

Samaritan Bethany Bulletin

THE OFFICIAL NEWSLETTER OF SAMARITAN BETHANY HOME



IN THIS ISSUE:
GIVING THANKS &
GIVING TO OTHERS

HEALTH AND WELLNESS
LIVE WELL, EAT WELL

FROM THE KITCHEN:
CRANBERRY STUFFING

SAMARITAN BETHANY
WISHES YOU A VERY
HAPPY THANKSGIVING!

When life is sweet, say thank you and celebrate. When life is bitter, say thank you and grow.

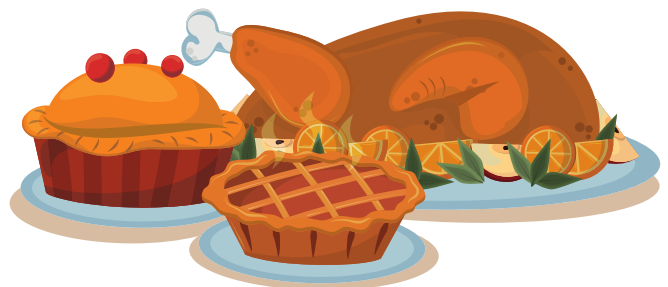
**"Thanksgiving is a time of
togetherness and gratitude."**

Nigel Hamilton

*"Be present in all things and
thankful for all things."
Maya Angelou*

"Feeling gratitude and not
expressing it is like wrapping a
present and not giving it."

William Arthur Ward



LIVE WELL

Health Benefits Of Philanthropy

Donating to the community can strengthen relationships, create new opportunities, and provide you with a sense of purpose in life. In addition to making a positive impact, giving back or volunteering also offers a variety of health benefits. Check out some of the personal advantages you stand to gain when engaging in philanthropy!

Greater satisfaction with life



Increased longevity



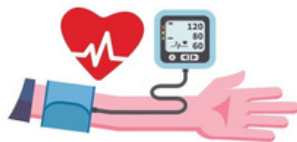
Lower stress levels



Less anxiety and depression



Decreased blood pressure



Self-esteem



Reduced risk for cognitive conditions



Increased strength, stamina, and physical ability



Eat Well:

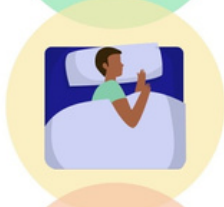
Happy, Healthy Holidays

The holidays are a time to celebrate, and celebrations help increase a sense of well-being! Though this season can be the most wonderful time of the year for some, the hustle and bustle can make it more challenging to focus on your health. Check out some different ways you can prioritize your wellness while still enjoying all the good that holidays have to offer!



Practice Balanced Eating

Focus on nutritious options, indulge in moderation, and listen to your hunger and fullness cues



Stay Well Rested

Keep the bedroom cool and free of disturbing noises, stick to a schedule, and practice bedtime rituals



Fight Off Germs

Eat immune-boosting foods like berries, mushrooms, and garlic; wash hands often; and drink plenty of water



Keep On Movin'

Park farther away and walk to your destination, exercise with others, and look for a holiday fun run (or walk)



Prioritize "You" Time

Set boundaries with friends and family, engage in daily self-care activities, and carve out time to just relax



photo by Canva

Don't Forget!
If you work Thanksgiving,
you get a free meal!
You must go down to the kitchen
to get a tray if you work AM or PM shift.
Overnights will have something made up
in the fridge in the break room.



WHAT'S COOKING IN THE KITCHEN: CRANBERRY STUFFING

Recipe from: Adrian LeQue yield: 12-15 servings

Ingredients

- 2 boxes Stove Top Stuffing Mix
- 1 pound ground breakfast sausage, cooked and drained
- 1 medium yellow onion, washed and diced
- 3-4 ribs fresh celery, washed and diced
- 1 bag fresh cranberries, rinsed

Directions:

- Brown ground sausage until cooked well and drain grease.
- Wash vegetables and dice onion and celery. You can sauté' these with the ground sausage until the vegetables are translucent.
- Prepare stuffing per directions on box.
- Once stuffing is done, combine the stuffing and vegetables. Toss in cranberries. Place into casserole dish and cook in oven at 325F until it reaches 165.

Note: For food safety purposes it is never safe to place stuffing in a turkey to cook it. The stuffing will sit in the temperature danger zone (41-135F) for enough time that pathogens are allowed to multiply and may get you and your family sick!



MOVE WELL:

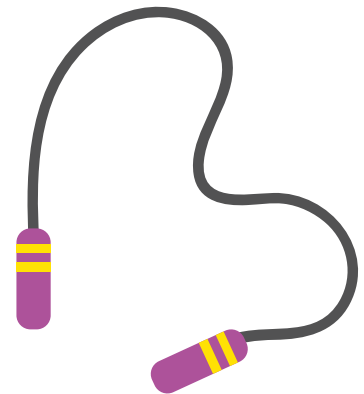
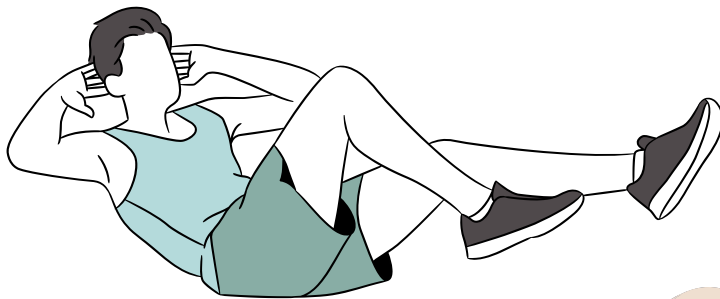
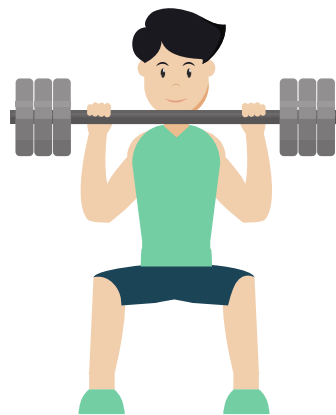
As it gets colder outside, it is important to remember to keep moving!

Pick your favorite indoor exercise!

Adults need 150 minutes of moderate intensity physical activity
& 2 days of muscle strengthening per week.

Keep in mind this does not need to be all at once!

150 averages to 20 minutes a day



BE WELL:

Seasonal Savings



'Tis the season for spending! Shopping for decorations and presents, making travel arrangements, and hosting holiday parties are fun ways to celebrate, but these activities can rack up a tab and trigger stress if financial wellness is not kept front of mind. Offset activities that come at a cost and save money with the tips below!

Have A Plan

- Establish a realistic budget and stick to it
- Create a holiday gift list

Shop The Sales

- Be on the lookout for discounts
- Search for online coupon codes

Get Creative

- Volunteer your time as a gift
- Mix in budget-friendly, handmade items

Think Outside The Box

- Factor in other seasonal expenses
- Focus on personalized, affordable gifts

Enjoy The "Helpers High"

Helper's high is another name for the uplifting feeling that people experience after doing a good deed or act of kindness. After performing an act of kindness, our bodies release feel good endorphins that reward us for our actions. It's a natural "high" that is designed to motivate us to continue doing good. Below are many reasons acts of kindness, such as giving, benefit our health.



Makes Us Happy

Acts of kindness activate regions of the brain associated with pleasure, social connection, and trust, creating a "warm glow" effect.



Good For Our Health

The health benefits associated with acts of kindness include: lower blood pressure, increased self-esteem, improved mood, lower stress levels, and a longer life.



Strengthens Social Connections

When you do a good deed, your generosity is likely to be rewarded by others down the line. These exchanges promote a sense of trust and cooperation that strengthens our connections to others.



Evokes Gratitude

Whether you're the giver or receiver, research has found giving and acts of kindness can bring out feelings of gratitude, which are integral to happiness, health, and social bonds.

From the Safety Committee:



Ways to prevent falling on the ice

Many cold-weather injuries result from falls on ice-covered sidewalks, steps, driveways and porches.

Try these tips to keep yourself on your feet this winter.



When it's icy, don't go out if you don't have to.



Use ice melt or sand on your sidewalks and driveways. If you don't have any, try non-clumping kitty litter.



Wear footwear that can grip the ice, or detachable ice cleats.



Wear gloves, a hat and a bulky coat, which can cushion a fall.



Be aware of your surroundings. If it looks icy, avoid that area if at all possible.



If you must walk on ice, slow down and shorten your stride. Keep your hands out of your pockets to help with balance, and use handrails wherever available.



Don't carry things in front of you. Wear a backpack, or hold items down by your sides to keep your view unobstructed and to lower your center of gravity.



When getting out of your vehicle, use multiple points of contact. Grip your car's door frame and either your steering wheel or the grab handle on your car's frame.



Do exercises that work on your balance, such as yoga, Pilates and tai chi.

With winter weather coming, please be aware of your surroundings to prevent falls!

WELCOME to the following new employees:

- *Joana D- Homemaker- 3CV*
- *Farah A- Homemaker- 4CV*
- *Lydia G- Homemaker- AT*
- *Susana H- Homemaker- AT*
- *Mollika O- Care Attendant- AT*
- *Taylor P- Homemaker- AT*
- *Tina S- Neighborhood Coordinator- 6CV*

WELCOME

Use the Thanksgiving Gratitude Game found on the next page to have some fun with your family this Thanksgiving! Don't forget your dice when you head out to Thanksgiving dinner!





GRATITUDE GAME

Instructions: Roll the dice and answer the question



What are you most grateful for today?



Name a person who has inspired you this year



Name a person who has helped you the most this year



What is your favorite Thanksgiving Tradition?



What is the most valuable lesson you've learned this year?



If you could donate a million dollars. Where would you donate the money?



NOVEMBER BIRTHDAYS

RESIDENT BIRTHDAYS

- 11/13- Kevin K.
- 11/17- Brian N.

STAFF BIRTHDAYS

- 11/1- Arianna B.- Caregiver
- 11/9- Rita H.- Development
- 11/13- Tum C- Chef
- 11/14- Oluwatoyin A- Caregiver
- 11/21- Stephanie G- Life Enrichment
- 11/21- Jennifer S- Office Specialist
- 11/22- Brooke H- Care Attendant
- 11/24- Sheila E- Neighborhood Nurse
- 11/24- Daniel H- Household Nurse
- 11/27- Christopher C- Transportation
- 11/27- Mary Y- Household Nurse
- 11/29- Catherine H- Finance
- 11/29- Katherine R- Environmental Services
- 11/30- Shukri M- Homemaker

November is National Diabetes Awareness Month.

Over the last 20 years there has been a significant rise in the number of adults diagnosed with diabetes — a chronic condition that can lead to heart disease, kidney disease, vision loss, and other serious health problems. National Diabetes Month is an opportunity to gain awareness of this dangerous condition — including Type 1, Type 2, and gestational diabetes and prediabetes. For the millions of Americans who are at risk, it's time to get educated, find resources and make sure all those around us are aware of their risk too.

Some important facts about Diabetes and Americans:

- 37 million Americans have diabetes (1 in 4 don't know they have diabetes)
- 96 million Americans have prediabetes (that's 1 in 3 people)
- 90-95% of all diagnosed Diabetes is Type 2
- 3,800 Americans are diagnosed with Diabetes each day
- 8.4 Million Americans with diabetes need insulin to manage their disease
- 14% of American pregnancies are diagnosed with Gestational Diabetes

People with diabetes who keep their blood glucose levels in the near-normal range generally have a much lower risk of developing diabetes complications such as nerve, kidney, and eye diseases. Positive lifestyle approaches for diabetes management and diabetes prevention are possible. Research indicates that people with prediabetes who include 30 minutes of moderate physical activity 5 days per week, combined with healthy diet- including whole grains, fruits & vegetables, lean proteins and heart-healthy fats, and achieve a moderate weight loss can prevent or delay the progression of developing type 2 Diabetes.

There are three main kinds of diabetes plus Prediabetes:

- In Type 1 diabetes, the body no longer can make insulin. Although older adults can develop this type of diabetes, it begins most often in children and young adults, who then have diabetes for life.
- In Type 2 diabetes, the body does not make or use insulin well. It is the most common kind of diabetes. It occurs most often in middle-aged and older adults, but it can also affect children. Your chance of getting type 2 diabetes is higher if you are overweight, inactive, or have a family history of diabetes. Women with a history of gestational diabetes (a type of diabetes that develops during pregnancy) also have a greater chance of developing type 2 diabetes later in life.
- Gestational Diabetes is diagnosed during pregnancy but usually disappears after the birth. The hormones that helps the fetus to grow and develop can interfere with how the mother's body uses insulin and regulates blood sugars. Mothers are screened between weeks 24-28 for Gestational Diabetes as part of prenatal care. Untreated gestational diabetes will affect the future health of both mother and child.
- Prediabetes means that the blood sugar levels are elevated (100-124 mg/ dL), but not yet at levels to diagnose diabetes. Positive Lifestyle interventions of regular exercise, healthy eating and managing a healthy weight, are known to delay or prevent onset of type 2 Diabetes . Without lifestyle interventions prediabetes will progress to type 2 diabetes in 5-10 years.

RISK FACTORS for DIABETES:

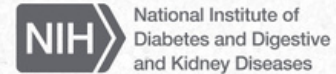
You can develop type 2 diabetes at any age, even during childhood. You are more likely to develop type 2 diabetes if you:

- are overweight or have obesity.
- are age 35 or older. Children and teens can also develop type 2 diabetes, but the risk increases as a person gets older.
- have a family history of diabetes.
- are African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander.
- are not physically active, because of physical limitations, a sedentary lifestyle, or a job that requires sitting for long periods.
- have prediabetes.
- have a history of gestational diabetes, a type of diabetes that develops during pregnancy, or gave birth to a baby weighing 9 pounds or more.

Children and teens are also at higher risk of developing type 2 diabetes if, in addition to the previous risk factors, they were born with a low birth weight or if their parent had gestational diabetes while pregnant with the child.

You are encouraged to talk with a doctor about any of the health conditions listed above that may require medical treatment. Managing health problems may help reduce your chances of developing type 2 diabetes. You can also take a Diabetes Risk Test to learn more about your risk for type 2 diabetes.

NATIONAL DIABETES MONTH 2022



Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It can lead to health problems related to your eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

Working with health care professionals can help you get the diabetes care you need to improve your health. But while it takes a team to manage diabetes, remember that **you are the most important participant in your diabetes care.**

Here are some tips to help you manage diabetes and build your diabetes health care team.



MANAGE YOUR A1C, BLOOD PRESSURE, & CHOLESTEROL LEVELS

Ask your health care team what your goals should be and how you can reach them.



PREPARE FOR VISITS WITH YOUR TEAM

Before your appointment, write down a list of questions, review your diabetes self-care plan, and record your blood glucose results.



SEEK ADDITIONAL SUPPORT FOR YOUR SPECIFIC NEEDS

A team of health care professionals—such as an eye doctor or pharmacist—can help tailor your diabetes self-care routine.



MAKE PHYSICAL ACTIVITY PART OF YOUR ROUTINE

Set a fitness goal and encourage your family members to exercise with you.



FOLLOW A DIABETES MEAL PLAN

Choose fruits and vegetables, whole grains, lean meats, beans, nuts or seeds, and non-fat or low-fat milk and cheese.



STAY ON TOP OF YOUR VACCINATIONS

Ask your health care team about the vaccines you should get to reduce your risk of getting sick.

FOR MORE INFORMATION ON MANAGING DIABETES, VISIT [NIDDK.NIH.GOV](https://niddk.nih.gov).

🖱️ [NIDDK.NIH.GOV](https://niddk.nih.gov) | ✉️ HEALTHINFO@NIDDK.NIH.GOV | 🐦 📘 📺 📷 @NIDDKGOV

CALENDAR OF EVENTS: NOVEMBER

- 11/1- All Saints Day
- 11/3- Pizza*
- 11/4- Pizza*
- 11/4- "Badge Event" 6-8am; 2-4pm- 1st floor living room*
- 11/6- Daylight Savings Ends
- 11/7- "Badge Event" 6-8am; 2-4pm- 1st floor living room*
- 11/10- PAYDAY*
- 11/11- Veterans Day
- 11/14- National Pickle Day
- 11/15- Scrubs Truck- 1-3pm- Hirschfield's parking lot*
- 11/15- Safety Committee- 1:30pm on 3rd Heritage*
- 11/16- Wellness Committee- 1:30pm in Conference Room #2*
- 11/17- Burger Bar*
- 11/18- Burger Bar*
- 11/24- HAPPY THANKSGIVING
- 11/25- PAYDAY*
- 11/27- Advent Begins
- National Gratitude Month
- National Diabetes Month
- National Alzheimer's Disease Awareness Month
- All staff are invited and encouraged to attend Safety and Wellness Meetings

