



# Messages from Maryhill

A Newsletter for Maryhill Manor Families

April, 2005

**GREETINGS!** It's Spring!!!! I feel like doing the "Snoopy dance"! ☺ Even though our winter was mild, I always look forward to this time of year. It's so fun when the grass starts turning green and the flowers begin to poke up out of the earth! Soon the lilacs will be blooming and filling the air with their fragrant aroma. Ah, spring! April is a special month as we celebrate National Volunteer Week April 17<sup>th</sup>-23<sup>rd</sup>. We will have a Volunteer Appreciation lunch here on April 18<sup>th</sup> (see back of newsletter for more details). At this time I would like to express my special thanks to the following individuals who volunteer their time on our Advisory Board and Auxiliary. **Advisory Board officers and members** include: Susan Leedahl (Chairperson), Sharon Lindemann (Vice Chair), Norma Anderson (Secretary), Richard Arves (Resident Representative), Corrine Clauson, Pastor Duane Ferrie, and Sister Margaret Rose Pfeifer (SMPHS Representative). Susan Leedahl is also serving on the SMP-Long Term Care Governing Board. Thank you to these individuals for their dedication and commitment to supporting the mission of Maryhill Manor. **Auxiliary officers this year are:** Arlene Peterson (President), Lauramae Davidson (Vice President), Candy Lund (Secretary), and Phyllis Barnick (Treasurer). The Auxiliary currently has 16 active members. We thank them for their ongoing support and concern for Maryhill Manor's residents. I want to take this opportunity to thank ALL the school classes, teachers, church groups, organizations, and individuals who give of their time and talents to enrich the lives of our residents and make Maryhill a special place. Thank you!

- Blessings to you...Nancy Farnham, Administrator

## EDUCATION CORNER: Benefits of Volunteering

"It'll make you feel good!" This is one of the main reasons why volunteers say they devote their time to helping others, and it's not surprising. Volunteering makes you feel that you can make a difference in someone's life – that even though you're just one person, you **do** have the power to change things for the better. It can make you feel good to be wanted, too – when people depend on you, it can change the way you look at yourself. Volunteering is a great way to get a perspective on your own life, too. Sometimes it's easy to get consumed by our own worries and, although these things are very important in their own way, sometimes it can be helpful to get some distance and think about everything around you. Volunteering allows you to do this. It lets you focus on others and see that your involvement in the world can be very meaningful. Volunteering is also a good way to meet people, learn new skills, and share the skills and talents you have. Did you know that 33% of the adult population currently volunteers? Although the range is wide, people volunteer an average of 5 to 12 hours per month. The amount of time given to voluntary work per year is equivalent to 96,454 full-time workers!! Some other motivations people have for volunteering include: to express personal gratitude, to demonstrate love for others, and to enrich and give new meaning to life. For young people, volunteering can give them the opportunity to experience different things that may help them find a career direction in life. Last summer, we started a Summer Youth Program for kids age 10-14. It was a great success and the experience enriched the lives of both the volunteers and the residents of Maryhill. We plan to have the program again this year and expect it to be even better than last year! Volunteering benefits everyone: the individuals who do it (there is even research that says volunteering improves your health!), the organizations they work with, and the organization's recipients – in our case, our residents! HATS OFF to all who make our world a better place by volunteering!



*"To the world you may be one person,  
but to one person you may be the world."*

## Resident Reminiscings: Spring!

When asked, "What's your favorite thing about spring?", here were some of the replies from our residents.

**Phyllis Marlenee:** I like traveling and watching birds!

**Berniece Johnson:** I like the nice air, where I don't freeze to death! I like to go outside and "BS" with the fellows!

**Laura Froemke:** I like the colors and sitting outside.

**Richard Arves:** Winter's over with! Taking walks outside, riding around in the car and looking at the different towns I haven't seen before.

**Margaret Dahl:** I like the warm weather – no snow or ice, the birds coming back, sitting outside and gardening, and spring cleaning!

**Theodora Kellerman:** I like gardening and working outside.

**Gloria Thompson:** I like to see the flowers blooming, colorful plants and trees, and Easter Sunday.



### *In Our Memories*

We remember a gentleman who died this month and pray that God will be with his family and friends at this time of loss. We will remember him.

*Roger Shea 1925-2005*

## Thank You for your Generous Donation:

\*From Patrick and Elizabeth Nagano in memory of Alice Phipps



### *A Special Invitation*

To all who Volunteer at Maryhill:

church women, ministers, Auxiliary members, daycare and school children, piano students,  
Board members, and all other special individuals who spent time with us!

Please attend our volunteer program and lunch

**Monday, April 18<sup>th</sup> beginning at 4:00p.m.**

**Thank you for your caring hearts and willing hands!**



**Maryhill Manor**

Sponsored by Sisters of Mary of the Presentation

110 Hillcrest Drive, Enderlin, ND 58027

[www.smphs.org/maryhillmanor](http://www.smphs.org/maryhillmanor)