

Messages from Maryhill

A Newsletter for Maryhill Manor Families

June, 2007

GREETINGS! Boy, have we been enjoying the nice weather (in between rainy and windy days!) ☺ We had several outings in May. First a group of men went to the Spare Time Lounge to spend an afternoon watching the Twins game, shooting pool, and enjoying some pizza and beer. They had a great time. Then we had an outing to watch the local Enderlin team play baseball, went for treats down at the Dairy Queen, and went to the school to see the Missoula Children's Theatre group perform the play "The Little Mermaid" with our local school kids. All who attended these outings enjoyed them. In June we're planning a trip to the Bagg Farm by Abercrombie and other shorter outings to local events and sites. Later this summer we'd like to take residents on horse and buggy rides, so if you happen to have a buggy or know someone who does, please let us know. Just a note on our menus: Charlie Eggert (our Dietary Manager) and Barb Erlandson (our Consultant Dietitian) have developed new menus with the input of many residents. The new menus went into effect last month. One new item that went on the menus at the residents' request was liver and onions. However, this is a "love it or hate it" item (I'm in the "hate it" category! ☺), so we have an alternate choice for those who don't like liver. That is the case with every menu item we have – there is always something else available if someone doesn't care for what is being served. There are also many more fresh vegetable and fruit options on the new menus, along with several new main dishes. We are getting very positive feedback from the residents on the changes that were made to the menus. Let us know what you hear from your family member! Also this month, surveys are being sent to some family members of our residents from a national survey company called "My InnerView". These surveys are being done through a grant from the N.D. State Health Department. The survey results from Maryhill are then compared to other nursing homes across the state and the nation. If you receive a survey in the mail, please take a minute to complete it and mail it in. We appreciate your feedback. Thank you. Enjoy the summer! Blessings to you.....Nancy Farnham, Administrator

EDUCATION CORNER: That Scary "C" Word

This month we dedicate this corner to the topic of cancer. Cancer touches the lives of many people and it is for this reason that Maryhill Manor has co-sponsored a "Relay for Life" team for several years with the FCCLA group from Enderlin High School. Our hope is to support those who are struggling with the disease and support research efforts. Following is some general information about cancer:

Cancer develops when cells in a part of the body begin to grow out of control. Although there are many kinds of cancer, they all start because of out-of-control growth of abnormal cells. Normal body cells grow, divide, and die in an orderly fashion. During the early years of a person's life, normal cells divide more rapidly until the person becomes an adult. After that, cells in most parts of the body divide only to replace worn-out or dying cells and to repair injuries. Because cancer cells continue to grow and divide, they are different from normal cells. Instead of dying, they outlive normal cells and continue to form new abnormal cells. Cancer cells develop because of damage to DNA, the substance in every cell that directs all activities. Most of the time when DNA becomes damaged the body is able to repair it. In cancer cells, the damaged DNA is not repaired. People can inherit damaged DNA, which accounts for inherited cancers. More often, though, a person's DNA becomes damaged by exposure to something in the environment, like smoking. Cancer usually forms as a tumor, however some cancers, like leukemia, do not have tumors. Leukemia involves the blood and blood-forming organs and circulates through other tissues where the cancer grows. Often, cancer cells travel to other parts of the body where they begin to grow and replace normal tissue. This process is called metastasis. Regardless of where a cancer may spread, however, it is always named for the place it began. For instance, breast cancer that spreads to the liver is still called breast cancer, not liver cancer. Not all tumors are cancerous. Benign (noncancerous) tumors do not spread (metastasize) to other parts of the body and, with very rare exceptions, are not life threatening. Different types of cancer can behave very differently. They grow at different rates and respond to different treatments. That is why people with cancer need treatment that is aimed at their particular kind of cancer. Cancer is the second leading cause of death in the United States. Half of all men and one third of all women in the United States will develop cancer during their lifetimes. Today, millions of people are living with cancer or have had cancer. The risk of developing most types of cancer can be reduced by changes in a person's lifestyle, for example, by quitting smoking and eating a better diet. The sooner a cancer is found and treatment begins, the better are the chances for living for many years.



In Our Memories

Our sympathy to the family and friends of the following person who was part of our Maryhill family and has recently died. We treasure our memories of her and pray that God will be with her family at this time of loss. We will remember her...

Beatrice Kemmer, 1919-2007

Thank You for your Generous Donations:

- *In memory Bea Kemmer by Charleen Grothe
- *In memory of Bea Kemmer and Bea Jordet by Steve and Roxy Schmitz
- *In memory of Bea Kemmer by Lynette Schmitz

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

Wednesday, June 6th – 1:30 – First Lutheran Church Ladies Bingo
Thursday, June 14th – 1:30 – Flag Day and Glenn Douglas will be entertaining
Friday, June 15th – 11:00 – Bagg Farm Outing
Wednesday, June 20th – 1:30 – Trinity Lutheran Church Ladies Birthday Party
Thursday, June 28th – 1:30 – Irene Hoenhouse and the Valleyaires will be entertaining
Every Tuesday at 1:00 – Ecumenical Protestant church services
Every Thursday at 9:30 – Catholic Mass



RELAY FOR LIFE – Friday, June 22nd

Begins at 6:00p.m. at the Lisbon Track

Booths will have lots of supper items and goodies!

7:00p.m. opening ceremonies with the survivors lap.

If you'd like to purchase a luminary for \$5 in honor or memory of someone, talk to Candy Lund or Sharon Lindemann, team co-chairs.



Maryhill Manor

Sponsored by Sisters of Mary of the Presentation
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