

Samaritan Bethany Bulletin

THE OFFICIAL NEWSLETTER OF SAMARITAN BETHANY HOME



IN THIS ISSUE:
REFLECTION &
GRATITUDE

HEALTH AND WELLNESS
LIVE WELL, EAT WELL

FROM THE KITCHEN:
CRANBERRY ORANGE
COOKIES

SAMARITAN BETHANY
WISHES YOU A VERY
HAPPY HOLIDAYS!

*Gratitude and attitude are not
challenges; they are choices.*
Robert Braathe

Even in the chaos of everyday life, moments of gratitude remind us to hold onto the good things.

Brit Morin

*"Living in a state of gratitude is the
gateway to grace".*

Arianna Huffington

The more you practice the art of thankfulness, the more you have to be thankful for.

Norman Vincent Peale



LIVE WELL

Take Time To Reflect

The end of the year is a perfect time to reflect on what lessons have been learned over the past 12 months. Prevent cruising into the new year on autopilot by engaging in self-reflection. This activity will increase self-awareness, which is key for building emotional intelligence. It can also fire up creative thinking skills and help lay the foundation for setting new goals. Check out some different ways you can practice self-reflection!



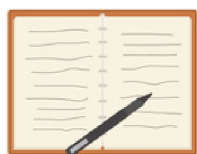
MEDITATE

See how your mind wanders while sitting in silence



BREATHE

Perform breathing exercises to think more clearly



JOURNAL

Write down and organize your thoughts



WALK IN NATURE

Rejuvenate your mind with fresh air and exercise



TALK IT OUT

Have an honest conversation with yourself

Wellable



photo by allrecipes.com

WHAT'S COOKING IN THE KITCHEN: CRANBERRY ORANGE COOKIES

Recipe from: Allrecipes.com

yield: 48

Ingredients

Cookies:

- 1 cup unsalted butter, softened
- 1 cup white sugar
- ½ cup packed brown sugar
- 1 large egg
- 2 tablespoons orange juice
- 1 teaspoon grated orange zest
- 2 ½ cups all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 cups chopped cranberries
- ½ cup chopped walnuts (Optional)

Glaze:

- 1 ½ cups confectioners' sugar
- 3 tablespoons orange juice
- ½ teaspoon grated orange zest

Directions:

- Preheat the oven to 375 degrees F (190 degrees C).
- Make the cookies: Cream butter, white sugar, and brown sugar in a mixing bowl until smooth. Beat in egg until well blended. Mix in orange juice and zest.
- Whisk together flour, baking soda, and salt in a separate bowl. Stir flour mixture into the butter mixture until combined. Mix in cranberries and walnuts until evenly distributed.
- Drop dough by rounded tablespoonfuls 2 inches apart onto ungreased cookie sheets.
- Bake in the preheated oven, switching racks halfway through, until edges are golden, 12 to 14 minutes. Transfer cookies to wire racks to cool completely.
- Meanwhile, make the glaze: Mix together confectioners' sugar, orange juice, and zest in a small bowl until smooth.
- Spread glaze over the tops of the cooled cookies; let stand until set

Don't Forget!
If you work Christmas,
you get a free meal!
You must go down to the kitchen
to get a tray if you work AM or PM shift.
Overnights will have something made up
in the fridge in the break room.



*Try making these tasty cookies
featuring cranberries;
a great source of vitamin C,
fiber, and antioxidants.
Yes, you can have your cookie
and get health benefits too!
Make sure to add the walnuts for
healthy Omega 3's too!*

MOVE WELL:**Stretch It Out**

Below are a few recommended morning or evening stretches. They take less than 7 minutes to complete. Remember to stop when you feel pain, and modify as needed. Feel free to add more to your routine.

Upper Back Release

Targets the upper back and back of shoulders. Standing with feet hip-distance apart, clasp hands and round upper back keeping arms straight and active. Think about the shoulder blades spreading wide across your back. Hold stretch for 2-3 deep breaths.

Chest Release

Targets the chest, front of shoulders and biceps. Holding a wall, door frame or window ledge with left arm, step forward with left leg and turn entire body to the right especially at the hips. Hold stretch for 4-6 deep breaths increasing stretch with the pivot at the hips. Repeat on the other side.

Side Stretch

Targets the IT band (outer thigh), obliques and shoulders. Standing with right hand on bed or wall, cross left leg in front of right leg, feet pointing forward. Shift onto the left hip and reach left arm up and over head, creating a long line from the left ankle to the left fingertips. Hold and take 2-3 deep inhales and exhales. Repeat on right.

Seated Spinal Twist

Targets the spine, neck and shoulders. Sitting on a chair or edge of bed with legs together, lengthen spine and rotate from the waist, placing one hand behind you and the other hand on your outer thigh for support. For a deeper stretch for the neck, turn your gaze to look over your shoulder as well. Hold 2-3 deep breaths. Repeat other side.

Standing Hamstring Stretch

Targets hamstrings. Supporting yourself for balance as needed, bring right leg up onto a step or bench, increasing height as flexibility increases. Keep legs hip-distance and parallel and keep back leg straight (if possible) and front foot flexed. If you need to increase stretch, hinge at the hips (not the waist or back), keeping the spine completely straight. Don't round the spine. Take 4-6 deep breaths. Repeat other side.

Standing Quad Stretch

Targets quadriceps. Holding a chair, wall or bed for support, stand with feet hip-distance apart. Soften left knee and reach for your right foot or ankle, bending the right knee to point straight down to the floor. Keep pelvis neutral and spine tall with the crown of your head reaching to the ceiling. Hold for 4-6 deep breaths. Repeat other side.

Outer Hip Stretch

Targets hips and outer thighs. Lift left leg, knee bent, onto bed. Square off hips and make sure front knee is outside of front shoulder. Keeping tailbone untucked and spine straight, bend forward at the hips, placing hands on the bed for support. Hold for 4-6 deep breaths then change sides.

Standing Forward Bend

Targets hamstrings and lower back. Standing with feet hip-distance apart and knees slightly bent, bend forward at the hips. Allow your upper body to hang over your legs and clasp elbows. Hold for 2-3 deep breaths while you gently shake your head no and even more gently nod your head yes. To come up, pull in abs and gently round up one vertebra at a time.

|.

esmmweighless.com/stretch-it-out

BE WELL:

Gratitude Habits

Experience the many health benefits gratitude has to offer by reflecting on all the things that you are grateful for in your everyday life. Whether they are monumental or minor events, take the time to realize their value and express your appreciation.

Below are some ways you can incorporate daily gratitude habits!



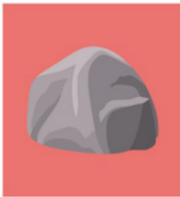
Journal

Use a journal to write about three to five things you are grateful for



Gratitude Jar

Show your appreciation by writing down positive thoughts on pieces of paper and placing them in a jar



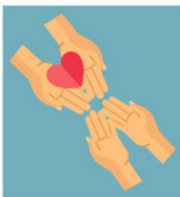
Gratitude Rock

Use a rock as a symbol and daily reminder to practice gratitude



Mindfulness

Take a moment to visualize and think about all the things that you are grateful for



Giving Back

Show gratitude for your community through volunteer work or helping others

HOLIDAY SPIRIT WEEK

Friday 12/16

National Ugly Christmas Sweater



Monday 12/19

Merry Monday PJ DAY!

Work appropriate!

Tuesday 12/20

Topper Tuesday

Wear Christmas head wear!



Wednesday 12/21

Festive Sweater Day!

Thursday 12/22

2022 was a GRINCH

Wear green or Grinch attire



Friday 12/23

FALALA FLANNEL FRIDAY



Saturday 12/24

&

Sunday 12/25

Wear any fun and festive
Christmas scrubs or shirts!



From the Safety Committee:

Holiday Safety Tips

Decorating

- Emergency Rooms treat thousands of injuries yearly due to decorating. Almost half of these involved falls.
- Only use interior lights inside and exterior lights outside. Check for fraying wires before hanging.
- Keep candles on a stable surface and never leave them unattended
- If using an artificial tree, choose one labelled "fire resistant"
- If using a real tree, make a fresh cut at the bottom to better allow for water absorption, and water regularly. Remove ASAP after the holidays.
- Turn off all lights and decorations when away from the home.

Shopping

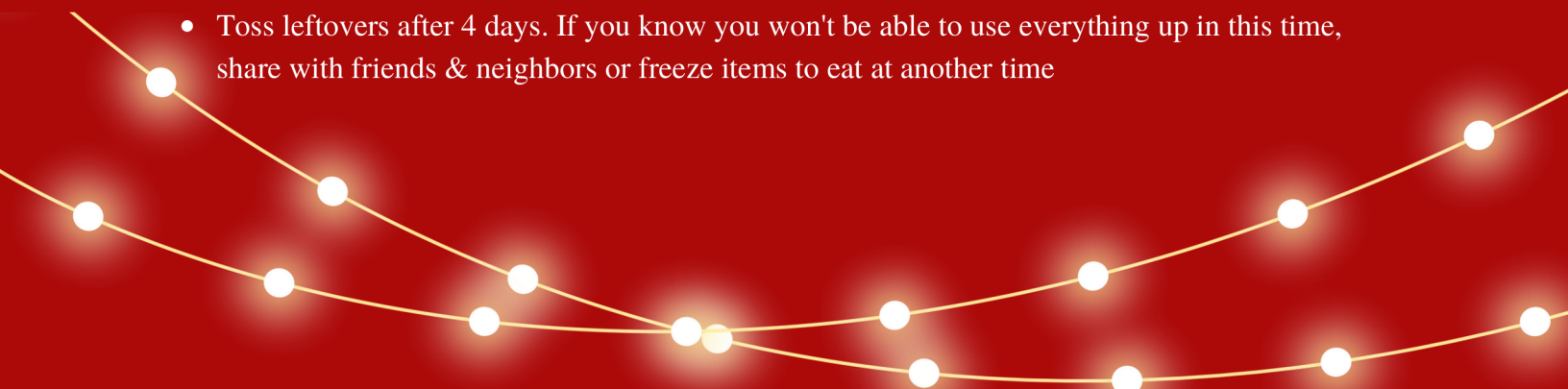
- Always park in well lit areas
- Don't leave purchased gifts in plain view. Always tuck them away in the trunk of your car
- When making purchases, place receipts in your wallet instead of the bag. This way you have a proof of purchase if there is a theft or loss
- Avoid carrying large amounts of cash and keep an eye on your bank statement for suspicious activity

Travelling

- Winter driving brings additional safety concerns. Ensure you are prepared with emergency supplies in your vehicle, such as blankets, extra food & water, clothing, and a flashlight
- Adjust following conditions in icy conditions
- While a little egg nog is delicious, ensure you have a sober driver ahead of holiday gatherings
- Cold weather can take a toll on car batteries. Make sure you have jumper cables handy in case you need them for yourself, or to help our a friend or family member!

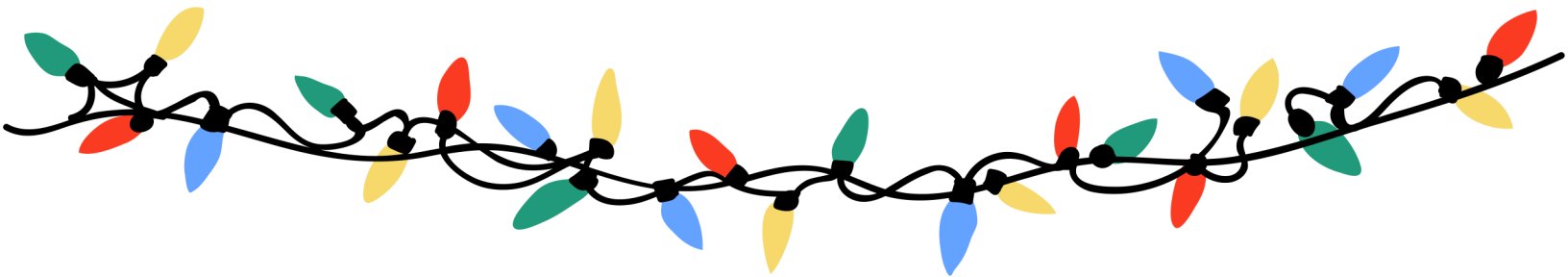
Cooking and Dining

- Always have a cook in the kitchen. Never leave hot stoves unattended, especially with small children in the house
- Keep towels, pot holders, etc. away from heat sources
- Wash hands frequently
- Cook foods thoroughly, using a food thermometer to test for doneness
- Keep ready to eat foods separate from raw foods to prevent cross contamination
- Refrigerate foods within 2 hours to 40 degrees or below
- Toss leftovers after 4 days. If you know you won't be able to use everything up in this time, share with friends & neighbors or freeze items to eat at another time



WELCOME to the following new employees:

- *Adam Y- Care Attendant- AT*
- *Crystal B- Care Attendant- AT*
- *Susana C- Care Attendant- AT*
- *Cheryl K- Care Attendant- AT*
- *Francie L- Care Attendant- AT*
- *Guadalupe N- Homemaker- CV6*
- *Abigail P- Homemaker- CV5*



12/14/22 is our Staff Holiday Party

While we are thankful for every one of you, as well as the residents that make this their home, we like to give to others during the holidays as part of our ministry.

Once again, we will be collecting new socks at the holiday party that we will bring to one of the homeless shelters or warming shelters.

Feel free to add chewing gum, playing cards, cough drops, etc. (no razors or mouthwash)



Socks of Love



Holiday Traditions

Regardless of what holidays you observe, traditions add meaning to celebrations. Whether new or old, engaging in and upholding these rituals generates a sense of well-being. Learn about the different ways a holiday tradition can positively shape your health and know that it's never too late to start creating your own!



Creates opportunities for social connections



Provides different ways to bond with loved ones



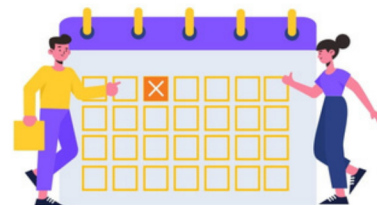
Allows you to feel a sense of belonging



Provides comfort through familiarity



Generates memories and nostalgia



Encourages the creation of new, non-holiday traditions



DECEMBER BIRTHDAYS

RESIDENT BIRTHDAYS

- 12/2- Glen P.
- 12/7- Virginia P.
- 12/14- Ruth F. *HAPPY 100th BIRTHDAY!*
- 12/15- Marlene S.
- 12/23- Margrethe H.
- 12/23- Katherine P.

STAFF BIRTHDAYS

- 12/4- Sue K- Mission Leader
- 12/4- Michelle M- Life Enrichment
- 12/7- Andre J- TMA
- 12/7- Ronnie L- Homemaker
- 12/8- Erica J- Culinary Services
- 12/12- Carter F- TMA
- 12/15- Nelly R- Caregiver
- 12/18- Denielle G- Learning & Development Coordinator
- 12/20- Sandra C- Office Specialist
- 12/25- Ruth R- Caregiver
- 12/28- Theresa N- Household Nurse
- 12/28- Michael W- Maintenance Tech
- 12/29- Krista G- Caregiver
- 12/20- Aileen I- Caregiver
- 12/31- George R- Maintenance Tech



Please wish everyone well on their birthday!

Beat Holiday Stress

The holidays can be particularly stressful, for a variety of reasons. Some are feeling the loss of a loved one, while many feel stressed by the numerous activities of the season, and others are feeling the effects of tightening financial burdens.

There are various ways to reduce stress over the holidays. Mindfulness is one of the ways to do this. “Mindfulness is bringing your attention to the present moment with an element of non-judgment and acceptance. It is noticing when we get caught up in thoughts about the past or the future, and returning our attention to the present — the only reality,” per Neda Gould PhD, clinical psychologist and Director of the John Hopkins Mindfulness Program. While some practice mindfulness as a formal practice through meditation, there are other less formal ways to practice this.

- Accept imperfection: While your expectations are always set high, accept that things will not always go exactly as planned. That is okay, healthy, and normal.
- Don't lose sight of what really counts: While you are in the long lines, traffic, and hustling and bustling, remember...
 - Where does this fit in the grand scheme of things?
 - Can you use this moment to reflect on things?
 - Even if this moment is stressful, can you find a way to make it pleasant?
- Respond with kindness: While you can't change how others act, you can change how you respond to the situation.
 - When you encounter a difficult person, think about the different things that may be affecting them this holiday season. This may soften your response.
 - Keep in mind the holidays are especially hard for those that are alone. Extend an act of kindness to those you know are alone this holiday season.
 - If things do get tense, take a few deep breaths before you act or speak
- Rethink your resolutions: While the typical New Year's Resolutions set you up for failure, try these tips for success:
 - Start small. If your goal is weight loss, break it up into small steps. Maybe you want to increase your vegetable intake during the first month, and then decrease sugar intake the second month, increase water intake the third month. Gradual changes tend to stick better and last longer.
 - Be kind to yourself. If you did not achieve your goal last year or you miss the mark this year, that is okay. Keep the negative self-talk to a minimum. You are still the great person you always were!

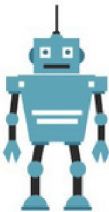
And make sure you take a little time for yourself, even if it is to read a bit before bed, soak in the tub over the weekend, etc. You deserve a break!



MERRY CHRISTMAS

Wordsearch

Search for the words going up, down, left and right.



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

YULETIDE
GREETINGS
CAROLING
PRESENTS

WREATH
NUTCRACKER
TREE
MISTLETOE

SANTA
GINGERBREAD
ORNAMENT
ELVES



womanofmanyroles.com

CALENDAR OF EVENTS: DECEMBER

- 12/1- Pasta Bar- in the chapel*
- 12/2- Pasta Bar- in the chapel*
- 12/2- Happy Hour w/Michael Gruber: 2:30pm on 1st floor
- 12/7- Christmas party for CV5- 4:00-7:00pm on 1st floor
- 12/9- PAYDAY*
- 12/9- Happy Hour w/Special piano guest: 2:30pm on the 1st floor
- 12/10- Student Piano Recitals: 10:30am on the 1st floor
- 12/12- Big Band: 7:00pm on the 1st floor
- 12/13- Safety Committee- 1:30pm- Heritage 3*
- 12/13- Christmas party for CV4- 4:00-7:00pm on 1st floor
- 12/14- Staff Holiday Party- in the chapel*
- 12/14- Music w/Craig Morton- 3:30pm on 1st floor
- 12/15- Dueling Pianos: 3:00pm on the 1st floor
- 12/16- Art Heads Art Studio: 10:00am on 2nd floor
- 12/16- Happy Hour w/Special Piano guest- 2:30pm on 1st floor
- 12/20- Christmas Party for CV3- 4:00-7:00pm on 1st floor
- 12/21- Wellness Committee- 1:30-2:30pm Conference Room #2*
- 12/21- Young at Heart Singers- 2:30pm in the chapel
- 12/21- Christmas Party for CV6- 4:00-7:00pm on 1st floor
- 12/23- PAYDAY*
- 12/25- Christmas Day
- 11/28- Winter Craft Extravaganza- 2:30pm in the chapel
- 12/29- Potato Bar- in the chapel*
- 12/30- Potato Bar- in the chapel*
- 12/30- Happy New Year Happy Hour- 2:30pm on 1st floor
- 12/31- New Year's Eve
- staff are invited and encouraged to attend the Safety and Wellness Meetings
- All activities and times are subject to change.

