

# Samaritan Bethany Bulletin

THE OFFICIAL NEWSLETTER OF SAMARITAN BETHANY HOME



IN THIS ISSUE:  
NATIONAL HEART  
MONTH

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HEALTH AND WELLNESS  
LIVE WELL, EAT WELL

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FROM THE KITCHEN:  
CHOCOLATE COVERED  
STRAWBERRIES

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SAMARITAN BETHANY

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"Choose a job you love, and you will never have to work a day in your life." – Confucius

*"The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being." – Dalai Lama*

You cannot get through a single day without having an impact on the world around you.

*What you do makes a difference.*

You just have to decide what kind of difference you want to make.

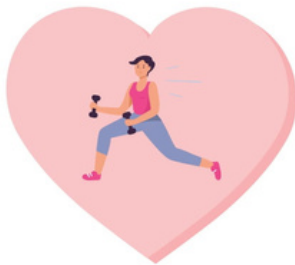
Jane Goodall

# LIVE WELL: FEBRUARY IS HEART MONTH

## Heart Health

Because cardiovascular disease is the leading cause of death worldwide, it is important to maintain a healthy and strong heart. Incorporate the activities below into your everyday routine to create lasting, heart-healthy habits!

### Exercise Regularly



Enhance your cardiovascular fitness by incorporating 150 minutes of moderate exercise each week

### Eat Well



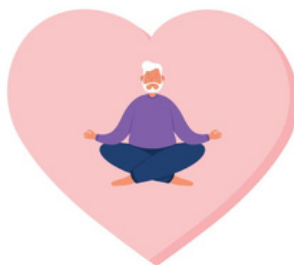
Eat a diet rich in whole grains, fruits, vegetables, lean proteins, and healthy fats as well as limit added sugars and sodium

### Sleep Enough



Get seven to nine hours of rest each night to positively impact stress hormones, the immune system, and mental health

### Manage Stress



Use stress management techniques, such as yoga or meditation, to reduce inflammation and blood pressure

### Hydrate Often



Limit caffeine, alcohol, and sugar-sweetened beverages, opting for a glass of fruit-flavored water instead

# *Eat Well: Try these heart healthy tips*

## Whole Grains For A Healthy Heart

Whole grains are a great source of complex carbohydrates, which are loaded with vitamins, minerals, and dietary fiber. In addition to improving digestion and helping with satiety, a diet high in fiber can help lessen your risk of heart disease and stroke by lowering cholesterol levels. Aim to make at least half of your daily grains whole grains to boost the intake of heart-healthy fiber!

**Oatmeal**



**Whole Oats**



**Whole Grain  
Bread & Cereal**



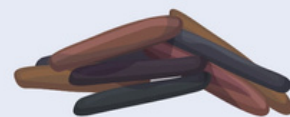
**Whole Wheat Pasta**



**Brown Rice**



**Wild Rice**



**Whole Grain Corn**



**Popcorn**



**Whole Grain Barley**





photo by Canva

Do you have a recipe to share?

Send it to:

[aleque@samaritanbethany.com](mailto:aleque@samaritanbethany.com)

or drop it off at the front desk for Adrian and it can be included in a future newsletter!

## WHAT'S COOKING IN THE KITCHEN: CHOCOLATE COVERED STRAWBERRIES

Recipe from: The Pioneer Woman

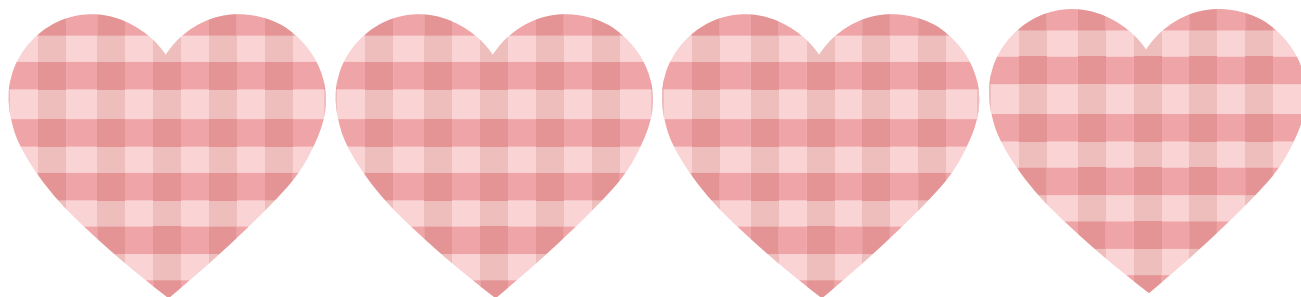
yield: 4-6 servings

### Ingredients

- 1 pound fresh strawberries
- 1 cup semisweet, dark, or milk chocolate chips, divided
- 1 cup white chocolate chips, divided
- Sprinkles, chopped pistachios, toasted coconut, and any other items you would like to try for toppings

### Directions:

- Rinse the strawberries and pat them dry thoroughly. Line a baking sheet with parchment paper. Set aside.
- Place  $\frac{3}{4}$  cup of semisweet chocolate and  $\frac{3}{4}$  cup of white chocolate in two separate small microwave-safe bowls. Microwave each bowl in 30-second intervals, stirring in between each interval, until the chocolate is mostly melted, 90 seconds total. Add the remaining  $\frac{1}{4}$  cup semisweet and  $\frac{1}{4}$  cup white chocolate chips, to their respective bowls; stir until smooth. (Microwave an additional 15-30 seconds, if needed.)
- To dip the strawberries, stick a toothpick in the stem end of one berry, then dip it into the desired chocolate, swirling to coat. Transfer the dipped berries to the lined sheet tray. Repeat with the remaining berries.
- Working quickly before the chocolate coating sets, sprinkle the berries with toppings such as sprinkles, chopped pistachios, toasted coconut, or other toppings, as you like. Refrigerate for 10 minutes to help the chocolate set, if needed. If desired, microwave the chocolate that remains in the bowls for 30 seconds, at 50% power, and drizzle over the coated berries.
- NOTE: Chocolate-covered strawberries are best when served the day they are made.
- Store under refrigeration.



**MOVE WELL: EVERYTHING COUNTS AS MOVEMENT, EVEN IF IT ISN'T IN A GYM!**  
**SO GET OUT THERE AND GET SOME QUALITY MOVEMENT IN WHILE DOING SOME OF THESE EVERY DAY THINGS.**



## MOVEMENT HACKS

The human body is designed to move not only while exercising but also throughout the day. Here are some choices you can make to stay active all day long!



Wellable



## BE WELL: USE THESE STRESS MANAGEMENT TECHNIQUES TO BETTER COPE WITH STRESS.

# Stress Management

Stress is an inevitable part of life, but unmanaged and frequent exposure can have negative effects on the body's physical response 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 and 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



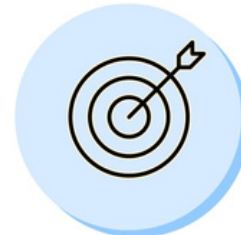
Physical activity releases endorphins and other feel-good chemicals in the brain while also reducing stress hormone levels

### 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



# Valentine's Day

Find the words on the list in the word search below!

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

ARROWS  
CUPID  
FUN  
HEARTS  
LOVE  
RED  
SHARE

CANDY  
FLOWERS  
GIFTS  
KINDNESS  
NICE  
ROSE  
SWEET

CHOCOLATE  
FRIENDSHIP  
HAPPINESS  
LETTERS  
PINK  
SERVICE  
THOUGHTFUL

## FYI: SIGN UP FOR JOURNEY TO WELLNESS- FREE FOR EVERYONE!



# Journey to Wellness

Each month, learn about a different aspect of healthy living. February's topic is "Keep Your Heart Healthy." To learn more or register for this free, self-guided program, scan the QR code or go to [mayoclinichealthsystem.org/journey](https://mayoclinichealthsystem.org/journey).



MAYO CLINIC  
HEALTH SYSTEM



## ***WELCOME to the following new employees***

- Janet R- AT Care Attendant
- Jackie M- CV6 Caregiver
- Christopher B- CV5 Caregiver
- Barbara S- Chaplain
- Ainessa C- AT Care Attendant
- Allie R- CV4 Homemaker
- Nathan R- AT Life Enrichment



### **Have you heard about the Employee Referral Program?**

- The program is effective for those hired after August 23, 2022.
- You can earn up to \$1000.00
  - \$500 is paid after the referred employee completes 90 days of employment.
  - An additional \$500.00 is paid after the referred employee completes 6 months of employment.
- Full-time, part-time, and on-call employees are eligible to earn the referral bonus.
- (However, Leaders and Mentors are not eligible to participate.)
- Referred candidates cannot be current employees or interns.
- You cannot be involved in the hiring process nor have a reporting relationship to the referred candidate.
- Both you and the referred candidate must be current employees at the time of payment in order for you to receive payment.
- The referred employee must be either a full-time or part-time employee for the entire period in order for you to receive payment.
  - Example: referred employee is hired to a part-time position, but goes on-call before six months
  - You earn \$500.00 after they complete 90 days of employment.
  - You will not be eligible for the \$500.00 because they went on-call before 6 months.
- If more than one employee refers the same person, the referral received first will be honored.
- There is no limit to the number of referrals an employee can make.
- The referral form must be on file with HR before a job offer is made.

**Stop down to HR and pick up a form if you need one!**

# Congratulations Denielle!

## everyday **HEROES**

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

Denielle has wrapped her arms around our mission statement to the betterment of Samaritan Bethany. In her role, Denielle has rearranged her schedule to help the neighborhoods train in new homemakers while still doing her other duties.

Denielle serves as a role model/team player: Denielle is willing to help anywhere. She is often seen on the neighborhood talking with our caregivers and residents.

Denielle contributes to pleasant work environment and teamwork by being willing to help with anything from working on a neighborhood to helping a resident move. She is always pleasant to be around.



Denielle is a creative problem-solver and demonstrates excellence. Denielle has been working on ways to improve the onboarding for all employees as well as a new job opening tracker that we use in HR.



**Denielle Groby**  
**January 2023**

Learning and Development Coordinator

Outstanding service is **MY SUPER** power



## February BIRTHDAYS

### *RESIDENT BIRTHDAYS*

- 2/1- Patricia M.
- 2/2- Duane M.
- 2/6- Charmaine F.
- 2/19- Richard D.
- 2/19- Darold Y.
- 2/22- Charles E.
- 2/24- Mary S.

### *STAFF BIRTHDAYS*

- 2/4- Chad D. - Human Resources
- 2/4- Pam V.- Household Nurse
- 2/5- Debra R.- Care Attendant
- 2/8- Mary Jo W. - Finance
- 2/13- LaShanda U.- Caregiver
- 2/16- Brent C.= Care Attendant
- 2/17- Lynette G.- Neighborhood Nurse
- 2/17- Janet R.- Care Attendant
- 2/19- Sara H.- Social Services
- 2/22- Betsy B- Care Attendant
- 2/24- Kaitlin O.- Homemaker
- 2/25- Tom W. - Building Operations
- 2/28- Joana D. - Homemaker
- 2/28- Taylor P- Homemaker

*Please wish everyone well on their birthday!*

# CALENDAR OF EVENTS: FEBRUARY

- 2/2- Groundhog Day- Will we get 6 weeks more winter? Or an early spring?
- 2/3- Wear Red Day
- 2/3- Happy Hour w/Craig Morton- 2:30pm in Pub
- 2/3- PAYDAY\*
- 2/8- Music w/the Mellow Fellows- 3pm, Living Room
- 2/9- Pizza in the break room\*
- 2/10- Pizza in the break room\*
- 2/12- Super Bowl Party- 6pm in the pub
- 2/14- Valentine's Day
- 2/14- Safety Committee- 1:30pm on 3rd Heritage\*
- 2/15- Matinee Movie- 2pm in the chapel
- 2/15- Wellness Committee- 1:30pm on 3rd Heritage\*
- 2/17- PAYDAY\*
- 2/20- Intro to Creative Writing- 10:30am- 2nd Floor
- 2/22- Ash Wednesday (Lent Begins)
- 2/22- Music w/Michael Gruber 2:30pm in the living room
- 2/23- Salad Bar in the break room\*
- 2/24- Salad Bar in the break room\*
- 2/24- Mardi Gras Party- 2:30pm in the pub



- staff are invited and encouraged to attend the Safety and Wellness Meetings
- All activities and times are subject to change.

