

# Messages from Maryhill

A Newsletter for Maryhill Manor Families

August, 2017

**GREETINGS! Ahhhhhh, summer!** It is wonderful to sit in the sunshine and see the flowers blooming! We are now talking about “back to school” in August, so enjoy these last days of summer! \*\*\* We had several different activities with children throughout the month of July that the residents have greatly enjoyed! It’s fun to get the generations mixing together and is good for everyone! Our residents enjoy the spirit of the children and can teach them many things, including how to do some of the skills they have learned over the years and information about the past. For the children, they get a chance to have positive interactions with the elderly and people in wheelchairs and with other handicaps, which helps to shape their attitudes about aging and those with disabilities. Some July summer fun gatherings with the kids included face painting and even a water gun fight! We also had a summer art day camp for area children on Tuesdays in conjunction with the Enderlin Area Fine Arts Association. This will continue into August. Another art activity we had in July was the Summer Drama and Theatre program led by Terri Egan. This was a program for high school students and they were a talented and super group of kids! The residents enjoyed joining in the fun with them! \*\*\* If you take a resident on an outing, please remember to sign them out on the board in the Central Team Office. If you are not aware of this board or where to find it, please ask a staff member. This is very important, so we aren’t looking for someone, especially in the event of some type of emergency situation. Thank you for your assistance! \*\*\* Enjoy these beautiful days! *Respectfully yours...Nancy Farnham, Administrator*

**If the only prayer you said in your whole life was, “thank you,” that would suffice.”** Meister Eckhart

## Communicating with Someone who is Hard of Hearing

Over 35 million Americans are hard of hearing. Following are some tips that help make it easier to communicate with someone with a hearing loss.

**Get the person’s attention before speaking.** Call out the person’s name; if that is not successful, a tap on the shoulder, a wave, or another visual signal usually does the trick.

**Clue the person in to the topic of discussion.** Deaf and hard-of-hearing people need to know what subject matter will be discussed in order to pick up words that help them follow the conversation. This is especially important for people who depend on lip-reading.

**Speak slowly and clearly,** but *do not* yell, exaggerate, or over pronounce. Exaggeration and overemphasis of words distort lip movements, making lip-reading more difficult. Concentrate on speaking each word clearly, without force or tension. Short sentences are easier to understand than long ones.

**Look directly at the person when speaking.** Avoid turning away to write something down or look at another object in the room while talking.

**Do not place anything in your mouth or in front of your mouth when speaking.** Mustaches that obscure the lips, smoking, gum chewing, and putting your hands in front of your mouth all make it difficult for people to follow what is being said.

**Maintain eye contact with the person.** Eye contact conveys the feeling of direct communication and shows that you are interested and actively engaged in the conversation.

**Avoid standing in front of a light source,** such as a window or bright light. The glare and shadows created on the face make it almost impossible for the person to read your lips.

**First repeat what you said, and then try to rephrase a thought** if you have problems being understood rather than repeating multiple times. If the person only missed one or two words the first time, one repetition usually helps. Don’t hesitate to communicate by pencil and paper if necessary, as particular combinations of lip movements sometimes are difficult to lip read.

**Use pantomime, body language, and facial expression** to help supplement your communication. A lively speaker is always more interesting to watch.



## Happy Birthday to You!

Beverly Larson, August 4<sup>th</sup>

IlaVey Kickertz, August 9<sup>th</sup>

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

August 1 <sup>st</sup>	2:45pm	Canvas painting with Sara McNeely
August 2 <sup>nd</sup>	3:00p.m.	Handchimes choir practice
August 4 <sup>th</sup>	6:00p.m.	Lawn Darts
August 5 <sup>th</sup>	2:00p.m.	Clog dancers from Bismarck will be entertaining
August 7 <sup>th</sup>	11:00a.m.	All Faith Worship service with Sister Mary Jane
August 8 <sup>th</sup>	10:30a.m.	Kitchen Helpers
August 9 <sup>th</sup>	1:30-3:30p.m.	IlaVey's 90 <sup>th</sup> Birthday Party
August 9 <sup>th</sup>	6:00p.m.	Bingo
August 10 <sup>th</sup>	1:30p.m.	Paul Sandstrom will be entertaining with his accordion
August 13 <sup>th</sup>	6:00p.m.	Jenga
August 15 <sup>th</sup>	2:00p.m.	Ecumenical protestant services with communion
August 17 <sup>th</sup>	2:00p.m.	Back to school party with community kids
August 19 <sup>th</sup>	10:45a.m.	Sing-a-long
August 20 <sup>th</sup>	1:30p.m.	Raw Sugar entertains
August 21 <sup>st</sup>	9:30a.m.	Laundry helpers
August 24 <sup>th</sup>	10:30a.m.	Catholic Mass
August 25 <sup>th</sup>	2:30p.m.	Banana Splits served in honor of National Banana Split Day!
August 26 <sup>th</sup>	1:30p.m.	Monthly Birthday Bash with Irene Hoenhouse entertaining
August 29 <sup>th</sup>	3:00p.m.	Sun Art

### FACEBOOK PAGE:

**Don't forget to check out Maryhill's Facebook page!** This month you'd have seen photos of the residents' metal stamping projects and the summer fun days with community children, just to name a few things you'd find on our page! Look for us and become our Facebook friends! Feel free to share our Facebook page with others, too! Join us on Facebook!

### WEBSITE:

Have you checked out our updated website yet? Take a look at [www.maryhillmanor.net](http://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! We also have added an online job application! If you know of someone who has a heart for service and you think they would fit well with our mission at Maryhill, encourage them to apply!

### Thank You for Your Generous Donations:

**In Memory of Margie Henderson:** *Rick & Deb Gillund, Herman & Karen Pederson*



**Maryhill Manor**

*SMP Health System*