

# Messages from Maryhill

A Newsletter for Maryhill Manor Families

May, 2019

**GREETINGS!** April gave us a few more surprises with the weather! One of our last blizzards ended up on the 11<sup>th</sup> of April which was when we had our table theme dinner planned. Amazingly, all of our sponsors were able to reschedule for the following week and we ended up with a full house again this year for the fundraiser! Thank you to everyone who joined us, showed your support for the services we provide, and made it a fun time for all! \*\*\* May 12<sup>th</sup> through the 18<sup>th</sup> is National Skilled Nursing Care Week. The theme for this year is “Live Soulfully.” We have many special events planned for that week, so check out our calendar included later in this newsletter. I do want to draw your attention to one event scheduled on May 8th. Maryhill will be sponsoring a bake sale on May 8<sup>th</sup> to show our support to Pastor Juwle. Pastor Juwle is the Methodist minister in Enderlin and Lisbon and he comes to Maryhill regularly to provide church services for our residents. Pastor Juwle faced deportation the end of March but was able to get a temporary stay. He has legal bills as a result of this and we are giving the proceeds from this bake sale to him to help. We want him to be able to stay here and be safe. If you are willing to bring in bake goods for the sale, or if you have a sweet tooth and want to come in and purchase items, please join us on May 8th from 10:00am to 3:30p.m. Thank you! \*\*\* May is National Older American’s Month! We celebrate the elders that are living at Maryhill Manor and thank them for sharing their stories and lives with us! \*\*\* Happy Spring! \*\*\* **Respectfully yours, Nancy Farnham, Administrator**

**Maryhill Manor’s 55<sup>th</sup>  
Anniversary!  
OPEN HOUSE  
MAY 1<sup>st</sup>  
4:30-6:30p.m.**

## Thank You for Your Generous Donations:

*Thank you to these individuals and organizations who donated to this year’s April table theme dinner:*

*Enderlin Inn	*Our Lady of the Scapular’s Altar Society	*BankNorth
*Deb Jordet	*Lynette Schmitz	*Sarah Wendschlag
*Shari Tingley	*Dakota Plains Credit Union	*Karen Bueling
*Kylie Schlecht	*Bob and Mary Gruman	*Sharon Lindemann
*AFLAC	*Enderlin Municipal Library	*Carmen Aberle
*Deon Maasjo	*Armstrong Funeral Home	*CHI Health at Home
*Julie Dick	*Thrifty White Pharmacy	*Nucara Pharmacy
*Flowers, etc.	*Hospice of the Red River Valley	*Page Body Shop
*Wendy Flatt	*Kelley Bean Company	*Nancy Farnham
*Katie Oehlke	*MobilityPlus Rehabilitation	*Nancy Maasjo
*Sheila Ripplinger	*Debbie Taylor	*Brittany Utke

“A hero is someone who has given his or her life to something bigger than oneself.”

--Joseph Campbell



**May 6<sup>th</sup> – 12<sup>th</sup> is National Nurses' Week**  
*We thank our nurses and medication aides for sharing their  
 compassion, skill, and kindness with all at Maryhill.*

**MAY is National High Blood Pressure Education Month AND  
 National Health and Fitness Month!**

These two themes fit together very well! By concentrating on healthy habits and physical fitness, we can lower our blood pressure and maintain it at a healthy level. Did you know that one in three adult Americans have high blood pressure? Here are five things to do to lower your blood pressure or your risk for high blood pressure.

1. **Healthy eating:** This includes eating vegetables, fruits, whole grains, low-fat items, and lean meats. It's also good to limit sodium, added sugars, and alcohol.
2. **Aim for a healthy weight:** A healthy weight is determined by your body mass index. There are online BMI calculators to help you figure out a healthy range for your weight.
3. **Manage stress:** Stress can contribute to high blood pressure and some ways people use to cope with stress, i.e. unhealthy eating and excessive drinking of alcohol, can just add to the problem. Everyone deals with stress at some time, so finding healthy ways to deal with it is important.
4. **Get physical activity:** Make physical activity part of your routine. Try to increase whatever amount of physical activity you are having now and continue to build on this gradually.
5. **Quit smoking:** Smoking can increase your chance of heart disease. There are many resources in North Dakota to help someone quit smoking. Find support to help you make this change in your life.

**ACTIVITIES: Sampling of May Activities**

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

May 1st	4:30p.m.	55 <sup>th</sup> Anniversary Open House
May 2 <sup>nd</sup>	9:00a.m.	Baking
May 4 <sup>th</sup>	1:30p.m.	DeMasi Brothers entertain
May 6 <sup>th</sup>	6:00p.m.	Crafts
May 8 <sup>th</sup>	10:00a.m.	Bake Sale for Pastor Juwle. The sale ends at 3:30p.m.
May 8 <sup>th</sup>	2:00p.m.	Bingo
May 10 <sup>th</sup>	1:30p.m.	Outing to the Missoula Children's Theatre play
May 12 <sup>th</sup>	1:30p.m.	Luba Burns, harp concert
May 13 <sup>th</sup>	1:00p.m.	Outing to tour the Olson Farm
May 14 <sup>th</sup>	9:00a.m.	Making potato soup
May 16 <sup>th</sup>	1:00p.m.	Spa Day with Eva
May 17 <sup>th</sup>	11:00a.m.	Outing to Little Yellowstone for a picnic
May 18 <sup>th</sup>	1:00p.m.	Book Fair/Exchange
May 20 <sup>th</sup>	6:00p.m.	Ring Toss
May 22 <sup>nd</sup>	1:30p.m.	Birthday Bash with Sylvia Schlagel
May 23 <sup>rd</sup>	1:30p.m.	Myron Trangsrud entertains and Happy Hour
May 26 <sup>th</sup>	1:30p.m.	Raw Sugar entertains
May 27 <sup>th</sup>	TBD	Memorial Day service, Time to be determined

