



Messages from Maryhill

A Newsletter for Maryhill Manor Families

July, 2006

GREETINGS! I am writing this as we begin the Enderlin All School Reunion weekend! It has been fun already to see all the visitors that have been coming in to reminisce about old times with some of our residents! Our older residents are a treasure chest of information and memories, with lots to share! Fourth of July is right around the corner and we'll celebrate with the traditional type "picnic" lunch and a video of the fireworks at Mount Rushmore. In June, the men's group went out to Alice for pizza and to check the crops and the dam, the women in our Red Hats group had a picnic supper, and on a beautiful June afternoon we had a big picnic in the courtyard for all residents with brats and burgers. In addition, we had lots of musical entertainment including Glenn Douglas, Joseph DeMasi, three young women from a Young Disciples group and many other happenings. Our courtyard and front patio area are favorite spots of many residents when the sun is out and the wind is not too strong! Several residents enjoy caring for the flowers, "deadheading" them and watering on occasion. Summer is going quickly, so we need to enjoy every warm weather day we get! Blessings to you.....Nancy Farnham, Administrator

EDUCATION CORNER: Depression and Older Adults, Part 2

How is Depression Diagnosed in the Older Adult?

Screening: There are screening tools that a nursing home can use to identify if the older adult is suffering from the symptoms of depression. Results on a depression screening tool do not diagnose that the person has depression. They identify the need for further follow-up and assessment by a physician or licensed mental health professional.

Assessment: Assessment is the process that a clinician uses to determine the diagnosis of depression. Important information is collected to determine the diagnosis including family history, clinical presentation, medical conditions, and lab test results.

Treatment Options for Older Adults

- **Watchful waiting** for people whose symptoms are of recent onset and are not severe enough to be diagnosed as Major Depression.
- **Medications** – the newer classes of antidepressants are safer and better tolerated in the older person. Generally, antidepressant medications must be taken for 2-4 weeks before noticing an improvement.
- **Psychotherapy** may be used alone or in combination with antidepressant medications. Combination therapy is more effective than either treatment alone.

How to Help Yourself if You are Depressed

Depression can make a person feel exhausted, worthless, hopeless, and helpless. These negative thoughts and feelings make some people want to give up.

To help you get better:

- Confide in someone you trust
- Participate in activities that may make you feel better
- Take your prescribed medication; remember it may take 2-4 weeks before you start to feel better
- Break large tasks into small ones; do what you can as you can
- Let family and friends help you

How Family and Friends can help a Depressed Person

The most important thing you can do for a depressed person is to help them get the appropriate diagnosis and treatment. Do not ignore their negative feelings. Report changes in behavior you have noticed and especially thoughts or remarks about suicide to staff or the physician IMMEDIATELY.

Don't accuse the person of being lazy, faking the illness, being weak, or have the ability to "snap out of it." Don't try to solve all of their problems, but offer emotional support by being patient and understanding.

Remember, with time and help, the depressed person will get better. Your presence and support are important assets to treatment.

Resident Reminiscings: Proud EHS Alums!

Ida (Johnson) Freitag attended the Enderlin Public School until 1929 when she married Henry (Hank) Freitag. Ida and her husband raised four boys (Dale, Carroll "Swede", Dennis, and Maynard) and Ida worked for a lawyer and also two veterinarians. After raising her boys, Ida decided it was time to go back to school and get her diploma. Thirty-three years after leaving high school in 1929, Ida graduated with the class of 1962.

Margaret (Christopherson) Daub graduated from EHS in 1935. There were 46 students in her class. After graduating, Margaret worked in Fargo cleaning a fourteen room, five bedroom, three bathroom home for \$2.50 a week! In September of 1937 she married Palmer Daub. In 1946 they moved to Nome where Palmer worked on road construction and then later moved to Enderlin. Margaret started working at Maryhill Manor in 1965. She raised two daughters and has 8 grandchildren and 10 great-grandchildren.

Mary Beth (Billing) Ekeren graduated in 1961. She attended NDSU from 1961-65 and married Jim Ekeren in 1965. They moved to Kansas City where she taught school for eight years. MaryBeth served on the Enderlin School Board for 21 years. She and Jim have two daughters (Tracy and Emily) and two grandchildren.

Marguerite (Petrich) Stangler graduated from EHS in 1922. She went to Valley City State College to become a teacher. She taught for two years at Pontiac Township Country School and married Roman Stangler in 1925. Over the years she was a housekeeper, substitute teacher, owned a Meat Market and rented rooms to teachers. Marguerite lived in Casselton from 1979 until March of this year when she moved to Maryhill Manor.

Art Bayliss graduated from EHS in 1963. After graduating he joined the Army and spent two years in Germany. In 1966 he married Evie and they had two children, Cassandra and Troy. After leaving the Army he moved to Minneapolis and worked for Sam Rock for ten years. In 1977 he came back to Enderlin.

Gladys (Johnson) Wavra graduated from EHS in 1938. After graduation, she did a lot of odd jobs and spent a lot of time babysitting. She married Ralph Wavra and they had two children, LaRon and Roger.

Sieghard "Zeke" Lindemann attended EHS but before he could graduate, the school burned down and they had to finish school in another building. After graduating in 1942, Zeke joined the Army and served for four years. While in the Army he received medals for bravery, one was bronze and the other one silver. Zeke worked for the Soo Line Railroad for 13 years and was married to Mildred Holine.

Mae (Kaber) Langland graduated from EHS in 1942. She married Lester Langland shortly after graduating. She worked at George's Diner (her brother was George) and her hobby was always making rag rugs. Mae and Lester had one son, Clarence, who lives in Enderlin and two grandchildren.

Kellie Lemna graduated in 1983. She then went on to school at UND and graduated with a degree in nursing. She worked at Meritcare for 8 years and Maryhill Manor for 6 years. Kellie married Bill Lemna in 1986 and they have three children: Jessica, Erica, and Christopher. Kellie enjoys keeping up with all her kids' activities!



In Our Memories

In the past month we lost a special person who had become part of our Maryhill family. We hold on to our memories of her and pray that God will be with her family at this time of loss. We will remember her...

Bea Jordet 1925-2006

Thank You for your Generous Donations:

Howard and Harriet Smedshammer in memory of Bea Jordet

Agnes Ourenhagen in memory of Bea Jordet

For Your Calendars...Feel Free to Join Us Anytime:

Every Tuesday at 1:00 there is an ecumenical church service in the living room.

Every Thursday at 9:30 there is mass in the Family Room.



Maryhill Manor

Sponsored by Sisters of Mary of the Presentation

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