



Serenity Assisted
Living & Memory
Care
Dilworth, MN

Points of Interest:

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

Serenity Snippets

October 2020

October is a Hoot

In October, the black of night is deep and dark. Chill winds blow away the veil of clouds shrouding the crescent moon so that it casts faint shadows in the forest. A deep hoot echoes, sending a shiver down your spine. October is considered Owl Month for good reason. This is the time of year that many great horned owls are active. They begin to set up territory and look for a mate. Hooting, screeching, and other vocalizations are integral to these rituals. For this reason, October is sometimes called the hooting season.

For millennia, humankind has shared myths that depict owls as emissaries of doom, death, and evil magic. The ancient Greeks and Romans believed that witches could transform themselves into owls. The Hopis of North America believe that burrowing owls, which nest and roost underground, are associated with Maasaw, the god of the dead and the night. During the Gaelic festival of Samhain, which takes place on the night of October 31, the barrier between the living and the dead thins so that the spirits of deceased relatives can find their way home. Owls, it was believed, could snatch those wandering souls and eat them. Is it any wonder then that owls, with their midnight hooting and hunting on silent wings, are associated with Halloween? As creatures of the night, they are the perfect symbols for a festival that reveres all things spooky.

Not all cultures have feared the owl. The Greek goddess Athena, fed up with the trickster crow, adopted the owl as her companion animal thanks to its perceived wisdom and seriousness. Some Australian aboriginal groups believe that owls are the sacred spirits of women and are revered. In Afghanistan, it is said that the owl brought humans the gifts of flint and iron, tools to make fire. In return, humans gave owls their feathers. Owls are unique amongst birds. Their unusual characteristics—nocturnal nature, hooting calls, large eyes, and their uncanny ability to rotate their necks—all have captured our imaginations and, in many ways, let our fears get the better of us. Thankfully, most cultures have learned to share these myths while preserving the species, ensuring the survival of these magnificent animals for generations to come.

OCTOBER 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 Young and Prodigious T.S. Spivet (2015)



T.S. is invited to the Smithsonian to receive an award for inventing a perpetual motion machine. Without telling any of his family, he boards a freight train heading to Washington, D.C., to attend the ceremony.

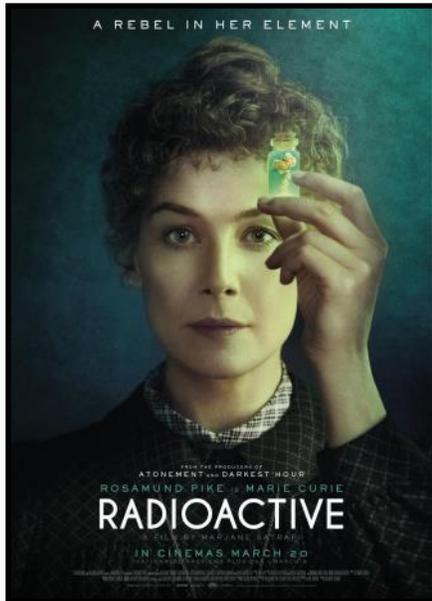
Wild Prairie Rose (2016)



In 1952 Rose Miller returns to her rural hometown of Beresford, South Dakota to care for her ailing mother. Once there, she falls in love with a deaf man and must decide if she has the courage to follow her heart. Wild Prairie Rose is an examination of the changing roles of women in 1950s America and in the ways that people who have great differences can learn to communicate with one another. It is a film that focuses on one woman's story, and yet challenges the audience to examine their own assumptions about what makes a good life.

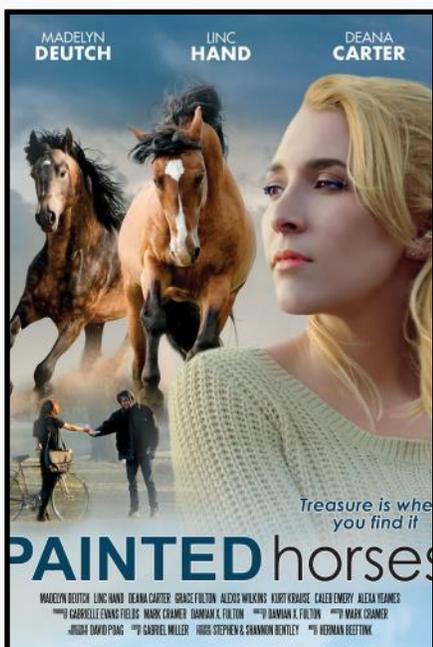
October Movies

Radioactive (2020)



After the death of her beloved husband, Marie Curie's commitment to science remains strong as she tries to explain previously unknown radioactive elements. But it soon becomes terrifyingly evident that her work could lead to applications in medicine that could save thousands of lives -- or applications in warfare that could destroy them by the billions.

Painted Horses (2017)



A highly motivated young teacher emotionally invests in her students in a troubled town and is determined to engage them through innovative learning tactics, but soon faces scrutiny about her mysterious past.

MEET Carol Kennedy

(WEST CAMPUS)



What name do you prefer to be called?

Carol

Where were you born and raised?

Fargo, ND...born at home!

Tell us about your family:

"I was the baby of the family and had two older brothers and two older sisters. My mom German and my dad was Swedish.

Did you marry? Tell us about your spouse. How did you meet?

First husband was George (met in Minneapolis). He was a musician and were married for 12 years. Second husband was Robert (met square dancing). He was caring and were married for 47 years.

Do you have children?

2 sons with George (Scott and Jeff). Robert had 6 boys from previous marriage.

Did you work outside the home?

Bookkeeper at KMFE, Fargo Forum, and Prairie Public.

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

Square dancing, Swedish Society and TV Shows (Young & the Restless, Bold and the Beautiful and Gunsmoke)

What else should we know about you?

Very involved at Trinity Lutheran Church and into Gerontology.

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

"Spend it on my children, but save a little for myself."

*Welcome
Carol*



MEET Marlene Mounce

(WEST CAMPUS)



Where were you born and raised?

A small town named Boyceville near Menomonie, WI.

Tell us about your family:

1 sister named Ramona (4 years older and adopted). Marlene's parents were older parents (mother was 42 when she was born).

Did you marry? Tell us about your spouse. How did you meet?

Married Virgil Mounce. They were middle school sweethearts. Virgil was a sweetheart who always worked hard. He worked at a Chevy garage doing repairs and was in the army for 3 years.

Do you have children?

3 kids (2 boys and 1 girl) named Steven, David and Kimberly. Marlene has several grandkids.

Did you work outside the home?

Mostly a stay-at-home mom, but worked at a grocery store on the side later in life.

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

Marlene enjoys sewing and reading.

What else should we know about you?

Marlene's favorite colors are purple and blue.

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

Marlene says she would donate some to the church, some to charity and get a house.

*Welcome
Marlene*



MEET VonDell Malmskog

(WEST CAMPUS)



What name do you prefer to be called?

She was called "Dell" as a kid.

Where were you born and raised?

Grew up in Felton, but was born in Ada. She stayed in Felton until college when she went to college.

Tell us about your family:

VonDell had a brother and sister; her father worked a farmer. Her mom stayed on at home.

Did you marry? Tell us about your spouse. How did you meet?

Married a man from Ulen named Larry. Larry was a farmer. They met in Felton where they grew up and farmed together.

Do you have children?

3 girls (Jill, Judy and Jane).

Did you work outside the home?

VonDell worked in a bank for 5 years then got married. She also worked for 13 years at Family Healthcare in Fargo.

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

VonDell likes going for walks and chatting.

What else should we know about you?

Her favorite color is Olive Green. When VonDell was on the farm, her grandson stayed with her half a year and they always prayed together.

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

She would use the money to help others and find a place she can live nicely with plenty of activities.

*Welcome
VonDell*



MEET Harry Hawk

(EAST CAMPUS)



Where were you born and raised?

Born in Lytton, Iowa...raised in Cambridge, MN.

Tell us about your family:

Parents divorced in the 40's. Dad was a barber; mom was a waitress.

Did you marry? Tell us about your spouse. How did you meet?

Harry was married 57 years to a woman named Helen. They met in Boston, Massachusetts where she was a hairdresser.

Do you have children?

3 sons and 3 daughters; many grandchildren!

Did you work outside the home?

Harry is a Korean Veteran. He started working at age 13 and moved out young so his mother didn't have to work so hard. He worked with a conveyor belt company and served in the military for 3 years (1953-1956) as an Army Security Agent.

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

Harry likes relaxing, playing cribbage and a little TV.

What else should we know about you?

Harry owned 7 houses total in his lifetime.

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

Harry says he would invest it in his kids' names so they always have what they need.

Welcome
Harry



MEET Clifford Anderson

(EAST CAMPUS)



*Welcome
Cliff*

What name do you prefer to be called?

Cliff

Where were you born and raised?

Comstock, Minnesota on a farm.

Tell us about your family:

"I have a wife; I didn't have any kids, but my wife had 3 daughters and a son. I have 3 sisters and 2 brothers."

Did you marry? Tell us about your spouse. How did you meet?

Yes. "She was married to one of my cousins so I knew her for a while. When my cousin died, we got together and got married."

Did you work outside the home?

"I worked at Fargo Glass and Paint for about 20 years."

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

"Drinking beer! But I got done doing that so I quit. I played softball when I was younger."

What else should we know about you?

"I try to get along with people."

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

"I'd probably give some to my family and give some away."



October 2020

SUN	MON	TUE	WED	THU	FRI	SAT
Events are subject to change!				1	2	3 Nail Day! 🍷
				Appetizer Night @ 6:00		
4	5	6 Bible Study Wellness Finishers Celebration 11:30 am (Dine Out)	7 FIGHT GET THE SHOT FLU BINGO @ 1:30 pm	8 Appetizer Night @ 6:00	9	10 Nail Day! 🍷
11	12	13 Bible Study	14 BINGO @ 1:30 pm	15 Appetizer Night @ 6:00	16	17 Nail Day! 🍷
18	19	20 Bible Study	21 BINGO @ 1:30 pm Resident Portraits Afternoon	22 Fun & Games Halloween Games @ 3:30 pm (East) Appetizer Night @ 6:00	23	24 Nail Day! 🍷
25	26	27 Bible Study	28	29 Fun & Games Halloween Games @ 3:30 pm (West) Appetizer Night @ 6:00	30 HALLOWEEN BINGO @ 1:30 pm	31 Nail Day! 🍷

Mark Your Calendar!

NOVEMBER

TBD = Turkey Day Games

November 5th = Tim Moser

UPCOMING

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

October 3rd
Staff Lawrence

October 4th
Erling Anderson

October 6th
Staff Lisa

October 7th
**Staff Presley &
Staff Elaine**

October 15th
Intern Sydney S.

October 16th
**Mavis
Gunderson**

October 17th
Staff Tanner

October 19th
Sandy Westby

October 22nd
Staff Angel

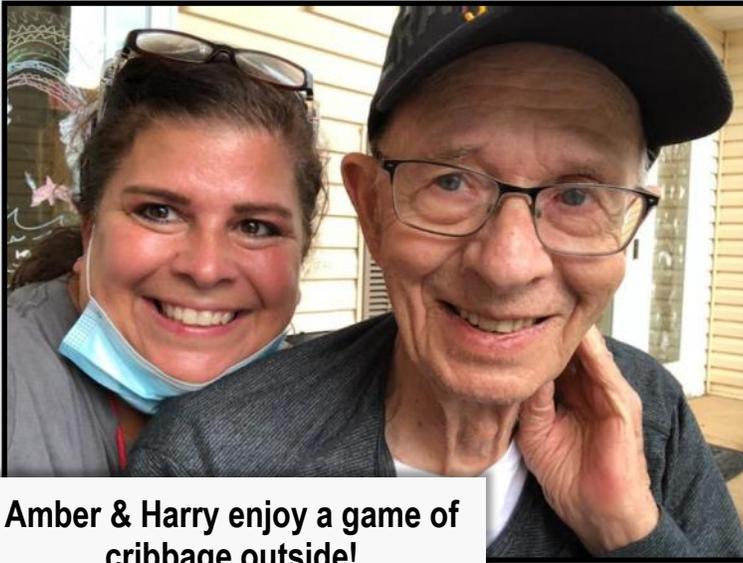
October 23rd
Nurse Marissa

October 22nd
**Joyce
Motschenbacher
& Pauline
Osgood**

October 28th
Morrie Kelsven

A VERY HAPPY BIRTHDAY TO...

SNAPSHOTS



Amber & Harry enjoy a game of cribbage outside!



Cliff had a milestone birthday and turned 90!



Carol & Corrine help staff Jen make dirt cups!



DeFloren had a milestone birthday and turned 100 years old! He even made the local news!

Searching for October

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

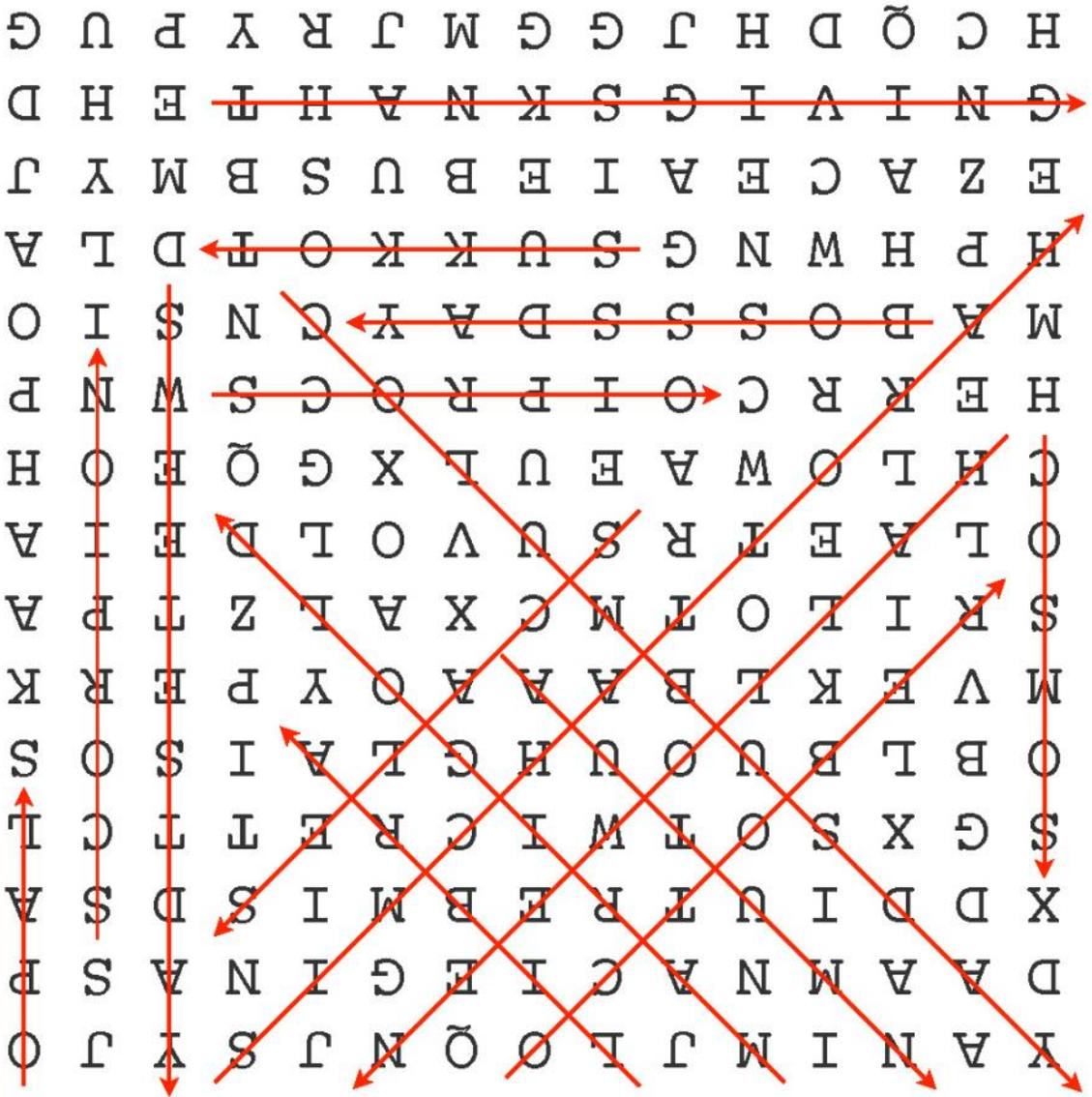


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|--------------|----------------|-----------------------|
| AUTUMN | MARIGOLD | SCORPIO |
| BOSS'S DAY | OCTOBER | SCORPION (Scorpio) |
| COLUMBUS DAY | OPAL | SIMCHAT TORAH |
| COSMOS | SCALES (Libra) | SUKKOT |
| HALLOWEEN | | SWEETEST DAY |
| LIBRA | | THANKSGIVING (Canada) |



Searching for October

(solution)



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