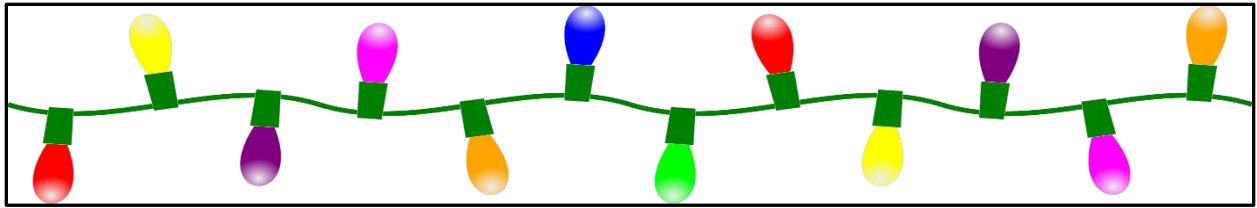


Serenity Suites Newsletter

January – March 2022

A fun night was had by all closing out 2021. Wishing everyone a
Happy and Healthy 2022!





The residents of Serenity Suites Senior Living wish everyone a very Merry Christmas!



Christmas Caroling at Serenity Suites

**Wabasso Winterfest was held on
December 3, 2021.**



Serenity Suites Float



Fireworks following the Holiday Parade

The residents at Serenity Suites were visited by Bella the therapy horse. Bella came inside out of the cold and brightened everyone's afternoon.





Fun facts about snow

1. **Snow is not white.** It typically appears white because visible light is white. Frozen water particles are translucent, but the sunlight's reflection gives snow its white appearance.
2. **Snowflakes always have six sides.** The hydrogen and oxygen molecules that snowflakes are made of can only fit together in a way that results in a six-sided crystal.
3. **It's a myth that no two snowflakes are exactly the same.** In 1988, Nancy Knight, a scientist at the National Center for Atmosphere Research in Colorado, found two identical snowflakes that came from a storm out of Wisconsin.
4. **Snow warms you up.** Since fresh, compacted snow is approximately 90 to 95 percent trapped air, it's a great insulator. This is the reason why many animals burrow deep into the snow during winter in order to hibernate. It's also the reason that igloos, that use only body heat to warm them, can be 100 degrees warmer inside than outside.
5. **Snow affects sound.** Freshly fallen snow absorbs sound waves, giving everything a seemingly hushed, quieter ambiance after a flurry. But if the snow then melts and refreezes, the ice can reflect sound waves making sound travel further and clearer.





Join our team!!

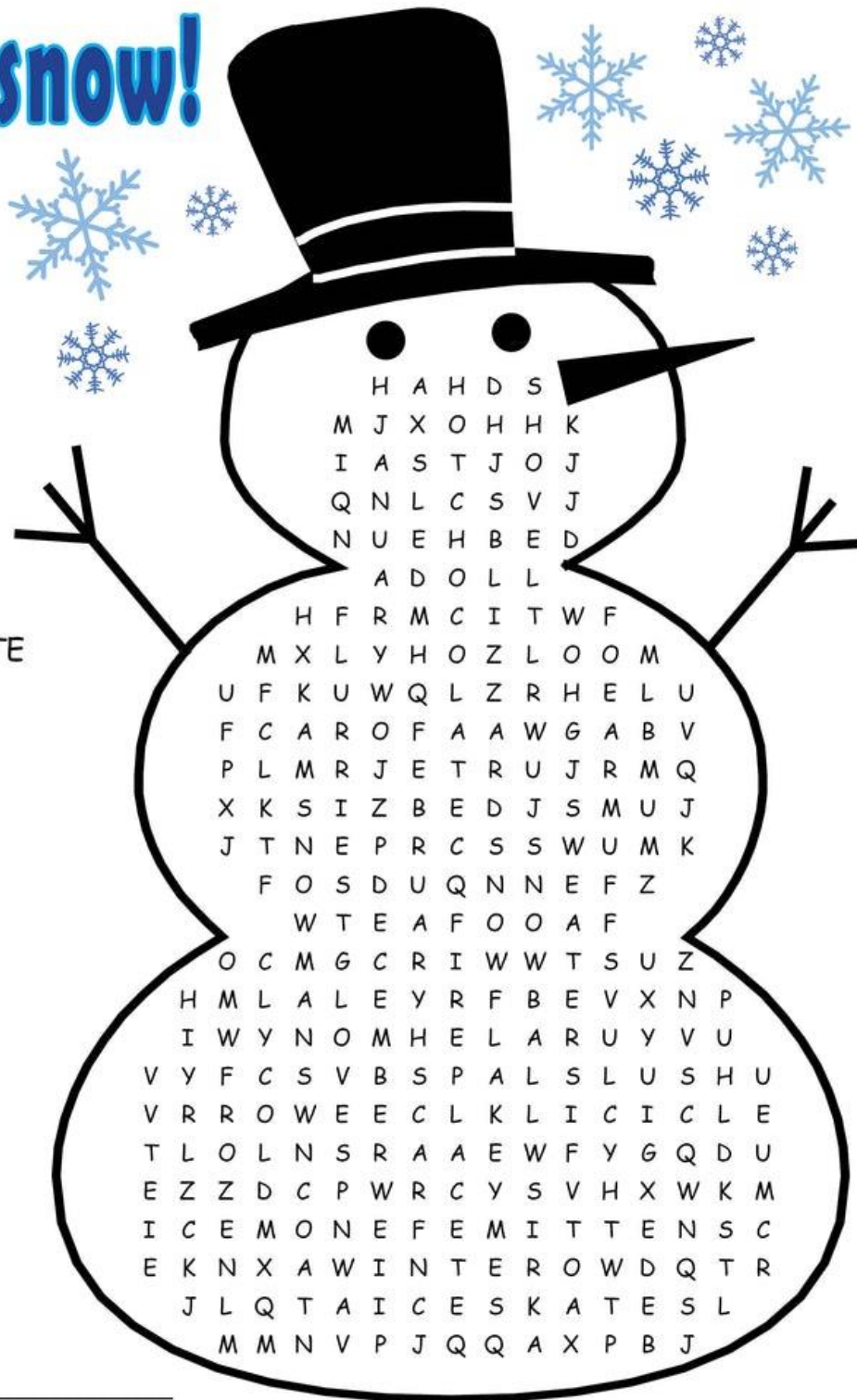
Serenity Suites has an opening for a
Resident Assistant or Nursing Assistant (CNA) Part Time, Night Shift
(night Shift has a \$1.00 shift differential)

EEO/AA

You can apply online at <https://serenitysuites.org/>

Let it snow!

BLIZZARD
 COAT
 COLD
 DECEMBER
 EARMUFFS
 FEBRUARY
 FIREPLACE
 FLURRIES
 FROZEN
 GLOVES
 HOT CHOCOLATE
 ICE
 ICE SKATES
 ICICLE
 JANUARY
 MITTENS
 SCARF
 SHOVEL
 SLED
 SLUSH
 SNOWBALL
 SNOWFLAKE
 SNOWMAN
 SWEATER
 WINTER



Name: _____



We are like
**SNOW
FLAKES**
All different in our own
Beautiful
ways

Change your

THOUGHTS



you'll change

THE WORLD

As 2021 draws to a close, I wanted to take this time to express my gratitude to so many individuals:

- Our staff who keep showing up in big ways to care for our residents and it fun.
- Our board members who volunteer their time to keep our facility running smoothly.
- Our residents and their families for choosing Serenity Suites and for entrusting us to care for them and their loved ones.
- The city of Wabasso who makes sure to include Serenity Suites in their community activities.

Without any of the above, we would not be able to do what we do. It is an honor and a privilege to be a part of Serenity Suites. I, along with our staff, wish all of you a wonderful and blessed holiday season.

Anne Lemcke, RN/LALD