

# SAMARITAN BETHANY TURNS 100!

March 2022

ARBOR TERRACE MONTHLY  
NEWSLETTER



## ST. PATRICKS DAY

*Written by Mrs. Gladys Goose*



Along with all the festivities for the amazing 100 year anniversary we are also throwing a wonderful St. Patrick's day Party on the 17th!

"It's the Luck of the Irish!" We will have casino games that you can come play before the music starts at 2:30pm. There will be many different ways to test out your luck.

Oh, and I should probably introduce myself. Hi! I am Grandma Gladys Goose and I have been here since January when I mistook Goose Egg park for a goose orphanage and saw this place where everyone seemed so happy.

I am so glad to meet all of you! be sure to check out my new outfit every month!

Have a great month and Happy 100 years to Samaritan Bethany! HONK!!!

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## COVID-19 Updates

We got over the outbreak in late January and were able to resume back to normal visitation and allowing residents to have communal dining and activities.


We had a good February with no new cases of COVID-19 and have been very cautious in monitoring visitors, staff and residents for cold like symptoms.

All staff and guests need to screen in prior to their shift or visit at the Fahrenheit Machine.

- Please make sure you are wearing your printed out badge to show you screened in.
- Masks must be worn in common spaces and when walking the halls.
- If you are not feeling well please stay home and choose to visit at a later time to protect our staff and residents.



Total COVID Cases	
Staff	24
Residents	23



For more information about COVID-19 please visit our **website and click the COVID-19 Updates** at the top of the page.

**For Minnesota Updates please visit -**  
<https://www.health.state.mn.us/diseases/coronavirus/situation.html>

# ~ A Message from the ~ Housing Community Leader



February was a month filled with a love struck happy hour and a great super bowl party. Now let's press our luck in March with 2 huge celebrations.

Samaritan Bethany is celebrating 100 years on March 7th, 2022. The mayor will be onsite to do a proclamation and we will be travelling through the decades all week with dress up days and themed events.

Samaritan Bethany started in 1922 as a Convalescent Hotel and has transformed its practices into a full continuum of care to provide for seniors in the Rochester community with Christian values and high standards of care.

Did you know that in 1991, Samaritan Bethany built and opened Arbor Terrace on 2nd Avenue NW to meet the need for senior independent apartments. In 2010, later adding memory care and assisted living, embracing the dynamic changes in aging services.

Not only are we celebrating 100 years of service we are also ready to shake our shamrock's on St. Patrick's Day. Arbor Terrace loves St. Patty's Day, this year we are having a Luck of the Irish Celebration, including games, drinks, and music! Come decked out in green attire and bring your A game to the table!

We are also on baby Ahrensfield watch! Christa our Health Information Coor. is due at the end of march with her 2nd baby. Make your guess today in Rachael's Office - gender, day, time, and weight!

Also if you haven't heard we are on all social media platforms! Check us out and Like, Follow, or Share with Friends!

Warm Regards,

Rachael Paddock  
Housing Community Leader





# An Irishman's Philosophy

There are only two things to worry about.

Either you are well or you are sick.

If you are well,

Then there is nothing to worry about.

But if you are sick,

There are two things to worry about.

Either you will get well or you will die.

If you get well,

There is nothing to worry about.

If you die,

There are only two things to worry about.

Either you will go to heaven or hell.

If you go to heaven there is nothing to worry about.

But if you go to hell,

You'll be so damn busy shaking hands with friend's

You won't have time to worry!





# Reminders & Notifications!



Nail Painting Every Wednesday  
at 1:00pm in the IL Dining Room



Game Nights Starting March  
1st at 6:00pm IL Dining Room



Exercise is moving back to  
10:00 AM



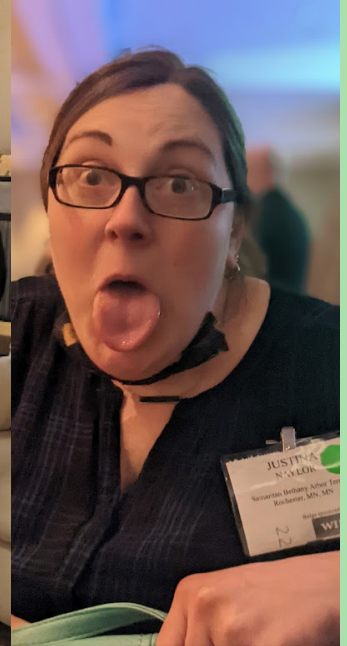
Meditation Every Wednesday  
at 4:15pm in the Community  
Room



# A Look Back at February







# Samaritan Bethany

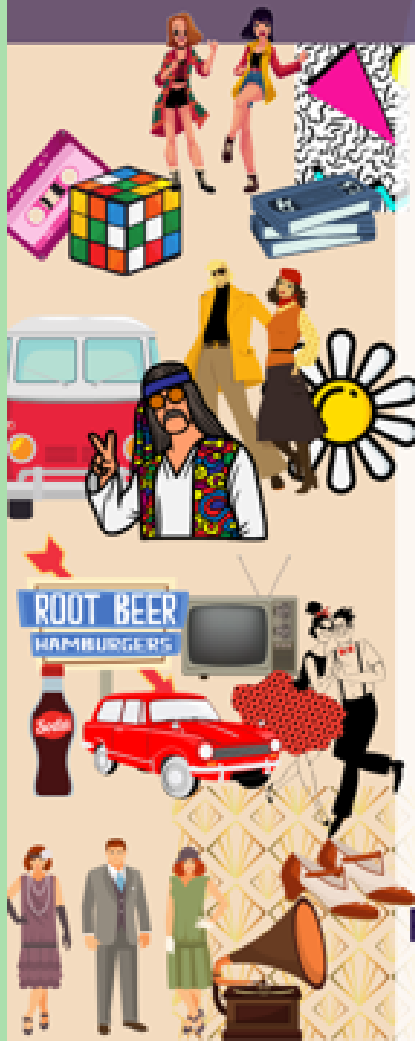
## Celebrating 100 years of Caring

Residents and Staff are invited to the following fun events!

### ALL WEEK

History Museum  
Walk Through  
the Decades on  
2nd City View!

## WEEKLY DRESS UP 100



### MONDAY MARCH 7TH

#### New 100th Anniversary Tee and Jeans

10:30 am Mayor Proclamation and special snacks  
in the Pub (1st floor of the Home)

### TUESDAY MARCH 8TH

#### 1980's and 1990's

2:00 pm Showing of the Singing in the Rain  
in the Chapel

### WEDNESDAY MARCH 9TH

#### 1960's and 1970's

3:00 pm Music through the Century w/ Mellow Fellow  
Fellows in the Pub (1st floor of the Home)

### THURSDAY MARCH 10TH

#### 1940's and 1950's

2:00 pm Showing of Casablanca  
in the Chapel

### FRIDAY MARCH 11TH

#### 1920's and 1930's

2:30 pm Happy Hour w/ Music & Decade Drinks  
in the Pub





# Chaplain's Update

## Lent

Ash Wednesday is upon us. Lent begins.

Lent, Middle English lente - springtime.

Lent, 40 days of symbolic meditative journey from the dead of winter to the rebirth of spring.

Symbolic of 40 years wandering in the wilderness after being freed from captivity in Egypt, 40 days while Moses patiently received God's Law on Sinai, 40 days in the wilderness as Jesus fasted and prayed before beginning his ministry that ended on the cross...and resurrection to new life.

What is it that you need to think on this Lenten Season? Where are you on your journey? What dilemmas and riddles do you need to solve in order to move on to new life?

On Ash Wednesday, March 2nd, we will come together as God's People to have the ashes of Palm Sunday smudged on our foreheads to remind us that from dust we have come. To dust we shall return.

We're mortal. We have limits. We err. We make mistakes.

Thank goodness, we are drawn to a God who is merciful, slow to anger and abounding in steadfast love. Otherwise, we'd be out of luck.

We are reminded of the dust God breathed into Adam to create human life. Our essence is spirit. It's what gives us life, purpose, meaning. Here at Samaritan Bethany we exist to give every resident meaning and purpose. I agree. That describes what I do in ministry.

What gives you meaning and purpose? What gets you out of bed in the morning? What are you willing to die for?

What are you willing to die for? You might think that's a question for another day, for a time when life gets really serious, grim, between a rock and a hard place. But, no. We give our lives day by day, minute by minute to some aim, some purpose; every day we get out of bed and put our feet on the floor. What am I going to do today? It's a question of purpose and meaning.

We give our lives day by day to something. What is that something you're giving your life to? Is it God? Or something else?

We're born with a God-shaped hole in our souls. We seek to fill it with something. Will it be God?

Happy Lent!



# Featured Resident

Darline Freeman

## *Growing up on the Farm*

I was a tomboy, the 2nd of 5 girls and 2 boys on a small farm near Faribault, MN. I remember our summer fun of playing cowboys and Indians. We had cap pistols with real caps some of the time and made bow and arrows out of bendy branches and dry sticks.

Another game we played was setting up a playhouse under some tree branches at the end of the driveway near the railroad tracks of the Milwaukee railroad. The train came by 2 times a day. – Slow and it rattled – we called it the rattle trap.

We played a lot of softball, no bears out tonight and tag. On warm sunny days we would lay on the grass and look for animals and other shapes in the clouds.

Secret hiding places were a big thing around 10 years old. We each had our own spot. I remember getting stuck for a while in mine which behind the machine shed in a bunch of was rolled up pig fencing.

This was an exercise in a class I took given by a local author. We were asked to write something about our life in about 10 minutes.

**Darline Freeman. 3-11-2021**



# CODEBREAKER (or CODEWORD, or CODE CRACKER) WORD PUZZLE

The number in each square corresponds to a letter. The same number represents the same letter.  
Crack the code and fill the grid by determining which letter relates to which number.  
To help you get started three word entries have picture clues, and four letters are already in place.

The puzzle grid is a 24x24 square. Numbers 1-24 are placed in specific squares to represent letters. The word 'GREEN' is already filled in the top right corner. Clues are provided for three words: a rainbow (1), a shamrock (2), and a pot of gold (3). The grid is partially filled with numbers, and the word 'GREEN' is already present in the top right corner.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
G	R	E	N																				

ANSWER: 1-G, 2-R, 3-E, 4-N, 5-S, 6-M, 7-B, 8-T, 9-L, 10-O, 11-W, 12-D, 13-V, 14-Y, 15-A, 16-H, 17-Y, 18-L, 19-U, 20-P, 21-F, 22-Z, 23-J, 24-K.



And...if you or anyone you know would like to become a volunteer please contact Shane Hoffman: 507-424-4063 Ext. 4105 We are looking for: bingo caller, exercise leaders (will train) one on one visitors, game and card players, artists, musicians, ect.