



Messages from Maryhill

A Newsletter for Maryhill Manor Families

June, 2006

GREETINGS! As I write this we have been enjoying some beautiful summer weather. Ahhh! I hope you have time to “smell the roses” and all the other flowers in the garden, too! ☺ Several months ago Maryhill Manor applied for and was chosen to participate in a national quality improvement program conducted by the Centers for Medicare & Medicaid. This program is focusing on helping nursing homes to decrease their use of physical restraints, the prevalence of pressure ulcers, and to improve the management of symptoms of depression and pain. We applied to participate in this program because we see it as an excellent opportunity to learn, become aware of the latest findings and techniques in these areas, and bring the best care we possibly can to our residents. We are very excited to have been chosen to be a part of this project! At Maryhill Manor we already do very well with physical restraints (we have not used any physical restraints for many years) and we have a very low incidence of pressure ulcers. However, North Dakota as a whole (including nursing home residents and the general public) has a very high incidence of symptoms of depression. Because of this, we have decided to focus on depression as our first area of concentration. Please read the “Education Corner” for more information about depression. If you have any questions about this program or anything else at Maryhill Manor, feel free to contact me at any time. Blessings to you.....Nancy Farnham, Administrator

EDUCATION CORNER: Depression and Older Adults

What is Depression? Depression is a serious medical illness that disrupts a person’s mood, behavior, thought processes, and physical health. Depression is not an expected part of the aging process or a normal reaction to loss. It usually does not improve in response to different circumstances, good news, or the passing of time.

What Causes Depression? There are multiple factors that influence why someone has depression or some of the symptoms of depression. There are chemicals called neurotransmitters in the brain that regulate our mood and behavior. A disturbance in these neurotransmitters can trigger depression or depression symptoms.

What are the Symptoms of Depression? There are two key symptoms of depression that occur almost every day for two weeks or longer. The two key symptoms are:

- *Depressed or sad mood
- *Loss of interest or pleasure in activities

Other symptoms include:

- *Significant weight loss or gain
- *Sleep disturbances
- *Fatigue or decreased energy
- *Feelings of guilt or worthlessness
- *Difficulty concentrating
- *Thoughts of death or suicide

Are the Symptoms of Depression Different in the Nursing Home Resident?

Symptoms that may be present in the nursing home resident are:

- *Vague aches/pains
- *Increased use of health services/resources
- *Combative or resistive behavior
- *Delusions or paranoia
- *Apathy or “model” behavior
- *Decreased socialization or attendance at activities

Depression in the elderly may differ from that of a younger person. Depression may coexist with other medical conditions such as diabetes, stroke, heart disease, cancer, chronic lung disease, Alzheimer’s disease, Parkinson’s disease, and arthritis. As a result, depression is often misdiagnosed as a symptom of these other illnesses.

Barriers to Recognizing Depression: There are multiple reasons that depression may be overlooked. These barriers may lead to the under-recognition and under-treatment in the older population. These factors are:

- The myth that depression is a normal consequence of aging.
- The myth that depression is a normal response to multiple losses.
- The older person is embarrassed to report or talk about the symptoms.
- The older person focuses more on the physical complaints.

Watch for more on depression (diagnosis, treatment, & how family and friends can help) in the next newsletter.

Staff Spotlight: Nat'l Certified Nurses' Assistants Week

June 15th-22nd is National Certified Nurses' Assistant Week! We are very grateful to have a dedicated, caring, and talented group of C.N.A.'s at Maryhill Manor! Because our emphasis is on the people we care for, the title we use for C.N.A.'s is "Resident Assistants". These caring people provide residents with help throughout the day with all their personal needs, such as bathing and grooming, walking and transferring, etc. We thank our Resident Assistants for taking the time to share their hearts and hands with care! Please join us in thanking the following staff members:

Carmen Archbold, Sara Bartholomay, Alicia Billing, Susan Bommersbach, Heather Bornsen, Kerry DeNardo, Patricia Dilts, Angela Eggert, Beth Grant, Jodi Gross, Ellen Gross, Kim Hegreberg, April Hendrickson, Deb Jordet, Arla Kapaun, Susan Klockmann, Ashley Langemo, Robin Larson, Geri Loeb-Riley, Sandy Lynn, Kim Mark, Nadezhda Menge, Debby Ortiz, Sophie Paetz, Michelle Schatzke, Kristen Scheie, Viola Schrader, Charlotte Schweigert, Nicole Sorenson, Yvonne Utke



In Our Memories

In the past month we lost some special people who had been part of our Maryhill family. We hold on to our memories of them and pray that God will be with their families at this time of loss. We will remember them...

Roger Huncovsky 1928-2006

Sally Bayliss 1918-2006

Thank You for your Generous Donations:

Nancy and Tom Farnham in memory of Ann Imboden, Virgie Kaspari, Esther Johnson, Lenore Haggart,
Roger Huncovsky, Sally Bayliss
Lynette and Joe Schmitz in memory of Lenore Haggart

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

June 8th – 2p.m. Musical entertainment by Joseph DeMasi

June 18th – Father's Day!

June 21st – 1:30p.m. Trinity Lutheran WELCA hosted Birthday Party

June 22nd – Our Red Hat ladies meet!

June 28th – Resident Council meeting at 12:30

June 29th – Communion at 9:15a.m.

June 29th – Glenn Douglas will entertain at 1:30 for the monthly Birthday Bash

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.

"Some people, no matter how old they get, never lose their beauty – they merely move it from their faces into their hearts." - Martin Buxbaum



Maryhill Manor

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110 Hillcrest Drive, Enderlin, ND 58027

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