

Messages from Maryhill

A Newsletter for Maryhill Manor Families

February, 2019

GREETINGS! January flew by and we had a lot of fun at Maryhill! A big hit in the month was the visit by staff from the Chahinkapa Zoo in Wahpeton. They brought four of their animals to share with our residents and the 4th graders from Enderlin Public School who joined us for the afternoon. The animals included a very small (but full grown) owl, a boa constrictor, a baby llama named Reese, and a baby bison named Frisco! We all learned a lot about the animals and were able to see them up close and personal! Several of our residents were greeted by the llama with quick kisses on their foreheads and many touched the boa constrictor --- with one even daring to have it placed around their neck! The llama also went through the hallways and visited a few residents in their rooms. Here's how one conversation went:

Staff member knocks on the door: "Can we come in? We have a llama out here."

Resident: "A what???"

Staff member: "We have a llama. Can we come in?"

Resident: "Oh sure."

They enter the room with the llama.

Resident: "Well, I'll be! I have a llama in my room!"

It was not the typical conversation at Maryhill, nor was it the typical scene as we watched the llama go through the hallways. It was great fun! And, because I'm sure someone is wondering ☺, there were no messes left by any of the animals! We learned that llamas are very particular and will only "do their business" in the same spot all the time. There were a few cookie crumbs and a piece of yarn from a mitten left behind by the 4th graders, but that was the extent of any mess when the animals and the kids had left! ☺ We are very grateful to the Chahinkapa Zoo for bringing the animals to us and to the ND Council of the Arts for making the arrangements for this to happen. This was connected to the Warli Art project we have going on. Warli art is a particular style of art from India that often features animals and is made up of repetitive geometric shapes. The kids and residents took note of the colors and shapes on the animals and then created their own Warli art paintings. *** We have received a grant to start a Music & Memory program at Maryhill. The concept and approach of the program is simple and very effective. We will have staff members and volunteers receive training in how to set up personalized music playlists which will be delivered on iPods and other digital devices for residents at Maryhill Manor. This music that has been chosen specifically for an individual resident, will help to tap deep into their memories and bring life back to these residents. I know from my own training in music therapy (I have a bachelor's degree in Music Therapy), that music has very special properties that can have magical results. Music bridges both sides of the brain which helps pull from areas that are still working when another area is compromised. People with dementia often can sing every word to a familiar song, even when they can no longer put together a full sentence when speaking. If you'd be interested in helping with this program and would like to attend the training with us, please let me know! We'd be happy to have you join us. *** I was in Bismarck on Tuesday talking with our legislators about nursing home funding needs. The legislative session of 2017 cut the inflation factor in our rates. The result is that our rates are based on past costs with no adjustment to compensate for inflation. This means when costs go up for supplies or we give our staff members the raises they deserve, we do not have the funding to cover these increases. We are asking the legislators to reinstate an inflationary adjustment, which has been a part of this reimbursement system every year until it was eliminated in 2017. I believe our residents deserve to receive quality care and that our staff members deserve to be paid a living wage that allows them to provide for themselves and their families. I am hopeful that the legislators will agree that the elderly and chronically ill in our state deserve to be well cared for and will respond by supporting SB2012 to reinstate the 3% inflationary adjustment. *** The end of January brought us many very cold days! It is a blessing to have a warm home to live in! Groundhog Day will soon be here and we'll see what Punxsutawney Phil predicts for our winter ahead! Whatever his prediction, I hope you stay safe and warm for the remaining winter months! *** *Respectfully yours, Nancy Farnham, Administrator*

Thank You for Your Generous Donations:

In Memory of Jerry Engstrom: *Deon and Nancy Maasjo*

For Dementia Program supplies: *Jeff Printz*

In Memory of Leila Anderson: *Jack Schwandt*

ACTIVITIES: Here is a sampling of activities for February!

**Check out the activity calendar in the main hallway at Maryhill to see more activities.

February 4 th	11:00a.m.	All Faith Worship
February 7 th	1:30p.m.	Art project with 4 th graders
February 12 th	9:30a.m.	Laundry Helpers
February 14 th	1:30p.m.	Birthday Bash with Sylvia
February 14 th	6:00p.m.	Harp music by Luba
February 17 th	6:00p.m.	Dice Game
February 20 th	2:00p.m.	Bingo
February 21 st	1:30p.m.	Entertainment with Myron Trangsrud
February 24 th	1:30p.m.	Raw Sugar entertains
February 28 th	1:15p.m.	Qual Dairy Outing

BISMARCK TRIBUNE SUPPORTS NURSING HOMES

*Following is a portion of the Bismarck Tribune Editorial Board article published January 16, 2019.

“Some people are able to live on their own until death while others find themselves in need of care in their 50s or 60s. It’s not a situation anyone wants to find themselves in. For the elderly, especially, the Tribune Editorial Board believes the community has some responsibility. Older citizens can be doing well on their own and one serious illness can change their lifestyle, forcing them to seek nursing home care. That care gets expensive. During the legislative session of 2017 the funding for nursing facilities in the state wasn’t increased for the first time. That forced nursing homes to borrow from banks and dip into reserves. The homes "literally depleted any money that they had," according to Shelly Peterson, president of the North Dakota Long-Term Care Association.

This session, Gov. Doug Burgum has asked for a 1 percent increase in funding for nursing homes in each year of the 2019-21 biennium. The homes argue they need a 3 percent increase to help with recruiting and retaining staff and paying for growing costs, such as building maintenance and employee health insurance.

The Tribune Editorial Board believes the 3 percent request is reasonable. While the Tribune has commended the governor for offering a conservative budget, we think there are other items in his budget that can be cut to allow for 3 percent for nursing homes. We also realize the Legislature makes the final budget decisions and we urge them to provide the 3 percent increase for the facilities.”

MUSIC & MEMORY RESEARCH

Following is a summary of some of the current research being done related to the Music & Memory program.

1. Individualized Music Program is Associated with Improved Outcomes for U.S. Nursing Home Residents with Dementia. A 2017 study by Brown University, published in [The American Journal of Geriatric Psychiatry](#), compares behavioral and psychological resident outcomes before and after implementation of the Music & Memory program. The results showed that the discontinuation of antipsychotic medications increased in Music & Memory facilities.
2. Music Activates Regions of the Brain Spared by Alzheimers: An April 2018 study reports that “objective evidence from brain imaging shows personally meaningful music is an alternative route for communicating with patients who have Alzheimer’s disease.” Published by the University of Utah Health in Salt Lake City in [The Journal of Prevention of Alzheimer’s Disease](#).
3. Music & Memory and Improved Swallowing in Patients with Advanced Dementia. A 2018 study published in [Dementia: The International Journal of Social Research and Practice](#) presents data indicating Music & Memory’s personal music intervention improves swallowing in individuals with advanced dementia, making eating easier and potentially diminishing reliance on feeding tubes.

If you are interested in seeing a short video clip that demonstrates what this program can do, type the following into your browser: Henry Alive Inside youtube. The video is just a little over 6 minutes long.

