



Serenity Assisted
Living & Memory
Care
Dilworth, MN

Points of Interest:

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

Serenity Snippets

July 2020

Berry Bounty

No treat enhances a summer barbeque or picnic better than fresh berries. Whether you eat them plain out of your hand or add them to your favorite recipe, give thanks for this delicious bounty all July long, for July is National Berry Month. The next time you're out at an open-air farmer's market or even at the local grocery store, keep an eye out for unusual or rare berries that may have come from another part of the country. Your taste buds will thank you.

Residents of Maine in the American northeast take pride in their wild blueberries. Wild blueberries are native to North America. They are smaller, sweeter, tangier, and more flavorful than their grocery store counterparts. Wild Maine blueberries may not become available until late July, but once they are harvested by Mainers, they are put into every dish imaginable, from muffins to homemade jam.

Marion County, Oregon, is awfully proud of their marionberries, the so-called "King of Blackberries." The marionberry is a cross between the Chehalem and Olallie strains, and the result is big, firm, sweet, juicy, and delicious. Oregon produces 30 million pounds of marionberries each year, shipping almost none of them out of the state. So, if you do happen to find marionberries outside of Oregon, consider yourself lucky!

The gooseberry is native to Canada but almost unheard of in the United States. This is partly because gooseberries were banned when it was found that they carried a disease harmful to regional white pine trees. The ban on gooseberries was lifted in the 1960s, but they are still hard to find in the U.S. Unripe berries are green and add a sour tang to dishes. Ripe berries are sweet and sour, a perfect accompaniment to other berries like strawberries. For this reason, they are often a substitute for rhubarb.

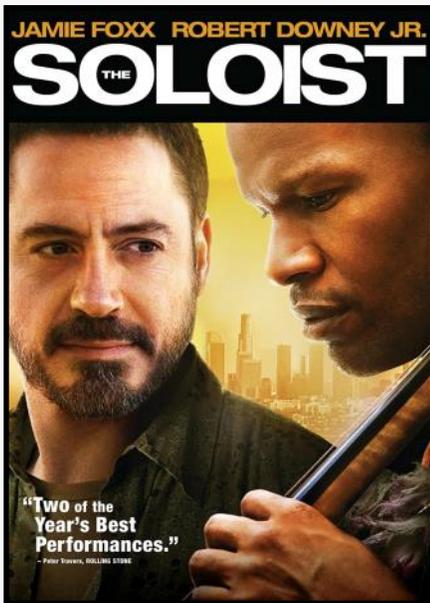
These are just a few of the wonderful berries available at the peak of summer during Berry Month. If you're lucky, you might also find dewberries, huckleberries, elderberries, cloudberries, loganberries, or others waiting for you to add them to your favorite pie, buckle, or cobbler.



July MOVIES

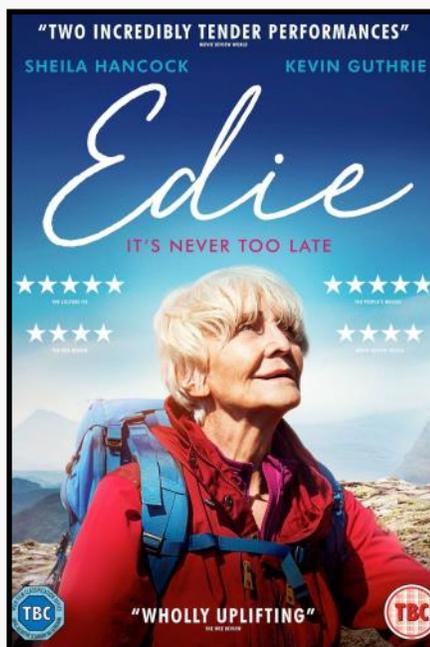
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

The Soloist (2009)



Los Angeles columnist Steve Lopez (Robert Downey Jr.) has reached an impasse in his life. His marriage is on the rocks, and he's disillusioned with his job. Then, while wandering through L.A.'s Skid Row, he spots a homeless man (Jamie Foxx) playing a two-stringed violin with a virtuoso's skill. Lopez initially thinks of the man, named Nathaniel Ayers, as just a story idea. But as he begins to unravel the mystery of Ayers' strange fate, Lopez realizes that a change is happening within himself.

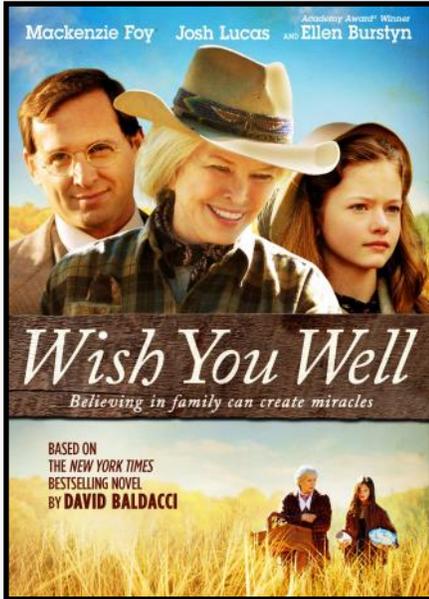
Edie (2017)



After her controlling husband dies, an elderly woman embarks on a trip to fulfill her longtime dream of climbing a mountain in the Scottish Highlands.

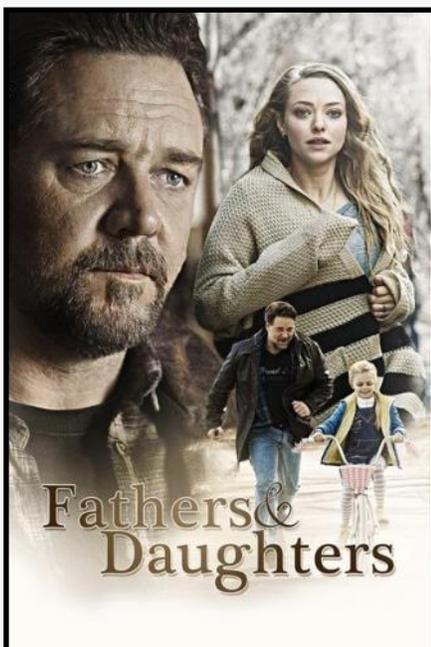
July MOVIES

Wish You Well (2013)



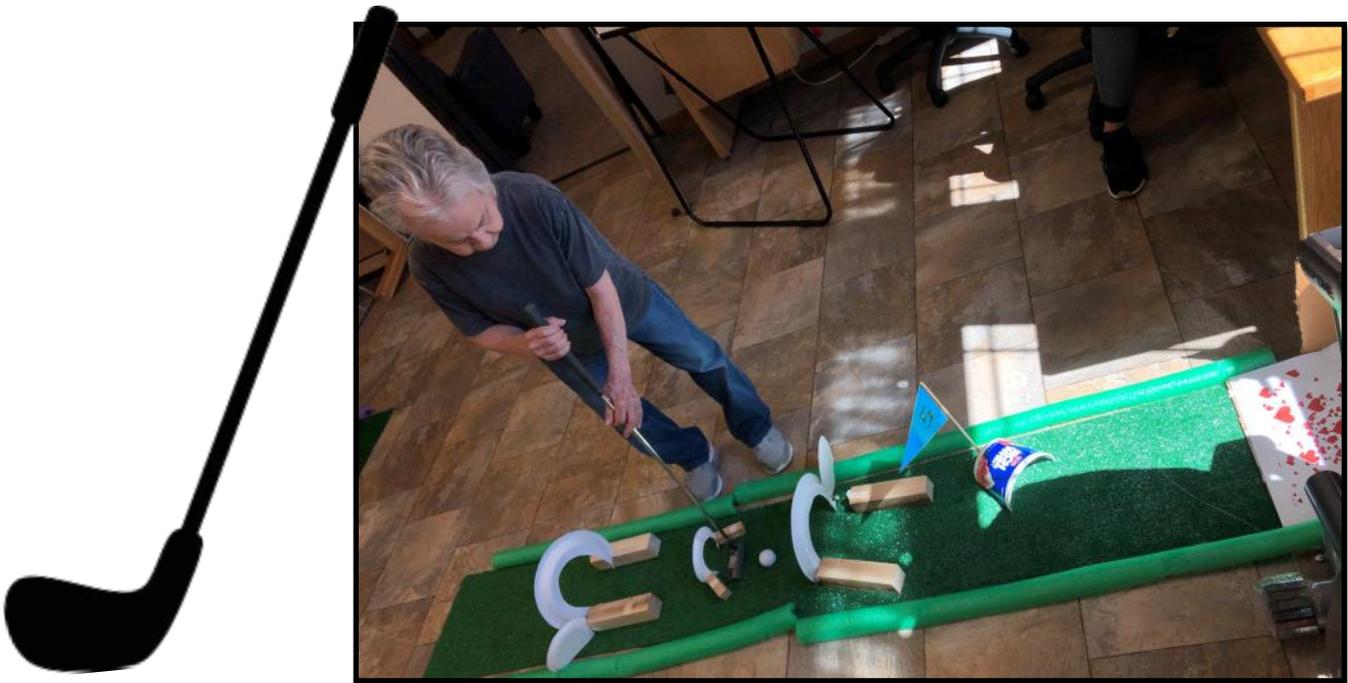
A tragic accident forces twelve-year old Louisa Mae and her younger brother Oz to move from New York City to live with their great grandmother on a small farm in Virginia. Once Lou and Oz finally adjust to their new home, their family is threatened to be torn apart again when a coal company tries to steal their land. Now, Lou must team-up with lawyer Cotton Longfellow, to fight for their land, their home and their future.

Fathers and Daughters (2015)



A Pulitzer-winning writer grapples with being a widower and father after a mental breakdown, while, 27 years later, his grown daughter struggles to forge connections of her own.

Serenity's 6th Annual **golf** Tournament



For the sixth 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!





July 2020



SUN	MON	TUE	WED	THU	FRI	SAT
Events are subject to change!			1  @ 1:30 pm	2 Appetizer Night @ 6:00	3	4 Nail Day!   Business Office Closed
			5	6	7 Bible Study 	8  @ 1:30 pm
12	13	14 Bible Study 	15  @ 1:30 pm	16 Appetizer Night @ 6:00	17	18 Nail Day! 
19	20	21 Bible Study 	22  @ 1:30 pm	23 Appetizer Night @ 6:00	24	25 Nail Day! 
26	27	28 Bible Study 	29  @ 1:30 pm	30 New Hire Training Summer Olympics Games @ 1:00  Appetizer Night @ 6:00	31	

Mark Your Calendar!

AUGUST

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

UPCOMING

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

July 1st
Staff Sarah H.

July 2nd
Ardith Carlson

July 3rd
**Pat Nelson &
Staff Richard**

July 4th
**Staff Irene &
Staff Elliana**

July 7th
Emily Jackson

July 9th
Staff Leanna

July 11th
Sharon Taragos

June 17th
Sandy Opatril

June 19th
Staff Jackie

June 25th
**Staff Maria, Staff
Michelle and
Staff Natalie**

June 26th
Staff Jordan

June 29th
**Charlotte
Schloeder**

A VERY HAPPY BIRTHDAY TO...

SNAPSHOTS



We've been doing Drive Thru Communion at Lutheran Church of the Good Shepherd!



Ardella and her family got individual pies for everyone for her birthday! Yum!



Nurse Marissa had her baby last month...welcome Kasen!

SNAPSHOTS



Heaven gained a new angel when Virgil passed away. Blessing to Aggie and the whole family!



Conrad & Dorothy celebrated their anniversary last month.



Carol made these adorable candy bar gifts for the men in honor of Father's Day!



Searching for July

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

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



BASTILLE DAY

CANADA DAY

CANCER

CRAB (Cancer)

INDEPENDENCE DAY

JULY

LARKSPUR

LEO

LION (Leo)

RUBY

SEVENTH

SUMMER

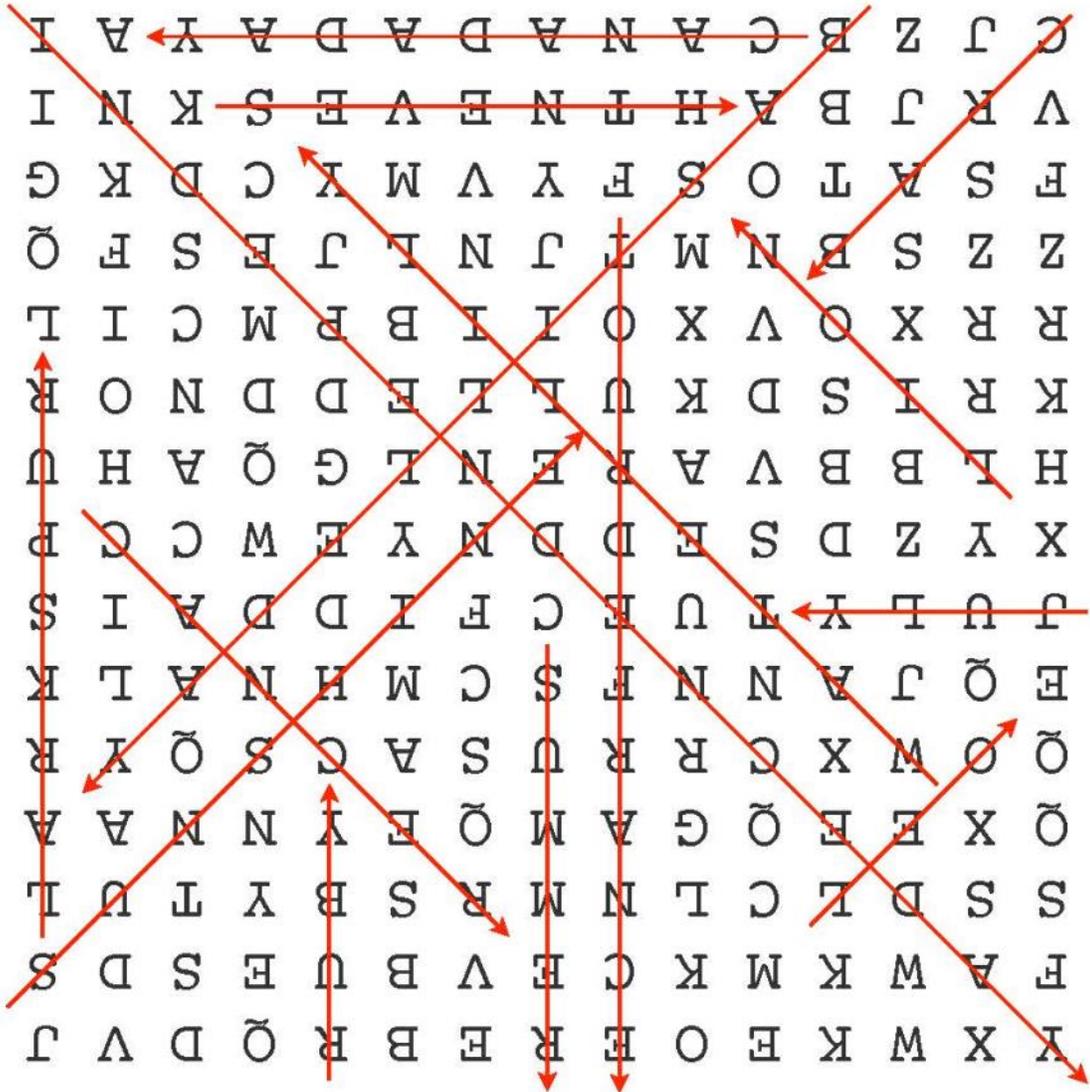
SUNSHINE

TOUR DE FRANCE

WATER LILY

Searching for July

(solution)



From the Desk of...

Stephanie Miller

Dear Friends,

It is officially summer which means the 4th of July is near. This holiday brings many families together which in turn leaves us with some of the fondest memories of the summer, especially those at the lake. While we want everyone to have fun during the 4th of July holiday, we also want you to be cautious. Safety is key when doing fun activities such as boating, tubing, grilling, lighting fireworks or having a bonfire. Below we have highlighted some things to watch out for:

- *Only light fireworks on the ground and in areas that are dry and fire resistant.*
- *Never allow young children to handle fireworks or sparklers.*
- *Keep a water hose or buckets of water nearby to put out fires.*
- *Review safe boating practices.*
- *Before boating, always check that there are enough life preservers on hand for every passenger.*
- *Set water safety rules for your family.*
- *Wear sunscreen and familiarize yourself and children with reapplication protocols.*
- *Keep children away from grills. Gas leaks, blocked tubes, and propane tanks can be a cause of grill fires and explosions.*
- *Never grill indoors, in the garage, in any enclosed area or on a surface that might catch fire.*
- *Make sure to hydrate with not only water but also some electrolytes such as Gatorade, Propel, Powerade, etc.*

Most importantly, enjoy your family time and be safe!

Blessings,

Stephanie Miller, Wellness

218-477-7254

wellness@serenityassistedliving.com

***Now that summer is officially here, the nice weather allows for many opportunities for staying active in the outdoors. Some fun and inexpensive summer activities can include, walking, biking, rollerblading, water skiing, tubing, kayaking, paddle boarding, and swimming just to name a few. Summer is a great time to make memories with your family while still being active. Just remember to wear sunscreen and hydrate. If you are finding it hard to be outside during hot summer days, consider planning your activities for the morning or later in the evening to ensure everyone is comfortable and safe.*



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