



Serenity Assisted
Living & Memory
Care
Dilworth, MN

Points of Interest:

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

Serenity Snippets

June 2019

The Magnificent Abyss

June is World Ocean Month, a time to celebrate everything in and under the sea. What would our world be without the ocean? The ocean produces over half of the air we breathe. Covering 70% of the planet's surface, the ocean's currents distribute heat all around the globe, regulating both the world's climate and weather patterns. And although 95% of the ocean remains unexplored, it is home to over two million different species, including the largest animal ever known to have existed on Earth.

The blue whale, capable of growing to almost 100 feet long and weighing in at 190 tons, is larger by far than any dinosaur that ever walked the earth. This massive creature relies on one of the ocean's smallest animals for its chief food source. The blue whale eats krill, those tiny two-inch-long, shrimp-like crustaceans that swarm by the tens of thousands. That the world's largest animal should rely on one of the smallest should not come as a surprise, for this is just another example of Earth's great symbiosis. Whether on land or in the sea, all organisms are interdependent on each other for their survival.

The vast diversity of life in our oceans is astounding. Large and charismatic animals such as whales, sharks, dolphins, rays, walruses, and seals get the lion's share of attention. Tourist hotspots such as reefs, beaches, and lagoons along the coasts draw visitors. But the mystery of the ocean lies in its vast depths. Humans are most familiar with the upper ocean, perhaps the top 500 feet. What is astounding is that the average depth of the ocean is over 13,000 feet deep. That's as high as the peaks of the Rocky Mountains! So what mysteries lie

at those unplumbed depths? Scientists have discovered sea anemones and upside-down swimming fish under ice sheets, coral reefs off Greenland, and new species of shrimp and sponges near underwater sea vents. Who is to say that mermaids do not exist, given the fact that so many parts of the ocean have been unexplored?



June Movies

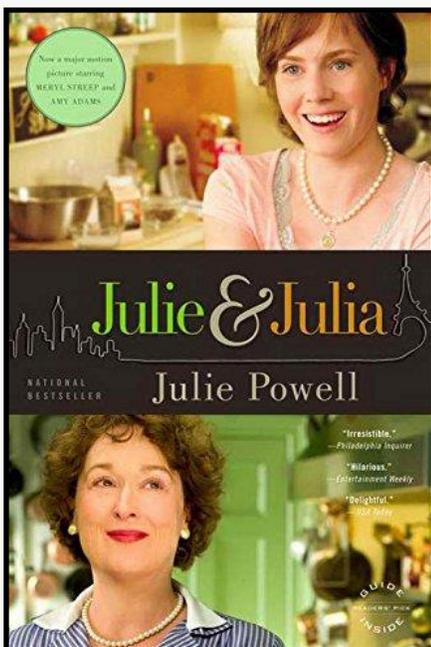
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

Hell or High Water (2016)



Toby is a divorced father who's trying to make a better life for his son. His brother Tanner is an ex-convict with a short temper and a loose trigger finger. Together, they plan a series of heists against the bank that's about to foreclose on their family ranch. Standing in their way is Marcus, a Texas Ranger who's only weeks away from retirement. As the siblings plot their final robbery, they must also prepare for a showdown with a crafty lawman who's not ready to ride off into the sunset.

Julie & Julia (2009)



Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion, fearlessness, and plenty of butter.

June Movies

Sabrina (1995)



Sabrina Fairchild (Julia Ormond) is a chauffeur's daughter who grew up with the wealthy Larrabee family. She always had unreciprocated feelings for David (Greg Kinnear), the family's younger son and playboy. But after returning from Paris, Sabrina has become a glamorous woman who gets David's attention. His older, work-minded brother Linus (Harrison Ford) thinks their courtship is bad for the family business and tries to break them up -- but then he starts to fall for her too.

Nostalgia (2018)

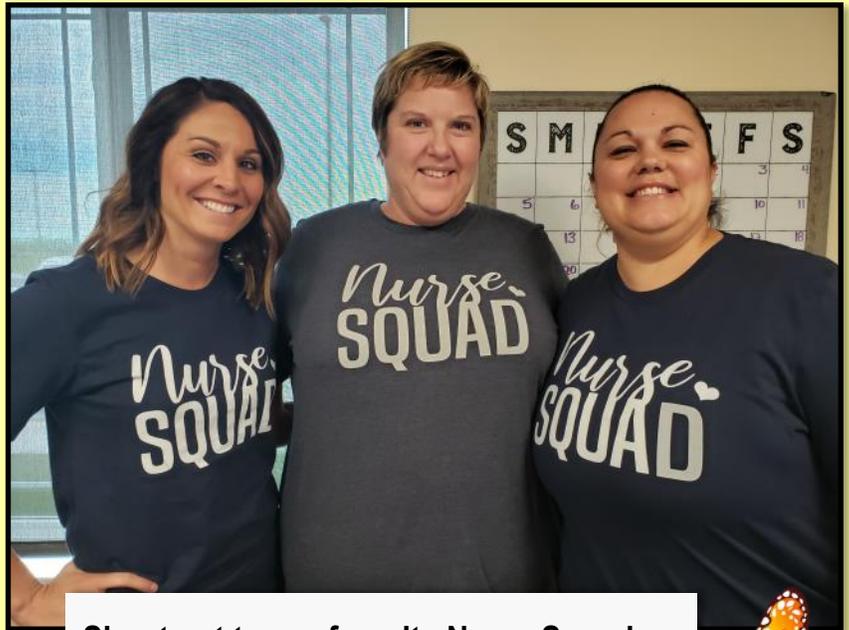


Connected through loss, a group of people find love and solace in memories and objects shared with each other.

SNAPSHOTS



Lillian & Ardith won the Hat Contest at our Mothers & Others



Shout out to our favorite Nurse Squad on Nurse Appreciation Day and every day!



Randy helps grill kabobs on Serenity's grill for our monthly Grub Club event



Don enjoys the sunshine at the East Campus.

SNAPSHOTS



Some of the ladies at the South Campus enjoying some sun in the courtyard!



Maxine and her guest show off their hats at our Mothers & Others event.



Dilworth-Glyndon-Felton schools sent a team of amazing kids to help with various projects around Serenity! They worked hard!

Game Fish

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



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

ALBACORE

BASS

BLUEFISH

CARP

CATFISH

COD

FLOUNDER

HADDOCK

HALIBUT

MACKEREL

PIKE

POLLOCK

SALMON

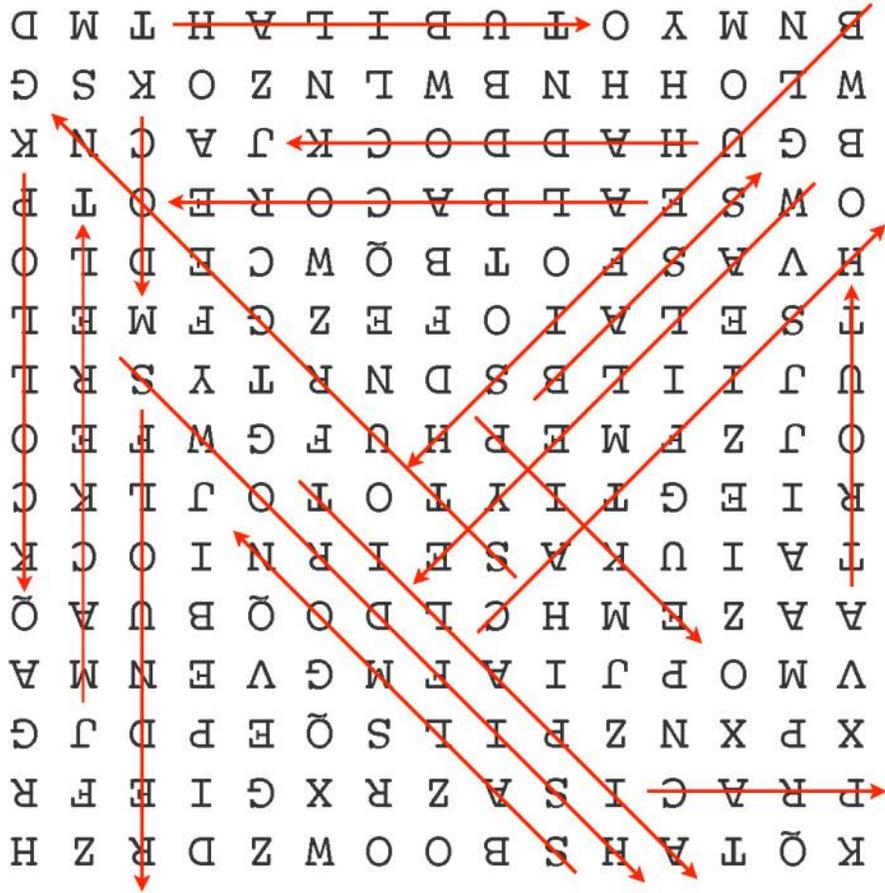
STURGEON

SWORDFISH

TILAPIA

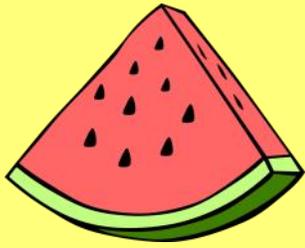
TROUT

WALLEYE

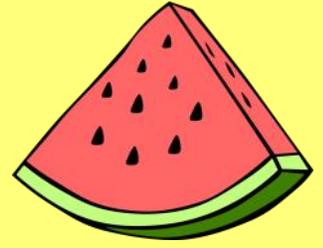


Game Fish

(solution)



June 2019



SUN	MON	TUE	WED	THU	FRI	SAT
Events are subject to change!						1 Nail Day! Ice Cream SUNDAES
2 Church Transportation	3 WALKING CLUB BINGO West @ 2:00 pm	4	5 Shopping River City Church Group & S'Mores 6:30pm @ East	6 Communion w/ Marlene Appetizer Night @ 6:00	7 JL Beers JL Beers Lunch @ 11:00 am GARDEN CLUB @ 1:00 pm Early Einsteins Learning Center	8 Nail Day! Ice Cream SUNDAES
9 Church Transportation	10 WALKING CLUB BINGO East @ 2:00 pm	11 Resident Council @ 10:45 (West) Zippity Zingers @ 2:00 pm (West)	12 Moorhead Library Shopping Outing WAL-MART Shopping Aldi's Shopping	13 Resident Council @ 10:45 am (East) JUNKYARD BREWING COMPANY MOORHEAD, MN Appetizer Night @ 6:00	14 GARDEN CLUB @ 1:00 pm	15 Nail Day! Ice Cream SUNDAES
16 Church Transportation 	17 WALKING CLUB BINGO West @ 2:00 pm	18 New Hire Training	19 Catholic Mass @ 10:45 am (South) Target Shopping	20 Serenity Golf Tournament! Fry Bread Tacos @ 12:30 pm (West) Dilworth Lutheran 2:00 (East) & 2:30 (West)	21 Fry Bread Tacos @ 12:30 pm (South) GARDEN CLUB @ 1:00 pm	22 Nail Day! Ice Cream SUNDAES
23 Church Transportation	24 WALKING CLUB BINGO East @ 2:00 pm	25 GrubClub Meeting @ 3:00 pm Est. 1947 Supper @ Hi Ho	26 Wal-Mart, Dollar Tree & Cash Wise Shipping West Beaton Conservatory @ 2:00 (West) & 3:00 (South) GrubClub @ 4:00 pm	27 Appetizer Night @ 6:00	28 GARDEN CLUB @ 1:00 pm Early Einsteins Learning Center	29
30 Church Transportation						

Mark Your Calendar!

JULY

July 4th = Independence Day

****Business Office Closed**

July 10th = Senior Day & BINGO @ RRV Fair

July 10th = River City S'mores & Hymn Sing
@ 6:30 pm (West)

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

July 23rd = Understanding and Responding to
Dementia Related Behaviors Class @ 6:30 pm (West)

TBD = Island Party

TBD = Wellness Celebration Parties!

TBD = Pontoon Outing

TBD = SS Ruby Boat Outing on the Red River

AUGUST

July 10th = River City S'mores & Hymn Sing
@ 6:30 pm (East)

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

SEPTEMBER

September 8th = Grandparents Day & Kickoff to
National Assisted Living Week!

UPCOMING

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

June 1st

Donald Hansen

June 2nd

**Pauline Bosak &
Staff Roosevelt**

June 3rd

Staff Stephanie

June 6th

Staff Amber

June 8th

Virgil Barta

June 9th

Walter Pender

June 18th

Ardella Voss

June 22nd

Staff Sulekha

June 24th

Staff Ashley M.

June 25th

Staff Greta

June 29th

Staff Christy

A VERY HAPPY BIRTHDAY TO...

MINNESOTA TWINS

JUNE SCHEDULE

6/1/2019	12:10 PM	Twins at Rays	TV: FSNO ----- Radio: TIBN
6/2/2019	12:10 PM	Twins at Rays	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
6/4/2019	6:10 PM	Twins at Indians	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
6/5/2019	6:10 PM	Twins at Indians	TV: FSNO ----- Radio: TIBN
6/6/2019	6:10 PM	Twins at Indians	TV: FSNO ----- Radio: TIBN
6/7/2019	6:10 PM	Twins at Tigers	TV: FSNO ----- Radio: TIBN
6/8/2019	3:10 PM	Twins at Tigers	TV: FSNO ----- Radio: TIBN
6/9/2019	12:10 PM	Twins at Tigers	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
6/11/2019	7:10 PM	Mariners at Twins	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
6/12/2019	7:10 PM	Mariners at Twins	TV: FSNO ----- Radio: TIBN
6/13/2019	12:10 PM	Mariners at Twins	TV: FSNO ----- Radio: TIBN
6/14/2019	7:10 PM	Royals at Twins	TV: FSNO ----- Radio: TIBN
6/15/2019	6:10 PM	Royals at Twins	TV: FSNO ----- Radio: TIBN
6/16/2019	1:10 PM	Royals at Twins	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
6/17/2019	7:10 PM	Red Sox at Twins	TV: FSNO ----- Radio: TIBN
6/18/2019	7:10 PM	Red Sox at Twins	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
6/19/2019	7:10 PM	Red Sox at Twins	TV: FSNO ----- Radio: TIBN
6/20/2019	7:15 PM	Twins at Royals	TV: FSNO ----- Radio: TIBN
6/21/2019	7:15 PM	Twins at Royals	TV: FSNO ----- Radio: TIBN
6/22/2019	1:15 PM	Twins at Royals	TV: FSNO ----- Radio: TIBN
6/23/2019	1:15 PM	Twins at Royals	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
6/25/2019	7:10 PM	Rays at Twins	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
6/26/2019	7:10 PM	Rays at Twins	TV: FSNO ----- Radio: TIBN
6/27/2019	12:10 PM	Rays at Twins	TV: FSNO ----- Radio: TIBN
6/28/2019	7:10 PM	Twins at White Sox	TV: FSNO ----- Radio: TIBN
6/29/2019	3:12 PM	Twins at White Sox	TV: FSNO ----- Radio: TIBN
6/30/2019	1:10 PM	Twins at White Sox	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com



MEET Catherine Sandness

(WEST CAMPUS)

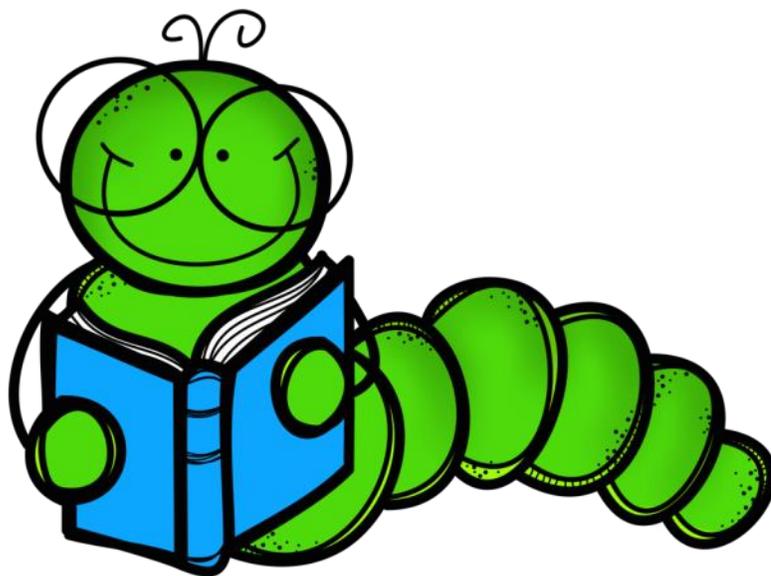


Learn about Catherine!

Catherine was born and raised in Bismarck ND, where she lived for eighteen years. After a short stint in Fargo, Catherine moved to Carrington ND, and worked as a nurses aid for close to seven years. After a couple moves, Catherine ended up moving back to Fargo and made a living working at Villa Maria Nursing Home.

All her life, reading has been this lady's hobby. Paper back to audio book, Catherine loves to read. Catherine met her husband Ron because of a mutual friend they shared, Joyce the Matchmaker. Ron and Catherine named their first child Joyce in their friends honor. The couple has two other children, Mark and Marie. Marie was born one day after Catherine's birthday. If this book worm were to win a Million dollars she would give most of it to her children and save a little for herself.

Welcome Catherine



MEET Ardith Carlson

(WEST CAMPUS)



Learn about Ardith!

Ardith was born and raised on a farm about seven miles north of Lake Park Minnesota. Ardith attended country school before going to high school in Lake Park. This farm girl was not afraid of hard work.

Ardith did physical work as a sheetrock sander and a spot welder. Ardith had six children. We are all in luck, we have another baker in the house. One of Ardith's hobbies is to bake, especially the sweet stuff. If this spot welding baker were to win a Million dollars, she would find a charity to give most of the money to, but keep a bit for herself.

Welcome Ardith



MEET

Jeannette Klinkhammer

(WEST CAMPUS)



Learn about Jeannette!

Jeannette was born and raised in Fargo on Broadway. At that time there was a farmstead just down the block from Jeannette's childhood home. My how things have changed! As a child, on the evenings there was a baseball game Jeannette and her siblings would all pitch in to get the table cleared and do the dishes so they could go watch the local Twins team. Once at the park, Jeannette and equally sneaky siblings would wait for a couple to pay and enter the park and sneak in pretending to be the couple's kids!

Jeannette's father built homes for a living but during the war not many people could afford to purchase a home, especially a new one. So, Jeannette's father started to work as a nurse at the Veterans Hospital. Like her Father, Jeannette worked hard, she ran a daycare out of her home for twenty five years. She had ten kids of her own to boot.

For a hobby Jeannette made Christmas stockings. Every year, children, grand children, family and friends. If your looking for a stocking for next Christmas, your out of luck, this Christmas Elf has retired from the stocking business. Most important question of all, if a million dollars were to come Jeanette's way she would donate it to St. Jude's hospital for children with cancer.

Welcome Jeannette



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...

Jennifer Fillipi

Dear Family & Friends,

Friendships can be good for you. Some may not know, but there is a connection between your health and friendships. Let's talk about how to promote and maintain healthy friendships. Friendships can have a major impact on your health and well-being, but it's not always easy to build or maintain friendships. Understand the importance of friendships in your life and what you can do to develop and nurture friendships.

BENEFITS OF FRIENDSHIPS

Good friends are good for your health. Friends can help you celebrate good times and provide support during the bad times. Friends prevent loneliness and give you a chance to offer needed companionship, too. Friends can also:

- Increase your sense of belonging and purpose
- Boost your happiness
- Reduce stress
- Improve your self-worth
- Help you cope with traumas, such as divorce, serious illness, job loss or the death of a loved one
- Encourage you to change or avoid unhealthy lifestyle habits, lack of exercise

WAYS TO MEET NEW FRIENDS

- Go for a walk. Chat with neighbors who are also out and about or head to a park and strike up conversations there.
- Exercise. Take a class at a gym, senior center or community fitness facility. Start a lunchtime walking group.
- Do lunch. Invite an acquaintance to join you for coffee or a meal.
- Accept invites. When you are invited to a social gathering, say yes. Contact someone who recently invited you to an activity and return the favor.
- Volunteer. Offer your time or talents at a hospital, place of worship, museum, community center, charitable group or other organization. You can form strong connections when you work with people who have mutual interests.
- Attend community events. Get together with a group of people working toward a goal you believe in. Find a group with similar interest in an activity. Example: wellness activities.
- Join a faith community. Take advantage of special activities or events like bible study or devotions.

Above all, stay positive. You may not become friends with everyone you meet, but maintaining a friendly attitude and demeanor can help you improve the relationships in your life you already have.

Thanks!



Jennifer Fillipi, LPN

218-477-7254

nurse@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