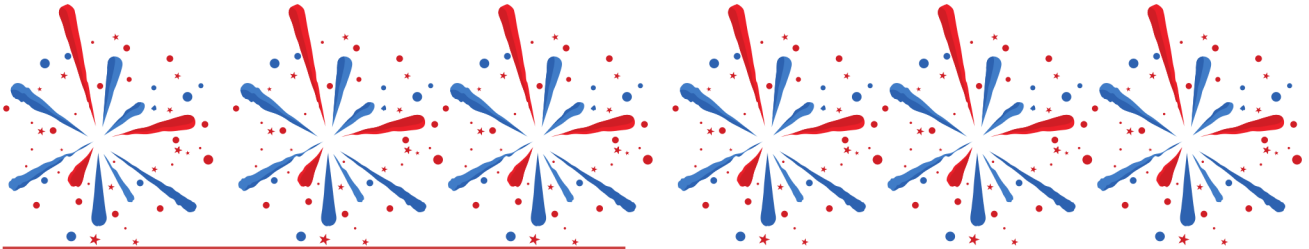


Samaritan Bethany Bulletin

The official newsletter of Samaritan Bethany Home



In This Issue:

Health and Wellness

Live well, Eat Well

From the Kitchen:

Spinach Blueberry Salad with
Ginger Lemon Vinaigrette

and much more!

Summer has a flavor like no other.
Always fresh and simmered in sunshine.

Oprah Winfrey

*'Cause a little bit of summer
is what the whole year
is all about.'*

John Mayer

"It's a smile,
it's a kiss,
it's a sip of wine...
it's summertime
Kenny Chesney

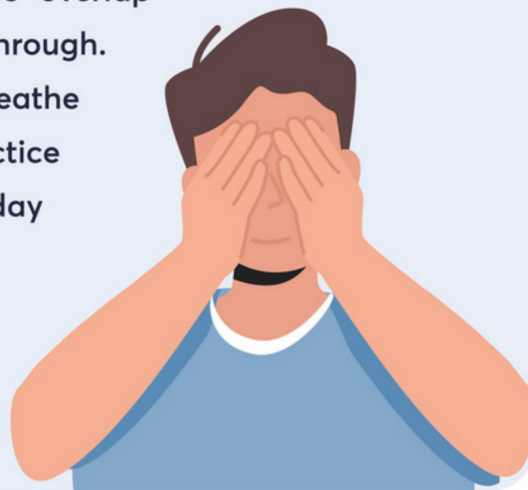
LIVE WELL:

Healthy Vision

Research consistently shows that adults spend an increasing amount of time using devices like computers, phones, and TVs. The downside? Eye strain, double vision, and headaches can result from too much screen time, making eye care more important than ever.

GIVE IT A TRY!

To soothe digital eye strain, improve circulation around the eyes, and above all, relax, try cupping your hands and gently placing them over your eyes, without applying pressure. Let your fingertips overlap and try not to let any light through. With your eyes covered, breathe deeply for one minute. Practice this exercise throughout the day or use it to unwind before bedtime!



Eat Well:

Eat Your Water

From aiding digestion and normalizing blood pressure to delivering nutrients and oxygen to cells, water supports the proper functioning of all bodily systems. Since it accounts for approximately 50% to 60% of body weight and is lost through daily functions like sweating, breathing, and urinating, replenishing with fluids throughout the day is vital for overall health. In addition to drinking beverages containing water, hydrate with what's on your plate!

Water Content:
80 – 90%

Cottage Cheese (80%)

Plain Yogurt (88%)

Oranges (88%)

Peaches (89%)

Cantaloupe (90%)

Water Content:
90 – 95%

Strawberries (91%)

Cauliflower (92%)

Tomatoes (94%)

Cucumbers (95%)

Lettuce (96%)



photo by Food and health.com

PLEASE HELP!

We are asking for help keeping the staff food pantry stocked. We are looking for the following items:

- boxed meals (Hamburger helper, etc.)
- canned meats (chicken, tuna, etc.)
- personal items like toilet paper, paper towels, shampoo, and other personal hygiene products
- 100% fruit juice
- snack crackers, trail mixes, nuts, popcorn

What's Cooking in the Kitchen:

Spinach Blueberry Salad with Ginger Lemon Vinaigrette

Recipe from: Food and Health.com yield: 6 servings

Salad Ingredients:

- 1 bag baby spinach leaves
- 1 pint fresh blueberries- rinsed
- 1 cucumber- sliced and quartered
- 2 green onions, chopped
- 1/3 cup chopped walnuts
- 1/3 cup feta cheese crumbles

Dressing Ingredients:

- 1/4 cup canola oil
- Juice of 1 lemon
- 1 tsp. sesame oil
- 1 tsp. ginger paste
- 1 tsp. honey

Directions:

- WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Wash, drain, and dry lettuce.
- Wash & dry spinach leaves and place in a large bowl.
- Add blueberries, chopped cucumbers, green onions, walnuts, and feta cheese.
- Whisk the canola oil, lemon juice, sesame oil, ginger paste, and honey together for dressing.
- Drizzle dressing over salad and toss right before serving.
- Maintain <40F

MOVE WELL:

Outdoor Activities

Warm weather provides the perfect opportunity to incorporate physical activity into your everyday life, even during busy days! Simple switches and small tweaks can get your heart rate up and turn normal activities into something fun, whether spending time alone or with others. Check out some easy ways to fit outdoor exercise into your daily routine!



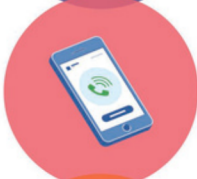
Stroll Around Town

Instead of driving, hit the open road on foot to squeeze in steps and get some fresh air



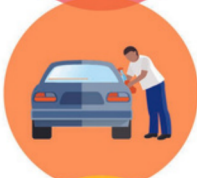
Bike To The Store

Try cycling to accomplish daily errands while logging miles at the same time



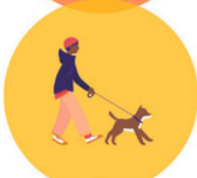
Walk And Talk

Whether working from home or in the office, incorporate walking meetings for a productive boost of physical activity



Wash Your Car

Enhance daily activity with movements such as leaning, bending, reaching, and scrubbing



Walk The Dog

Pet or no pet, step outside each evening to stretch your legs and aid post-dinner digestion



Make Active Plans

Suggest a walk, hike, or (socially distant) fitness class to move more while enjoying time with friends

Wellable

BE WELL:

Seasonal Shopping

Eating seasonally is good for the environment, often supports local farms, reduces your carbon footprint, and can save you money!

Try these July seasonal produce today!

WATERCRESS



Health Benefits

- Lowers blood pressure
- Boosts iron absorption
- Improves bone health



Quick Tip

The water content of watercress with dark green, crisp leaves is 95%, making it highly perishable. To keep greens fresh, wrap a wet cloth or paper towel around stems and place in a plastic bag before storing in the fridge.

MULBERRIES



Health Benefits

- Fights inflammation
- Improves immunity
- Supports kidney health



Quick Tip

Mulberries are a colorful, nutritious fruit that can be eaten fresh, cooked, or dried. To dry out the fruit, slice berries in half and place them in the oven on low heat for six to eight hours. Add dried mulberries to granola, trail mix, or muffins for a sweet crunch!

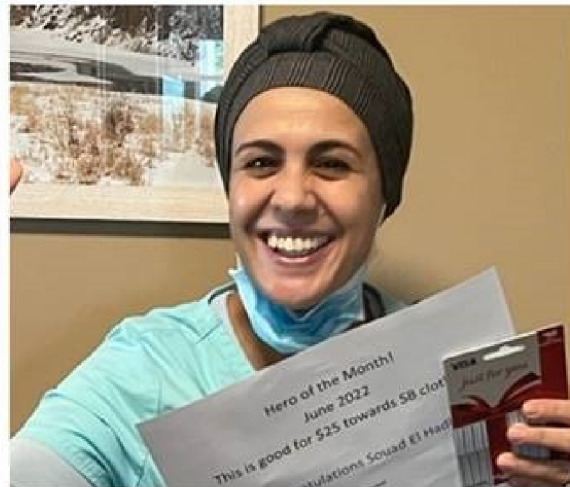
everyday **HEROES**

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

Souad cares for residents by putting their needs and wants before hers. She knows what they like and makes sure they have it all the time, constantly going out of her way to get what they desire.

Souad serves as a role model/team player: **Souad** is patient and loving towards residents. She is always on time and works hard every minute of her day providing care where needed.

Souad contributes to teamwork: Staff love working with **Souad** because she is such a great team player. **Souad** is always busy making sure the day runs smooth. She is always willing to help a co-worker no matter how busy she is.



Souad is a creative problem-solver and demonstrates excellence: **Souad** will suggest another way of approaching a problem or being creative in making the day better.

A co-worker said: "I always have a good day when we work together because she is a caring person who works from her heart. We are blessed to have her on our team"



Souad El Hadi

June 2022

Caregiver on CV3

Outstanding service is **MY SUPER** power

From the Safety Committee:

The first step in preparing for an emergency begins with YOU!

As staff receive training on what to do in an emergency here at Samaritan Bethany, it is important to know that emergency planning begins at home.

These plans need to address things like:

- An alternate person to pick up kids from school/daycare
- Preparing an evacuation route
- Knowing where you will meet in case of an emergency
- Preparing an emergency kit for your family
- Creating a family communication plan
- Knowing who will receive emergency alerts & warnings- to warn others

Consider what types of disasters may strike in your area.

1. Put together a plan with your friends or family
2. Consider any special needs in your household
3. Fill out a family emergency plan
4. Practice the plan with your family

Ready.gov

Ready.gov has a wealth of resources, including the following:

ready.gov/plan

-to find references on plans

ready.gov/kit

-to find references on building an emergency kit

ready.com/low-and-no-cost

-to find references on preparing for a disaster that are low or no cost, including an app, free classes, etc.

Scrub Sale!

Monday, July 18
12:00pm - 3:00pm

Payroll Deduction - Cash - Credit Card



Sign-up to get email reminders and a coupon to use on our next visit!

Scan the code with your phone:



Can't scan the code above? Go to scrubsonwheels.com/remind-me and use the code below to sign up:

4DXW7N



Phone: 866-727-8273

Fax: 574-970-0382

www.scrubsonwheels.com

WELCOME TO THE FOLLOWING NEW EMPLOYEES:

SHANNON SVENDSEN- NH COORDINATOR CV4
DAISHANEY PHILLIPS- HOMEMAKER CV5
ABIGAIL ALCOCK- CARE ATTENDANT- AT
ISABELLA SMITH- CARE ATTENDANT- AT



Do you have an article or special event to add to the newsletter?
Submit information to aleque@samaritanbethany.com



Our June birthdays include:

RESIDENT BIRTHDAYS

- P Schatz- July 1
- A Yaseri- July 1
- S Smith- July 9
- E Gehrking- July 9
- H Smith- July 12
- M Anderson- July 21
- D Durgin- July 24
- K Ross- July 26
- K Jensen- July 30

STAFF BIRTHDAYS

- Margaret Beiswanter- July 1
- Ashley Sullivan- July 2
- Tamara Martin- July 11
- Karen Mader- July 12
- MD Rahman- July 12
- Nicole Stokey- July 13
- Matt Hrabak- July 15
- Daishaney Philips- July 20
- Jordan Mitchell- July 22
- Mesgana Faye- July 24
- Joshua Jones- July 26
- Lisa Klein- July 26
- Kristen Burke- July 28
- Dee Erbe-Shea- July 29
- Nicole Armstrong- July 29
- Ronnie Robertson- July 30





Dog Days Of Summer



Chaplains Corner

Thinking of Independence Day, July 4th, a day we celebrate our freedom, I'm reminded of the writing of the Apostle Paul.

Paul's writing, his ideas, are a fundamental foundation for the principles of freedom we enjoy. Paul's notions are foundational for Western Civilization and culture. Paul fleshes out the understanding of individual rights and freedoms way back in the 1st Century, only a couple of decades after Jesus' Resurrection and Ascension.

Paul teaches us that every individual person is a created *Child* of God, a person who has intrinsic value because God has given us his Spirit in our interior lives, our essence as human beings. Therefore, at our basic level as created beings, we are equal in God's eyes. We are unequal in the outcomes in many categories: wealth, health, intelligence, wisdom, abilities, strength, the list is endless. But, essentially, as Children of God, we are all equal in Spirit. We all have dignity and worth.

So, when our Founding Fathers stated that we have certain "*inalienable rights*" that "*these truths are self-evident*," they are reflecting Paul's ideas. These truths can only be *self-evident* by God's revealing light. Plato mentions this idea centuries before Christ in his cave analogy. We can only see immutable objective truths by the light that shines into our darkness from outside our "*cave*" outside ourselves, truths that make our world make sense. It's the *logos* John's Gospel points to, the revealed truth that makes our world make sense, our shared language make sense, in which our individual lives make sense.

You may have found that there is a *God-shaped hole* in each of us. Only God can satisfy that missing piece in each of us. When we cooperate with that realization, our lives make sense and we are at peace, *the peace that passes all understanding*, as Paul says.

This 4th of July, let's honor the development of this notion of democratic freedom that has developed over the centuries. Take notice of how freedom has grown to include more and more people. Compare how this has developed among other cultures and you will see how precious our freedom is, how worthy it is of our sacrifice, and honor it as it should be. Then you will know why others want to live in land like this one, with the freedom and principles we have. This experiment in a constitutional republic only works with a people who take our Judeo-Christian foundation seriously.

Let freedom ring!

Happy Independence Day!

Pastor Glen

4TH OF JULY WORD SCRAMBLE

TTICIAOPR	SFKIEORWR
YJLU	HFRUOT
EOEMDFR	EAAIMRC
SSPTEIR	SSRAT
SSTAE	BEEEARLCT
GAFI	EANMHT
DRE	DEDECENENPIN
ITWEH	OYIADHL
UBLE	ADAREP

Answers (left to right): Patriotic, Fireworks, July, Fourth, Freedom, America, Stripes, Stars, States, Celebrate, Flag, Anthem, Red, Independence, White, Holiday, Blue, Parade

Calendar of Events: July

- 1- Great Harvest Bread *
 - 1- Happy Hour w/pizza and music by Allison
 - 4- Independence Day- watch fireworks out SOUTH facing windows
 - 6- Zumbro Lutheran Gathering (Chapel)- 10:10am
 - 6- Piano music with Michael Nelson- 3pm
 - 7- World Chocolate Day
 - 7- PAYDAY*
 - 8- Staff Grill Out*
 - 8- Happy Hour- 2:30pm
 - 11- Afternoon Matinee (Chapel) "Butch Cassidy and the Sundance Kid"
 - 12- SouthEast Summer Singers (Chapel)- 3pm
 - 12- Safety Committee- 1:30-2:30pm on 3rd Heritage*
 - 13- Bingo in the chapel- 3:15pm
 - 14- Pasta Bar*
 - 15- Pasta Bar*
 - 15- Happy Hour w/music by Tim Kriese- 2:30pm
 - 18- Scrubs Truck*
 - 20- Bluegrass/country music with Gary Froiland- 3:30pm
 - 20- Wellness Committee- 1:30-2:30pm in Conference Room #2*
 - 21- PAYDAY*
 - 21- Everybody Deserves a Massage Week- Chair Massages 10-2pm! Call 4103 to schedule*
 - 22- Everybody Deserves a Massage Week- Chair Massages 10-2pm! Call 4103 to schedule*
 - 22- Staff Grill Out*
 - 22- Happy Hour- 2:30pm
 - 26- Guitar & vocals w/Luke Hendrickson- 3pm
 - 27- Bingo in the chapel- 3:15pm
 - 28- Hot Dog Bar*
 - 29- Hot Dog Bar*
 - 29- Happy Hour- 2:30pm
- staff are invited and encouraged to attend the Safety and Wellness Meetings

