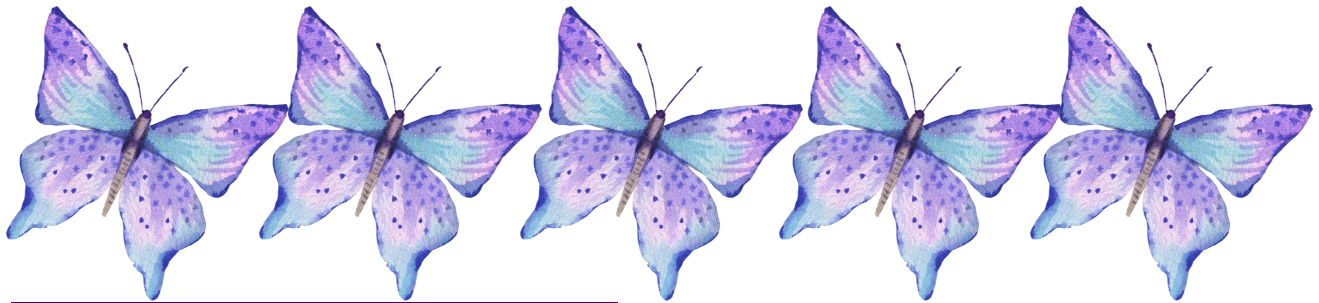


# Samaritan Bethany Bulletin

THE OFFICIAL NEWSLETTER OF SAMARITAN BETHANY HOME



*IN THIS ISSUE: SLEEP BETTER  
FOR YOUR WELL BEING*

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*HEALTH AND WELLNESS:  
LIVE WELL, EAT WELL*

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*FROM THE KITCHEN:  
BANANA PUDDING*

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*SAMARITAN BETHANY THANKS  
YOU FOR ALL YOU DO!*

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“Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you.”

– Nathaniel Hawthorne

“A failure is not always a mistake, it may simply be the best one can do under the circumstances. The real mistake is to stop trying.”

– B. F. Skinner

“There are years that ask questions and years that answer.”

– Lora Neale Hurston

The struggle you’re in today is developing the strength you need tomorrow.

Robert Tew



## LIVE WELL:

One of the best things you can do for your well-being is to consistently get a good night's sleep. Sleep plays an important role in physical, mental, and emotional health. It can be hard to develop a good sleep routine. Many things get in the way of a consistent bedtime, like our social lives, families, jobs, and devices. Throughout May, learn about and practice habits to improve your sleep hygiene.

# Sleep Hygiene

The sleep rituals, behaviors, and norms you follow are referred to as sleep hygiene. As with any type of personal hygiene, there are both positive and negative practices. For example, using electronics in bed and sleeping late on weekends to make up for lack of sleep during the week are considered poor sleep hygiene, while following a regular sleep schedule and avoiding late-day caffeine are good sleep hygiene practices. Try some of the ideas below to promote healthy sleep hygiene and experience better ZZZs!



Go to bed and wake up at the same time everyday



Practice a relaxing bedtime ritual, like taking a warm shower



Exercise regularly but finish well before bedtime



Keep your room dark, cool, and quiet



Avoid harsh light at night



Nix caffeine after noon



Minimize late night, heavy meals



Don't use electronics in bed



Limit afternoon naps to 20 minutes



Avoid alcohol and stimulants before bed



# Eat Well:

Researchers have found links between sleep and various foods. It's important to note that this area of research is still developing, and that the nutrient profiles of any given food may vary (e.g., some kinds of red grapes are high in melatonin, while others have none), but there are nevertheless many promising findings to consider when optimizing diet for good, consistent sleep.

## Seasonal Shopping

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

**Try these May seasonal produce today!**

### SPINACH



#### Health Benefits

- Supports eye health
- Fights oxidative stress
- Reduces cancer risk



#### Quick Tip

Full of fiber and antioxidants, spinach makes a wonderfully nutritious base for a salad. Leftover spinach can pack a punch in a smoothie, and older leaves are perfect when cooked on the stove—plus, you'll absorb even more calcium and iron when prepared this way.

### PASSION FRUIT



#### Health Benefits

- Promotes skin repair
- Normalizes blood pressure
- Improves insulin sensitivity



#### Quick Tip

Passion fruit is a nutritious tropical fruit with a tough outer rind and juicy, seed-filled center. At the grocery store, choose the most fragrant one you can find and then, be patient! Passion fruit tastes the best when it looks the worst. Once the skin is dark and deeply wrinkled, you'll know it's time to dig in.



photo by Allrecipes.com

## What's in Season

As gardens start to pop up all over the Midwest, you may wonder what fresh produce is in season in May?

- Asparagus
- Parsnips (wintered over)
- Radishes
- Rhubarb
- Spinach
- Strawberries (late May/early June)



## What's Cooking in the Kitchen:

### The Best Banana Pudding Recipe

Recipe from: Allrecipes.com

yield: 20 servings

#### Ingredients

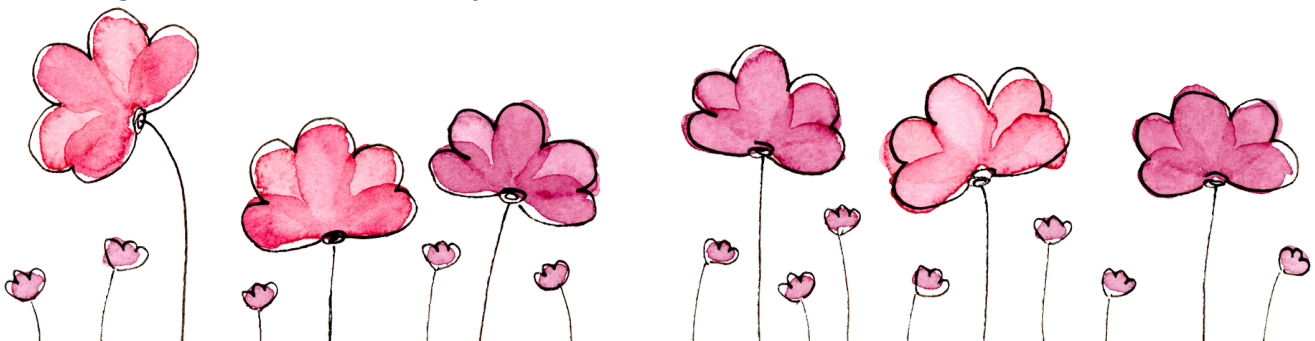
- 2 cups cold milk
- 1 (5 ounce) package instant vanilla pudding mix
- 1 (14 ounce) can sweetened condensed milk
- 1 tablespoon vanilla extract
- 1 (12 ounce) container frozen whipped topping, thawed
- 1 (16 ounce) package vanilla wafers
- 14 bananas, sliced

#### Directions:

- Gather all ingredients.
- Place milk and pudding mix in a large bowl; beat with a whisk for 2 minutes. Blend in condensed milk until smooth.
- Stir in vanilla, then fold in whipped topping.
- Layer wafers, banana slices, and pudding mixture in a glass serving bowl.
- Chill. When ready to serve top with extra crushed wafers.
- Enjoy!

#### Tips:

This is a great item for a Mother's Day Brunch! Treat Mom to a fabulous dessert!



Intuitively, we associate sleep with stillness and calm. However, there is a well-understood relationship between exercise and the duration and quality of sleep. Researchers believe that exercise helps with sleep, while that a lack of sleep makes exercise harder and less likely to occur. That means you can initiate a virtuous cycle of sleep and activity by instituting a regular exercise routine.

## Physical Activity

From aerobics to ziplining, physical activity includes any bodily movement that requires energy expenditure. Unfortunately, one in four adults do not meet the global recommended levels. Check out the amount and type of physical activity you should aim for each week to improve overall well-being!

### HOW MUCH?

#### Option 1

At least 150 minutes of moderate-intensity aerobic activity  
+  
At least two days of working all major muscle groups with strength activity

#### Option 2

At least 75 minutes of vigorous-intensity aerobic activity  
+  
At least two days of working all major muscle groups with strength activity

#### Option 3

An equivalent mix of moderate-and vigorous-intensity aerobic activity  
+  
At least two days of working all major muscle groups with strength activity

### WHAT COUNTS?



#### Moderate-Intensity Aerobic Activity

- Fast walking
- Water aerobics
- Bike riding on level ground or with a few hills
- Doubles tennis
- Mowing the lawn with a push mower



#### Vigorous-Intensity Aerobic Activity

- Jogging or running
- Swimming laps
- Bike riding fast or on hills
- Singles tennis
- Basketball



#### Muscle Strength Activities

- Weightlifting
- Working with resistance bands
- Body weight resistance exercises
- Gardening
- Power yoga

## Be Well:

Anyone who's ever used the Screen Time feature on their iPhone has probably felt a certain sense of shock at just how much time they spend looking at their phone. By some estimates, the average adult spends half of their waking hours looking at screens, with around 150 glances at their phone from morning to night. While often necessary for life and work, screens disrupt your sleep cycle, particularly due to the blue light emitted from the display. Eliminating screen usage before bed will help your mind and body prepare for sleep.

# Digital Detox

Being present in a plugged-in world can be challenging. Whether it's for work, education, entertainment, or social connection, technology is always seemingly at your fingertips...but it's vital for your well-being to engage in daily interactions without tech distractions. Check out some ways you can unplug, unwind, and detox from the digital world.

Turn your phone on  
silent or airplane  
mode

Disable text, email,  
and social media  
notifications

Leave your phone in  
another room when  
in the house

Keep your devices  
screen side down

Practice device-free  
dining

Establish a time  
to enable Do Not  
Disturb

Swap screen time  
for family time

Use a real alarm  
clock (they do exist!)

Spend time in a place  
without Wi-Fi

Delete unnecessary  
apps

Create technology  
time limits

Make the bedroom  
a tech-free zone





# Resident Rights

Each month we will be reviewing different rights that individuals who live here have. If you have any questions, please contact Sara or Susie.

**Relationship with Other Health Services:** Residents who receive services from an outside provider are entitled, upon request, to be told the identity of the provider. Residents shall be informed, in writing, of any health care services which are provided to those residents by individuals, corporations, or organizations other than the nursing or boarding care home. Information shall include the name of the outside provider, the address, and a description of the service which may be rendered. In cases where it is medically inadvisable, as documented by the attending physician in a resident's care record, the information shall be given to the resident's guardian or other person designated by the resident as a representative.

**Information about Treatment:** Residents shall be given by their physicians complete and current information concerning their diagnosis, treatment, alternatives, risks and prognosis as required by the physician's legal duty to disclose. This information shall be in terms and language the residents can reasonably be expected to understand. Residents may be accompanied by a family member or other chosen representative, or both. This information shall include the likely medical or major psychological results of the treatment and its alternatives. In cases where it is medically inadvisable, as documented by the attending physician in a resident's medical record, the information shall be given to the resident's guardian or other person designated by the resident as a representative. Individuals have the right to refuse this information. Every resident suffering from any form of breast cancer shall be fully informed, prior to or at the time of admission and during her stay, of all alternative effective methods of treatment of which the treating physician is knowledgeable, including surgical, radiological, or chemotherapeutic treatments or combinations of treatments and the risks associated with each of those methods.



## Announcements

*WELCOME TO THE FOLLOWING NEW EMPLOYEES*

- *PEARL A.- CAREGIVER- CV4*
- *TERRI D.- OFFICE SPECIALIST*
- *KAYLEE H.- HOMEMAKER-AL*
- *HAWO S.- CARE ATTENDANT- MC*
- *DELLA S.- CARE ATTENDANT- MC*



The 16th annual Golf Classic is coming soon!  
Register now, or tell your golfing friends to register!  
It is great fun for all!

A promotional graphic for the 16th Annual Golf Classic. On the left, a white golf ball with the Samaritan Bethany logo (a red house icon and the text 'Samaritan Bethany' in cursive) sits on a wooden tee in a patch of green grass. To the right of the ball, the text reads: '16th Annual' in red, 'GOLF CLASSIC' in large green letters, 'Golfing for a Cause' in red, 'Monday, June 19, 2023' in black, 'Somerby Golf Club' in black, and 'www.samaritanbethany.com' in red. Further right is a green banner with 'REGISTER NOW!' in white, and below it is a QR code.



# APRIL SHOWERS BRING MAY FLOWERS

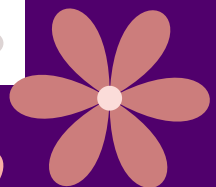
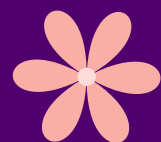
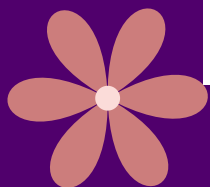
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Apple Blossom  
 Cornflower  
 Gardenia  
 Orchid  
 Rose  
 Tulips

Bird of Paradise  
 Daffodils  
 Hyacinth  
 Pansy'  
 Stargazer  
 Weigela

Calla Lily  
 Dogwood  
 Lilac  
 Peony  
 Strawflower  
 Yarrow

Cherry Blossom  
 Forsythia  
 Magnolia  
 Rhododendron  
 Sweet Pea  
 Zinnia



# Samaritan Bethany

## CYCLING WITHOUT AGE



It's that time of year where Samaritan Bethany is getting ready for another beautiful summer here in Rochester, and there is no better way to enjoy it than volunteering as a Pilot for the CWA program!

This is a call to all our amazing staff, family and friends to sign up to be a volunteer to become pilots and to take our beloved elders on a short adventure!

If you are interested you can contact (Insert contacts)

### **What do you need to do to become a pilot.**

1. **Fill out Volunteer Application.**
2. **Pass background check.**
3. **Get fingerprinted.**
4. **Go through the CWA orientation.**
5. **Find a time that fits your schedule.**





### **RESIDENT BIRTHDAYS**

- 5/7- GLADYS D.
- 5/7- LINDA S.
- 5/11- ROGER S.
- 5/22- RICHARD R.
- 5/28- JOAN S.
- 5/30- MARIS Y.
- 5/31- EVELYN B.

### **STAFF BIRTHDAYS**

- 5/3- ABBY B.- MDS
- 5/3- ANNA W.- CAREGIVER
- 5/9- LYNN R.- HIC
- 5/12- JUDY H.- OFFICE COORDINATOR
- 5/12- PEARL A.- CAREGIVER
- 5/15- ETTA T.- CAREGIVER
- 5/17- CHRISTA A.- HIC
- 5/18- IAN H.- CAREGIVER
- 5/24- MUTWAKIL I.- CARE ATTENDANT
- 5/29- DARLENE B.- CARE COORDINATOR
- 5/30- SHANNON S.- NEIGHBORHOOD COORDINATOR



## Calendar of Events: May

- 5/1- Music w/ Jeanne Freeman, 2:30pm- Living Room
- 5/3- Dueling Pianos, 3:00pm- Chapel
- 5/4- Potato Bar\*
- 5/5- Potato Bar\*
- 5/7- Be Kind to Animals Week
- 5/9- Safety Committee- 1:30pm, Heritage 3rd\*
- 5/10- Music w/Craig Morton, 3:00pm- Living Room
- 5/12- PAYDAY\*
- 5/12- Spring is in the Air, 2:30pm- Pub
- 5/14- Mother's Day
- 5/15- Homes for the Aging Week
- 5/15- Survivor w/Mellow Fellows, 2:30pm-Chapel
- 5/15- Grill out for staff\*
- 5/16- Decorate Tribal Flags & Food Challenge, 2:30pm- Neighborhoods
- 5/17- Parade around Lowertown, 1:30pm- Living Room
- 5/17- Wellness Committee- 1:30pm, Conference Room #2\*
- 5/18- Obstacle Course- w/Tim Kreise, 2:30pm- Garage
- 5/19- Tribal Council & Ice Cream Social, 2:00pm- Chapel
- 5/19- Ice Cream Truck\*
- 5/20- Armed Forces Day
- 5/24- Music w/Michael Gruber, 3:00pm- Living Room
- 5/26- Happy Hour w/Mellow Fellows, 2:30pm-Pub
- 5/26- PAYDAY\*
- 5/26- Memorial Day



Staff are invited and encouraged to attend the Safety and Wellness Meetings

All activities and times are subject to change.