



Messages from Maryhill

A Newsletter for Maryhill Manor Families

March, 2006

GREETINGS! It's March and we are nearing the end of winter already! We had some fun at Maryhill the end of January with something very new to us. We put together a television ad for WDAY-TV! During the 2-1/2 hours of filming I discovered that our residents are NOT camera shy at all, but the staff members are! ☺ The television station took the two+ hours of film they shot that day and put together two 30 seconds ads for us. We are very pleased with the results and hope that you will be, too. The ads are playing several times each month for the next six months. Some of the shows they may be played during include the news shows at 7am, 6pm and 10pm, Andy Griffith at 3pm, Cheers at 11am, Martha at 9am, and All My Children at noon. When you see them, let us know your reaction (good OR bad). This is something new to us, so we would appreciate your feedback and suggestions. If you'd like to see the ads and never get a chance to see them on TV, stop in and you can watch the videotape we have of them. We are soon headed into the season of Lent. During this season of self-reflection and meditation, we hope it will be a time of drawing closer to God and to those you love. - Blessings to you...Nancy Farnham, Administrator

EDUCATION CORNER: HANDWASHING

Did you know that the national Centers for Disease Control says that washing your hands is the single most important thing you can do to prevent the spread of disease to yourself and others?! Washing your hands is important all year long, but particularly during this time of year when colds and flu is everywhere. According to public health agencies, here are some times when it is especially important to wash your hands:

- Before, during, and after you prepare food,
- Before you eat,
- Before and after changing a baby's diaper,
- After you use the bathroom,
- After handling animals or animal waste,
- After sneezing, coughing, or using a handkerchief or tissue,
- After touching any part of the body, the hair or facial area, scratching any part of the body, licking the hands, etc.
- After handling garbage or trash, or whenever your hands are dirty.

We'd like to add two more times when washing your hands will be helpful:

- Upon arriving at Maryhill Manor and again right before leaving, AND
- Upon arriving at your home whenever you have been out somewhere (whether it's to the grocery store, a neighbor's house, or any other location).

How you wash your hands is just as important as when you wash them, especially when it comes to eliminating germs. Just rinsing your hands quickly is not enough. Follow these steps when you wash your hands:

- Wet your hands with warm water.
- Apply plenty of soap and **SCRUB** your hands together vigorously for at least 20 seconds. Wash the front and back of your hands, between your fingers and under your nails. Scrubbing your hands together loosens germs and dirt and allows them to be washed away.
- **RINSE** your hands.
- **DRY** your hands.
- **TURN OFF** the water with a clean paper towel.

If you're unsure of how to know you have scrubbed for 20 seconds, try singing "Happy Birthday" to yourself **TWICE** while washing your hands. Here's to our health and happy scrubbing!





In Our Memories

In the month of February we lost two special women 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...

Elva Brehm 1914-2006

Lillian Savre 1907-2006

Thank You for your Generous Donations:

Charleen Grothe in memory of Elva Brehm

Nancy Farnham in memory of Elva Brehm

Lance and Karen Bueling in memory of Lillian Savre



"I am certain in my heart that all that I am, I have received from God."

-St. Patrick

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

March 1st – 1:30 Methodist Women serving special lunch and bingo

March 15th – 1:00 Trinity Women birthday party with special lunch and bingo

March 16th – 1:30 "Birthday Bash" with entertainment by Irene Hoenhouse

March 23rd – 1:30 "Happy Hour" and entertainment by Joseph DeMasi

March 29th – 12:30 Resident Council

March 30th – 1:00 Communion

March 30th – 4:30 Red Hats group meets

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.

LOOKING AHEAD: Maryhill Manor will be hosting a fundraiser supper and silent auction on April 27th at First Lutheran Church. The proceeds from the supper will be used to buy new recliners for all residents to use in the living room areas of the building. The Ransom-Sargent Chapter of Thrivent Financial for Lutherans will be providing supplemental funds for the event. Watch for more information coming soon. If you are interested in helping with this event, please call Nancy Farnham. Thank you.



Maryhill Manor

Sponsored by Sisters of Mary of the Presentation

110 Hillcrest Drive, Enderlin, ND 58027

www.smphs.org/maryhillmanor