



Serenity Assisted  
Living & Memory  
Care  
Dilworth, MN

## Points of Interest:

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

# Serenity Snippets

July 2019

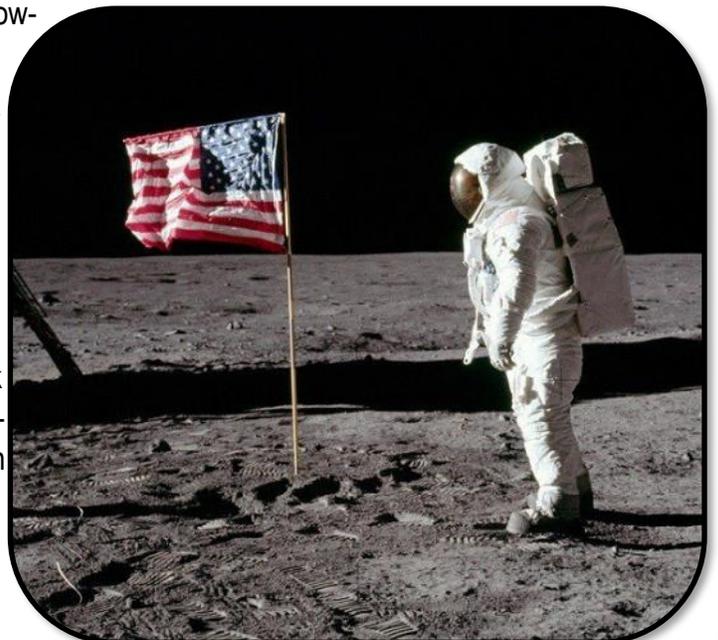
## The Magnificent Abyss

This year marks the 50th anniversary of NASA's historic Apollo 11 mission. On July 20, 1969, Commander Neil Armstrong and pilot Edwin "Buzz" Aldrin became the first humans to land on the moon. Six hours after landing, they did something even more daring: they set foot on lunar soil and walked on the moon. Armstrong's words captured the enormity of the moment: "That's one small step for a man, one giant leap for mankind." The astronauts became worldwide heroes, and their achievement vaulted them into both the history and science books, making them household names in the process.

The moon landing marked the pinnacle of achievement for a mission born of the Cold War-era "space race" between the United States and the Soviet Union. The mission was broadcast on television, and its importance was not lost on the astronauts involved. Michael Collins manned the command module, while Armstrong and Aldrin descended to the lunar surface in a module dubbed Eagle. When the craft touched down on the moon's Sea of Tranquility, Armstrong famously announced, "The Eagle has landed." Typically, in these situations, the junior ranking officer would take responsibility for the spacewalk, while the commander stayed behind.

Aldrin had vied for the opportunity to be the first man to walk on the moon, but he well understood the symbolism of the mission's commander being first to set foot on alien soil, even if it meant a change of NASA protocol. For this reason, Armstrong made the first famous "small step." Aldrin was not far behind, however, and his poetic description of the lunar landscape's "magnificent desolation" has become just as memorable.

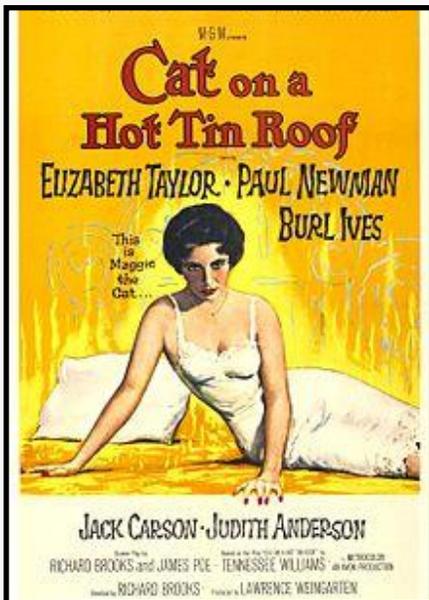
The two men spent over 21 hours on the moon. They collected samples of rock and dust, and planted an American flag. Aldrin even took Holy Communion. The entire Apollo 11 team safely returned to Earth to much fanfare, but not before they filled out a customs form declaring their place of departure as "Moon."



# July Movies

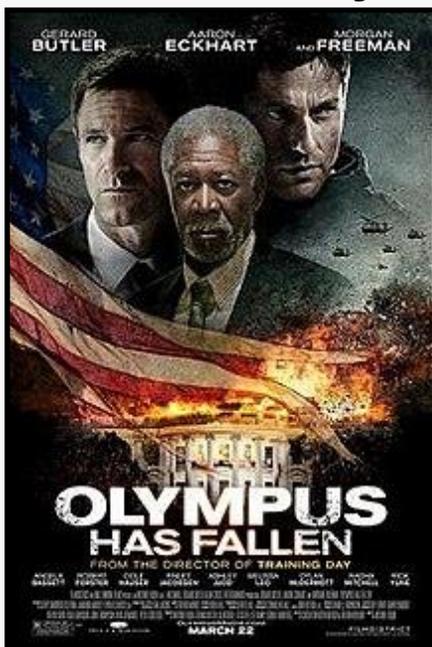
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

## Cat on a Hot Tin Roof (1958)



After Brick Pollitt (Paul Newman) injures himself while drunkenly revisiting his high school sports-star days, he and his tempestuous wife, Maggie (Elizabeth Taylor), visit his family's Mississippi plantation for the 65th birthday of his hot-tempered father, Big Daddy (Burl Ives). Cantankerous even with declining health, Big Daddy demands to know why Brick and Maggie haven't yet given him a grandchild, unlike Brick's brother Gooper (Jack Carson) and his fecund wife, Mae (Madeleine Sherwood).

## Olympus Has Fallen (2013)



The unthinkable happens when heavily armed and highly trained terrorists launch a bold daytime attack on the White House. The building is overrun, and President Benjamin Asher and his staff are taken hostage. Luckily for Asher, former presidential security officer Mike Banning is on the scene. With time running out, it's up to Banning to locate Asher's son before the extremists do and rescue the president before his captors unleash their ultimate plan.



# SNAPSHOTS



Jim enjoys a soda at Junkyard Brewing last month!



Meet our newest team members of our dietary aides...they help periodically during meal times. Welcome Anna, Elliana & Fletcher!



Joyce & Jean enjoy a lunch outing for a fundraiser for Hospice of the Red River Valley!

# SNAPSHOTS



Kids from the Inspire Lab in Moorhead have been joining us each week to work on some gardening projects. In this photo, they are making small square foot gardens.



The non-profit organization called Hope Blooms takes recycled flowers from events, makes bouquets and delivers them around the community. Serenity was lucky enough to receive flowers last month. Pictured here is Linda Peterson and some volunteers from Blue Cross of ND!

# Ice Cream Shop

The words listed below can be found vertically and horizontally.



CHOCOLATE

CONE

MANGO

MILKSHAKE

PEPPERMINT



SCOOP

SHERBET

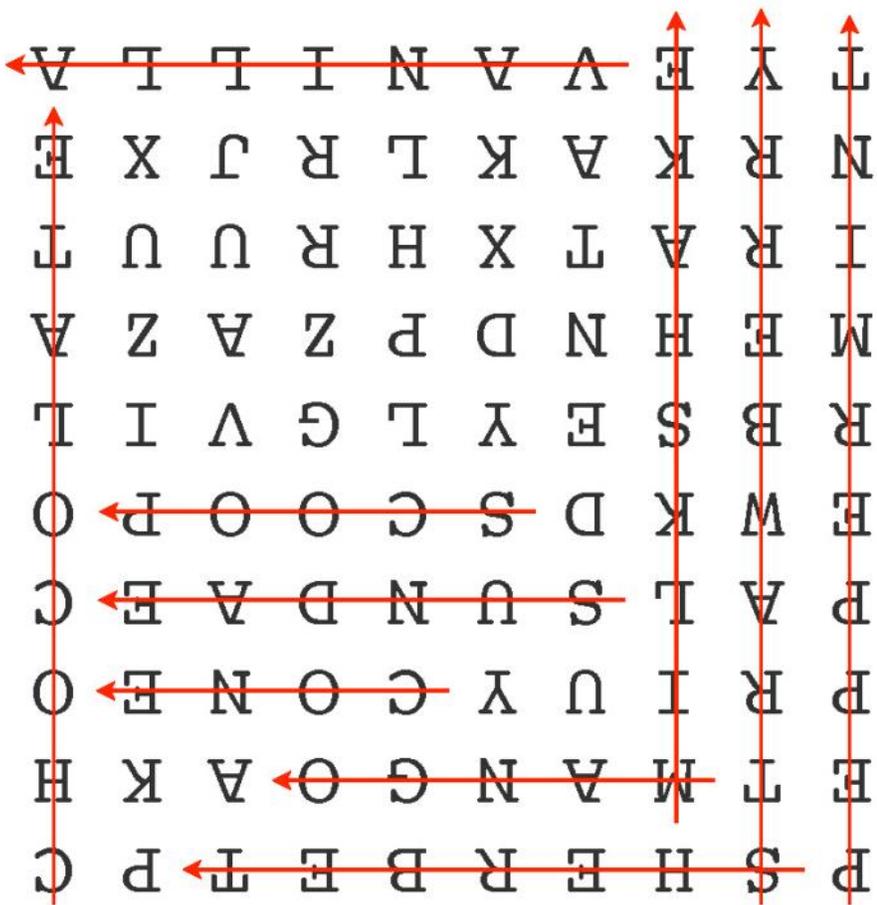
STRAWBERRY

SUNDAE

VANILLA

# Ice Cream Shop

(solution)



# July 2019

SUN	MON	TUE	WED	THU	FRI	SAT	
	<p>1</p> <p><b>WALKING CLUB</b></p> <p><b>BINGO</b> West @ 2:00 pm</p>	2	<p>3</p> <p>Moorhead Library Shopping Outing <b>WAL*MART</b> Shopping</p> <p><b>CASH WISE</b></p> <p>West Beaton Conservatory @ 9:30 am (West) &amp; 10:30 (South)</p>	<p>4</p> <p><b>4TH OF JULY</b></p> <p>Business Office Closed</p> <p>Appetizer Night @ 6:00</p>	5	6	<p>Nail Day!</p> <p>Ice Cream SUNDAES</p>
7	8	9	10	11	12	13	
<p>Church Transportation</p>	<p><b>WALKING CLUB</b></p> <p><b>BINGO</b> East @ 2:00 pm</p>	<p>Resident Council @ 10:45 (West)</p> <p>SS Ruby on the Red River 11 am—Noon</p>	<p><b>ALDI</b> Shopping</p> <p>Senior Day @ RRV Fair!</p> <p>River City Church Group &amp; S'Mores 6:30pm @ West</p>	<p>11</p> <p>Communion w/ Marlene</p> <p>Wellness Finishers Celebration 11:30 am (Dine Out)</p> <p>Resident Council @ 10:45 am (East)</p> <p>Appetizer Night @ 6:00</p>	<p><b>GARDEN CLUB</b> @ 1:00 pm</p> <p>Wellness Finishers Celebration 12:00 (Dine In)</p> <p>Pontoon Rides w/ Tim!</p>	<p>Nail Day!</p> <p>Ice Cream SUNDAES</p>	
14	15	16	17	18	19	20	
<p>Church Transportation</p>	<p><b>WALKING CLUB</b></p> <p><b>BINGO</b> West @ 2:00 pm</p>	<p><b>GrubClub</b> Meeting @ 3:00 pm</p> <p>Prime Time Choir @ 6:30 pm (West)</p>	<p>Catholic Mass @ 10:45 am (South)</p> <p><b>Target</b> Shopping</p>	<p><b>Early Einsteins</b> Learning Center @ 1:30 (South)</p> <p>Dilworth Lutheran @ 2:00 (East) &amp; 2:30 (West)</p>	<p><b>GARDEN CLUB</b> @ 1:00 pm</p>	<p>Nail Day!</p> <p>Ice Cream SUNDAES</p>	
21	22	23	24	25	26	27	
<p>Church Transportation</p> <p><b>GrubClub</b> @ 4:00 pm</p>	<p><b>WALKING CLUB</b></p> <p><b>BINGO</b> East @ 2:00 pm</p>	<p>New Hire Training</p> <p>alzheimer's association Meeting at 6:30 (West)</p>	<p>Moorhead Library Shopping Outing <b>WAL*MART</b> Shopping</p> <p><b>Hornbacher's</b></p> <p><b>Vie's</b> Vic's @ 4:30 pm</p>	<p><b>Early Einsteins</b> Learning Center @ 1:30 (East)</p> <p>Appetizer Night @ 6:00</p>	<p><b>GARDEN CLUB</b> @ 1:00 pm</p> <p><b>tastee freez</b> 2:30 pm</p>	<p>Nail Day!</p> <p>Ice Cream SUNDAES</p>	
28	29	30	31	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>Events are subject to change!</b></p> </div>			
<p>Church Transportation</p>	<p><b>WALKING CLUB</b></p> <p>China Buffet @ 11 am</p> <p><b>BINGO</b> West @ 2:00 pm</p>		<p><b>JCPenny</b></p> <p><b>CASH WISE</b></p>				

# Mark Your Calendar!

## AUGUST

**August 7th** = River City S'mores & Hymn Sing  
@ 6:30 pm (East)

**August 12th** = Catholic Gathering @ 4:30 pm (West)

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

**TBD** = Serenity Pick 'Em Football Party

## SEPTEMBER

**September 20th** = Staff Jessica Gudding's Wedding

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

## OCTOBER

**TBD** = Oktoberfest

**TBD** = Professional Client Photos

**TBD** = Resident Flu Shots by Cash Wise Pharmacy

**TBD** = Halloween Costume Contest & Trick or Treating

## UPCOMING

**November 6th** = Mr. Sparkle Window Cleaning

**TBD** = Serenity Thanksgiving Formal Supper

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

*July 2nd*

**Peter Fredrikson  
& Ardith Carlson**

*July 3rd*

**Staff Richard**

*July 7th*

**Emily Jackson**

*July 9th*

**Staff Leanna**

*July 11th*

**Sharon Taragos**

*July 14th*

**Staff Marissa D.**

*July 17th*

**Sandy Opatril**

*July 18th*

**Cindy Winroth**

*July 22nd*

**Staff Sarah S.**

*July 24th*

**Dorothy  
Overmoan**

*July 25th*

**Staff Michelle**

*July 28th*

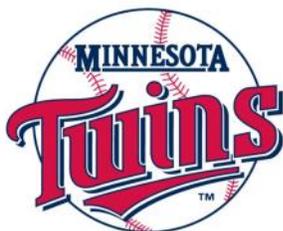
**Jim Kreps**

A VERY HAPPY BIRTHDAY TO...

# MINNESOTA TWINS

## JULY SCHEDULE

7/2/2019	9:07 PM	Twins at Athletics	TV: FSNO ----- Radio: TIBN
7/3/2019	8:07 PM	Twins at Athletics	TV: FSNO ----- Radio: TIBN
7/4/2019	3:07 PM	Twins at Athletics	TV: FSNO ----- Radio: TIBN
7/5/2019	7:10 PM	Rangers at Twins	TV: FSNO ----- Radio: TIBN
7/6/2019	1:10 PM	Rangers at Twins	TV: FSNO ----- Radio: TIBN
7/7/2019	1:10 PM	Rangers at Twins	TV: FSNO ----- Radio: TIBN
7/9/2019	NL All-Stars at AL All-Stars - Time TBD		
7/12/2019	6:10 PM	Twins at Indians	TV: FSNO ----- Radio: TIBN
7/13/2019	6:10 PM	Twins at Indians	TV: FSNO ----- Radio: TIBN
7/14/2019	12:10 PM	Twins at Indians	TV: FSNO ----- Radio: TIBN
7/16/2019	7:10 PM	Mets at Twins	TV: FSNO ----- Radio: TIB
7/17/2019	12:10 PM	Mets at Twins	TV: FSNO ----- Radio: TIBN
7/18/2019	7:10 PM	Athletics at Twins	TV: FSNO ----- Radio: TIBN
7/19/2019	7:10 PM	Athletics at Twins	TV: FSNO ----- Radio: TIBN
7/20/2019	6:10 PM	Athletics at Twins	TV: FSNO ----- Radio: TIBN
7/21/2019	1:10 PM	Athletics at Twins	TV: FSNO ----- Radio: TIBN
7/22/2019	7:10 PM	Yankees at Twins	TV: FSNO ----- Radio: TIBN
7/23/2019	7:10 PM	Yankees at Twins	TV: FSNO ----- Radio: TIBN
7/24/2019	7:10 PM	Yankees at Twins	Radio: TIBN
7/25/2019	7:10 PM	Twins at White Sox	TV: FSNO ----- Radio: TIBN
7/26/2019	7:10 PM	Twins at White Sox	TV: FSNO ----- Radio: TIBN
7/27/2019	6:10 PM	Twins at White Sox	TV: FSNO ----- Radio: TIBN
7/28/2019	1:10 PM	Twins at White Sox	TV: FSNO ----- Radio: TIBN
7/30/2019	6:10 PM	Twins at Marlins	TV: FSNO ----- Radio: TIBN
7/31/2019	6:10 PM	Twins at Marlins	TV: FSNO ----- Radio: TIBN



# Serenity's 5th Annual

# golf Tournament



#1	Pat	-10	Milly	-6
	Randy		Charlene	-6
#2	Larry	-9	Deb	-6
	DeFloren		Mavis	-6
	Paul	#6	Joyce	-5
#3	Esther		C	-5
	Maxine		Em	-4
	Mary			1
#4	Don			
	Lillian			
	Sid			
	Margare			
	Leo W.			
	Janeene			-1
#5	Marie Z.			0
				2

***For the fifth year, our Wellness and Life Enrichment programs put on a mini golf tournament for our ladies and gentlemen to compete in. We had over 50 participants in our tournament and a whole lot of fun!***



# Wellness

# Update

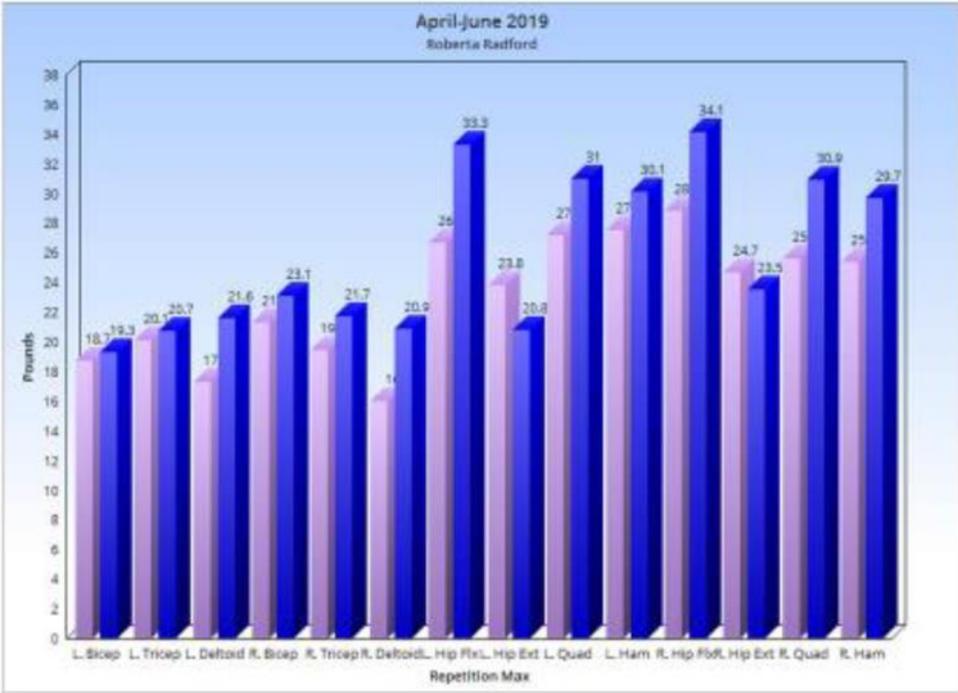


Our ladies and gentlemen celebrated Quarter 2 of Wellness for 2019! Serenity rewards participants with an outing to the Pizza Ranch in Dilworth...and if they can't make it out, we bring in the goodies right here! Check out some statistics and highlights from last quarter:

- *Walks went up from last quarter.*
- *Sonny doubled his walk.*
- *Ardella's walk increased by quite a bit.*
- *Strength went up from last quarter.*

Our Wellness Program is pivotal to good health and happier selves. AMAZING job to all of our participants! Let's keep 2019 on a good pace!

## Roberta Radford





**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 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!

# From the Desk of...

# Denise Tollefson

## Dear Family & Friends,

I recently got into yoga, and couldn't believe how much I have been missing out! I was intimidated by not knowing the language, having the right clothing and not knowing the different poses. After my first session, I fell in LOVE! A good instructor will make sure you feel comfortable with all of these things, go at a slower pace and even physically adjust your pose to get the most benefit.

It has been amazing to feel so good after a yoga session and how strong I feel without lifting any weights! The best part about yoga, is that is it literally great for all ages...young and old! For seniors who are looking for a safe, effective way to enhance their physical health and overall wellness, the stretching, breathing, and meditation practices of yoga can be a great solution. It's no wonder, then, that yoga is becoming increasingly popular among seniors. One study found that nearly 14 million Americans over the age of 50 practiced yoga in 2016. That was a significant jump from the four million who did so in 2012.

Here are some of the benefits of yoga for seniors:

**Better balance**—Many yoga poses for seniors focus on strengthening the abdominal muscles and improving your core stability. That can help you become steadier on your feet and reduce your risk of falls.

**Improved flexibility**—Yoga movements can be fantastic stretching exercises for seniors. Holding a pose for several breaths encourages your muscles and connective tissues to relax and loosen, which helps to increase your range of motion. In fact, research has shown that regularly engaging in yoga can dramatically boost the overall flexibility of older adults.

**Stronger bones**—If you're worried about brittle bones and osteoporosis, try yoga. For older women and men, a consistent yoga routine that includes weight-bearing postures can help bolster bone strength. Some promising research has suggested that doing yoga can actually improve bone density in postmenopausal women.

**Reduced anxiety and stress**—Through meditation and mindful breathing, yoga encourages you to focus on the present and find a sense of peace. That can lower levels of the stress hormone cortisol and help ease symptoms of anxiety and depression. In one survey, more than 85 percent of people who engaged in yoga said they experienced reduced stress as a result.

**Better sleep**—Yoga can help alleviate sleep disturbances, which are common complaints among seniors. In one study, adults over age 60 who struggled with insomnia participated in yoga classes twice a week and underwent daily sessions at home. After three months, the group reported significant improvements in both the duration and overall quality of their sleep.

**Namaste!**



Denise Tollefson, Leadership Team

218-477-7254

denise@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](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)