

# THE SAMARITAN BETHANY BULLETIN

*The official newsletter of Samaritan Bethany Home*



## IN THIS ISSUE

**HAPPY VALENTINES  
DAY!**

---

**THE HEART HEALTH  
ISSUE**

---

**HEALTH AND WELLNESS  
LIVE WELL, EAT WELL**

---

**FROM THE KITCHEN:**

---

**AND MUCH MORE!**

---

## **HAPPY VALENTINE'S DAY!**

All you need is love. But a little chocolate  
now and then doesn't hurt.

Charles M. Schultz

Love recognizes not barriers. It jumps  
hurdles, leaps fences, penetrates walls to  
arrive at its destination full of hope.

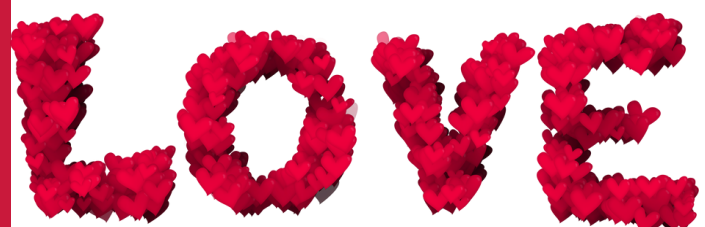
Maya Angelou

You know you're in love when you  
can't fall asleep because reality is finally  
better than your dreams.

Dr. Seuss

Love is composed of a single soul  
inhabiting two bodies.

Aristotle





# Health and Wellness- Live Well

## Making the Most of Your Health Plan

As a member of the Highmark Blue Cross/Blue Shield health plan, there are many options for your health care. Did you know you can save money by following some helpful tips.

1- Choose the right places to get care: for example, telemedicine is a newer option that has a very small cost.

The next higher cost is an office visit or urgent care. Make sure if you are scheduling an office visit that you go to an in network provider. You can find out at [highmarkbcbs.com](https://highmarkbcbs.com).

The highest cost will be an emergency room or hospital. Before you visit the emergency room, ask yourself if it is truly an emergency! Not only will you save yourself time from waiting forever in the waiting room, but you could prevent a much larger bill than if you had gone to the doctor's office.

2- Get generic prescriptions, and get them mail order from Express Scripts to get a 3 month supply for the cost of 2 months.

3- Enroll in the Wellness incentive program to earn \$300. Go to <https://members.healthadvocate.com/> and enter The Pension Boards – United Church of Christ as the organization.

4- Review your medical bills when they arrive/are available online for accuracy. You want to be sure you are paying for what you received!

# Eat Well

## How to eat Heart Healthy

### FOUR WAYS TO GET GOOD FATS

Replace saturated fats with unsaturated fats to help lower bad cholesterol and triglycerides. Unsaturated fats also provide essential nutrients your body needs.



#### Snack on nuts

1 oz of nuts adds good fats, protein, fiber, and energy. Try unsalted almonds, peanuts, pistachios, pumpkin seeds, walnuts, or sunflower seeds.



#### Add Avocado

Avocado is great on sandwiches, in baked goods, on salads, as a snack and in other recipes. It is also a great way to add healthy fats, fiber, vitamins, and minerals.



#### Find Fish on the menu

By eating fatty fish at least twice a week, you do a great job of getting omega-3 fatty acids. Fish like albacore tuna, herring, lake trout, mackerel, sardines, and salmon are great choices to get the job done.



#### Check your Oil

When making salad dressings and cooking, make sure they are lower in saturated fats. Good choices include avocado, corn, canola, grape seed, olive, peanut, safflower, sesame, soybean, and sunflower oils

**adapted from American Heart Association infographic**



PHOTO BY AMERICAN HEART ASSOCIATION



Look for the Heart Check symbol  
in stores and restaurants.  
This helps you find heart healthy foods!

## What's Cooking in the Kitchen: Hearty and Heart-Healthy Potato Soup

Recipe from The Idaho Potato Commission

yield: 8 servings

### Ingredients

- 2 pounds potatoes, scrubbed and cut in 1/2-inch cubes (about 5 cups)
- 1 tablespoon olive oil
- 2 10-ounce packages frozen chopped onions
- 1/4 cup chopped, dried tomatoes
- 2 pints plus 1 14-ounce can (46 ounces total) low-sodium chicken broth
- 2 cups shredded, cooked turkey
- 3 cups packaged, chopped, frozen mixed vegetables, thawed
- freshly-ground black pepper

### Instructions

- In heavy soup pot, heat oil on high and stir in onions. Cook, stirring occasionally for about 20 minutes or until well browned.
- Add potatoes, dried tomatoes and broth.
- Bring to boil and cook covered for 10 minutes or until tender.
- Add turkey and vegetables, return to boil and cook 6 - 8 minutes.
- Top with freshly ground pepper.

**This Heart-Check Certified recipe is brought to you by Idaho Potato Commission.**

American Heart Association recipes are developed or reviewed by nutrition experts and meet specific, science-based dietary guidelines and recipe criteria for a healthy dietary pattern.

Some recipes may be suitable for people who are managing diabetes, high blood pressure, heart disease and/or other conditions or seeking low-sodium, low-fat, low-sugar, low-cholesterol or low-calories recipes. However, this site and its services do not constitute medical advice, diagnosis or treatment. Always talk to your health care provider for diagnosis and treatment, including your specific dietary needs. If you have or suspect that you have a medical problem or condition, please contact a qualified health care provider.

Copyright is owned or held by the American Association, Inc. (AHA), except for recipes certified by the Heart-Check recipe certification program or otherwise indicated. All rights are reserved. Permission is granted, at no cost and without need for further request, to link to or share AHA-own recipes provided that no text, ingredients or directions are altered; no substitutions are made; and proper attribution is made to the American Heart Association.



## Move Well

Follow these tips to get into working out!

- Make it yours- play your favorite music, select your perfect time of day, and choose your favorite activities to keep yourself motivated
- Stay supported- Ensure you have the right gear, such as a moisture-wicking shirt, sports bra, and shoe inserts
- Break it up- It is okay to break up physical activity into shorter sessions. A few 10-minute sessions a day is better than no activity at all and may be less overwhelming. Aim for 150 minutes/week.
- Build it in- Add activity in other ways. Parking further away from the door, playing with your kids at the park, etc. All activity counts!
- Give it time- It takes time to go from building a new behavior to making it a habit. Try to make it a regular routine to make it stick.
- Keep it going- If you miss a day or two, don't sweat it. Pick it up the next day! Often times it is the guilt that stops us from continuing.



# Be Well

## Stress Management

Stress is an inevitable part of life, but unmanaged and frequent exposure can have negative effects on the body and the way you behave, think, and feel. Different stress management techniques work well for different people, so check out the unique strategies below to see which one helps you positively cope with stress!



### Meditate

Tuning in to thoughts and feelings helps increase your control over your Mind and body's response to stress.



### Breathe

Breathing deeply helps the brain & body lower your heart rate and blood pressure to generate a sense of calm and focus



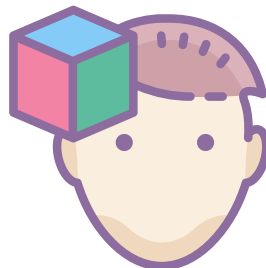
### Relax

Relaxation helps counteract the fight-or-flight response brought on by acutely Stressful but non-life-threatening situations



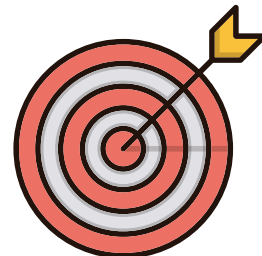
### Move

Physical activity releases endorphins and other feel-good chemicals in the brain while also reducing stress hormone levels



### Visualize

Imagining a positive and peaceful scenario creates alignment between the mind and body and helps you to focus on positive outcomes



### Focus

Engaging in physical or mental distractions helps shift your thoughts from stressors on to something that is relaxing and enjoyable

A thank you to the MN National Guard for their help to provide staff relief last month!

THANK  
YOU

Thanks to those that continue to bring donations to the Staff Food Pantry!

This gets used on a daily basis!

**WELCOME to the following new employees**

Michael Anderson- Environmental Service Coordinator

Allison Nelson- Office Specialist



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



PHOTO BY CANVA

**The snow and ice season is not over yet!**

**Continue to wear your boots!  
And make sure you are aware  
of ice as you walk in from  
the parking lot!**

**Prevent slip and falls with  
Safety salt- found at exits.  
Take some and sprinkle it  
around as needed!**

# **From the Safety Committee:**

## **Tips for Handling Extreme Cold**

### **General Information**

- Keep a winter kit in your car
- Check tire pressure, antifreeze levels and ensure the heater/defroster works
- Learn how to shut off water valves to prevent pipe bursts
- Check on the elderly
- Keep pets inside

### **Dressing**

- Wear layers of loose-fitting lightweight, warm clothing, and a hat
- Mittens, snug at the wrist are better than gloves
- Cover your mouth to protect your lungs from extreme cold
- Try to stay dry and out of the wind





**HAPPY BIRTHDAY**

## **Our February birthdays include:**

### **RESIDENT BIRTHDAYS**

- Patricia M- Feb 1
- Kathryn J- Feb 10
- Richard S- Feb 16
- Richard D- Feb 19
- Darold Y- Feb 19
- Mary L- Feb 19
- Mary S- Feb 24
- James P- Feb 28

### **STAFF BIRTHDAYS**

- Ashley Helgerson- Feb 4- HIC
- Debra Renchin- Feb 5- Care Attendant
- Jacquelyn Dibble- Feb 8- Care Coord
- Mary Jo Wilson- Feb 8- Acct Rec
- Monte Guenzler- Feb 11- Maint
- LaShanda Urban- Feb 13- Caregiver
- Lynette Gremminger- Feb 17-  
Neighborhood Nurse
- Cyann Hidlebaugh- Feb 17- Caregiver
- Betsy Books- Feb 22- Care Attendant
- Mao Yang- Feb 24- Care Attendant
- Byron Orellana- Feb 25- Caregiver
- Thomas Wodele- Feb 25- Bld Operations  
Mentor



# Fast Fun Facts

We have a fitness room opposite the finance office that staff may use! (It is shared with residents and only one person may use the room at a time at this time.)



We also have a massage chair for staff use! It is located in Conference Room #2.

Follow directions on the wall and please limit your session to 15 minutes.

*Samaritan Bethany-100 years in 2022?*

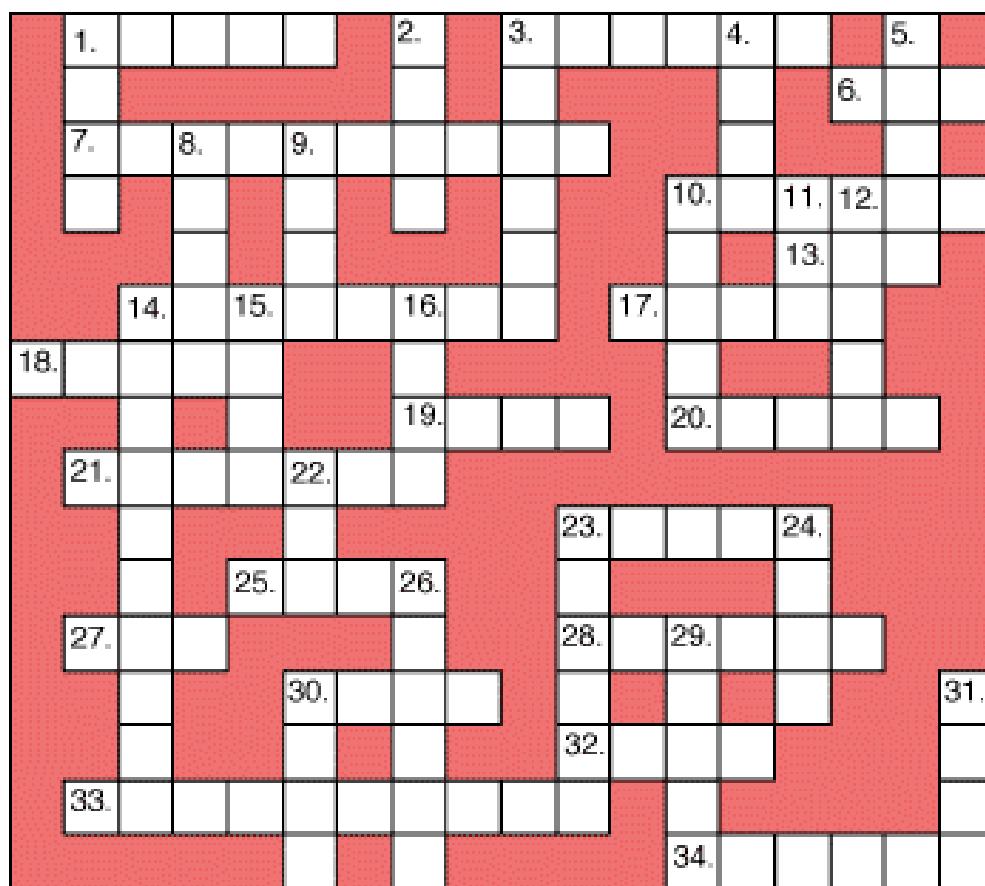




*Keep the  
Winter  
Blues  
Away*



# Valentine's Crossword



## Across:

1. Opposite of boys
3. Valentine colour
6. \_\_\_\_ goes there?
7. St. \_\_\_\_\_ Day
10. The targets of Cupid's arrows
13. This little piggy is one
14. Valentine month
17. Tolls paid
18. \_\_\_\_\_ change, pocket money
19. Sign above door
20. Donald's girlfriend
21. Crayon maker
23. He shoots love arrows

25. Short form for animal doctors
27. Valentine's colour
28. Cupid shoots these
30. Valentine colour
32. Choose
33. Sweet valentine gifts
34. \_\_\_\_\_ admirer

## Down:

1. Bestow
2. \_\_\_\_\_ the bottle
3. Attractive
4. Frilly trim
5. Valentine colour
8. Mickey \_\_\_\_\_ Minnie
9. Close to
10. Listened

11. Past tense of eat
12. Red flowers
14. February \_\_\_\_ is Valentine's
15. \_\_\_\_ valentine.
16. Length x width
22. Single, \_\_, 2, 3, ...
23. Winners
24. Opposite of up
26. First day of the week
29. Speed contests
30. Scheme
31. Pepper \_\_\_\_\_ candy



## Chaplain's Column

### Epiphany

Essential Meaning of *epiphany*

-A Christian festival held on January 6 in honor of the coming of the three kings to the infant Jesus Christ

-A moment in which you suddenly see or understand something in a new or very clear way

-Seeing her father again when she was an adult was an *epiphany* that changed her whole view of her childhood. She experienced an *epiphany*.

We're in the season of Epiphany in the life of the Church. This season ends on Ash Wednesday, the beginning of Lent.

Epiphany is an *Aha* moment when the tumblers click into place and unlocks the meaning of something hidden to you, often something that has been in plain sight the whole time.

For Christians, Epiphany is recognizing Jesus as God's presence revealed.

At the beginning of Jesus' ministry at his hometown in Nazareth, Jesus' reputation had preceded him. The people were very proud of their hometown boy come home. "*Is not this Joseph's son?*" The carpenter's boy? The kid we saw grow up around here? Who skinned his knee over at Judah's house while they were playing tag? Isn't it something, this son of a carpenter can attract so much attention?

But, they couldn't see him as *Son of God*. They couldn't see. They couldn't see what was right in front of them, the whole time.

A lot of Jesus' healing of the blind has more to do with spiritual sight than physical. Our eyes are often kept from seeing what's right in front of us because we see what we often expect to see. The first thing we look for is meaning. It's not so much *seeing is believing* as *believing is seeing*. But, I'm not talking about blind faith. I'm talking about learned faith. The kind of faith that stands up to scrutiny and the hard knocks of life. Truth has a way of rising to the surface, like the woman in the opening definition of Epiphany at the beginning of this article.

Last month, I spoke about the *logos*, the *mind* of God and how God's truth embedded in Creation makes sense of the world. To continue that conversation regarding our revealed faith, the Magi, the Three Wise Men, come to bow down to the new born Jesus. The Magi are the best that paganism has to offer. And, they are wise because they have come to recognize the Epiphany of God in the birth of Jesus in a stable. This lowly son of a carpenter was something more than worldly eyes can see.

How do we get that kind of vision? By examining our assumptions, our eyesight, and rethinking what is possible. As Shakespeare wrote, "*There are more things in heaven and earth than are dreamt of in our philosophies.*"

What suspicions do you have about what you're told, how you think, what you've been taught? Have there been any hometown folk who turned out to be a whole lot more than you thought? Maybe the faith is like that too?

Happy Epiphany!

Pastor Glen





# Calendar of Events: February

- Feb 2- Twos Day #1- Wear your Twin's shirt (jeans ok)
- Feb 3-Payday\*
- Feb 4- Music by Michael Gruber- 2:30pm at Happy Hour
- Feb 4- Wear RED for heart health
- Feb 4- Winter Olympics begin
- Feb 8- Safety meeting- 1:30pm\*
- Feb 9- Bluegrass music w/Gary Froiland
- Feb 13- Superbowl Sunday- LA Rams vs Cincinnati Bengals
- Feb 14- Valentine's Day
- Feb 16- Wellness Committee- 1:30pm\*
- Feb 17- Payday\*
- Feb 19- Guitar/Vocals w/Fernando Ufret- 3:00pm
- Feb 21- Music w/ the CBB Jazz Combo- 6:30pm
- Feb 21- President's Day
- Feb 22- Twos- Day#2- Tutus and Tacos Day!- Wear a Tutu! (jeans ok)
- Feb 22- Wellness Talk- 1:30pm

Vitamins & Supplements- Sterling Pharmacy

- Feb 23- Music w/Curtis & Loretta- 3:30pm

\*Staff events/meetings

