

# Samaritan Bethany Bulletin

The official newsletter of Samaritan Bethany Home



## In This Issue:

The Summer Safety Issue

Health and Wellness

Live well, Eat Well

From the Kitchen: Chicken  
California Wrap

and much more!

*"Summertime is always the best of  
what might be."*

Charles Bowden



*Live in the sunshine.*

*Swim in the sea.*

*Drink in the wild air.*

Ralph Waldo Emerson



*Then followed that beautiful season...  
Summer... Filled was the air with a  
dreamy and magical light; and the  
landscape lay as if new created in all  
the freshness of childhood.*

Henry Wadsworth Longfellow

## LIVE WELL:

## Safe Summer Fun

Summer is the perfect time to enjoy quality time outside! From al fresco dining to engaging in social activities with friends and family, follow some helpful tips to safely take advantage of outdoor activities.



Prepare food with safety in mind by routinely removing grease buildup and never leaving a hot grill unattended



Apply sunscreen with at least SPF 15 every two hours



Throw away any cold foods left outdoors for longer than an hour



Protect your eyes from the sun's harmful UV rays by wearing sunglasses and a hat



Ensure your car is in top working condition before heading out on a road trip



Never swim alone and always in the presence of a lifeguard or someone who has their eye on the water

# EAT WELL:

## Dehydration First Aid

Dehydration can occur when the body loses more fluids than it takes in or does not have enough fluids to carry out its normal functions. Hydrating as heat and humidity increases is vital for safety, and recognizing signs and symptoms of dehydration is the first step toward protecting yourself! Be proactive, stay hydrated, and seek medical help if symptoms persist.

### Signs & Symptoms

- Extreme thirst
- Dizziness or confusion
- Less frequent urination
- Heart palpitations
- Sluggishness or fatigue
- Dry mouth, lips, and eyes



### Hydration Tips



- ☐ Drink up—be proactive and keep water nearby
- ☐ Use an eye-catching water bottle as a visual cue to hydrate
- ☐ Stay nourished with water-rich foods like watermelon and cucumber
- ☐ Infuse water with fruit overnight for an added pop of flavor
- ☐ Listen to your body and monitor for signs of dehydration



photo by Canva

With summer coming, be sure to check out your local Farmer's Market for fresh produce on a weekly basis!

Mantorville- Tuesdays- Riverside Park  
Pine Island- Fridays- behind Island Market  
Plainview- Wednesdays- Bennett's Food  
Red Wing- Saturdays- at the train depot  
Rochester- Saturdays- Graham Park  
St. Charles- Thursdays- City Hall  
Wabasha- Wednesdays & Saturdays- By Hardware Hank  
Winona- Saturdays- Levee Park  
Zumbrota- Tuesdays- East Park

## What's Cooking in the Kitchen: Chicken California Wrap

Recipe from: MealSuite      yield: 6 servings

### INGREDIENTS

- 1/3 cup Ranch Dressing
- 1/3 cup Avocado, Frozen (fresh is fine too)
- 6 each, 10" tortillas
- 6 leaves, Green leaf lettuce
- 1.5 each, Tomato, fresh- Sliced thin
- 6 each, 4 oz Grilled Chicken breast- Cut into 3/4" pieces

### DIRECTIONS

1- WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Wash, drain, and dry lettuce.

2- Spread 1 Tbsp of dressing on one side of tortilla with 1 Tbsp of avocado.

3- Arrange chicken pieces, tomato, and lettuce on top of the side of tortilla with the dressing. Fold tortilla at bottom, fold in sides, then roll from bottom to top. May slice wrap in half or thirds for easy handling.

4- Maintain <40F

Optional: May add sliced red onions

# MOVE WELL:

## Summer Exercise

When the weather is nice, it is the perfect time to take your workout outside. Try one of the exercises below this summer to enjoy the outdoors while staying physically active!



### Swimming

Whether done in a pool, lake, or the ocean, swimming provides a great cardio workout that is gentle on the joints and works the entire body



### Jumping Rope

This full-body workout helps improve coordination and burns more than 10 calories per minute while strengthening your legs, shoulders, and arms



### Hiking

A hike in the woods is beneficial for both mind and body as this weight-bearing exercise improves bone density and balance while also boosting mood

# BE WELL:

## Beat The Heat

With summer fun comes the risk of excessively hot weather known as heat waves. This type of weather increases risk of exhaustion, dehydration, and heat stroke. Check out the tips below to stay safe as the weather warms, and make sure to follow your doctor's advice if you have a medical condition.



### Prepare Early

Monitor the weather and prepare yourself and your home before a heat wave arrives to reduce the risk of being caught off guard by extreme heat



### Pace Yourself

Slow down and shorten warm weather workouts, aim to move in the morning or evening when temperatures are lowest, or stick to shady pathways and trails to avoid overheating



### Dress Smart

Wear light-colored, loose-fitting clothes made from natural fibers to stay cool, avoid heat rash, and prevent infection



### Stay Hydrated

Be proactive by keeping water nearby and avoid alcoholic or sugary drinks as they can make dehydration worse



# everyday **HEROES**

**Sok** is committed to Samaritan Bethany's mission and values:

Sok always does his best. He does more than is required of him without being asked and is always willing to help anyone in need.

**Sok** serves as a role model/team player: Sok works overnights, keeping our nursing home clean. He works hard and is ready to pitch in and help others. He is always pleasant and cheerful and likes to joke around.



**Sok** demonstrates excellence: Sok has worked for Samaritan Bethany for 11 years. His work is always top top quality, he is kind and he is dependable. We are very lucky to have him!



**Sok Sin**  
**May 2022**

Environmental Services Partner

Outstanding service is **MY SUPER** power

# FROM THE SAFETY COMMITTEE:

## Be Prepared!

We are providing training on emergency planning for sheltering, relocation, and evacuation. What things do we do in an emergency?

We have trained individuals that will assess the hazard and determine if the threat is immediate vs. impending, and if the threat is just for the facility or community wide. Based on the answers, a plan is formed and we may do one of the following actions:

**Shelter-in-place:** Protects the residents on the current neighborhood when relocation or evacuation is impractical due to the type of threat or timeline

- o Weather (wind/tornado): close drapes and room doors, move residents away from windows as practical, move and alert visitors and staff to threat.
- o Security (internal threat): close room doors for internal threat, close doors in hallways, other actions per Incident Commander. Alert visitors and staff to situation
- o HAZMAT: follow instructions per safety/security/Incident Command

**Relocation:** Protect residents by moving them to a safer area of care within the facility, usually the adjacent smoke compartment but sometimes vertically or to other non-adjacent households.

- o ANYONE recognizing an imminent danger to residents or others shall take immediate steps to safeguard those in danger including resident movement. Residents in imminent danger should be moved first, residents who are ambulatory and visitors second and non-ambulatory residents third.
- o Relocation may also be used to adapt to an area-specific problem such as a water pipe burst, electrical outage, etc. Neighborhood nurse should coordinate with the Incident Commander.

**Evacuation:** Movement of residents from the facility to another institution. This may be a partial evacuation (certain neighborhoods or residents) or a complete facility evacuation and is undertaken as a last resort, initiated by the Incident Commander.

Evacuation of residents and staff out of the Care Center building should be a last resort. Care Center evacuation is an entirely different process than that recommended for schools and factories. In the latter establishments, the objective is to clear the building in less than three minutes. In a Care Center, the residents should be removed from the danger area to a safe area within the building if possible. Each neighborhood has a system in the emergency kit in the tub room that is used to track residents.

**You will have the opportunity to ask questions at staff and resident council meetings when trainers come to explain the emergency procedures.**



# We are hosting a FOOD DRIVE for June!

Bring items to the front desk during regular business hours, and we will get them up to the food pantry.

Some items we go through frequently include the following:

- Canned meats and fish, such as chicken, tuna, ham, or salmon
- Peanut butter or other nut butters
- 100% fruit juice
- Boxed meal mixes
- Baby food
- Refrigerator/freezer items such as ground beef, ground turkey, eggs, cheese, milk, etc.
- Personal items such as toilet paper, paper towels, deodorant, baby wipes, and feminine hygiene products

\*We do have lots of canned vegetables, so we are good on those for a while!



WELCOME TO THE FOLLOWING NEW EMPLOYEES:

**MARKITA CANNON- CAREGIVER**

**JENNIFER ST. MARTIN-PETERSON- OFFICE SPEC**

**ERICA MATELY- HOMEMAKER**



Do you have an article or special event to add to the newsletter?

Submit information to [aleque@samaritanbethany.com](mailto:aleque@samaritanbethany.com)

HAPPY BIRTHDAY

## Our June birthdays include:

### RESIDENT BIRTHDAYS

- P Norrie- June 5
- K Aarseth- June 6
- J Oakland- June 8
- M Jacobson- June 11
- J McWhorter- June 12
- L Holets- June 15

### STAFF BIRTHDAYS

- Janet Hofschulte- June 2
- Marc Bessingpas- June 4
- Julie Rice- June 5
- Sok Sin- June 6
- Kinsley Johnson- June 11
- Aaron Saterdalen- June 14
- Julio Vega- June 15
- Arthur Yanson- June 15
- Denise Morris- June 17
- Nuam Vongkeo- June 18
- Florence Carlson- June 22
- Michelle Schandorff- June 22
- Simone Kline- June 23
- Susan Sommers- June 23
- Marta Leveron- June 25
- Theresa Fitzgerald- June 27
- Glen Holland- June 28
- Megan Scheuer- June 28







# CHAPLAINS CORNER

As this month's news is published, we're transitioning from the Easter Season into Pentecost in the life of the Church. The Easter Season records the care and discipline Jesus offered to his disciples to help them recover from the shock of crucifixion and resurrection. Both were traumatic for the disciples. So, the lectionary lessons much of the Church uses for the Easter Season shows how Jesus led his disciples to discover for themselves the truth of his Passion and Resurrection. Jesus is telling us that ultimately we'll be better off after his Ascension when the *Advocate*, the *Holy Spirit* will descend upon them.

I think this means that instead of locating God's Spirit in one tiny footprint where Jesus stood, now he's available everywhere, all the time. Wherever two or three are gathered in Christ's name, there he is. And, even when we're alone. I think Jesus is pointing out that God has been there all along. Hence, the 23rd Psalm. *Even though I walk through the valley of death, I know you are with me.*

The Holy Spirit is meant to *remind us* what Jesus taught, to teach us what we are to do according to the principles of Jesus' teaching, that we may find our way forward faithfully and fruitfully. The Holy Spirit is meant to help us do even greater things than what we did when Jesus was physically present with a tiny minority of followers. It's their witness that guides us, along with the current presence of the Divine in the Holy Spirit.

The Pentecost Season starts June 5th. It's the longest Season in the life of the Church. It ends with Advent. I suppose then, the Pentecost Season is meant to be our training ground for life. We need lots of practice. It's like the old joke: *"How do I get to Carnegie Hall? Practice. Practice. Practice."*

We'll never get it perfect. Maybe we'll get lucky achieving perfection once in a while for a fleeting moment or two. Often times the perfect is the enemy of the good. I like Vince Lombardi's quote on disciplining his Green Bay Packers to several titles in the NFL. *"We aim for perfection and achieve excellence."* As people of faith, we aim for the ideal of Jesus and help create a better world and better people.

Happy Pentecost!

Chaplain Glen





# SUMMER

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

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By Evelyn Johnson - [www.qets.com](http://www.qets.com)

August  
Barbecue  
Baseball  
Boating  
Camping  
Canoeing  
Flowers

Gardening  
Grass  
Hiking  
Holiday  
July  
June  
Outdoors

Picnic  
Play  
Summer  
Sunshine  
Swimming  
Travel  
Watermelon

# Calendar of Events: June

- 2- Salad Bar \*
- 2- Rochester Area Accordion Band- 3pm
- 3- Salad Bar \*
- 3- Happy Hour on 1st w/music by Michael Gruber- 2:30pm
- 8- CBB Jazz Combo- 3pm
- 9- PAYDAY \*
- 14- Flag Day- Wear Patriotic Attire
- 14- Safety Committee- 1:30pm; Hert 3 \*
- 14- PARADE- 2:30pm- meet on main floor in living room
- 15- Wellness Committee- 2:30pm; Conf #2 \*
- 16- Hamburger Bar \*
- 17- Hamburger Bar \*
- 17- Arbor Terrace Sidewalk Sale
- 19- Father's Day
- 21- First Day of Summer
- 22- Music with Craig Morton- 3pm
- 23- PAYDAY \*
- 23- Auxiliary Sidewalk Sale
- 30- Have 2nd Quarter Educare Done \*
- 30- Great Harvest \*

\*Staff events/meetings- All staff are invited and encouraged to attend the Safety and Wellness Meetings

