

# Messages from Maryhill

A Newsletter for Maryhill Manor Families

March, 2019

**GREETINGS!** February was another fun month at Maryhill with lots going on. The month ended with a trip to the Qual Dairy in Lisbon. This state-of-the-art robotic dairy is quite different from the hand milking that many of our residents remember! Qual's Dairy milks 60 cows at a time on a 70 foot diameter round platform, and most cows are done milking in 5-7 minutes. The residents had a great time watching this process and there was a lot of reminiscing and discussion during the tour. The 4<sup>th</sup> graders also went along on this tour and everyone had a lot of fun! Thank you to the folks at Qual's Dairy for their hospitality! \*\*\* Our staff group working on the Music & Memory program that I talked about in last month's newsletter have now attended the training and are getting the program started. The grant provided several iPods to get us started, but we have more residents we want to involve in the program than iPods, so if you have an iPod or MP3 player you no longer use, we would appreciate it if you would consider donating it to us. We are excited to get this program rolling and know it will benefit many residents here. \*\*\* March 6<sup>th</sup> is Ash Wednesday and we will begin Lent. In this season we are encouraged to reflect on our own lives and consider how we can turn more closely to Christ. Blessings to you as you continue on your life's faith journey.

\*\*\* *Respectfully yours, Nancy Farnham, Administrator*

## Thank You for Your Generous Donations:

**In Memory of Albert Finch:** *Wes and Linda Briggs*



### *In Our Memories*

We extend our sympathy to the families and friends of these special people who had become part of our Maryhill family and have died. We treasure our memories of them and pray that God will be with their loved ones at this time of loss. We will remember them...

*Edith Zacharias, 1920-2019*

*Gordon "Gordie" Porter, 1931-2019*

## ACTIVITIES: Sampling of March Activities

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

March 3 <sup>rd</sup>	6:00p.m.	Making Mardi Gras masks
March 4 <sup>th</sup>	11:00a.m.	All-Faith prayer service with Sister Mary Jane
March 6 <sup>th</sup>	3:00p.m.	Myrene Peterson – Have you ever milked a cow?
March 8 <sup>th</sup>	10:45a.m.	Sing-a-long
March 11 <sup>th</sup>	2:00p.m.	Bingo
March 13 <sup>th</sup>	1:30p.m.	Birthday Bash
March 14 <sup>th</sup>	1:00p.m.	4 <sup>th</sup> graders visit and Shelly Sauers art time
March 15 <sup>th</sup>	9:30a.m.	Laundry Helpers
March 17 <sup>th</sup>	1:30p.m.	Raw Sugar entertains
March 20 <sup>th</sup>	6:00p.m.	Current Events
March 21 <sup>st</sup>	1:30p.m.	Happy Hour and Entertainment by Myron Trangsrud
March 21 <sup>st</sup>	6:00p.m.	Harp music by Luba
March 23 <sup>rd</sup>	10:30a.m.	Bowling
March 27 <sup>th</sup>	6:00p.m.	Baking peanut butter cookies

## APRIL 11<sup>th</sup>: Maryhill's Table Theme Fundraising Dinner

This year's dinner has the theme: "Oh the Places You'll Go!" Sponsors have individual themes for their tables, including the following: *The Rodeo, Las Vegas, Cass Lake Resort, Europe, Egypt, and Heaven!* Tickets are \$20 and will go on sale soon. If you would like a ticket, call Nancy Farnham. We also will have a silent auction that night. Contributions to the silent auction would be greatly appreciated and can be brought in to Maryhill at any time. Proceeds will go toward the replacement of the west wing whirlpool tub.

## March 26<sup>th</sup>: American Diabetes Association Alert Day

Diabetes affects millions of people around the world. It is a frequent diagnosis at Maryhill, too, with over 25% of our residents having diabetes. This goes right along with the American Diabetes Association's data that cites a prevalence of diabetes among people 65 and older, with 25.2% of this population having diabetes. The following information is from the American Diabetes Association and the ND Department of Health.

Millions of people around the world live with diabetes or know someone living with diabetes. The majority have type 2 diabetes, but an important minority have type 1 diabetes (~5%). Contrary to popular belief, type 1 diabetes is not a childhood disease. It occurs at every age, in people of every race, and of every shape and size. In fact, there are more adults who have type 1 diabetes than children, although it was previously known as juvenile diabetes.

In type 1 diabetes, the body does not produce insulin. The body breaks down the carbohydrates you eat into blood glucose (also called blood sugar), which it uses for energy. Insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, even young children can learn to manage their condition and live long, healthy lives.

Type 2 diabetes is the most common type. In type 2 diabetes, your body does not use insulin properly. This is called insulin resistance. At first the pancreas makes extra insulin to make up for it. But, over time, your pancreas isn't able to keep up and can't make enough insulin to keep your blood glucose levels normal. Type 2 is treated with lifestyle changes, oral medications (pills), and insulin.

When glucose builds up in the blood instead of going into cells, it can cause two problems:

- Right away, your cells may be starved for energy.
- Over time, high blood glucose levels may hurt your eyes, kidneys, nerves or heart.

Some people with type 2 can control their blood glucose with healthy eating and being active. But, your doctor may need to also prescribe oral medications or insulin to help you meet your target blood glucose levels. Type 2 usually gets worse over time – even if you don't need medications at first, you may need it later on.

North Dakota's numbers:

- **\$50,000 or 8.1%** - adults in North Dakota who have diabetes
- **\$12,000** - annual healthcare costs for someone with diabetes (this is twice that of someone without diabetes)
- **\$400 million** - cost in North Dakota for total medical costs and lost work and wages for people diagnosed with diabetes
- **+190,000 or 35%** - adults in North Dakota who have prediabetes and are at risk for type 2 diabetes
- **9 out of 10** - people with prediabetes that don't know it
- **15 to 30 percent** - people with prediabetes or at risk for type 2 diabetes who will develop type 2 diabetes within 5 years without lifestyle changes
- **58 percent** - reduction in risk of developing type 2 diabetes by losing weight and increasing physical activity

If you would like more information, check out the American Diabetes Association's website. They have many resources, including a risk assessment that you can take on your own, recipes, and more.

