



Serenity Assisted
Living & Memory
Care
Dilworth, MN

Points of Interest:

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

Serenity Snippets

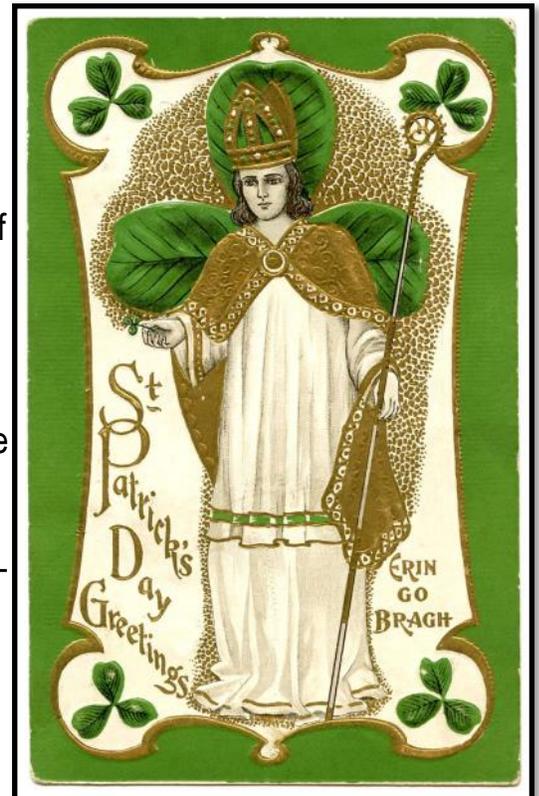
March 2019

Religious Roots

As March arrives, many look forward to the holidays of St. Patrick's Day and Mardi Gras. Yet both of these holidays are more modern American inventions than age-old religious traditions.

St. Patrick's Day, as a religious celebration, has a lengthy history. It dates back to the mid-17th century and was initiated to honor Saint Patrick and his work to bring Christianity to Ireland. The Feast of St. Patrick was held each year on the date of his supposed death, on March 17, 461 AD. The observance of the date was a solemn occasion, mostly involving quiet prayer. As recently as the 1970s, pubs were closed in Ireland on St. Patrick's Day. The rollicking revelry typically associated with the day was decidedly un-Irish and an American invention. During the Irish Famine of 1845–1850, many Irish immigrated to America, where they were not welcome. As the Irish community in America grew and prospered, they began to celebrate both their Irishness and their newfound American-ness. Corned beef, shamrocks, and leprechauns were never part of true Irish St. Paddy's Day celebrations, but they were integrated into Irish-American identity and so became celebrated symbols of St. Patrick's Day. The American version of St. Patrick's Day is so strong that many Irish-American traditions have even returned to Ireland.

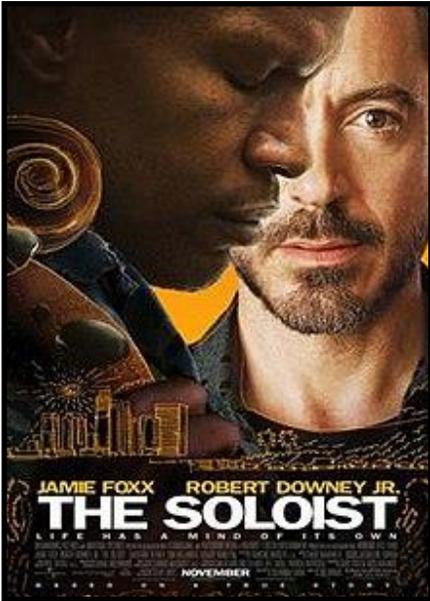
Mardi Gras, like St. Paddy's Day, originated as a solemn religious holiday. As the day before the start of the ritual fasting of Lent, it was an opportunity to indulge in sweet, fatty foods, giving rise to the name "Fat Tuesday." Over the centuries, these small indulgences led to greater hedonism, practices that were heavily discouraged by the Church. The elaborate Mardi Gras celebrations held in New Orleans emerged in 1857 when a group of men created a secret society called the Mistick Krewe of Comus. They held a lavish ball and parade, setting the secular foundations for many wild Mardi Gras to come.



MARCH MOVIES

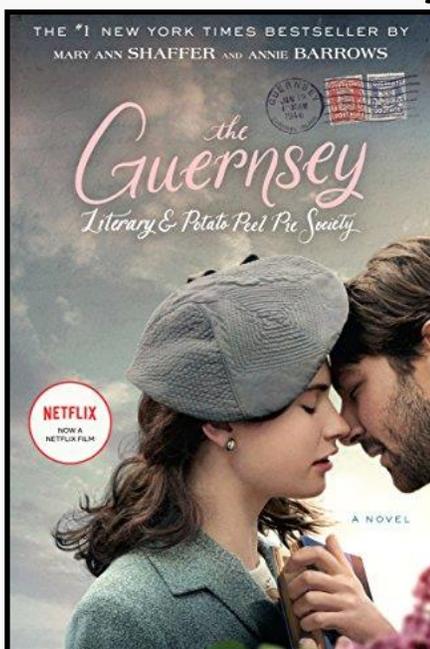
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

The Last Laugh (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.

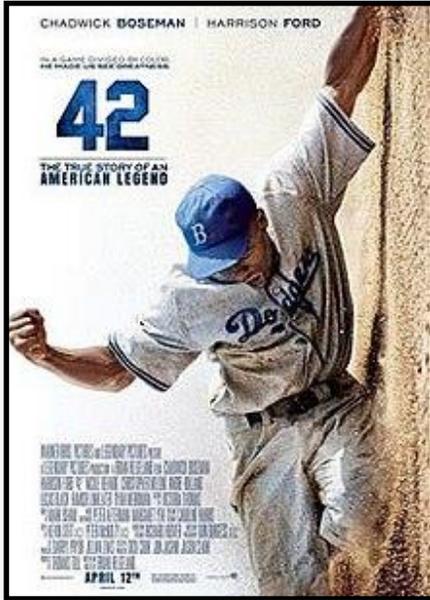
The Guernsey Literary & Potato Peel Society (2018)



In the aftermath of World War II, a writer forms an unexpected bond with the residents of Guernsey Island when she decides to write a book about their experiences during the war.

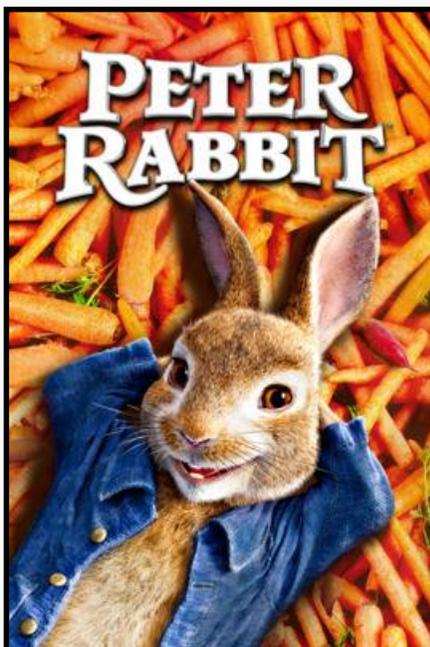
Mach MOVies

42 (2013)



In 1946, Branch Rickey (Harrison Ford), legendary manager of the Brooklyn Dodgers, defies major league baseball's notorious color barrier by signing Jackie Robinson (Chadwick Boseman) to the team. The heroic act puts both Rickey and Robinson in the firing line of the public, the press and other players. Facing open racism from all sides, Robinson demonstrates true courage and admirable restraint by not reacting in kind and lets his undeniable talent silence the critics for him.

Peter Rabbit (2019)



Peter Rabbit and his three sisters -- Flopsy, Mopsy and Cotton-Tail -- enjoy spending their days in Mr. McGregor's vegetable garden. When one of McGregor's relatives suddenly moves in, he's less than thrilled to discover a family of rabbits in his new home. A battle of wills soon breaks out as the new owner hatches scheme after scheme to get rid of Peter -- a resourceful rabbit who proves to be a worthy and wily opponent.

IRISH SHENANIGANS

**MONDAY
MARCH 18**

All Day Fun!



9:15 am = Baking (West)

10:30 am = Baking (East)

1:30 pm = Silver Follies (West)

3:00 pm = Luck o' the Irish BINGO

**Stop in the Wellness room today between 8:30
am and 3:30 pm to compete in a game for a
chance for bragging rights!**

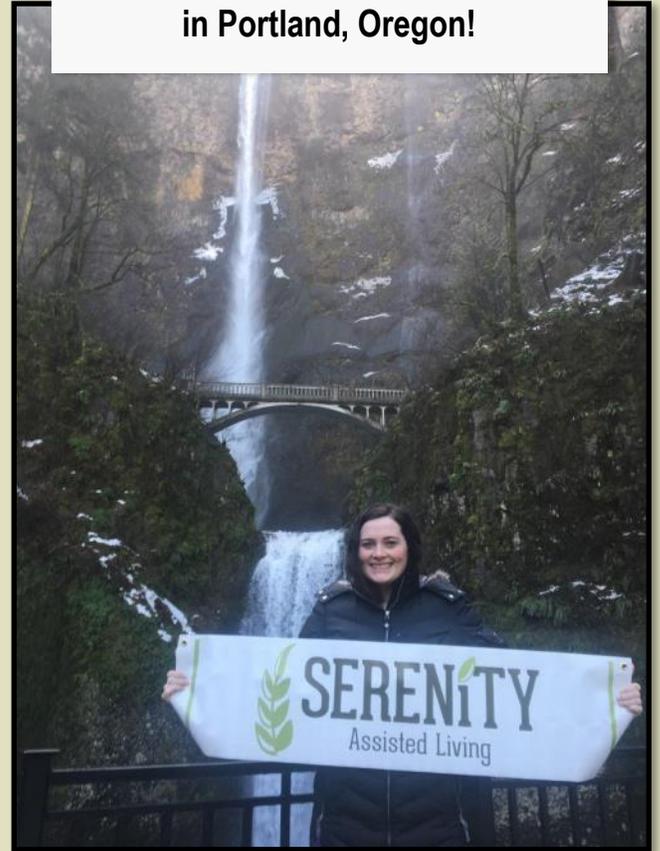
SNAPSHOTS



Dee dressed up quite a bit for her 98th birthday last month!



Staff Tianna Hilde at Multomah Falls in Portland, Oregon!



Joyce and her family at her grandson's new bar in Moorhead, Harolds on Main! Check it out!



SNAPSHOTS



Big group on our lunch outing to Grand Junction in Moorhead!



Ardella makes homemade bread at Grub Club!



Diane helped make chocolate cupcakes with peanut butter frosting!



Happy St. Patrick's Day

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



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

BLARNEY STONE

IRISH

POT OF GOLD

CELEBRATE

LEPRECHAUN

RAINBOW

CLOVER

LUCKY

SAINT PATRICK

COINS

MARCH

SEVENTEENTH

FESTIVAL

MISCHIEF

SHAMROCK

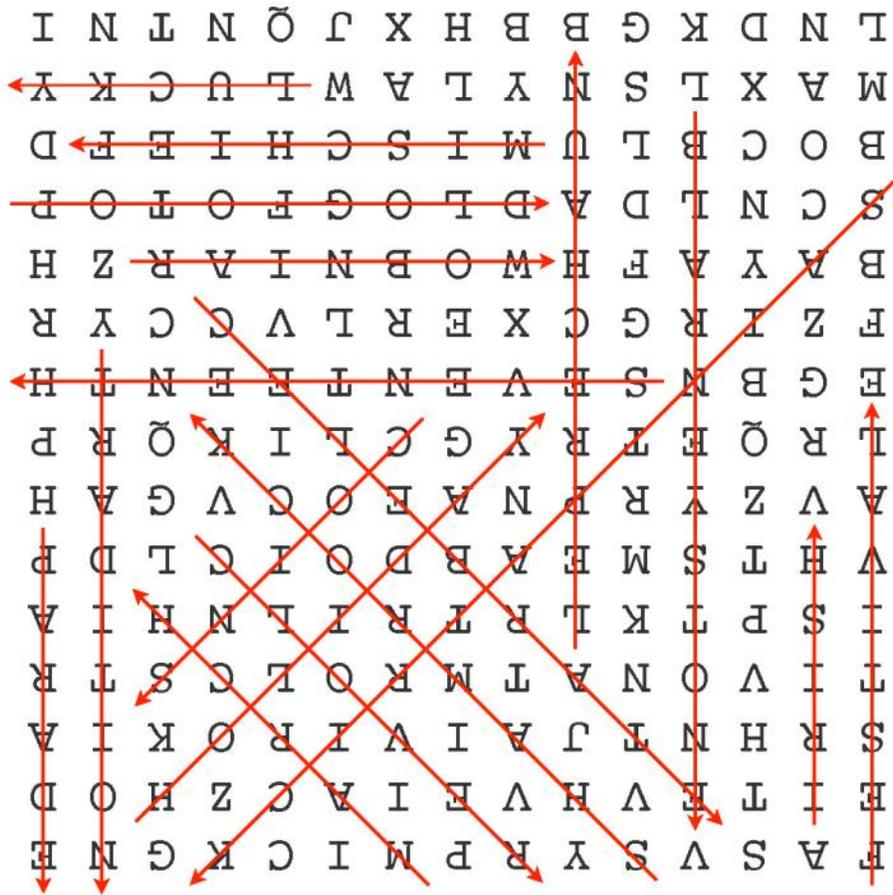
HOLIDAY

PARADE

TRADITION

Happy St. Patrick's Day

(solution)





March 2019



SUN	MON	TUE	WED	THU	FRI	SAT	
Events are subject to change!						1 <i>Hornbacher's</i>	2 Nail Day! Ice Cream SUNDAES
3 Church Transportation	4 WALKING CLUB BINGO East @ 2:00 pm	5 Happy Mardi Gras	6 Runnings FARM & FLEET Shopping See insert for Ash Wednesday Offerings! River City Church Group West (6:30pm)	7 Communion w/ Marlene Appetizer Night @ 6:00	8 CASH WISE FOODS	9 Nail Day! Ice Cream SUNDAES	
10 Church Transportation River City Church Group East (4-6 pm) Spring Ahead!!	11 WALKING CLUB BINGO West @ 2:00 pm	12 Resident Council @ 10:45 (West)	13 WAL*MART Shopping Moorhead Library Shopping DOLLAR TREE Shopping	14 Resident Council @ 10:45 am (East) Country Auggies @ 2:00 (West) Appetizer Night @ 6:00	15 Lunch @ China Buffet Aldi's Shopping	16 Nail Day! Ice Cream SUNDAES	
17 Church Transportation HAPPY ST. PATRICK'S DAY	18 WALKING CLUB See insert in newsletter for list of activities!	19 GrubClub Meeting @ 2:45 pm West Beaton Conservatory 1:30 (West) & 2:30 (South) Men's Group (East) & Ladies (West) @ 2:15	20 Mass with Fr. Pat @ 10:45 am Pie Outing @ 1:30 pm HOBBY LOBBY Super Savings, Super Selections! Shopping	21 Dilworth Lutheran 2:00 (East) & 3:00 (West) Appetizer Night @ 6:00	22 <i>Hornbacher's</i> GrubClub @ 4:30 pm	23 Nail Day! March Madness Basketball Tournament @ 1:00 Ice Cream SUNDAES	
24 Church Transportation	25 WALKING CLUB BINGO West @ 2:00 pm Vic's @ 4:30 pm	26	27 Target Shopping Inez Rath Entertainment @ 1:30 (South)	28 St. Joe's 55+ Gathering @ 2 pm Appetizer Night @ 6:00	29 CASH WISE FOODS	30 Nail Day! Ice Cream SUNDAES	
31 Church Transportation							

Mark Your Calendar!

APRIL

TBD = Wellness Finishers Party

April 1st = Jellybean Contest!

April 3rd = Mr. Sparkle Window Washing

April 15th = Easter Lunch & BINGO

April 18th = West Beaton Conservatory @ 2:30 (South)

April 19th = Good Friday

April 21st = Easter

April 23rd = Apollo Strings Orchestra @ 2:00 (West)

TBD = Easter Games

TBD = Supper Outing to Hi-Ho Tavern

TBD = Chalk Couture

MAY

May 4th = Kentucky Derby

May 5th = Cinco de Mayo

May 8th = Overnight Staff Appreciation Day

May 12th = Mother's Day

TBD = Mothers & Others Luncheon

TBD = Square Foot Gardening Series

May 27th = Memorial Day (Business Office Closed)

March 1st
Yvonne Weiss

March 3rd
Staff Evert

March 5th
Staff Justin

March 6th
Nurse Amanda

March 7th
Staff Renata, Chris
Jen D., & Yesenia

March 11th
Staff Caitlin

March 12th
George Buchholz

March 14th
Verna Hvidsten

March 15th
Harris Schenck &
Staff Morgan Wi.

March 16th
Staff Danielle

March 17th
Laura Schrom

March 19th
Staff Jodi

March 20th
Staff Juliette

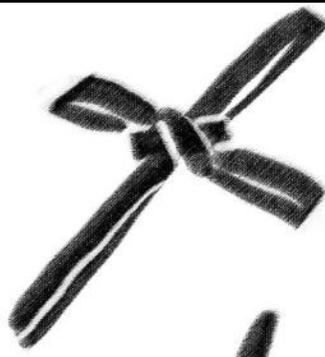
March 21st
Staff Madison

March 23rd
Jeanne Kelly &
Staff Emily

March 27th
Cleo Langseth

A VERY HAPPY BIRTHDAY TO...

**Ash
Wednesday**



**Service
Offerings
March 6th**



8:00 am

Full Ash Wednesday Mass

at St. Joseph's

South Campus



11:00 am

Catholic Ashes & Communion

by St. Elizabeth by Deacon Tom

South Campus



1:00 pm

Ash Wednesday Service by Dilworth Lutheran

East Campus



1:45 pm

Ash Wednesday Service by Dilworth Lutheran

West Campus

MEET Yvonne Weiss

(WEST CAMPUS)



Learn about Yvonne!

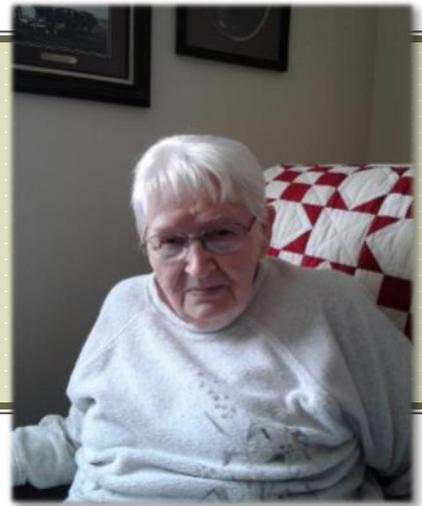
Yvonne is from Moorhead Minnesota. Don't try to catch her, because this ladies hobby is walking. She's a self-described walkaholic. Out of all the work Yvonne has done she's most proud of the time she spent volunteering. She loves people! If Yvonne won a million dollars she would do some shopping and put the rest in the bank. Smart lady.

Welcome Yvonne



MEET Lillian Dahl

(WEST CAMPUS)



Learn about Lillian!

Lillian grew up in Chalson North Dakota, a farming community with not much more than a bank and a grocery store. Lillian traveled the country awhile before she came home and married a man from Keene North Dakota. While living in Velva North Dakota and after having six children, a Determined Lillian went to school to become an LPN. She was an LPN in Minot for twenty five years. One of this Lady's life long hobbies is crocheting. If Lillian were to win a million dollars, she would help family members and donate to a good cause.

Welcome Lillian



MEET Donald Hansen

(EAST CAMPUS)



Learn about Don!

Donald Grew up in Isanti, Minnesota but had to travel to Cambridge to go to high school. After high school Don joined the Navy where he was stationed on a destroyer on the Pacific Ocean. Donald spent three years in the Navy. Thank you for your service sir. After this tall drink of water came home from the service he worked for his Father at a milk plant. Eventually Donald owned a milk plant where they bottled milk and made ice cream for Thirty years. Some of Don's favorite past times are duck hunting, fishing, and playing baseball. With this guy's long reach it's a no brainer that he played first base. If Donald had a million bucks to blow he would find someone he could help.

Welcome Don



MEET DeFloren Rude

(EAST CAMPUS)



Learn about DeFloren!

Defloren was born in Beardsford, Minnesota but grew up on his Grandfather's (Antone Rude) homestead in Gary, Minnesota. Defloren kept busy on the farm milking cows. Defloren met his sweetheart of a wife at the neighborhood church. This guy is a smarty pants, he was a teacher as well as a professor at Concordia College in the subject of the Norse language. Defloren had done a lot of woodworking throughout the years, some of which he has in his apartment. If Defloren won a million dollars he would give it to the needy.

Welcome DeFloren



MEET Judy Quittschreiber

(EAST CAMPUS)



Learn about Judy!

Judy was born at St. James hospital in Perham, Minnesota. When Judy turned eighteen she moved to Dilworth, Minnesota. For a living Judy worked for the Farmers and State Farm insurance company. We have an entrepreneur on our hands, Judy bought into and co-owned an auto glass company. We have another green thumb as Judy loves to work in the yard, whether it be planting flowers and veggies, or cutting the grass and trimming the trees. Judy also enjoys making greeting cards of all sorts. If a million dollars found its way into this lady's pocket she would help her family and or find a soul who desperately needs it.

Welcome Judy





**SENIOR
ADULT
MINISTRY**

55+ MINISTRY

WHERE: St. Joseph's (*Moorhead*)

WHEN: Thursday, March 28th
@ 2:00 pm

WHAT: Too Much Stuff...I Do Not
Know Where to Start

NEXT EVENT: April 25th: Fishing
Ideas You'll Reel'y Love

****Last event until Fall!**

****Serenity provides
transportation!****

ITS.....MARCH MADNESS!!

Each year, our staff and residents have the opportunity to participate in a Serenity March Madness bracket challenge. If you don't know anything about basketball...it doesn't matter, you can still play! Richard is convinced that the less you know, the better you seem to do! 😊

What to do?

STEP ONE = Fill out the attached bracket; starts Sunday, March 17th. Ask a staff member if you don't know how.

STEP TWO = Each bracket is \$1.00. There is NO LIMIT on how many you can fill out.

STEP 3 = Turn in our bracket(s) and money to the Wellness Department. The due date is 10:00 am on Thursday, March 14TH. Clients will be able to charge their brackets to their monthly bill.

STEP 4 = There will be three payouts.

- 1st after the games on Sunday, March 24th.
- 2nd after the games on Sunday, March 31st.
- 3rd and finally, the overall winner with the most points after the Championship game on Monday, April 8th.

Good luck to you! Please ask if you have any questions! We hope a lot of people participate!



MINNESOTA TWINS

MARCH SCHEDULE

3/1/2019	12:05 PM	Red Sox at Twins	TV: FSNO ----- Radio: TIBN- WCCO 830
3/2/2019	12:05 PM	Twins at Nationals	
3/3/2019	12:05 PM	Twins at Red Sox	
3/3/2019	12:05 PM	Phillies at Twins	TV: FSNO ----- Radio: WCCO 830- TIBN
3/4/2019	12:05 PM	Orioles at Twins	TV: FSNO ----- Radio: TIBN- WCCO 830
3/5/2019	12:05 PM	Rays at Twins	
3/7/2019	12:05 PM	Twins at Red Sox	TV: ESPN
3/8/2019	12:05 PM	Rays at Twins	Radio: TIBN- WCCO 830
3/9/2019	12:05 PM	Twins at Pirates	Radio: TIBN- WCCO 830
3/10/2019	12:05 PM	Blue Jays at Twins	Radio: TIBN- WCCO 830
3/11/2019	12:05 PM	Tigers at Twins	TV: FSNO ----- Radio: TIBN- WCCO 830
3/12/2019	12:05 PM	Twins at Pirates	
3/13/2019	12:05 PM	Twins at Red Sox	Radio: TIBN
3/14/2019	12:05 PM	Twins at Orioles	
3/14/2019	12:05 PM	Nationals at Twins	Radio: TIBN
3/15/2019	12:05 PM	Orioles at Twins	TV: FSNO ----- Radio: TIBN- WCCO 830
3/16/2019	12:05 PM	Twins at Rays	TV: FSNO ----- Radio: TIBN- WCCO 830
3/17/2019	12:07 PM	Twins at Blue Jays	
3/18/2019	12:05 PM	Red Sox at Twins	TV: FSNO ----- Radio: TIBN- WCCO 830
3/19/2019	12:05 PM	Twins at Orioles	
3/20/2019	12:05 PM	Pirates at Twins	TV: FSNO ----- Radio: TIBN
3/22/2019	5:05 PM	Red Sox at Twins	TV: FSNO+ ----- Radio: TIBN- WCCO 830
3/23/2019	5:05 PM	Twins at Orioles	Radio: TIBN
3/24/2019	12:05 PM	Yankees at Twins	TV: FSNO ----- Radio: TIBN- WCCO 830
3/25/2019	12:05 PM	Red Wings at Twins	
3/26/2019	1:05 PM	Rockies at Twins	TV: FSNO ----- Radio: WCCO 830- TIBN
3/28/2019	3:10 PM	Indians at Twins	TV: FSNO ----- Radio: twinsbeisbol.com
3/30/2019	1:10 PM	Indians at Twins	TV: FSNO ----- Radio: TIBN
3/31/2019	1:10 PM	Indians at Twins	TV: FSNO ----- Radio: twinsbeisbol.com



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...

Richard Anderson

Dear Family & Friends,

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts. It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others.

TELEMARKETING / PHONE SCAMS

Perhaps the most common is when scammers use fake telemarketing calls to prey on older people, who as a group make twice as many purchases over the phone than the national average. While the image of the lonely senior citizen with nobody to talk to may have something to do with this, it is far more likely that older people are more familiar with shopping over the phone, and therefore might not be fully aware of the risk.

SWEEPSTAKES & LOTTERY SCAMS

This simple scam is one that many are familiar with. Scammers inform their mark that they have won a lottery or sweepstakes of some kind and need to make some sort of payment to unlock the supposed prize. Often, seniors will be sent a check that they can deposit in their bank account, knowing that while it shows up in their account immediately, it will take a few days before the (fake) check is rejected. During that time, the criminals will quickly collect money for supposed fees or taxes on the prize, which they pocket while the victim has the "prize money" removed from his or her account as soon as the check bounces.

GRANDPARENT SCAM

The grandparent scam is so simple and so devious because it uses one of older adults' most reliable assets, their hearts. Scammers will place a call to an older person and when the mark picks up, they will say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research. The fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don't always require identification to collect. At the same time, the scam artist will beg the grandparent "please don't tell my parents, they would kill me."

IF YOU SUSPECT A SCAM

Don't be afraid or embarrassed to talk about it with someone you trust. Doing nothing could only make it worse! Keep handy the phone numbers and resources you can turn to, including the local police, your bank (if money has been taken from your accounts), and Adult Protective Services. To obtain the contact information for Adult Protective Services in your area, call the Eldercare Locator, a government sponsored national resource line, at: 1-800-677-1116, or visit their website at: <https://eldercare.acl.gov>.

Thanks!



Richard Anderson, Owner & Business Office
218-477-7254
richard@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