

# Samaritan Bethany Bulletin

The official newsletter of Samaritan Bethany Home



In This Issue:  
The Self Care Issue

Health and Wellness  
Live well, Eat Well

From the Kitchen:  
Grilled Salmon with  
Orange Glaze

and much more!

"Ability is what you're capable of doing.  
Motivation determines what you do.  
Attitude determines how well you do  
it." Lou Holtz, Football player

**"Be humble. Be hungry. And  
always be the hardest worker in  
the room."**

**Dwayne "The Rock" Johnson**

*"We do not learn from experience.  
We learn from reflecting on  
experience." John Dewey, philosopher*

*"Be sure when you step, step with  
care and great tact. And remember  
that life is a great balancing act."  
Dr. Suess*



# LIVE WELL:

## BACK TO SCHOOL: HEALTHY, WEALTHY & WISE

As you get ready to send your child back to school this fall, follow these tips to make sure your child gets a healthy start to the new school year.

- Stay active
- Calm worries and anxiety
- Visit the school with the child so they know what to expect
- Choose the right backpack and make sure it is adjusted correctly and not overpacked
- Stay hydrated and encourage children to drink less sugar sweetened beverages
- Provide healthy meal options
- Teach good hygiene habits- this includes things such as brushing their teeth, covering their face and nose when they cough, and washing their hands regularly and properly!
- Visit the doctors office for vaccinations and/or a yearly physical
- Get back into a routine. While summertime is a great break from the demands of the school year, it takes some adjustment to get back on the school schedule for sleeping and waking.



# Eat Well: Preserving the Harvest

As your garden overflows with fresh produce this fall, think about preserving foods to enjoy all winter long. With a little hard work and planning ahead, you can be enjoying your garden vegetables in the middle of winter!

There are a few different ways you can preserve fresh produce. The most common of these include cold storage, canning, freezing, dehydrating, pickling, preserving in sugar or salt, and fermenting.

- Cold storage is commonly used for things such as potatoes, onion, garlic, and other items in a root cellar or other cold, dark place.
- Canning may be done in a water bath for high acid foods (tomatoes, salsas, etc.), or in a pressure cooker for low acid foods.
- Freezing is one of the easiest methods of preservation. Keep in mind things should be blanched (placing food in boiling water for a minute or two to halt enzymes that may degrade vegetables after freezing) and then they may be placed in a freezer bag.
- Dehydrating is done by slicing things thin and then completely drying them. The items may then be either eaten as is (fruit leathers or fruit or veggie chips) or rehydrated for cooking (diced onions or peppers, etc.)
- Pickling, which is commonly done with cucumbers or other garden vegetables.
- Preserving in sugar or salt includes making jams or jellies or preserving meats in salt.
- Fermenting includes making sauerkraut, kimchi, etc.

For some great recipes, be sure to check out the recipes tab at <https://www.ballmasonjars.com>





photo by AllRecipes.com

**Foods In Season this month-**

beets	blackberries	blueberries
broccoli	cabbage	cantaloupe
carrots	cauliflower	celery
chili peppers	cilantro	collard greens
corn	cucumbers	eggplant
fennel	garlic	green beans
green onions	ground cherries	herbs
kohlrabi	leeks	lettuce
melons	okra	onions
peas	peppers	plums
potatoes	radishes	summer squash
swiss chard	tomatillos	tomatoes
watermelon	zucchini	

## What's Cooking in the Kitchen: Foods that Heal

### Grilled Salmon with Orange Glaze

Recipe from: AllRecipes.com    yield: 4 servings

#### Ingredients:

- ½ cup orange marmalade
- 2 teaspoons sesame oil
- 2 teaspoons reduced-sodium soy sauce
- ½ teaspoon grated fresh ginger root
- 1 garlic clove, crushed
- 3 tablespoons white rice vinegar (or other white vinegar)
- 1 pound boneless, skinless salmon fillet, cut in four pieces
- 6 scallions, thinly sliced with green (Optional)
- ¼ cup toasted sesame seeds (Optional)



#### Directions:

- WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
- Combine marmalade, oil, soy sauce, ginger, garlic and vinegar.
- Heat grill. Brush glaze on each side of salmon; grill about 5 minutes on each side.
- Top with scallions and sesame seeds
- Serve
- Maintain >140F



# MOVE WELL: REHYDRATION TIPS

As you are exercising in the late summer heat, remember these tips to ensure you are maintaining your hydration status:

- Keep a water bottle handy with fresh water to drink throughout the day
- If you don't care for plain water, check into flavoring drops like Mio, or Crystal Light packets that you can add to your water for flavor
- You can also try adding fruits or herbs to your water for natural flavorings. Lemons, oranges, and berries make great flavor enhancers!
- Try to avoid caffeine, sugar sweetened beverages, and alcohol
- Keep an eye on the color of your urine. It should be a pale yellow. If it becomes dark yellow or amber, increase your water intake
- Increase fluid intake by eating foods that are mostly water: watermelon, strawberries, cantaloupe, peaches, cucumbers, lettuce, soups, etc.
- Consider an electrolyte replacement if you are going on a long run or will be outside for a long period of time in the heat

And lastly, know the signs of dehydration: dry skin, headache, dizziness or fatigue, muscle cramps, and dark urine. If you experience any of these symptoms, get out of the heat and get some water.

If you have severe dehydration, go to the ER!



# BE WELL:

## SELF-CARE PRACTICES FOR A HEALTHY BODY

Self-Care practices for a healthy body can include a multitude of things, and they are not just physical! When we look at the different dimensions of wellness, these include occupational, spiritual, emotional, intellectual, social, and physical wellness.

**Occupational Wellness-** This includes finding meaning and value in your work. Does it use your unique talents and skills? Self-care practices might include joining a committee or team that excites you, or starting a fun project. Do you like safety? Join the safety committee. Do you like different activities? Volunteer to be in a parade or host an activity on your neighborhood. Further engagement brings about more meaning and value.

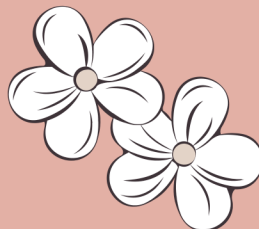
**Spiritual Wellness-** This is not a religious focused area. It is more about a search for greater meaning in our purpose and our place in it. How do our beliefs and values fit in with those around me? Self-care practices may include reading, meditation, reflection, etc.

**Emotional Wellness-** This dimension of wellness acknowledges ones feelings and emotions. It includes the knowing your limitations and knowing when to ask for help. Self-care practices include seeking support from others when needed, accepting your feelings and building coping skills to deal with stress.

**Intellectual Wellness-** This looks at creativity, problem solving and learning skills. Self-care practices in this dimension include reading or studying things that personally interest you. This can be formal classes or books, magazines, etc.

**Social Wellness-** This is one of the most important aspects of wellness. Social wellness looks at how you interact with others as well as your environment, community and society as a whole. Self-care practices include making time to nurture your friendships, spending time outside and in your community. There are many community service organizations that welcome new members.

**Physical Wellness-** This is the most frequently cited part of wellness, including the need for good food and regular physical activity. Self-care practices include consuming a healthy diet and getting regular exercise. Any movement counts, including walking, playing with your kids, yoga, etc.



# everyday **HEROES**

Julie is committed to Samaritan Bethany's mission and values:

Julie is kind, patient and extremely helpful. She knows all of her residents very well and is always willing to problem-solve, provide education to the care attendants and provide excellent care.

Julie serves as a role model/team player: Julie serves as an excellent role model by providing nursing education to care attendants when needed. Julie makes recommendations and has an amazing way of explaining things to care attendants to better the quality of resident care.

Julie contributes to teamwork: She is always willing to help in the neighborhoods by answering call lights and assisting with resident cares.



Julie is a creative problem-solver and demonstrates excellence: Julie creates innovative ways to approach residents about certain tasks. She can handle any situation. Julie represents Samaritan Bethany's values and principles by providing loving care to residents and by leading an amazing team of care attendants who are blessed by Julie's presence.



**Julie Rice**  
**July 2022**

Clinical Mentor at Arbor Terrace

Outstanding service is **MY SUPER** power

# From the Safety Committee:

Please take every precaution to prevent the spread of COVID 19!

We know you have worked very hard here and we are in our third year of dealing with this global pandemic. But we need to ensure both you and our residents remain safe here at Samaritan Bethany.

Some things to keep in mind:

- If you are not up to date with vaccinations, please complete the vaccination series or get the boosters needed to be up to date

- Up to date means:

- 2 doses of the Moderna or Pfizer-BioTech vaccines

OR

- 1 dose of the Janssen/J & J vaccine

AND

- 1 booster for those individuals <50

- 2 boosters for those individuals >50 or severely immunocompromised

(follow CDC guidelines for 2nd dose and booster timing)

Please ensure you are doing the following to keep our residents safe:

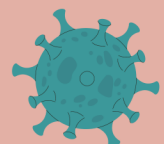
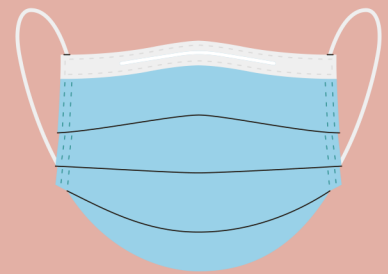
- screen in at the reception desk every day (we can see if you don't!)

- if you are NOT up to date on vaccinations, or if you have an exemption, you must be tested according to the county transmission rate. This continues to be high. This means **TWICE WEEKLY TESTING UNTIL NOTIFIED OTHERWISE.**

- please wear eye protection at all times when working with residents

- wear a surgical mask, properly fitted over the nose at all times while in the building to reduce the spread

- ensure residents are wearing masks in common areas and when you are working with them





Aug 1- Sept 1



Drop off box on the main floor

**WELCOME TO THE FOLLOWING NEW  
EMPLOYEES:**

**LORENA RODRIQUEZ-MENDOZA- CAREGIVER CV5  
PHALLA THOEUN- HOMEMAKER  
STEVEN HOLTAN- TRANSPORTATION SPEC  
KIMBERLY ORTEGA- CARE ATTENDANT  
ANNA WALTERS-SMITH- CAREGIVER CV5**



Do you have an article or special event to add to the newsletter?  
Submit information to [aleque@samaritanbethany.com](mailto:aleque@samaritanbethany.com)





## Our August birthdays include:

### RESIDENT BIRTHDAYS

- P Deep- 8/2
- D Brion- 8/2
- B Joy- 8/2
- D Klees- 8/4
- G Roddy- 8/10
- J Nierenz- 8/11
- D McCallum- 8/12
- P Stuve- 8/16
- M Anderson- 8/28
- P Heimsness- 8/28



### STAFF BIRTHDAYS

- Jayden Suess- 8/2- Caregiver
- Brandon Miller- 8/3- Finance Leader
- Erica Matey- 8/11- Homemaker
- Miya Ohashi Berg- 8/13- Caregiver
- Tyler Fremarek- 8/13- Care Attendant
- Christine Petterson- 8/14- Neighborhood Nurse
- Jessi Nisbit- 8/18- Caregiver
- Mark Cabanatan- 8/19- Homemaker
- Faustina Owusu- 8/21- Caregiver
- Caitlin Komdat- 8/22- Caregiver
- Genet Tessema- 8/23- Caregiver
- Isabella Smith- 8/27- Care Attendant







# Chaplains Corner

I've heard a lot of people say that the God of the Old Testament is so much meaner than the God of the New Testament. It's like the comedian Lewis Black said, "*Once God had a Son, he really calmed down a lot.*"

I've been preaching from the prophet Hosea lately. Hosea is addressing the corruption in Israel 7 ½ centuries before Jesus is born. Hosea is one of the 12 Minor Prophets in the Old Testament, the Angry God Testament. Hosea is addressing a situation where Israel has had corrupt kings and religious leaders for many generations. His words of warning have been a long time coming. And he really lets them have it. Strong words of condemnation and warning. He's saying that actions have consequences, even if God is slow to anger and abounding in steadfast love.

Hosea is saying that Israel has been warned enough. Now it's too late. Your actions have led to a place of no return. The road to ruin is now at your doorstep and there's no escape. Have you ever been there?

Oddly enough, even when Hosea has told Israel that ruin will come to them at the hands of the Assyrians that they're beyond redemption, and that God is very upset with them, *nevertheless, but, yet....*

There comes a *non sequitur*, a change in narrative that abruptly switches from condemnation to a promise of redemption.

## Hosea 1:7

*But I will have pity on the house of Judah, and I will save them by the Lord their God; I will not save them by bow, or by sword, or by war, or by horses, or by horsemen."*

Hosea is saying that Judah, the remaining two tribes of Israel in the south, will be saved, not by military or economic might, but by the quality of their relationship with God.

It's not an angry vindictive God that's looking to destroy us. This is a God who is personal and deeply affected by what we do here on earth. This is a God who anguishes over children who are hell bent on rebellion and destruction. In the end, it's not God who destroys us. We destroy ourselves.

This is the God of the Prodigal Son, who will do anything to bring us back into relationship. It's up to us to respond.

Keep the faith,  
Chaplain Glen



# Summer Word Search

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

AUGUST  
BEACH  
COOKOUT  
FIREWORKS  
FLIPFLOPS  
HEAT  
JULY  
JUNE

LEMONADE  
PICNIC  
PLAY  
POOL  
POPSICLE  
RELAXING  
SAND  
SLEEPOVER

SPRINKLER  
SUMMER  
SUNGLASSES  
SUNSCREEN  
SWIMMING  
VACATION

# Calendar of Events: August

- 8/3- Music w/ Ev & Vickie at 3:30pm
  - 8/4- PAYDAY\*
  - 8/5- Staff grill out\*
  - 8/5- Happy Hour w/music by Michael Gruber- 2:30pm
  - 8/9- Safety Committee- 1:30pm in 3rd Heritage\*
  - 8/10- Bingo- 3:15pm
  - 8/11- Chinese Buffet- in the chapel\*
  - 8/12- Chinese Buffet- in the chapel\*
  - 8/17- Wellness Committee- 1:30pm in Conf #2\*
  - 8/17- Music w/Bob Bovee at 3:00pm
  - 8/18- PAYDAY\*
  - 8/19- Staff grill out\*
  - 8/24- Bingo- 3:15pm
  - 8/25- Hotdish Buffet- in the chapel\*
  - 8/26- Hotdish Buffet- in the chapel\*
  - 8/26- Ice cream truck- 2-4pm in the garage (staff and residents)
  - 8/31- Music w/ Pat Rasmussen at 3:00pm
- 
- staff are invited and encouraged to attend the Safety and Wellness Meetings

