



# Messages from Maryhill

A Newsletter for Maryhill Manor Families

August, 2005

**GREETINGS!** Summer is rushing by as it usually does! Our residents have been enjoying outings to Lisbon to Alco and the Dollar store and most recently to DeNardo's, the new restaurant in town where they enjoyed their pizza. In North Dakota, we have to "make hay while the sun shines", so we are planning more outings for the coming month to take advantage of the warmer weather. We can always use extra hands when going on outings, so if this is something you'd like to help with, give Candy Lund or Phyllis Barnick a call. Jenny Bergstrom, the administrative intern that's been with us this summer, will be completing her internship the middle of August. We have enjoyed having Jenny around and wish her well as she moves into her career in long term care! I hope life is treating you well and that you are enjoying the summer.

Blessings to you...Nancy Farnham, Administrator

## Education Corner: MEDICARE Part D and Abuse

**MEDICARE Part D:** As we mentioned last month, a new prescription drug program through Medicare will begin January 1, 2006. Letters will be coming in the mail from the Social Security Administration to anyone who is eligible for this benefit to let you know you know about this new program. If you receive one of these letters, there is nothing you need to do at this point. The government is selecting plan providers in September and will have that information available later in the fall. Enrollment will begin in November, 2005. We are being told that the average premium for the Medicare Part D program will be \$37/month and there will be some deductibles and co-pay amounts. Any of our residents who currently have their prescription drugs covered by the Medicaid program will be automatically deemed eligible for this program and will be given the opportunity to select the plan of their choice for the Medicare drug benefit. If people in this category do not select a plan by 12/31/05, a plan will be chosen for them. People who are now covered by Medicaid will have NO monthly premiums, deductibles, or co-pays required. Watch for more information on this new program in the media and in your mail. We will provide updates on this as the details of the program unfold.

**ABUSE:** Abuse is a word that we don't like to hear connected with nursing homes but, unfortunately, it does occur – even in North Dakota. We feel very strongly about abuse and want to do all that we can to prevent abusive situations from occurring at Maryhill Manor. Some of the things we do to prevent abuse include:

1. Screening of applicants for employment: When someone applies for employment at Maryhill, we do thorough reference checks and make an effort to solicit information from references regarding any past history of abuse or neglect. We also have the applicants sign a release to allow criminal background checks and we check all appropriate state registries and licensure boards to make sure they are currently licensed and have a clear record on their license. We also check all potential employees over the age of 18 for a criminal background through the Office of the Inspector General.
2. Training of employees: We train all employees on our policies for prevention of abuse and neglect, information to help them recognize abuse, and their responsibilities regarding prevention and reporting.
3. Education for families and residents: When someone moves into Maryhill, we give them a copy of the "Residents Bills of Rights" and also talk about reporting concerns to staff right away and who to talk to if their concern is not resolved quickly.
4. Management team responsibility: All management staff are sensitive to how staff burnout and frustrations can add to the potential of abuse occurring and put an emphasis on working with staff on a day to day basis to resolve these types of concerns as quickly as possible. In addition, requests for time off are granted to the greatest extent possible as a preventive measure.

If you hear or see something that you are not comfortable with and think it may be abuse, please help us by reporting this concern right away. Your concern will be kept confidential and will be thoroughly investigated. We take pride in providing a safe, comfortable, and secure environment for our residents. We appreciate your help in keeping Maryhill the type of nursing home that we can all be proud of!

## Resident Reminiscings: Summer is a good time for a Vacation!

When asked, "What was your favorite vacation that you can recall?" the following residents responded:

**Phyllis Marlenee:** "My favorite vacation was when my husband and me went to Duluth and Lake Superior. It was so fun and we saw so many seagulls. I also remember going to Medora and horseback riding."

**Gladys Wavra:** "I don't recall a favorite, but I remember going to Medora with my family and having a picnic. This was fun because when we were there we met many different people from many different places. I also remember fighting with my brother Leslie on all of the trips."

**Ervin Opskar:** "I remember going and visiting my aunts, uncles and brother-in-law all in Seattle. My wife and me took all of our kids and they were really good. When we were driving we saw a sign that said, Alaska: 3,000 miles. Jokingly, I asked my wife if we should go and she said, 'no way!'"

## Staff Spotlight: New Dietary Coordinator

We are happy to introduce you to **Vicki Andvik** who is our new Dietary Coordinator. Vicki has taken the position previously held by Darcey Larsen, who has moved to the Walker, Minnesota area with her family. Vicki is a licensed Dietitian who most recently held a position at Innovis Hospital in Fargo. Vicki and her husband Chris have a wonderful little girl named Mya who is 4 months old. They live near Kindred. Chris is a Public Health Officer in the Air National Guard in Fargo. Vicki enjoys playing volleyball, going to the lake, and camping. Vicki's family also has a dog named Josie who is expecting puppies soon! If you or your family member has any concerns or questions regarding Maryhill's food service or dietary/nutritional needs, Vicki is the person who can help you with these concerns. Please help us to welcome Vicki to our staff!

## Thank You for your Generous Donations:

Curt and Marilyn Sorby in memory of Stella Mennis  
Evening Star Homemakers Club

## For Your Calendars:

(Please note: Listed are some of the events going on this month that we invite you to attend. We have many other events going on daily and you are welcome to join us at any time!)

August 4<sup>th</sup> – 1:00 Music with Glenn Douglas

August 11<sup>th</sup> – 1:30 Bingo and lunch with the women of First Lutheran

August 17<sup>th</sup> – 2:00 Bingo and birthday celebration with the women of Trinity Lutheran

August 25<sup>th</sup> – 1:00 Protestant communion service

\*There are protestant church services every Tuesday at 1:00 and Catholic mass every Thursday at 9:30a.m.

## COMING IN SEPTEMBER...

**Alzheimer's Memory Walk** – We are once again organizing a Memory Walk to raise money for the Alzheimer's Association research and support programs. The Walk will take place on **September 17<sup>th</sup>** as a part of the Sunflower Festival in Enderlin. The Walk is scheduled for the morning, so participants are finished in plenty time to take in all the other fun events going on in town that day. Please consider joining us in this effort by giving a donation to someone who is walking, or collecting pledges yourself and walking with us. It's an enjoyable event for a very good cause!

**"I know that without love, all we do is worthless." - Therese of Lisieux**



**Maryhill Manor**

Sponsored by Sisters of Mary of the Presentation  
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