



Serenity Assisted
Living & Memory
Care
Dilworth, MN

Points of Interest:

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

Serenity Snippets

May 2019

The Big Cheese

Every May a wide field of intrepid contestants converges on Cooper's Hill outside the small village of Gloucester in England. They will throw themselves down the 650-foot hill, risking life and limb, to chase a rolling nine-pound wheel of double Gloucester cheese. This is the extreme sport of cheese rolling.

No one knows how this strange pastime originated. Some say that it came from an ancient pagan rite of spring, where bundles of burning brushwood were rolled down the hillside to represent the rebirth of spring after the dead of winter. After the burning bundle was rolled down the hill, buns, biscuits, and sweets were scattered over the hilltop as an offering to the spirits and to ensure a plentiful harvest. Likewise, no one knows when the rolling bundle of burning sticks became a wheel of cheese. What we do know is that the event was first recorded for posterity in 1826. Notes on that year's cheese rolling were recorded by the town crier, and from those notes, it is understood that even then the event had long been a pastime.

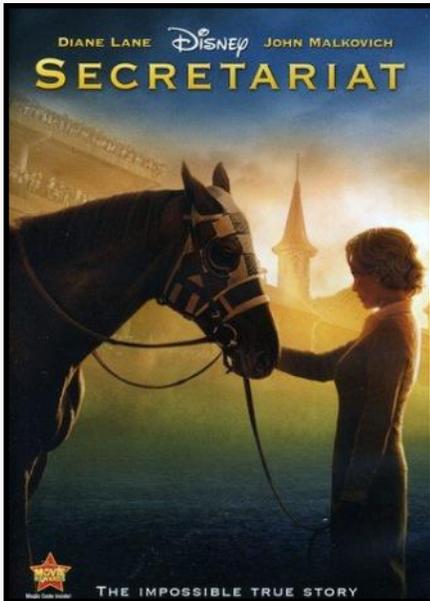
The event is rather simple. Contestants assemble at the top of Cooper's Hill and wait for the master of ceremonies to push the cheese down the slope. A second after the cheese is released, the contestants follow. The first to grab the cheese is the winner. However, the cheese may reach speeds of up to 70 mph, so usually no one catches the cheese. In that case, the first to cross the finish line is declared the winner. As simple as the competition sounds, there is nothing easy about chasing the cheese down the hill. Each year, many people suffer serious injuries. Paramedics wait at the hill's foot, ready to cart the injured off to local hospitals. Chris Anderson, a repeat champion, has suffered bruised kidneys, a concussion, and a torn calf for his victories. In 2013, in an attempt to mitigate the risk, the speeding wheel of cheese was swapped with a foam replica. Not to worry, the grand prize still remains. Winners, of course, get to take home the cheese.



May MOVIES

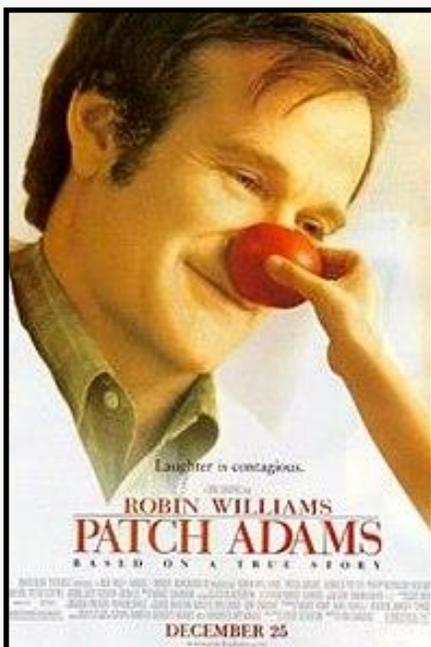
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

Secretariat (2010)



Despite her lack of experience, housewife and mother Penny Chenery (agrees to take over management of the family Thoroughbred farm after her father becomes ill. Successfully navigating her way through the male-dominated world of horse racing, Chenery, together with veteran trainer Lucien Laurin, fosters a gifted colt that ultimately crosses the finish line into history as the Triple Crown winner in 1973.

Patch Adams (1998)



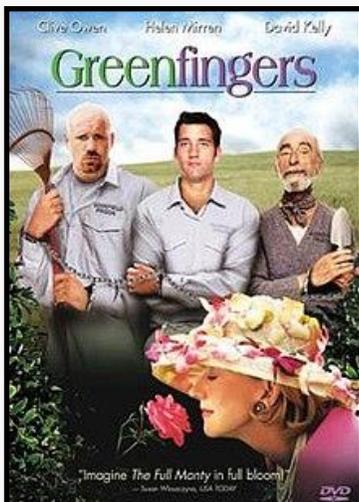
Robin Williams is Patch Adams, a doctor who will do anything to make his patients laugh -- even if it means risking his own career -- in this inspiring comedy based on a true story.

MAY MOVIES



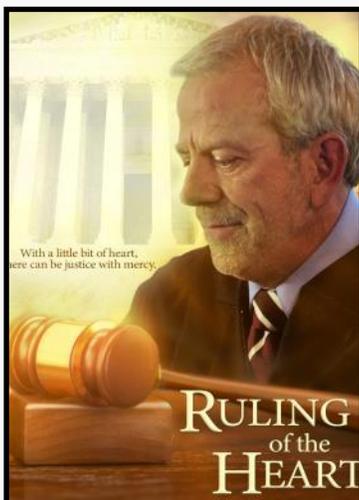
Life Itself (2018)

When a strict judge gets stuck in a café during a snowstorm, he's confronted by two people he made judgments against and learns that the truth isn't always what appears on the surface. As he looks deeper into the lives of others, as well as himself, he finds the proper balance between justice and mercy.



Greenfingers (2001)

Inmate Colin Briggs is introduced to gardening and when the thriving prison garden attracts the attention of flamboyant gardening expert, Georgina Woodhouse (Helen Mirren), she offers to sponsor the inmates in an upcoming flower show. At the Hampton Court Flower Show, Colin meets Georgina's daughter and a romance blooms.



Ruling of the Heart (2018)

When a strict judge gets stuck in a café during a snowstorm, he's confronted by two people he made judgments against and learns that the truth isn't always what appears on the surface. As he looks deeper into the lives of others, as well as himself, he finds the proper balance between justice and mercy.

SNAPSHOTS



Bev & Bonnie get some Vitamin D!



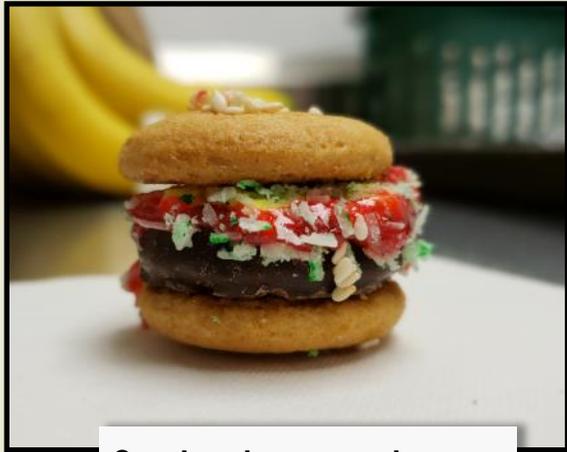
Evonne & Erling try out the new electronic awnings!



Judy is our East Campus winner for our Jellybean contest! Congrats, Judy!



SNAPSHOTS



Carol and crew made some pretty clever April Fool's "burgers!"

Mel participated in an Easter game competition!

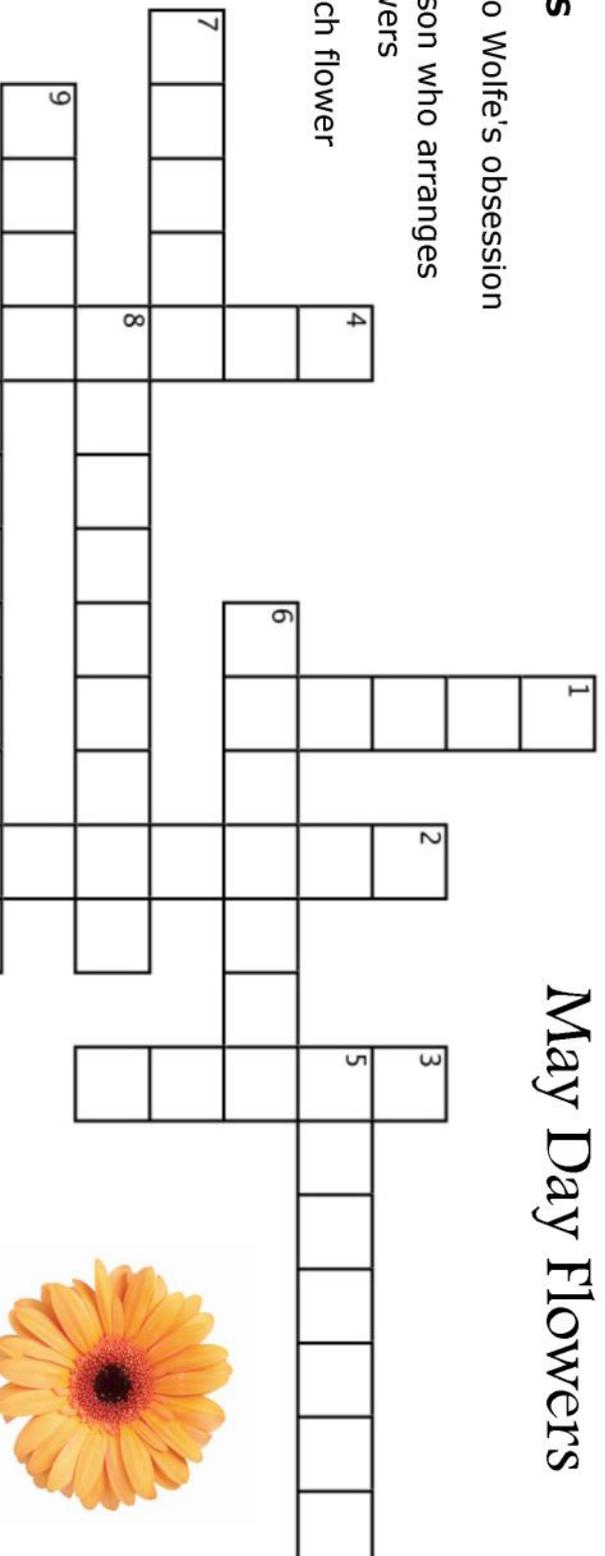


Congrats to some of our quarterly Wellness Finishers. They got to celebrate with Pizza Ranch!

May Day Flowers

ACROSS

5. Nero Wolfe's obsession
6. Person who arranges flowers
7. Dutch flower



ACROSS

8. Plant that lives more than two years
9. Memorial Day flower
10. Yellow spring flower
11. For the bride
12. Flower with sword-shaped leaves
13. Flowers that live only one year
14. *The Yellow _____ of Texas*

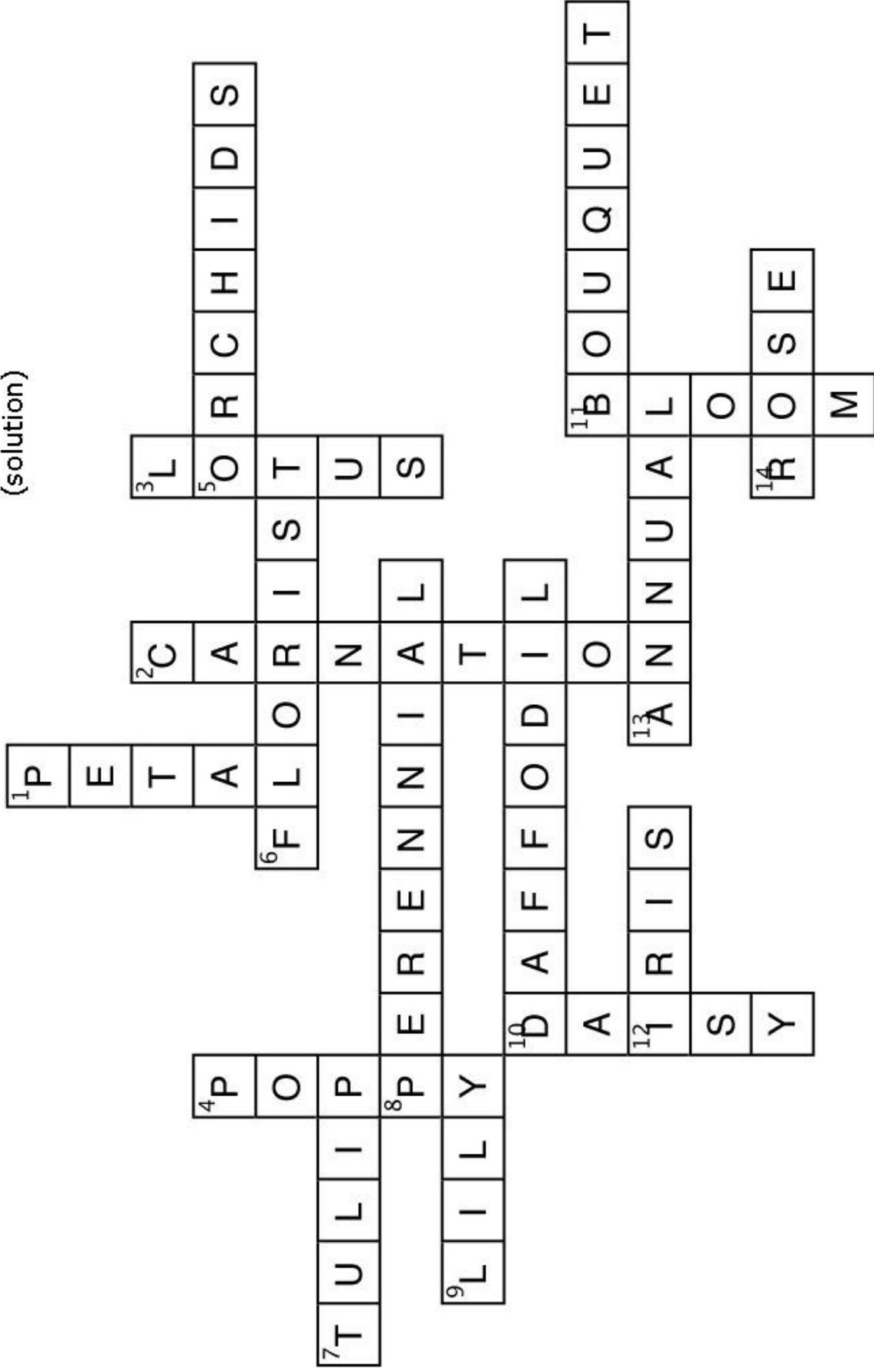
DOWN

1. Flower part
2. A white sport coat with a pink _____
3. Large water lilly
4. Veteran's Day flower
10. Donald Duck's girlfriend
11. Blossom



May Day Flowers

(solution)





May 2019



SUN	MON	TUE	WED	THU	FRI	SAT
<div style="border: 1px solid black; padding: 5px; background-color: #e0e0e0;"> Events are subject to change! </div>			1  Moorhead Library Shopping Outing WAL*MART Shopping  River City Church Group East (6:30pm)	2 Communion w/ Marlene  Appetizer Night @ 6:00	3 	4 Nail Day!  Ice Cream SUNDAES
5 Church Transportation	6  West @ 1:00 pm **Note time change.  Notables @ 2:00 pm (West)	7 Fryn' Pan @ 11:00  	8  Shopping Overnight Staff Appreciation 	9 Mothers & Others Appetizer Night @ 6:00	10  Aldi's Shopping	11 Nail Day!  Ice Cream SUNDAES
12 Church Transportation HAPPY MOTHER'S DAY	13   East @ 2:00 pm  Meeting @ 3:00 pm	14 Resident Council @ 10:45 (West) New Hire Training  Outing Shop for Flowers!	15  Catholic Mass @ 10:45 am (South) 	16 Resident Council @ 10:45 am (East) Dilworth Lutheran 2:00 (East) & 3:00 (West)  Appetizer Night @ 6:00	17  @ 10:00 am  	18 Nail Day!  Ice Cream SUNDAES
19 Church Transportation	20   West @ 2:00 pm	21 	22  Shopping  Moorhead Library Shopping Outing	23	24  Men's Group (East) @ 2:15	25 Nail Day!  Ice Cream SUNDAES
26 Church Transportation	27  Memorial Day Business Office Closed	28   East @ 2:00 pm	29  Shopping	30	31 	Appetizer Night @ 6:00

Mark Your Calendar!

JUNE

June 11th = Zippity Zingers @ 2:00 pm (West)

June 21st = Longest Day

TBD = Serenity Golf Tournament

TBD = Father's Day Lunch

JULY

July 16th = Prime Time Choir @ 6:45 pm

TBD = Senior Day & BINGO @ Red River Valley Fair

TBD = Island Party

AUGUST

August 13th = Slew Foot Family @ 2:00 pm (West)

UPCOMING

December 3rd = Slew Foot Family @ 4:00 pm (West)

May 1st
Staff Kayla J.

May 4th
Staff Jo Ann

May 6th
**Juanita Sudenga
& Nurse Jen**

May 7th
**Larry Skalsky &
Sid Jackson**

May 13th
Pat Arvidson

May 19th
**Joyce Scobey &
Staff Katie**

A VERY HAPPY BIRTHDAY TO...



MOTHERS AND OTHERS

WHAT

Men and women...come celebrate your mother, sister, aunt or friend at our Mothers & Others event. There will be a variety of salads for lunch, refreshments other nibbles.

Compete in our **MOST UNIQUE HAT** contest for a chance to win a prize...men, that includes you too!

WHEN & WHERE

Thursday, May 9th from Noon—1:30 pm.

East or West Campus...wherever your loved one lives.

***Entertainment will be at the West Campus only.*

RSVP

Please RSVP to Denise at denise@serenityassistedliving.com or 218-477-7254 by Monday, May 6th so we can plan accordingly. There will be a seating arrangement in order to fit all guests so please be considerate and RSVP.

UNABLE TO ATTEND?

Join us at 3:00 on Saturday, May 11th for our regularly scheduled 'Ice Cream SUNDAE' build your own dessert bar!

MINNESOTA TWINS

MAY SCHEDULE

5/1/2019	7:10 PM	Astros at Twins	TV: ESPN ----- Radio: TIBN
5/2/2019	12:10 PM	Astros at Twins	TV: FSNO ----- Radio: TIBN
5/3/2019	6:05 PM	Twins at Yankees	TV: FSNO ----- Radio: TIBN
5/4/2019	12:05 PM	Twins at Yankees	TV: FSNO ----- Radio: TIBN
5/5/2019	12:05 PM	Twins at Yankees	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
5/6/2019	6:07 PM	Twins at Blue Jays	TV: FSNO ----- Radio: TIBN
5/7/2019	6:07 PM	Twins at Blue Jays	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
5/8/2019	6:07 PM	Twins at Blue Jays	TV: FSNO ----- Radio: TIBN
5/10/2019	7:10 PM	Tigers at Twins	TV: FSNO ----- Radio: TIBN
5/11/2019	1:10 PM	Tigers at Twins	TV: FSNO ----- Radio: TIBN
5/12/2019	1:10 PM	Tigers at Twins	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
5/13/2019	6:40 PM	Angels at Twins	Local TV: FSNO ----- Radio: TIBN
5/14/2019	6:40 PM	Angels at Twins	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
5/15/2019	12:10 PM	Angels at Twins	TV: FSNO ----- Radio: TIBN
5/16/2019	9:10 PM	Twins at Mariners	TV: FSNO ----- Radio: TIBN
5/17/2019	9:10 PM	Twins at Mariners	TV: FSNO ----- Radio: TIBN
5/18/2019	9:10 PM	Twins at Mariners	TV: FSNO ----- Radio: TIBN
5/19/2019	3:10 PM	Twins at Mariners	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
5/20/2019	9:07 PM	Twins at Angels	TV: FSNO ----- Radio: TIBN
5/21/2019	9:07 PM	Twins at Angels	TV: FSNO ----- Radio: TIBN
5/22/2019	8:07 PM	Twins at Angels	TV: FSNO ----- Radio: TIBN
5/24/2019	7:10 PM	White Sox at Twins	TV: FSNO ----- Radio: TIBN
5/25/2019	1:10 PM	White Sox at Twins	TV: FSNO ----- Radio: TIBN
5/26/2019	1:10 PM	White Sox at Twins	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
5/27/2019	6:10 PM	Brewers at Twins	TV: FSNO ----- Radio: TIBN
5/28/2019	7:10 PM	Brewers at Twins	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
5/30/2019	6:10 PM	Twins at Rays	TV: FSNO ----- Radio: TIBN
5/31/2019	6:10 PM	Twins at Rays	TV: FSNO ----- Radio: TIBN



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...

Stephanie Miller

Dear Family & Friends,

We all know that exercise is good for us, but some people think that with each passing year they should try to do less and take it easy. Wrong. According to the National Institute for Ageing, exercise is good for people of any age and can ease symptoms of many chronic conditions. And contrary to popular belief, weakness and poor balance are actually linked to inactivity, rather than age. Here are 7 reasons for golden oldies to get going...

LIVE LONGER

According to the World Health Organization, leading a sedentary lifestyle is one of 10 leading causes of death and disability. Even gentle, regular exercise such as walking or swimming can increase lifespan by around three to five years.

PREVENTING FALLS

Improving muscle strength and bone density can be helpful in reducing the risk of falls as it can also improve balance. The WHO say regular exercise can reduce the risk of having a hip fracture by 40%.

REDUCED RISK OF A STROKE OR HEART ATTACK

Regular cardiovascular exercise, such as brisk walking, cycling or light housework – anything that raises the heart rate - will increase blood flow to the heart and boost your overall health.

BETTER BONE DENSITY

Weight-bearing exercise such as walking or jogging can help increase the strength of bones and reduce the risk of developing osteoporosis and fractures. According to The National Osteoporosis Society, one in two women and one in five men will break a bone due to osteoporosis.

REDUCED RISK OF DEVELOPING DEMENTIA

Being sedentary in later years can increase the risk of developing dementia, according to a recent study published in the Journal of Alzheimer's Disease. The study, which analyzed more than 1,600 older adults over five years, found that those who did not exercise were more likely to develop dementia than those who did.

PREVENT OR DELAY DISEASE

Exercise is an effective remedy for many chronic conditions. Studies show that people with arthritis, heart disease, or diabetes benefit from regular activity. It can also help in management of high cholesterol; keeping cholesterol levels within a healthy range can help to reduce the risk of heart disease and stroke.

MORE CONFIDENCE & INDEPENDENCE

A study by the Journal of the American Geriatrics Society examined exercise in the elderly and found that training led to improvements in functional reach and balance and reduced participants' fear of falling.

Thanks!

Stephanie Miller, Wellness Coordinator

218-477-7254

wellness@serenityassistedliving.com



Who to Contact



Jennifer Fillipi
Nurse (West Campus)

nurse@serenityassistedliving.com

218-477-7254 Ext: 222

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



Marissa Lupkes
Nurse (East Campus)

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



Greta Klinnert
HR Generalist

greta@serenityassistedliving.com

218-477-7254 Ext: 233

- Personnel Management
- Employee Benefits Management
- Employee Scheduling



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



Will Zaiser
Life Enrichment Assistant

218-477-7254

- Administer & delegate activities
- Coordinates weekly activities



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



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