

THE SAMARITAN BETHANY BULLETIN

The official newsletter of Samaritan Bethany Home



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& THANKS TO SUE**

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Welcome Back Kyla Berg!

by Adrian LeQue

Kyla Berg, the Community Leader at the Home on Eighth returned from leave on October 21, 2021. Kyla welcomed a baby boy on July 22, 2021 and spent some much deserved time with her new new baby.

We are very happy to have her back, just in time for the holidays!

We want to thank Sue Knutson, Mission Leader for all her help during the time Kyla was on leave. We know it was a lot of work and Sue did a fantastic job taking care of everything!



Three Good Things: How to De-Stress

The Three Good Things exercise is intended to increase happiness and a sense of wellbeing. It does this by a simple method of redirecting attention towards positive thoughts and away from negative thoughts. Human beings have evolved to spend much more time thinking about negative experiences than positive ones. We spend a lot of time thinking about what has gone wrong, what stinks about life or how we aren't stacking up. In the past there may have been an evolutionary advantage to this way of thinking, since it seems to be innate. However, for modern humans this negative bias is the source of a lot of anxiety, depression, and general lack of wellbeing. Luckily, by re-directing our thoughts on purpose towards positive events, we can do a lot to correct this negative bias.

Each night before you go to sleep:

1. Think of three good things that happened today.
2. Write them down.
3. Reflect on why they happened.

Step 1: Think about anything good that happened to you today. It can be anything at all that seems positive to you. It need not be anything big or important. For example, you might recall the fact that you enjoyed the oatmeal you had for breakfast. On the other hand, you might also recall that you got a good grade on a test, or you had uninterrupted sleep. Anything from the most simple to the most exalted works, as long as it seems to you like a good, positive, happy thing.

Step 2: Write down these three positive things.

Step 3: Reflect on why each good thing happened. Determining the "why" of the event is the most important part of the exercise. For example, you might say that your oatmeal tasted really good this morning because your partner took the time to go shopping at the local farmer's market, where they have fresh, organic oatmeal. Or you might say that your child took its first step today because God was pouring blessings down upon your family, or because it really wanted to get to some cookies on the table. You get to decide reasons for each event that make sense to you.

This method was created by psychologist Martin Seligman. He is considered to be an expert on depression and happiness, has been called the "father of Positive Psychology," and one of the preeminent psychologists of the 20th century.



PHOTO BY ALLRECIPES.COM

From the kitchen: Sweet Potato Casserole

Recipe from [Allrecipes.com](https://www.allrecipes.com)

yield: 16 servings

- 4 ½ cups cooked and mashed sweet potatoes
 - ½ cup butter, melted
 - ⅓ cup milk
 - 1 cup white sugar
 - ½ teaspoon vanilla extract
 - 2 eggs, beaten
 - 1 cup light brown sugar
 - ½ cup all-purpose flour
 - ⅓ cup butter
 - 1 cup chopped pecans
-
- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
 - In a large bowl, mix together mashed sweet potatoes, 1/2 cup butter, milk, sugar, vanilla extract, and eggs. Spread sweet potato mixture into the prepared baking dish. In a small bowl, mix together brown sugar and flour. Cut in 1/3 cup butter until mixture is crumbly, then stir in pecans. Sprinkle pecan mixture over the sweet potatoes.
 - Bake for 25 minutes in the preheated oven, or until golden brown.

The Holidays are coming!
Make sure your PTO requests and payroll items are in BY the end of the pay period, or they may not be in on time, as we need to get payroll done early!

If you love the Sweet Potato Casserole we serve in the kitchen, here is your chance to make it at home! This is the recipe we use, and you can make it for your family this Thanksgiving.

You mash the sweet potatoes and make a sweetened crunchy topping with pecans. It will be your new favorite recipe!

Try it, you will like it!



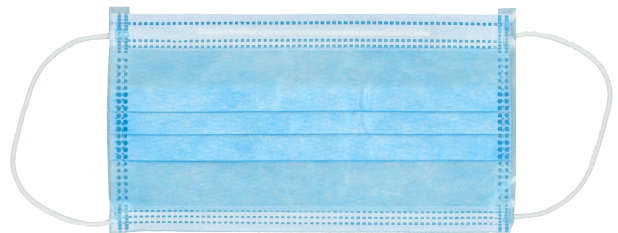
PHOTO BY CANVA

From the Safety Committee:

With the pandemic continuing, it is essential that ALL STAFF continue to wear all necessary personal protective equipment (PPE) at all times. This means a face mask that completely covers your mouth and nose, as well as eye protection that covers the sides of your eyes. This is the minimum required in resident areas. If a resident is on isolation, additional PPE is required. Pay attention to posted signs at all times. This is for your protection, as well as the protection of the residents and your co-workers.

The Safety Committee meets the 2nd Tuesday of the month at 1:30pm on 3rd Heritage. They discuss the following:

- Employee injuries
- Fire Drills
- Security
- Ergonomics
- Risk Management



Are you interested in the safety of staff and residents here at Samaritan Bethany?

Do you have ideas on what we can do to work safer?

Have you seen safety issues that we can work on?

All staff are welcome to join the Safety Committee!

If you don't have time to join us at the scheduled time and have an idea to share; contact Tom Wodele at extension 4121

HAPPY BIRTHDAY!

Our November birthdays include:

WISH THE FOLLOWING RESIDENTS A HAPPY BIRTHDAY!

- Germaine Little- Nov 2
- Ardeen Henry Bauch- Nov 3
- Elva McFarlin- Nov 9
- Kevin Clark- Nov 13
- Robert Wood- Nov 16
- Brian Nordine- Nov 17
- Maureen Welder- Nov 29



WISH THE FOLLOWING STAFF A HAPPY BIRTHDAY!

- Arianna Bland- CV4 Caregiver- Nov 1
- Jeff Geib- CV5 Caregiver- Nov 4
- Hilda Reyes Calva- CV5 Caregiver- Nov 7
- Oluwatoyin Adebisi- CV2 Caregiver- Nov 14
- Alesia Sprung- AL Care Attendant- Nov 15
- Bridget Mancilman- Her2 Caregiver- Nov 18
- Brooke Hansen- MC Caregiver- Nov 22
- Daniel Horn- Her2- HH Nurse- Nov 24
- Chris Cook- Transportation- Nov 27
- Mary Ybabez- Her2- HH Nurse- Nov 27
- Katherine Rajala- EVS Partner- Nov 29
- Shukri Mustaf- AT Homemaker- Nov 30





National Diabetes Month

November is National Diabetes Month and a great time to refocus on healthy eating options to manage Diabetes. Diabetes and the risk of developing diabetes is on the rise, both in the United States and world wide. 88 Million Americans have PreDiabetes and 34 Million Americans have diabetes according to 2020 data from CDC, which is 11% of the American population. Annually, 1.5 million people are diagnosed with Diabetes in the United States. 11.5% of Americans with diabetes are age 65 or older. 90-95% of all diagnosed diabetes is Type 2. A core concept to manage diabetes is meal planning. The key to feeling your best lies in the foods you eat. At Samaritan Bethany, liberal therapeutic diets are offered to our residents needing therapeutic diets, including those with diabetes. A liberalized approach to diets is used in order to honor individual preferences and choice, while offering a variety of tasty and healthy food options at mealtime. Everyone's body responds differently to different types of foods and diets, so there is no single "magic" diet for diabetes. A simple guideline for healthy eating with diabetes is to include a variety of healthy foods on a daily basis.

A healthy eating plan includes:

- *Fruits and vegetables
- *Lean Meats and Plant-based sources of protein
- *Less added sugar
- *Less processed foods

The Plate Method is a simple method that can be used to assure healthy meal selection without counting, calculating, weighing or measuring. Divide a 9- inch dinner plate in half: Fill half the plate with non-starchy vegetables; for the remaining half of plate, divide in half and choose $\frac{1}{4}$ plate of lean meats/ proteins; and $\frac{1}{4}$ plate of starch (grains, breads, potato, rice, pasta, cereal). In addition, add a fruit or small portion of sweet dessert and a beverage to round out the meal.

Carbohydrate foods play an important role in managing diabetes and come in three main forms- starch, sugar and fiber. When choosing carbohydrate foods, the goal is to choose carbs that are nutrient dense, meaning they are rich in fiber, vitamins and minerals, and low in added sugars sodium and unhealthy fats. Choosing moderate amounts of carbohydrates at a meal promotes moderate shifts in blood sugars and may help diabetes medications to work more effectively to regulate blood sugars. Remember that eating well is an important way to manage diabetes.

Residents may request an individual visit from the Nutrition Coordinator to help fine-tune your food selections to manage blood sugars. No matter how you prefer to eat, choosing healthy meal options will benefit diabetes management.

Sue Haug RDN, LD, CDES



PHOTO BY CANVA

We are starting a Food Bank/Pantry for staff members

If you are food insecure and need help providing food for you and your immediate family, please contact Adrian at extension 4347 to learn more about the food pantry.

Good Examples of foods to consider are:

- Canned vegetables, especially those without added salt.
- Fruits canned in juice, unsweetened applesauce, 100% fruit juice and dried fruit such as raisins or raisins
- Canned meats and fish, such as chicken, ham, beef, tuna, and salmon.
- Peanuts and peanut butter.
- Whole grain, low-sugar cereals, such as plain instant oatmeal, whole grain O's, etc.
- Whole grain or enriched pasta and instant rice- either brown or enriched. Boxed noodle or rice dishes can be an easy starting point for a one-dish meal.
- Whole grain crackers and popcorn.
- Spaghetti sauce, salsa and canned beans, including baked beans.
- Reduced sodium broth and soups.
- Salad dressings or spreads, and condiments such as ketchup or mustard.
- Baby food is a welcome donation. Just be sure to donate well within the date marked on the containers.

With the holidays coming, those that are able to donate are asked to bring in non-perishable food items and staples that we can distribute in the pantry to staff members in need. The holidays are generally the time when there is the greatest need!

Items to look for when bringing items in for donation:

- use by dates and expiration dates (do not donate items that are expired)
- pull dates or sell by dates (do not donate items that are past these dates either)
- Ensure packaging is not damaged; no dented, broken seams or bulging cans



PHOTO BY CANVA

We hope everyone had a very Happy Halloween!

Did you see the parade of costumes on Friday, October, 29th?

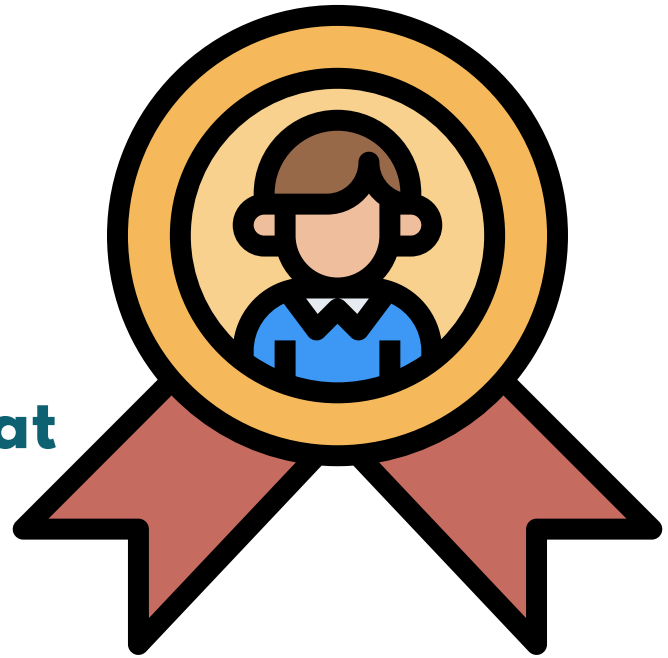
Enjoy these photos of the parade and the party on 6th!





PHOTO BY CANVA

Do you know a great staff member?



We have many great caregivers and would love to recognize the amazing care they give to the residents that make Samaritan Bethany their home.

If you are a staff member, you may nominate someone for the Heroes Among Us award. If interested, pick up a form from your supervisor and send it down to HR for submission!

Are you a resident or family member and would like to recognize a caregiver or staff member that goes the extra mile? We love thank-you cards! Send a thank you card to:

Samaritan Bethany Thanks
P.O. Box 5947
Rochester, MN 55903

Tell us all about how our special staff members made your day!



Thanksgiving Word Search

Challenging



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

CELEBRATION
FALL
GOBBLE
HOME
NOVEMBER
PILGRIM
STUFFING
TRADITION
WISHBONE

CORN
FAMILY
GRATITUDE
LEAVES
PECAN
PLYMOUTH
THANKFULNESS
TURKEY

CRANBERRIES
FEAST
HOLIDAY
MAYFLOWER
PIE
PUMPKIN
THANKSGIVING
VOYAGE

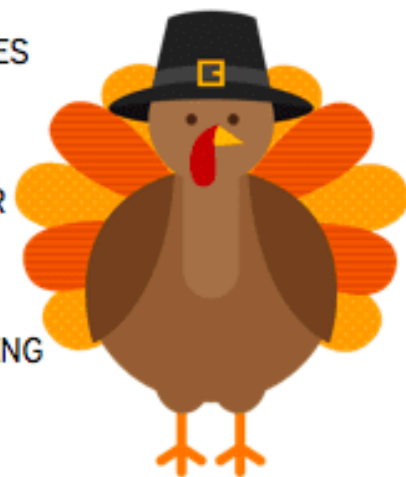




PHOTO BY CANVA

Will you get the bird?

Every year around this time, we have a drawing for free turkeys for staff members!

We used to have the turkeys here, but now the drawing is for gift cards to Ye Olde Butcher Shoppe so you can pick up your very own turkey.

Stay tuned for details!

As caregivers, we may often find ourselves cheating in the self-care category, especially in times of stress. However, if we are going to have a fighting chance to face up to our challenges, we will need to find ways of caring for ourselves that will help us to hold up to when the going gets rough.

In addition to getting adequate exercise, there are some simple lifestyle changes that can have a huge impact on your health. You don't have to have a great deal of extra time on your hands to integrate the following tips into your everyday routine.

Limit sugary drinks:

Sugary drinks like sodas, fruit juices, and sweetened teas are the primary source of added sugar in the American diet.

Unfortunately, findings from several studies point to sugar-sweetened beverages increasing risk of heart disease and type 2 diabetes, even in people who are not carrying excess body fat.

Healthier alternatives include: Water, unsweetened teas, sparkling water, and coffee.

Get enough sleep:

The importance of getting enough quality sleep cannot be overstated. Poor sleep can drive insulin resistance, can disrupt your appetite hormones, and reduce your physical and mental performance.

Avoid ultra-processed foods:

Ultra-processed foods are foods containing ingredients that are significantly modified from their original form. They often contain additives like added sugar, highly refined oil, salt, preservatives, artificial sweeteners, colors, and flavors.

Examples include: snack cakes, fast food, frozen meals, canned foods, and chips.

And it is that time of year, to be thankful. Be thankful you are able bodied, have a great job, great friends, and food on the table.

Calendar of Events:

Alzheimer's Awareness Month

American Diabetes Month

- All Saints Day- Nov 1
- Election Day- Nov 2
- Piano Music with Basia VanderZanden- Nov 6
- Daylight Savings Time Ends- Nov 7

- *Safety Committee- Nov 9**

1:30pm- 3rd Heritage

- PAYDAY- Nov 10*
- Veterans Day- Nov 11
- National Happy Hour Day- Nov 12
- World Kindness Day- Nov 13
- Homemade Bread Day- Nov 18-19

Bread from Great Harvest*

- *Wellness Committee- Nov 17**

1:30pm- Conf #2

- Wellness Talk- Holiday Health- Nov 23

1:30pm- Chapel

- PAYDAY- Nov 24*
- Thanksgiving Day- Nov 25
- Hanukkah- Nov 28

*Staff events/meetings

Look for more
Holiday festivities next month



Its that time again!

**Join the challenge and receive tips and tricks
to eat right over the holidays!**

Click the icon below to join.

<https://esmmweighless.com/sign/>

Eat Smart, Move More...

Maintain, don't gain!

HOLIDAY
Challenge