



# Messages from Maryhill

A Newsletter for Maryhill Manor Families

November, 2006

**GREETINGS!** As I write this, the wind is howling outside my window and there are winter weather advisories out for parts of North Dakota! Winter certainly sneaks up fast, doesn't it?!? Though I'm not a big winter or cold weather fan, I must confess that I enjoy the sound when I am *inside* somewhere that is nice and warm and cozy! ☺ As winter approaches, I am happy to report that our heating project on Dakota Rose Hall is moving along smoothly and will soon be completed. This project is being done because a pipe for the hot water heating system broke under the building this summer, disabling the system. We do have another heating system on Dakota Rose Hall, however, and that is keeping the hallway nice and warm at this time. However, when the temperatures outside dip to zero degrees or lower, we will be in need of that second system to help keep temperatures in the building comfortable. Dakota Rose Hall was the only hallway affected by this pipe breakage. The rest of the building has two fully functioning heating systems and no work is needed in other parts of the building at this time. So, once the project on Dakota Rose Hall is completed, we will be ready for the winter and any cold weather that comes our way! Thanksgiving is just a few weeks away now and November is always a good time to pause and count our many blessings! The blessings in my life include a job that is rewarding and involves service to others; a great group of people in the staff at Maryhill to work with each day; a wonderful group of residents with rich histories and individual styles to get to know and love; and friends and families like you that support the mission of Maryhill Manor and place trust in the services and care we provide. Thank you for all you share with us throughout the year! May God bless you and your family this holiday season! Blessings to you.....Nancy Farnham, Administrator



*Maryhill's Annual Christmas Open House  
Saturday, December 2<sup>nd</sup> from 1:00p.m.-3:00p.m.  
Please mark your calendar and plan to join us!*



## EDUCATION CORNER: Flu and Cold Season

Enclosed you will find information about Flu and Pneumonia vaccinations. These are two vaccinations that we encourage all of our residents to get. We also encourage all our staff members to get the flu vaccine so they will stay healthy and be less likely to bring the disease into the building with them. Please read through this information and, if your family member doesn't normally get the vaccine, encourage them to do so.

Also, just a reminder that the single most important thing you can do to prevent the spread of disease to yourself and others is to wash your hands regularly. This is important all year long, but particularly during this time of year when the flu and colds are everywhere. Some times when it's especially important to wash your hands include:

- \*Before, during, and after you prepare food and before you eat,
- \*After using 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.

Also, two other times when hand washing will be helpful are:

- \*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).

**STAFF SPOTLIGHT**  
October 23<sup>rd</sup>-29<sup>th</sup> was  
National Case Management Week.



We thank our Case Management, Activity & Social Service staff for making life interesting, fun, and meaningful for our residents!

Phyllis Barnick

Candy Lund

Melody Puhr

Agnes Ourenhagen

Deb Jordet



***In Our Memories***

We have 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 families at this time of loss. We will remember her...

*Ida Freitag 1913-2006*

**Thank You for your Generous Donations:**

Agnes Ourenhagen in memory of Ves Jordet

Howard and Dorothy Barlow

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

Nov. 8<sup>th</sup> – Emmy Strander and friends will be making lefsa!

Nov. 9<sup>th</sup> at 1:30 - Joseph DeMasi entertains

Nov. 10<sup>th</sup> – Emmy and friends baking lefsa

Nov. 11<sup>th</sup> – Honor our Veterans at 1:00

Nov. 14<sup>th</sup> at 1:30 – Irene Hoenhause entertains for Birthday Bash

Nov. 15<sup>th</sup> - Birthday Bingo with Trinity Lutheran Church Women

Nov. 16<sup>th</sup> – 4:30 Red Hats

Nov. 17<sup>th</sup> – 2:30 shopping outing

Nov. 23<sup>rd</sup> – Happy Thanksgiving

Nov. 30<sup>th</sup> – 1:30 Glenn Douglas entertains

Every Wednesday at 3:00 there is a “Health Watchers” meeting led by Jodi Gross and Mary Beth Ekeren

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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