



Serenity Assisted  
Living & Memory  
Care  
Dilworth, MN

## Points of Interest:

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

# Serenity Snippets

July 2021

## National Treasures

Since 1985, America has celebrated July as Park and Recreation Month, but America's dedication to preserving the nation's wild places goes back much further. It was in 1872 that President Teddy Roosevelt designated Yellowstone as America's first national park, and he would go on to protect over 230 million acres of land as national forests, monuments, and wildlife refuges. As a child growing up in New York City, Roosevelt spent much of his time indoors, surrounded by concrete and steel and struggling for breath, due to debilitating asthma.

It seems logical that Roosevelt would later prioritize the protection of nature. He escaped to the wilderness for fresh air and strengthened himself by trekking primeval forests and snow-covered peaks. Just as nature strengthened and inspired Roosevelt, he hoped that nature would do the same for his fellow Americans.

By every measure, Americans have fulfilled Roosevelt's dream. Each year, over 300 million people visit America's national parks. Since the creation of Yellowstone, the national park system has grown to 423 protected areas in every state, from the coast of Acadia in Maine to the redwoods of northern California, from the cliff dwellings of Colorado's Mesa Verde to the glacier-carved valleys of Alaska's Gates of the Arctic. And the park system continues to grow. At the start of the year, New River Gorge in West Virginia became America's 63rd national park. But while national parks enshrine and preserve America's rich natural legacy, Park and Recreation Month is meant to celebrate parks of all kinds.

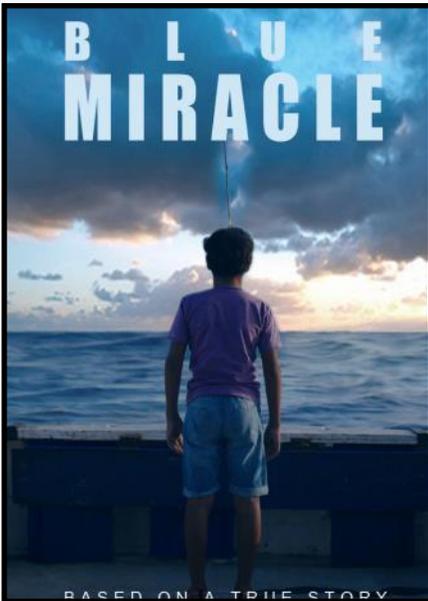
National parks make dramatic backdrops for family vacations, but local parks are where we find daily respite and rejuvenation. They are perfect places to enjoy the shade of a tree and listen to the song of a bird. What is more, local parks provide us with opportunities to continue Roosevelt's legacy of conservation by volunteering to plant a tree or clean up a river. Roosevelt's message was not just one of enjoying nature but of protecting and nurturing it for future generations.



# July MOVIES

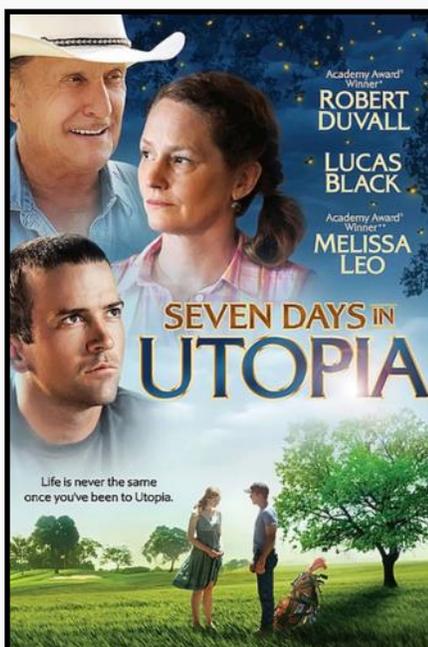
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

## Coffee with God (2020)



To save their cash-strapped orphanage, a guardian and his kids partner with a washed-up boat captain for a chance to win a lucrative fishing competition.

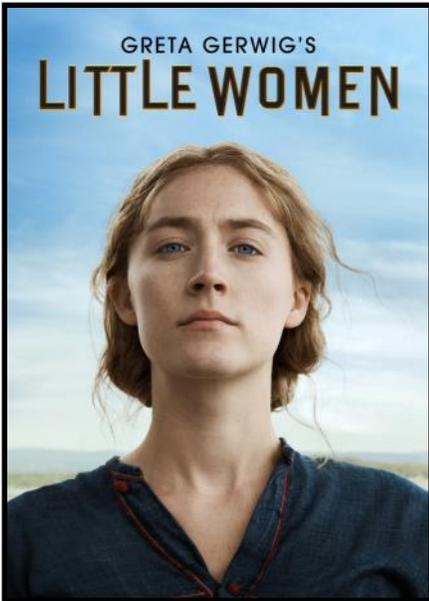
## Seven Days in Utopia (2011)



After a disastrous debut on the pro circuit, a young golfer finds himself unexpectedly stranded in Utopia, Texas and welcomed by an eccentric rancher.

# July MOVIES

## Little Women (2019)



When In the years after the Civil War, Jo March lives in New York and makes her living as a writer, while her sister Amy studies painting in Paris. Amy has a chance encounter with Theodore, a childhood crush who proposed to Jo but was ultimately rejected. Their oldest sibling, Meg, is married to a school teacher, while shy sister Beth develops a devastating illness that brings the family back together.

## Nights in Rodanthe (2008)



When Adrienne Willis (Diane Lane) arrives at the coastal town of Rodanthe, N.C., her life is in chaos. There, she hopes to sort through the trouble surrounding her, while tending a friend's inn for the weekend. The only guest at the inn is Dr. Paul Flanner (Richard Gere), a man tormented by a crisis of conscience. As a storm approaches the coast, Paul and Adrienne find comfort and a life-changing romance.

# SNAPSHOTS



Bill is pictured here on out outing on the Red River!



Keena (daughter of Nurse Amanda) raised over \$200 during her mobile popsicle stand and donated the money to the Alzheimer's Association!



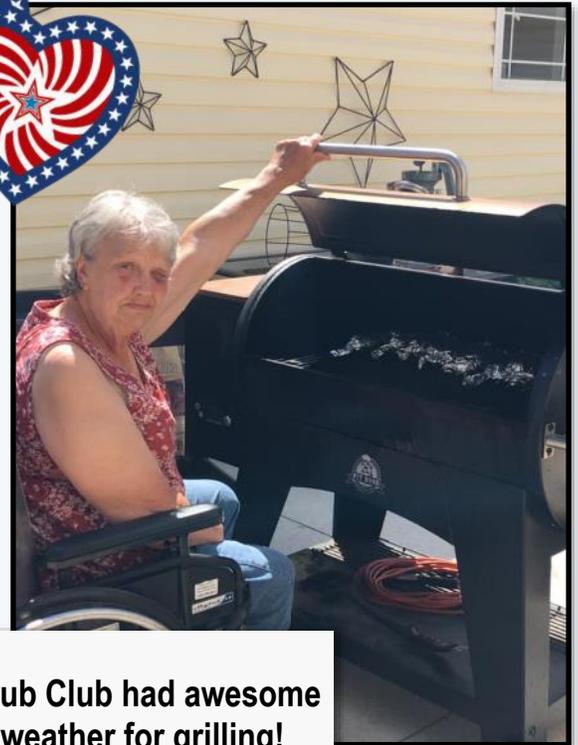
Dorothy showed off some personal momentos at last month's Ladies Gathering!

# SNAPSHOTS



These ladies made festive holiday wreaths

UC Hope donated patriotic flowers to EACH resident!

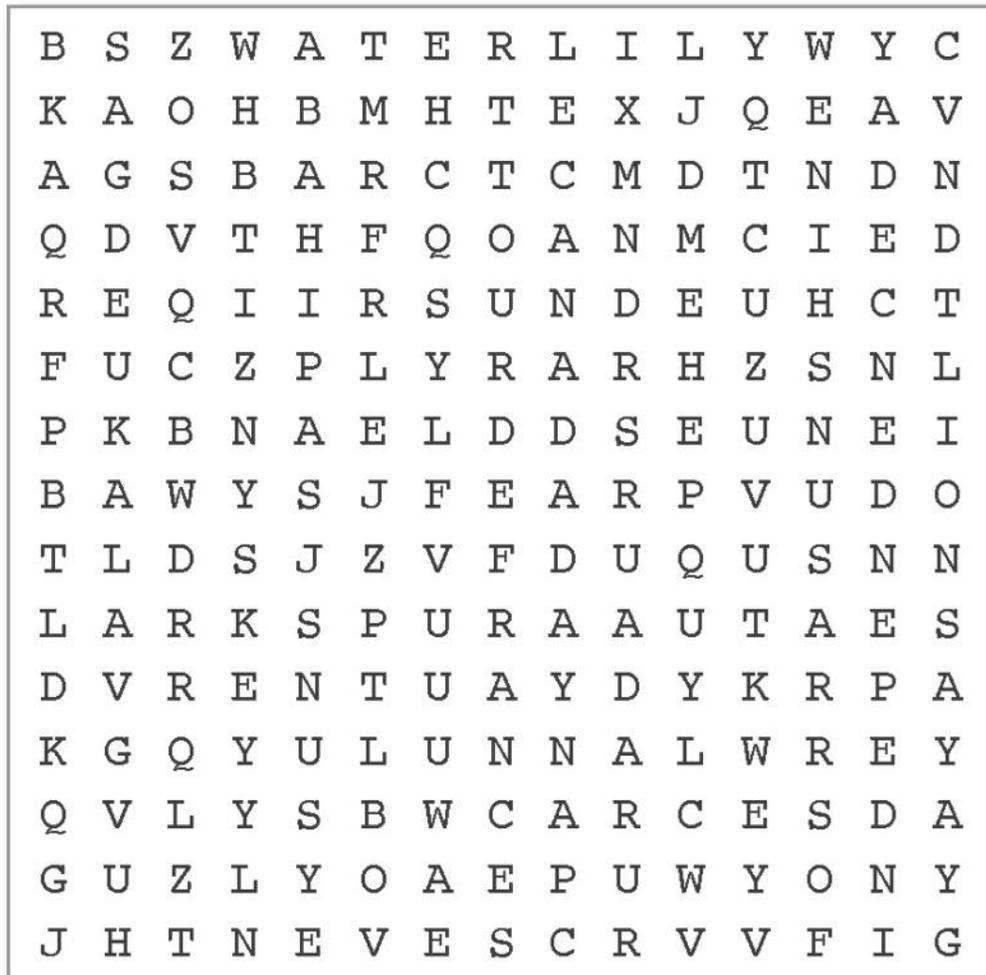


Grub Club had awesome weather for grilling!



# Searching for July

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



BASTILLE DAY  
CANADA DAY  
CANCER  
CRAB (Cancer)  
INDEPENDENCE DAY

JULY  
LARKSPUR  
LEO  
LION (Leo)  
RUBY

SEVENTH  
SUMMER  
SUNSHINE  
TOUR DE FRANCE  
WATER LILY





# JULY 2021



SUN	MON	TUE	WED	THU	FRI	SAT
<div style="border: 1px solid black; padding: 5px; background-color: #e0e0e0;"> <b>Events are subject to change!</b> </div>				1	2	3 Nail Day! Ice Cream SUNDAES
4  Business Office Closed	5  Rosary & Catholic Communion @ 10 am	6 Bible Study 1:30 (East) & 2:30 (West)	7 Church at St. Liz @ 8:30 am  East @ 1:30 pm 	8 New Hire Training Tim Mosser @ 1:30 pm (West) Appetizer Night @ 6:00	9 Men's Group (East) @ 1:30 	10 Nail Day! Ice Cream SUNDAES
11	12  Rosary & Catholic Communion @ 10 am	13 Family Council @ 10:45 am (West) Bible Study 1:30 (East) & 2:30 (West)	14 Church at St. Liz @ 8:30 am  West @ 1:30 pm Shopping 	15 Family Council @ 10:45 am (East) Appetizer Night @ 6:00	16	17 Nail Day! Ice Cream SUNDAES
18	19  Fr. Auggie (West) @ 10:15 am	20  @ 10 am Bible Study 1:30 (East) & 2:30 (West)	21 Church at St. Liz @ 8:30 am  East @ 1:30 pm  JC Penny @ 9 am & 1pm	22 Appetizer Night @ 6:00	23 West Beaton Conservatory @ 2:00 (East) & 3:00 (South)	24 Nail Day! Ice Cream SUNDAES
25	26  Rosary & Catholic Communion @ 10 am	27 Men's Lunch (West) @ Noon  Bible Study 1:30 (East) & 2:30 (West)	28 Church at St. Liz @ 8:30 am Shopping 	29	30	31 Nail Day! Ice Cream SUNDAES

# Mark Your Calendar!

## AUGUST

**TBD** = Summer Olympics

**TBD** = Pontoon Outing

## SEPTEMBER

**September 12th** = Grandparents Day & Kickoff to National Assisted Living Week!

**TBD** = Wellness Celebration Parties!

## OCTOBER

**TBD** = Oktoberfest

**TBD** = Professional Client Photos

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

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

*July 2nd*  
**Ardith Carlson**

*July 3rd*  
**Jean Nelson**

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

*July 6th*  
**Helen Stevenson**

*July 7th*  
**Emily Jackson**

*July 9th*  
**Staff Leanna**

*July 11th*  
**Sharon Taragos**

*July 17th*  
**Sandy Opatril &  
Avis Kjos**

*July 23rd*  
**Jake Blotsky**

*July 24th*  
**Mark Hanson Sr.  
& Staff Myah**

*June 25th*  
**Staff Natalie**

*July 26th*  
**Staff Jordan**

*July 29th*  
**Charlotte  
Schloeder**

A VERY HAPPY BIRTHDAY TO...

# MEET Bill Borgen (WEST CAMPUS)



**Where were you born and raised?**

Born in Moorhead and raised in Georgetown, Minnesota.

**Tell us about your family:**

He has 4 sons and they all farm.

**Did you marry?**

Yes; she died in 1978.

**Did you work outside the home?**

Bill was a farmer for 70 years.

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

Enjoyed drinking, going to basketball/baseball games when his kids were younger.

**What else should we know about you?**

He had a stroke in March 2015.

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

Give it to his kids.

Welcome  
Bill



# MEET Jacob "Jake" Blotsky

(WEST CAMPUS)



## Where were you born and raised?

Born at St. John's hospital and raised in Arthur, North Dakota.

## Tell us about your family:

He married in 1959 and have four children together.

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

Jake met his wife through his sister; his sister set them up on a blind date.

## Did you work outside the home?

Jake and his wife owned Dakota Muffler in Fargo, ND.

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

Visit with people and play cards. He's a poker player. He likes to help people as well.

## What else should we know about you?

He likes to joke a lot!

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

Jake would help a lot of people and be broke in no time! :-)

Welcome  
Jake



**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

## JULY SCHEDULE

7/1/2021	1:10 PM	Twins at White Sox
7/2/2021	7:10 PM	Twins at Royals
7/3/2021	3:10 PM	Twins at Royals
7/4/2021	1:10 PM	Twins at Royals
7/5/2021	6:10 PM	White Sox at Twins
7/6/2021	7:10 PM	White Sox at Twins
7/7/2021	12:10 PM	White Sox at Twins
7/8/2021	7:10 PM	Tigers at Twins
7/9/2021	7:10 PM	Tigers at Twins
7/10/2021	1:10 PM	Tigers at Twins
7/11/2021	1:10 PM	Tigers at Twins
7/13/2021		AL All-Stars at NL All-Stars - Time TBD
7/16/2021	6:10 PM	Twins at Tigers
7/17/2021	5:10 PM	Twins at Tigers
7/18/2021	12:10 PM	Twins at Tigers
7/19/2021	7:10 PM	Twins at White Sox
7/20/2021	7:10 PM	Twins at White Sox
7/21/2021	7:10 PM	Twins at White Sox
7/22/2021	7:10 PM	Angels at Twins
7/23/2021	7:10 PM	Angels at Twins
7/24/2021	6:10 PM	Angels at Twins
7/25/2021	1:10 PM	Angels at Twins
7/26/2021	7:10 PM	Tigers at Twins
7/27/2021	7:10 PM	Tigers at Twins
7/28/2021	12:10 PM	Tigers at Twins
7/30/2021	7:15 PM	Twins at Cardinals
7/31/2021	6:15 PM	Twins at Cardinals



**From the Desk of...**

*Denise Tollefson*

**Dear Friends,**

Established in 1995 by the National Center for Assisted Living (NCAL), National Assisted Living Week® (NALW) provides a unique opportunity for residents, their loved ones, staff, volunteers, and local communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public about this important aspect of long term care. NCAL is grateful for the generous support for NALW this year from official sponsor First Quality.

The COVID-19 pandemic has been an enormous, unprecedented challenge. But it has also brought together assisted living residents, staff, and everyone in these communities in a way unlike before. When times got tough, staff members were there to lend an ear and their hearts. When mothers, fathers, daughters, sons, sisters, and brothers could not physically be together, caregivers became family. And even when things seemed impossible, essential assisted living staff continued to deliver the highest quality care. This year's NALW theme – Compassion, Community, Caring – honors those resilient individuals who worked so hard, went above and beyond, and never gave up. Assisted living communities around the country are encouraged to host a variety of events that celebrate residents, staff, and volunteers while adhering to infection control requirements and precautions in place for COVID-19.

*Save the Date for some fun  
between September 12-18th!*

Thank you, every day, for choosing Serenity!

*Denise Tollefson*

**Denise Tollefson**

**218-477-7254**

**[denise@serenityassistedliving.com](mailto: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)