

# Arbor Terrace

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Newsletter **November** 2021

Samaritan  Bethany



# ~ A Message from the ~ Housing Community Leader



Happy Fall Y'all,

November has arrived with a cool breeze and lots of falling leaves. Our residents enjoyed October with lots of fall activities like pumpkin painting, bike rides to see the trees, and a wonderful carnival to celebrate Halloween. It was so much fun seeing everyone in their costumes and the carnival games were a blast.

We also had our COVID Booster Clinic at Arbor Terrace on 10/28/2021. Staff and residents were offered the flu and booster shots. I am very thankful for everyone who got vaccinated and continues to do so to reduce the risk of illness amongst residents and staff.

In November we have come to celebrate Thanksgiving. Which is historically a day to praise and thank God for blessings and to ask Him to heal the wounds of the nation by restoring it to the full enjoyment of peace, harmony, tranquility and union. I encourage all of you to take this time to be with loved ones, celebrate what you have overcome, share stories of joy, and take the time to reflect on your burdens.

## Upcoming Events:

- ⇒ November 8th Family Forum @ 3:30pm with an Alzheimer's and Dementia Education
- ⇒ November 27th Resident Art Show @ 2:30pm
- ⇒ Assisted Living and Memory Care Christmas Party 12/9/21 4pm-6:30pm
- ⇒ Independent Living Christmas Party 12/16/21 4pm-6:30pm

With warm regards,

Rachael Paddock  
Housing Community Leader  
[rpaddock@samaritanbethany.com](mailto:rpaddock@samaritanbethany.com)

We are  
Thankful for  
YOU!



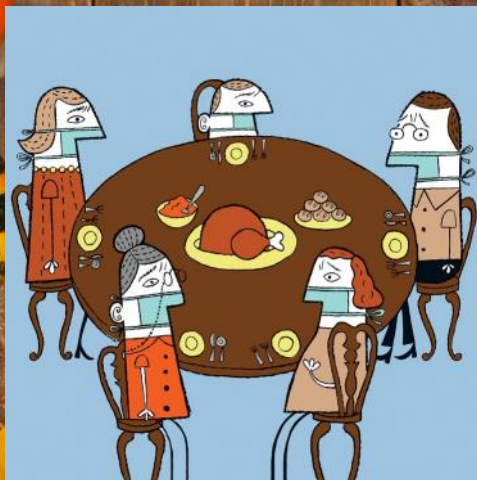


# COVID-19 UPDATE

## COVID -19 BOOSTER

Residents and staff were offered the COVID-19 Booster on 10/28/2021.

Flu Shots were also offered and if any residents or staff are still in need of the flu shot nursing will prove it.



On October 11th, 2021 Arbor Terrace did have a positive COVID-19 staff member. We did facility testing and no other positive cases were identified. We are still following all the recommended guidance from the Centers for Medicare & Medicaid Service and the Centers for Disease Control & Prevention to protect our residents and staff from this virus.

Please remember we are entering flu season and need to be extra cautious when visiting Arbor Terrace. Please make sure you always screen in before visiting and wear a mask.

I am looking forward to the day when this page can be deleted and we no longer have to discuss COVID-19

## Resources

[MDH Situation Update](#)

[CDC - COVID Information](#)



**A look back at  
October!**



















## Short & Sweet

She comes to see me. She is good. Very helpful. Never says, “No” when asked for help. Her name is Teressa, currently I’m placed in the Assistant Living section of Arbor Terrace. She is assigned to work and help the residents in the same section. Never ignored or failed to assist the members in pain.

She and I are from different cultures and different religions. I had a crucial pain in the back. She would run and get the required me for message; a tube of pain relievers she rubs on my back with a smile.

She is so far and so close to me. Never asked who am I, where I come from or which church I go too, ect. I feel, she feels, these are not necessary questions. Her concern is mainly my welfare. Not because she is hired for my welfare, but for everybody’s welfare.

One time, due to excessive pain, I lost my temper. I was very rough and rude with her. She responded, “I know how

you feel. Let us try another kind of rubbing medicine, I am sure you will feel better.” She did not walk, she ran to pick up the rubbing med and starting applying it. She was right, I feel better. I saw a smile on her face, she looked happier. I joined in her happiness. Both of us laughed. But-no, I cried. Thinking, why was I so rough with her? She responded with love and patience. What a lovely Angel! She works here to help the suffering people. With a smile she said, “I was sad to see you sad but I’m glad, you look better.”

I feel highly elated to see her happy to see me happy. What a natural dedication.

My doubt was washed off that majority of the people do not care for others. No. There are good people like her who do care for others and believe the pain of others without cast or creed. Teressa, you are one of them who wipes the tears from peoples face and brings brightness in their eyes and on their cheeks. She smiled.

### Prem’s Post

Articles and musings from an  
Arbor Terrace Resident



# A Peek at the Month

**LIVE MUSIC 18th, 20st, 27th (IL)**

**ZUMBRO LUTHERAN SERVICE 3rd**

Meditation Group (CR) Every  
Wednesday 4:15pm

**Painter's Studio (AL) 19th**

**Exercise Class Mon, Wed, Fri. 10am  
(IL) Dining Room**

**RESIDENT FORUM 3rd (IL)**

**Woman's Breakfast 10th & Men's Breakfast 26th**

**BINGO! Every Mon (AL) Every Tues (IL)**

**Church Service Every Sunday 9am Chapel**

Catholic Communion Every  
Thursday 1:00pm (CR)

**HAPPY HOUR EVERY THURSDAY at 2:30pm**



# *Resident* Spotlight



**Delores Helland**

Independent Resident  
Mixed Medium & Resin





# **Message from the Chaplain**

**Attention Good Souls:**

**We're looking for volunteers to help City View residents get to worship Sunday mornings at 10:00. If you are willing and able, please consider this important role to help provide spiritual care for our nursing home community. It's truly a vital service that you'll feel good about doing.**

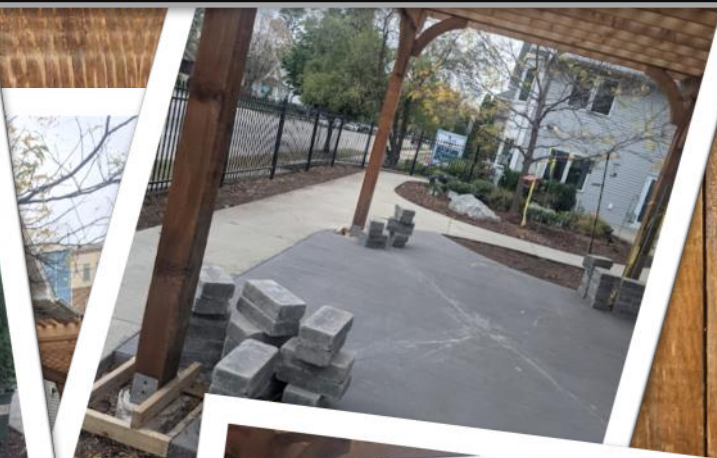
**Those who are interested, please contact myself or Ronnie Robertson, our Volunteer Coordinator at 507-424-4073; [rroberson@samaritanbethany.com](mailto:rroberson@samaritanbethany.com). Ronnie will assist you with the process to get you certified to be a volunteer. You will need to provide a hard copy of your vaccination certificate and your driver's license. She has a form for you to complete, as well as a very brief orientation session.**

**Please consider this vital service. Our residents have been prevented to attend in person worship for over a year now. They're more than willing to get together in God's company to nourish their souls. I'm sure yours will be too.**

**Keep the Faith,  
Pastor Glen, Chaplain  
Samaritan Bethany**



# Courtyard Chronicles



We have the cement poured and the flora planted!

We've even already broken in the pergola with some music therapy!  
Furniture will have to wait until spring though.





## Get active with the NuStep!

- Located on 2nd floor in Assisted Living in the Family Room
- All residents need to be assessed to use independently and safely, see nursing if you would like to get assessed.
- If you need assistance with the NuStep push your pendant and staff will assist.



# Samaritan Bethany

## Arbor Terrace

### Independent Living with Services

Move-In between 9/15/21 -  
12/31/21 and get your **first**  
**month rent FREE!**

Arbor Terrace also has Assisted Living  
and Memory Care onsite!

Call 507-424-4061 to schedule a tour  
and get more information!



[Samaritanbethany.com](http://Samaritanbethany.com)

700 2nd Ave NW, Rochester, MN 55901

507.288.4883

# Samaritan Bethany

**We think you would be a great member  
of our team!**

## **Arbor Terrace is Hiring!**



1. Go to [samaritanbethany.com](http://samaritanbethany.com)
2. Click Careers and Education
3. See openings
4. Apply

 **Use QR Code to APPLY TODAY!**



# Hidden Thanksgiving Riddles

Three Thanksgiving riddles have been written below but the words have been joined together and the spaces put into the wrong places. Find the three riddles and their answers and write them on the lines below.

Wh ysho uldn 'tyo uinv ite aturk eyt oadi nne rpar ty?



Answer: Bec aus eitm igh tus efo wlla ngu age.

Wh ydi dn 'tth etur keyw anta nyde sse rt?



Answer: Hew asa lre adys tuf fed.

Whic hsid eoft hetu rke yha sth emo stfe ath ers?



Answer: th eou tsi de.



A painting of a rural autumn scene. In the foreground, a green field has two small figures, one in a red shirt and one in a blue shirt, standing near a pile of orange leaves. Behind them is a field of tall, golden corn stalks. To the left, a white house with a dark roof and a dormer window is visible. The background features rolling green hills and trees with vibrant autumn foliage in shades of orange, red, and yellow. Two small birds are perched on a branch in the upper left. The sky is a soft, warm orange.

# *Samaritan* *Bethany*

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, yoga practitioners, exercise leaders (will train) one on one visitors, game and card players, artists, musicians, ect.