



Serenity Assisted  
Living & Memory  
Care  
Dilworth, MN

## Points of Interest:

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

# Serenity Snippets

September 2021

## Impressive History

The pressed penny is a curious souvenir. After all, why pay 50 cents to flatten and elongate a coin worth just one cent? Well, people love novelty and the delight that comes with finding something new and unusual, and they also love collecting memorabilia. Pressed pennies offer the best of both worlds. They are unique keepsakes that capture a moment in history. These souvenirs have grown so popular that they enjoy their own holiday, Pressed Pennies Day on September 3.

The first elongated coins were pressed by a jeweler in Vienna, Austria, in 1818. They used a modified jeweler's rolling mill, a common tool used to roll gold or other precious metals into wire or emboss patterns on sheets of metal.

Pressed pennies made their American debut at the 1893 World's Columbian Exposition in Chicago, Illinois. Visitors delighted when they rolled their pennies through a hand-cranked machine to press "Columbian Exposition 1893" on their faces. The exposition celebrated the 400th anniversary of Columbus' arrival in the "New World." Each pressed penny provided a souvenir of that anniversary. Coin collectors will note that 1893 was also the year that Indian Head pennies were in circulation. Some collectors may delight (while others cringe) to find a pressed Indian Head penny bearing the Columbian Exposition's imprint. These rare souvenirs are worth hundreds of dollars today.

Penny-pressing machines remain common sights at amusement parks and carnivals. Over 150 penny pressers are scattered throughout Disneyland, allowing visitors to imprint pennies with famous Disney characters, depictions of rides, or other commemorative images. Many museums, too, offer penny pressers for their exhibits. But don't attempt to press coins in Canada. Defacing Canadian currency is illegal. Instead, you may purchase blank coins to run through the pressing machines.



# NATIONAL ASSISTED LIVING WEEK 2021

**HAT-HEAD**

September 13th

**MONDAY**



**SPORTS** Tuesday

September 14th

**WACKY** WEDNESDAY

September 15th



**PAJAMA** Thursday

September 16th



**COLOR** Friday

September 17th



We are celebrating National Assisted Living Week with a different theme each day. Dressing up and showing support is opened up to everybody; so, if you are a resident, staff, family member, visitor or friend, we want to see your theme! See reverse for details for dress up days as well as the schedule for the week.

# LETS KICK SOME ALZ

COME WALK WITH US!

Serenity is a proud to take part in the upcoming Walk to End Alzheimer's in Fargo. The 3-mile walk features teams with the goal of raising money for the care, support and research efforts of the Alzheimer's Association.

Serenity is trying to have the biggest team for the Fargo chapter. Please consider donating to our fundraising goals...or even better, consider joining our team and the fun we are going to have raising awareness!

**SATURDAY, SEPTEMBER 18th | 10 AM**

**Red River Valley Fairgrounds - Hartl Ag Building  
| 1805 Main Ave West | West Fargo, ND 58078 |**

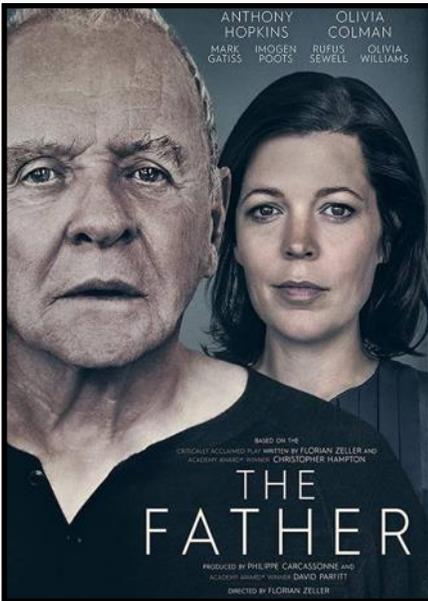
*For more information, contact Denise at (218) 477-7254.*



# September Movies

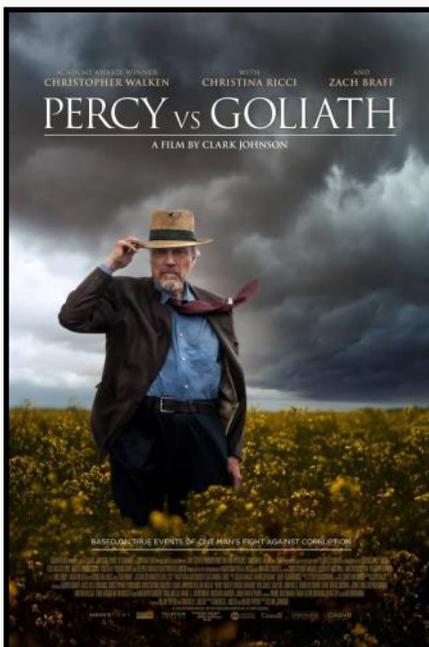
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

## The Father (2020)



A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of his reality.

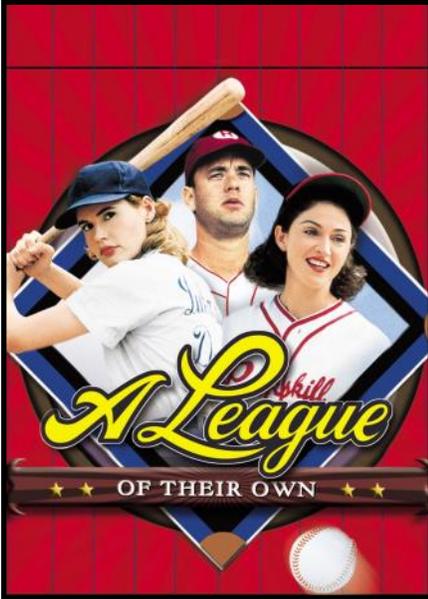
## Percy vs. Goliath (2020)



A true story of a small-town farmer taking on one of the largest agricultural and food manufacturing corporations. Percy Schmeiser, a third-generation farmer, is sued by a corporate giant for allegedly using their patented seeds. With little resources to fight the giant legal battle, Percy joins forces with up-and-coming attorney Jackson Weaver and environmental activist Rebecca Salcau to fight one of the most monumental cases all the way up to the Supreme Court.

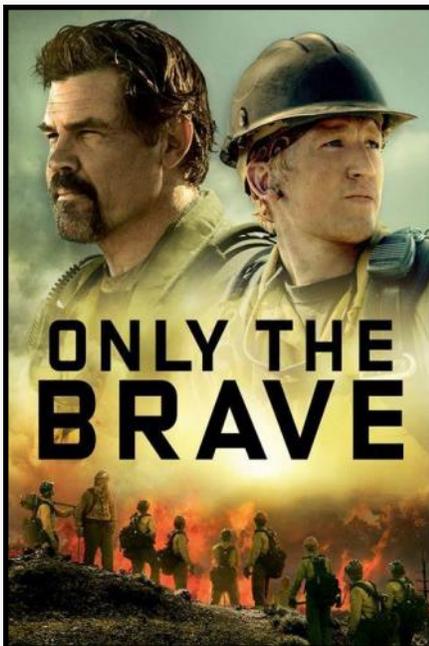
# September Movies

## A League of Their Own (1992)



As America's stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest, funded by publicity-hungry candy maker Walter Harvey . Competitive sisters Dottie Hinson and Kit Keller spar with each other, scout Ernie Capadino and grumpy has-been coach Jimmy Dugan (Tom Hanks) on their way to fame. Madonna and Rosie O'Donnell co-star as two of the sisters' teammates.

## Only the Brave (2017)



Through hope, determination, sacrifice and the drive to protect families and communities, the Granite Mountain Hotshots become one of the most elite firefighting teams in the country. While most people run from danger, they run toward it -- watching over lives, homes and everything people hold dear, forging a unique brotherhood that comes into focus with one fateful fire in Yarnell, Ariz.

# SNAPSHOTS



Irene holds a monarch on her finger when a volunteer who raises monarchs came to get help releasing them.



Big group to walking club at a local park in Dilworth; we got smart and brought coffee and a snack



Residents had fun with some temporary tattoos.



Shirley & Savannah help with last month's Grub Club.

# SNAPSHOTS



Pat teaches a mini painting class with some various techniques.



Mark dresses up like Elvis and serenades the crowd as a surprise!



Pretty fun group at Grub Club.

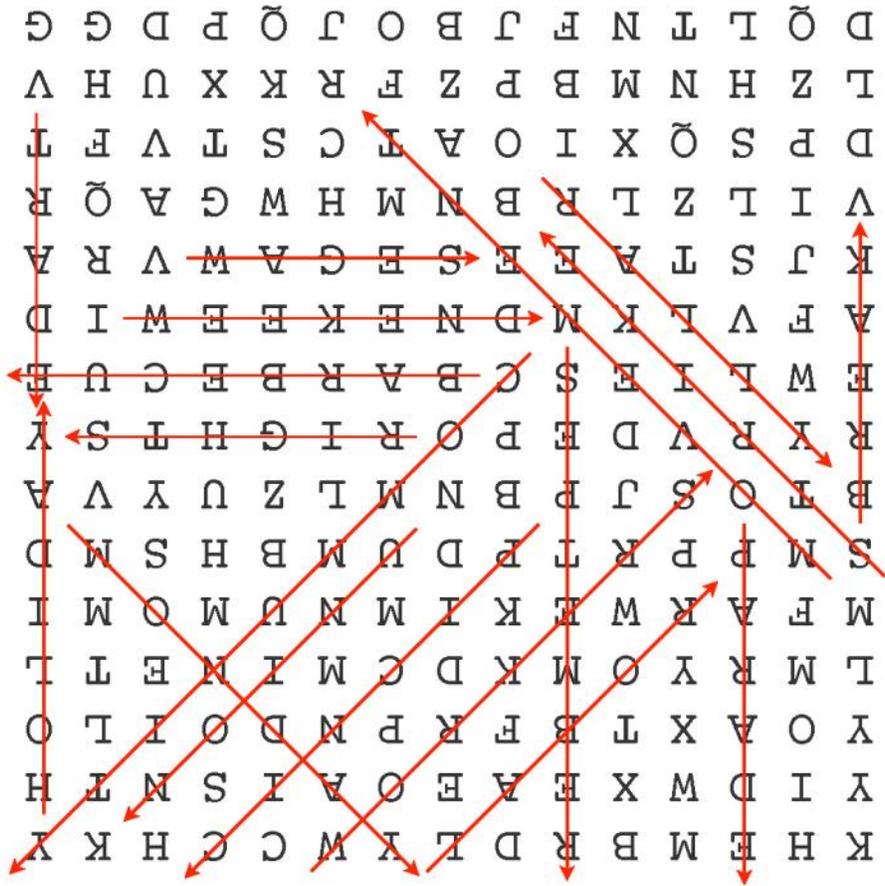


# Happy Labor Day

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



- |           |           |         |
|-----------|-----------|---------|
| BARBECUE  | MOVEMENT  | STRIKE  |
| BREAK     | PARADE    | TRADE   |
| COMMUNITY | PICNIC    | UNION   |
| HOLIDAY   | RALLY     | WAGES   |
| LABOR     | RIGHTS    | WEEKEND |
| MONDAY    | SEPTEMBER | WORKERS |

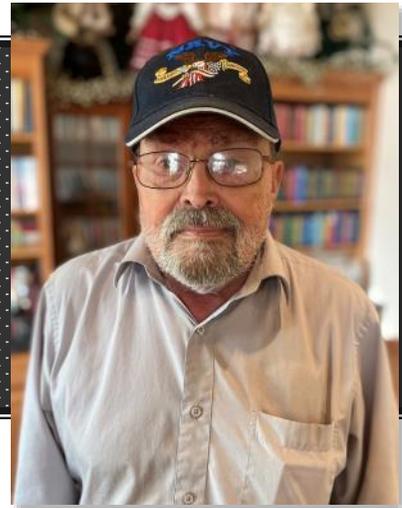


(solution)

Happy Labor Day

# MEET David Johnson

(EAST CAMPUS)



**Where were you born and raised?**

Born and raised in Sioux Falls, South Dakota

**Tell us about your family:**

Sister and Brother-in-law live in Moorhead. I have 3 children.

**What name do you prefer staff to call you?**

“Hey you... just David”

**Did you work outside the home?**

David was a quality manager for pharmaceutical company.

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

Chess

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

David likes to write. He wrote and published a book.

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

Travel



*Welcome  
David*

# MEET Barbara Hansen

(WEST CAMPUS)



## **Tell us about your family:**

She has two 2 daughters and 4 sons. She has lots of grandchildren.

## **Did you marry? How did you meet?**

She was married for 38 years. Barbara and her husband met at church.

## **Did you work outside the home?**

Barbara worked lots of jobs. She washed dishes at a restaurant, cleaned houses, working at a nursing home, and in hotels.

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

Barbara likes to read and write poetry.

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

Barbara enjoys reading but her vision is not good.

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

She would spend it on everybody else. She would call all the banks, and get the community back.

*Welcome  
Barbara*



# MEET Kathleen Lingen

(WEST CAMPUS)



**Where were you born and raised?**

Born and raised in Stanley, Wisconsin.

**Tell us about your family:**

They were a family of 6. Her mom and dad, two boys and two girls.

**Did you marry?**

No. She never did marry.

**Did you work outside the home?**

Kathleen worked 45 years in church work.

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

Kathleen likes sports. She loves game shows too.

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

She graduated from Lutheran Bible Institute in Minneapolis.

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

Kathleen would give it to groups that need help.

Welcome  
Kathleen



# MEET Sharon Hanson

(WEST CAMPUS)



## **Where were you born and raised?**

Sharon was born and raised in Moorhead, Minnesota.

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

Yes. She was married for 27 years.

## **Did you work outside the home?**

Sharon worked 3 jobs. She worked at Hollands Dry Cleaners, Friendship Village, and Walmart in Fargo, North Dakota.

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

Sharon loves to read. She is good at relaxing and she loves to shop.

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

She was a CNA for 20-something years!

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

Sharon would give most of it to her brother and sister-in-law. The she would go see the west coast.

*Welcome  
Sharon*



# MEET Avis Kjos (EAST CAMPUS)



**Where were you born and raised?**

Avis was born and raised in Montana.

**Tell us about your family:**

Avis had 3 sons. "I sure was busy!"

**Did you marry? How did you meet?**

Yes. They met at a dance. "We loved to dance."

**Did you work outside the home?**

Avis worked at Northwest Bell Phone Company for 1 year. After that, she was a farmer's wife.

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

Avis enjoyed volunteering at hospitals and red hatters. She also enjoyed to go golfing.

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

She enjoys visiting with lots of people.

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

She would get her youngest back to college.

Welcome  
Avis



# MEET Larry Anderson

(WEST CAMPUS)



## Where were you born and raised?

Larry was born and raised in Warren, Minnesota.

## Tell us about your family:

"They're all great people."

## Did you work outside the home?

Larry was a carpenter.

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

He loves to deer hunt and fish.

## What else should we know about you?

He is a friendly guy.

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

He would spend the money and help people.

Welcome  
Larry



# MEET Debra Beckett

(WEST CAMPUS)



**What name do you prefer staff to call you?**

Debra or Deb.

**Where were you born and raised?**

Fargo-Moorhead area.

**Did you marry?**

Yes; she is still friends with him after the divorce.

**Did you work outside the home?**

Deb was a security guard at the Case plant in Fargo for a year. She then worked at MCRS caring for disabled people for 11 years.

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

She loves to do crafts, clean, artwork, sew, read history books, and read autobiographies. She loves homemakers shows and cop shows. She also loves coffee.

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

She likes to laugh, and express herself. She sometimes will talk too fast, so please just ask her to slow down if needed. :)

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

Share it and give it away to people who need it.

*Welcome  
Debra*





# September 2021



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Church at St. Liz @ 8:30 am <b>BINGO</b> East @ 1:30 pm	2 Appetizer Night @ 6:00	3	4 Nail Day! Ice Cream SUNDAES
<b>Events are subject to change!</b>						
5	6 <b>WALKING CUB</b> Rosary & Catholic Communion @ 10 am	7 Bible Study 1:30 (East) & 2:30 (West) Travels with Dave (Egypt) @ East 	8 Church at St. Liz @ 8:30 am <b>WAL-MART</b> Shopping 	9 New Hire Training Appetizer Night @ 6:00	10 <b>BINGO</b> West @ 1:30 pm	11 Nail Day! Ice Cream SUNDAES
12	13 Homemade Donuts Travels with Dave (Egypt) 	14 Family Council @ 10:45 am (West) Bible Study 1:30 (East) & 2:30 (West)	15 Church at St. Liz @ 8:30 am <b>BINGO</b> East @ 1:30 pm <b>HomeGoods</b> <b>Hornbacher's</b>	16 Family Council @ 10:45 am (East) Dilworth Lutheran 2:00 (East) & 2:30 (West) Steve Kraushaar @ 3:30 pm (West) Appetizer Night @ 6:00 	17	18 Nail Day! Ice Cream SUNDAES <b>WALK TO END ALZHEIMER'S</b> alzheimer's association
<b>NATIONAL ASSISTED LIVING WEEK!</b>						
19	20 <b>WALKING CUB</b> Fr. Auggie (West) @ 10:15 am Ladies Gathering (West) @ 2pm	21 Bible Study 1:30 (East) & 2:30 (West)	22 Church at St. Liz @ 8:30 am  <b>HOBBY LOBBY</b> <b>BINGO</b> West @ 1:30 pm	23 <b>GrubClub</b> @ 10 am Appetizer Night @ 6:00	24	25 Nail Day! Ice Cream SUNDAES
26	27 <b>WALKING CUB</b> Rosary & Catholic Communion @ 10 am	28 Bible Study 1:30 (East) & 2:30 (West)	29 <b>WAL-MART</b> Shopping 	30		

# Mark Your Calendar!

## OCTOBER

**TBD** = Oktoberfest

**TBD** = Professional Client Photos

**TBD** = COVID Vaccine Boosters

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

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

## NOVEMBER

**November 7th** = Daylights Savings

**TBD** = Serenity Thanksgiving Formal Supper

*September 5th*  
**Charlene Romer**

*September 14th*  
**Deloris Wee**

*September 18th*  
**Edith  
Gierszwski &  
Mary Ward**

*September 21st*  
**Staff Denise**

*September 28th*  
**Tyson Schulz**

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!

# MINNESOTA TWINS

## SEPTEMBER SCHEDULE

9/1/2021	7:10 PM	Cubs at Twins
9/3/2021	6:10 PM	Twins at Rays
9/4/2021	3:05 PM	Twins at Rays
9/5/2021	12:10 PM	Twins at Rays
9/6/2021	5:10 PM	Twins at Indians
9/7/2021	5:10 PM	Twins at Indians
9/8/2021	5:10 PM	Twins at Indians
9/9/2021	5:10 PM	Twins at Indians
9/10/2021	7:10 PM	Royals at Twins
9/11/2021	6:10 PM	Royals at Twins
9/12/2021	1:10 PM	Royals at Twins
9/14/2021	6:40 PM	Indians at Twins
9/15/2021	6:40 PM	Indians at Twins
9/17/2021	6:07 PM	Twins at Blue Jays
9/18/2021	2:07 PM	Twins at Blue Jays
9/19/2021	12:07 PM	Twins at Blue Jays
9/21/2021	6:40 PM	Twins at Cubs
9/22/2021	6:40 PM	Twins at Cubs
9/23/2021	6:40 PM	Blue Jays at Twins
9/24/2021	7:10 PM	Blue Jays at Twins
9/25/2021	6:10 PM	Blue Jays at Twins
9/26/2021	1:10 PM	Blue Jays at Twins
9/28/2021	6:40 PM	Tigers at Twins
9/29/2021	6:40 PM	Tigers at Twins
9/30/2021	6:40 PM	Tigers at Twins



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)