

Messages from Maryhill

A Newsletter for Maryhill Manor Families

February, 2008

GREETINGS! “North Dakota is so cold, you get an ice cream headache just from breathing outside!” That’s the line I heard from a comedian the other day and, boy, did he have that right! We’ve sure been getting a blast of cold air. I hope you and those you love have been safe and warm during all these cold days. For our residents, that cold air can be a real danger, so we don’t go out much in weather like this unless it’s a necessity. When medical appointments aren’t urgent, we’ve rescheduled them when possible so we don’t have to take residents out in the below zero temperatures, especially when wind chills are so dangerous. Hopefully February temperatures will get back to our “regular” ND cold instead of what we’ve been having. And who knows? Maybe this will be the year the ground hog will tell us that winter’s over soon! **J** We have made some big changes in our dining services in the past couple months and our residents are really enjoying it. We changed the meal service times, responding to the residents’ requests to have their biggest meal at noon. We now have an open breakfast from 8:00-10:30, so people can come out for that meal whenever they want during that time. They also can sit at whatever table they’d like during that open breakfast. The biggest meal of the day is served between noon-1:00pm and supper is served between 5:00-6:00pm. We also have a coffee hour at 2:30 and serve evening snacks around 7:30pm. In addition, there is always food available 24 hours/day if a resident wants something. It is not unusual for a staff member to warm up soup or fix toast or hot chocolate for a resident in the middle of the night. We are working to make our meal service as flexible as it can be to meet the wants and needs of all our residents. If you have any suggestions, please do not hesitate to talk to us! We’d like to hear your ideas! We have one other dietary change I want to let you know about. As of February 1st, we are required to begin collecting sales tax on guest meals. Due to this, you will see a slight increase in our guest meal prices. A regular guest meal will now be \$2.65 and a holiday meal will be \$5.30. Please remember that you are welcome to join a resident for a meal at any time. If possible, please call ahead a few hours to let us know you’re coming so we prepare the right numbers of meals. If a group of you will be joining a resident for a meal, please let us know a day or two in advance for planning purposes. Thank you. I hope the New Year is off to a good start for you! Peace and joy to you and yours...Nancy Farnham, Administrator

EDUCATION CORNER: Heart Disease

Did you know that the most common diagnosis at Maryhill Manor is hypertension, with 72% of our residents having this diagnosis? Cardiovascular disease, including heart disease, hypertension and stroke, is the number one killer of women! It kills over half a million American women each year! That figure exceeds the next seven causes of death *combined!* Another fact that is little known is that women are 15% **more** likely than men to die of a heart attack. Heart disease is often thought to be a man’s disease, but in reality women suffer from it more than men. Cardiovascular disease is mostly preventable. There are important steps that everyone can take to help combat this disease. Lifestyle changes like watching your diet and weight, quitting smoking, and getting more exercise really help. The American Heart Association has a food certification program to help people shop for healthy foods. They place a big red heart with a white checkmark on it if the food is low in saturated fat and cholesterol. Check out the American Heart Association’s website at www.americanheart.org for more information. There are important signs that everyone should know to help spot a heart attack. Some heart attacks are like the “movie heart attacks” that are sudden and intense and there is no doubt what is happening. However, most heart attacks start slowly with mild pain or discomfort and people often wait too long before getting help. Following are some signs to look for:

1. Chest discomfort: There may be discomfort in the center of the chest that lasts a few minutes, goes away, and then comes back again.
2. Discomfort in other areas of the upper body, including the arms, back, neck, jaw, and stomach.
3. Shortness of breath
4. Other signs: cold sweat, nausea, lightheadedness

If someone you are with is experiencing these signs, don’t wait long before calling 9-1-1 for assistance. Minutes count in these situations! Cardiovascular disease is something that everyone, especially women, need to know about and take steps to prevent.



In Our Memories

Our sympathy to the families and friends of these special individuals who died during the past month. They had become part of our Maryhill family and we treasure our memories of them. We pray that God will be with their families at this time of loss. We will remember them...

Evelyn Ruud, 1919-2008
Doris Walhood, 1922-2008
Laura Schossow, 1913-2008

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

February 14th – 5pm Candlelight Supper to celebrate Valentine’s Day
February 20th – 2pm Trinity Church women here for birthday party and bingo
February 21st – 1:30pm Glenn Douglas entertaining
February 28th – 1:30pm – Irene and the Valley Aires entertain for the Monthly birthday party
A few of our routine activities include (check the calendar on the bulletin board for more):

Bingo Monday, Wednesdays, and Fridays at 2:00pm
Devotions daily at 11:30am
Bible study on Fridays at 3:00pm
Ecumenical church service on Tuesdays at 2:00pm
Catholic Mass on Thursdays at 9:30pm

Thank You for Your Generous Donations:

- *From Debbie Johnson in memory of Bea Kemmer
- *From Tom and Nancy Farnham in memory of Evelyn Ruud, Doris Walhood, and Laura Schossow
- *From Dennis and Judy Nimms in memory of Eleanor Finger
- *From Lance and Karen Bueling in memory of Doris Walhood

A Way to Recognize a Caregiver: February 15th deadline

Please consider submitting a nomination or helping your family member to submit a nomination for someone who works at Maryhill Manor this year. The ND Long Term Care Association sponsors a Caregiver Award every year. They use this award as a way to honor and recognize people across the state who make a difference in the lives of nursing home residents. Nominations can be submitted by nursing home residents or their families. Nursing home staff members from any department can be nominated and, in addition to the award given to one caregiver, ALL people who are nominated are recognized in a booklet the Association puts together each year. Nominations must be submitted to the Association office by **February 15th**. If you would like to nominate someone for this recognition, you can pick up nomination forms at Maryhill Manor or by calling the NDLTCA office at 701-222-0660. Thank you.

“I have liked remembering as much as I have liked living.” - William Maxwell



Maryhill Manor

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