

# Messages from Maryhill

A Newsletter for Maryhill Manor Families

January, 2008

**GREETINGS!** As we enter the New Year, I want to thank each of you who sent meat and cheese trays, candy, or other goodies for our staff to enjoy over the holidays. Your thoughtful gestures and support throughout the year mean a lot to all of us! We had lots of entertainment and fun throughout December that helped make the holiday brighter for our residents. Several classes of school children (both the grade schoolers and high schoolers) were here different days to perform their Christmas programs, Gretchen Hoy was here with her piano students for their annual Christmas recital, and many other groups and families helped to entertain. I want to give special thanks to Pastor Norm Anderson from Trinity Lutheran Church in Lisbon who conducted a church service for our residents on Christmas Eve Day, and Pastor Jerry Carlson and his wife Jan who conducted a church service here on Christmas Day. These services meant a lot to our residents and blessed us with the reminder of the true meaning of Christmas. You have probably noticed the electric fireplace that is now in the living room. This was purchased with proceeds from the fundraising supper we held last April. The fireplace has been a big hit with many residents! There is almost always someone sitting by it, enjoying the warmth and the cozy feel it provides. Thank you again to all those who helped with the supper or attended it for making this addition to our living room possible. We have started looking ahead to our 2008 fundraiser, so watch for news about this in future newsletters. As we close one year and begin another, I want to thank you for choosing to trust Maryhill as the place to care for someone you love. We hope we earn that trust every day! I wish you a year of many blessings in 2008! Nancy Farnham, Administrator

## EDUCATION CORNER: "R" is for Relationships

From time to time in this newsletter, we will feature one aspect of our care philosophy at Maryhill Manor. We call our philosophy the **RESPECT** philosophy, with each letter of the word "respect" representing one key part of our philosophy. The letters and what they represent are spelled out here:

**R**elationships    **E**nvironment    **S**tewardship    **P**eople directed    **E**thical    **C**ompassionate care    **T**eamwork and dedication

This edition will focus on the *Relationships*, the first letter of **RESPECT**. Our philosophy statement says the following about relationships:

**Relationships are purposely developed and nurtured among residents, families, staff and community.**

Relationships between residents, families, staff and community are one of the cornerstones of the services we provide at Maryhill Manor. Moving into a long-term care setting can be a stressful time for residents and their families. We strive to provide consistent staff to make this process easier and to enhance the continuity of care that is provided. Having the same nurse, caregivers, social service and activity staff helps to relieve the tension and uncertainty of being in an unfamiliar place. Seeing the same housekeeper cleaning your room is reassuring. Consistent caregivers and support staff is an important way that we start to build and maintain relationships. The quality of care each resident receives is better and residents are more at ease when they know someone truly cares for their optimal well being. One of the primary ways we develop relationships is in "getting to know" one another. We do this by showing concern and encouragement for the progress of the other person; responding to residents not simply out of duty, but rather as a voluntary desire to meet the needs of the other person; showing respect for the individuality of each resident; and trying to discover what is important to them. Learning things like what a resident's past was like, their roles and routines, the special people in their life, what their hopes and goals are can begin a caring relationship. Family members can help to provide some of this information when residents cannot. In the careplanning process, we use this information to develop goals to promote the best quality of life for the resident. Involving residents in this process of setting goals and encouraging them to be active in decision-making about their care empowers them and helps them maintain their individuality in this new setting. Often what starts out as a caregiver/resident relationship develops into an enduring friendship. This is one of the great rewards of caregiving! Many family members are involved with the life of the facility and residents are encouraged to maintain community relationships, going out to community events and inviting community groups into the facility often.



## *In Our Memories*

Our sympathy to the families and friends of these special individuals who died during the month of November. 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...

*Agnes Anderson 1930-2007*

*Oscar Arves 1922-2007*

*Marjorie Mueller 1919-2007*

*Theodora "Teddy" Kellerman 1916-2007*

*Edna Groth 1914-2007*

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

January 13<sup>th</sup> – 3:00 – Dakota Sunrise Gospel singers will be entertaining.

January 16<sup>th</sup> – 2:00 – Monthly birthday party

## **Thank You for Your Generous Donations:**

\*From Candy and Dan Lund in memory of Oscar Arves, Teddy Kellerman, Edna Groth, and Agnes Anderson

\*From Scott and Julie Jegge and family in memory of Evan and Marjorie Mueller



## **A Way to Recognize a Caregiver:**

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 15<sup>th</sup>. 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.



**Maryhill Manor**

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