

Messages from Maryhill

A Newsletter for Maryhill Manor Families

July, 2017

GREETINGS! As of June 21st, summer is officially here – enjoy! ☺ *** At the end of last year, the Centers for Medicare and Medicaid (CMS) released a revision of their requirements for nursing homes which include the most comprehensive changes since 1991. CMS said the reason for the new requirements is the result of significant changes in the delivery of care since the early 1990's. The rules, referred to frequently as the "Mega-Rule," consist of 109 pages of revised regulations and another 604 pages of CMS commentary. The rules will be phased in over a 3-year period and the first phase began November 28, 2016. There are many positive changes included in the revised regulations. For example, the new regulations clarify the use of locally grown produce (purchased from farmers' markets or local gardens) and state that this type of produce can be used by nursing homes for their residents. This is something that has been a point of disagreement between different authorities, so it is nice to have it clearly stated in the new regulations. Another new point in the regulations deals with the Resident Council. The regulation states that staff, visitors, or other guests may only attend the Resident Council meeting when invited by that group. We discussed this change with the residents at the last Resident Council meeting. The normal routine of the group has been to have a representative from various departments, including the Administrator, nursing, housekeeping & laundry, dietary, and activities attend the meetings routinely to give updates and answer questions or concerns from the group. The group discussed this and voted to continue this practice, giving representatives from these departments a standing invitation to attend. They also understand that they have the right to ask staff members not to attend on occasion if they so choose. As far as visitors, the group decided they will continue to allow visitors to attend the Resident Council meetings with a resident and to participate in any discussions they have, but the visitor cannot vote on any issues. We will continue to work through the new regulations and make changes to our practices and policies as needed during this 3-year phase in period. If you have any questions about anything related to these new rules, feel free to visit with me. *** We had a summer art day camp going on at Maryhill Tuesday afternoons throughout June. About 12 children from the community were here each Tuesday to do an art project along with the residents. Shellee Sauer has been leading the group. Their first project was working with clay and the second one was a painting. Everyone's been enjoying the art projects and our residents have enjoyed working with the children. Another 4-week session will start the end of July! *** A group of residents attended a Fargo-Moorhead Redhawks game in June and it was a beautiful day to be at a baseball game! We have some great pictures of them on Facebook. Check it out! ***

Respectfully yours...Nancy Farnham, Administrator

Song of Solomon, Chapter 2, Verse 12

*"Flowers appear on the earth;
the season of singing has come,
the cooing of doves is heard in our land."*

HAVE FUN IN THE SUN BUT BE CAREFUL

Skin cancer is the most common cancer in the United States. In fact, more skin cancers are diagnosed in the U.S. each year than all other cancers combined. The number of skin cancer cases has been going up over the past few decades. Most skin cancers are caused by too much exposure to ultraviolet (UV) rays with the majority of this exposure coming from the sun. Other sources are man-made, such as indoor tanning beds and sun lamps. The good news is that you can do a lot to protect yourself and your family from UV rays. The American Cancer Society promotes the catchphrase: "Slip, Slop, Slap and Wrap!" This stands for:

SLIP on a shirt.

SLOP on sunscreen.

SLAP on a hat.

WRAP on sunglasses to protect the eyes and the skin around them.

The Centers for Disease Control also promotes sitting in shady spots to protect your skin. You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. And they note that you should use sunscreen and wear protective clothing whenever you're outside—even when you're in the shade. So, enjoy the summer sun, but take precautions to protect your precious skin!



Happy Birthday to You!

Verna Fleischfresser on July 1st Karen Devillers on July 18th
 Lawrence Kitzman on July 23rd Darell Berg on July 28th
 Marie Boeder on July 30th

For Your Calendars:

Following are some of the activities planned for this month

July 3 rd	11:00a.m.	All Faith Worship service with Sister Mary Jane
July 4 th	Evening	Fireworks
July 7 th	10:45a.m.	Sing-a-long
July 12 th	2:00p.m.	Bingo
July 13 th	1:30p.m.	Paul Swanston will be entertaining with his accordion music
July 17 th	11:00a.m.	Memories and More
July 25 th	2:45p.m.	Metal stamping art project



In Our Memories

We extend our sympathy to the family and friends of this special person who had become part of our Maryhill family and has died in the past month. We treasure our memories of her and pray that God will be with her loved ones at this time of loss. We will remember her...

Margie Henderson, 1923-2017

FACEBOOK PAGE:

Don't forget to check out Maryhill's Facebook page! Look for us and become our Facebook friends! Feel free to share our Facebook page with others, too! We continue to post more photos as we go along! Join us on Facebook!

WEBSITE:

Have you checked out our updated website yet? Take a look 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!
 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: *Nola Roesler, Melborne (Bud) & Dorothy Jordet*



Maryhill Manor

SMP Health System