



Serenity Suites

SENIOR LIVING AT WABASSO

August – October Newsletter

Residents at Serenity Suites stayed cool during a hot summer day with popsicles!

We always have something fun & interesting happening at Serenity Suites. Good times and great people! For more information on making the move to our family at Serenity Suites, please contact us at:
507-223-4375

www.serenitysuites.org



Home is where love resides, memories are created, friends always belong, and laughter never ends.



Contact Information

Serenity Suites

Senior Living at Wabasso

1381 May Street

Wabasso, MN 56293

507-223-4375

AL & Memory Care

6 – Memory Care Suites

9 – Assisted Living Apts.

www.serenitysuites.org

Horse Fun Facts

Horses can't breathe through their mouths.

Horses can sleep standing up.

Horses have lightning fast reflexes.

Horses have 10 different muscles in their ears.

Horses have nearly a 360-degree field of vision.

Horses do not have teeth in the middle of their mouth.

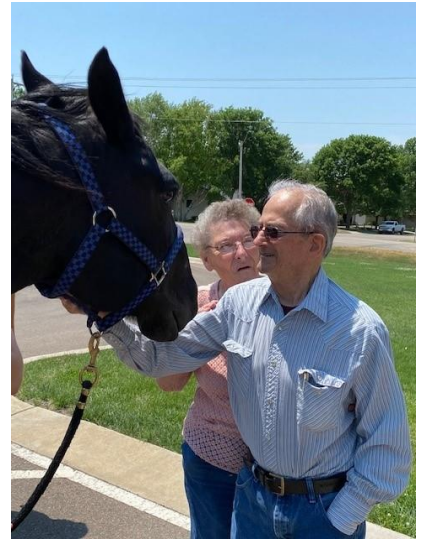
Horses are highly intelligent animals.

The earliest ancestor of the horse is estimated to have lived 55 million years ago.

Horses are very social animals.

Nitro, Zach, and Trigger from the Lee-Mar Ranch Equine Center of Granite Falls made a visit to Serenity Suites. We enjoyed learning about the services that the ranch provides. The horses loved the carrots and apples we fed them.

Thank you to the staff of Lee-Mar for making this visit possible!



Flower Fun Facts

1. Did you know that broccoli is technically a flower?
2. Pioneers used to roast and eat cattails and their shoots. They also used them to stuff their beds.
3. Many orchids don't need soil to grow, they get their nutrients from the air.
4. Moon flowers bloom only at night. Their cousins, morning glories, bloom in the morning.
5. Dandelions are usually thought of as weeds, but did you know they are highly nutritious?

“Flowers can't solve all problems, but they're a great start.”



Serenity Suites Flower Beds

The residents and staff at Serenity Suites have tended their flower beds this summer and the hard work has paid off. They are beautiful!



Karen's Corner

Karen works part time in dietary at Serenity Suites. She is known for baking fantastic goodies! Karen also does crafts with the residents several times a month!



Recipe from Karen Mathiowetz

Pecan Pie

Pie Crust:

- 2 cups flour
- 2/3 cup shortening
- ¼ to ½ cup water
- Pinch of salt

Cut flour & shortening together. Blend salt. Add water and mix just until blended in.

NOTE: 4 batches makes 6 double crusted pies.

Easy Pecan Pie Filling:

- 1 cup light or dark corn syrup
- 3 eggs
- 1 cup granulated sugar
- 1 TBSP butter, melted
- 1 tsp pure vanilla extract
- 1-1 ½ cups (6 oz) coarsely chopped pecans
- 1 (9 inch) unbaked OR frozen deep-dish pie crust

Preheat oven to 350 degrees.

Mix corn syrup, eggs, sugar, butter, and vanilla using a spoon or rubber spatula. Stir in pecans & pour mixture into pie crust. Bake on center rack of oven for 60-70 minutes. Cool for at least 2 hours before serving.




Flower Power



ASTER
 CROCUS
 DAFFODIL
 DAISY
 GERANIUM

HONEYSUCKLE
 LAVENDER
 LILAC
 LILY
 MARIGOLD

ORCHID
 PANSY
 SUNFLOWER
 TULIP
 VIOLET



A message from the Executive Director

It is hard to believe that six months have passed since I began my role as Executive Director at Serenity Suites Senior Living. Everyone has welcomed me from the start, and it has been a pleasure getting to know the residents, their families, and our staff and I look forward to working with all of you in the future.

The past year has been full of unknowns and challenges, and we would not have made it this far without everyone's commitment, dedication, and willingness to work together. I deeply appreciate the sacrifices made by everyone to limit the impact of COVID on our community as well as your patience as we worked through the hills and valleys.

Together: into companionship or close association. It was my hope that by Fall of 2021, Serenity Suites would be able to host a picnic for the residents, staff, and their families and enjoy time together. At this time, however, I am hesitant to plan this with the current COVID situation. I want to take any precautions that I can to keep our residents, staff, and all families healthy. When we are safe to do so, we will gather together and celebrate! Be watching in the future for date & time.

Anne Lemcke

