

# The Samaritan Bethany Bulletin

The official newsletter of Samaritan Bethany Home

*Samaritan*  *Bethany*



in this issue:

The Eat Well Issue

health and wellness

Live well, Eat Well

from the kitchen:

Irish Chicken

and much more!

Happy  
St Patrick's Day!

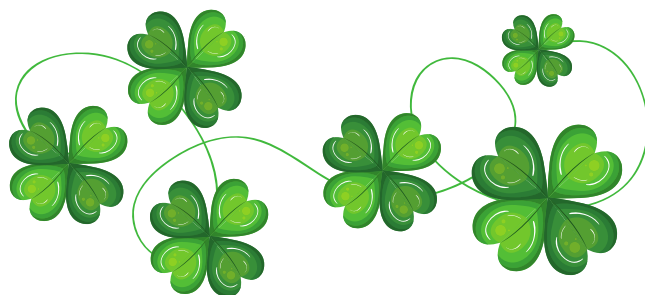
Irish Blessings

"May your blessings outnumber  
the shamrocks that grow  
and may trouble  
avoid you wherever you go."

May your troubles be less, your blessings be  
more, and nothing but happiness come through  
your door.

For each petal on the shamrock.

This brings a wish your way:  
Good health, good luck, and happiness for  
today and every day.





Pick up your seeds and start planning today!

You can pick up seeds at Walmart, a local nursery, or order some speciality seeds from the following places:

<https://territorialseed.com/>

<https://www.seedsavers.org/>

<https://www.highmowingseeds.com/>

<https://www.superseeds.com/>

<https://www.burpee.com/>

<https://www.gurneys.com/>

## Live Well: Growing Vegetables, Community Gardens & CSA's

Growing your own vegetables-While you may not be thinking about planting or gardens while the snow continues to fly, now is a perfect time to start planning. Your options for fresh fruits and vegetables change depending on if you have the room to grow your own or if you plan to buy them.

Grow your own- If you have a garden area at home, or you want to try your hand with some potted vegetables, now is a great time to check out the seed catalogs to make your plan.

Community Gardens- If you don't have your own land, check to see if there are open spots at a community garden. This way you still have the option to grow your own! There are a few locations throughout the area, and there may be one near you!

CSA- (community supported agriculture)- This is a process where you pay ahead for a share of the farms produce. Once the produce starts coming, you will get weekly deliveries or pick up the produce from a central location. This often provides a wide variety of produce over the course of the summer. Check out the link for locations near you.

<https://minnesotagrown.com/csa/>

# Eat Well: Plant Based Eating



*What does your plate look like?*

## Plant-Based Eating: Eat More Plants and Less Animals

How do you rate your plate? Recommendations for health and wellness advise us to eat more fruits, vegetables and whole grains, while cutting back on meats and foods from animal sources. Eating enough fruits and vegetables is linked to a lower risk of developing chronic diseases and may also help protect against certain types of cancer. Shifting meal planning from meat-focused meals by including more vegetables, fruits and whole grains, can be delicious and satisfying, besides giving your body the right stuff. Plant-based eating is budget friendly and good for the environment as well.

The USDA created MyPlate to guide Americans on how to fill their plates for health, wellness and caloric balance. The MyPlate model shows that meat and animal proteins no longer are “The-Center-of-the Plate Star.” Serve-up meats as a side-dish sized portion, rather than the main feature on the plate for the meal. A standard portion of cooked meat is three ounces, which looks like a deck of cards in size. Swap out half of the meat or poultry in a recipe by adding vegetables, starchy beans or lentils for half of the meat a recipe calls for. This will decrease calories from saturated fats, which are only found in animal proteins; most fruits & vegetables are very low in fat or fat free. Adding vegetables, fruits and beans increases the dietary fiber and micronutrients in a recipe. Many consumers are surprised to learn that vegetables and whole grains also provide adequate protein for our needs. We need protein on a daily basis; however it is optional, not essential, to choose animal sources to meet this need. Some people with severe heart and blood vessel plaque disease have reversed their heart disease by eliminating all animal foods from their diet.

Eating a rainbow of different colored fruits and vegetables daily provides a variety of health benefits. Choose at least five servings of fruits and vegetables to meet the Minimum Daily Recommendations for adults; choose whole fruits and vegetables in place of juices and smoothies. The DASH Diet, which is used to manage high blood pressure (hypertension), recommends nine or more servings of fruits and vegetables each day. With adequate fruits and vegetables in the diet, blood vessels remain elastic to regulate blood pressure, while plaque build-up and inflammation are minimized.

Top Foods to Include each day: Dark Leafy greens: lettuce, spinach, kale; Cruciferous Vegetables- broccoli, Brussel spouts, arugula, cabbage, collards, watercress; Red and Orange-carrots, squash, red peppers, tomatoes; Berry & Tree Fruits-apples, pears, cherries, and Citrus Fruit-oranges, grapefruit, lemons, limes.

Human digestion is supposed to take time. Most Americans fall short of their daily dietary fiber needs due to opting for processed grains and breads, and/or choosing too few fruits and vegetables with meals and snacks. When we choose fiber rich whole grains, fruits and vegetables routinely, we can easily meet daily fiber requirements ( 25-30grams daily) with improved satisfaction and fullness at meals and snacks. In our busy lives, boxed meals, refined breads, instant or quick-cooking grains and fast food are convenient options, but may not align with goals for health and wellness. Choosing whole grains can add new depth and flavors to a meal or snack, while also minimizing added calories from fats or sugars.

Top Foods to Include: whole wheat pasta, breads, tortillas(corn or wheat), crackers, oats, brown rice, corn/popcorn, barley.

When you have your next meal or snack, take a pause and evaluate the food you have plan to eat. Aiming for more fruits, vegetables and whole grains on a daily basis could be as simple as choosing a piece of fruit instead of fruit juice, or adding diced onions or celery to a casserole, or having whole wheat bread instead of white. Including meals and snack options from fruits, vegetables and whole grains are a necessary part of a healthy diet for our bodies to feel and function well. Eat more plants and fewer animals is a good guideline for healthy nutrition. How do you rate your plate? Check out MyPlate.gov and EatRight.com for resources.





photo by Canva



## What's Cooking in the Kitchen: Irish Chicken

Recipe from: The Samaritan Bethany Culinary Staff

yield: 12 servings

### Ingredients

- 1 oz unsalted butter
- 7# bone-in chicken, or 12 boneless breasts
- 1 tsp paprika
- 1 tsp garlic herb seasoning
- 2 cup heavy cream
- 1 oz salted butter
- 1/2 cup fresh leeks- sliced and cleaned
- 1/3 cup bacon bits (real, or diced fresh cooked bacon)
- 1 Tbl chicken paste (or base)
- 1/2 cup 1/2 & half

### Instructions

- Wash hands before beginning preparation & Sanitize surfaces & equipment
- Tray up chicken on sheet pans sprayed with food release. Brush chicken with 1st quantity of butter, melted. Sprinkle paprika and garlic herb seasoning evenly over chicken.
- Bake at 350 F for 1 hour or until temperature reaches 165 F.
- Heat heavy cream in double boiler.
- Saute' cleaned, sliced leeks with bacon bits in second portion of butter and then add to cream.
- Dissolve the chicken base into cream and sauce will thicken when hot.
- Add 1/2 & 1/2 until you have the right consistency.
- May pour sauce over chicken and put back in oven to set flavor into chicken, or serve chicken draped in sauce.
- Best served over pasta or rice.

# Move Well: Stretching

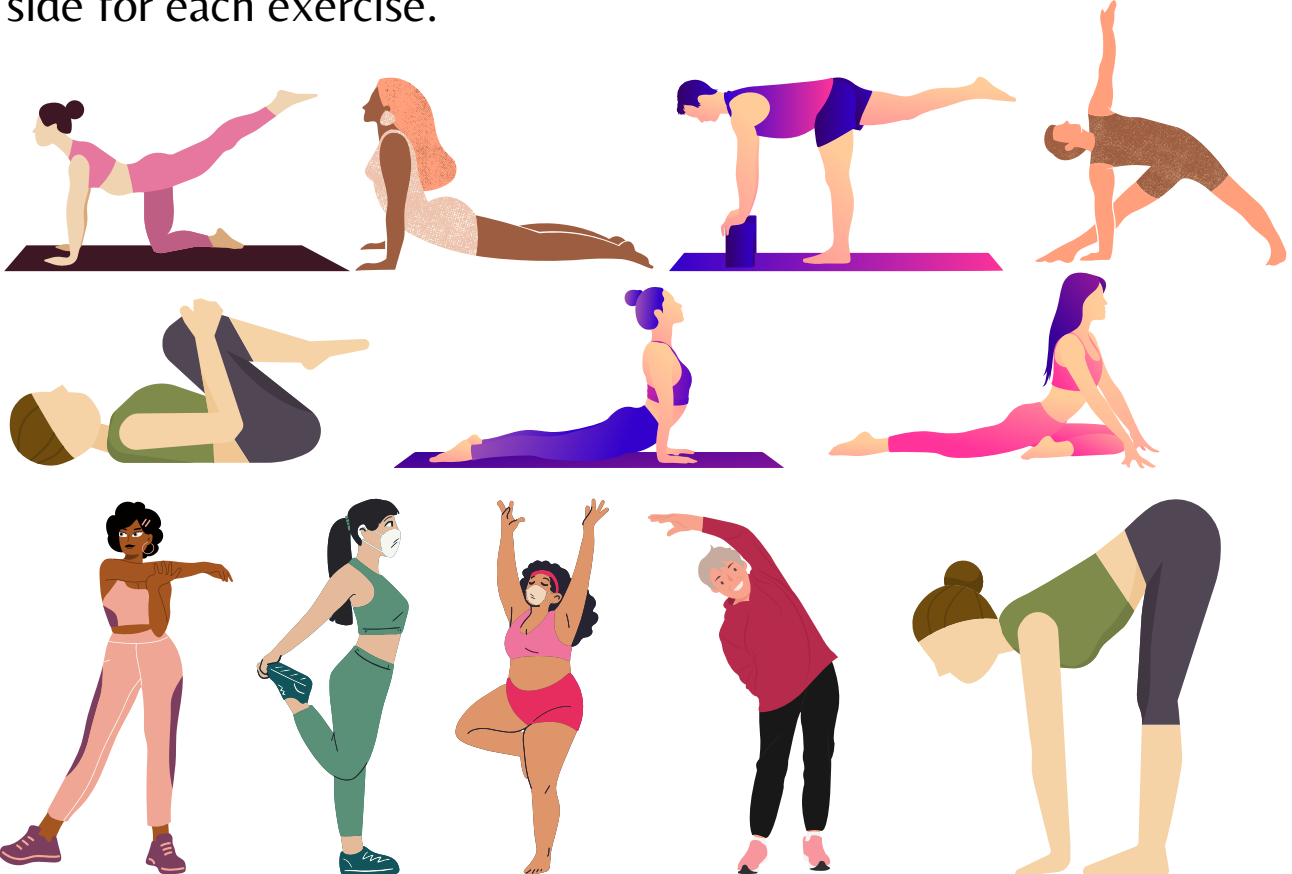


Stretching in the morning before you start work is a great way to start the day. This way your muscles are warm and ready to go.

Hold each stretch for 15-20 seconds and only stretch as far as it feels comfortable. If it hurts, you are pushing too far!

Stretching keeps the muscles flexible, strong, and healthy. By stretching, you help maintain range of motion in your joints and help prevent injuries.

Try some of the stretches below, making sure you stretch on each side for each exercise.



# Be Well- Grocery Guide: Labels, Swaps, and On-the-Go

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## FOOD SWAPS

By being mindful of what is on the label, you can increase things you want to, while you decrease things that you don't want. **Some good swaps that you might want to try include the following:**

### **Instead of:**

Sour cream  
Potato Chips  
Fruit juice  
Mixed nuts  
Ground beef  
White pasta  
French fries  
Jarred tomato sauce  
Frosting

### **Try:**

Greek yogurt  
Popcorn  
Whole fruit pieces  
Trail mix  
Ground turkey  
Whole wheat pasta  
Sweet potato fries  
Crushed tomatoes  
Whipped cream

Do you know what the new Nutrition Facts labels say? What about smart swaps or good snacks to grab and go?

Understanding the Nutrition Facts Label

1- Check the **Serving Size** first. All the numbers on this label are for a 2/3 cup serving.

2- **This package has 8 servings.** If you eat the whole thing, you are eating 8 times the amount of calories, carbs, fat, etc., shown on the label.

3- **Total Carbohydrate** shows you types of carbs in the food, including sugar and fiber.

4- Choose foods with **more fiber, vitamins, and minerals.**

5- Choose foods with **lower calories, saturated fat, sodium, and added sugars.** Avoid trans fat.

## Grab and Go

Grab and go foods can help you get through the week if you plan ahead on your days off.

By having these foods on hand and/or preparing them ahead of time, you can make snacks on the run much easier.

Easy grab and go items include the following:

Granola bars and/or trail mix  
Popcorn  
Roasted chickpeas  
Apples, Cuties, or other fruits  
Boiled eggs  
String cheese  
Jerky  
Crackers  
Salads  
Nuts

# Congratulations Mark Cabanatan February's Everyday Hero!



WELCOME to the following new employees

Spencer Mandt- Caregiver  
Halimo Mohamed- Caregiver



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)





photo by canva

The Safety Committee meets monthly to review injury reports, fire drills, ergonomics, safe patient handling, and other items related to employee and resident safety. All staff are welcome to join the Safety Committee! Call the chair, Tom Wodele for more information at Ext. 4121

## From the Safety Committee:

Every year, The Safety Committee gathers data on the employee injuries that happen each month. These injuries are reviewed to see if there are trends in time of day, work area, or type of injury. These are some of the trends seen over the past year.

- Injuries from combative residents
- Staff member transferring resident and the resident starts to fall, with the staff member then bearing all the weight of the resident- resulting in an injury to the staff member
- Repositioning (rolling or boosting) resident in bed- please get another person if you need help!
- Slip & falls- outside or tripping inside. Pay close attention to where you are walking

Please keep proper body mechanics in mind throughout the day. Bend with your knees and keep your back straight!





## Our March birthdays include:

### RESIDENT BIRTHDAYS

- J Engh– March 4
- I Mork– March 7
- J Bengston– March 15
- S Mader– March 20
- W Devries– March 24
- V Heaser– March 28
- L Anderson– March 31

### STAFF BIRTHDAYS

- Bridget Dotson– March 1– Care Att
- Jeanne Wittlief–Kerr– March 3– Hmkr
- Becky DeRoy– March 4– Culinary Chef
- Naomi Hagstron– March 6– Caregiver
- Cindy Grenier– March 8– Care Coordinator
- Sandra Garver– March 9– NBRNRS
- Zahra Hussein– March 10– NBRNRS
- Tia Maua– March 10– Caregiver
- Sue Haug– March 12– Nutrition Coord
- Bonnie Ehmke– March 13– Caregiver
- Souad El Hadi– March 13– Caregiver
- Dominic Sieve– March 16– Caregiver
- Sylvia Jurrens– March 16– HSENRS
- Natalie Pronschinske– March 17– Move in Mentor
- Josefina Borja– March 19– Office Specialist
- Barbara O'Byrne– March 22– MDS Coord
- Denis Truelson– March 23– Care Attendant
- Hawa Lual– March 25– Caregiver
- Emily Freiburg– March 26– Caregiver
- Jody Hemmingson– March 26– Caregiver
- Kristen Clark– March 28– HSENRS
- Adrian LeQue– March 28– Nutr Wellness Mentor
- Sreypheng To– March 30– Homemaker
- Sue Holden– March 31– Culinary



# Fast Fun Facts

## Mission

Providing compassionate, individual-directed care that enhances and strengthens the greater community.

## Vision

A caring home where each life has meaning and purpose.



Samaritan Bethany began operations in 1922 as  
The Samaritan Convalescent Hospital and Hotel of Rochester,  
founded by the Men's Fellowship of Peace  
United Church of Christ of Rochester as an extension of the church  
to serve those in need.

By 1956, the facility was remodeled and converted to a modern,  
113-bed nursing home, known as the Samaritan Nursing Home.





# Tattoos and Tutus!





# Spring Word Search

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

APRIL  
BEES  
BIRDS  
BLOOM  
BLOSSOM  
BUTTERFLY  
DAFFODILS

EGGS  
FLOWERS  
GREEN  
GROWING  
HATCH  
MARCH  
MAY

RAIN  
ROBINS  
SPRING  
SPROUTING  
SUNSHINE  
TULIP



## Chaplain's Column



Lent

Ash Wednesday is upon us. Lent begins.

Lent, Middle English *lente* - springtime.

Lent, 40 days of symbolic meditative journey from the dead of winter to the rebirth of spring. Symbolic of 40 years wandering in the wilderness after being freed from captivity in Egypt, 40 days while Moses patiently received God's Law on Sinai, 40 days in the wilderness as Jesus fasted and prayed before beginning his ministry that ended on the cross...and resurrection to new life.

What is it that you need to think on this *Lenten* Season? Where are you on your journey? What dilemmas and riddles do you need to solve in order to move on to new life?

On Ash Wednesday, March 2nd, we will come together as God's People to have the ashes of Palm Sunday smudged on our foreheads to remind us that *from dust we have come. To dust we shall return.*

We're mortal. We have limits. We err. We make mistakes.

Thank goodness, we are drawn to a God who is merciful, slow to anger and abounding in steadfast love. Otherwise, we'd be out of luck.

We are reminded of the dust God breathed into Adam to create human life. Our essence is spirit. It's what gives us life, purpose, meaning. Here at Samaritan Bethany we exist to give every resident meaning and purpose. I agree. That describes what I do in ministry.

What gives you meaning and purpose? What gets you out of bed in the morning? What are you willing to die for?

What are you willing to die for? You might think that's a question for another day, for a time when life gets really serious, grim, between a rock and a hard place. But, no. We give our lives day by day, minute by minute to some aim, some purpose; every day we get out of bed and put our feet on the floor. What am I going to do today? It's a question of purpose and meaning.

We give our lives day by day to something. What is that something you're giving your life to? Is it God? Or something else?

We're born with a God-shaped hole in our souls. We seek to fill it with something. Will it be God?

Happy Lent!

# Calendar of Events: March

- March 2– Ash Wednesday
- March 3– Payday \*
- March 5– FANTASTIC music by Fernando Ufret
- March 7–11 Samaritan Bethany Celebrating 100 years of service!
- ALL WEEK LONG– Samaritan Bethany Museum on 2CV
- March 7– Samaritan Bethany's 100th Birthday! 10:30am Mayoral Proclamation
- March 8– Safety Committee 1:30pm \*
- March 8– One of the best musicals of the century: Singing in the Rain 2pm
- March 9– Lenten service– Bethel Lutheran 10:30am
- March 9– Music through the decades with the Mellow Fellows– 3pm
- March 10– One of the best movies of the century: Casablanca 2pm
- March 11– 100th Anniversary Happy Hour w/more music through the decades with Ev & Vickie 2:30pm
- March 13– Daylight Savings Time Begins
- March 16– Lenten service– Zumbro Lutheran 10:30am
- March 16– Music with Craig Morton 3pm
- March 16– Wellness Committee 1:30pm \*
- March 17– Payday \*
- March 17– St. Patrick's Day– afternoon snack cart
- March 18– Happy Hour w/music by Tim Kriese 2:30pm
- March 20– Spring Begins
- March 22– Wellness Talk 1:30pm; Optimal Nutrition for Aging
- March 23– Lenten Service– Peace UCC 10:30am
- March 30– Lenten Service–Gloria Dei 10:30am
- March 30– Employee Health Fair 12:00–4:00pm\*
- March 30– Food Drive \*
- March 30– Music with Sister Luv

\*Staff events/meetings

