

# 55PLUS NEWS

is a service of Beatrice Community Hospital  
in conjunction with BryanLGH Medical Center

19th Edition

October 2009

## Upcoming Events

**October 7-9, 2009**  
**Mississippi River Cruise**

**October 22, 2009**  
**Pumpkins & Parks**

**October 26, 2009**  
**BCH Gift Shop Open House**

**December (TBA)**  
**Holiday Social**

## Featured Articles

- **A Word From The Coordinator**
- **Good Samaritan, New Hospital Announcement**
  - **Employee Spotlight**
  - **Stop Smoking Class**
  - **Chaplain's Corner**
- **Fajita-Ranch Chicken Wraps**

## Good For A Laugh

***The economy is so bad  
McDonald's is selling the  
1/4 ounce.***

## The Winner

The winner of the flat-screen television given away during the Ice Cream Social in July was Harlan and Jeannette Richardson of Adams.

**Deb Whaley – SHIIP Volunteer  
223-7227**

## A Word From The Coordinator

I can't submit this newsletter without mentioning that my husband and I just celebrated our 40th wedding anniversary this past August. We got married while still in grade school...teehee! Anyway, I remember when my sister and I had a surprise party for our parents for their 40th. They sure seemed old then. This past August we rented a cabin at a state park and invited our children and grandchildren. What a great time we had! On this auspicious occasion, please forgive me as I am including a photograph of this memorable event (*see back page*).



55PLUS sure was busy this summer. Our Jamesport trip was incredible. I think we should try to live more simple lives, although I still want my washer/dryer, A/C and cell phone and I do enjoy my favorite shows on TV. OK, maybe not a whole lot simpler. For those of you who experienced those awesome Raspberry Bars at the Dutch Pantry, here is the recipe:

### Raspberry Bars

**Crust:** 1 cup flour, 1/2 cup sugar, 1/2 cup butter. Combine and spread in pan.

**Filling:** Cover crust lightly with raspberry jam. Then add topping.

**Topping:** 1 cup brown sugar, 1 cup coconut, butter (the size of an egg), 1 tsp. vanilla, 1 beaten egg. Bake in a moderate oven for 30 minutes then cut while hot.

There are still seats available for the Pumpkins and Parks trip, so give me a call if you are interested. What a beautiful time of the year to be out and about experiencing the beautiful colors as the foliage changes to its fall colors.

Finally, take a peek at the Employee Spotlight article. You will get to know a little about the woman behind the great food served at BCH! We're so glad Jennifer Sirek was willing to move from Massachusetts to be our Food Service Director.

Stay healthy and happy!

*Deb Whaley, BCHHC 55PLUS Coordinator*

## Hospital, Good Samaritan Issue Long-Term Care Announcement

Beatrice Community Hospital and Health Center has finalized an agreement for the donation of land to The Evangelical Lutheran Good Samaritan Society to ensure the community has long-term care services for many years to come.

With the donation of the land, Good Samaritan Society has agreed to build a new long-term care facility to better meet the needs of residents in

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# Hospital, Good Samaritan

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Beatrice and the surrounding area. As a result of this arrangement, the long-term care facility of Parkview Center will be closed, effective April 1, 2010. This decision does not affect Parkview Village, which offers independent living apartments for seniors. Parkview Village apartments are located in the north part of the building that houses the long-term care facility, Parkview Center.

John Rypma, chairman of the BCHHC Board of Directors said, "We are confident that the commitment and decisions we have made to ensure that this community has quality long-term care services for many years to come will, in the end, be a positive one."

The Society's new skilled nursing center will feature neighborhood-style settings for residents that are designed to give residents and staff members more opportunities to share their daily lives in a way that feels like home.

The Good Samaritan Society's existing long-term care center at Beatrice will not be closed until the new center is built, said Jacci Nickell, the Nebraska regional director for the Good Samaritan Society. At that point residents and their families – along with staff – will be given the opportunity to move to the new center, she said.

# Tips from the Nebraska Attorney General's Office

## *Be on the lookout for home repair and home improvement scams*

Has recent storm damage left your home in need of repair? Are you thinking about making some home improvements this fall? If so, it's important to make sure you don't fall into the hands of an unscrupulous con artist. While most home repair specialists and home improvement contractors perform a valuable service at a fair price, there are those who take advantage of their customers.

### **Here are some tips to follow if you're hiring a contractor:**

- Always get at least three estimates. Compare prices and what's included in each estimate.
- Ask friends for recommendations.
- Make sure that the contractor is bonded, licensed and insured. Get proof in writing.
- Insist on a written contract. Contracts should include description of the work being done, materials used, and beginning and end dates. Don't sign an incomplete contract.
- Keep records of all contracts, correspondence, and anything related to the work done.
- Out-of-state contractors can be more difficult to contact if there's a problem. Be careful working with a contractor who doesn't have a local address.
- Check out the company with the Attorney General's Office or the Better Business Bureau.

# Construction Of A New Hospital Moves Forward

Construction of a new hospital will be moving forward. The Beatrice Community Hospital and Health Center Board of Directors in September voted to proceed with construction of a new hospital in north Beatrice. That decision had been highly anticipated as the board announced this past spring that it was working to finalize a new hospital design and project budget. A groundbreaking ceremony is tentatively planned for late October.

## Employee Spotlight

### *Director of Nutritional Services*

Jennifer Sirek is our featured hospital employee for this publication. She is the Director of Nutritional Services. She has an associate degree in nutritional services and is working on her bachelor's degree in business management.

She moved to Lincoln, Neb., from Leicester, Mass., and started at Beatrice Community Hospital and Health Center in March 2007. Soon thereafter she married Doug. She

enjoys watching movies, painting ceramics, reading, bowling and traveling with her husband.

She says the best thing about her job at the hospital is making patients and visitors



smile with the food her staff prepares and serves. She always enjoys getting suggestions and ideas on how to make the food service process better.

It would be interesting to note that Jennifer wears many hats with her job. She not only is in charge of meals for the cafeteria, but also for inpatients, Meals on Wheels, and food service for other living facilities.

She wishes to let the readers know that she has a very hard-working staff at BCH as well as at Parkview Center, and they are known for making the best homemade cinnamon rolls in the community.

## Freedom From Smoking Class Being Planned

Are you ready to quit smoking? Two Beatrice Community Hospital and Health Center employees believe they have a program that can provide the support and assistance you need to be successful.

Registered Respiratory Therapists Deb Baumfalk and Michelle Sandal have been trained as facilitators of the Freedom From Smoking program, an eight-week American Lung Association class that will be offered at the hospital beginning Oct. 27.

"I wanted to attend this training to help smokers in our community," Baumfalk said. "As a former smoker I was very appreciative of the fact that the class focuses on the positive aspects of quitting smoking rather than the negatives of smoking. I look forward to sharing what I have learned."

The Freedom From Smoking program helps participants create personalized plans to overcome their tobacco addiction. Class topics include medications, lifestyle changes, managing stress, avoiding weight gain and staying smoke-free for good.

Studies show that people who use the program are six times more likely to be smoke-free one year later than those who try to quit on their own.

**The class will meet on Tuesday evenings from Oct. 27 to Dec. 8. There is a \$30 registration fee to cover the cost of class materials from the American Lung Association.**

A free information session is planned for 7 p.m. Tuesday, Oct. 6, in the Garden Room at the hospital for anyone who would like to find out more about the program prior to registering.

Preregistration is encouraged by calling the hospital's Cardiopulmonary Department at 223-7326. Payment will be due the first night of class.

## Chaplain's Corner

My 8-month-old daughter Anya has recently started crawling. Her favorite thing to do now (well, one of many "favorite" things) is to crawl over to the coffee table, grasp the handle of one of the table's two drawers, and pull herself up. She then opens the drawer, where she discovers papers, instruction manuals for the TV, DVD player, etc., and other miscellaneous junk. Junk, she must in fact be thinking, because she then takes each piece out of the drawer and throws it on the ground for Mommy and Daddy to pick up.

Junk. At this time of year many of us may be trying to get rid of our extra junk before the chill sets in. We clean our houses, empty garages, and tidy up our yards and gardens. This is when we get rid of our trash. "God don't make junk," I heard someone say once, to refer to God's care and love for all people. May we be reminded that God doesn't riffle through the drawer of humanity to toss us out. But he does call us to see the timeless beauty of these moments in our lives. And to say thank you. Thank you, Lord, for all you give us.

*Eric Alm, BCHHC Chaplain*

*"Offering compassionate spiritual care to all."*

## Fajita-Ranch Chicken Wraps

### INGREDIENTS:

**12 ounces skinless, boneless chicken breast strips for stir frying**

**1/2 teaspoon chili powder**

**1/4 teaspoon garlic powder**

**Nonstick cooking spray**

**1 small red, yellow or green sweet pepper, seeded and cut into thin strips**

**2 tablespoons bottled reduced-calorie ranch salad dressing**

**2 10-inch whole wheat, tomato, jalapeño, or plain flour tortillas, warmed\***

**1/2 cup Easy Fresh Salsa\***

**1/3 cup reduced-fat shredded cheddar cheese**

### DIRECTIONS

Sprinkle chicken strips with chili powder and garlic powder. Coat a medium nonstick skillet with nonstick spray; heat over medium-high heat. Cook chicken and sweet pepper strips in hot skillet over medium heat for 4 to 6 minutes or until chicken is no longer pink and pepper strips are tender. Drain if necessary. Toss with salad dressing.

Divide chicken and pepper mixture between warmed tortillas. Top with Easy Fresh Salsa and cheese. Roll up; cut in half.

**\*To warm tortillas:** Wrap tortillas tightly in foil. Heat in a 350°F oven about 10 minutes or until heated through.

**\*Easy Fresh Salsa:** In a medium bowl combine 2 seeded and chopped tomatoes, 1/4 cup finely chopped red onion, 1/4 cup chopped yellow or green sweet pepper, 2 to 3 teaspoons snipped fresh cilantro, 1/2 teaspoon minced garlic, 1/8 teaspoon salt, a dash of black pepper, and, if desired, a few drops bottled hot pepper sauce. Serve immediately or cover and chill for up to 3 days. Stir before serving. Makes 1 2/3 cups.

**Nutrition facts per serving:** Servings Per Recipe: 4 servings; Calories, 224; Total Fat, 7 g; Saturated Fat, 2 g; Cholesterol, 59 mg; Sodium, 316 mg; Carbohydrate, 15 g; Fiber, 1 g; Protein, 25 g.

*Jennifer Sirek*

*BCHHC Nutritional Services Director*

Bring this coupon in for

**20%**

off any item in the

**Beatrice Community Hospital & Health Center**

**Gift Shop**

**Excludes cards and candy**

**Expires Jan. 1, 2010**

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## *Jamesport Tour*



*Above: Can we all fit in here?*  
*At left: It's a beautiful day for a buggy ride for Eunice, Marci, Marcia, Norma and Faye.*



*Paul and Deb Whaley celebrate their 40th wedding anniversary.*

## *Ice Cream Social*



*Blah, blah, blah, blah, blah.....*



*Another scoop please!*