

THE SAMARITAN BETHANY BULLETIN

The official newsletter of Samaritan Bethany Home



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PUMPKIN CRUMB CAKE**

AND MUCH MORE!

HAPPY HOLIDAYS!



This time of year brings hot chocolate, warm fireplaces, and gatherings with family and friends. As we get together over the holidays, we think about all the good things in our life. We give thanks for the residents under our care that make our jobs necessary. We give thanks for the family members that give support. We give thanks for the supervisors with the tough job of keeping the ship running. And we thank our co-workers for all their hard work and support too.





Health and Wellness

As we work our way through the holiday season, one thing that may not be on our minds is health and wellness. However, once the calendar changes to a new year, many are hopping on the bandwagon in hopes of a healthier life. We see this cycle every year as people make their New Year's resolutions.

What if health and wellness were an everyday part of your life? Not just after the holidays, but every day of the year? What if the focus of your day was not on weight loss, but instead on being happy with your own body? What do you think that would feel like?

One current trend is to focus on mindful meditation to help you balance your mind and all the distractions that come with everyday life. Stress affects everything from your sleep to risk for chronic disease to your mental health and even much food you eat. By learning to calm your mind and focus on the present, people can create a state of relaxation that helps them reduce stress and anxiety.

To practice Mindful Meditation, you can start out by finding a video or audio clip to help you. You can find helpful instructions on the following sites:

www.mindful.org

www.verywellmind.com

www.calm.com

If you would like to try it out on your own, you can do the following.

To practice Mindfulness:

- Set aside some time
- Observe the present moment as it is
- If your mind wanders, that is okay, just recognize that and gently bring it back

Meditation involves using your breath to keep you focused on the present moment.

To practice Meditation:

- Sit comfortably
- Have your legs flat on the floor or comfortably folded under you
- Straighten your upper body
- Have your arms gently resting in your lap, palms on your legs
- Soften your gaze- you may close your eyes if you wish
- Feel your breath, focusing on the rise and fall of your chest
- Notice when your mind wanders
- If your mind wanders, gently refocus your attention on your breath. Keep returning to this as you meditate
- When you are ready, lift your gaze and open your eyes

Try a Mindful Meditation and see what you think!



PHOTO BY ALLRECIPES.COM

From the kitchen: Pumpkin Crumb Cake

Recipe from Allrecipes.com

yield: 18 servings

- 1 (18.25 ounce) package yellow cake mix
 - 1 egg, beaten
 - ½ cup butter, melted
 - 1 (15 ounce) can pumpkin puree
 - 3 eggs, beaten
 - ½ cup white sugar
 - ¼ cup packed brown sugar
 - 1 ½ teaspoons ground cinnamon
 - ½ cup white sugar
 - 3 tablespoons butter, softened
 - ½ cup chopped nuts (Optional)
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- Preheat oven to 350 degrees F (175 degrees C). Spray or grease one 9x13 inch pan.
 - Reserve 1 cup cake mix. In a large bowl, combine the remaining dry cake mix with 1 egg and 1/2 cup melted butter. Mix well, and then pat into prepared pan.
 - In a large bowl, mix together the pumpkin, 3 eggs, 1/2 cup white sugar, brown sugar, and cinnamon. Pour over crust.
 - In a small bowl, combine reserved 1 cup cake mix, 1/2 cup sugar, and 3 tablespoons softened butter. Crumble over pumpkin filling. Sprinkle nuts evenly over the top, if desired.
 - Bake in preheated oven for 40 to 45 minutes.





PHOTO BY CANVA

From the Safety Committee:

The Safety Committee reviews all workplace injury reports to see what happened, when it happened, how it happened, and if there is anything that could have been done to prevent the incident from happening.

Did you know, the most common injury in our industry is low back strains? This is most frequently happening when turning & repositioning and/or transferring residents.

By following proper body mechanics and ensuring you have a partner when needed during these high risk activities, you could potentially avoid a workplace injury.

Proper body mechanics means you use the correct posture, body alignment and movements when bending, carrying, and moving objects and people.

Use these tips to ensure you are working safe:

- Set your feet in a solid wide base
- Keep your head upright and hold your shoulders back
- Keep the resident close to your body to minimize forces on it
- Bend your knees and use momentum from your legs (not your back) to move or lift the resident
- Don't twist; pivot instead
- Pay attention to your limits; don't try to do more than you can handle
- Work together with your colleagues, including those in other disciplines, such as physical therapy



HAPPY BIRTHDAY!

Our December birthdays include:

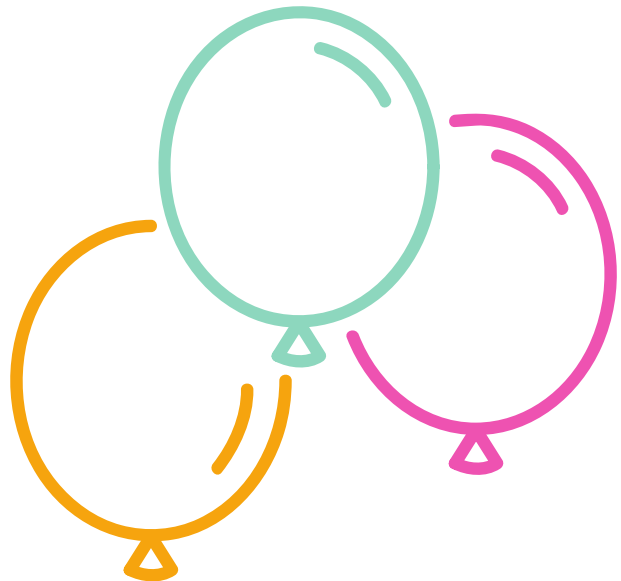
THE FOLLOWING RESIDENT BIRTHDAYS

- Glenn Pooler- Dec 2
- Jennell "Bob" Quam- Dec 6
- Virginia "Ginny" Potsmith- Dec 7
- Ruth Flatla- Dec 14
- Marlene Sandberg- Dec 15
- Mary Lenocho- Dec 19
- Margrethe Higgins- Dec 23
- Katherine Palmer- Dec 23
- Carole Mansfield- Dec 28
- Jewell Potvin- Dec 29



THE FOLLOWING STAFF BIRTHDAYS

- Karen Popp- CV4 NH Nurse- Dec 3
- Olivia Uhlmann- CV5 Caregiver- Dec 4
- Andre Jay- Hert2 TMA- Dec 7
- Erica Johnson- Cul Serv Part- Dec 8
- Nelly Ricardez- CV5 Caregiver- Dec 15
- Ako Essohauna- CV3 Caregiver- Dec 16
- Emily Josephson- AL Care Att- Dec 17
- Nguyen Vu- MC Care Att- Dec 17
- Denielle Groby- Corp Learning Coor- Dec 18
- Lisa Sagherian- Life Enrich part- Dec 20
- Ruth Roerish- CV4 Caregiver- Dec 25
- Mary Sao- Cul Serv Chef- Dec 25
- Theresa Northway- CV5 HH Nurse- Dec 28
- Michael Walsh- AT Maint- Dec 28
- Krista Gilles- CV5 Caregiver- Dec 29
- Miranda Jacobsen-Wallerich- Hert2 CG- Dec 30
- George Rodgers- Building Ops Painter- Dec 31





WELCOME PATTI

We want to give a big Samaritan Bethany welcome to our newest Neighborhood Coordinator, Patti Eckhart. Patti started out as a Caregiver and TMA on 6th neighborhood, moving over to Heritage where she spent several years as a TMA.

Patti has returned to 6th Neighborhood in Cityview as a Neighborhood Coordinator and we couldn't be happier! We asked her a few questions so you can get to know Patti a little more.

1. My favorite treat is: Anything red, and of course Dr. Pepper
2. As a child I wanted to be: to help disabled children. I was able to do that for ~10 years
3. I am most proud of: what I have become as a person today, how I have bloomed!
4. If I had a choice to ride a bike, ride a horse, or drive a car, I would: I like to go fast, so I would drive a car... but I like to ride a horse and motorcycles too!
5. If I could only eat one meal for the rest of my life, it would be: pizza
6. I have never: been hang gliding, nor will I!
7. Morning person or night owl? Mid day- I can be both
8. My hero is: my brother
9. The most random gift I have ever received: My Grandmother gave me her black hills gold ring from her 25th anniversary for Christmas, with a nice note and jewelry box. It was very unexpected.
10. I have always wanted to visit: The Panama Canal and South America
11. The thing that I am most excited about serving on the Samaritan Bethany Leadership Team is: 6th Neighborhood has always had a special place in my heart, and now I get to be a part of making it a great place to live!





PHOTO BY CANVA

With the holidays coming, those that are able to donate are asked to bring in non-perishable food items and staples that we can distribute in the pantry to staff members in need.

The holidays are generally the time when there is the greatest need!

The Samaritan Bethany Staff Food Pantry is OPEN!

Take what you need, give what you can.

- The Food Pantry is located on 3rd neighborhood in the Heritage Building in the old therapy room.
- This is an unmonitored area where you may come and go as you please. There are guidelines on what you should take, but it is on your honor.

Good Examples of things to consider donating are:

- Whole grain and enriched pasta, cereals, crackers, and tortilla
- Shelf stable milk
- Cheeses
- Eggs
- Bread
- Fresh or canned meats and fish
- Nuts & seeds, as well as nut butters
- Spaghetti and tomato sauces
- Soups & broths
- Vegetable oil, flour, sugar & spices
- Personal Items (body wash, shampoo, tampons, etc.)



We have many great caregivers and would love to recognize the amazing care they give to the residents that make Samaritan Bethany their home.

If you are a staff member, you may nominate someone for the Heroes Among Us award. If interested, pick up a form from your supervisor and send it down to HR for submission!

THANK
YOU

Are you a resident or family member and would like to recognize a caregiver or staff member that goes the extra mile? We love thank-you cards! Send a thank you card to: Samaritan Bethany Thanks

P.O. Box 5947

Rochester, MN 55903

Tell us all about how our special staff members made your day!

**We want to wish you and yours a very Happy
Holidays & Happy New Year!
We know things have been tough the past couple
years, but we look forward to celebrating the
season with you this year.**



Do you have an article or special event to add to the newsletter?
Feel free to submit information to aleque@samaritanbethany.com
for inclusion in a future edition



TURN THIS PAGE IN TO ALLISON TO BE ENTERED IN A DRAWING FOR A FUN PRIZE!

Turn these phrases into CHRISTMAS SONGS

Merry Christmas

Sir Lancelot with laryngitis _____

The Primary Carol _____

The slight percussionist lad _____

The guy in the red suit is approaching the metropolis _____

Yonder in the haystack _____

A dozen 24 hour Yule periods _____

I merely desire a pair of incisors _____

O yuletide pine _____

Arctic the frozen figure _____

Adorn the vestibule _____

Bobsled excursion _____

Infant, it's frigid in the exterior _____

Azure Noel _____

I spied my maternal parent necking with a fat man in red _____

NAME _____

MERRY CHRISTMAS

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

BOW
CANDY CANE
CAROLS
CHRISTMAS
ELF

FAMILY
GIVING
JINGLE
JOY
LIGHTS

NORTH POLE
PRESENTS
REINDEER
SANTA
SLEIGH

SNOW
STAR
STOCKINGS
TREES

**The holidays can be difficult for many of us for a variety of reasons.
Think on these promises and act on them for your well-being.**

PROMISES

I am making promises to myself to:

PLAN AHEAD so I can be flexible

SLOW DOWN so I can rest my weary body

LISTEN TO MY SOUL so I can face this stressful time with intention

FEEL MY FEELINGS so I can be aware of my pain

ASK FOR HELP from others when I need it

SAVOR MOMENTS OF PLEASURE amidst my sadness

BE SURROUNDED BY OTHERS who will allow me to grieve

PRACTICE MODERATION in order to take care of my physical needs

LET GO OF HOLIDAY TRADITIONS that no longer work for me

MAKE AN ESCAPE PLAN just in case I am not up to the plans already made

FIND MOMENTS OF PEACE to pause and reflect on my loved one

CREATE MEMORIALS to honor my loved one's memory



Calendar of Events: December

- 5-11 National Handwashing Awareness Week*
- 6- 6th Christmas Party on 1st; 4:30-6:30pm
- 7- Heritage Christmas Party on 1st; 4-6pm
- 7- Whirlwind Woodwind Quintet (CH)- 6:30pm
- 8- Michael Nelson Christmas Show on 1st; 2pm
- 8- 4th Christmas Party on 1st; 4:30-7pm
- 9- PAYDAY*
- 10- Music by Michael Gruber at Happy Hour; 2:30pm
- 12 & 14- Hot Cocoa Bar*
- 13- 5th Christmas Party on 1st; 4-6:30pm
- 14- Two Pianos Four Hands; Rev Paul Walker & Dr. Bryan Neel on 1st; 3:00pm
- 14- Safety Committee- 3rd Heritage; 1:30pm*
- 15- Wellness Committee- Conf #2; 1:30pm*
- 15- Staff Holiday party- Chapel*
- 17- National Ugly Sweater Day- Wear Your Favorite Ugly Sweater!
- 20- Arbor Terrace Tree Tour w/cocoa & cookies; 7pm
- 21- First day of Winter
- 21- Clarinet & Piano Christmas Music (CH); 10:30am
- 22- Music w/ Pat Rasmussen; 3pm
- 23- PAYDAY*
- 23- 3rd Christmas Party on 1st; 4-6:30pm
- 24- Christmas Eve Church Service; 2:30pm
- 25- MERRY CHRISTMAS
- 31- New Year's Eve Party on 1st w/music by The Mellow Fellows; 2:30pm
- 31- HAPPY NEW YEAR
- 31- Have 4th quarter Educare done*

*Staff events/meetings

