



Messages from Maryhill

A Newsletter for Maryhill Manor Families

January, 2007

GREETINGS! I truly can't believe that it is 2007 already!! Wasn't it just a few weeks ago and we were talking about 2000!?!?! I do believe that time continues to go faster with each year, and residents at Maryhill tell me that trend will continue as I age! It's a bit scary, but definitely gets the idea across that we should enjoy each minute that we are given! I hope that you and your families had a very blessed Christmas and that this New Year will bring you much joy. Blessings to you.....Nancy Farnham, Administrator

EDUCATION CORNER: Therapeutic Fibbing

Therapeutic fibbing is a technique used to avoid increased anxiety and agitation when communicating with a person with memory loss. Oftentimes family members wonder what they should say if their relative in the nursing home asks them where their deceased parents are, or why they can't go "home" (oftentimes meaning their childhood home), or where their car keys are? There is no perfect response, but there is a creative communication technique that can work very well when any of these questions arise. It is called "therapeutic fibbing". Webster tells us that *therapeutic* means having or exhibiting healing powers and *fibbing* is an insignificant lie. Believe it or not, these contradictory terms coupled together provide a very effective communication tool when encountering people with dementia. Many caregivers find it difficult to use therapeutic fibs. The adult child caregiver of a parent with dementia is especially vulnerable. When one has been taught to tell the truth since childhood, it can be very difficult to use this method. Feelings of guilt may overwhelm the caregiver and add to their level of stress and unhappiness. To rationalize the use of fibbing, remember that you are going to comfort the person and spare them unnecessary emotional upset. Consider how much grief the person would feel if you said, "Your mother has been dead for forty years." and then had to repeat it for the next hour or day. Instead, you could say, "You must really miss Mom.", and then proceed with a distracting activity. This is a much kinder approach. Another frequent request caregivers hear is, "I want to go home." Dementia reduces the ability of adults to reason through what they think or feel. Asking to go home refers more to how they feel emotionally than on the physical place. This emotional place they are seeking is one of comfort, security, unconditional acceptance and love. Wanting to go home is an expression of wanting to be in a place where they won't have to worry. Do not debate the accuracy of what is said by saying, "This is your home!". A response instead might be, "I know it would feel so nice to be home, but I'm here with you now and you are safe." You have both acknowledged a feeling they might be having and eliminated an argument. "Where are my car keys?" may be handled similarly. Acknowledge the feeling and then add that the car is no longer working. (You don't need to add the fact that you took the distributor cap off, removed it from the property, etc.) In areas of safety, you must do what you can to protect the person and honesty may not always be wise. And this brings us back to "therapeutic fibbing". You may find that these techniques do not always work, so you must be open to trial and error. Also, experiment with your own comfort zone when using fibs. *Adapted from "Therapeutic Fibbing" by the Alzheimer's Association – Minnesota/ND*

RESIDENT REMINISCINGS...A bad storm!

Alice Kron will not forget the blizzard that hit Enderlin in January of 1975. It was the 11th of January and the weathermen had been saying a bad storm was coming. Alice and her husband decided to go to town to buy groceries before the storm hit. The storm came up in a hurry and they were caught in it before safely returning home. For 36 hours they were stuck in a snow bank in their car! She was glad someone had given her a warm fur coat and also glad that she had bought a bathrobe in town that day, because that certainly helped keep them somewhat warm after they ran out of gas. Early in the morning after 36 hours, the storm quit and they got out of their car and walked the short distance to town. Alice says, "It wasn't so bad and everyone was glad to see us safe and well!"

STAFF SPOTLIGHT – Service Awards & Employee of the Year

We want to thank the following people who have reached landmarks for their dedicated years of service to Maryhill Manor and our residents:

Three years: Donna Pfaff (C.N.A.)

Five years: Sara Bartholomay (C.N.A.), Charlotte Schweigert (C.N.A.), Wendy Flatt (Dietary),
Angie Eggert (C.N.A.), Beth Grant (Medication Aide)

Ten years: Deb Ortiz (C.N.A.), Sharon Lauth (Dietary), Nancy Nord (Nursing Services Coordinator),
Geri Bommersbach (Housekeeping)

Fifteen years: Marilyn Ekre (Housekeeping), Sue Klockmann (C.N.A.), Darlene Kurtz (Dietary),
Kim Mark (C.N.A.)

Thirty years: Joan Graze (L.P.N.)

We offer special congratulations to **Heather Bornsen**, Certified Nursing Assistant on the day shift, who was chosen as our 2006 *Employee of the Year!* This award is given to one person each year who is chosen by their fellow staff members as someone they think truly shows their commitment and understanding to the residents of Maryhill. The nominations for Heather talked about her excellence as a Resident Assistant (Certified Nursing Aide) that's shown in the wonderful care she provides to the residents. They also talked about her sincere interest in the residents and that she provides not only excellent care, but also loving care. The nominations also talked about Heather being a great team member and a positive representative of Maryhill Manor. Heather has worked at Maryhill for 19 years! Please help us thank Heather for the wonderful service she provides!



In Our Memories

Our sympathies to the families and friends of the following people who were part of our Maryhill family and have recently died. We treasure our memories of them and pray that God will be with their families at this time of loss. We will remember them...

Ervin Opskar 1913-2006

Gladys Bratland 1916-2006

Rodny Anderson 1915-2006

Thank You for your Generous Donations:

In memory of Ida Freitag from Lynette Schmitz, Nancy Farnham

In memory of Ervin Opskar from Lynette Schmitz, Brenda Dick, Nancy Farnham

In memory of Irene Moore from Lynette Schmitz

From Nancy Farnham in memory of Virgie Kaspari, Esther Johnson, Lenore Haggart, Roger Huncovsky, Sally Bayliss, Laura Froemke, Sanford Tingley

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

January 2nd, Tuesday at 1:00 – Service of Remembrance to honor the memories of residents who lived at Maryhill and died in the past year.

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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