

Samaritan Bethany Bulletin

THE OFFICIAL NEWSLETTER OF SAMARITAN BETHANY HOME



IN THIS ISSUE: LOOK
FOR NEWS ON OUR
UPCOMING WELLNESS
FAIR!

HEALTH AND WELLNESS
LIVE WELL, EAT WELL

FROM THE KITCHEN:
CHICKEN NACHOS

SAMARITAN BETHANY
THANKS YOU FOR ALL
YOU DO!



We are hosting a food drive for the employee Food Pantry this month! Please bring in a non-perishable food or personal item to share in the pantry. It has made a difference for many of the staff members here and they are very thankful for this!

LIVE WELL:

Are You Sleeping Enough?

It is recommended that adults get between seven and nine hours of sleep per night. According to the National Sleep Foundation, 35% of Americans report that their sleep quality is poor, and 45% say that lack of sleep impacted their daily activities at least once in the past seven days. Start improving your sleep by following the tips below!



Go to bed and wake up at the same time everyday



Practice a bed time ritual, such as meditating or stretching to help you relax



Avoid stimulants, such as alcohol and eating large meals, before bed

Wellable

Eat Well:

Eat Well, Be Well

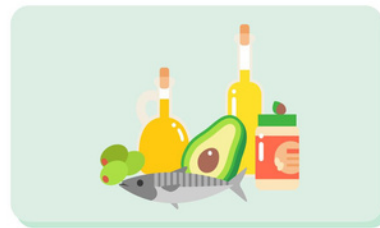
March is National Nutrition Month! A healthy and well-balanced diet is important for overall health and development as well as boosting the immune system, lowering the risk of noncommunicable diseases, and improving longevity. Follow the recommendations from the World Health Organization below to build and maintain healthy eating habits.

Eat Fruits & Vegetables



Enjoying at least five portions of these nutrient-dense foods helps supply the body with important vitamins, minerals, fiber, water, and antioxidants

Lower Saturated & Trans-Fat



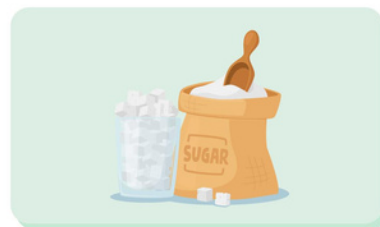
A great way to reduce these types of fats is to focus on foods that contain healthy unsaturated fats instead, like seafood, nuts, and avocados as well as olive, peanut, and canola oils

Limit Salt



To keep your salt intake in check and ideally under one teaspoon per day, check nutrition labels, avoid the saltshaker, and season foods with herbs, spices, and citrus

Reduce Sugar



Check the ingredient list for added sugars like molasses, high-fructose corn syrup, and corn syrup, while being mindful of limiting sugary snacks, candies, and beverages



photo by Canva

WHAT'S COOKING IN THE KITCHEN: CHICKEN NACHOS

Recipe from: Sam Hu | Ahead of Thym yield: 4 servings

Ingredients

- 1 1/2 cups cooked shredded chicken (about 1/2 pound)
- 1 Tbl olive oil
- 1/2 tsp garlic powder
- 1/2 tsp cumin
- 1/4 tsp paprika
- 1/4 tsp dried oregano
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 8-12 oz tortilla chips
- 2 cups cheddar cheese, shredded
- 1 (15 oz) can black beans, drained and rinsed

For the Toppings:

- 1/2 cup salsa (or diced tomatoes)
- 2 Tbl black olives, sliced
- 1 jalapeno, diced
- 1/4 cup sour cream
- 1 Tbl fresh cilantro, chopped

Directions:

- Preheat oven to 400F.
- In a large mixing bowl, combine shredded chicken, oil, and all seasoning including garlic powder, cumin, paprika, oregano, salt, and pepper. Mix well to coat the chicken evenly.
- Arrange half of the tortilla chips in an even layer on a quarter sheet baking pan (9 x 13 pan) and top with half of the seasoned chicken and cheddar cheese. Repeat the step with another layer of the remaining chips, chicken and cheese. Sprinkle evenly with black beans.
- Bake for 12-15 minutes until the melted cheese turns golden brown and bubbly.
- Serve- top with salsa, black olives, jalapeno, sour cream, and cilantro. Serve immediately.



this month is
National Nutrition Month!
What are you
doing
to fuel your
future?



Catch the Wellness Wave

Wellness Fair
Wednesday, March 22nd
from 1130am-3:30pm
in the Chapel

Peace Church

ETS Advisors

The Fit Loon

Delta Dental

Highmark- Blue 365

And much much more...

BE WELL:

Easy-To-Grow Plants

Gardening is a great way to improve overall well-being as it stimulates the mind, provides an opportunity for outdoor exercise, relieves stress, and boosts mood. This activity has even been shown to help people live longer! You don't need a green thumb to experience the health benefits of gardening—start with plants that are both resilient and low maintenance...and nutritious!

BEANS



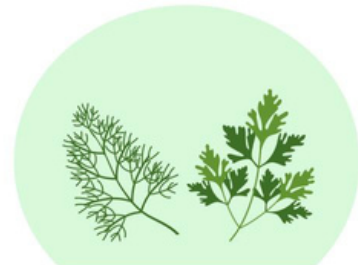
With enough sunlight and water, both pole and bush bean plants can produce enough beans for a family of three

EDIBLE FLOWERS



Flowers like pansies and calendula are easy to care for as they attract bees that help with pollination, which help them grow and thrive

HERBS



Inexpensive and easy to maintain, herbs like parsley and dill are happy on a kitchen windowsill or in a garden

LEAFY GREENS



Lettuce and kale are considered gateway plants because they are low maintenance vegetables

SQUASH



With little effort, these plants produce an abundance of vegetables as well as edible blossoms

TOMATOES



These vine-ripened fruits are a forgiving plant variety and grow happily in a garden or planting pot

Wellable

Seasonal Shopping

Eating seasonally is good for the environment, often supports local farms, reduces your carbon footprint, and can save you money!

Try these March seasonal produce today!

CABBAGE



Health Benefits

- Protects cells from oxidative damage
- Eases swelling in tissues
- Lowers "bad" (LDL) cholesterol



Quick Tip

Cabbage can be fermented (left in its own juices for bacteria to breakdown) to make sauerkraut or its spicier version, kimchi. Both offer natural probiotics that feed the good bacteria in the gut. When enjoying the red variety of this vegetable in its raw form, slice it thinly and let it sit for 10 minutes to help bring out its natural flavor.

STRAWBERRIES



Health Benefits

- Supports the absorption of plant-based iron
- Prevents cataracts
- Improves skin's elasticity and resilience

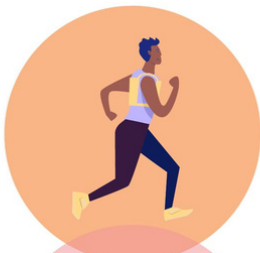


Quick Tip

Strawberries, the only fruit to wear its seeds on the outside, tend to have a longer shelf life when the stems are kept on up. They should be stored in the refrigerator for three to five days and washed only before eating. This slows spoiling and lessens the likelihood of them becoming mushy and moldy.

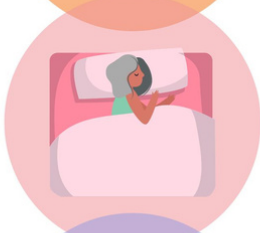
Stress Eating

Physiological changes in the body can happen in response to physical or emotional stress. When stressful or anxiety-provoking experiences occur, the level of cortisol increases in the blood. This hormone increases appetite when the body may not necessarily need nourishment and potentially lead to overeating. Check out the strategies below to help manage stress and maintain a healthy relationship with food.



PHYSICAL ACTIVITY

Engage in exercise for an effective stress-coping mechanism that also helps decrease cortisol levels



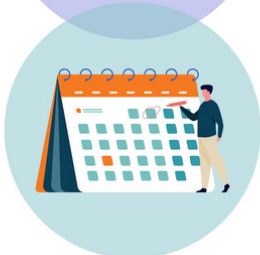
SLEEP

Get at least seven hours of sleep each night to limit the amount of stress hormones circulating in the body



MINDSET

Manage stress by changing your perception and finding the positives in every life circumstance



PLANNING

Be sure to schedule down time when you anticipate a stressful period so that you can focus on self-care

WELCOME to the following new employees

- Isabelle J.- Homemaker, CV5
- Patricia K.- Culinary Services
- Spencer M.- Caregiver, CV3
- Kylie Z.- Caregiver, CV4
- Taylor M.- Homemaker, CV4



Matt Hrabak Named District Caregiver of The Year

Matt Hrabak, Culinary Services Coordinator, at Samaritan Bethany was recently honored by LeadingAge Minnesota with the District F Caregiver of the Year Award.

The District Caregiver of the Year Award honors individuals in older adult services who demonstrate exceptional commitment to older adults as well as enhance and enrich the quality of life of those in their care.

Matt was one of six caregivers selected for the regional award out of a field of 60,000 professional caregivers throughout the state.

“Matt is one of the most dedicated, compassionate, and resident-focused individuals I have worked with,” says Kyla Berg, Community Leader, Samaritan Bethany in Rochester, MN. “Residents come first in his book.

It doesn’t matter what food request is brought to the kitchen, Matt finds a way to honor it.

Like when he used a resident’s recipe to make her famous sour cream raisin pie.

His day is made when he can brighten the day of a resident.”

LeadingAge Minnesota honored Matt and other Caregivers of the Year at its Institute & Expo, the state’s largest and most comprehensive aging services conference.

Nearly 3,000 professionals in all aspects of older adult services attend the annual three-day event to learn about new and innovative programs, share best practices and network with their peers.

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 March
**Drop off items at
the reception desk**

Both at the Home
& Arbor
Terrace



RESIDENT BIRTHDAYS

- 3/7- Isabella M.
- 3/18- Mary A.
- 3/20- Susan M.
- 3/24- Marilyn L.
- 3/24- Wesley D.
- 3/26- Lawrence K.
- 3/28- Verna H.
- 3/30- Bernard S.
- 3/31- Lois A.

STAFF BIRTHDAYS

- 3/1- Bridget D.- Care Attendant- AT
- 3/3- Jeanne W.- Homemaker- CV6
- 3/6- Naomi H.- Caregiver- CV3
- 3/7- Samaritan Bethany's Birthday! We are 101 this year!
- 3/9- Sandra G.- Neighborhood Nurse- CV3
- 3/10- Tia M,- Caregiver- CV3
- 3/12- Sue H.- Nutrition Coordinator
- 3/13- Souad E.- Caregiver- CV3
- 3/16- Sylvia J.- Household Nurse- CV5
- 3/16- Dominic S.- Caregiver- CV5
- 3/16- Gracie S.- Care Attendant- AT
- 3/17- Natalie P.- Move-In-Mentor
- 3/19- Josefina B.- Office Specialist
- 3/23- Rebekah D.- Homemaker- CV4
- 3/23- Adut K.- Homemaker- CV6
- 3/25- Hawa L.- Caregiver- CV4
- 3/23- Denis T.- Care Attendant- AT
- 3/27- Christopher B.- Caregiver- CV5
- 3/28- Kristen C.- Household Nurse- CV3
- 3/28- Adrian L- Nutrition & Wellness Mentor
- 3/30- Sreypheng T.- Homemaker- CV4
- 3/31- Susan H.- Culinary Services

CALENDAR OF EVENTS: MARCH

- 3/3- PAYDAY*
 - 3/8- Music w/Tim Kreise 3pm in the Living Room
 - 3/9- Great Harvest Bread*
 - 3/10- Great Harvest Bread*
 - 3/10- Happy Hour w/Jen Cozik- 2:30pm in the Pub
 - 3/14- Safety Committee 1:30pm Hert 3*
 - 3/15- Wellness Committee 1:30pm Conf 2*
 - 3/15- Matinee Movie 2:00pm in the Chapel
 - 3/16- MYO Shamrock shakes in the break room*
 - 3/17- PAYDAY*
 - 3/17- St. Patrick's Day
 - 3/17- MYO Shamrock shakes in the break room*
 - 3/17- St. Patrick's Day Happy Hour w/Tom Schramm 2:30pm in the Pub
 - 3/22- Wellness Fair- 11:30-3:30pm; Chapel*
 - 3/22- Music w/Tim Kreise- 3pm in the Living Room
 - 3/23- Burger Bar*
 - 3/24- Burger Bar*
 - 3/24- Happy Hour w/Jen Cozik- 2:30pm in the Pub
 - 3/27- CBB Jazz- 2:30pm in the Living Room
 - 3/31- PAYDAY*
 - 3/31- Have 4th Quarter Educare done*
 - 3/31- Happy Hour- 2:30pm in the Pub
-
- staff are invited and encouraged to attend the Safety and Wellness Meetings
 - All activities and times are subject to change.