

Messages from Maryhill

A Newsletter for Maryhill Manor Families

July, 2019

GREETINGS! June was certainly an interesting month weather-wise. We had temperature swings from 40 degrees to 90 degrees and many cloudy, rainy days. We had two outdoor events planned for our residents during the month and both ended up on rainy days! In all the advanced planning done for events, the weather is one thing we cannot control! However, we can enjoy the rain and have a fun time anyway! That's exactly what a group of residents did on June 20th when they went to a Redhawks game. It was a cool and cloudy day, but they enjoyed the game. Around the 6th inning it was obvious that the rain was going to start soon, so they loaded up and headed home, getting caught in the rain just as it started. All came home with smiles on their faces! If you haven't seen the photos on our Facebook page, check them out! We had also planned an outdoor picnic for residents and staff to celebrate the first official day of summer on June 21st. It rained all day!! The picnic and games were moved indoors and someone had the great idea to hang up pictures of the sun wearing sunglasses to bring the sunshine inside. It was a fun kick-off to the summer season! It takes more than some rain to dampen our spirits at Maryhill Manor! ☺ Enjoy the summer!

Respectfully yours, Nancy Farnham, Administrator

Tips for Talking with Someone who has Hearing Loss

Here are some good things to keep in mind when you are talking with someone who has hearing loss:

- Make sure to keep your mouth uncovered. Don't put your hands up to your mouth, talk through a yawn, or talk while you are chewing gum. These things distort your lip movements and make it more difficult for someone with hearing loss to read your lips.
- Speak at a normal volume level. Sometimes it's tempting to speak too loudly to someone with hearing loss, but this can distort the words.
- Don't speak from another room or when your back is turned to the person.
- Sit or stand close to the person with hearing loss, but not so close that he or she can't easily switch their focus from reading your lips and maintaining eye contact.
- If the person with hearing loss can hear better in one ear than the other, take note of that and try to sit on that side or speak more toward that side.
- Get the person's attention by saying their name before you start a conversation.
- When giving specific information that is important, like an address or time for an appointment, write the information down or ask the person to repeat the specifics to you so you can make sure they heard them correctly.
- Pay attention to the listener's cues. People with hearing loss sometimes feel embarrassed or get tired of asking others to repeat themselves or clarify what they said. If the person looks puzzled, find a tactful way to ask if he or she understood you or if they'd like to have the comment repeated.
- In group settings, make sure to avoid speaking over each other. Also, be aware of the sounds around you and try to find a spot where you can talk without a lot of background noise.
- Don't talk about a person with hearing loss as if she or he isn't there. Instead, talk directly to that person and do your best to use the tips listed above.
- Speak more slowly and clearly. Shorten your sentences and use less complex phrasing.

National Parents' Day, July 28th

In 1994, Congress unanimously passed The Parents' Day Resolution, establishing the 4th Sunday of July as an annual day of commemoration. This is a time to recognize outstanding parents, celebrate the teamwork in raising children and the role of parental guidance in building a strong, stable society. If you have a parent living at Maryhill Manor, we invite you to visit them that day and let them know what they have meant to you in your life. A visit or a note of love and thanks will undoubtedly make their day!

“The greatest work of any individual, rich or poor, black or white, when it comes down to the evening of their life, is their children and grandchildren, the work of being a parent.”

Universal Peace Foundation (organizer of National Parents' Day)

Summer Art Program

Maryhill Manor will once again be the host location for a summer art program open to local children. The program will run four weeks and is a great chance for kids and elders to interact and have fun creating art together. The dates are July 23rd, July 30th, August 6th, and August 13th from 2:45-4:15p.m. If you would like more information, contact Katie Oehlke at Maryhill Manor or Lollie Adair from the Enderlin Fine Arts Association.

Thank You for Your Generous Donations

In Memory of Ethel Cramer: *Steve and Roxy Schmitz; Allan and Carol Zimmerman*

NOTE: Equipment projects planned for the future include the replacement of one of our whirlpool tubs and replacement of carpet in the west hallway. If you would like, you can designate memorials or other gifts toward one of these projects.

June Activity Calendar:

Check out the calendar in the main hallway at Maryhill for more activities.

July 1 st	11:00a.m.	All Faith Prayer service with Sister Mary Jane
July 4 th	Evening	Fireworks! Happy 4 th of July!
July 5 th	2:00p.m.	Bingo
July 8 th	6:00p.m.	Horseshoes
July 9 th	2:00p.m.	Ecumenical protestant church service
July 12 th	10:45a.m.	Sing-a-long and exercises
July 15 th	9:30a.m.	Laundry helpers
July 17 th	8:00a.m.	Men's breakfast
July 18 th	1:30p.m.	Birthday Bash with Sylvia Schlagel
July 20 th	10:30a.m.	Bowling
July 22 nd	6:00p.m.	Baking
July 23 rd	6:00p.m.	Luba Richards, harp music.
July 25 th	10:30a.m.	Catholic Mass with Father Chris Markman
July 28 th	6:00p.m.	Book Club
July 30 th	2:45p.m.	Summer Art Program with local children



Maryhill Manor

SMP Health System