



Serenity Assisted
Living & Memory
Care
Dilworth, MN

Points of Interest:

- April Birthdays
- Activity Calendar
- Snapshot Photos
- Movies of the Month

Serenity Snippets

April 2019

Dyngus Day—Wet Monday

The Irish have St. Patrick's Day. Mexicans have Cinco de Mayo. Even the Italians have Columbus Day. For those of Polish descent, there is Dyngus Day, always celebrated the Monday after Easter.

Dyngus Day is a celebration tied to the end of the Lenten season, but like many modern religious holidays, it has pagan origins. Just as Easter is filled with symbolism of rebirth, so, too, is Dyngus Day. In fact, one of the major rituals of Dyngus Day is for boys to splash water on girls. Nowadays, this is most often achieved with squirt guns, but in the past, this was done with buckets of water. For this reason, Dyngus Day is also known as Wet Monday or even Water Plunge Monday.

There are two explanations behind this wet tradition. The first harkens back many centuries to the pagan ritual of watering the Corn Mother, which was a doll woven of corn and was meant to be an icon of the goddess of fertility. Watering the Corn Mother every spring ensured a bountiful growing season. The second explanation is also a story of rebirth but not of crops. The ritual splashing of water began with the baptism of Prince Mieszko I on Easter Monday in the year 966 AD. The baptism of the prince signified the acceptance of Catholicism as the national religion of Poland. In these two ways, Dyngus Day is both a celebration of Catholicism and an homage to pagan fertility rituals. During a Dyngus Day celebration, boys often only drench those girls that they are sweet on. In many ways, Dyngus Day is a flirting festival, where young men publicly identify the women they would like to court. Young women, too, have their say. They could prevent a soaking by offering painted eggs to boys. These eggs, called pysanky, are magical charms said to ensure a good harvest and a large, happy family. Also, on the Tuesday following Easter Monday, women have their chance to soak the boys, or, as an alternative to water, they may throw dishes or crockery. On Dyngus Day, love is in—and sailing through—the air.



Jelly Bean Game

Here's the challenge...try to guess the amount of jelly beans in the jar. If your guess is the closest (*either over or under the exact amount*), you will win the entire contents of the jar! Winners will be drawn after the Easter holiday.

There is a jar in each campus; therefore there will be one winner in each. The **EAST CAMPUS** jar and guesses can go are located in the front entrance under the large wreath. The **WEST CAMPUS** jar and guesses are on the desk at the front office.

Please ask Elaine if you have any questions.

****Only residents of Serenity are eligible to win.**

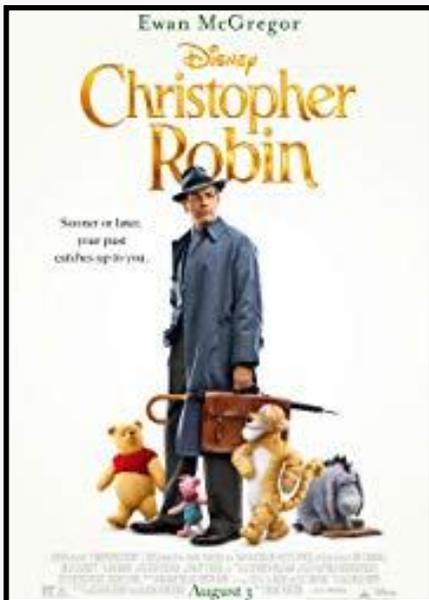
****Only 1 guess per resident.**



April MOVIES

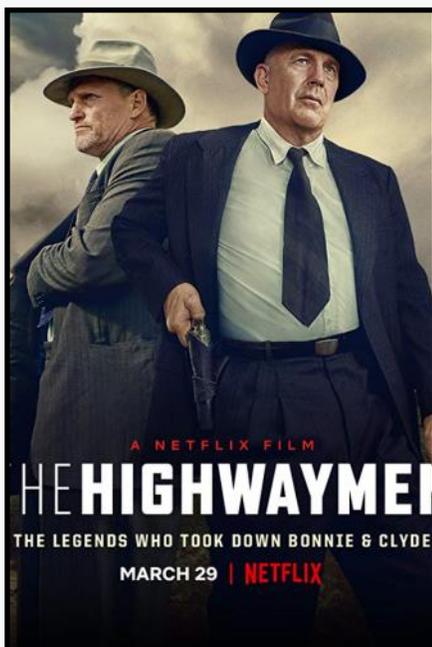
The following movies are scheduled once per week in each building. Please refer to the weekly activity calendar for dates and times of scheduled movies.

Christopher Robin (2018)



A working-class family man, Christopher Robin, encounters his childhood friend Winnie-the-Pooh, who helps him to rediscover the joys of life.

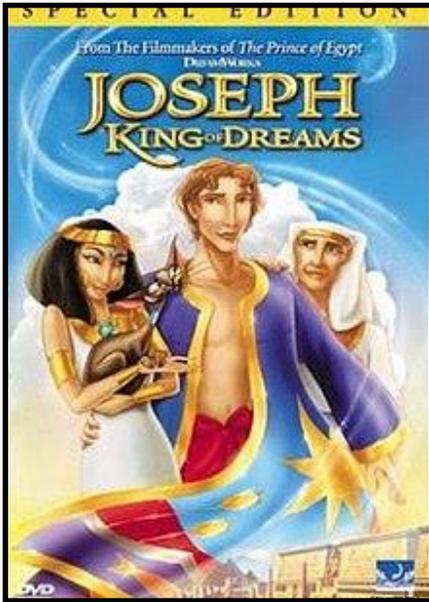
The Highway Men (2019)



Former Texas Rangers Frank Hamer and Maney Gault join forces to try and capture notorious outlaws Bonnie Parker and Clyde Barrow.

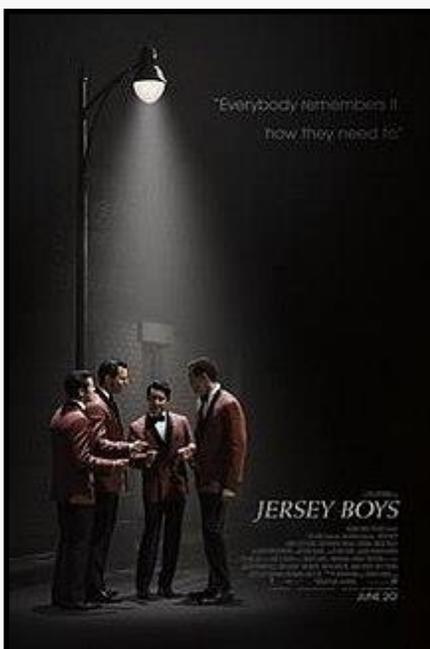
APRIL MOVIES

Joseph: King of Dreams (2000)



A boy's ability to see the future results in familial discord, taking him away to Egypt, where he helps the pharaoh protect the kingdom from disaster.

Jersey Boys (2014)



In the 1960s, four scrappy young men from New Jersey -- Frankie Valli, Bob Gaudio, Nick Massi, and Tommy DeVito (Vincent Piazza) -- have the magic sound that propels them from singing under streetlights to singing in spotlights. With songs like "Sherry," "Big Girls Don't Cry" and "Walk Like a Man," the quartet finds itself at the top of the charts. However, personal and professional problems threaten to tear the group apart.

SNAPSHOTS



Our staff are lucky with Alice at their sides!

Happy St. Patrick's Day from Don & Tianna!



DeFloren, Jeanne, Dee & Bob show off their Irish pride!



SNAPSHOTS

Randy & Larry helped Tim at HERO to organize donations this month.



Our Grub Club group enjoyed a yummy, homemade meal!



Esther shows off the cupcakes she decorated at a senior ministry gathering at St. Josephs.



Easter Sunday

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

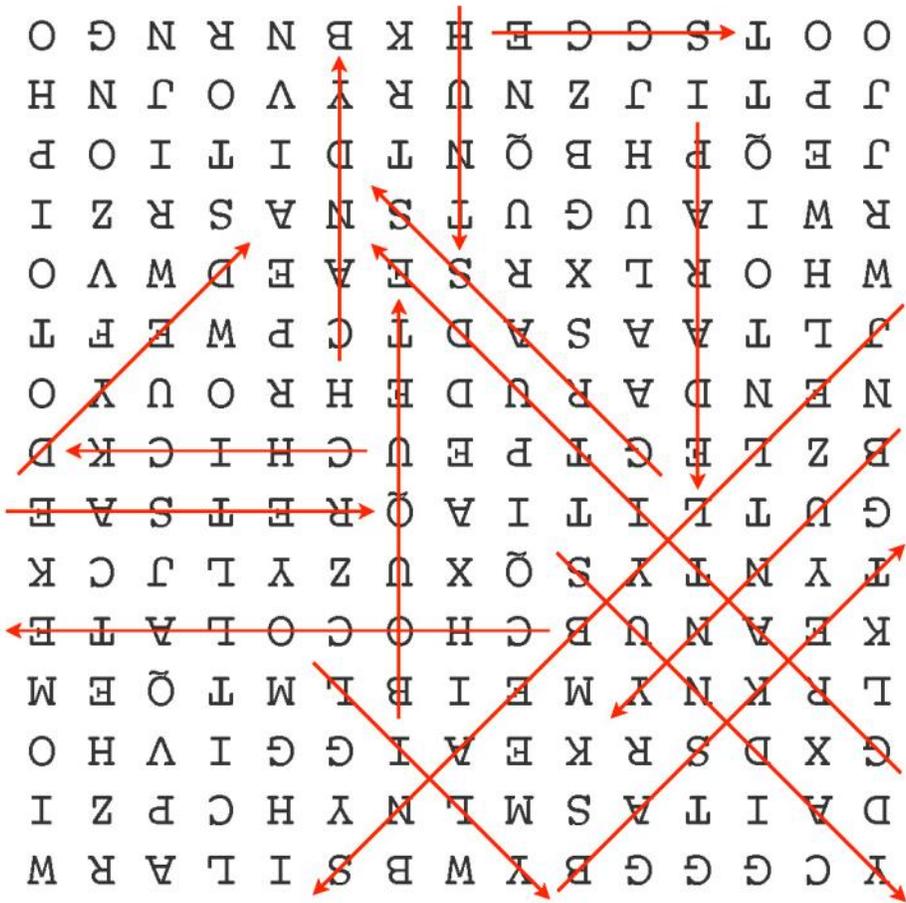


BASKET
BOUQUET
BUNNY
CANDY
CHICK
CHOCOLATE

DYED
EASTER
EGGS
GRASS

GRATITUDE
HUNT
JELLY BEANS
LILY
PARADE
SUNDAY



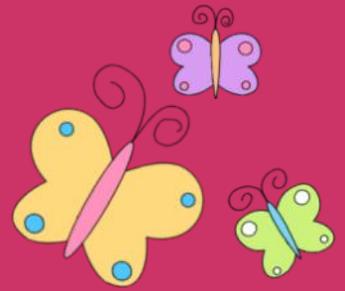


Easter Sunday

(solution)



April 2019



SUN	MON	TUE	WED	THU	FRI	SAT	
	1 East @ 2:00 pm	2 	3 Window Cleaning FARM & FLEET Shopping River City Church Group East (6:30pm)	4 Communion w/ Marlene Wellness Finishers Celebration 11:30 am (Dine Out) Appetizer Night @ 6:00	5 Wellness Finishers Celebration 12:00 (Dine In) Fish Fry @ 5 pm *Cost is on your own. 	6 Nail Day! Ice Cream SUNDAES	
7 Church Transportation River City Church Group West (4-6 pm)	8 West @ 2:00 pm March Madness Basketball Winner	9 Resident Council @ 10:45 (West) 	10 Shopping Moorhead Library Shopping Outing	11 Resident Council @ 10:45 am (East) Appetizer Night @ 6:00	12 Aldi's Shopping	13 Nail Day! Ice Cream SUNDAES	
14 Church Transportation 	15 Easter Lunch & BINGO 	16 Meeting @ 2:45 pm	17 Super Savings. Super Selection!™ Shopping Men's Group (West) & Ladies (East) @ 2:15	18 West Beaton Conservatory @ 2:30 (South) Dilworth Lutheran 2:00 (East) & 3:00 (West)	19 @ 4:30 pm	20 Nail Day! Ice Cream SUNDAES	
21 Church Transportation 	22 West @ 2:00 pm	23 New Hire Training Apollo Strings (West) @ 2:00	24 Shopping Brian Fuder from Square Foot Gardening @ 3:00 (West)	25 Appetizer Night @ 6:00 St. Joe's 55+ Gathering @ 2 pm Appetizer Night @ 6:00	26 	27 Nail Day! Ice Cream SUNDAES	
28 Church Transportation	29 East @ 2:00 pm	30 @ 4:30 pm	Events are subject to change!				

Mark Your Calendar!

MAY

May 4th = Kentucky Derby

May 6th = Nurse Appreciation Day

May 6th = Fargo Notables @ 2:00 pm (West)

May 6th-8th = City Clean Up Week

May 8th = Overnight Staff Appreciation Day

May 12th = Mother's Day

TBD = Mothers & Others Luncheon

May 27th = Memorial Day (Business Office Closed)

JUNE

June 21st = Longest Day

TBD = Serenity Golf Tournament

TBD = Father's Day Lunch

UPCOMING

July 16th = Prime Time Choir @ 6:45 pm

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

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

April 5th

**Joie Mercil &
Staff Mackenzie**

April 6th

**Evonne
Anderson &
Staff Susan**

April 9th

**Aggie Barta &
Bonnie Bratholt**

April 11th

Staff Tim

April 13th

**Charlotte
Carrow**

April 22nd

Sonja Tollefsrud

April 24th

Staff Sofia

April 28th

Staff Macie

April 29th

Judi Narlock

A VERY HAPPY BIRTHDAY TO...

MEET Harris Schenck

(WEST CAMPUS)



Learn about Harris!

Harris grew up in the Breckinridge area near the town of Kent Minnesota. Harris's family farmed and his father was a state representative for the Minnesota State Legislature. Harris attended The University of Minnesota for three years before joining the Army and was stationed at Fort Louise Washington. Harris didn't give up on school and did his final year of college at Minnesota State University in Moorhead.

Harris made his living working for the Old Republic Insurance Company working with the Royal Bank of Canada, the coal industry, and Farmers from all over. Harris traveled often for his job but spent most of his time in the upper Midwest.

If you know Harris you know his hobby is cars. He's dabbled in boats and even planes but his true passion is cars. This guy's prize possession was a 47 Buick convertible. In fact most of Harris's cars were Buicks. What do you think Harris would do with a Million dollars? Shocker, he would look for a 47 Buick convertible or something similar.

Welcome Harris



MINNESOTA TWINS

APRIL SCHEDULE

4/2/2019	7:15 PM	Twins at Royals	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
4/3/2019	12:15 PM	Twins at Royals	TV: FSNO ----- Radio: TIBN
4/5/2019	6:05 PM	Twins at Phillies	TV: FSNO ----- Radio: TIBN
4/6/2019	1:05 PM	Twins at Phillies	TV: FSNO ----- Radio: TIBN
4/7/2019	12:05 PM	Twins at Phillies	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
4/9/2019	6:10 PM	Twins at Mets	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
4/10/2019	6:10 PM	Twins at Mets	TV: FSNO ----- Radio: TIBN
4/12/2019	7:10 PM	Tigers at Twins	TV: FSNO ----- Radio: TIBN
4/13/2019	1:10 PM	Tigers at Twins	TV: FSNO ----- Radio: TIBN
4/14/2019	1:10 PM	Tigers at Twins	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
4/15/2019	6:40 PM	Blue Jays at Twins	TV: FSNO ----- Radio: TIBN
4/16/2019	6:40 PM	Blue Jays at Twins	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
4/17/2019	6:40 PM	Blue Jays at Twins	TV: FSNO ----- Radio: TIBN
4/18/2019	12:10 PM	Blue Jays at Twins	TV: FSNO ----- Radio: TIBN
4/19/2019	6:05 PM	Twins at Orioles	TV: FSNO ----- Radio: TIBN
4/20/2019	6:05 PM	Twins at Orioles	TV: FSNO ----- Radio: TIBN
4/21/2019	12:05 PM	Twins at Orioles	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
4/22/2019	7:10 PM	Twins at Astros	TV: FSNO ----- Local Radio: TIBN
4/23/2019	7:10 PM	Twins at Astros	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
4/24/2019	7:10 PM	Twins at Astros	TV: FSNO ----- Radio: TIBN
4/26/2019	7:10 PM	Orioles at Twins	TV: FSNO ----- Radio: TIBN
4/27/2019	1:10 PM	Orioles at Twins	TV: FSNO ----- Radio: TIBN
4/28/2019	1:10 PM	Orioles at Twins	TV: FSNO ----- Radio: TIBN- twinsbeisbol.com
4/29/2019	6:40 PM	Astros at Twins	TV: FSNO ----- Radio: TIBN
4/30/2019	6:40 PM	Astros at Twins	TV: FSNO ----- Radio: TIBN- 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...

CAROL MIRANOWSKI

Dear Family & Friends,

When your older adult lives in a nursing home or assisted living, visiting regularly is an important way to stay connected and show how much you care. Spending time with you will brighten your older adult's day and knowing when you'll visit next gives them something to look forward to. But some people may find it awkward or uncomfortable to visit because they don't know what to do or say. Having some ideas in mind and bringing activities with you can make visiting fun and positive. To make your next visit a big success, here are some fantastic things to do with someone living at Serenity! Many of these activities are equally as good for those who have Alzheimer's or dementia. Your visits can be incredibly supportive and meaningful, even if they can't participate much or don't remember it later – the feelings of happiness and contentment will stay with them.

- **KEEP THEM CONNECTED WITH FAMILY**

Bring kids or teens; Facetime a family member if someone can't come in person.

- **ENJOY MUSIC TOGETHER**

Play some of their favorite songs; use your phone to make a playlist ahead of time.

- **REMINICE OVER OLD PHOTOS**

Bring an old photo album, or make a new one using an online photo book maker.

- **BRING A FURRY FRIEND**

Petting a dog or stroking a cat is a highly therapeutic activity. The next time you visit, why not bring your pet with you? If your older adult is an animal lover, they'd probably be overjoyed to spend time with an animal, especially a beloved family pet.

- **EAT A MEAL OR SNACK TOGETHER**

Whether you join them at Serenity or take them out to a restaurant, sharing a meal is another way to bond. If mealtime isn't the right time for a visit, you could still have a snack together. Bring a little "picnic" of tea and cookies, crackers and cheese, or something your loved one really enjoys! You could even jazz it up with a mock cocktail – add sparkling juice or bubbly water to lemonade, juice, or iced tea and put it in a nice cup!

- **GET SOME FRESH AIR**

Instead of staying in their room, take them outside to the courtyard or garden. That could mean walking slowly and supporting them as needed or pushing their wheelchair.

- **TAKE THEM ON SHORT OUTINGS**

They might enjoy going to religious services, the hair salon, a drugstore, or the shopping mall. Or, maybe they'd enjoy eating at favorite restaurants, getting some ice cream, strolling through a museum or park, or taking a scenic drive. You could also take them to visit nearby friends or family members.

- **WATCH A TV SHOW OR MOVIE**

Watching TV or a movie is something we often do with friends and family – why not do it with your older adult? It's another way to spend time together without feeling so much pressure to make conversation.

Thanks!

Carol Miranowski, Life Enrichment Coordinator
218-477-7254
activities@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