



Messages from Maryhill

A Newsletter for Maryhill Manor Families

October, 2006

GREETINGS! I love Fall! It's such a pretty time of year with all the oranges, yellows, and reds in the leaves and there's a clear, crisp feeling in the air. Ahhhh! Breathe it in and enjoy the season! Harvest is going at full speed and school is back in a routine. A group of men from here were out for a drive last week to check out the fields and several other small groups have gone out to look at the fall colors. Every season has something beautiful to offer! The Enderlin Memory Walk we sponsored in September was a great success and we raised \$4612 for the Alzheimer's Association. Our Honorary Chairpersons this year were Bob and Darlene Offermann. In addition to the Honorary Chairs helping people put a face to this awful disease, Darlene decided to join in the fundraising aspect of the walk and she raised \$2300, earning our award for the individual raising the most contributions. Darlene told me she was moved to tears more than once by the donations given to Alzheimer's through her contacts. In addition to knowing the dollars will help find a cure, Darlene said it showed her that many people remember "our fun Bob", the way he was before Alzheimer's robbed him of so many things. She added, "I know it's too late for Bob, but I pray there will be a breakthrough and there will be help found for people with Alzheimer's." Other awards given at the walk included the youngest walker (Elizabeth Hayden, 2 years old), the oldest walk (Merlin Skramstad, 81 years old), the team with the most walkers (EHS FBLA with 11 walkers) and the team with the most contributions (Maryhill with \$968 in contributions). The walk raised \$4,612 in total for the Alzheimer's Association. Thanks to everyone who helped support this event. Blessings to you.....Nancy Farnham, Administrator

EDUCATION CORNER: Depression

October is National Depression Awareness Month. North Dakota has a very high incidence of depression throughout the state. Depression is not just a dark mood; it is an illness. Low levels of the hormone serotonin are a known contributing factor. Current theories indicate that clinical depression may be associated with an imbalance of chemicals in the brain that carry communications between nerve cells that control mood and other bodily systems. Other factors may also come into play, such as negative life experiences including stress or loss, medication, other medical illnesses, and certain personality traits and genetic factors.

Symptoms of depression include:

- *Persistent sad, anxious or empty mood
- *Feelings of guilt, worthlessness, or helplessness
- *Decreased energy, a feeling of fatigue
- *Restlessness or irritability
- *Changes in appetite or weight
- *Thoughts of death or suicide
- *Feelings of hopelessness or pessimism
- *Loss of interest or pleasure in ordinary activities
- *Difficulty concentrating or making decisions
- *Inability to sleep or oversleeping
- *Unexplained aches and pains

Statistics:

In the United States, depression affects nearly 7% of men (6 million men).

Women 18 to 45 years of age account for the largest proportion of people suffering from depression.

About 2% of school-aged children 6-12 years old appear to have a major depression at any one time.

With puberty, the rate of depression increases to about 4% with major depression. Girls are more often affected than boys.

How to help yourself get better:

- *Confide in someone you trust.
- *Participate in activities that may make you feel better. Do things that spark your creativity.
- *Take your prescribed medication: remember it may take 2-4 weeks before you start feeling better.
- *Break large tasks into small ones; do what you can as you can.
- *Let family and friends help you.
- *Avoid alcohol, cigarettes, caffeine and sugar.
- *Exercise is a great mood lifter.
- *Get involved in something worthwhile. Leave your troubles behind and help someone else.

STAFF SPOTLIGHT
National Healthcare Food Service Week
October 2nd – 8th



Our Dietary Staff Serve Up CARE One Meal at a Time!

We thank them for providing our residents with delicious and nutritious food!

Shirley Anderson
Charlie Eggert
Sharon Lantt
Elizabeth Robbins

Carmen Bartholomay
Charlene Grothe
Sharon McKay
Ed Gerber

Wendy Flatt
Darlene Kurtz
Jackie Thomas
Karen Wynkoop



In Our Memories

We have lost some special people who had become 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...

Laura Froemke 1917-2006

Sanford Tingley 1922-2006

Thank You for your Generous Donations:

Family and friends in memory of Laura Froemke
Doris Milbrandt in memory of Laura Froemke
Rob and Deone Kulla in memory of Amy Bommersbach
Rob and Deone Kulla in memory of Harry Gangl

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

Oct. 12th at 1:30 – Joseph DeMasi entertains

Oct. 18th at 1:30 – Birthday Bingo with Trinity Lutheran Church Women

Oct. 19th at 1:30 – Glenn Douglas entertains

Oct. 31st at 1:30 – Irene Hoenhause entertains

Every Monday at 2:30 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
110 Hillcrest Drive, Enderlin, ND 58027