



Serenity Assisted  
Living & Memory  
Care  
Dilworth, MN

## Points of Interest:

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

# Serenity Snippets

May 2021

## Welcome Amber!

We are thrilled to announce that Amber Ludwig has accepted the position of Housing Manager effective May 24, 2021. Amber has a vast amount of experience and was a unanimous choice from our Leadership Team as the best candidate and best culture fit for Serenity. She will be taking over overall management of Serenity; working together with the Nurses and Anderson-Tollefson families!

Amber was born and raised in Remer MN, growing up on a beef farm. She attended St. Cloud State University and graduated with a Bachelor of Science. Amber spent several years working as a Therapeutic Recreation Director at St. Benedict's Senior Community and later in Cold Spring, MN at the Assumption Home. She then moved to Fargo and purchased several businesses and started a family.

In 2010, she moved to Hawley, Minnesota and later sold her businesses to take on the role as the Manager at Hawley Senior Living. After 6 1/2 years her and her family have decided to move back to the FM area and she will be joining the Serenity team as the Housing Manager. She is married to Brent and they have 4 daughters (Ally 19, Madelyn 18, Whitney 16 and Jaycee 15). Other very important members of her family include 2 golden doodles (Henry and Marley) and a Shitzu Bichon (Nellie).

Amber enjoys spending time with her family. They love camping and fishing, during the summer months in Devil's Lake, ND. The girls enjoy baking with mom and shopping. Amber spent her childhood alongside all 4 of her grandparents. They were very influential in her life and her passion to work in this field. We are confident that Amber will be an excellent match for this position and a strong asset to the Serenity team. Amber will be primarily located in East Campus and can be reached at 218-477-7254 or [amber@serenityassistedliving.com](mailto:amber@serenityassistedliving.com). Please join us in welcoming her to Serenity!

Please note, Tim, Elaine and Denise are not going anywhere. We are looking forward to the addition of Amber to our team to allow us to accomplish goals that have gotten dusty during the pandemic! Thanks to everyone for making Serenity Assisted such a loving place!

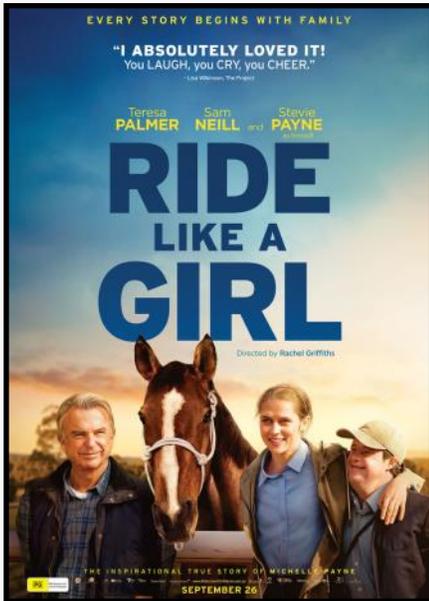
Sincerely,  
Tim, Elaine & Denise



# May MOVIES

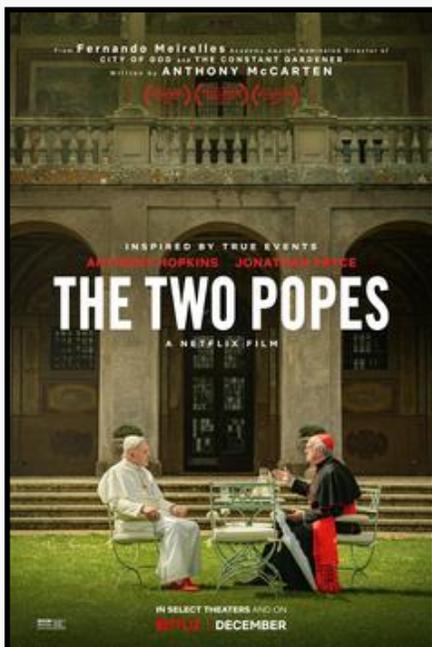
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

## Ride Like a Girl (2020)

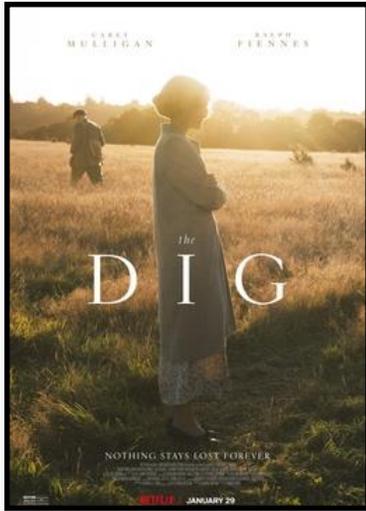


The inspirational story of Michelle Payne, the first female jockey to win the Melbourne Cup despite facing odds of a 100 to 1.

## The Two Popes (2019)

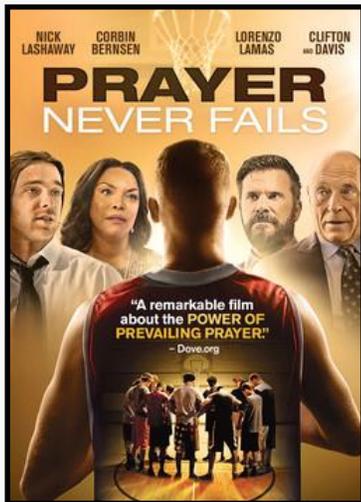


Behind the Vatican walls, Pope Benedict and the future Pope Francis must find common ground to forge a new path for the Catholic Church.



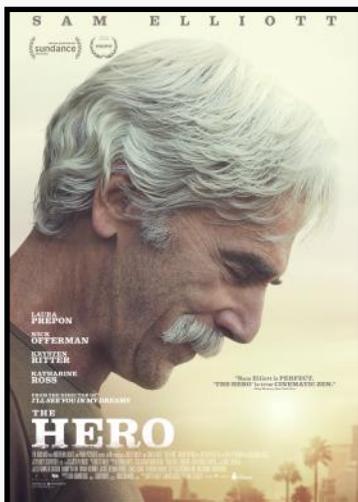
## The Dig (2021)

In the late 1930s, wealthy landowner Edith Pretty hires amateur archaeologist Basil Brown to investigate the mounds on her property in England. He and his team discover a ship from the Dark Ages while digging up a burial ground.



## Prayer Never Fails (2016)

After a high school basketball coach is fired for praying with a student, he hires an agnostic lawyer to file a lawsuit.



## The Hero (2017)

Lee Hayden is a Western icon with a golden voice, but his best performances are decades behind him. He spends his days reliving old glories and smoking too much weed with his former co-star-turned-dealer, Jeremy, until a surprise cancer diagnosis brings his priorities into sharp focus. He soon strikes up an exciting, contentious relationship with stand-up comic Charlotte, and he attempts to reconnect with his estranged daughter, Lucy, all while searching for one final role to cement his legacy.

# SNAPSHOTS

Joann & Paul won the staff and resident March Madness bracket challenge!



Staff Sydney & Taylor (and other staffers too), stopped by in their formal wear to show the residents during Prom!



# SNAPSHOTS



We had our Wellness Celebration outing to Pizza Ranch for the FIRST time in over a year!



Serenity celebrated 15 years in business...we reflected on **MANY** fond memories... including Denise and her husband having a mini wedding reception at Serenity.

# Searching for May

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



ARMED FORCES DAY

BULL (Taurus)

CINCO DE MAYO

EMERALD

GEMINI

KENTUCKY DERBY

LILY OF THE VALLEY

MAY DAY

MEMORIAL DAY

MOTHER'S DAY

NURSES DAY

SHAVUOT

SPRING

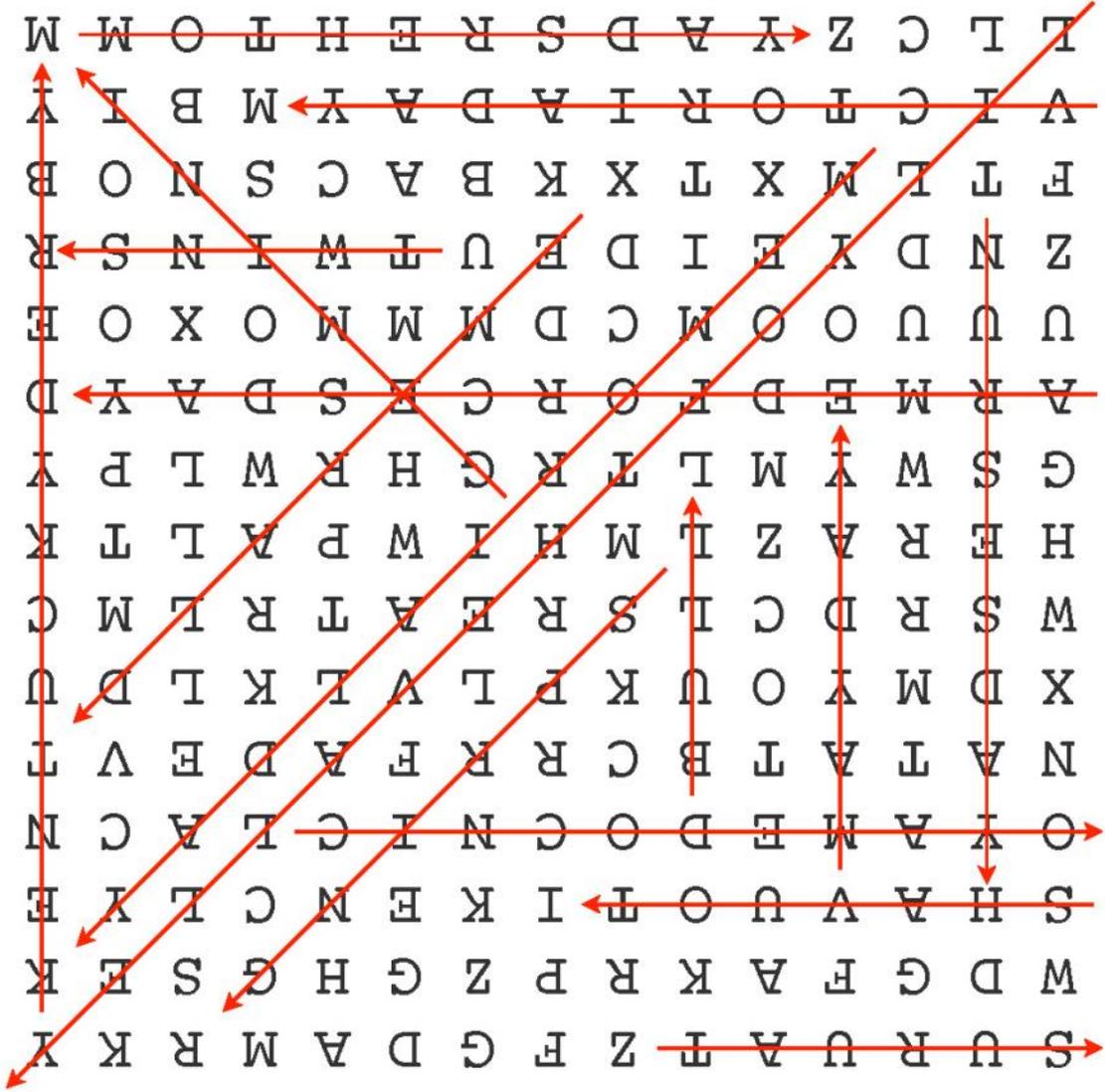
TAURUS

TWINS (Gemini)

VICTORIA DAY

# Searching for May

(solution)





# MAY 2021



| SUN                                   | MON   | TUE   | WED   | THU  | FRI       | SAT  |
|---------------------------------------|---|---|---|--|-----------|--|
| Events are subject to change!         |   |   |   |  |           | <b>1</b><br><b>Nail Day!</b> <br>Ice Cream SUNDAES    |
| <b>2</b>                              | <b>3</b>  | <b>4</b><br><b>Bible Study</b><br><br>1:30 (East) & 2:30 (West)  | <b>5</b> <b>BINGO</b><br>West @ 1:30 pm<br><b>WAL*MART</b><br>Shopping<br>    | <b>6</b><br><br>Nurse's<br>Appreciation Day!<br>Appetizer Night @ 6:00   | <b>7</b>  | <b>8</b><br><b>Nail Day!</b> <br>Ice Cream SUNDAES    |
| <b>9</b><br><b>HAPPY MOTHER'S DAY</b> | <b>10</b>   | <b>11</b><br>Family Council @ 10:45 am (West)<br><b>Bible Study</b><br><br>1:30 (East) & 2:30 (West) | <b>12</b> <b>BINGO</b><br>East @ 1:30 pm<br>Overnight Staff Appreciation<br> | <b>13</b> Family Council @ 10:45 am (East)<br><b>New Hire Training</b><br><br>Tim Mosser @ 1:30 pm (West)<br>Appetizer Night @ 6:00 | <b>14</b> | <b>15</b><br><b>Nail Day!</b> <br>Ice Cream SUNDAES |
| <b>16</b>                             | <b>17</b>   | <b>18</b><br><b>Bible Study</b><br><br>1:30 (East) & 2:30 (West)                                     | <b>19</b> <b>BINGO</b><br>West @ 1:30 pm<br><b>WAL*MART</b><br>Shopping<br>  | <b>20</b><br>Appetizer Night @ 6:00  | <b>21</b> | <b>22</b><br><b>Nail Day!</b> <br>Ice Cream SUNDAES |
| <b>23</b>                             | <b>24</b>   | <b>25</b><br><b>Bible Study</b><br><br>1:30 (East) & 2:30 (West)                                     | <b>26</b> <b>BINGO</b><br>East @ 1:30 pm<br>                                 | <b>27</b><br><br><b>Syttende Mai</b><br>Norwegian Celebration<br>Appetizer Night @ 6:00  | <b>28</b> | <b>29</b><br><b>Nail Day!</b> <br>Ice Cream SUNDAES |
| <b>30</b>                             | <b>31</b><br><br><b>Memorial Day</b><br>Business Office Closed |   |   |  |           |  |

# Mark Your Calendar!

## JUNE

**June 20th** = Father's Day

**June 21st** = Longest Day—Alzheimer's Awareness

**TBD** = Serenity Golf Tournament

## JULY

**May 1st**= Kentucky Derby

*May 2nd*  
**Staff Debbie**

*May 4th*  
**Staff Joann &  
Staff Aurora**

*May 6th*  
**Nurse Jennifer**

*May 8th*  
**Staff Skylar**

*May 7th*  
**Larry Skalsky**

*May 13th*  
**Staff Dejin &  
Staff Ellie**

*May 15th*  
**Betty Nettetstad**

*May 19th*  
**Staff Katie**

*May 20th*  
**Lorna Kennedy**

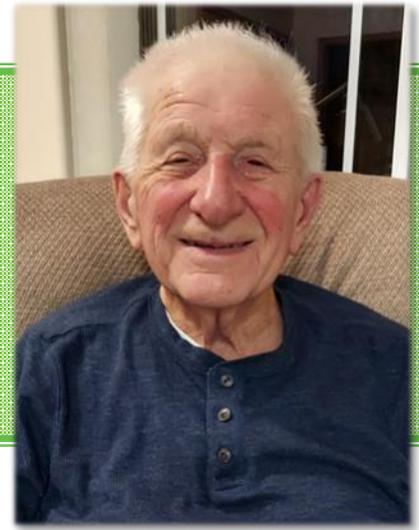
*May 20th*  
**Staff Amber  
Ludwig**

*May 30th*  
**Staff Joeli**

A VERY HAPPY BIRTHDAY TO...

# MEET Lyle Bakken

(EAST CAMPUS)



## Where were you born and raised?

Drake, North Dakota

## Tell us about your family:

1 sister (2 years older); lived on a farm and got along with sister.

## Did you marry?

Maren; she was her own person and knew what she wanted. She is very independent. Met in school in about 7th/8th grade (she was 4 years younger).

## Do you have children?

4 kids (3 boys and 1 girl).

## Did you work outside the home?

Worked odd jobs after high school/ joined Army for 3 years. Lyle served in Korea, worked at bank in Minot for 40 years.

## What kinds of things have you enjoyed doing in your spare time?

Ushered at Cardinal football games, Superbowl, Final 4 Basketball Tourney, Golf. Lyle likes to watch sports and senior citizen softball.

## What else should we know about you?

"No, you kinda got it all there; just a small community boy from ND."

## If you won a million dollars, how would you spend it?

"Probably give it to a foundation (non-profit that helps the poor, small kids and stuff like that.)"



Welcome  
Lyle

# MEET Mary Ward

(WEST CAMPUS)



## Where were you born and raised?

Moorhead, MN

## Tell us about your family:

Lived in Dilworth for 17 years; worked in restaurants in Moorhead.

## Did you marry? Tell us about your family.

Been married 3 times; has 3 kids

## Did you work outside the home?

Restaurants; owned and managed bars. Mary has a certificate in dietetics.

## What kinds of things have you enjoyed doing in your spare time?

Reading; eating alone.

## What else should we know about you?

"I was single and partied a lot; played BINGO."

## If you won a million dollars, how would you spend it?

Spend it on kids and grandkids.

*Welcome  
Mary*



**Salon at**

**Serenity**



**\$23**

Shampoo & Set

\*\*28 w/ Haircut

**\$75**

Perm & Cut

**\$22**

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!

# MINNESOTA TWINS

## MAY SCHEDULE

|           |          |                    |
|-----------|----------|--------------------|
| 5/1/2021  | 1:10 PM  | Royals at Twins    |
| 5/2/2021  | 1:10 PM  | Royals at Twins    |
| 5/3/2021  | 6:40 PM  | Rangers at Twins   |
| 5/4/2021  | 6:40 PM  | Rangers at Twins   |
| 5/5/2021  | 6:40 PM  | Rangers at Twins   |
| 5/6/2021  | 12:10 PM | Rangers at Twins   |
| 5/7/2021  | 6:10 PM  | Twins at Tigers    |
| 5/8/2021  | 3:10 PM  | Twins at Tigers    |
| 5/9/2021  | 12:10 PM | Twins at Tigers    |
| 5/11/2021 | 7:10 PM  | Twins at White Sox |
| 5/12/2021 | 7:10 PM  | Twins at White Sox |
| 5/13/2021 | 1:10 PM  | Twins at White Sox |
| 5/14/2021 | 7:10 PM  | Athletics at Twins |
| 5/15/2021 | 3:05 PM  | Athletics at Twins |
| 5/16/2021 | 1:10 PM  | Athletics at Twins |
| 5/17/2021 | 6:40 PM  | White Sox at Twins |
| 5/18/2021 | 6:40 PM  | White Sox at Twins |
| 5/19/2021 | 12:10 PM | White Sox at Twins |
| 5/21/2021 | 6:10 PM  | Twins at Indians   |
| 5/22/2021 | 3:10 PM  | Twins at Indians   |
| 5/23/2021 | 12:10 PM | Twins at Indians   |
| 5/24/2021 | 6:40 PM  | Orioles at Twins   |
| 5/25/2021 | 6:40 PM  | Orioles at Twins   |
| 5/26/2021 | 12:10 PM | Orioles at Twins   |
| 5/28/2021 | 7:10 PM  | Royals at Twins    |
| 5/29/2021 | 1:10 PM  | Royals at Twins    |
| 5/30/2021 | 1:10 PM  | Royals at Twins    |
| 5/31/2021 | 12:05 PM | Twins at Orioles   |



From the Desk of...

# Denise Tollefson

## Dear Friends,

Last month, we got the green light from the Minnesota Department of Health to relax some of our COVID restrictions! Since then, we have resumed shopping in the community for the first time in over a year! Serenity Assisted Living & Memory Care has revised visitation policies and residents are fully vaccinated are allowed to leave our facility without having to quarantine for 14 days upon return (previously, residents were only allowed to leave for medical appointments without having to quarantine upon their return). While we are celebrating these developments, we also want to ask a few reminders and guidance:

- Vaccinated residents (14 days after receiving the full vaccine) may gather indoors and outdoors with other people who are fully vaccinated.
- Residents may go outdoors with unvaccinated people form a single household who are at low risk for sever COVID-19 infection.
- If the resident is fully vaccinated, they can choose to have close contact (including touch) with the persons they are visiting.
- Visitors must continue to be screened (temperature and symptom screening and sign in) upon entering our facility.
- Visits should be conducted with masks, social distancing (when practical) and using good hand hygiene.
- Visits still need to take place in your loved ones apart and limit movement around our facility
- Visits should have a limit of 4 in each apartment to allow for social distancing
- Residents must remember to follow the state/local mask mandates when going into public places.
- Any new admissions that are unvaccinated will be required to quarantine for 14 days upon returning from leaving the facility other than medical appointments.

As previously, please be aware that our guidelines can suddenly change depending on the number of COVID-19 cases in our county or bordering county.

Thank you for everyone's support this last year through the pandemic!

**Best!**



218-477-7254

denise@serenityassistedliving.com



## 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)