

Messages from Maryhill

A Newsletter for Maryhill Manor Families

March, 2008

GREETINGS! Another month of winter has come and gone and we are moving into March. Will it enter like a lion or a lamb? Whichever way it comes in, we know that we are one month closer to spring and we're looking forward to it! The winter season is also the flu season, and we have heard that there are several cases of Influenza A in our community and surrounding area. We encourage all of our staff and residents to receive the flu vaccine, but it does not protect them from all strains of the flu. This year we have heard that the vaccine given is protecting people from about 40% of the strains that are out there. It is quite a science to try to predict what strains will hit in the United States in any given year. There are hundreds of strains and they study many things, including air currents, to make these predictions. Usually they can predict around 70% of the strains, so this year's prediction was not as good, but it still protects us from 40% of the flu bugs out there. Please help us keep the flu and other illnesses away from our residents as much as possible by not visiting if you have any cold or flu symptoms. Also, I've included information in the Education Corner about hand washing again. Though it's basic information and I'm sure you've heard it before, it doesn't hurt any of us to have a reminder. Now on to more fun things! We will be having our annual fundraiser supper on **April 10th** at Trinity Lutheran Church in Enderlin. This is our dinner where each table is decorated with a different theme, and this year we will have a different theme for each month of the year! Tickets are on sale now for \$20 and there are only 100 tickets available, so get yours early! Last year's proceeds made it possible for us to purchase the fireplace, large table, rocking chair, and video cabinet that are found in the living room. These items have been very much enjoyed by our residents! We are planning to use this year's proceeds from the dinner for other items to enhance the living and dining room area. We hope you can join us! Also in April will be our Volunteer recognition on April 28th. Watch for more information coming soon. I hope you stay warm and have a healthy March! Peace and joy to you and yours...Nancy Farnham, Administrator

EDUCATION CORNER: Hand washing

Did you know that the National Centers for Disease Control says that washing your hands is the single most important thing you can do to prevent the spread of disease to yourself and others?! Washing your hands is important all year long, but particularly during this time of year when colds and flu are everywhere. According to public health agencies, here are some times when it is especially important to wash your hands:

- Before, during, and after you prepare food and before you eat,
- Before and after changing a baby's diaper and after you use the bathroom,
- After handling animals or animal waste,
- After sneezing, coughing, or using a handkerchief or tissue,
- After touching any part of the body, the hair or facial area, scratching any part of the body, licking the hands, etc.
- After handling garbage or trash, or whenever your hands are dirty.

We'd like to add two more times when washing your hands will be helpful:

- Upon arriving at Maryhill Manor and again right before leaving, AND
- Upon arriving at your home whenever you have been out somewhere.

How you wash your hands is just as important as when you wash them, especially when it comes to eliminating germs. Just rinsing your hands quickly is not enough. Follow these steps when you wash your hands:

- Wet your hands with warm water.
- Apply plenty of soap and **SCRUB** your hands together vigorously for at least 20 seconds (sing "Happy Birthday" to yourself **TWICE** while washing your hands). Wash the front and back of your hands, between your fingers and under your nails. Scrubbing your hands together loosens germs and dirt and allows them to be washed away.
- **RINSE** and **DRY** your hands,
- Turn off the water using a clean paper towel.

One more healthy hint: Don't cover your cough with your hand, as so many of us were taught. Instead, cough into your elbow. This helps keep your hands germ free!



In Our Memories

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

Robert Hansen 1923-2008

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

March 19th - 2pm Trinity Church women here for birthday party and bingo

March 20th - 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 and communion on the 4th Tuesday

Catholic Mass on Thursdays at 9:30pm

“This is my beloved Son, with whom I am well pleased.” - Matthew 3:17

We wish you a joyous Easter!

Thank You for Your Generous Donations:

*From Joe and Lynette Schmitz in memory of Robert Hansen

*From Gordon and Donna Lund in memory of Robert Hansen

*From Bill and Kellie Lemna in memory of Doris Walhood

*From Wilbur and Susan Schlecht in memory of Erling Janz



April 10th: Table themes
Supper

Tickets are \$20/person available at Maryhill. The tables will be decorated for a theme for each month of the year. The doors will open at 6:30, so you can view the tables before the meal is served. We hope you can join us for this fun event!



Marynn Manor

Sponsored by Sisters of Mary of the Presentation
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