

Messages from Maryhill

A Newsletter for Maryhill Manor Families

August, 2007

GREETINGS! Once again the weather has been a topic of conversation this month! We've had several severe storms and lots of heat! The day after we had a storm in our area that included straight-line winds that did a lot of damage in our area, staff members took several vans full of residents out to see the damage. They came back buzzing with news of crop damage, buildings flattened, and a camper that was overturned. That wind was terribly powerful! The weather resulted in another cancellation to the Bagg Farm, too, which is disappointing. The representatives of the Bagg Farm called and said that the extreme heat has made it impossible for them to give tours in their buildings, as they do not have air conditioning. We are going to try one more time in August and hope the weather cooperates this month! A group of residents went out to Kathy Torbenson's old school house in July and did a lot of reminiscing about "school days" and "how it was when I was young." They had a great time! The benefit held at Sami V's in July for Nicole Sorenson was a huge success! As one person put it, "It was a great event for a terrible reason." Nicole has been undergoing chemotherapy for cancer. Your support and prayers for her are much appreciated. It's hard to believe, but we are now moving into the month of August! Summer is zooming by. The residents at Maryhill love all the visits from relatives and friends who come through the area for summer vacation. Please remind anyone visiting you that the coffee pot and lemonade are always ready for them at Maryhill! I hope you enjoy the rest of the summer! Blessings to you....Nancy Farnham, Administrator

EDUCATION CORNER: Alzheimer's Disease

A couple of our staff members were recently at a workshop where they talked about how nursing home care has changed over the years. The speaker made the comment that the people we take care of have all the same types of diseases that people had ten or fifteen years ago, but the thing that has changed is that many of them have those diseases (like congestive heart failure, diabetes, etc) in addition to Alzheimer's disease or some other type of dementia. This has made the type of care we provide in the nursing homes much more complex. As Alzheimer's disease continues to be researched, new treatments are being developed, but no cure has yet been found. As we continue to live longer and longer, the number of people with dementia continues to grow. Over 16,000 people in North Dakota have Alzheimer's disease and it affects one in ten people over the age of 65. Alzheimer's disease is a progressive degenerative disease that attacks the brain and results in impairments in memory, thinking, communicating, and behavior. It is the fourth leading cause of death in adults after heart disease, cancer and stroke. The progression of Alzheimer's varies greatly from individual to individual and can last from three to twenty or more years. Following is a list of ten common symptoms recognized as warning signs of Alzheimer's that have been developed by the Alzheimer's Association.

1. Memory loss. While it's normal to forget appointments, names, and telephone numbers, those with dementia forget such things more often and do not remember them later.
2. Difficulty performing familiar tasks. People with dementia often find it hard to complete everyday tasks that are so familiar we usually do not think about how to do them. A person with Alzheimer's may not know the steps for preparing a meal, using a household appliance, or participating in a lifelong hobby.
3. Problems with language. Everyone has trouble finding the right word sometimes, but a person with Alzheimer's disease often forgets simple words or substitutes unusual words, making his or her speech or writing hard to understand.
4. Disorientation to time and place. It's normal to forget the day of the week or where you were going. But people with Alzheimer's can become lost on their own street; forget where they are or how they got there.
5. Poor or decreased judgment. No one has perfect judgment all the time, but those with Alzheimer's may dress without regard to the weather or show poor judgment about money.
6. Problems with abstract thinking. For example, balancing a checkbook may be hard.
7. Mislacing things. Anyone can temporarily replace a wallet or key, but someone with Alzheimer's may put things in unusual places, i.e. an iron in the freezer or a wristwatch in a sugar bowl.
8. Changes in mood and behavior. We all can become sad or moody at times, but someone with Alzheimer's can show rapid mood swings – calm to tears to anger – for no apparent reason.
9. Changes in personality. A person with Alzheimer's can change a lot, becoming extremely confused, suspicious, fearful or dependent on a family member.
10. Loss of initiative. We all get tired of our obligations at times. However the person with Alzheimer's may become very passive, sitting in front of the TV for hours or sleeping more than usual.



In Our Memories

Our sympathy 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...

Alice Kron, 1935-2007
Phyllis Langland, 1927-2007

Thank You for your Generous Donations:

*From Bill and Kellie Lemna in memory of Ruth Solberg

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



Coming in September

MEMORY WALK for Alzheimer's Disease

Saturday, September 15th at 9:00a.m.

The walk begins at Gillund Field (east side of Enderlin).

This is a "pledge" event. People who are walking in the event gather donations from others for walking. All money raised is given to the Alzheimer's Association (Dakota-Minnesota Chapter) for use in research and supportive services for those dealing with this devastating disease. There are lots of ways you can participate:

1. Gather pledges and walk in the event.
 2. Come and walk!
 3. Give a donation!
 4. Volunteer to help with set up and/or registration the day of the walk.
- If you'd like to assist with planning this event or would like more information, please

contact

Lynette Schmitz or Nancy Farnham at 437-3544.



Maryhill Manor

Sponsored by Sisters of Mary of the Presentation
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