

Messages from Maryhill

A Newsletter for Maryhill Manor Families

December, 2017

GREETINGS! The Advent season will begin December 3rd! This is a very special time of year as we reflect on the amazing gift we receive on Christmas. I wish you all the joys and wonders of this blessed season! *** Holidays are a time when families gather together and I know that each family has different traditions and ways to celebrate. As Christmas approaches, I want you to know we are happy to have guests at Maryhill for a holiday meal. We do ask that you give us several days' notice so we can ensure we order enough groceries for the number of guests joining us that day. We do have many residents who like to have guests, along with limited space, so we ask that you keep the meal gathering to a small group and **call us before the holidays to make arrangements for the meals** and to reserve a room. Rooms are reserved on a first-come-first-served basis. We will do our best to work out arrangements so you and your family member at Maryhill can enjoy this precious time together. Enjoy! *** Many residents also enjoy going out to the homes of their families during the holidays. We encourage you to arrange this type of outing if it works for you and your family member. Before taking your family member out, we ask that you check with the nurse in case there are medications that need to go with you and please remember to sign out in the Central Team Office when you leave. It is helpful for us to know of these plans in advance so we can have arrangements ready for you when you arrive (such as medications that need to be sent with you.) *** In this season of gifts, residents often receive new items of clothing. Please help by marking these items with their names. It's also a good time to go through their clothing and get rid of clothes that are no longer the right size or are well-worn. Thank you! *** I hope you can join us for our Christmas Open House on Saturday the 2nd and the Christmas Eve Day gathering (details on the back of this page). Some families have chosen to bring their gifts on Christmas Eve afternoon and have their celebration together at that time. We will have lots of hors d'oeuvres and goodies on hand and hope you can be with us. Please share these invitations with others in your family. There are many other special events and entertainment going on at Maryhill throughout the Christmas season that will be posted on the bulletin board. *** If there is anything we can do to make this season a more comfortable and joyous time for your family member, please let us know. *Respectfully yours...Nancy Farnham, Administrator*

TIPS for GATHERINGS with SOMEONE with DEMENTIA

- *Consider smaller get-togethers with fewer people at a time so they are not overwhelmed.
- *Keep the visit simple. The best gift is time spent together. Lots of commotion can be overwhelming, but a cup of coffee shared together or a hug can be just right.
- *Consider visiting in their room or somewhere that's quieter and has fewer distractions.
- *Consider short visits of about 30 minutes at a time. Be flexible with the timing of the visit. Maybe mornings are best for them right now or maybe they are most alert later in the day. Time your visit at the time of day that works best for them.
- *Be prepared with topics and stories from their past for conversation starters. For example, how did they celebrate Christmas when they were a child? What is their favorite holiday food? Bring pictures or nostalgic items of favorite memories from the past to trigger memories.
- *Refrain from the use of the words "No" and "Don't you remember?" These words will just lead to frustration and anxiety for the person.

GIFT IDEAS for RESIDENTS

- *Easy to put on costume jewelry
- *Music CD's
- *Cheery seasonal items for their room
- *Non-skid slippers and cozy robes
- *Laughter is the best medicine! Consider joke books, a book of favorite comic strips, favorite comedy DVD's.
- *Touch is so important! Hand lotions and a homemade gift certificate for a manicure or massage done by you.
- *Celebrate who they are and their life! Framed photos of things from their past. Labels on photos help with conversation, too.
- *A personalized calendar with family photos, old and new, has something new to talk about each month!

- *Phone cards for long distance calls
- *Stamps, pre-addressed envelopes
- *Comfortable clothing items
- *Hobby supplies



HOLIDAY SAFETY AND DECORATING REMINDERS

It's so fun to see decorations at Christmas-time and it adds joy to the season when we decorate! Residents enjoy having their rooms decorated for the holidays and we encourage you to help them with this. Following are some guidelines for decorating based on the regulations we have to follow and to provide a safe environment and avoid accidents. Enjoy making the season merry and bright!

- *Extension cords, power strips, and candles cannot be used.
- *Do not decorate doors with paper from top to bottom as this creates a fire hazard.
- *Real Christmas trees are not permitted. Artificial trees ARE allowed and may have mini-lights.
- *Please do not use nails on doors or other woodwork. 3M-type removable hooks are a good way to hang things up without causing any damage.
- *Decorations cannot be hung where they block fire exits or fire exit signs, or close to smoke or heat detectors.
- *Hallways, walkways, and handrails need to remain clear.

HAPPY BIRTHDAY to Shellie Kasin on December 3rd!



**Maryhill Manor's
Christmas Open House
Saturday, December 2nd
2:00-4:00p.m.**



**Christmas Eve Day
Gathering
December 24th, 2:00-3:00p.m.
Christmas carols, gift giving from the
Auxiliary & staff, and Christmas
treats!**

*****Check the bulletin board calendar for other December Activities.**

Thank You for Your Generous Donations:

In Memory of LeRoy Dagman: *By his family for the van fund*

In Memory of Geraldine Bunn: *Gary and Sandy Geske*

In Memory of Maxine Pederson: *Shannon Mark, Melody Puhr for van fund*

In Memory of Vernon Anderson: *Tim and Nancy Schmacher for the van fund*

Waldhelm WELCA

St. Mary's Altar Society for the van fund

In Memory of Lisa Manger, Vernon Anderson, and Honor of Karen Pederson: *Herman Pederson*

***A little note on gifts to staff:** We discourage gifts or "tips" to staff members. It is a wonderful compliment that people appreciate the services of our staff members and that some want to give something to show that appreciation. However, many individuals are involved with the total care of your family member throughout the day and night, some of whom you may have never met. With that in mind, if you wish to give something, we ask that you consider giving a gift that can be shared and enjoyed by all the staff instead of giving gifts to any one or two employees. Again, this is absolutely not necessary, as our mission is to provide the care and services that are needed. That is what we are here to do! Thank you!

