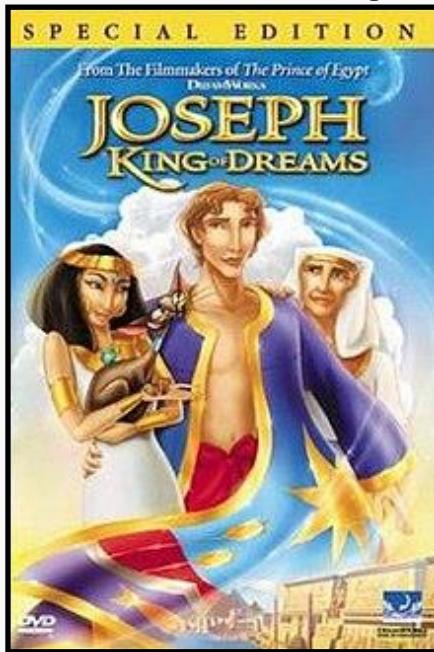
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

Beautiful Day in the Neighborhood (2019)



Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers. He approaches the interview with skepticism, as he finds it hard to believe that anyone can have such a good nature. But Roger's empathy, kindness and decency soon chips away at Vogel's jaded outlook on life, forcing the reporter to reconcile with his own painful past.

Joseph King of Dreams (2000)



A boy's ability to see the future results in familial discord, taking him away to Egypt, where he helps the pharaoh protect the kingdom from disaster.

March Movies

Hop (2011)



Beneath Easter Island, in a giant factory that manufactures the world's Easter candy, the popular rabbit is preparing to pass the mantle to his son, E.B. (Russell Brand). But E.B. has no interest in the job and would rather be a drummer. He runs away to Los Angeles, where an unemployed slacker named Fred O'Hare (James Marsden) accidentally runs into him. Feigning injury, E.B. tricks Fred into giving him shelter, but an oversized chick is planning a coup back on Easter Island.

Ford vs. Ferrari (2019)



American automotive designer Carroll Shelby and fearless British race car driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete against the race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966.

Searching for March

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

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



AQUAMARINE

MARCH

SPRING

ARIES

PISCES

ST. PATRICK'S DAY

DAYLIGHT SAVINGS

PURIM

THIRD

FISH (Pisces)

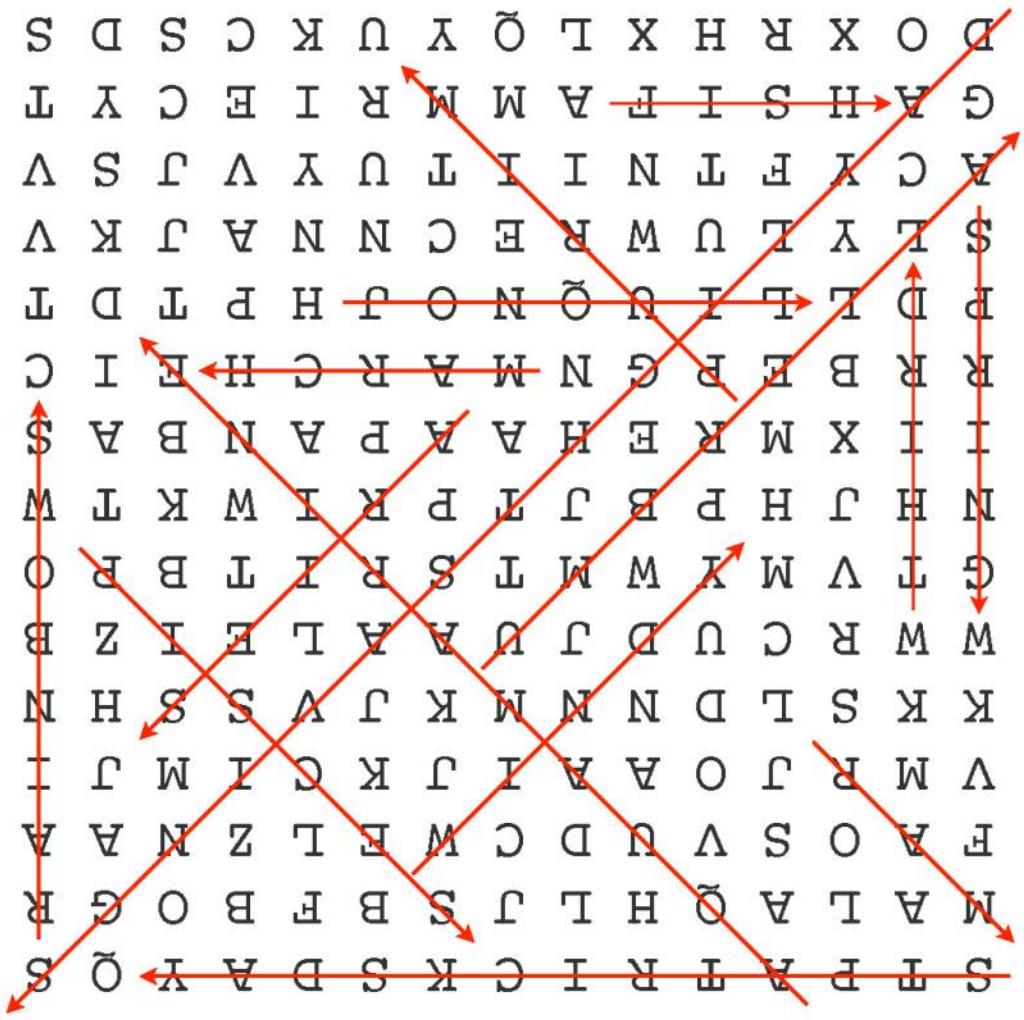
RAINBOWS

UMBRELLA

JONQUIL

RAM (Aries)

WINDY



(solution)

Searching for March

March 2020

Mark Your Calendar!

MARCH

March 17th = St. Patrick's Day

March 26th = Twins Home Opener

APRIL

April 9th = Mr. Sparkle Window Washing

April 10th = Good Friday Service @10:15 am (*South*)

April 12th = Easter

MAY

May 2nd = Kentucky Derby

May 5th = Cinco de Mayo

May 12th = Mother's Day

May 17th = Syttende Mai

TBD = Mothers & Others Luncheon

May 25th = Memorial Day (*Business Office Closed*)

JUNE

June 26th = Slew Foot Family Band @ 1:00 pm (*West*)

UPCOMING

February 23rd, 2021 = New Horizon Band @ 2:00 pm (*West*)

March 6th
Nurse Amanda

March 7th
Staff Renata
Staff Christopher
Staff Jen D.
Staff Senia

March 11th
Staff Caitlin

March 12th
Staff Brianna

March 15th
Harris Schenck &
Staff Morgan

March 16th
Staff Danielle &
Staff Lexi

March 19th
Staff Jodi

March 20th
Staff Juliette

March 21st
Staff Madison

March 23rd
Staff Emily &
Staff Anna

March 23rd
Jeanne Kelly

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SNAPSHOTS



Arvilla and Donna visit a 2nd grad classroom in Fargo to talk about school when they were young and get Valentines the class made for everyone!



This crew looks great in their Mardi Gras gear!

Joyce helped make Valentines for all the Serenity staff!



Linda received some Valentine love from Diversified Crop Insurance!



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)

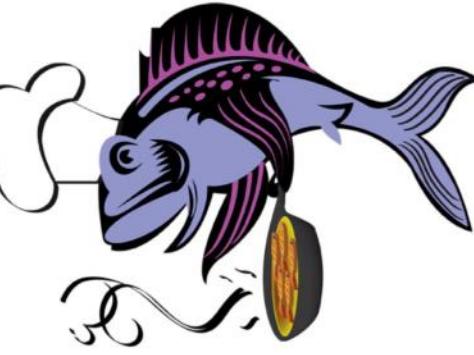
Since the salon is unlicensed, you are welcome to invite your own stylist to use the salon, other than Wednesdays when there are standing appointments. Be sure that stylist you invite in has a Homebound license with the Minnesota Board of Cosmetology!



K N I G H T S
OF COLUMBUS®

Immaculate Heart of Mary
Council #4463

Friday Lenten Fish Fry's



DATES: **February 28th, March 6th, 13th, 20th, 27th, April 3rd.**

Serving From

5:00pm-7pm

Mega Meal- \$13.00

Adult Meal- \$10.00

Youth Meal- \$7.00

Children 5 and under eat free

St. Francis de Sales

601 15th Ave. N

\$1 of each meal sold up to **500** meals will be donated to support St. Joseph's School.

\$2 of each meal sold from **501** to **1000** meals will be donated to support St. Joseph's School.

\$3 of each meal sold above **1000** meals will be donated to support St. Joseph's School.

Thank you for your support and fellowship

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



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