

Samaritan Bethany **BULLETIN**

THE OFFICIAL NEWSLETTER OF SAMARITAN BETHANY HOME

Hello
October



**IN THIS ISSUE: FIRE
PREVENTION WEEK**

**HEALTH AND WELLNESS
LIVE WELL, EAT WELL**

**FROM THE KITCHEN: SLOW
COOKER CHICKEN
ENCHILADA SOUP**

AND MUCH MORE!

Life starts all over again when it gets
crisp in the fall.

F. Scott Fitzgerald

*Of all the paths you take in life, make
sure a few of them are dirt.*

John Muir

And all at once summer collapsed
into fall.

Oscar Wilde

Hello Autumn, I've been expecting you!



LIVE WELL

Social Wellness

Social wellness is the ability to relate to and connect with other people, express yourself, and engage in healthy habits that allow you to create and maintain healthy and strong relationships. Think of social interactions as exercise for the brain! Check out some of the reasons why social wellness is so important for health and well-being.



Sharpens communication skills



Boosts self-esteem



Lowers stress



Improves cardiovascular health



Generates a strong sense of belonging



Fosters emotional resilience



Builds a social support system



Creates community connections

Wellable

Eat Well:

As fresh produce comes to an end in our area, make sure to get the last of the seasonal produce this October!



OCTOBER

seasonal produce list



- Apples
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery Root
- Collards
- Cucumber
- Figs
- Garlic
- Grapes
- Greenhouse Tomatoes
- Hot Peppers
- Kale
- Leafy Greens
- Mustard Greens
- Peanuts
- Plums
- Pumpkins
- Rutabaga
- Spaghetti Squash
- Spinach
- Sweet Potatoes
- Swiss Chard
- Turnips
- Winter Squash
- Zucchini





photo by ESMMWL

Is taking the pit out of an avocado a challenge for you? Try this quick tip. After you slice the avocado in two, grab the pit half and hold it up vertically. Place your index and middle finger on either side of pit on the cut side and place your thumb directly behind the pit in the center of the peel.

Push gently from the back and the pit should pop out.



WHAT'S COOKING IN THE KITCHEN: SLOW COOKER CHICKEN ENCHILADA SOUP

Recipe from: paleogrubs.com yield: 4-6 servings

Ingredients

- 1 1/2 lbs. boneless skinless chicken breasts
- 1 medium yellow onion, diced
- 1 bell pepper, thinly sliced
- 1 jalapeno, diced
- 2 cloves garlic, minced
- 1 15-oz. can diced tomatoes
- 2 cups chicken stock
- 1 tbsp chili powder
- 1 tbsp cumin
- 1 tsp dried oregano
- 1/2 tsp paprika
- Salt and freshly ground pepper, to taste
- 2 tbsp fresh cilantro, chopped
- 1 avocado, pitted and sliced

Directions:

Add the chicken to the bottom of the slow cooker. Add the onion, bell pepper, jalapeno, and garlic on top of the chicken. Pour the diced tomatoes over the top. Sprinkle with chili powder, cumin, oregano, paprika, salt, and pepper. Cover and cook on low heat for 8 hours. Use a fork to shred the chicken before serving. Garnish with cilantro and avocado.

Nutrition Information

Calories: 199; Total Fat:7g (Saturated Fat:1.2 g); Cholesterol:60mg; Sodium:744mg;
Total Carbohydrate:10g; Dietary Fiber:3.4g; Protein:25.2g

MOVE WELL: TRY THESE STRETCHES BEFORE WORK!

WorkSmart Stretching Plan



BE WELL:

Seek Support

Asking for help when you are struggling can be difficult; however, it is important to seek support to cope effectively and build resilience. Consider who you feel most comfortable talking to, whether it be a friend, family member, or helpline. It is never too early or too late to ask for help—check out some of the following phrases to let someone know you are in need of support.

"I'm feeling upset right now. Would you be willing to talk to me on the phone about what I'm going through?"

"I think I want to try going to therapy. Do you have any resources or advice you can share with me?"



"I'm worried about my mental health and what I've been trying isn't enough. Can we talk through some options together?"

"I'm going through something difficult, but I'm not ready to talk about it. Can you help distract me right now?"

Wellable

Healthy Hugs

Hugs not only feel good, they are good—for both physical and mental health. The sense of touch is important for exploring the world and communicating with others as well as creating and maintaining social bonds. Check out the health benefits of hugs below, and boost your health by embracing someone you care about!



Slows down heart rate



Improves sleep



Helps fight off infections



Promotes relaxation and calmness



Reduces stress and anxiety



Generates feelings of pleasure and well-being

From the Safety Committee:

Fire Prevention Week is October 9-15, and this year is the 100th year!

Make sure to make a plan for escape before you have a fire!



WELCOME to the following new employees:

- ***Ronnie Lyons- Homemaker***
- ***Rebecca Rice- Office Specialist***
- ***Kayloni Ket- Homemaker***
- ***Genevieve Burke- Care Coordinator***
- ***Bryanna Flores- Homemaker***
- ***Rachel Petterson- Office Specialist***
- ***Adut Kwel- Homemaker***
- ***Gracelyn Atwood- Homemaker***



Have you heard about the new Employee Referral Program?

- The program is effective for those hired after August 23, 2022.
- You can earn up to \$1000.00
 - \$500 is paid after the referred employee completes 90 days of employment.
 - An additional \$500.00 is paid after the referred employee completes 6 months of employment.
- Full-time, part-time, and on-call employees are eligible to earn the referral bonus.
- (However, Leaders and Mentors are not eligible to participate.)
- Referred candidates cannot be current employees or interns.
- You cannot be involved in the hiring process nor have a reporting relationship to the referred candidate.
- Both you and the referred candidate must be current employees at the time of payment in order for you to receive payment.
- The referred employee must be either a full-time or part-time employee for the entire period in order for you to receive payment.
 - Example: referred employee is hired to a part-time position, but then goes on-call before six months.
 - You earn \$500.00 after they complete 90 days of employment.
 - You will not be eligible for the \$500.00 because they went on-call before 6 months.
- If more than one employee refers the same person, the referral received first will be honored.
- There is no limit to the number of referrals an employee can make.
- The referral form must be on file with HR before a job offer is made.

Stop down to HR and pick up a form if you need one!



RESIDENT BIRTHDAYS

- *C. Smith- 10/2*
- *M. Johnston- 10/5*
- *E. Berndt- 10/7*
- *L. Laganiere- 10/17*
- *J. Leitzen- 10/18*
- *J. Richmond- 10/19*
- *K. Quebe- 10/30*

STAFF BIRTHDAYS

- Linnea- Caregiver- 10/3
- Ali- Caregiver- 10/7
- Kyla- Community Leader- 10/7
- Bonnie- Env Services Partner- 10/8
- Tanya- Assistant Clinical Mentor- 10/10
- Ly- Homemaker AT- 10/14
- Bunry- Caregiver- 10/16
- Wendy- HH nurse- 10/18
- Jonathan- Culinary Services Partner- 10/20
- Thi Hoang- Caregiver- 10/22
- Maricela- Homemaker AT- 10/25
- Phuong Nhi- Caregiver- 10/26
- Madisen- Caregiver- 10/27
- Dawn- HH nurse- 10/28
- Gordon- Culinary Services Partner- 10/29





Thank you Sketchers!



Welcome Emma!



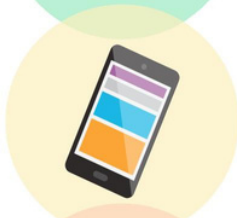
Listening

Being a good listener fosters a sense of connection and belonging when communicating with others. Although the words *hearing* and *listening* are often used interchangeably, they can mean very different things. Hearing refers to the passive intake of sounds, while listening is an intentional act to better understand the sounds you hear. When listening with intent to respond, rather than understand, you may be relying more on hearing than listening. To become a better listener, try some of the strategies below.



Be Mindful

Notice where your attention is in the moment and if you catch it wandering, gently redirect your focus to be more present



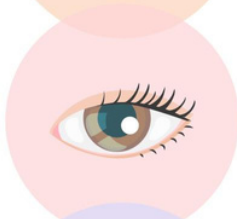
Ditch Distractions

Use small gestures, such as putting your phone face down or turning away from your computer, to stay focused and attentive



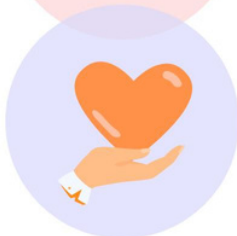
Stay Curious

Ask open-ended and prompting questions to show curiosity, convey interest, and learn more



Express Interest

Give non-verbal cues like eye contact and head nodding to stay connected while also taking note of the other person's body language



Validate Emotions

Avoid trying to solve a problem or give advice and instead, acknowledge and affirm the other's thoughts and feelings

Join the Annual Holiday Challenge!

Are you looking for extra support as the holidays approach? Rather than focusing on trying to lose weight, this FREE seven-week program provides you with strategies and resources to help maintain your weight throughout the holiday season.

Sign up today!

<https://esmmweighless.com/join-the-annual-holiday-challenge/>



CALENDAR OF EVENTS: OCTOBER

- 10/6- Walking Tacos*
- 10/7- Oktoberfest w/Michael Gruber- 2:30pm- 1st floor
- 10/7- Walking Tacos*
- 10/11- Safety Committee- 1:30pm on 3rd Heritage*
- 10/12- Music w/Craig Morton- 3:30pm- 1st floor
- 10/13- PAYDAY*
- 10/19- Wellness Committee- 1:30pm in Conf Room #2*
- 10/19- Movie- Beetlejuice- 2:00pm in the chapel
- 10/20- Chili & MYO Grilled Cheese*
- 10/21- Chili & MYO Grilled Cheese*
- 10/25- Large Group games- 1:30pm in the chapel
- 10/25- Halloween Craft- 3:00pm
- 10/26- Music w/Jacob Buchl- 3:00pm- 1st floor
- 10/27- PAYDAY*
- 10/28- Halloween Happy Hour- 2:30pm- 1st floor
- 10/29- Piano Recital- 1:30pm in the chapel
- 10/31- HAPPY HALLOWEEN!
- staff are invited and encouraged to attend the Safety and Wellness Meetings

