

# Samaritan Bethany Bulletin

The official newsletter of Samaritan Bethany Home



In This Issue: Sustainable swaps and spring cleaning tips.

Health and Wellness  
Live well, Eat Well

From the Kitchen: Cheesecake  
stuffed strawberries

Samaritan Bethany thanks you for  
all you do!

Despite the forecast, live like its  
spring. Lily Pulitzer

No winter lasts forever. No spring  
skips its turn. Hal Borland

Do what you can, with what you  
have, where you are.  
Theodore Roosevelt

Happiness is not something ready  
made. It comes from your actions.  
Dalai Lama XIV

Magic is believing in yourself. If  
you can make that happen, you can  
make anything happen.  
Johann Wolfgang Von Goethe

## Live Well:

# Eco-Friendly Swaps

Sustainable living involves making choices today that will positively impact the planet tomorrow. Eco-friendly choices can help reduce environmental pollution, decrease energy consumption, and conserve natural resources. Showing appreciation for the environment can even promote feelings of gratitude and happiness, as well as improve personal well-being! Check out how making small swaps in the kitchen alone can have a big impact on the environment

SWAP THIS		>		FOR THAT	
Paper Towels		>		Reusable Dish Cloths	
Plastic Containers		>		Glassware	
Conventional Wipes		>		Biodegradable Wipes	
Disposable Straws		>		Metal Straws	
Parchment Paper		>		Silicone Baking Mat	

# Eat Well:

## Spring Cleaning

With a fresh new season in full swing, now is the perfect time to freshen up your living space with some spring cleaning. Creating a clean-up list that is broken down into different areas allows you to conquer one small project at a time and feel a sense of accomplishment. The kitchen is a perfect place to start tidying up!



### Countertops

Declutter and clear off items that don't get regular use



### Cabinets & Drawers

Wipe surfaces, pulls, and knobs with a warm, damp rag and vacuum the interior



### Dishwasher

Clean out the food trap and wipe down the seal around the door



### Refrigerator

Remove all items, toss any expired condiments, and wipe down the shelves and drawers



### Sink

Scrub with hot, soapy water and run ice cubes or lemon peels through the disposal



### Pantry

Throw away expired foods, vacuum shelves, and group like items together



### Stove

Remove crusted food and debris from the interior and run the self-cleaning function



photo by Allrecipes.com

## What's Cooking in the Kitchen: Cheesecake Stuffed Strawberries

Recipe from: [Alrecipies.com](https://www.allrecipes.com/recipe/245487/cheesecake-stuffed-strawberries/)      yield: 20 servings

### Ingredients

- 1 (8 oz) package cream cheese, softened
- 1/2 cup confectioner's sugar
- 1/2 teaspoon vanilla extract
- 1 pint fresh strawberries, hulled and cored

### For the Toppings:

- 3 graham crackers, crushed, or as needed

### Directions:

- Beat cream cheese, confectioners' sugar, and vanilla extract together in a bowl until smooth
- Spoon mixture into a piping bag or a resealable baggie with a corner snipped.
- Wash and core strawberries and let dry on paper towels.
- Fill cavities of cored strawberries with the cream cheese mixture.
- Dip filled side of strawberries in the crushed graham crackers to coat.

### Tips:

For variation, melt about 1/2 cup chocolate chips in a double boiler and drizzle over stuffed strawberries.

## Fresh Herbs

Now is the time to think about planting a pot of herbs for your kitchen window.

A pot of fresh marjoram, thyme, basil, or chives can add loads of flavor to your dishes this summer as they grow!

Parsley and rosemary also grow well in pots and are great herbs for seasoning your food.



# Walk It Out

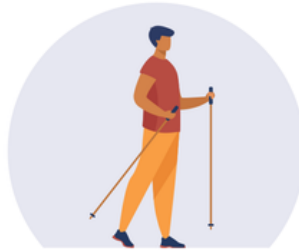
Spruce up your walking regimen by incorporating a variety of techniques that are beneficial for your health. Regardless of the distance being traveled, mixing up your walking routine will help maximize physical, mental, and emotional well-being!

## Exercised-Focused Walking



Take a resistance band or light hand weights on your next walk to work the muscles in your arms and shoulders

## Sport Walking



Use Nordic poles or walking sticks on your next hike to engage upper body muscles

## Meditative Walking



Allow yourself to become more mindful during a walk by tuning in to surroundings, such as the sound of birds chirping or wind in the trees

## Entertainment Walking



Elevate your walking experience by listening to your favorite music or podcast

## Social Walking



Walk and talk by chatting with a friend or family member in person or over the phone while strolling



**Be Well:**

## Financial Well-Being



Achieving financial well-being ultimately allows you to meet current and ongoing fiscal obligations, feel secure in your financial future, and be able to make choices that allow you to enjoy life. By understanding spending habits and limiting discretionary expenses (those that you can live without), you can keep your cash flow in check and build your savings over time. Check out some easy ways you can uncover and trim unnecessary spending!



Make a grocery list before food shopping and prepare more meals at home



Deposit money from items like bonuses and tax returns into an account separate from one used for daily expenses



Avoid impulse purchases by waiting a few days before deciding to buy



Use spring cleaning as an excuse to sell unwanted household items via yard sale or consignment



Identify and cancel unused memberships or entertainment subscriptions



Give DIY projects a shot to repurpose and make use of what you already own

**Wellable**

# Resident Rights

Each month we will be reviewing different rights that individuals who live here have. If you have any questions, please contact Sara or Susie.

*Courteous Treatment:* Residents have the right to be treated with courtesy and respect for their individuality by employees of or persons providing service in a nursing or boarding care home.

*Appropriate Health Care:* Residents have the right to appropriate medical and personal care based on individual needs. Appropriate care means care designed to enable residents to achieve their highest level of physical and mental functioning. This right is limited where the service is not reimbursable by public or private resources.

*Physician's Identity:* Residents have in writing, the name, business address, telephone number, and specialty, if any, of the physician responsible for coordination of their care. In cases where it is medically inadvisable, as documented by the attending physician in a resident's care record, the information shall be given to the resident's guardian or other person designated by the resident as his or her representative.



## Announcements



Samaritan Bethany will be participating in neighborhood clean up April 24-28th in and around our neighborhood and Goose Egg Park! Please do your part to keep the area clean!

### WELCOME to the following new employees

- Stephany N.- Homemaker- AT
- Judy W.- Caregiver- CV5

The 16th annual Golf Classic is coming soon!  
Register now, or tell your golfing friends to register!  
It is great fun for all!





# Easter

## Word Search



S O A  
 R S C C M  
 D P T E Q X E  
 V I E E L Z L X M  
 S Y K O E E F M O J Y  
 J S G M E B P C H Q L  
 S A G W C E R D Y E I H M  
 B Q O Z E R A H O A C D B  
 V U K N G R T W T E A W E  
 G N N A G E I N F A R E F  
 F R D N S U O J I T R C I  
 Q A W L Y T N U H P O H N  
 G B P E T U D K O U T I D  
 S B F O E A B H R X S C N  
 V I C H O C O L A T E K W  
 T K G H H F H I B S S  
 Q V R B O U Q U E T M  
 Z D L U N M Z I C  
 F L O W E R S  
 J T O Q B



Word list:

BASKET  
 BOUQUET  
 BUNNY  
 CARROTS

CELEBRATION  
 CHICKS  
 CHOCOLATE  
 COTTONTAIL

DYE  
 EGGS  
 FIND  
 FLOWERS

HIDE  
 HOP  
 PEEP  
 RABBIT

## If you are following along in the Mayo Journey to Wellness Program This month's focus is Social Connections

You can join this program for free.

Throughout the month, you will be encouraged to extend kindness to others in your life.

By bringing kindness into your life, this has been shown to improve mood, decrease anxiety and stress, and increase self esteem.

You can participate by either downloading the checklist of activities and selecting the ones you want to complete.

Or you can download the activity slips and cut them up, put them in a jar and pull them out as a surprise.

How will you bring kindness into your life? Register today!

[Join the Kickstart Kindness Program today!](#)

Choose  
kindness



### RESIDENT BIRTHDAYS

- 4/3- Rosanna D
- 4/8- Delores H
- 4/9- Margery Z
- 4/13- Robert C

### STAFF BIRTHDAYS

- 4/2- Krisanne H- CV3 Caregiver
- 4/4- Emily P- CV6 Caregiver
- 4/5- Alexis H- AL Care Attendant
- 4/5- Elena S- Home TMA
- 4/11- Kara N- CV3 Neighborhood Nurse
- 4/13- Rody C- CV6 Caregiver
- 4/13- Lucinda H- Culinary Services
- 4/14- Darrin S- CV6- Household Nurse
- 4/14- Marie W- CV6 Caregiver
- 4/15- Mollika O- AT Care Attendant
- 4/16- Susan M- CV6 Household Nurse
- 4/24- Lori D- CV3 Household Nurse
- 4/24- Molly L- CV4 Household Nurse
- 4/24- Justina N- AT Neighborhood Coordinator
- 4/25- Anna S- AT Care Attendant



# Calendar of Events: April

- 4/3- National Find a Rainbow Day
- 4/6- Walking tacos\*
- 4/7- Walking tacos\*
- 4/9- Easter Sunday (free meal for staff)
- 4/11- National Pets Day
- 4/11- Safety Committee- 1:30pm on 3rd Heritage\*
- 4/12- Music w/Pat Rassmussen- 3pm- Living Room
- 4/14- National Gardening Day
- 4/14- PAYDAY\*
- 4/14- Rashi Choir- 3:30pm- Living Room
- 4/15- Music w/Emmet Norrie- 2:30pm- Living Room
- 4/19- Wellness Committee- 1:30pm in Conf #2\*
- 4/19- National Banana Day
- 4/19- Matinee Movie- "Risen"- 2:30pm- Chapel
- 4/20- Donuts & Milk\*
- 4/21- Donuts & Milk\*
- 4/22- Earth Day
- 4/24- 4/28- Litter Bit Better Cleanup
- 4/26- Stop Food Waste Day
- 4/26- Music w/Michael Gruber- 3pm- Living Room
- 4/28- PAYDAY\*
- 4/28- Happy Hour w/D'Seivers 2:30pm- Pub
- 4/29- Student Piano Recital- 10:30am- Living Room
- Staff are invited and encouraged to attend the Safety and Wellness Meetings
- All activities and times are subject to change.

