

Samaritan Bethany BULLETIN

The official newsletter of Samaritan Bethany Home



*In This Issue:
The Get Organized Issue*

*Health and Wellness
Live well, Eat Well*

*From the Kitchen:
Crockpot Chili*

and much more!

Nobody ever said,

"I regret organizing my house"

*"For every minute spent organizing,
an hour is earned."*

Benjamin Franklin

"A place for everything and everything in its place".

Mrs. Beeton,

The Book of Household Management

*"Anxiety is caused by lack of control,
organization, preparation, and action."*

David Kekich

"Organized people are just too lazy to go looking
for what they want."

Albert Einstein



LIVE WELL:DECLUTTER YOUR MIND

This business can be very stressful, especially after all we have gone through with the COVID-19 virus, rising inflation, staffing, etc. It is especially helpful if you do something to unwind or declutter your mind each day to give yourself some peace of mind.

Ways to clear your mind include the following:

- Keeping a journal or diary. This puts your feelings/thoughts on paper and helps you organize your thoughts
- Learn some deep breathing exercises. Once you start using these, they can help you really relax and free your mind!
- Try meditation and/or yoga to bring some zen into your life!
- Declutter your space by rehomeing things that you are no longer using or no longer need. We all have some of those items, don't we?
- Schedule time with friends and loved ones. This makes these dates important and makes sure you are visiting with your friends and family! Close connections are important!
- Go for a drive in the country or walk the dog. Sometimes some fresh air is great to distract the mind

There are many other things you can do to declutter your mind...

What is your favorite trick?



Eat Well: Organizing a Healthy Fridge

Everyone tends to get busy and the back of the fridge tends to be a space that is often neglected when it comes to cleaning and organizing. Often just rearranging where you put things, and setting things up so they are easier to grab and go can make your fridge something that is much easier to use. You can also use this time to check expiration dates and toss anything that is expired and needs to be replaced. Start a list so you know what you need to shop for afterwards.

First things first, is to plan to reorganize your refrigerator when it is running low on food. This makes it so you don't have as much to pull out and rearrange. Next, it is nice to have a good-sized cooler with ice available to put your food while you are cleaning out the fridge. Then make sure you have a bucket of hot soapy water and a washcloth so you can wipe down the shelves as you clean.

Start with the door and take everything out. Wipe the bottles down and check the expiration dates. After you wipe them down, put them in the cooler arranged by type of item. You can then start on the shelves. Empty each shelf, check the food for freshness and expiration date, and then put it in the cooler. Wipe down the shelf and walls of the fridge. When you get to the bottom of the fridge, take out the drawers and wash those out too.

Now when it comes to putting things back in your clean fridge, start with the door and neatly place items by group. Salad dressings on one shelf, condiments on the next, going on down the line. As you move to the shelves we want to remember that the important thing is visibility. You want to be able to see everything in the fridge, especially frequently used items and healthy snacks. Some ideas you might want to try include:

- Purchase bins for certain items that are grab and go (snacks for children)
- Make a specific place for leftovers
- Pre-cut and bag vegetables or fruits so they are ready to eat
- Put the same things in the same place every time. This way you know if you need more of staple items
- Ensure you are placing items in the fridge based on food safety principles (raw meats always on the bottom, fruits and veggies above)

Once you have reorganized and placed everything back in the fridge, try to keep it clean and organized!

It is so much easier when you can find everything!





photo by Canva

Fun Fall Activities

- Play in the leaves
- Go to a pumpkin patch
- Go to a corn maze
- Go for a hay ride
- Go camping one last time
- Go for a scenic drive to see the leaves
- Make Halloween costumes
- Go apple picking
- Have a bon fire
- Go to a football game

WHAT'S COOKING IN THE KITCHEN: SLOW COOKER CHILI

Recipe from: [AllRecipes.com](https://www.allrecipes.com) yield: 8 servings

Ingredients:

- 1 tablespoon vegetable oil
- 1 pound ground turkey
- cooking spray
- 2 (14.5 ounce) cans diced tomatoes
- 2 (15 ounce) cans kidney beans, drained
- 1 (15 ounce) can black beans, drained
- ½ medium onion, chopped
- 2 tablespoons chili powder
- ½ tablespoon garlic powder
- ½ tablespoon ground cumin
- 1 teaspoon red pepper flakes
- 1 pinch ground black pepper
- salt to taste

Directions:

- Heat oil in a skillet over medium heat. Place turkey in the skillet, and cook until evenly brown; drain.
- Coat the inside of a slow cooker with cooking spray, and mix in turkey, diced tomatoes, kidney beans, black beans, and onion. Season with chili powder, garlic powder, cumin, red pepper flakes, black pepper, and salt.
- Cover, and cook on Low for 8 hours, or on High for 4 hours.



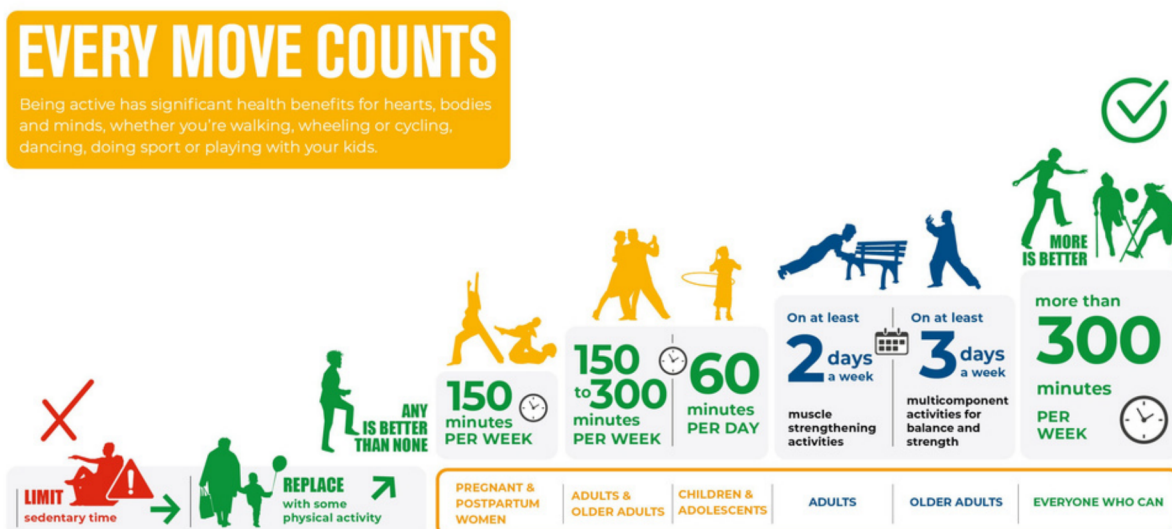
MOVE WELL: MAINTAINING A PHYSICAL ACTIVITY SCHEDULE

Regular physical activity is something that is important to maintain your health. But what can you do to ensure you work regular physical activity into your busy schedule?

First remember that all activity counts, so think about how you are doing things on a daily basis. Are you doing any of these things, or can you add them to your routine?

- run around the playground with your kids at the park
- clean
- walk
- hike
- yoga
- play a musical instrument
- take the stairs
- park further away when you go somewhere
- dance
- ride your bike

See the guide below for more information from the World Health Organization.



BE WELL: WHAT DOES IT TAKE TO LIVE A LONG LIFE

If you come up to Mayo Woodlands at lunchtime, you may catch a group of women with something in common. We have three women that are 100 years old, and the youngster at the table is 99 (but she assures me she will catch up in the spring)! With all that knowledge sitting in one place, we decided to interview them and see if they had any wisdom to share.

Marge Zobel, at 99, came to Mayo Woodlands first. She says the secret to her longevity and good health is not smoking and treating others with respect. Marge has never smoked, but drinks alcohol at celebrations. Her advice to young people is to treat them with respect. When she feels stressed, she likes to go outside. Marge stated she was able to do everything she really wanted to, including travelling to Europe. When she was done with school, she went to Chicago during the war to the machine plants and made bomb fuses and bullets. She was a riveter!

Dorothy Hardtke, at 100, came to Mayo Woodlands this summer. She says the secret to her longevity is to like people, as she likes to know many different people. She did smoke, but that was a long time ago. She enjoys a cocktail each evening, to this day! Dorothy said they had so little for so many years that everything was a blessing. When she feel stressed, she liked to go golfing. If she could give advice to her younger self, she would not have gotten married so young. Dorothy was married at 17 and everything worked out, but it was tough. She grew up on a farm in Iowa and it was hard work!

Kathryn Quebe, also 100, came to Mayo Woodlands in the spring. Her secret to longevity is to stay busy. When she feels stressed, she likes to go for a walk. The most important invention of her lifetime was the light bulb. Her advice to her younger self would be to have a bigger family. She does state she was able to do everything she has wanted to do with her life, including travel around in a motorhome. Kathryn worked in a Co-Op and had to deal with the farmers!

Prem Deep, also 100, came to Mayo Woodlands last month from Arbor Terrace. Her secret to longevity is to try not to think about the past or future, to live in the present, work hard, be happy, and make the best of it. Prem does not let herself be stressed, and does not have anything she was unable to do with her life. In her family, it was important to finish their education before moving on to other things. This meant Prem received two master's degrees, was a teacher, principal, reporter, and was traveling with her family to learn about people. She traveled to 52 different countries and states the best lesson she learned in life was that people are the same- good and bad!

everyday **HEROES**

Do you know someone
who goes above and
beyond?

Tell us how they demonstrate a
commitment to Samaritan
Bethany's mission & values.

*Describe how they serve
as an excellent role model.*

Tell us how they contribute
towards teamwork & a
pleasant work environment.

Describe how your teammate
demonstrates creativity and/or
innovation in problem solving.



This could be you!

Tell us about the excellent
things going on here at
Samaritan Bethany!
We know you are doing great
things every day!



First/Last Name
Month Year
Job Title Here

Outstanding service is **MY SUPER** power

From the Safety Committee: Food Safety Myth Busters

Myth- If there's a recalled food item in my refrigerator, all I need to do is throw it out.

Fact- Germs in the recalled food item could spread in your fridge. Throw away the recalled item and any food stored near it.

Myth- I use bleach and water to sanitize my countertops. If I use more bleach, more bacteria will be killed.

Fact- There is no advantage to using more bleach. Use a solution of 1 Tbl of unscented liquid chlorine bleach and 1 gallon of water. Apply to surfaces and allow to stand for several minutes. Air dry or pat dry with clean paper towels. (Keep away from dark clothing.)

Myth- Freezing foods kills harmful bacteria that can cause food poisoning.

Fact- Bacteria can survive freezing temperatures. Cooking food to a safe internal temperature using a digital food thermometer is the best way to kill harmful bacteria.

Myth- It is safe to thaw my frozen food on the kitchen counter because I am going to cook it right away.

Fact- Food must be kept at a safe temperature during thawing. There are 3 safe ways to thaw food.

1) in the refrigerator, 2) under cold running water, and 3) in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

Myth- I left some perishable food out all day. If I put it in the fridge now, the bacteria will die.

Fact- Throw away perishable food that's been out all day. The fridge can slow the growth of bacteria in food but will not kill the bacteria.

Myth- I don't need to wash my fresh produce if the skin or rind will be removed.

Fact- Harmful bacteria can spread from the outside to the inside during cutting or peeling. Gently rub fruits or vegetables under cold running water just before eating, even if you plan to cut or peel them.

Myth- Rinsing raw chicken with water will remove bacterial like salmonella.

Fact- Rinsing raw chicken will not remove bacteria. In fact, it can spread harmful bacteria around your sink, onto your countertops, and onto ready to eat foods.

Myth- My chicken or turkey is done and safe to eat when it's no longer pink on the inside.

Fact- Looking at color and texture is not a reliable way to tell if food is safe to eat. The only way to know that food has been cooked to a safe internal temperature is to use a digital thermometer.

Did you know?

The Rochester Fire Department launched a new dispatch information gathering system earlier this month and they encourage everyone who lives in Rochester to register on the website.

Entering information on your dwelling, family, pets, and special needs can save precious time in an emergency. Register at the link below.

<https://www.communityconnect.io/info/mn-rochester>



WELCOME to the following new employees:

- ***Sandra Garver- Neighborhood Nurse***
- ***Holtan Steven- Transportation Specialist***
- ***Anna Walters-Smith- Caregiver***
- ***Phalla Thoeun- Caregiver***
- ***Lorena Rodriguez-Mendoza- Caregiver***
- ***Tina Nguyen- Care Attendant***
- ***Michelle Mann- Life Enrichment Partner***
- ***Ike Cannon- Homemaker***
- ***Curtis Williams- Painter***
- ***Yolanda Bennett- Caregiver***
- ***Veronica Cano Rodriguez- Caregiver***
- ***Catherine Lesaibile- Household Nurse***
- ***Nyanuer Tut- Care Attendant***



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!



SEPTEMBER BIRTHDAYS

RESIDENT BIRTHDAYS

- *M. Bale- 9/8*
- *B. Moe- 9/9*
- *M. Wampach- 9/19*
- *V. Anderson- 9/21*
- *A. Lewis- 9/22*
- *D. Pries- 9/24*
- *R. Hostetler- 9/25*

STAFF BIRTHDAYS

- *Paula McGuine- 9/1*
- *Rebecca McMurray- 9/2*
- *Barbara Barker- 9/3*
- *Marcus Burkhard- 9/3*
- *Nicolas Pruksa- 9/3*
- *Ronald Harper- 9/4*
- *Debra Houdek- 9/5*
- *Dori Higgins- 9/7*
- *Dana Behrends- 9/8*
- *Joseph Watson- 9/8*
- *Machenzie Johnson- 9/10*
- *Phalla Thoeun- 9/10*
- *Michael Anderson- 9/11*
- *Shane Hoffman- 9/12*
- *Susan Smith- 9/13*
- *Natalie Hagstrom- 9/13*

Tami Riggs- 9/15

Stephanie Spaid- 9/16

Gita Srors- 9/17

Markita Cannon- 9/18

Heidi Lee- 9/28

Holly Kreofsky- 9/29

Emily Bledsoe- 9/29





CHAPLAINS CORNER

John 14:6

Jesus said to him, "I am the way, and the truth, and the life.

I learned recently a clearer definition of "*the truth*" Jesus spoke of here. The Greek word *alētheia* can be translated as truth, reality, true to fact. In ancient Greek culture *alētheia* was synonymous for "reality" as the opposite of illusion.

So, what does that mean for us? It means that Jesus is for truth that is based on fact, reality, hard thinking, not illusions and fairy tales.

The world around us is getting rougher for Christians. We're seen as those who have an *Imaginary Friend*, a god of fortune cookies and warm good feelings. We're also seen as bigots who are judgmental and out of touch with reality. The world says it's better to be spiritual, but not religious. The world says that we are the creator of truth, not its discoverer and servant. That old objective truth is oppressive, and that's an objective truth according to worldly thinking.

The world teaches us that we need education in critical thinking, which means not the search for any positive objective truth, but a negative skepticism towards anything that claims to be truth, except of course, that truth which you yourself have created with you own creative thinking. Then, you don't need God's revealed truth through the reality of the universe God has given us in all its ordered arrangements. You can be your own creator and push God off *your* throne.

Aleksandr Solzhenitsyn warned us saying, *If I were asked today to formulate as concisely as possible what was the main cause of the ruinous revolution that swallowed up some 60 million of our people, I could not put it more accurately than to repeat: 'Men had forgotten God; that is why all this has happened.'*

He also said, *"The simple step of a courageous individual is not to take part in the lie. One word of truth outweighs the world."*

Jesus was that individual beyond all others. We are invited to be the individuals God created us to be by way of, the Way, the Truth, and the Life.

Keep the faith,
Pastor Glen



S H A R E W H A T Y O U C A N
please help us keep the food pantry stocked!



The month of September
**Drop off items at
the reception desk**

CALENDAR OF EVENTS: SEPTEMBER

- 9/1- PAYDAY*
 - 9/5- Happy Labor Day
 - 9/7- Mega Bingo- 3:00pm- chapel
 - 9/8- Fresh Bagels & Apples*
 - 9/9- Fresh Bagels & Apples*
 - 9/9- Happy Hour w/Tim Kreise-2:30pm- 1st floor
 - 9/12- Matinee movie- "Elvis- 2:00pm- chapel
 - 9/12- Rochester Big Band- 7pm- 1st floor
 - 9/13- Safety Committee- 1:30pm on Heritage 3*
 - 9/15- PAYDAY*
 - 9/21- Wellness Committee- 1:30pm- Conference Room #2*
 - 9/21- Mega Bingo- 3:00pm- chapel
 - 9/22- Dueling Pianos- 1:30pm- chapel
 - 9/22- MYO Hoagie Bar*
 - 9/23- MYO Hoagie Bar*
 - 9/28- Ev & Vicky Music- 3:00pm- 1st floor
 - 9/29- PAYDAY*
-
- staff are invited and encouraged to attend the Safety and Wellness Meetings

