

# Messages from Maryhill

A Newsletter for Maryhill Manor Families

March, 2011

**GREETINGS!** The month of February has come and gone! That has to mean that spring is not too far away, right? We are praying for the right weather conditions to keep river levels low this spring. Many towns in N.D. are concerned about the possibilities of flooding, including our neighbors in Lisbon. We are hopeful that the flooding will not be as bad as predicted and are ready to assist in whatever way we can. \*\*\* We have recently made some changes in our smoking policies at Maryhill Manor. These changes are being made as we work toward becoming a totally smoke-free facility. As of March 1<sup>st</sup>, we will no longer allow staff members (or guests) to smoke anywhere on the Maryhill property, including in the parking lots. We also do not permit smoking in the facility or on the grounds by any new residents who are admitted. We have two residents who were admitted under our previous policies that allowed residents to smoke (in the smoking room designated for this purpose and at one outdoor table in the courtyard). These two residents are being “grandfathered” in and are permitted to continue smoking at this time. We, along with other nursing homes in the state, are waiting for an opinion from the ND Attorney General on how long we need to continue to allow these residents to smoke in the facility. Our goal is to be totally smoke free in the near future in order to provide as healthy an environment as possible for all who live and work at Maryhill. If you have any questions about these policy changes, feel free to contact me at any time. \*\*\* As we enter into this season of Lent, I hope you will have time to reflect and renew yourself spiritually. God bless you throughout this holy season.

\*\*\* Peace and Joy...Nancy Farnham, Administrator

## BUILDING PROJECT UPDATE:

### Construction Plan Update:

\*The building plans were submitted to the State Health Department the first week in February. This is an exciting step and we hope the plans will “move through channels” quickly.

\*We have had an appraisal of the current building and the building plans and these appraisals have been given to the bank for the construction loan financing.

\*We had an asbestos study completed in anticipation of the construction and this looked good.

### Fundraising update:

\*The February 13<sup>th</sup> fundraiser at the City Auditorium (**SEASONS OF LOVE: A Walk Through Valentine’s Garden**) was well attended and was a very fun night! We appreciate all the planning that was done by Terri Egan and thank the following people who performed or assisted with the program that night:

**Performers:** Jack Armstrong, Dan Billing, Farrah Billing, Paul Billing, Amethyst Billing, Jill Bergstedt, Eric Bergstedt, Rachel Bergstedt, Martin Bergstedt, Luba Dobos, Tracy Ekeren, Frank Egan, Nancy Farnham, Tom Farnham, Rick Gillund, Jeff Hamre, Jared Kellerman, Kathy Lewis, Brittany Maasjo, Tyler Schlect, Lynette Schmitz, Karlton Stordalen, and Collin Trangsrud.

**Newlyweds:** Ammie & Shannon Brash, Candy & Dan Lund, and Mary & Bob Gruman. Jeff Hamre (emcee) and Gloria Trautman, question developer.

**Photographers:** Rick and Nadia Menge

**Valentine Vendor girls:** Brittany Maasjo, Megan Trautman, Courtney Lauth, and Lacey Langland.

**Stage hands, lights, and set-up crew:** Sam Egan, William Egan, Kevin Bratland’s high school class.

**Stage set design:** Lollie Adair

**Stage equipment loan:** Enderlin Fine Arts Association

\***April 28<sup>th</sup> is the date that has been set for this year’s TABLE THEMES dinner.** The dinner will take place at Trinity Lutheran Church in Enderlin. Our overall theme for the dinner this year is “decades”, so we will have tables decorated for different decades in our history. Tickets are \$20 and will be on sale soon. There will be entertainment in addition to a delicious meal. Watch for more information in future newsletters. We hope you will be able to join us for a fun evening on April 28th!

*Maryhill’s building project -- Even a small gift can make big dreams come true!*

## Questions and Answers about Alzheimer's Disease:

Q: What is the best way to give someone with Alzheimer's Disease directions?

A: When working with someone who is confused, it's not what you say that's important, it's what you show. If you want someone with Alzheimer's to sit down, you can give him or her this direction by simply putting your hand on the chair and pointing to the seat while you say, "Sit here." Short directions should be given one step at a time in simple terms. Adding a visual clue is more helpful than any words you say, since they often have trouble understanding verbal directions.

Q: The person I know with Alzheimer's disease often seems very anxious. Is this a common part of the disease?

A: Yes, anxiety quite often goes along with Alzheimer's disease. The person with this disease often has trouble interpreting what is going on around them and this is upsetting to them. They also may think they are late for some event or feel lost because they are not recognizing their surroundings. All these things can lead to anxiety. Here are some techniques you can use to help lessen this anxiety:

1. Provide the person with clues during your conversation to compensate for their memory loss while you talk to them. For instance, instead of saying, "You remember me, don't you?" say, "Hi, Mom. This is your son Bob. It's so good to see you!"
2. If you notice the person getting anxious, check to see if there is too much noise or activity in the environment. Eliminating the extra noise or activity, or moving to a quieter location, may help reduce the anxiety.
3. Often anxiety or restlessness is created because the person cannot express what they are needing. Check to see if they are hungry, thirsty, need to use the bathroom, or are having pain.

## Thank You for Your Generous Donations:

Carmen Archbold in memory of Gladys Wavra

### **For the Building Project:**

Wylma Kraemer

Jessica Holladay

*"As we advance in life it becomes more and more difficult, but in fighting the difficulties the inmost strength of heart is developed." -- Vincent van Gogh*

## Activities at Maryhill...Join Us Anytime

**Below are some of the routine activities we have scheduled at Maryhill. Feel free to join us!**

Daily: Devotions, local news update, and exercises at 11:30a.m.

Bingo: Monday, Wednesday, and Fridays at 2:00p.m.

Church: Protestant services on Tuesdays at 2:00p.m. and Catholic Mass on Thursdays at 9:30a.m.

Coffee hour: Daily at 2:30p.m.

Movie and popcorn: Saturday afternoons

March 17<sup>th</sup>: Glenn Douglas will perform at 1:30p.m.

March 24<sup>th</sup>: Monthly Birthday Bash at 1:30p.m.



### **Maryhill Manor**

Sponsored by Sisters of Mary of the Presentation  
110 Hillcrest Drive, Enderlin, ND 58027