

# THE SAMARITAN BETHANY BULLETIN

*The official newsletter of Samaritan Bethany Home*



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**HAPPY NEW YEAR!**

**HEALTH AND WELLNESS**

**FROM THE KITCHEN:  
ROASTED PORK RIBS**

**AND MUCH MORE!**

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## HAPPY NEW YEAR!

A new year brings hope of many things. This could be a fresh start on healthy eating habits or exercise goals. It could be a new puppy or kitten. Or it could be a baby or grandbaby that you are hoping for. What are you hoping for this year?





New Year  
New Me!

## Health and Wellness

As everyone thinks of the year ahead, many consider making changes in their lives as the year moves ahead. Instead of the standard New Year's Resolution, think about trying one or more of the items below to enrich the year ahead.

- Keep a journal
- Give more compliments
- Put your bills on autopay
- Send more cards
- Make a movie bucket list
- Practice saying no
- Take a social media break
- Try a spending freeze
- DIY something special
- Make goals, not resolutions
- Get a full night's sleep
- Join a gym
- Reduce your single-use plastic consumption
- Create a savings plan
- Get in the habit of checking your bank account daily
- Become an early bird
- Read more, scroll less
- Make time to catch up with friends and family
- Don't let your laundry build up
- Choose the stairs
- Drink more water
- Be more mindful of your health
- Commit to a cleaning schedule
- Begin each day with a nutritious breakfast
- Hop on the bread-making trend
- Clean out your closet
- Book your doctor's and dentist appointments for the year
- Take a hike
- Eat more veggies
- Take more walks
- Do your dishes immediately
- Start investing
- Try new healthy recipes each week
- Schedule monthly car washes
- Donate your time
- Make time to meditate
- Drink less alcohol
- Travel somewhere new
- Consider therapy
- Check an item off your bucket list



PHOTO BY CANVA

As winter sets in, try a taste of summer with our recipe for Roasted Pork Ribs, which both the residents and staff love! This recipe starts by making a savory rib rub, and then slow roasting the ribs in the oven.

## What's Cooking in the Kitchen: Roasted Pork Ribs

Recipe from Matt Hrabak

yield: 12 servings

### Rib Rub

- 4 oz brown sugar
- 2 tsp garlic powder
- 2 tsp oregano
- 2 tsp chili powder
- 2 tsp cumin
- 2 tsp paprika

Mix all ingredients thoroughly

### Pork Ribs

- 1 1/4 cup apple juice
- 1 1/4 cup root beer
- 1/2 cup rib rub
- 3 1/2 pound raw pork ribs

- Wash hands before beginning preparation.
- Sanitize surfaces & equipment
- Peel the thin layer of skin from the back of each rack of ribs using a fork and lay on sheet pan.
- Trim ribs. Rub with rib rub.
- Once the ribs are all peeled, rub the top of the rack and place in deep hotel pan.
- Pour apple juice and root beer in each pan. Cover hotel pan with parchment paper and heavy duty aluminum foil.
- Place in 350 degree oven for 3- 4 hours or until completely tender but not falling off the bone.
- Do not try to remove ribs from pan until they have cooled a titch, otherwise they will fall apart and you will have a big mess. (Per Mr. Matt)





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.

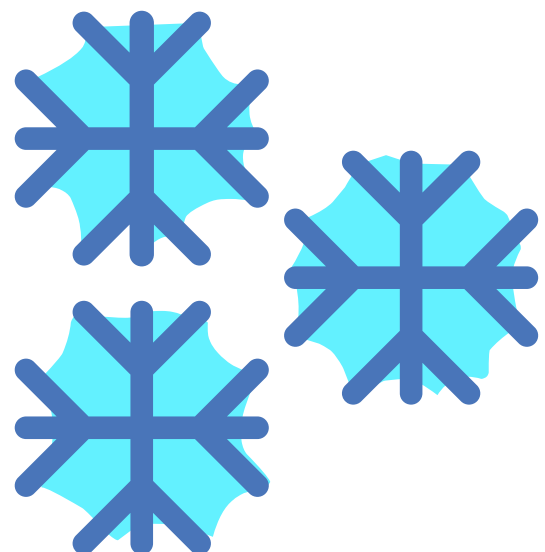
As it gets colder outside and we face snow and ice, the most frequent injuries we see are slip and fall injuries.

These may be prevented by doing the following things:

- wear winter boots
- grab a bag of safety salt (in bags by the exits) to sprinkle on the ice and ensure you have good footing to stand on
- be aware of your surroundings; if it was icy driving to work, it will likely be an icy walk from your car into the building- be careful!

As we deal with snow and ice, there are other things you can do to prevent an injury outside of work:

- keep up with shoveling during snow storms so you don't have to do it all at once
- when shoveling, lift with your legs, not your back
- after you are done shoveling, make sure to sprinkle your sidewalks and driveway with salt to prevent ice build up
- ensure your car is completely cleared off before you take off for a drive (including all windows!)
- give yourself ample time to get somewhere, with extra time allowed on days where it is snowy or icy outside





# HAPPY BIRTHDAY!

## Our January birthdays include:

### RESIDENT BIRTHDAYS

- Michael C.- Jan 4
- Josephine W.- Jan 8
- Gregory B.- Jan 11
- Mildred P.- Jan 11
- Bettie B.- Jan 21
- Methal M.- Jan 23
- Marilyn J.- Jan 29

### STAFF BIRTHDAYS

- Rebecca Atem- AT/HM- Jan 1
- Adhieu Chol- AT/HM- Jan 1
- Nyamal Gol- CV5/CG- Jan 1
- Reda Mori- Culinary Serv- Jan 1
- Yasmin Noor- CV5/CG- Jan 1
- Mana Yusuf- AT/HM- Jan 1
- Cathy Fallon- CV4/HHNurse- Jan 4
- Judy Niemela- Culinary Serv- Jan 5
- Missy Helder- Hert2/NHC- Jan 7
- Michelle Gunhus- CV3/CG- Jan 10
- Hannah Asprey- CV3/SW- Jan 15
- Quillen Schroeder- AT/CA- Jan 16
- Diane Witt- CV5/CG- Jan 16
- Joan Silker- AT/NNurse- Jan 18
- Pahoua Her- CV5/CG- Jan 22
- Philip Haukon- Transportation Spec- Jan 24
- Victoria Allen- CV2/HHNurse- Jan 27
- Rose Weets- Hert2/HHNurse- Jan 28



Samaritan Bethany is hosting a Tai Ji Quan, Moving for Better Balance Class 2/15/22-5/6/22 from 10:30-11:30am on every Tuesday and Friday in the Chapel

Tai Ji Quan: Moving for Better Balance (TJQMBB) is an evidence-based fall prevention program designed for older adults developed by Fuzhong Li, Ph.D., Senior Scientist at the Oregon Research Institute. TJQMBB represents a substantive enhancement of traditional Tai Ji Quan as it transforms martial arts movements into a therapeutic regimen aimed at improving postural stability, awareness and mindful control of body positioning, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints and lower - extremity muscle strength.

If you, or someone you know is interested, please contact Adrian LeQue at 507-289-4031



We are also hosting a Living Well With Chronic Conditions Class 2/17/22- 3/24/22 from 1:30-4:00pm on every Thursday in the Chapel.

Living Well with Chronic Conditions is designed to improve the self-management skills of people living with ongoing health issues. Conditions like arthritis, mental health conditions, chronic pain, cancer, or diabetes can cause those affected to lose physical conditioning and suffer health problems over many years. This program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage living with a chronic health condition.

If you, or someone you know is interested, please contact Adrian LeQue at 507-289-4031

## WELCOME to the following new employees

We want to give a big Samaritan Bethany welcome to our newest staff members that joined us recently.

Sandra Clark- Office Specialist- Home

Ubah Farah- NH Nurse- CV4

Emily Freiburg- Caregiver- CV5

Aileen Ibarra Martinez- Caregiver- Hert2

Christine Petterson- NH Nurse- AT

Karly Rieke- Caregiver- CV3

Komassa Roberts- Caregiver- CV4

Jacqueline Springer- Office Specialist- Home

Madaline Svendsen- TMA- Hert2

Michael Anderson- Env Ser Coordinator- Home

Elizabeth Zook- Care Attendant- AT

Rody Cabrera- Caregiver- CV6

Desiree Colon- Homemaker- Home

Keyandra Dissette- Office Specialist- AT

Alexander Ehler- Homemaker- Home

Aileen Ibarra Martinez- Caregiver- Hert2

Nicholas Pruka- MDS Coord- Home

Julie Rice- NH Nurse- AT

Gita Srors- Homemaker- Home

Sreypheng To- Homemaker- Home

Jeanne Wittlief-Kerr- Homemaker- Home

# Fast Fun Facts

Have you been to the  
Samaritan Bethany store?

You can buy shirts, sweatshirts, outerwear,  
etc. with the new Samaritan Bethany logo  
and pay for it via payroll deduction.

<https://tinyurl.com/Samaritan-gear>

**There are currently 3 residents over  
100 residing at the home.**

**There are 16 that are 95 or older!**

*Did you know Samaritan Bethany turns 100 in 2022?*

**The Home building at 24 8th St  
was opened in August of 1976,  
and has been remodeled  
several times since then.**

Arbor Terrace opened in 1992.

This replaced the original  
home building,  
which was then known as  
Samaritan Bethany Manor.

*While times are tough,  
Samaritan Bethany plans to be here  
for another 100 years!  
Stick with us and see where we go next!*



**Thank you to the 20 members of the National Guard who gave us staffing relief over the holidays! They will be here through January 10th. Their help has made a big difference!**

**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

**Simone Kline, a Caregiver in Heritage was our December Hero Among Us!**

Simone always has a positive outlook and encourages her co-workers to do the same. She is dedicated to providing every resident with compassionate and personalized care.

She takes the time to learn their individual preferences and personalizes their choices based on those important details.

She is a great role model and valuable team member! She remains calm and collected during stressful situations and contributes ideas to improve resident care.

**Congrats Simone and keep up the good work!**



**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!**



**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)  
for inclusion in a future edition**





# Christmas Fun



# Winter Word Search

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

BLIZZARD  
 BOOTS  
 COAT  
 COCOA  
 COLD  
 DECEMBER  
 EARMUFFS  
 FEBRUARY

FIREPLACE  
 FROSTY  
 HAT  
 ICE  
 ICICLES  
 JANUARY  
 MARCH  
 MITTENS

PLOW  
 SCARF  
 SHOVEL  
 SKIING  
 SLEDDING  
 SNOW  
 SWEATER  
 WINTER



**In case you missed it.**

**Our Mission Leader, Sue Knutson wrote this Op-Ed piece for the Post Bulletin.**

**Title: We're losing the battle against caregiver burnout**

In 30 years working in long-term care, I have never experienced such difficulty hiring enough staff to care for our residents at Samaritan Bethany.

As a profession, we're losing more caregivers than we're gaining with each passing month. In August of 2021, there were 2,000 more staff resignations than new hires at long-term care settings across Minnesota. My team recently lost 10 staff members in the span of three weeks.

Amid the ongoing battle against COVID-19, caregivers are quitting in record numbers and finding new jobs in retail and other industries. Unless policymakers act swiftly to address this escalating disaster, the long-term care profession will buckle, and seniors will have nowhere to turn for the care they need.

Many senior care providers are already limiting admissions due to the caregiver shortage. Lack of staff recently forced Samaritan Bethany to close an entire 25-bed floor of our building. Families are coming to us seeking a place for their loved one, only to be turned away. It's not that we don't want to care for the seniors who need our care; we just don't have the staff.

Certainly, we have taken a few steps in the right direction, including the governor and legislature supporting emergency staffing and financial incentives to encourage caregivers to stay in the field. Going forward, we must work together to find solutions that will last.

Increasing wages for caregivers is critical to build a well-staffed workforce. The skilled professionals who care for the seniors in our community deserve a living wage so they can provide for their families.

Unfortunately, Senior care providers can't simply raise our rates to increase wages for caregivers. The Minnesota Legislature sets the Medicaid rates, which ultimately sets the rates that nursing homes can charge.

Further, long-term care facilities must wait up to 21 months before being reimbursed by the state of Minnesota for the actual cost of services we provide to the residents. No business could survive indefinitely if they are waiting 21 months to get paid for their services or products. Well, it's unsustainable for senior care, too.

At Samaritan Bethany, we aren't giving up. In fact, we're working hard to be more creative with the benefits we can offer. We started a food pantry for our staff, many of whom are single mom's. We also offer financial incentives for staff members who recruit others. But the best thing we could do is raise their wages, and I urge lawmakers to help us by raising Medicaid rates. Until caregivers are properly recognized and rewarded, they will continue to burn out and move on.

Nowadays, when I speak to our staff, I can see their exhaustion. With fewer colleagues, they're working harder than ever to ensure quality care for all of our residents. While the work can be challenging, getting to be part of the daily lives of older adults and making a difference in their lives is a source of pride for all of us. Each of them has a heart for our residents and a heart for the work. They're truly irreplaceable- but they will reach a breaking point. It's already happening.

Growing old is a privilege we hope we all enjoy. Soon, if we're lucky, we will all be older and needing the same services our seniors need today. But those services won't exist without dedicated caregivers. Now is the time to ensure they will be there for all of us.

**If you would like to lend your voice to the fight, follow this link at Leading Age MN to contact your Legislator. <https://actnow.io/GFKpqT7>**



# Calendar of Events: January

- 1- Happy New Year!
- 6- PAYDAY \*
- 8- Music w/Fernando Ufret
- 10- 3rdCV Holiday party
- 11- Safety Committee- 1:30pm on 3rd Heritage \*
- 12- National Take the Stairs Day \*
- 12- Sister Luv
- 17- Martin Luther King Jr. Day
- 19- Wellness Committee- 1:30pm in Conference Room #2 \*
- 20 & 21- Popcorn in the breakroom for National Popcorn day! \*
- 20- PAYDAY \*
- 21- Music w/Tim Kriese
- 24- Compliment Day- Give someone a compliment!
- 25- Wellness Talk- 1:30pm in the Chapel

Apple Tree Dental will join us to talk about Dental Health

- 26- Music w/ Ev & Vickie
- 28- Staff Potluck- 11-1:30; in the chapel \*
- 28- Fun at Work Day! Watch for fun stuff! \*
- 29- National Puzzle Day!

**\*Staff events/meetings**



## Do you want to get some exercise this winter?

We are placing new signs to encourage exercise/movement and using the stairs to get exercise indoors.

As you take the stairs, challenge yourself to go all the way up to the top in Cityview. Did you know the stairs go one level up from 6th? We have a sheet hung up that you can sign so we know you made it! Sign your name every time you make it to the summit and we will know who our top stair climbers are!

January 12th is National Take the Stairs Day!



## Chaplain's Column

I recently spoke with a college student about his interest in Nordic paganism. He seemed interested in it as an alternative narrative to the Gospel, the Christian narrative. I told him that paganism predates Christianity and that Christianity was built on paganism and transformed it. Today, when the Christian faith has receded, more paganism is revealed again. But, if he stayed with critical thinking long enough, he'd arrive at the Christian faith.

He asked, "Do you mean if I began with a pagan position and continued with a sound critical thought process long enough Christianity would be created?"

I said, "No. But the logical conclusion of that process would be Christianity."

Soon after, I thought I should have added, "Christianity is not created. It's given. It's a revealed faith. A faith we didn't make up. It's a gift. It's like saying, 'through my investigation of reality I created sunshine.' We don't create sunshine, we see it already existing. It's sort of like the classic story of Newton discovering gravity when the apple falls on his head. Newton didn't create gravity. He realized it was already there. He discovered it; uncovered what was already there."

### **John 1:1-18**

1In the beginning was the **Word**, and the **Word** was with God, and the **Word** was God. 2He was in the beginning with God. 3All things came into being through him, and without him not one thing came into being. What has come into being 4in him was life, and the life was the light of all people. 5The light shines in the darkness, and the darkness did not overcome it.

*Word. Logic. Reason. The Mind of God. **Logos!***

The English translation in the above scripture passage that translates the word *Word*, is from the Greek word **logos**. It means logic, reason. The Mind of God.

## Chaplain's Column (continued)

As we begin a new year, it's good to think on what we want to accomplish, resolve this year. What is our aim? What is our purpose? This passage is a great one to get off on the right foot.

This logos is the spiritual essence within each of us. This spirit within resonates like a tuning fork when we choose the right path and create a new world for ourselves when we speak the truth as we know it. Then, we imitate Christ from the station in life we find ourselves and work with God in creating a new heaven and earth in the year 2022, a world that is in desperate need of re-creation, hope and new life.

What does God have in mind for you?

May you find yourself to be a blessing in order to bless the world around you.

Happy New Year!  
Pastor Glen

