

Messages from Maryhill

A Newsletter for Maryhill Manor Families

September, 2019

GREETINGS! The changing of seasons is coming our way. It seems like as soon as school starts, the weather cools down. Fall has always been my favorite time of year! I think it's the combination of all the activities that gear up in the fall and the beauty of nature as the crops ripen and trees begin to change to gold that I've enjoyed about the season. Now, as I enter my last month as Administrator of Maryhill before I retire, the metaphors that connect the season of fall with retirement come into my mind. I'm entering the autumn of my years and the end of my "season" as administrator of Maryhill. I have enjoyed this work very much and will carry many beautiful memories of all the special people I have met over the years with me into this new season of life! *** We have two lovely rings that showed up in our central hallway well over a year ago and still have not been claimed. We put this message out in the family newsletter when they showed up, checked with the residents and their families who lived here at that time, and still have had no luck finding the owner. The rings were clipped together on an unusual, antique-looking safety pin that is a bronze color and about 2-1/2 inches long. One ring looks like a "mother's" ring with different birthstones in it and the other is a wedding set. We have a picture of the pin out on our Facebook page. Please take a look. I'd really like to see these rings returned to their owner, so please pass the word! If you know of anyone who is missing some rings and might have dropped these while visiting at Maryhill, or have any other information that might help us find the owner of these rings, please call me. Thank you. *** Our annual, unannounced Life Safety survey inspection took place on August 13th. The Life Safety surveyor from the ND Health Department reviews all safety equipment in our physical plant, all emergency procedures, and the training we do for staff on the emergency plans. We had very good survey results and he was complimentary of our emergency planning. We train so we are ready to react quickly should an emergency occur, but are hopeful we do not ever have to use these plans! *** Happy Harvest season to everyone! *Respectfully yours...Nancy Farnham, Administrator*

People with Dementia and Falls

As people get older, their bodies change and these changes can increase the risk of falling. For example, as we get older our eyes do not adjust as quickly when we go from light to dark, and Arthritis or painful joints can affect the way we move and walk making it easier to fall. People with dementia have an even greater risk of falling because, in addition to all the other changes as their body ages, their brain is also having trouble telling their body what to do and how to move. They also have trouble understanding things in the environment. Falls usually happen due to a combination of factors in the environment, changes in the person's physical abilities, and changes in the person's thinking abilities. People who are most at risk for falls are those who are in the middle and later stages of Alzheimer's or dementia. In these stages the person may also have visual-spatial problems and misinterpret what they are seeing. For example, a shiny floor or change in floor color may be misinterpreted as a hole in the ground, so they may try to step across it. We do many things at Maryhill to adapt the environment to reduce the risk of falls. Here are a few examples of things that are frequently done:

- *we eliminate clutter in the person's room,
- *we keep frequently used or desired items close to them (such as tissues, tv remotes, glasses),
- *provide good lighting in the room and consider using a night light if they are up at night,
- *label the bathroom door with a sign that says "Bathroom" or has a photo of a toilet,
- *put their bed down low when they are sleeping and put a mat next to their bed to reduce injuries if they fall,
- *put non-skid slippers on the person while in their bed so they do not slip if they get up on their own,
- *use a silent bed alarm to notify staff members through their radios if the person gets up during the night. (Note – we do not use an alarm that sounds because we do not want to startle the person which could cause them to fall.)
- *install "auto-brakes" on their wheelchair so the chair automatically locks if they stand, preventing it from rolling away from them since they frequently forget to lock it prior to standing,
- *provide carpeting rather than tiles and use cleaning products that prevent glare,
- *check on people when they are restless to see if they want to stretch or walk, do they have pain or discomfort, are they hungry or thirsty, do they need to use the bathroom, or are they looking for something to do?
- *check frequently to see where they are, what they are doing, and if they need anything.

We also have a "coffee shop" program that is a social program in the afternoon and early evening set up primarily for people at fall risk and with dementia. A staff member is always present and the activity programming in the "coffee shop" is geared to match their abilities and interests. This program's goal is to provide a place of enjoyment for individuals at fall risk in a safe environment with increased supervision.

Retirement Party for Nancy Farnham, Administrator
2:00p.m. on Sunday, September 29th
Maryhill Manor Dining Room
You are invited!



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 in the past month. 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...

Ila Billing, 1921-2019
Beverly Huseby, 1929-2019
Steven Anderson, 1967-2019

“We all change colors and lose our leaves...then we bloom again.”
 -Maria Lago

For Your Calendars: Following is a sampling of the activities planned for this month.

September 4 th , 10:30a.m.	Scenic drive
September 5 th , 6:00p.m.	Learn to draw activity
September 6 th , 10:45a.m.	Sing-along and exercise
September 8 th , 6:00p.m.	All Faith Prayer service with Sister Mary Jane
September 10 th , 6:00p.m.	Harp music with Luba Richards
September 11 th , 10:30a.m.	Daycare children visit
September 12 th , 2:00p.m.	Trivia
September 19 th , 1:30p.m.	Monthly Birthday Bash with Sylvia Schlagel
September 23 rd , 2:00p.m.	Bingo
September 24 th , 6:00p.m.	Bowling
September 26 th , 1:30p.m.	Myron Trangsrud and friends entertain. Happy Hour!
September 29 th , 2:00p.m.	Retirement party for Nancy Farnham, Administrator
September 30 th , 9:30a.m.	Laundry Helpers

CHECK OUT MARYHILL’S FACEBOOK PAGE and WEBSITE:

The website is at www.maryhillmanor.net. Copies of these monthly newsletters can also be found on our website, so feel free to pass the word to other family members!
 “Like” us on Facebook!

Thank You for Your Generous Donations:

In Memory of Ila Billing: *Deon, Nancy and Brittany Maasjo; Jan Carlson; June Huseby*

For current project: *Dolores Lunneborg*

For bingo prizes: *VFW Schwandt Goodman Post 9050*



Maryhill Manor
 SMP Health System