

The Samaritan Bethany Bulletin

The official newsletter of Samaritan Bethany Home

Samaritan  Bethany



In This Issue:

The Stress Less Issue

Health and Wellness

Live well, Eat Well

From the Kitchen:

Cucumber & Tomato Salad

and much more!

Welcome Spring!

Where flowers bloom, so does hope.
Lady Bird Johnson

SPRING, A LOVELY REMINDER OF
HOW BEAUTIFUL CHANGE CAN TRULY BE

"DESPITE THE FORECAST,
LIVE LIKE IT'S SPRING"
LILLY PULTZER



Live Well: Easing Stress

While everyone has stress as a part of their life, there are steps you can take to reduce the amount of stress you are under. A significant amount of stress for long periods of time can be harmful. It is wise to try to reduce stress and take time for yourself when you can.

Some ways to ease stress include the following:

- Eating a healthy diet- By eating a diet full of fresh fruits and vegetables, whole grains, lean meats and low fat dairy, you can fuel your body right. Avoid alcohol and large amounts of caffeine.
- Take time for yourself- Plan some time to do something for yourself. Sometimes it might be only 5 minutes to read your book, other times it might be an hour!
- Get some exercise- Regular exercise releases endorphins, which will decrease the amount of stress you feel. See pg 5 for more suggestions.
- Practice mindfulness- Mindfulness, meditation, deep breathing, or some other type of practice where you can achieve a state of relaxation. This way you can use a relaxation method to reduce stress not only for maintenance on a regular basis, but also on tough days or at tough times when a relaxation technique will really come in handy.
- Minimize screen time- In this world where we are constantly connected, it can feel like we are always on call. By putting our phone away and not checking into social media, etc. it will give you increased time to relax and spend time with family.
- Spend time with friends and family- Spending time with friends and family is what it is all about. As days go by we get too busy to get together with friends, so plan something today! Get together with family often too!
- Get enough sleep- It is important to get ample sleep on a regular basis, as lack of sleep can affect mood. Stress can also affect your ability to get to sleep. If you do have trouble getting to sleep, try lowering the temperature in your bedroom, using a diffuser with lavender essential oils, some soft music, and a face mask. By creating the perfect environment, you should be sleeping quick!



Eat Well: Eating to reduce stress

Did you know there are some foods you can eat to reduce stress? There are some foods that reduce the level of cortisol, the stress hormone, thereby reducing stress. Of course eating well goes along with getting ample sleep, exercising, etc. if you want to reduce stress.

The same foods that are promoted on the Mediterranean Diet and the anti-inflammatory diet are promoted to reduce stress. These include whole foods, including fish, poultry, fruits, vegetables, whole grains, and healthy fats.

The diet looks like this:

Foods high in Vitamin B- especially B12

- Beef
- Chicken
- Eggs
- Fortified Cereal

Foods High in Omega-3 Fatty Acids

- Salmon, sardines, anchovies or other fatty fish
- Avocado
- Olive Oil
- Walnuts or Chia Seeds

Magnesium Rich Foods

- Broccoli
- Spinach
- Avocado
- Bananas
- Dark Chocolate

Protein Rich Foods

- Chicken or Turkey breast
- Lean Beef
- Salmon or Tuna
- Shrimp
- Eggs
- Lentils or Quinoa

Gut Healthy Foods

- Greek yogurt
- Kimchi
- Sauerkraut
- Kombucha





photo by Canva

As the days get warmer, try your hand at planting your own fresh vegetables! Both tomatoes and cucumbers do well in pots on the patio if you don't have room for a garden.

You can also grow culinary herbs in pots!



What's Cooking in the Kitchen: Cucumber Tomato Salad

Recipe from: Adrian LeQue yield: 6 servings

INGREDIENTS

- 6 each mini cucumbers washed
- 1 pint grape tomatoes washed
- 1/2 each small red onion sliced thin
- 4 tbsp mayonnaise
- 2 tbsp red wine vinegar
- 1 tbsp granulated sugar
- 1/8 tsp ground black pepper
- dash salt
- pepper, to taste

INSTRUCTIONS

- Wash and trim all vegetables as applicable.
- Slice mini cucumbers into 1/4" coins. Cut grape tomatoes in half. Slice onion in half and then cut thin slices of onion for salad.
- Stir remaining ingredients into bowl with vegetables. Stir well and allow salad to sit for 30 minutes for flavors to mellow.

NOTES

This tasty spring side dish features crisp baby cucumbers and grape tomatoes. Cucumbers are sliced into coins, tomatoes in half, with added thinly sliced red onion. Marinated in a creamy dressing featuring red wine vinegar, this salad brings back the taste of summer.

Move Well: Exercise to reduce stress



*Remember, we have a fitness room,
across from the finance office.*

*We also have a massage chair in
Conf. Room #2 for staff use!*

As we are told to exercise on a regular basis, it certainly seems like exercise gives more stress than it reduces. Yes, the first steps are the hardest as you establish an exercise routine. But as you start exercising, your body gets used to this and begins to depend on exercise!

With an increase in physical activity, your metabolism improves, stress hormones are reduced, while the production of endorphins that elevate mood and are natural painkillers. As your endurance increases, you will be able to do more and more things, making it easier to breathe, your self image will improve, as well as your self-confidence. This is true regardless of the type of exercise you decide to do. If you stick with it, exercise is a great way to make improvements in your life that will reduce stress all around.

Some simple ways to get started exercising if you are out of practice include:

- Going for a walk in the evenings
- Doing some simple exercises in the evening as you are watching tv. (Try doing exercises every time commercials come on.)
- Trying to do some yoga for relaxation. Even a dvd or app is helpful if you are not able to get to an in-person class.
- Walk your dog, or go for a run with the dog.
- Stretching or doing light weight-lifting exercises (use cans of soup or gallon jugs filled with water for weights)

Be Well: Finding Meaning

What is your why?

You may have heard someone ask... "What is your why"? and wondered what that meant.

According to Simon Sinek it is, "The compelling higher purpose that inspires us and acts as the source of all we do."

As you think about your why and why you do what you do, here are some things to think about...

- When are you at your best?
- When are you at your worst?
- What are you passionate about?
- When do you feel most energized?
- What is the core purpose of your role?
- Why does it matter?



As you answer these questions, see if there are any themes that come forward. Is there anything you are emotionally drawn to?

Now craft your why statement. It should be formatted like this:
To [insert contribution] so that [insert impact].

Some examples of good ones:

"To leave a positive impact on people's lives so that they can realize their true potential."

"To consistently grow, develop, and challenge myself so that I can be better than the person I was the day before."

Congratulations Karin Gray, Social Service Mentor March's Everyday Hero!



WELCOME to the following new employees:

John Richey- Care Attendant

Chad Decker- Human Resources Leader

Stephanie Geyer- Life Enrichment Partner

Ron Harper- Life Enrichment Partner

Mary Jane Borja- Care Attendant



Do you have an article or special event to add to the newsletter?

Submit information to aleque@samaritanbethany.com



photo by leading age

Top 8 Allergens

- Milk
- Eggs
- Fish
- Shellfish
- Tree Nuts
- Peanuts
- Wheat
- Soybeans

From the Safety Committee:

In February, several leadership staff attended the Leading Age MN conference in St. Paul. As part of this conference, Leading Age MN debuted the Safe Care for Seniors- Safe Tables project. This seeks to prevent residents from receiving items that may harm them when eating, such as foods they are allergic to or consistencies they are not able to chew or swallow.

We will start rolling out this project here as a way to quickly identify and communicate which foods contain allergens and prevent residents who are allergic to them from eating them! We will also identify foods that are okay for someone that has a hard time chewing or swallowing and help you figure out what you should be serving to those residents on these special diets.

Finally, there is a "Safe Plate Pause" to check those particular plates that are high risk. Do you have someone in your neighborhood with an allergy? Do you have someone in your neighborhood who eats a mechanical soft diet? Do you know what to serve them each day when the meal comes up? We will help you figure this out. Watch for training, coming up soon!



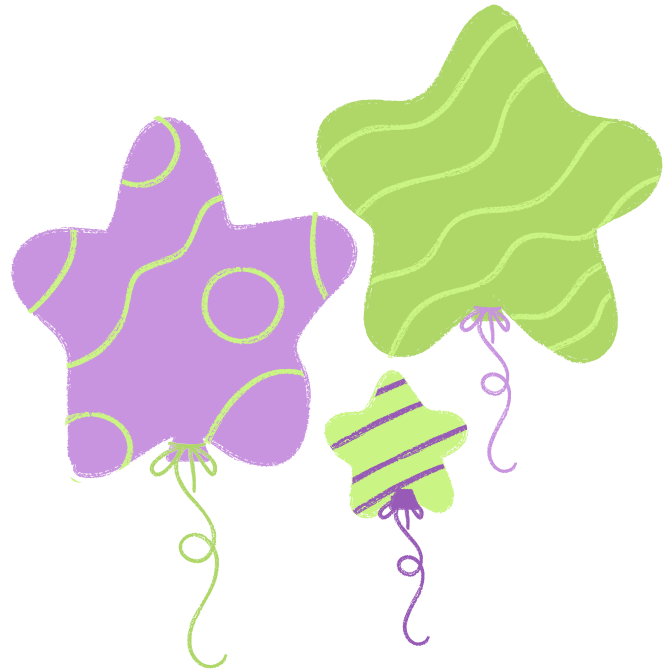
Our April birthdays include:

RESIDENT BIRTHDAYS

- R De Luna- 3
- M Zobel- 9
- L Adrian- 17
- J Brotherton- 19

STAFF BIRTHDAYS

- John Richey- 1
- Krissanne Hemesath- 2
- Mikah Wayner- 2
- Emily Pearce- 4
- Elena Schneider- 5
- Thiab Abuserrieh- 8
- Kara Neal- 11
- Chamorro Noguera- 12
- Rody Cabrera- 13
- Lucinda Hong- 13
- Darrin- Sumner-14
- Marie Weichel- 14
- Susan Millard-Dahl- 16
- Lori Dietrich- 24
- Molly Loomis- 24
- Justina Naylor- 24
- Anna Schliesman- 25
- Eric Fagerlind- 26



Samaritan Bethany

Celebrating 100 years in 2022



Sue Knutson, Mission Leader at the 100 year celebration


100 Years of Caring
Est. 1922

GOLF TOURNAMENT

2022



Somerby Golf Club, Byron MN

AT	JUNE 20th, 2022	TICKET
11AM	MONDAY	\$175

REGISTRATION : Opens March 15th, 2022

Samaritan Bethany

is celebrating
100
Years of Caring


April | 7 | 2022

5:15pm Reception
6:30pm Dinner
7:30pm Divas Through the Decades

Mayo Civic Center, Rochester MN

\$100 per person

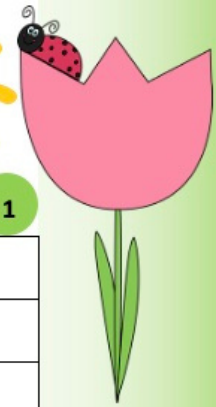
Scan the QR code to register or
contact Rita at rhawkins@samaritanbethany.com



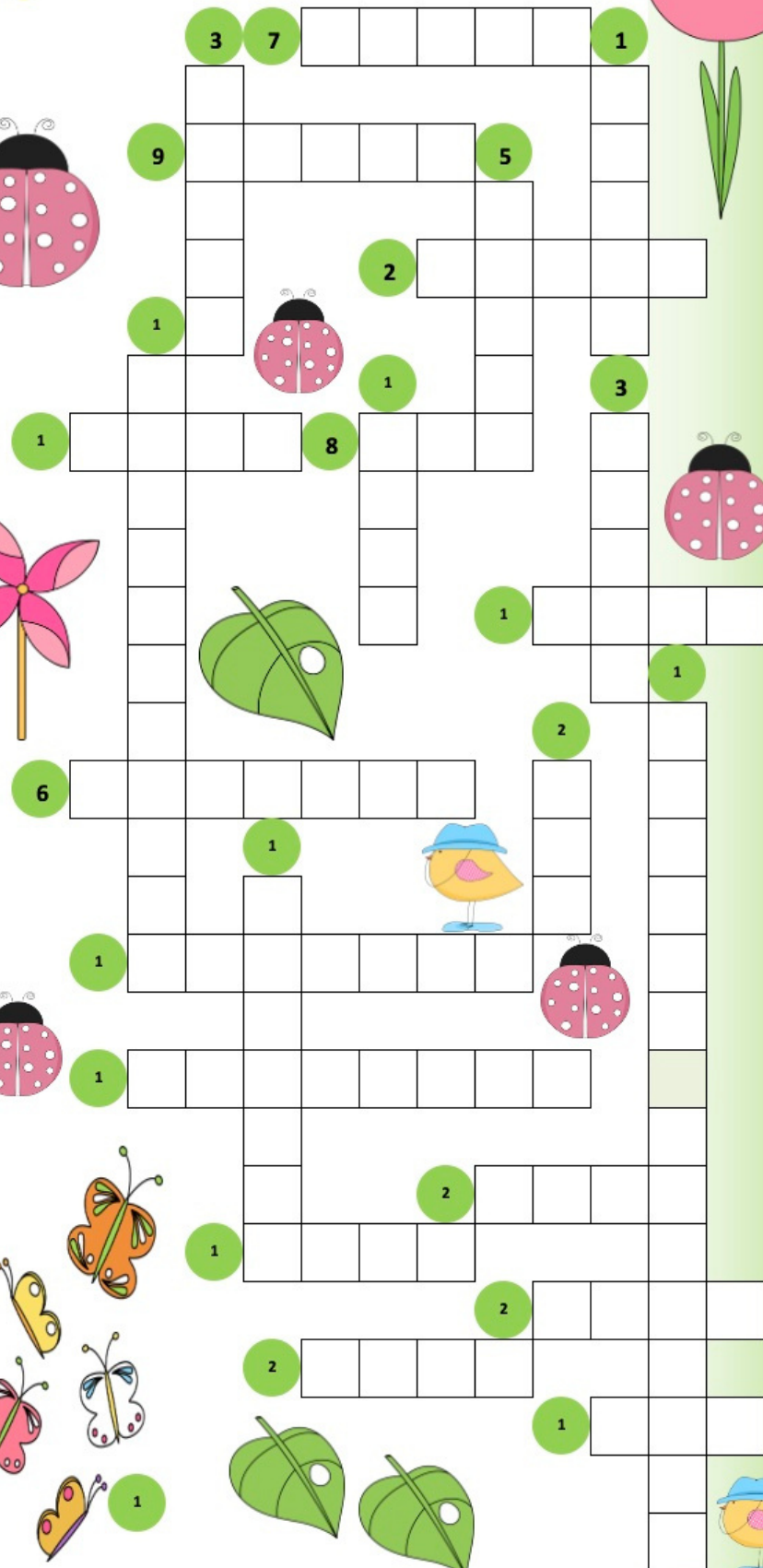
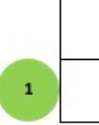
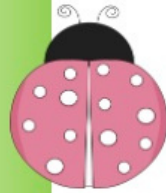




SPRING



1. A spring month.
2. A spring flower.
3. The young of a chicken.
4. A colour of spring.
5. A young rabbit.
6. A flower especially of a fruit tree.
7. Plants that have narrow green leaves, that are eaten by cows, sheep, horses etc.
8. The fifth month of the year.
9. To come out of an egg.
10. See picture.
11. A rounded part of a plant that is under the ground and that grows into a new plant during the growing season.
12. A baby goat.
13. The place where a bird lays its eggs.
14. See picture.
15. Spring, winter, summer, fall!
16. What snow does in spring.
17. When the sun shines.
18. A long, thin animal that has a soft body with no legs or bones. It lives in the ground.
19. An indoor or outdoor spring activity.
20. To stop being frozen.
21. A baby sheep.
22. A small part that grows on a plant and develops into a flower, leaf, or new branch.
23. A baby horse.



Easter

Chaplain's Column

Several years ago I attended a national training event for ministry. At dinner, I engaged in a conversation with another clergy person regarding how some scholars were deconstructing the mythical structure of our biblical faith. I was skeptical that this was a good idea. The scholars in question were voting on what Jesus was quoted as saying in the Gospels. They would vote on each passage with colored marbles, each color representing what they thought Jesus *actually said*, what he *might have said*, what he *probably did not* say and he *did not really say at all*. I shared with my dining partner that I thought that was arrogant to come to those conclusions 2,000 years after the fact.

My clergy dining partner responded by saying, “*You don’t actually believe all those miracles do you?!*” He said in it a way that suggested I was some kind of fool. I should get real and reasonable. It caught me up short. I didn’t expect he would say that. Then, I paused and thought, he has a point I hadn’t thought deeply enough about for a while. Then, it seemed like an inspiration came to me out of thin air. I replied, “*Well then, why do we say those things we say at funerals? And, who are we talking to when we pray...ourselves?*”

He had no response. We didn’t say much to each other after that. He looked thoughtful. I guess I made him think.

Every Easter churches swell with onlookers to the faith wondering about the Resurrection. There’s an empty tomb. Where did Jesus go? What happened? How do we make sense of it?

We live in a time that has seen churches collapse in membership over the last several decades. We’ve become more secular. Believers are scoffed at for believing in an *Imaginary Friend*. We’re not so bright, even bigoted. Who would swallow such nonsense as the Resurrection?

C.S. Lewis said of Christ’s words in the Gospels that *Jesus was either Liar, Lunatic, or the Lord*. Lewis was a genius of literature. Many of his scholarly friends at Oxford were brilliant Christians who helped Lewis come to the faith. One line of reasoning that helped was that if there was no God, then we are the result of atoms clashing and combining at random in order to create this complex world we live in, including us. How does one explain consciousness, evolution, the Big Bang!?

Some Christians happen to be very brilliant. We may be smarter than those who scoff at us and our *Imaginary Friend*. It takes a lot of courage and critical thought to maintain our faith. It’s easier to scoff and ridicule. It’s easier to be resentful, bitter and cynical. As Lewis said, “*I didn’t know how bad I was until I tried being good.*”

Any questions about the Easter Resurrection? Ask your *Imaginary Friend*, or your nearest thoughtful, brave Christian.

Happy Easter!



Calendar of Events: April

- April 1– April Fool's Day!
- April 1– Happy Hour with Mike Gruber– 2:30pm
- April 7– Make Your Own Grilled Cheese*
- April 8– Make Your Own Grilled Cheese*
- April 10– Palm Sunday– church at 10:00am
- April 12– Safety Meeting– 1:30pm; 3rd Heritage*
- April 13– Music with the Mellow Fellows– 3pm
- April 14– PAYDAY*
- April 15– Good Friday– church at 10:30am
- April 17– Easter Sunday– church at 10:00am
- April 18– Music with Rochester Big Band– 7:00pm
- April 20– Wellness Committee– 1:30pm; Conf #2*
- April 21– Potato Bar*
- April 22– Potato Bar*
- April 22– Earth Day
- April 26– Wellness Talk– 1:30pm; chapel

Stress Awareness– w/Karin & Hannah

April 27– Music with Ev & Vickie– 3:00pm

- April 28– PAYDAY*



*Staff events/meetings– All staff are invited and encouraged to attend the Safety and Wellness Meetings

