



# The Bridge

Bridging Communications

- Building Relationships

## Older Americans Month May 2010 Age Strong! Live Long!

May is Older Americans Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life. Bethany Life Communities is joining communities nationwide in celebrating this month.

This year's Older Americans Month theme—*Age Strong! Live Long!*—recognizes the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans.

These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much. But the contributions of older Americans are not only in the past.

Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation—the largest in our nation's history—America's senior population is expected to number 71.5 million by 2030.



Is all of your emergency contact information up to date? If you have moved, or changed phone numbers please stop and see Rhonda.

**You asked why eating and drinking outside the breakroom isn't allowed!**

Infection control is the biggest concern. Regulatory compliance is another. Firstly, when eating and drinking outside "sterile" areas, one is exposing themselves to all kinds of germs. Secondly, because of this potential for infection, OSHA has it on their list of no-nos; actually OSHA's list includes: eating, drinking, smoking, applying cosmetics or lip balm, and handling contact lenses! Those are all things that have been identified

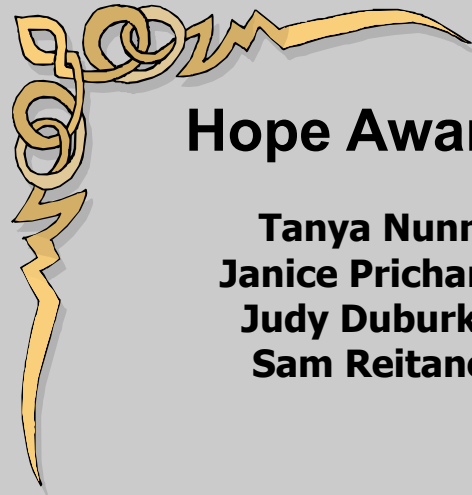


as potentially infectious under the blood-borne pathogens guidelines. By enforcing this guidance, we are protecting everyone: residents, staff, and visitors. OSHA is also prepared to

fine at very high levels for violations. For those reasons, along with being and appearing as the professionals we are, BLC readily supports compliance with this standard. Please do your part in helping us accomplish this.



Thanks! Dale Ullestad- Heneke



## Hope Awards

**Tanya Nunn  
Janice Prichardt  
Judy Duburke  
Sam Reitano**



### Play-to-Win

**A big thanks to the Maintenance Department for preparing the vacated rooms for the Transitional Care patients.**

### Employee Assistance Program

#### Connections

1-800-779-6125

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Dear Bethany Manor Staff,

We would like to thank each person who had any part in caring for our Uncle, Alvin Klemme. It was obvious to us that you did more than just meet the "standard of care." You all gave from the heart and did your very best. We will always be grateful for how well you treated Uncle Alvin.

With much gratitude

Mills, Michelle, Honor, Brody & Sheila Lundt

### **Ten Ways You Can Become More Valuable to Everyone You Encounter**

Be the change you want to see occur in the world around you. You can't make other people be more considerate, helpful, honest, etc., but if everyone were to work on themselves and develop these attributes, the world would be a better place

**1. Don't be judgmental.** Look for and recognize the good in yourself and in others. Everyone is capable of so-called "good" and "bad" behaviors and everyone has their "good" and "off" days. People are all unique and it is wonderful that they are different and not all the same—in appearance, thoughts, opinions, likes, and dislikes. Being different is not threatening; it is not bad, it is just different. Embrace the differences and be happy for the variety. Likewise, forget the concepts of "right" and "wrong." People are not good or bad or right or wrong; they just are. If you were in their shoes, maybe you would act differently—or maybe not. Being judgmental wastes time and cuts you off from opportunities and meaningful relationships—you are not perfect either, and your way of thinking might be worse than the person's you are judging!

By Terri Levine.com [http:// www.terrilevine.com](http://www.terrilevine.com)

## **Hearts of Gold**

Sherry York

There are times in our lives when we sit down and wonder where our lives will lead us.

Sometimes we get so caught up in our jobs that we forget what we truly represent. We get frustrated, aggravated, pushed to the limits and so mentally tired that we feel what is the use in being a Nurse.

But then someone gives us a weak smile or holds our hand and may say "thank you, you are so special."

The we feel the warmth growing in our hearts.

All the bad feelings disappear and replaced by the core values that we present:

human dignity, compassion, dedication, integrity, stewardship, leadership and excellence.

So when the bad feelings begin to show take the times to say this prayer:

Lord, help me to bring comfort where there is pain.

Courage where there is despair.

Acceptance when the end is near.

A touch gentle with tenderness, patience, and love.

And, always remember, all Nurses are truly blessed.

For you see ---

God gave us Hearts of Gold.

## **Happy Nurse Appreciation Week May 6-12**

## A Message from Chaplain Sandy

Dear Friends,

“A friend loves at all times.”

**Proverbs 17:17**

God is so good to us. He blesses our lives with so many wonderful things. He brings into our lives people who love us, cherish us and bring us joy. Yes, we have our families and we are so grateful for the joy and meaning they bring to us. We also have friends. Within the walls of Bethany Manor, I have seen new friendships forged and long-time friendships renewed.

With that in mind, I share with you these thoughts regarding friends.

Thank you, Lord for friends.  
 Through the passages of life, good friends remain.  
 Through beauty and vitality  
 Through the loss of energy and elasticity  
 Through stellar achievement  
 And through embarrassing failure, friends remain.

Friends give when there is a need  
 They celebrate and enjoy with us  
 When there is abundance.  
 They laugh at our jokes and our foibles.  
 They cry at our griefs and at our sadnesses.

Friends pick up the pieces we leave,  
 They take up the slack when we are careless  
 And they make up the difference when we come up short.  
 They listen when we tell them something  
 And they hear when we don't.

Lord, of all the sweet relationships of earth,  
 Thank you for the gift of a few good friends.  
 And most of all, thank you for choosing to be One to us  
 Who were and are so in need of one True Friend.

by Gloria Gaither

Celebrate the friendships that God has given you.  
 Thank be to Jesus for being our very best Friends.

In His peace,  
*Chaplain Sandy*  
 Chaplain Sandy Anenson



## Service Anniversaries

*Thank you for your  
service and dedication!*

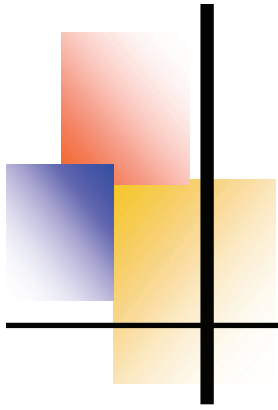
Name	Hire date	Years
Linda Ann Wheeler	5/21	26
Mary Skartvedt	5/30	16
Betsy Warburton	5/1	15
Katie Erickson	5/22	10
Kay Brooke	5/6	8
Mary K Phillips	5/11	5
Brandi Hill	5/9	4
Dawn Dunmire	5/17	3
Ashley Lehmborg	5/1	2
Amy Teig	5/2	2
Taylor Farren	5/29	2
Lori Gjerde	5/29	2
Stacey Davidson	5/4	2
Nicole Dunham	5/4	2
Amber Renaud	5/4	2
Nicole McRoberts	5/11	1
Kristina Keigley	5/20	1
Kelly Lockhart	5/22	1
Lisa Tjelta	5/29	1

# Happy Birthday

Name	Birthday
Ashley Lehmborg	5/2
Susan Banks	5/3
Patricia Baker	5/3
Cody Nelson	5/4
Anna Christensen	5/4
Emily Williams	5/9
Emma Drees	5/11
John Kasner	5/11
Sarah Milone	5/11
Matthew Lehmborg	5/12
Nikki Grove	5/12
Sean McHugh	5/14
Theresa Brown	5/17
Jamie Murken	5/24
Krista Tracy	5/24
Lindsey Newberg	5/25
Marty Danielson	5/27
Rosemarie Flattebo	5/27
Christina Walsh	5/27
Betty Harris	5/30
McKinzie Soderstrum	5/30

# Welcome New Hires

Name	DeptName	Hired
Laura Banwart	C.N.A.	4/1
James Smith	C.N.A.	4/1
Lindsey Fournier	Domestic Aide	4/13
Abbigale Hartmann	Domestic Aide	4/13
Heather Huntrods	C.N.A.	4/13
Katie Mehaffy	C.N.A.	4/13
Rebekah Miller	C.N.A.	4/13
Amy Young	C.N.A.	4/13
Mary (Chris) Eyanson	Administration	4/14
Yvette Fiddelke	Dietary	4/14
Emily Lytle	C.N.A.	4/21



# May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13 	14	15
16	17	18	19	20	21	22
23	24	25	26	27 	28	29
30	31					