

# Samaritan Bethany Bulletin

THE OFFICIAL NEWSLETTER OF SAMARITAN BETHANY HOME



IN THIS ISSUE:  
FINDING PURPOSE &  
MAKING SMART GOALS

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HEALTH AND WELLNESS  
LIVE WELL, EAT WELL

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FROM THE KITCHEN:  
CINNAMON POPCORN  
& OVERNIGHT OATS

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SAMARITAN BETHANY  
WISHES YOU A  
HAPPY NEW YEAR!

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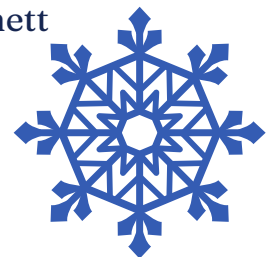
*"Wishing you a Happy New Year!  
May it be filled with new adventures  
and good fortunes.*

This year:  
Break a bad habit  
Learn a new skill  
Do a good deed  
Visit a new place  
Read a difficult book  
Write and send a letter  
Try a new food  
Take a risk

*The Best is Yet to Come*

Start each day with a positive thought  
and a grateful heart.

Roy T. Bennett



# LIVE WELL: HAVE YOU FOUND YOUR PURPOSE?

## Finding Purpose

Studies show that feeling that one's life has meaning is associated with positive health outcomes like stronger relationships, a stronger immune system, increased overall mental and physical health, and increased self-worth.

Here are some ways to help find purpose in life!



Recognize what drives you



Identify what you really love to do



Get in touch with your passions



Commit to trying new things



Surround yourself with positive, supportive people



*Eat Well: In your effort to eat well, consider caloric density.*

## Caloric Density

Calories fuel the body with the energy necessary for daily activities and vital bodily functions. Caloric needs and the foods that supply them are not created equal. Caloric needs vary based on age, gender, activity level, size, and personal health goals. The caloric content of foods vary based on type and preparation.

Below is a guide to help make healthy food choices based on caloric density.

### 25 calories

1 cup  
grape tomatoes



OR



2 french fries

### 100 calories

1 cup  
fresh grapes



OR



1 1/2 tbsp  
M&M candies

### 150 calories

6 oz  
Greek yogurt



OR



1 1/2 oz  
natural cheese

### 200 calories

4 oz  
pan-seared cod



OR



2 oz  
batter-fried cod

### 300 calories

2 cups  
vegetable soup



OR



1/16 pepperoni  
sausage pizza



photo by Canva

## Fun Popcorn Facts

- popcorn is a whole grain
- air popped is 30 cal/cup
- oil popped is 35 cal/cup
- 1 serving is 3 cups
- it makes a great snack!

## WHAT'S COOKING IN THE KITCHEN: CINNAMON POPCORN

Recipe from: Doris Morgan

yield: never enough

### Ingredients

- 12 cups popcorn
- 1/3 cup butter, melted
- 1/4 cup sugar
- 3/4 tsp cinnamon

### Directions:

- Mix ingredients together, ensuring sugar is dissolved completely into butter.
- Drizzle over popcorn, mixing evenly.
- Put in oven at 300F for 15 minutes, & stir every 5 minutes.

## January is Oatmeal Month- try this recipe for Overnight Blueberry Oatmeal

### INGREDIENTS

- 1/3 cup old-fashioned oats
- 1/3 cup plain yogurt
- 1/3 cup milk
- 2 tablespoons fresh or frozen (unsweetened) blueberries
- 1 tablespoon chopped, slivered, or sliced almonds, raw or toasted
- 1/2 teaspoon honey or real maple syrup
- pinch of salt

### INSTRUCTIONS

- Put all the ingredients in a mason jar.
- Screw the top on tightly and shake the jar well.
- Put in the refrigerator to sit overnight, then eat — or take it to go!

**MOVE WELL: IF PHYSICAL ACTIVITY IS YOUR GOAL, TRY THIS SCHEDULE TO INCREASE YOUR ACTIVITY.**

# MAKE YOUR WAY TO 5K CHALLENGE TRAINING SCHEDULE

**MON TUE WED THU FRI SAT SUN**

Walkers walk only. Runners run for 15 seconds then walk for 45 seconds.

**W1**

Run/Walk 30 minutes	Walk 30 minutes	Run/Walk 30 minutes	Walk 30 minutes	Rest	Run/Walk 3 miles	Rest/Walk
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Walkers walk only. Runners run for 15 seconds then walk for 45 seconds.

**W2**

Run/Walk 30 minutes	Walk 30 minutes	Run/Walk 30 minutes	Walk 30 minutes	Rest	Run/Walk 3.5 miles	Rest/Walk
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Walkers walk only. Runners run for 20 seconds then walk for 40 seconds.

**W3**

Run/Walk 30 minutes	Walk 30 minutes	Run/Walk 30 minutes	Walk 30 minutes	Rest	Run/Walk 2 miles	Rest/Walk
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Walkers walk only. Runners run for 20 seconds then walk for 40 seconds.

**W4**

Run/Walk 30 minutes	Walk 30 minutes	Run/Walk 30 minutes	Walk 30 minutes	Rest	Run/Walk 4 miles	Rest/Walk
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Walkers walk only. Runners run for 25 seconds then walk for 35 seconds.

**W5**

Run/Walk 30 minutes	Walk 30 minutes	Run/Walk 30 minutes	Walk 30 minutes	Rest	Run/Walk 2 miles	Rest/Walk
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Walkers walk only. Runners run for 25 seconds then walk for 35 seconds.

**W6**

Run/Walk 30 minutes	Walk 30 minutes	Run/Walk 30 minutes	Walk 30 minutes	Rest	Run/Walk 4.5 miles	Rest/Walk
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Walkers walk only. Runners run for 30 seconds then walk for 30 seconds.

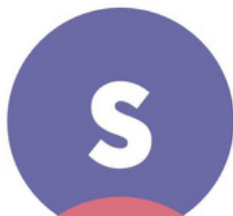
**W7**

Run/Walk 30 minutes	Walk 30 minutes	Rest	Run/Walk a 5K!	Rest/Walk	Run/Walk 30 minutes	Rest/Walk
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**BE WELL: AS YOU START OFF THE NEW YEAR, SET YOUR GOALS BY MAKING THEM SMART!**

## Creating S.M.A.R.T. Goals

Achieve your goals by making them S.M.A.R.T. (**S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**imely). This process can provide focus and increase your commitment to accomplishing your ambitions and aspirations! Check out how you can reach your goals the S.M.A.R.T. way.



### **Specific**

Create goals that are clear to set a straightforward path for your journey



### **Measurable**

Make sure your goals can be easily tracked to check progress and reevaluated when necessary



### **Attainable**

Create realistic goals that can be achieved while also pushing yourself out of your comfort zone



### **Relevant**

Establish a goal where your values and aspirations align with your journey



### **Timely**

Set deadlines, breaking up larger goals into smaller milestones, to stay motivated

**Wellable**

# NEW YEARS EVE WORD SEARCH



- BABY BALL
- CLOCK
- CONFETTI
- CELEBRATE
- COUNTDOWN
- DANCING GAMES
- HAPPY HOURGLASS
- JANUARY
- KISS
- MIDNIGHT NEW YEAR RESOLUTION
- TIMES SQUARE
- SPARLERS
- STREAMERS



*From the Safety Committee:*

January is the deadliest month for carbon monoxide poisoning. Since this is often found without warning and undetected, it is vital to be aware of this deadly gas to keep your family safe. Make sure you are prepared!

Sources of exposure include the following:

- portable generators & furnaces
- use of gas powered equipment
- welding, floor buffers, and gas powered pumps

While a heater may seem like a good idea to curb the cold weather, it's important that you follow the correct procedures to avoid carbon monoxide poisoning.

Symptoms of CO poisoning include:

- Confusion
- Headaches, dizziness and exhaustion
- Nausea and vomiting
- Tightness across the chest

Ensure you have a CO detector on every floor of your house. These are required within 10 feet of sleeping rooms in MN.





## *WELCOME to the following new employees*

- Sydney S.- Homemaker CV
- Kaitlin O.- Homemaker CV6
- Autumn Y.- Homemaker CV4
- Christian I.- Care Attendant AL
- Sydney M.- Caregiver CV6
- Sara H.- Social Services Mentor



### **Have you heard about the new 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!**



*Celebrate the holidays*





## JANUARY BIRTHDAYS

### *RESIDENT BIRTHDAYS*

- 1/4- Barbara D.
- 1/4- Michael C.
- 1/18- Catherine S.
- 1/23- Methal M.
- 1/29- Marilyn J.

### *STAFF BIRTHDAYS*

- 1/1- Akol G. Homemaker CV4
- 1/1- Nyamal G. Caregiver CV6
- 1/1- Reda M.- Culinary Services
- 1/1- Yasmin N.- Caregiver CV5
- 1/5- Judy N.- Culinary Services
- 1/7- Missy H.- Neighborhood Coordinator
- 1/9- Yolanda B.- Caregiver CV3
- 1/14- Rachael M.- Housing Community Leader
- 1/16- Diane W.- Caregiver CV5
- 1/18- Joan S.- Neighborhood Nurse AT
- 1/21- Dean S.- Foundation & Development Leader
- 1/24- Phillip H.- Transportation Specialist
- 1/27- Victoria A.- Household Nurse CV5
- 1/28- Rose W.- Household Nurse CV3



*Please wish everyone well on their birthday!*

# CALENDAR OF EVENTS: JANUARY

- 1/1- New Years Day
- 1/4- Zumbro Lutheran Service at 10:10am in the Chapel
- 1/6- The D'Seivers at 2:30pm on the 1st floor
- 1/6- PAYDAY\*
- 1/10- Safety Committee at 1:30pm on 3rd Heritage\*
- 1/11- Gary Froiland at 3:00pm on the 1st floor
- 1/12- Donuts\*
- 1/13- Donuts\*
- 1/16- Martin Luther King Jr. Day
- 1/18- Wellness Committee at 1:30pm in Conf room #2\*
- 1/18- Matinee movie (TBD) at 2:00pm in the chapel
- 1/20- ArtHeads Art Class at 10:00am on 2nd floor
- 1/20- SPECIAL SURPRISE HAPPY HOUR with Tim Kreise at 2:30pm
- 1/20- PAYDAY\*
- 1/21- Emmett Norrie at 2:30pm on the 1st floor
- 1/26- MYO Hoagie Bar\*
- 1/25- Resident education program- Avoiding scams & cyber security at 2:30pm in the chapel
- 1/27- MYO Hoagie Bar\*
  
- NOTE- Catholic Service moved to the chapel at 1:00pm
- BINGO every Thursday at 3:00pm in the chapel
  
- staff are invited and encouraged to attend the Safety and Wellness Meetings
- All activities and times are subject to change.

