



Messages from Maryhill

A Newsletter for Maryhill Manor Families

March, 2005

GREETINGS! Well, they predict that March will come in like a lamb, so that means the end of March may be a “lion”! We may have more winter weather left than we’d like to think! It certainly has been teasing us with spring-like conditions the past few months. With Easter coming so early, March 27th, it sure seems like spring should be right around the corner, but we know that North Dakota weather doesn’t always cooperate that way! It has been a mild winter, though, so I have no complaints!! We had a second bout with Influenza A and visitor restrictions in February, much to our dismay! The good news is that we were once again able to contain the illness by following through on the restrictions and other infection control measures. It was a bit more difficult for our residents to be confined and miss out on visitors the second time around, but most again took it in stride with good humor. We were all sure thankful when it was time to open the doors to visitors again and get back to a normal routine! We pray that we don’t go through this again, but with all the cases that are popping up in Enderlin it is possible for it to find it’s way back through our doors, especially since people don’t know they have it until after they’ve already been contagious for awhile. To help us out, please refrain from visiting if you have been recently exposed or if you have any symptoms of illness until your symptoms have been gone for a few days. Thanks for your help! - Blessings to you...Nancy Farnham, Administrator

EDUCATION CORNER: CURRENT ALZHEIMER’S RESEARCH

AN APPLE A DAY may actually help keep Alzheimer’s disease away, thanks to strong antioxidants that fight cell damage. Rat brain cells exposed to an antioxidant in apples – known as quercetin – resisted damage much better than those not treated, according to a team at Cornell University in New York. Antioxidants are compounds that counteract the damage done by chemicals known as free radicals – generated by sunlight, chemical reactions and the stress of day-to-day living. The researchers say their study adds strength to the theory that eating plenty of fresh fruits and vegetables might reduce the risk of developing Alzheimer’s and similar brain diseases. “Fresh apples have some of the highest levels of quercetin when compared to other fruits and vegetables and may be among the best food choices for fighting Alzheimer’s,” said C.Y. Lee, a professor and chairman of the Department of Food Science & Technology at Cornell University. “People should eat more apples, especially fresh ones.” Lee said the skins of apples contain the highest levels of quercetin so juice is not necessarily the best source. “What we found was that apple phenolics, which are naturally occurring antioxidants found in fresh apples can protect nerve cells,” he said. In general, red apples tend to have more of the antioxidant than green or yellow ones, he said. Other foods high in quercetin include onions, blueberries and cranberries. Full results appeared in the December 1st issue of the Journal of Agricultural and Food Chemistry.

SMELL DEFICIENCIES MAY BE AN EARLY SIGN OF ALZHEIMER’S: An inability to smell certain odors may predict the beginnings of Alzheimer’s disease, according to a recent study by researchers from Columbia University in New York. Researchers tested 150 patients with minimal to mild cognitive impairment and 63 healthy seniors at six-month intervals. They found that those unable to identify 10 specific odors – strawberry, smoke, soap, menthol, pineapple, lemon, natural gas, lilac, leather, and cloves – “clearly predicted” who would eventually develop Alzheimer’s disease. Very early on in the disease’s progression, Alzheimer’s impairs the neural pathways associated with smell. This discovery may aid in the early diagnosis of the disease, which will help people receive the most beneficial treatment and medications.

(From, Provider, February 2005)



Staff Spotlight: Department Coordinators

Maryhill Manor is blessed to have a team of talented and dedicated individuals who coordinate the services we provide. The management team of Maryhill consists of:

Nancy Farnham, Administrator. Nancy is responsible for coordinating all the services provided at Maryhill, ensuring that we are giving the best service possible in a manner that is true to our mission. Nancy's concerns are that we meet the expectations and needs of all our residents and their families; that we take good care of our staff so they have the tools/skills needed, enjoy coming to work and feel a part of our mission; and that we respond to the needs of the community.

Nancy Maasjo, Business Office Coordinator. Nancy manages the office functions for Maryhill, including payroll and benefits, accounts payable, and accounts receivables. She also handles the Resident Trust account, assisting residents with their account purchases as needed.

Lynette Schmitz and Nancy Nord, Nursing Services Coordinators. Lynette and Nancy share this position, which is responsible for overseeing the medical services of the residents and coordinates all activities of the LPN, RN, and Medication Aide staff. They work closely with the physicians, pharmacists, and therapists that provide services to our residents and also have a close working relationship with the Resident Assistants who provide personal daily care services to the residents.

Deb Jordet, Resident Care Coordinator. Deb coordinates the services provided by the Resident Assistants, the Case Managers (who provide activity and social services to the residents), and Activity Aides. She also oversees the people who work at Maryhill through the Experience Works (former Green Thumb) government-funded program. Deb also serves as our Admissions Coordinator, providing information to those looking for nursing home services and coordinating the moving in process for new residents.

Darcey Larsen, Dietary Coordinator. Darcey coordinates the services of the dietary department, ensuring that the residents nutritional needs are met and that their food likes and dislikes are followed in the meals they are served. Darcey also is frequently involved with planning special events for our residents, since no event is complete without food!

Julie Dick, Support Services Coordinator. Julie coordinates the services of the housekeeping, laundry, and maintenance staff. She is in large part responsible for the many compliments we receive on the cleanliness, homey decorating, and good smell of Maryhill.

Please feel free to contact any one of these individuals if you have a question or concern about the care of your family member or the services provided.



In Our Memories

We remember two women who died this month and pray that God will be with their families and friends at this time of loss. We will remember them.

Alice Phipps 1909-2005
Clara Rasmussen 1903-2005

Thank You for your Generous Donations:

*Dora Dick's family in her memory

*Nancy Farnham in memory of Dora Dick, Alice Phipps, and Clara Rasmussen



Maryhill Manor

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