



Serenity Assisted
Living & Memory
Care
Dilworth, MN

Points of Interest:

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

Serenity Snippets

May 2022

Meet Nurse Sofia!

I was born and raised right here in Dilworth, MN. I attended DGF and graduated high school in 2018. I just graduated with my Bachelor of Science in Nursing degree from Concordia College in Moorhead.

At the age of 15, I decided I needed to make some extra money, and knew I loved the elderly population because I visited my great-grandpa in his nursing home every single day after school until he went to heaven. I got to develop friendships with all the residents there. Serenity Assisted Living hired me as a dietary aide, where I assisted with cleaning and helping with mealtimes. I continued working at Serenity Assisted Living as a CNA for 5 years after that! I knew right away this was my passion and fell in love with the work and building relationships with the residents. The geriatric population has always been my passion, but I got to explore many aspects of nursing throughout my college career. I was an RN intern at Essentia Health in the NICU last summer and completed over 500 hours of nursing clinicals at the hospital throughout schooling. I just finished my practical capstone on the Oncology Unit at Sanford.

In my free time, I love spending time with my family. One of my favorite things is to go on fishing trips with my boyfriend, Jordan! My family and I love to travel together and spend time in the summers at the lake. I love being outside, going on walks, and going shopping at downtown boutiques with my sisters.



I feel so blessed to have this opportunity and be around such special residents and staff every day! My office will be at the South Campus (Memory Care) and you can email me at sofia@serenityassistedliving.com

Excited to meet all of you!

Sofia

Meet Lanae!

My name is Lanae Paulson and I am from a small town in Northwestern Wisconsin. I attended NDSU for 2 years, transferred, and received B.S. degree in Business Management and certificate in Project Management from University of Wisconsin (Parkside) 2021. During my time at NDSU, I developed an HR Internship program at Serenity and learned a lot! I worked primarily out of the East Campus and some of my projects were fine tuning Serenity's recruitment and onboarding processes for new team members.

I moved back to the Fargo-Moorhead area last November with my dog, Shiloh. In my free time, I enjoy hunting, fishing, camping, spending time on the lake. In the summer, I play on a women's slow pitch softball league during the summer. Year round, I volunteer at Hospice of the Red River Valley.

I have worked in the healthcare field for several years, both in the office and doing direct care. I am experienced with high volume recruiting and worked for a home care company based out of Saint Paul, MN before taking on this new role at Serenity!

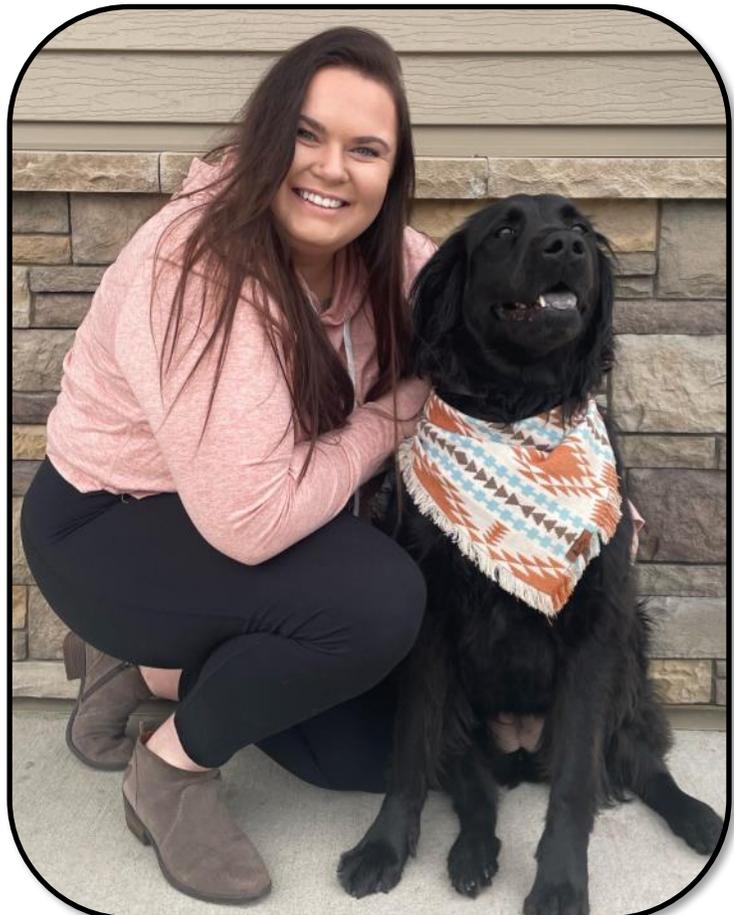
I have a strong passion for helping and caring for others whenever possible to help make their lives a little easier!

My office will be in the South Campus (Memory Care) and my title is: Assisted Living Director-in-Residence. I will be mentoring with Amber Ludwig! You can reach me in phone or in person, or send me at email at

lanae@serenityassistedliving.com

I am so excited to join the team!

Lanae



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.

The Mystery of Marilyn Monroe (2022)



The documentary explores the mystery surrounding the death of the movie icon Marilyn Monroe through previously unheard interviews with her inner circle.

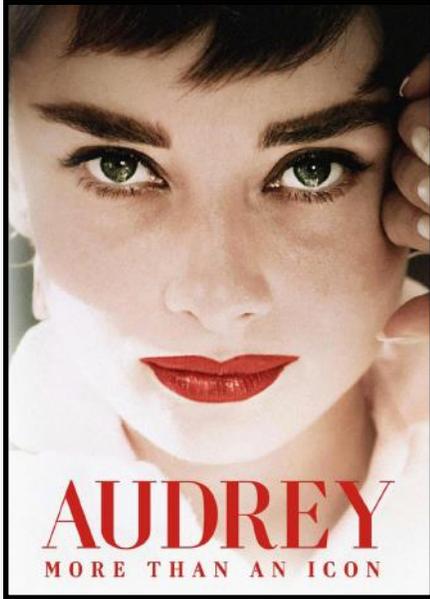
Te Ata (2017)



Te Ata (TAY' AH-TAH) is based on the inspiring, true story of Mary Thompson Fisher, a woman who traversed cultural barriers to become one of the greatest First American performers of all time. Born in Indian Territory, and raised on the songs and stories of her Chickasaw culture, Te Ata's journey to find her true calling led her through isolation, discovery, love and a stage career that culminated in performances for a United States president, European royalty and audiences across the world. Yet, of all the stories she shared, none are more inspiring than her own.

MAY MOVIES

Audrey (2020)



An intimate portrait of legendary Hollywood actress, fashion icon and humanitarian Audrey Hepburn, who stood for love above all else.

The First Knight (1995)



Handsome swordsman Lancelot is incredibly skilled at fighting, but when he meets the lovely Guinevere, he can't seem to get past her defenses. She is betrothed to King Arthur and plans to go ahead with the wedding, despite her attraction to Lancelot. When the devious warrior Malagant rises up against Arthur, Lancelot must try to put his feelings aside and defend his king, Guinevere and all of Camelot.

snapsHots



Minnesota Governor candidate (Cory Hepola) stopped at Serenity!



Lillian was the East Campus jellybean winner...only 23 off the exact amount!



Kathleen preps apples for Grub Club!



Baby Gracie visits Memory Care!



Joyce celebrates Red Hat Lady day!

Mother's Day

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



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

APPRECIATION

BRUNCH

CANDY

CARING

COMFORT

FAMILY

FLOWERS

GIFTS

GIVING

HUGS

JEWELRY

KISSES

MEMORIES

NURTURE

PATIENT

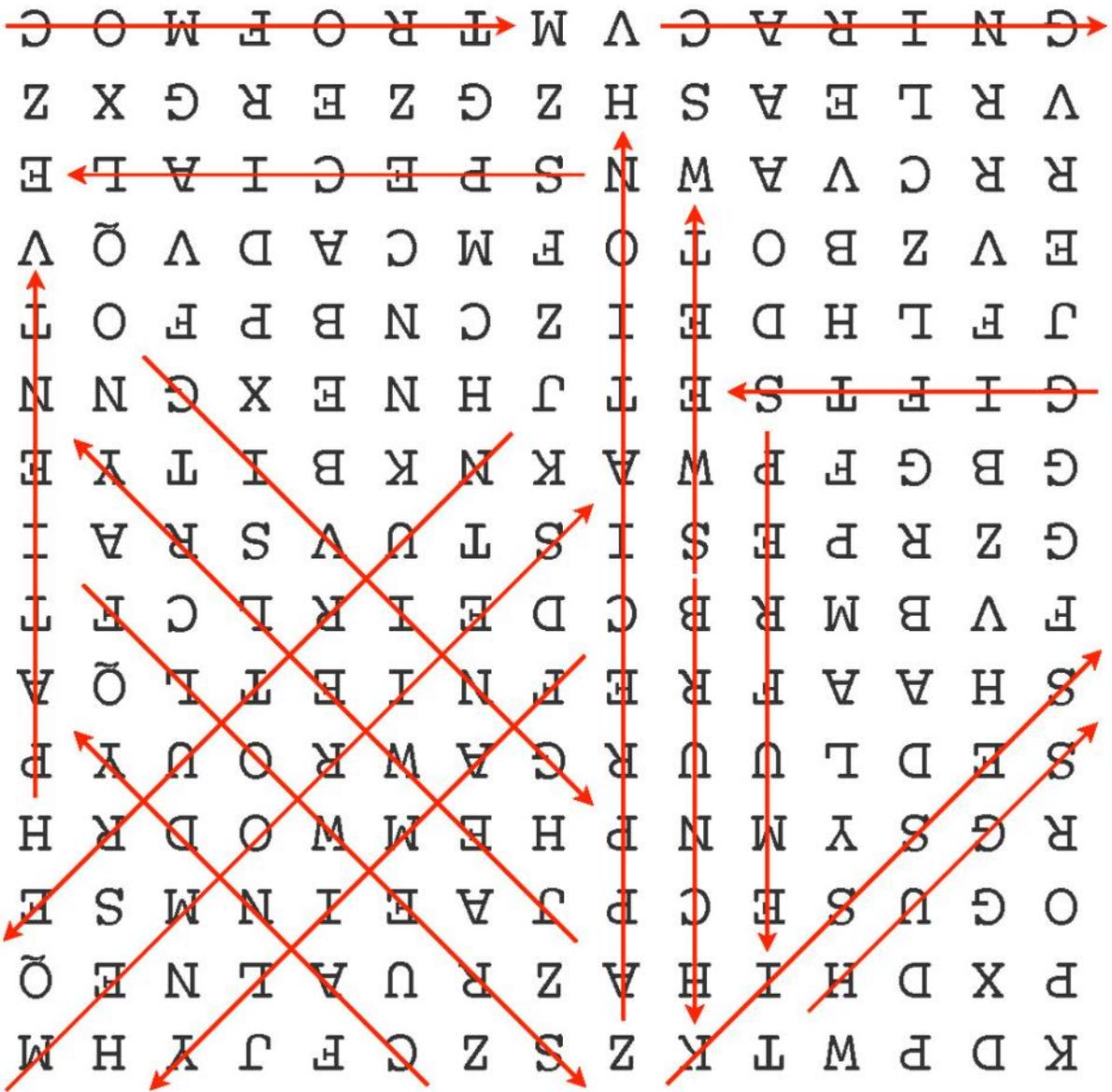
PERFUME

SPECIAL

SWEET

Mother's Day

(solution)



MEET Esther Stevenson

(WEST CAMPUS)



Where were you born and raised?

Stirum, North Dakota (Sargent County)

Tell us about your family:

One brother and one sister.

Did you marry? Tells about your spouse; how did you meet?

Yes, 3 times. Keith Stevenson (currently passed away). Met at supper at the Fryn' Pan.

Do you have children?

1 son alive and 1 passed away (still hurts!)

Did you work outside the home?

Yes at Fargo South High School for 23 years; worked as the Registrar.

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

Sewing (quilts and clothing), biking and walking.

What else should we know about you?

Esther worked as a church secretary for a while.

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

Donate a big hunk of it to the church and to people experiencing poverty; even the people of Ukraine. She would also donate to Hospice and special needs foundations.

*Welcome
Esther*

MEET Judy Coryell

(WEST CAMPUS)



Where you born and raised?

Born in Valley City, ND. Raised in Hope, ND until 11 years old.
Graduated in 1960 from Thief River Falls, MN.

Tell us about your family:

9 grandchildren (3 of them are married)! One is getting married this October! She loves them dearly and wished they lived closer!

Did you marry? Tell us about your spouse; how did you meet?

Yes and got a divorce; never got married again. Met at a dance at the Crystal ballroom.

Do you have children?

4 children. 1 passed away.

3 Boys and 1 Girl.

Did you work outside the home?

Yes, admissions clerk at Dakota Heartland for 21 years (now it is Essentia)!

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

Quilting, reading, taking care of her grandchildren. Crossword & jigsaw puzzles, people, walking and going to the lakes.

What else should we know about you?

She likes people and has a lot of friends.

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

Donate most of it to charity like St. Jude's!

*Welcome
Judy*

MAY 2022

SUN	MON	TUE	WED	THU	FRI	SAT		
1  Happy May Day!	2 Rosary & Catholic Communion @ 10 am	3	4 Church at St. Liz @ 8:30 am    1:30 pm	5  Appetizer Night @ 6:00	6  Derby Day! 9:30 am (East) 1:15 pm (West) 3pm (South)  Nurse's Appreciation Day!	7 Nail Day! Ice Cream SUNDAES		
8 HAPPY MOTHER'S DAY	9 Rosary & Catholic Communion @ 10 am	10	11 Church at St. Liz @ 8:30 am    1:30 pm	12 Appetizer Night @ 6:00	13	14 Nail Day! Ice Cream SUNDAES 		
15	16 Rosary & Catholic Communion @ 10 am Ladies Gathering @ 2pm	17  Bible Study 1:30 (East) & 2:30 (West)  Syttende Mai Norwegian Celebration	18    1:30 pm	19 New Hire Training Appetizer Night @ 6:00	20	21 Nail Day! Ice Cream SUNDAES		
22	23 Rosary & Catholic Communion @ 10 am	24  GrubClub @ 10 am  Bible Study 1:30 (East) & 2:30 (West)	25 Church at St. Liz @ 8:30 am  HOBBY LOBBY Super Savings. Super Selection. Shopping   1:30 pm	26 Appetizer Night @ 6:00	27	28 Nail Day! Ice Cream SUNDAES		
29	30  Memorial Day Business Office Closed	31  Bible Study 1:30 (East) & 2:30 (West)	<div style="border: 2px solid black; padding: 5px; background-color: #800080; color: white; font-weight: bold;"> Events are subject to change! </div>					

Mark Your Calendar!

JUNE

June 15th and 16th = Mr. Sparkle Window Cleaning

June 19th = Father's Day

June 21st = Longest Day

TBD = Serenity Golf Tournament

JULY

July 4th = Independence Day (*Business Office Closed*)

May 2nd

**Sheila McMullen,
Staff Debbie &
Staff Makayla**

May 4th

**Staff JoAnn &
Staff Aurora**

May 6th

Nurse Jen

May 7th

Larry Skalsky

May 9th

Corrine Johnson

May 15th

Betty Nettestad

May 13th

**Staff Ellie &
Staff Dejin**

May 19th

Staff Katie

May 20th

**Lorna Kennedy,
Staff Amber &
Chef Cheryl**

May 30th

Staff Joeli

May 31st

Catherine Olson

A VERY HAPPY BIRTHDAY TO...

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!

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 15 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