

# Arbor Terrace

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Newsletter september 2021



Samaritan  Bethany



# ~ A Message from the ~ Housing Community Leader



Hello Everyone,

What a whirlwind it has been here at Arbor Terrace. August flew by with lots of changes and unexpected events. We had the new Assisted Living Licensure go into effect on 8/1/2021. I met with most of you and signed new resident agreements along with meals and service plans. If you didn't meet with me please reach out and we can schedule a time or I can send the documents electronically.

August was also filled with the unforeseen COVID -19 exposure. We had to cancel our picnic and began testing all staff and residents. We had to quarantine Assisted Living and Memory Care for 14 days and now can open back up to visits on 9/1/2021. Please make sure you wear a mask and screen in when entering the building. The new screening process involves a Fahrenheit 2.0 machine that takes your temp and asks the questions on a touch screen. The machine does have facial recognition to then make the screening process faster and easier to track in our online reporting system.

September is approaching with brisk air and a change in color through the trees. Fall is my favorite time of year and brings so much warmth throughout the building. We will be doing flu shots and most likely a 3rd COVID-19 vaccination for all residents this fall. We will keep you informed when we learn more about timing.

Sincerely,

Rachael Paddock, LNHA

Housing Community Leader

[rpaddock@samaritanbethany.com](mailto:rpaddock@samaritanbethany.com)





# COVID-19 UPDATE

On 8/17/2021 we had two residents exposed to a positive COVID-19 case by a contracted staff member. We found out on 8/19/21 just hours before our Arbor Terrace Family Picnic and unfortunately had to cancel the event. We are so sad we didn't get to celebrate with all the residents and families of Arbor Terrace. We hope next year will bring better circumstances.

Once we knew of the exposure we had to close our doors and begin testing. We had to have 2 negative tests come back for both staff and residents before opening back up. Independent Living was not exposed and got to resume back to normal on 8/24/21. Memory Care and Assisted Living whom were the exposed neighborhoods had to be on a 14 day quarantine before resuming visits and activities in full swing.

Thankfully all staff and residents at Arbor Terrace have come back with 2 negative tests and our 14 day quarantine ends 8/31/2021 meaning we can resume visits and activities on 9/1/21 (see below visiting

## COVID -19 BOOSTER

We are in contact with our partnering pharmacies and will keep you updated with the process and information regarding the vaccine.



## 9/1/2021 Visit Guidelines

- There is no longer a maximum number of visits per week. You are able to visit your loved one as many times as you would like.
- There are no longer restrictions on the length of a visit.
- You must screen at the front desk, even if visiting outside
- Please be sure to maintain a 6 foot distance between other visitors and residents
- **Masks must be worn when in Arbor Terrace.**
- 2-3 visitors can visit a single resident at a time
- Visits are to occur during the hours of 8am – 6pm

You will continue to use the website for reservations. An area has been added for you to enter in your estimated arrival time for the date and timeframe you choose to schedule a visit.

Please visit the following link to make a reservation <https://ccs-reservation.na.rapidbiz.com/> and use this PIN number to complete the reservation: **497154**. Once the reservation is approved, the visitor will receive a confirmation email. A confirmation email could take up to 24 hours to receive. If you do not receive a con-





# Arbor Terrace Family Picnic

August 19th

4:30 - 6:00pm

Arbor Terrace Family Picnic

**CANCELLED**



What a bummer.

As you all know we had to cancel our Arbor Terrace Family Picnic Day.

I wanted to extend my apologies to all the families, friends, residents and staff that were planning on attending.

It was very short notice, and I hope we reached almost everyone before they arrived. I know there were some that did show up and again for that I apologize.

This is a time of unprecedented uncertainty and I am grateful for all of you and your patience as we attempt to navigate through these turbulent times,

Hold to the hope that sooner, rather than later, we can bring our light back to full brightness in each others lives.

As of now we do not have plans to reschedule.

But, there are more parties to be had in the future, and I am already busy with planning our Halloween Carnival!

Stay safe, healthy and a bit mischievous,

~Shane





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

# A Peek at the Month

**Shari Sarazin Harp Sat. 18th 2:30pm (IL)**

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

**Woman's Breakfast 8th & Men's Breakfast 24th**

**Meditation Group (CR) Every  
Wednesday 4:15pm**

**Painter's Studio (AL) 15th**

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

**RESIDENT FORUM 1st (IL)**

**Music Therapy (MC) 7th & 14th**

**Catholic Communion Every  
Thursday 1:00pm (CR)**

**Cycling W/O Age Every Mon @ 3:45pm**





## A look back at August!

Ok, we all know the picnic cancelation was lame...but, there were plenty of great times had in August.

Enjoy a few captured moments.









Prem Deep an ex-resident and Margaret Fusselman, a current resident at Fontaine Tower are true friends.

They are close, even born the same month in the same year. They are not twins. Prem was born in India on August 2nd, Margaret was born in the US on August 6th. They lived in the same building.

In August they received numerous letters of best wishes from a lot of friends. They felt highly elated.

“Honey, the main difference is I am the older sister and you are the younger one.”

They felt the time and place does not separate people. Love of the people cannot be shattered or broken.

So kindly Help us Lord.

Written and composed by Prem Deep Arbor Terrace Resident.

## Prem's Post

Articles and musings from an  
Arbor Terrace Resident



On your birthday,  
I want you to know what your  
**FRIENDSHIP** means...

When I need someone  
to **LISTEN** to me,  
I know you will.

When I need **SUPPORT**,  
I know you'll be there.

When I need a **HUG** or a **SMILE**,  
I can always count on you.



# Resident Spotlight



**Audrey Grimm**

**Independent Resident**

**Acrylic on canvas**



# MEET THE STAFF

What is special about the place you grew up? Helping each other , sharing and giving.

How do you relax after a hard day of work? Watch TV.

What would be the most amazing adventure to go on?

To Travel!

Who inspires you to be better?

My Grandpa.

What do you strongly suspect but have no proof of? About my cousins death in the Army. They say he fell off a cliff, but lost all but one tooth?

What is one or two of your favorite smells? Smoke smell- pipe tobacco smell.

What would be your spirit animal? Dragon

There are two types of people in this world.

What are the two types?

Negative people

Positive people



**Mao Yang**

Care Attendant Assisted Living





**This course starts Monday, Sept 30.**

**Living Well with Chronic Conditions is designed to improve the self-management skills of people living with ongoing health issues.**

**Conditions like arthritis, mental health conditions, chronic pain, cancer, or diabetes can cause those affected to lose physical conditioning and suffer health problems over many years. This program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage living with a chronic health condition.**

**Online Course - Thursdays Sept 30 - Nov 4**

**For more information visit <https://yourjuniper.org/Classes/Register/2561> or contact Adrian LeQue at 507-289-4031 or [aleque@samaritanbethany.com](mailto:aleque@samaritanbethany.com)**



# 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



# Labor Day in America



Observed on the first Monday in September, Labor Day pays tribute to the contributions and achievements of American workers. Created by the labor movement in the late 19th century the date became a federal holiday in 1894. Today, Labor Day also symbolizes the end of summer for many Americans, and is celebrated with parties, parades and athletic events.

## LABOR MOVEMENT TIMELINE

1872

Labor Day in Canada began in 1872 in Toronto but quickly made its way south to the United States. The movement began as a demonstration demanding rights for workers. At the time the average work day was more than 10 hours and workers were only granted Christmas Day, July 4th and ever other Sunday off. Many of these workers were children.

1882

The first U.S. Labor Day was celebrated on Tuesday, September 5, 1882, in New York City, planned by the Central Labor Union. The Labor Day parade of about 10,000 workers took unpaid leave and marched from City Hall past Union Square uptown to 42nd street, and ended in Wendel's Elm Park at 92nd Street and 9th Avenue for a concert, speeches, and a picnic.

1887



Oregon was the first state to make Labor Day a holiday in 1887. Between 1887 and 1894, thirty states officially celebrated Labor Day.

1894

On June 28, 1894, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories. President Grover Cleveland signed the act.

2013

According to the U.S. Bureau of Labor and Statistics, as of May 2013, there were approximately 155.7 million men and women in the United States workforce.



**66%**  
of American's grill on Labor Day.

(Source: 2011 Weber GrillWatch Survey.)

## Burgers or Hot Dogs?



66% of American's choose burgers on the grill (Source: Huffington Post)



Memorial Day to Labor Day, Americans typically consume 7 billion hot dogs.

(Source: Nat. Hot Dog & Sausage Council)

Experts say gas will be

**\$4** per gallon  
by this Labor Day.



**85%**  
of Labor Day  
travelers will travel  
by automobile.

(Source: AAA)

**25¢**

amount of the first  
federally mandated  
minimum wage in 1938.

(Source: About.com)

**\$7.25**

current minimum  
wage in the U.S.

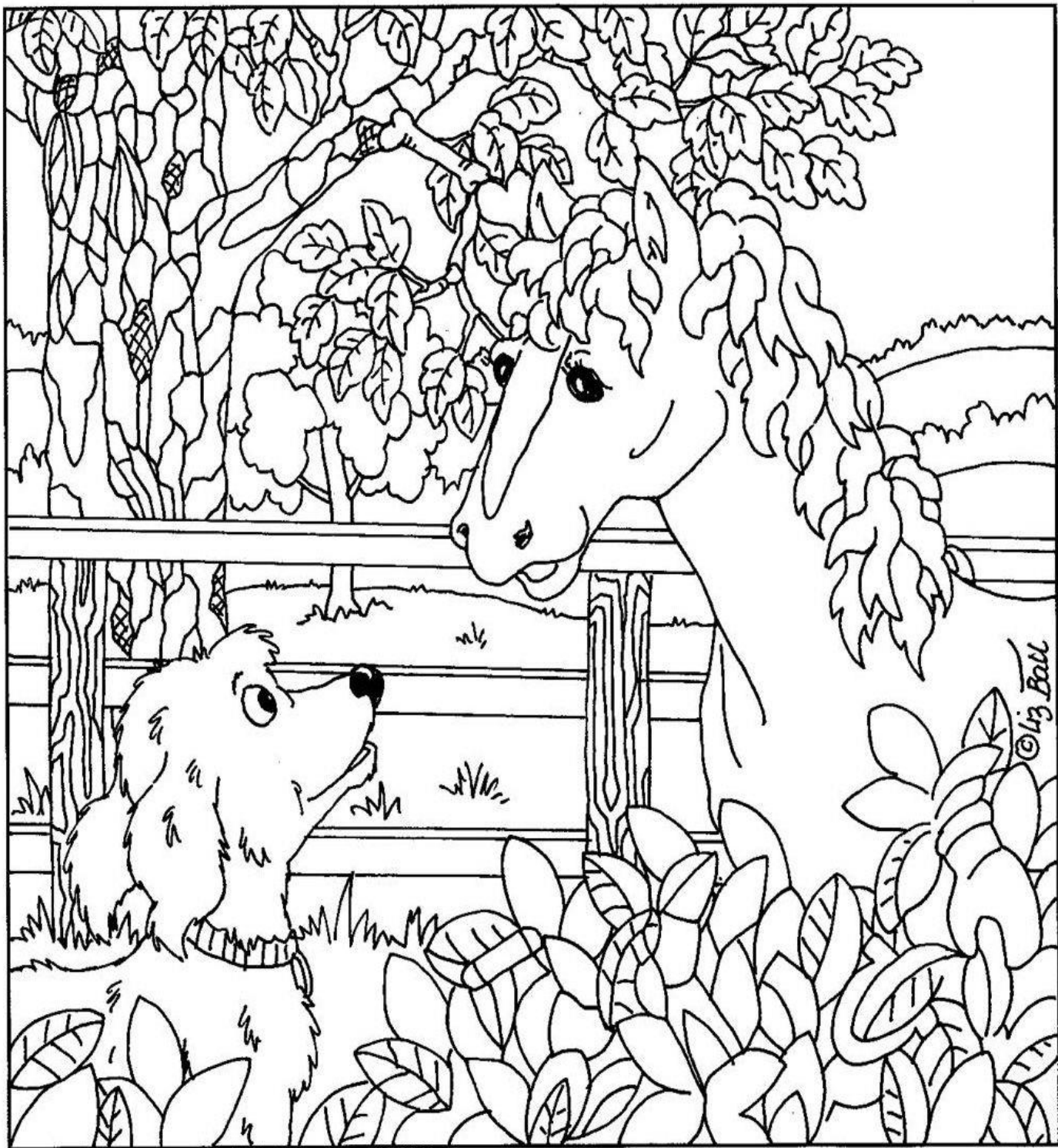
(Source: About.com)



## Say Goodbye to Summer

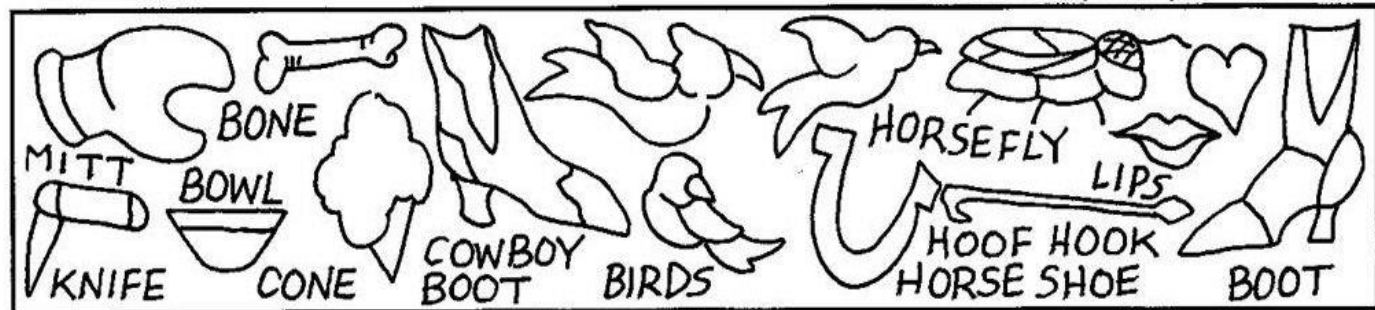
Labor Day is celebrated by most Americans as the symbolic end of the summer and the start of the back-to-school season.





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# SCHOOL'S OUT! 1

On the last day of school, the halls of Brandonbury High were abuzz with talk of the upcoming summer recess. In the staff lounge, Mr. Knight and four of his colleagues (each of whom teaches a different subject) couldn't stop talking about their vacation plans. Each teacher is going on a trip to a different state to engage in a different relaxing activity. When the final bell of the day rang to signal the end of classes, the five teachers cheered even louder than their students! From the information provided, determine the subject taught by each teacher, the state he or she is going to visit, and the activity he or she has planned.

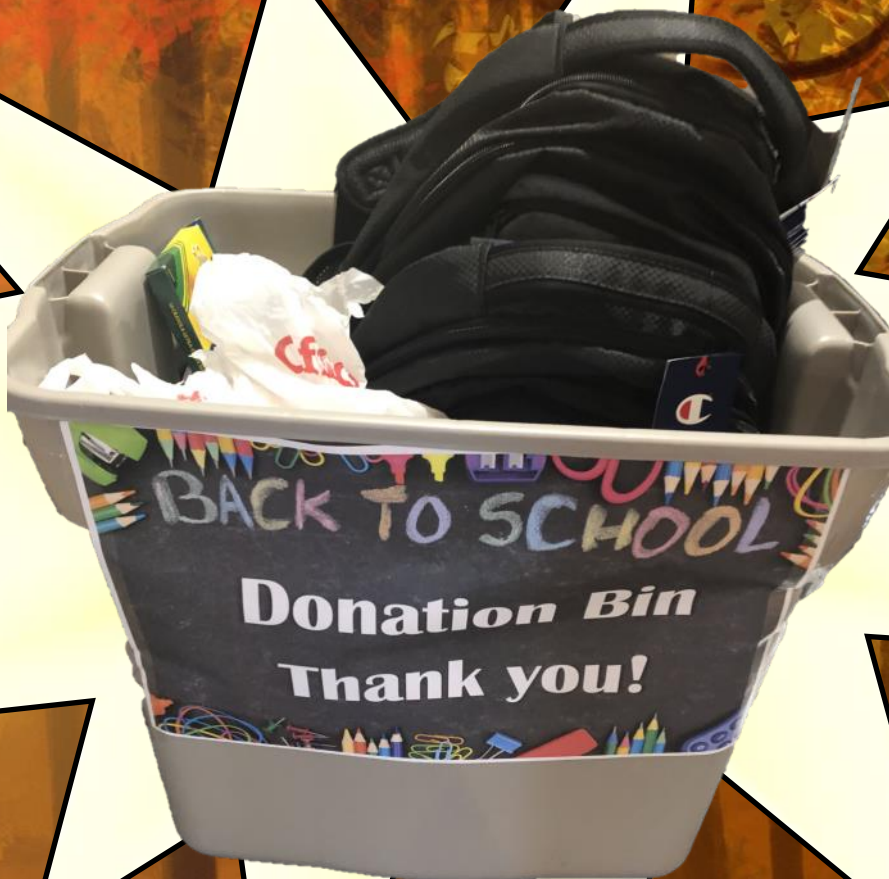
- Ms. Gross teaches either math or science. If Ms. Gross is going antiquing, then she is going to Florida; otherwise, she is going to California.
- The science teacher (who is going water-skiing) is going to travel to either California or Florida. Mr. McEvoy (who is the history teacher) is going to either Maine or Oregon.
- If the woman who is going to Virginia is the English teacher, then she is Ms. Appleton; otherwise, she is Ms. Parnell (who is going spelunking).
- The person who is going to Maine (who isn't the gym teacher) isn't the one who is going sightseeing.
- Ms. Gross isn't the woman who is going camping. One woman is going antiquing on her vacation.

		SUBJECT					STATE					ACTIVITY				
		ENGLISH	GYM	HISTORY	MATH	SCIENCE	CALIFORNIA	FLORIDA	MAINE	OREGON	VIRGINIA	ANTIQUING	CAMPING	SIGHTSEEING	SPELUNKING	WATER-SKIING
TEACHER	MS. APPLETON															
	MS. GROSS															
	MR. KNIGHT															
	MR. McEVOY															
	MS. PARNELL															
ACTIVITY	ANTIQUING															
	CAMPING															
	SIGHTSEEING															
	SPELUNKING															
	WATER-SKIING															
STATE	CALIFORNIA															
	FLORIDA															
	MAINE															
	OREGON															
	VIRGINIA															

TEACHER	SUBJECT	STATE	ACTIVITY



# 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.