

Messages from Maryhill

A Newsletter for Maryhill Manor Families

November, 2017

GREETINGS! Hold onto your hats these days! That wind can about sweep you off your feet sometimes! *** Maryhill Manor has changed our maximum occupancy from 52 residents to 48 residents as of October 1st. We made the decision to do this based on our occupancy history the past two years. We have put the four bed licenses into the state's "bed layaway" program where they will stay for a minimum of one year and a maximum of two years. We will evaluate the need for these bed licenses during this time and can bring them back into service if needed. If you have any questions about this, feel free to call or stop in to visit me. *** November is a very special month that sometimes gets squeezed out between Halloween fun and Christmas preparations. I think it's important, though, to take time to pause in November for several reasons. The month starts out with All Saints' Day on November 1st and All Souls' Day on November 2nd. These days are a special time to offer our prayers of thanks for the Saints who have gone before us and to remember in particular those who have died in the past year. I am very grateful to have shared in the lives of each of the individuals who died at Maryhill this year and cherish my memories of them. Later in November we will celebrate Thanksgiving. Research has shown that gratitude actually boosts the immune system and people who are grateful manage stress better, too! It's easy to think of something to be thankful for when we have been blessed in so many ways, but oftentimes we take these blessings for granted! Some of you are aware that I had full knee replacement surgery early in October. Everything is going well with the healing process and I am grateful for that! During the weeks right after surgery when I couldn't move around as well and had to depend on others for a ride to therapy, help in and out of the shower, and many other tasks reminded me of all that I take for granted each day! Standing in the shower, turning over in the bed without pain, moving quickly enough to get to the phone before it stops ringing, lifting my leg into the car unaided, and many other daily experiences are on my list of items that I take for granted in my life. That experience has given me a renewed sensitivity and awareness of my many blessings and I am extremely grateful! I challenge you to take time out to think about your blessings this month and to give thanks! Happy Thanksgiving to you and your families!

Respectfully yours...Nancy Farnham, Administrator

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for."

-Zig Ziglar

NUMBERS FOR YOU: Federal regulations require that we give you information about different organizations that provide services you may want to access at some time. If you have any questions about these agencies, talk with Nancy Farnham.

1. State Survey & Certification Agency. State Nursing Home Licensure Office.

North Dakota Department of Health. Telephone: 701-328-2352

2. State Long Term Care Ombudsman Program.

Telephone: 701-328-4617

3. Protection & Advocacy Project

Telephone: 701-328-2950

4. Medicaid Fraud or Abuse – How to Report

Contact the Surveillance Utilization Review Administrator at the ND Department of Human Services.

Telephone: 1-800-755-2604, Option 6 OR 701-328-4024

5. Adult Protective Services, ND Department of Human Services

Telephone: 1-855-462-5465, Option 2 (toll free)

6. Aging and Disability Resource – LINK

Connects older adults and people with disabilities to care options that can help them live as independently as possible. Website: <https://carechoice.nd.assistguide.net/>

Telephone: 1-855-462-5465 (toll free)



Happy Birthday to You!

Florence McMahon, November 4th
Louise Knight, November 11th
Duane Bayliss, November 16th
Marilyn Peterson, November 25th

Lyle Bjone, November 4th
Dorothy Johnson, November 14th
Edith Zacharias, November 22nd
Leila Anderson, November 28th



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...

Georgiana Maack , 1920-2017

Karen Devillers, 1941-2017

Maxine "Skip" Pederson, 1927-2017

Vernon Anderson, 1922-2017

MARYHILL MANOR'S CHRISTMAS OPEN HOUSE

Saturday, December 2nd

2:00p.m. – 4:00p.m.

Please mark your calendars and join us!

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

November 1st, 6:00p.m.

Fingernail painting

November 2nd, 1:00p.m.

Shellee Sauer and 4th graders

November 4th, 6:00p.m.

Craft night

November 6th – 9th

Danish Festival! Danish treats at coffee hours

November 9th, 2:00p.m.

Wine bottle decorating

November 10th, 10:45a.m.

Sing-a-long

November 13th, 6:00p.m.

Give Thanks craft

November 14th, 10:00a.m.

Make cards to send to the Troops

November 16th, 1:30p.m.

Myron Trangsrud and friends entertain. Happy Hour

November 18th, 2:00p.m.

Birthday Bash!

November 20th, 11:00a.m.

Memories and More

November 23rd

HAPPY THANKSGIVING!

November 24th, 10:00a.m.

Christmas Tree Decorating

November 27th, 2:00p.m.

Bingo

November 28th, 6:00p.m.

Plate decorating with Shellee Sauer

November 30th, 10:30a.m.

Catholic Mass



Maryhill Manor

SMP Health System