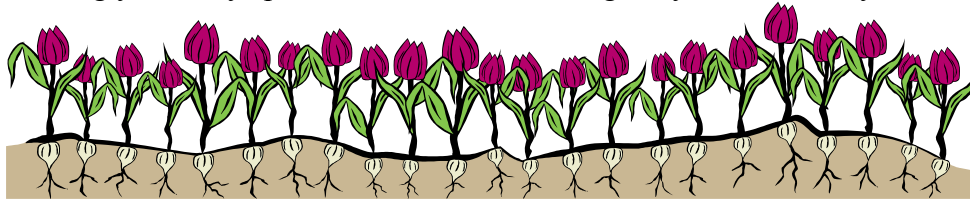


Messages from Maryhill

A Newsletter for Maryhill Manor Families

May, 2007

GREETINGS! May is a month that is full of special dates! May 6th is National Nurses' Day and we thank the nurses who work at Maryhill for all the care and service they provide to our residents! May 13th is Mother's Day and we take time on that day to remember our mothers and thank them for all they've done to shape our lives. May 13th-19th is National Nursing Home Week and the theme this year is "Treasure our Elders". The elders in our society have many experiences that we can learn from, as they share their lives and stories with us. They truly are a "treasure chest" full of value! In this youth-oriented society, we need to be reminded to take time out to listen to their stories and spend special moments with our elders. May 28th is Memorial Day and is a national day of remembrance for those who have died in military service. Unfortunately those numbers are growing each day and we pray for the safe return of all those currently in the armed service. I hope that May will bring you many special moments! Blessings to you.....Nancy Farnham, Administrator



EDUCATION CORNER: Virtual Dementia

On April 3rd and 4th, our staff members went through an educational training session that is called a "Virtual Dementia Experience". In this experience, the participants were dressed up in a particular way to help them get a better understanding of what someone with dementia is experiencing. For instance, many people with dementia lose their peripheral vision, so our staff put on special goggles that blocked their peripheral vision. People with Alzheimer's disease also have a higher incidence of hearing impairments than the general population, so participants put on headphones to simulate impaired hearing. The headphones were attached to a cassette player that played a tape of radio shows. This was to simulate the difficulty that people with dementia have in discriminating between the sounds around them. These things, in addition to several other special adjustments to the participants' garb, were done to give the participants a feeling for what the person with dementia must deal with every day. Our staff members were given a pre-test before going into a room for the dementia experience and a post-test after they completed the session. After getting dressed for the experience, the participants were led into a room where they were given instructions to complete 5 tasks and were then left in the room for 10 minutes to carry out the instructions. The tasks they were told to do were simple things, such as: fold the towels, set the table for four, put on the white sweater, and write a three sentence letter to your family. While in the room, there was an observer who recorded the behavior of the participants. Participants reacted to the experience in many different ways while in the room. For instance, some talked to themselves, while others stood still in the center of the room and did not move. On the average, the participants were able to complete just two tasks out of the five they were given to do. In letters they wrote during the experience, they said things like: "please help me", "I am terrible", "I want to go home". In the participant group, 91% had an increase in their blood pressure after the experience and 85% made negative statements about themselves during the experience ("I failed", "I'm stupid", "I can't do this"). Some of the things that participants said they learned (or re-learned) from the experience include: have patience, don't rush them, keep sentences simple, only give them one thing at a time to do, eliminate background sounds, and listen carefully. It was an eye-opening and HEART-opening experience for our staff. Though many felt they were sensitive and understanding to those with dementia before, going through this experience gave them an even deeper sensitivity and will be something that will be remembered for quite some time.

FUNDRAISER A GREAT SUCCESS

Thank you to all those who joined us for our supper at Trinity Lutheran Church on April 26th. We had a "sold out" event and raised a little over \$2,000! The proceeds will be used to purchase an electric fireplace for our residents' enjoyment. Thank you for your support of this event!

A RESIDENT REMEMBERED: Elizabeth

We don't normally write an article about a resident when they die, but in this case it seems to be very appropriate. Elizabeth Hutmacher lived with us at Maryhill Manor for over forty years, from March 1966 until April 2007. Elizabeth loved to do crafts including embroidery and sewing, but was especially known for her crocheting. She crocheted round tablecloths for many staff members over the years and these will be treasured. Elizabeth liked to be helpful and busy and she helped out in the dining room setting and clearing tables for many years. Elizabeth also liked to dance and have fun, and she had a wonderful smile! She would light up when shown a stuffed animal or fun toy or when visited by Santa. Elizabeth's faith was important to her and she helped to set up for mass all the years she was with us. Though we miss her in our midst, we know she is with Jesus, her Savior. God bless the memory of Elizabeth Hutmacher.



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...

Lorraine Sad, 1927-2007

Richard Arves, 1924-2007

Elizabeth Hutmacher, 1915-2007

Thank You for your Generous Donations:

*In memory of Marian Lindemann by Gary and Lollie Adair

*In memory of Richard Arves, Lorraine Sad, and Elizabeth Hutmacher by Lynette Schmitz

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

May 10th – 1:30 – Glenn Douglas will be entertaining.

May 13th – 1:30 - Mother's Day Recognition Event: We will have a special coffee that day and will be playing a game of "Who Do You Think This Mother Could Be?". To help make this event successful, if your mother lives at Maryhill, please send us a short description of something your mother did for you and we will use it in the guessing game. Here are two examples: 1. "Mother used to make pancakes every Sunday morning and would always make sure that her girls had new dresses every Easter." 2. "One day when I was a small boy I entered an elevator with my mother and a black man. I turned to my Mother and said, 'Why is that man black, Mommy?' She replied, 'That's the way God made him, honey.' That's when I learned that God loves everyone, no matter what color they are."

May 15th – "Take Me Out to the Ballgame" day – We'll be taking residents to the Enderlin baseball game at 3:00 that day.

May 18th – Residents will be attending the Missoula Children's Theatre production of "The Little Mermaid" at Enderlin School at 1:30p.m.

May 24th – 1:30 – Irene and the ValleyAires will be entertaining.



Maryhill Manor

Sponsored by Sisters of Mary of the Presentation
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