

OCTOBER 2017

# Bethany News

Bethany Lutheran Home \*7 Elliott Street Council Bluffs \* 712-328-9500\*



**Celebrating October**

**Emotional Wellness Month**

**Vegetarian Awareness Month**

**Roller Skating Month**

**Mystery Series Week**

*October 1-7*

**Guardian Angels Day**

*October 2*

**Face Your Fears Day**

*October 10*

**Mulligan Day**

*October 17*

**Chemistry Week**

*October 22-28*

**World Pasta Day**

*October 25*

**All Hallows Eve**

*October 31*

## Bethany Annual Family BBQ



Another successful Bethany family BBQ. Wayne Miller put on a great performance yet again! Thank you to everyone who came and ate with us and to everyone who helped make it great!

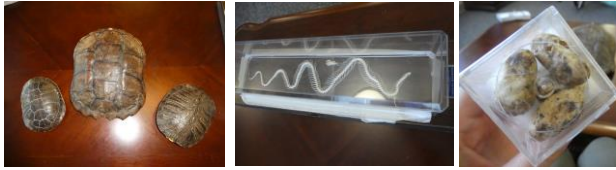
## Traveling To Australia

This month there was a travel log of Australia presented by Nancy Ruffcorn, a volunteer at Bethany Lutheran Home. Australia is a nation nearly as large as the 48 contiguous states of the USA. We learned that it has less than 10% of the population of our country. In the late 1780's the nation was settled primarily by convicts from Great Britain.

There are also many interesting animals that are native to Australia, including several different species of marsupials. This includes kangaroos, known for carrying their young in their pouches. These animals graze like cattle. The koala, also a marsupial, not a bear, eats only the leaves of certain eucalyptus trees. Lastly, the Tasmanian devil, native to the island state of Tasmania is also a marsupial and a carnivore.



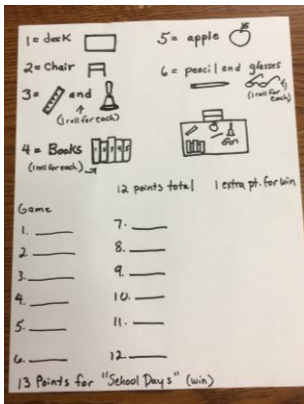
## Reptiles Really Aren't Gross By: Fontenelle Forest



The age of a growing box turtle in the wild cannot be accurately estimated by counting the growth rings on the scutes. Their growth is directly affected by the amount

of food, types of food, water, illness, and so much more. The normal clutch size is 1-7 eggs. In captivity and in the southern end of their range, box turtles can have more than one clutch per year. Turtles can defend themselves from predation by hiding, closing their shell and biting. While the shell of an adult box turtle is seldom fractured, the box turtle is still vulnerable to surprise attacks and persistent gnawing or pecking. Pictured above are turtle shells, snake skeleton and snake eggs. Liz Matis pictured with a box turtle.

## Red Hats School Days Dice Game



Tenants from Bethany Heights join residents at Bethany Home to play School Days Dice Game. Tables of four raced to complete the drawing of the school desk. Once all aspects of the drawing was completed, the winning table yelled, "SCHOOL DAYS, SCHOOL DAYS,

SCHOOL DAYS!" At that point, everyone would stop and count points.

**We would like to give a big Thank you to:  
Mosaic, Logan Iowa  
Diane, Roger, and Kaitlin Carlon  
Pastor Celeste Waymire & husband Dave  
For Volunteering their time to help beautify  
Bethany.**

## Mini Maple Pumpkin Pies Recipe

### Ingredients

2 cups all-purpose flour  
1/2 teaspoon salt  
1/2 cup plus 1 tablespoon cold butter  
4-1/2 teaspoons maple syrup  
2 teaspoons cider vinegar  
5 to 6 tablespoons cold 2% milk



### FILLING:

2 tablespoons butter  
3 cups chopped peeled apples (about 3 medium)  
1/4 cup maple syrup  
4-1/2 teaspoons sugar  
1 tablespoon lemon juice  
1/2 teaspoon ground cinnamon  
4-1/2 teaspoons cornstarch  
1 tablespoon cold water

### Directions

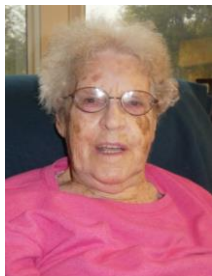
1 In a large bowl, mix flour and salt; cut in butter until crumbly. Gradually add maple syrup, vinegar and milk, tossing with a fork until dough holds together when pressed. Divide dough in half. Shape each into a disk; wrap in plastic wrap. Refrigerate 1 hour or overnight. 2 Meanwhile, in a large saucepan, melt butter over medium heat. Stir in apples, maple syrup, sugar, lemon juice and cinnamon. Bring to a boil. Cook until apples are almost tender, about 4-5 minutes, stirring occasionally. In a small bowl, mix cornstarch and water until smooth; stir into apple mixture. Return to a boil, stirring constantly; cook and stir 1-2 minutes or until thickened. Remove from heat. Cool to room temperature 30 minutes. 3 Preheat oven to 350°. On a lightly floured surface, roll each portion of dough to 1/8 in. thickness. Cut with a floured 3-1/2-in. pumpkin-shaped cookie cutter. Using a sharp knife, cut out pumpkin faces from half of the cutouts. 4 Place about 2 tablespoons filling on each of the uncut pastries. Moisten pastry edges with water. Place remaining cutouts over filling. Press edges with a fork to seal. 5 Transfer to greased baking sheets. Bake 22-24 minutes or until lightly browned. Remove from pans to wire racks. Yield: 10 mini pies.

## Residents' Rights

Residents have the right to choose and remain informed of the name, specialty and way of contacting the physician and other primary care professionals responsible for their care.



## Congratulations To Our September Resident Of The Month, June Johnson!



June is a delightful person to have here at Bethany. She is sweet and kind towards us CNAs, but it's not just the CNAs she is kind to, it's everybody. I love going into June's room and talking to her for hours. June has become a social butterfly

because everyone loves her. If you ever get the chance to meet her, you'll feel as if you've known her all your life. You're the best June!

June was nominated by: Nikki Moore and Kolby Miller

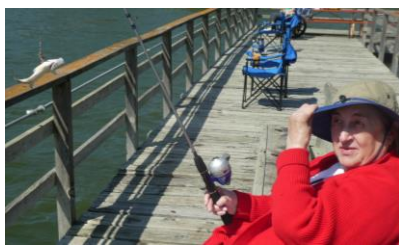
## Lake Manawa Fishing Trip

Lake Manawa was formed in 1883 when the Missouri River carved a new route after a flood. Newspaper accounts said 40,000 people flocked there on July 4, 1900. People came from Denver and Chicago, a few even from Europe. Lake Manawa died a slow death up till the early 1930's. A tornado in 1903. Fires. Even the lake dried up. The Trolley Company leased it out in 1918 and the decline continued. There used to be an amusement park that covered nearly six square blocks. Its roller coaster was dubbed the largest and longest in the West.

(For more information visit:

<http://freepages.history.rootsweb.ancestry.com/~howardlake/amusement14/lakemanawa.html>)

The residents fish at the Fish and Game Club which is a private club that has been in existence since 1875.



## Congratulations To Our September Employee Of The Month, Chelsea Britwell!



Chelsea is one of many hard working overnight workers. She is not afraid to help with anything. She is always putting smiles on residents and coworkers faces. Chelsea is always found on Sunrise working hard. She is strong, funny, and happy. Does her job, and helps others that need an extra hand. I'd say Chelsea, in our eyes, goes above and beyond what is needed.

Chelsea was nominated by: Phyllis Jones, Ruth Gillespie, and others.

## Dodge House: The Wonderful World of Weddings

Ancient Egypt recognized the idea of marriage in law, other civilizations of the time soon had wedding laws in their cultures, since it was seen as a positive and stabilizing factor in society. The Roman Empire handed down the modern word "matrimony," which means marriage.



Though many wedding traditions are specific to cultures, one component of the ceremonies generally remains universal: the beautiful, delicate dress of the bride. Brides use to wear their best dress until Queen Victoria wore a white dress for her wedding then people started to wear white also.

The sides chosen for the Bride and Grooms families to sit on was decided by Grooms because they wore swords on the left side.

Wedding rings are worn on the 4<sup>th</sup> finger because its closest to the heart. In the past they would wear a ring on the first finger to symbolized they were single, the second finger to symbolize engagement, and the third finger to symbolize marriage.

## BLH Resident Birthdays

October	3	David Hansen
October	17	Dorothy Wenninghoff
October	18	Aleta Cohrs
October	25	Cathy Eckmann

## BLH Staff Birthdays

October	3	Samantha Nelson
October	5	Veronica Rodriguez
October	7	Christopher Hanson
October	7	Elizabeth Larsen
October	7	Christopher Turk
October	15	Todd Muckey
October	25	Tami Dale
October	27	Amber Hathaway
October	27	Pamela Smith
October	28	Christine Raymer
October	29	Hannah Debuse
October	30	Tia Knudsen
October	31	Samantha Dingman

## BLH Staff Anniversaries

October	4	1 Year	Katie Bird
October	4	1 Year	Anthony Potter
October	4	1 Year	Iris Ramirez
October	5	13 Years	Jean Swanson
October	6	1 Year	Gloria Spitler
October	8	4 Years	Diana Wittstruck
October	13	8 Years	Kelly Monahan
October	14	1 Year	Dave McCallan
October	15	9 Years	Amanda Elders
October	15	3 Years	Doug Gray
October	15	2 Years	Michelle Hubbard
October	15	2 Years	Tabbattha Shryock
October	20	2 Years	Lindsay Betchel
October	20	2 Years	Janet Hutson
October	23	2 Years	Chelsea Birtwell
October	23	2 Years	Emily Fingerhut
October	28	9 Years	Tami Dale

## Halloween Word Search

W I T U W B S C A R Y R  
 D Y X S T B H E L O O E  
 K S T K A H Q Z E W I B  
 C T A E C M U M M Y O O  
 A N B L W W Q F U M O T  
 L R V E M K E N T R V C  
 B E G T F N G O S E D O  
 Q T H O U U N O O D E D  
 W N O N X D A M C I T E  
 X A S Y V Y R W R P N T  
 W L T Y D S O G M S U G  
 H O N N P F B Z P H A I  
 C K A Q G O P N I G H T  
 T C L G X S D O T M J F  
 I A N E E W O L L A H I  
 W J G N L B F D N K L S

BLACK	HALLOWEEN	JACK-O-LANTERN
ORANGE	OCTOBER	BAT
GHOST	SPIDER	MOON
WITCH	SKELETON	CAT
SCARY	MUMMY	NIGHT
CANDY	COSTUME	OWL
HAUNTED		BOO



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## Flu season is approaching us

The timing of flu is very unpredictable and can vary from season to season. Seasonal flu activity often begins as early as October and November and can continue to occur as late as May. Flu activity most commonly peaks in the US between December and February.

### Preventing Flu

The most important step in preventing flu is to get a flu vaccination each year. The CDC (Center of Disease Control) recommends a yearly flu vaccination for persons 6 months and older. CDC also recommends avoiding people who are sick or if you are sick, covering coughs and sneezes, and frequent handwashing. This will help slow the spread of germs that cause sickness.

### When should I get vaccinated?

You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu. CDC recommends that people get a flu vaccine by the end of October.

### Flu Signs and Symptoms.

The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms: Feverish/chills, Cough, Sore throat, Runny or stuffy nose, Body aches, Headaches, Fatigue (tiredness),

**If you are experiencing any of the above symptoms notify your doctor promptly.**