



Messages from Maryhill

A Newsletter for Maryhill Manor Families

February, 2005

GREETINGS! I hope you are doing well and enjoying the day when this newsletter reaches you. As most of you know, the flu season has hit us at Maryhill and we have restricted visitors for awhile to help contain the spread of the illness. We appreciate your cooperation and understanding. The residents who have remained well during this time have been understanding of the restrictions and very good sports. Those residents who have been ill have been receiving lots of tender loving care and we hope that our visitor restriction will be lifted by the time you read this newsletter. To make sure we're ready for visitors, please give us a call first. We look forward to seeing you soon! - Blessings to you...Nancy Farnham, Administrator

EDUCATION CORNER: INFLUENZA

What is the flu? Most people refer to viral gastroenteritis (which includes the sudden onset of nausea, vomiting, abdominal cramps and diarrhea) as "the stomach flu". The flu, or "Influenza" is a contagious respiratory illness. It can cause mild to severe illness, and at times can lead to death. While most healthy people recover from the flu without complications, some people, such as older people, young children, and people with certain health conditions, are at high risk for serious complications from the flu. Some of the complications caused by the flu include bacterial pneumonia, bronchitis, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. The flu is spread in respiratory droplets from coughing and sneezing. It usually spreads from person to person, though occasionally a person may become infected by touching something with virus on it and then touching their mouth or nose. Adults may be able to infect others one day before getting symptoms and up to seven days after getting sick. So it is possible to give someone the flu before you know you're sick as well as while you are sick. Since colds and flu have many of the same symptoms, how can you tell which you have? Here are some differences:

FEVER:	Rare with colds	Characteristic with flu (usually high for 3-4 days)
HEADACHE:	Rare with colds	Prominent with flu
ACHES/PAINS:	Slight with colds	Usual and often severe with flu
WEAKNESS:	Mild with colds	Can last 2-3 weeks with flu
EXHAUSTION:	Never with colds	Extreme and prominent with flu
SORE THROAT:	Common with colds	Sometimes with flu

The following steps may help prevent the spread of respiratory illnesses like the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze – throw the tissue away after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.
- Stay away as much as you can from people who are sick.
- If you get the flu, stay home from work or school. If you are sick, do not go near other people so that you don't make them sick, too.
- Try not to touch your eyes, nose, or mouth. Germs often spread this way.
- Avoid sharing glasses, forks, spoons, etc., within a household.
- Clean common-use surfaces (such as door handles, handrails, kitchen table, etc) frequently with a household cleaner or bleach solution. (Mixing ¼ cup bleach with 1 gallon of water makes a bleach solution. Bleach solutions should be prepared daily.) If disinfectant is not available, hot soap and water can be used.

To help stay healthy all year long, eat a healthy and well-balanced diet, drink plenty of fluids, exercise, and get plenty of rest!



Staff Spotlight: Caregiver Awards

Residents and family members: show you care for those who care for your loved one! The ND Long Term Care Association would like to honor and recognize those special people who make a difference in your life. The Association established this award in 2000. Please consider nominating Maryhill staff members for this award...it would mean a lot to them! Nominations can be made to recognize any caregiver, including nursing assistants, dietary aides, housekeeping personnel, maintenance staff, etc.

1. The applicant must be nominated by a resident of a nursing home or his/her family member.
2. The applicant must be employed in a North Dakota long term care facility.
3. All entries must be postmarked by **February 15th** and mailed to the NDLTCA.
4. All entries must be either typewritten or printed on the application.
5. The judging of this award is based on how the caregiver substantially enhances the quality of life of the individual residents and what unique things are done above and beyond the applicant's job description.

A cash award will be presented to the recipient during the annual NDLTCA Convention in Bismarck. If more than one winner is named, the cash award will be divided equally between the winners. **Everyone who is nominated will receive a Certificate of Outstanding Achievement** from the NDLTCA. For more information, contact Nancy Farnham at Maryhill or NDLTCA at 701-222-0660. Application blanks are available at Maryhill Manor.

"Those who love deeply never grow old; they may die of old age, but they die young." – Benjamin Franklin

The Legend of St. Valentine:

According to legend, the Valentine takes its name from a young Christian priest who lived in ancient Rome. Like so many of the early Christians, Valentine had been imprisoned because of his faith. Often and longingly he thought of his loved ones and wanted to assure them of his well-being and of his love for them. Beyond his cell window, just within reach, grew a cluster of violets. He picked some of the heart-shaped leaves and pricked them with the words: "Remember your Valentine." He sent them off by a friendly dove. On the next day, and the next, he sent more messages that simply said, "I love you." Thus did the Valentine have its beginning. And so it has been through the ages; those who love remember and send Valentines to express their love.

Happy Valentine's Day!

"When you have loved as she has loved, you grow old beautifully." -William Somerset Maughn



Maryhill Manor

Sponsored by Sisters of Mary of the Presentation
110 Hillcrest Drive, Enderlin, ND 58027
www.smphs.org/maryhillmanor