

# Samaritan Bethany Bulletin

The official newsletter of Samaritan Bethany Home



## In This Issue:

The Employee Health &  
Fitness Month Issue

Health and Wellness  
Live well, Eat Well

From the Kitchen:  
Greek Orzo Salad

and much more!

May is  
Older Americans Month  
&  
Employee Health  
& Fitness Month

We celebrate our elders starting  
May 9th for  
Homes for the Aging Week

Read on for health & fitness tips.

# Live Well:

## Sleep Hygiene

The sleep rituals, behaviors, and norms you follow are referred to as sleep hygiene. As with any type of personal hygiene, there are both positive and negative practices. For example, using electronics in bed and sleeping late on weekends to make up for lack of sleep during the week are considered poor sleep hygiene, while following a regular sleep schedule and avoiding late-day caffeine are good sleep hygiene practices. Try some of the ideas below to promote healthy sleep hygiene and experience better ZZZs!



Go to bed and wake up at the same time everyday



Practice a relaxing bedtime ritual, like taking a warm shower



Exercise regularly but finish well before bedtime



Keep your room dark, cool, and quiet



Avoid harsh light at night



Nix caffeine after noon



Minimize late night, heavy meals



Don't use electronics in bed



Limit afternoon naps to 20 minutes



Avoid alcohol and stimulants before bed

Wellable

# Eat 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 May seasonal produce today!**

### SPINACH



#### Health Benefits

- Supports eye health
- Fights oxidative stress
- Reduces cancer risk



#### Quick Tip

Full of fiber and antioxidants, spinach makes a wonderfully nutritious base for a salad. Leftover spinach can pack a punch in a smoothie, and older leaves are perfect when cooked on the stove—plus, you'll absorb even more calcium and iron when prepared this way.

### PASSION FRUIT



#### Health Benefits

- Promotes skin repair
- Normalizes blood pressure
- Improves insulin sensitivity



#### Quick Tip

Passion fruit is a nutritious tropical fruit with a tough outer rind and juicy, seed-filled center. At the grocery store, choose the most fragrant one you can find and then, be patient! Passion fruit tastes the best when it looks the worst. Once the skin is dark and deeply wrinkled, you'll know it's time to dig in.



photo by AllRecipes

This quick salad takes only a few minutes to make, but it tastes like you spent all day in the kitchen! Fresh cucumbers, tomatoes, red onions, and parsley give this dish a spring feel. Make it today and let us know what you think!



## What's Cooking in the Kitchen: Greek Orzo Salad

Recipe from: All Recipes      yield: 6 servings

### INGREDIENTS

- 1 ½ cups uncooked orzo pasta
- 2 (6 ounce) cans marinated artichoke hearts
- 1 tomato, seeded and chopped
- 1 cucumber, seeded and chopped
- 1 red onion, chopped
- 1 cup crumbled feta cheese
- 1 (2 ounce) can black olives, drained
- ¼ cup chopped fresh parsley
- 1 tablespoon lemon juice
- ½ teaspoon dried oregano
- ½ teaspoon lemon pepper

### Directions

- Step 1
- Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Drain artichoke hearts, reserving liquid.
- Step 2
- In large bowl combine pasta, artichoke hearts, tomato, cucumber, onion, feta, olives, parsley, lemon juice, oregano and lemon pepper. Toss and chill for 1 hour in refrigerator.
- Step 3
- Just before serving, drizzle reserved artichoke marinade over salad.

# Move Well:

## Physical Activity

From aerobics to ziplining, physical activity includes any bodily movement that requires energy expenditure. Unfortunately, one in four adults do not meet the global recommended levels. Check out the amount and type of physical activity you should aim for each week to improve overall well-being!

### HOW MUCH?

#### Option 1

At least 150 minutes of moderate-intensity aerobic activity

+

At least two days of working all major muscle groups with strength activity

#### Option 2

At least 75 minutes of vigorous-intensity aerobic activity

+

At least two days of working all major muscle groups with strength activity

#### Option 3

An equivalent mix of moderate-and vigorous-intensity aerobic activity

+

At least two days of working all major muscle groups with strength activity

### WHAT COUNTS?



#### Moderate-Intensity Aerobic Activity

- Fast walking
- Water aerobics
- Bike riding on level ground or with a few hills
- Doubles tennis
- Mowing the lawn with a push mower



#### Vigorous-Intensity Aerobic Activity

- Jogging or running
- Swimming laps
- Bike riding fast or on hills
- Singles tennis
- Basketball



#### Muscle Strength Activities

- Weightlifting
- Working with resistance bands
- Body weight resistance exercises
- Gardening
- Power yoga

# Be Well:

## Digital Detox

Being present in a plugged-in world can be challenging. Whether it's for work, education, entertainment, or social connection, technology is always seemingly at your fingertips...but it's vital for your well-being to engage in daily interactions without tech distractions. Check out some ways you can unplug, unwind, and detox from the digital world.

Turn your phone on  
silent or airplane  
mode

Disable text, email,  
and social media  
notifications

Leave your phone in  
another room when  
in the house

Keep your devices  
screen side down

Practice device-free  
dining

Establish a time  
to enable Do Not  
Disturb

Swap screen time  
for family time

Use a real alarm  
clock (they do exist!)

Spend time in a place  
without Wi-Fi

Delete unnecessary  
apps

Create technology  
time limits

Make the bedroom  
a tech-free zone



Wellable



# everyday **HEROES**

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

LaShanda greets and welcomes her teammates warmly everyday. She brings life, love and energy to our neighborhood. She will often pick up shifts or stay longer to make sure residents are cared for. She has a wonderful laugh and brings joy to the residents and staff.

LaShanda serves as a role model/team player: LaShanda strives to care for residents to their expectation, but often goes above and beyond to make residents happy. She asks for clarification and searches for answers in her desire to do tasks correctly. She helps co-workers change the household seasonal décor to promote a warm and homey resident environment.



LaShanda is a creative problem-solver and demonstrates excellence: LaShanda will huddle with co-workers to determine how to approach the daily tasks at hand. Thanks to LaShanda's enthusiasm, the neighborhood recently started acknowledging and celebrating staff birthdays again!



**LaShanda Urban**

**April 2022**

Caregiver on CV4

Outstanding service is **MY SUPER** power

# From the Safety Committee:

## 12 Safety Tips

## FOR ANY INDUSTRY



### 1. Know your safety protocols

Make sure emergency exits are clearly marked and you know the quickest route to safety from any location in the facility.



### 2. Perfect Posture

To help avoid back pain, make sure that your shoulders stay in line with your hips when sitting, and always lift with your knees when picking up heavier materials.



### 3. Pay Attention to Your Surroundings

Learn about the risks associated with your job, and be mindful of your surroundings in order to help prevent accidents and injuries.



### 4. Take regular breaks

Taking regular breaks will help keep you fresh and alert on the job.



### 5. Report Unsafe Conditions to Your Supervisor

It's your job to make sure that your work environment stays safe for you and your fellow employees.



### 6. Keep Emergency Exits Easily Accessible

Quick, easy access to exits are necessary for any work environment. Keep the pathways to these exits clear and free of debris in order to ensure a quick and hasty escape, should you need one.



### 7. Don't Try to Impress

We can't stress this enough, use mechanical aids whenever possible. Use the dollies, forklifts and hand trucks that you have available to make your job easier and prevent injuries.



### 8. Reduce stress in the workplace

Common causes of workplace stress include long hours, heavy workload, job insecurity and conflicts with coworkers or managers. Take your concerns about workplace stress to your supervisor to see how they might help you address them.



### 9. Dress for Safety and Success

As with any job, it is important to dress the part. That means wearing comfortable clothing that is not too baggy. This will help protect you from getting caught anything that might be in your line of walking. Proper safety toe footwear is also important in your line of work.



### 10. Use Tools and Machines Properly

Take the proper precautions when using tools, and never take shortcuts. Taking shortcuts is the leading cause of workplace injury. Using tools the right way greatly reduces the chance of workplace injury.



### 11. Stay Sober

This one seems like a no-brainer, yet around three percent of workplace fatalities occur due to alcohol and drugs.



### 12. Keep the Lines of Communication Open

It's important to be aware of the government and company safety regulations that your company and industry need to abide by. Take the time to properly train new hires, and communicate up to date information regarding safety protocols and plans of action.





## Our May birthdays include:

### RESIDENT BIRTHDAYS

- G Duncomb– May 7
- L Stivers– May 7
- R Smith– May 11
- B Stoskopf– May 13
- J Flick– May 22
- R Regula– May 22
- J St. Martin– May 28
- M Yeager– May 30
- E Biers– May 31



### STAFF BIRTHDAYS

- Abby Bulman– May 3
- Joleen Asfahl– May 5
- Lynn Rundquist– May 9
- Shannon Eide– May 11
- Judy Holst– May 12
- Nadifo Mohamed– May 15
- Maria Cameron– May 15
- Etta Taylay– May 15
- Christa Ahrensfield– May 17
- Ian Holmes– May 18
- Bailey Lindquist– May 23
- Mutwakil Ibrahim– May 24
- Karin Gray– May 27
- Darlene Barth– May 29





As we celebrate Homes for the Aging Week, we invite you to participate in the festivities as you are able. The residents love it when you join them for the fun!

We especially need help pushing residents for the parade on Thursday afternoon.

WELCOME to the following new employees:

Joleen Asfahl- Caregiver

Tum Chan- Culinary Chef

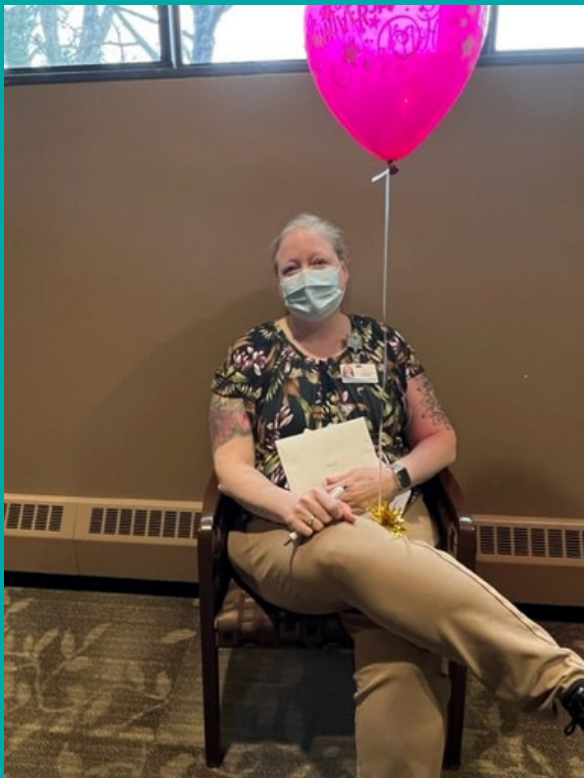


Do you have an article or special event to add to the newsletter?

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



## Wishing Blayr Well



## Happy Anniversary!

Adrian- 20 years

Marcus- 15 years



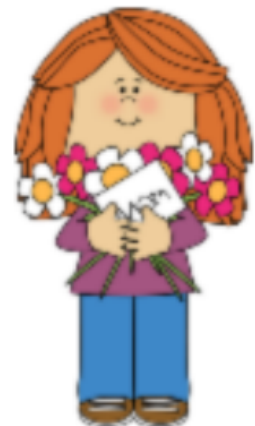
# Mother's Day



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

Advice  
 Card  
 Family  
 Flowers  
 Gift  
 Grandma  
 Helpful  
 Home

Hug  
 Kiss  
 Love  
 Loving  
 Mother  
 Teacher  
 Thoughtful  
 Wise





# Stress Management

From the Social Services Department

## How we experience stress

We all have experienced stress at some point in our lives and although it can be overwhelming, there are ways to reduce the amount of stress we feel. Stress can affect both your mind and body. When you are feeling stressed, some symptoms you may experience are excessive worry, uneasiness, tension, headaches/body aches, high blood pressure, sleep problems, stomach upset, feelings of anger & irritability, restlessness, lack of motivation, and sadness [NIMH & Mayo Clinic]. When you have awareness of what causes you to feel stress and what coping techniques work to help reduce your stress levels, it becomes more manageable to handle your stress. If you are having difficulty coping with your stress and it feels as though it will not go away, talk to someone about how you are feeling, such as a Physician, Social Worker, Nurse, friend or family member.

**Resilience** - The process of adapting well in the face of adversity, trauma, or significant sources of stress. [APA]

## How to cope with stress

Stress management enables you to build resilience to help your mind and body cope and adapt to stress. Chronic stress can lead to serious health problems, so it is important to practice stress reduction techniques.

Here are some suggestions and techniques that you can do to alleviate stress from the Mayo Clinic:

- Do something you enjoy that relaxes you, it could be reading a book, listening to music, exercise, crossword puzzles, crocheting or knitting, crafting, prayer, watching TV, or socializing with family and friends. Regular exercise, a healthy diet, and adequate sleep will also be helpful in managing stress.

### Progressive muscle relaxation

Focus on tensing and relaxing your muscles. Start by tensing and relaxing muscles in your toes and working your way up to your head and neck or vice versa.

### Visualization

Close your eyes and sit in a quiet spot. Incorporate as many senses as you can including smell, sight, sound and touch. Imagine relaxing at the lake, think about the smell of fresh air, the sound of the water, and the warmth of sun.

### Mindfulness

A type of meditation where you focus on being aware of what you are sensing and feeling in the moment without interpretation or judgment. Focus on your breathing, and bring your mind's attention to the present moment without thinking about the past and future.

#### Sources

Alvord, M., et al. (2020, February 1). Building your resilience. American Psychological Association. Retrieved April 27, 2022, from <https://www.apa.org/topics/resilienc>

Mayo Clinic Staff. (2021, November 5). Relaxation techniques: Try these steps to reduce stress. Mayo Clinic. Retrieved April 25, 2022, from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/relaxation-technique/art-20045368>

U.S. Department of Health and Human Services. (n.d.). I'm so stressed out! fact sheet. National Institute of Mental Health. Retrieved April 27, 2022, from <https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>





# Calendar of Events: May

- 1– May Day
- 3– Two Pianos Four Hands– 3PM
- 5– Cinco De Mayo
- 5– Make Your Own Hoagie Bar\*
- 6– Make Your Own Hoagie Bar\* (National Hoagie Day!)
- 8– Mother's Day
- 9– New Spring/Summer menus start
- 9– Homes for the Aging Week
- 9– Grilled Lunch
- 10– Safety Committee– 1:30pm/Hert3 \*
- 10– Pie & Ice Cream Social & Music by Ev & Vickie– 2:30PM
- 11– Young at Heart Singers– 3PM
- 12– PAYDAY \*
- 12– Parade down Broadway– 2:30pm
- 13– Ice Cream Truck– afternoon
- 18– Wellness Committee– 1:30pm/Conf #2 \*
- 19– Pizza \*
- 20– Pizza \* (National Pizza Party day!)
- 24– Wellness Talk (Arthritis & Flexibility)– 1:30pm/chapel
- 25– Sister Luv– 3:00PM
- 26– PAYDAY \*
- 30– Memorial Day

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

