



Serenity Assisted
Living & Memory
Care
Dilworth, MN

Points of Interest:

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

Serenity Snippets

May 2020

Let's Hear it For the Birds

International Migratory Bird Day, celebrated on the second Saturday in May, is a day to celebrate the 4,000 different species of birds that migrate around the globe. That's over 40% of all bird species. For these birds, migration means survival. As the seasons change, birds leave areas where resources are scarce and embark on journeys to areas with more resources, such as abundant food sources and protected nesting grounds where they can hatch and raise their young. For many birds, the scale of their migratory journeys is mind-boggling.

The Arctic tern has rightly earned worldwide fame for embarking on the longest migration in the animal world. Each year they fly round-trip from the Antarctic to the Arctic and back again, covering nearly 49,700 miles. Moving back and forth from the south pole to the north has its advantages. These birds enjoy the benefit of two summer seasons, rife with food and warm weather. Arctic terns have 30-year lifespans. Over such a lifetime, the miles add up quickly. One bird may fly the equivalent of three trips to the moon and back.

Not to be outdone is the bar-tailed godwit. This shorebird flies 7,000 miles from New Zealand on its nonstop migration to Alaska. It takes eight days of flying for the birds to reach the tidal flats of the Yellow Sea, which lies between China and the Korean peninsula. This is their only stopover before they continue their journey north. The flight back is just as grueling, a nonstop journey over the open ocean of the Pacific from Alaska back to New Zealand.

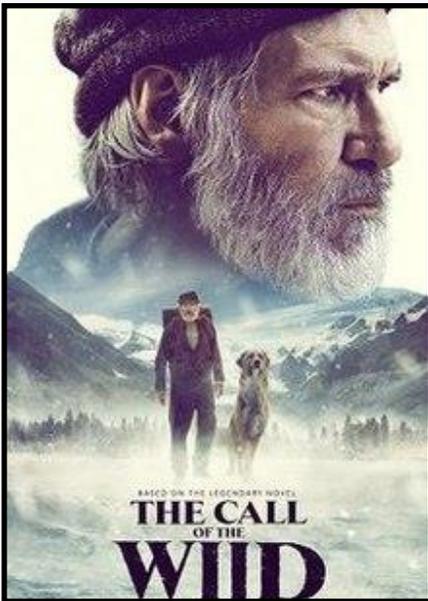
Before undertaking such awesome and taxing journeys, birds enter into a state known as *hyperphagia*, where they eat tremendous amounts of food in order to bulk up and store fat that can later be used as energy during their flight. Some birds have been known to double their body weights before migrating. One such bird is the tiny northern wheatear, which typically weighs less than an ounce. This bird swells up to two ounces before setting out on a three-month, 9,000-mile journey from Alaska to Eastern Africa.



April 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.

Call of the Wild (2020)



Buck is a big-hearted dog whose blissful domestic life gets turned upside down when he is suddenly uprooted from his California home and transplanted to the exotic wilds of the Alaskan Yukon in the 1890s. As the newest rookie on a mail-delivery dog sled team, Buck experiences the adventure of a lifetime as he ultimately finds his true place in the world.

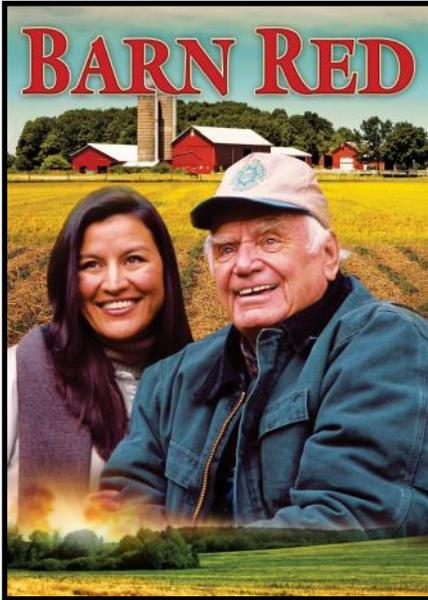
Courageous (2011)



Sheriff's deputy Adam Mitchell endures a terrible personal tragedy that causes him to question what is really important to him. Taking comfort in his religion, Adam vows to become a better parent to his teenage son, and convinces his friends on the force to sign a pledge that they will all strive to become better Christians and better parents. Unfortunately, one of the men's moral compass appears to be broken when it comes to earning some fast money.

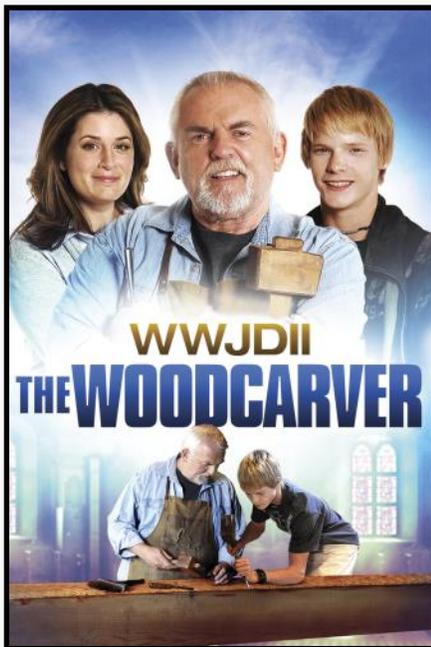
APRIL MOVIES

Barn Red (2003)



An elderly farmer runs into trouble when he receives a huge tax bill. He is reluctant to give into the property developers when they pressure him into selling and help comes in the form of an old acquaintance who also has a secret from her past.

The Woodcarver (2012)



Matthew Stevenson has trouble accepting his parent's divorce and vents his anger by vandalizing a church. An old and godly widower takes Matthew under his wing to repair the damage, and helps him find faith.

Mother's Day

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



APPRECIATION

FLOWERS

MEMORIES

BRUNCH

GIFTS

NURTURE

CANDY

GIVING

PATIENT

CARING

HUGS

PERFUME

COMFORT

JEWELRY

SPECIAL

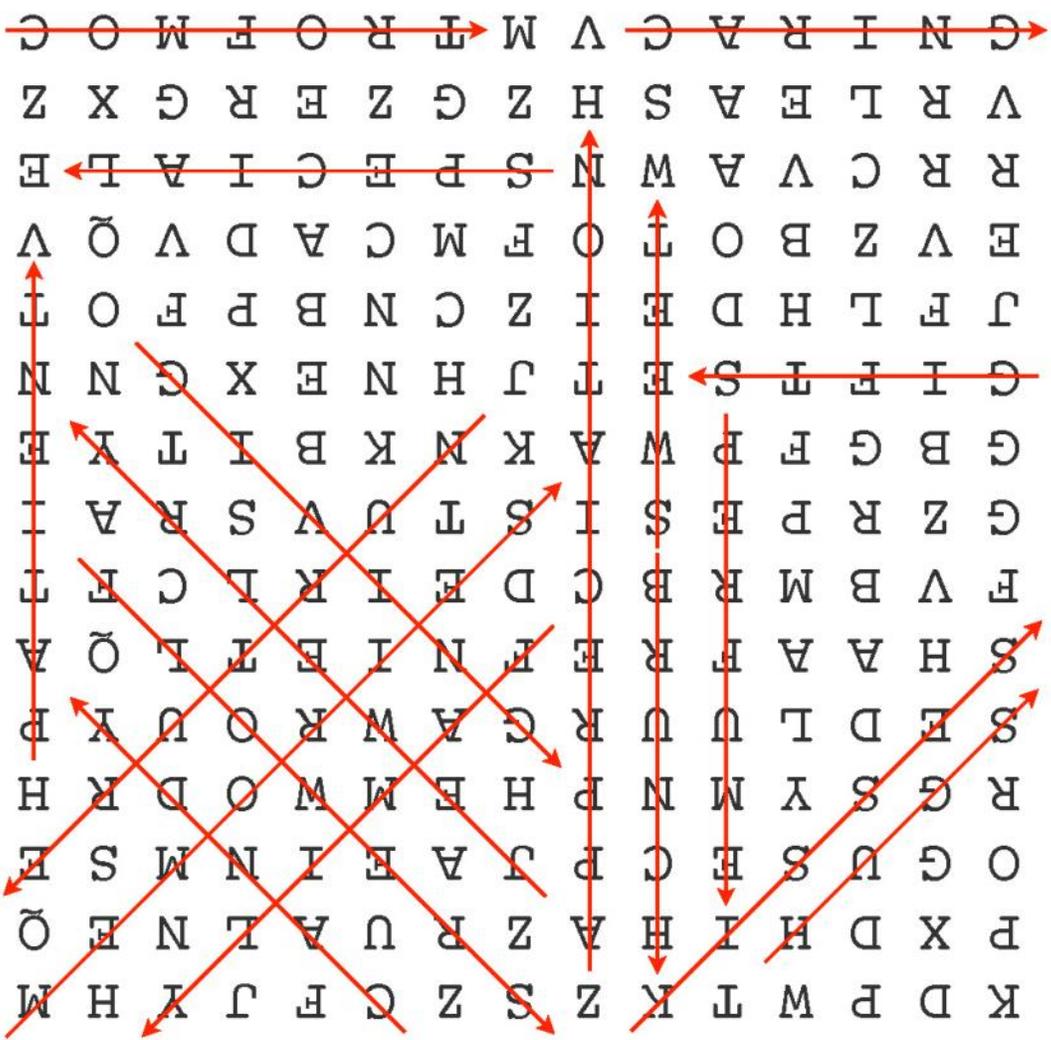
FAMILY

KISSES

SWEET

Mother's Day

(solution)





May 2020



SUN	MON	TUE	WED	THU	FRI	SAT
<div style="border: 1px solid black; background-color: #d9ead3; padding: 5px; display: inline-block;"> Events are subject to change! </div>					1	2 Nail Day! 
3	4	5	6   Nurse's Appreciation Day!	7 Appetizer Night @ 6:00	8	9 Nail Day! 
10 	11		13   Overnight Staff Appreciation	14 Appetizer Night @ 6:00	15	16 Nail Day! 
17	18	19 	20 	21 New Hire Training Appetizer Night @ 6:00	22	23 Nail Day! 
24	25  Memorial Day Business Office Closed	26 	27 	28 Appetizer Night @ 6:00	29	30 Nail Day! 
31						

Mark Your Calendar!

JUNE

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

June 21st = Longest Day

TBD = Serenity Golf Tournament

TBD = Father's Day Celebration

UPCOMING

August 18th = Prime Time Gospel Choir @ 6:45 pm
(*West*)

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

May 4th
Staff JoAnn

May 6th
Nurse Jen

May 7th
Larry Skalsky

May 15th
Betty Nettetstad

May 18th
Staff Lourdes

May 19th
Staff Katie

May 20th
Lorna Kennedy

A VERY HAPPY BIRTHDAY TO...

SNAPSHOTS



Charlotte and some others donated their time to make masks for all of the staff last month!!



The Wold girls made personalized art for every single resident at Serenity!



A lot of our staff, spent an afternoon at each of our three buildings pampering our ladies with curled hair, hand & backrubs, as well as some makeup!

SNAPSHOTS

St. Joseph's had a driv thru pick up of palms and prayers...Leo volunteers to bring some back to the Serenity squad!



Christy & Morrie make cupcakes!



From the Desk of...

Denise Tollefson

Dear Friends,

It's hard to put into words what emotions we are going through right now with this worldwide pandemic. I, myself, seem to be on a rollercoaster depending on the hour. If there is one thing for certain, however, GRATITUDE overrides them all. Our team of employees, no matter where they work, has shown tremendous dedication to the ladies and gentlemen of Serenity! It is overwhelming the loyalty they have to continue providing tremendous care. We have asked a lot of our team, from arduous infection control practices to now wearing face shields while working. It is not comfortable and has made us adapt our every day routines...but the reward of keeping everyone healthy is priceless.

Additionally, support from the loved ones of our clients is overwhelming. We appreciate, most of all, everyone's patience and understanding of the role our facility plays during this pandemic. Your assistance with providing supplies to keep your loved one's safe as well as your cooperation with the constantly changing guidelines are appreciated more than you know.

The hardest part about this pandemic is not having a time line. We wish with our whole hearts we can set a date for a "COVID FREE PARTY" ...but we can't. That attributes to anxiety, sadness and a whole mixture of emotions. We can however, remain hopeful that God has us all under his wing of protection and guidance through these unprecedented times.

Thank you a million times for trusting us with the care of yourselves or loved ones. We love each and every one of you!

Blessings,

Denise Tollefson

Denise Tollefson, Leadership Team

218-477-7254

denise@serenityassistedliving.com



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)

m@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