

Messages from Maryhill

A Newsletter for Maryhill Manor Families

September, 2017

GREETINGS! The changing of seasons is coming our way. The evenings are cooler and the mornings have a certain crisp feeling to them. It's so nice to throw open the windows at night and let that fresh air in! *** We have two beautiful rings that showed up in our hallway this summer and have not been claimed. One looks like a "mother's" ring with different birthstones in it and the other is part of a wedding set. 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. *** At Maryhill we are continually working to improve the care and services we provide. One area we have been focusing on is falls as we try to find new ways to reduce falls and minimize the chance of injury from falls. One group of residents that has frequent falls, as shown in research, is those who have dementia. At Maryhill, over half our residents have the diagnosis of Alzheimer's disease or some type of dementia. Please read the article below for more information about some of the ways we work to minimize falls and increase safety. *** God's blessings to you in this beautiful season of autumn! *Respectfully yours...Nancy Farnham, Administrator*

Falls in People with Dementia

As people get older, their bodies change and those 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. Many other changes occur with age that can increase the chance of falls. 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. In fact, some research even suggests that a decline in gait (the way a person moves their legs when they walk) or balance can be an early indicator of a decline in cognition. The person with dementia is also having 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. The Alzheimer's Association states, "You can think of it as things you can change (the environment) and things you cannot change (the person's thinking abilities). Sometimes you can help to change a person's physical abilities and sometimes you cannot." We do many things at Maryhill to change the environment when someone is at risk of falls. Here are a few examples of things that are frequently done:

- *we eliminate clutter in the person's room,
- *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,
- *put a mat next to their bed to cushion them and 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 flooring and use cleaning products that prevent glare, as people with dementia sometimes think an area of glare is a hole or water and try to step over it.

As Alzheimer's progresses, keeping people from falling can become increasingly difficult due to the cognitive decline associated with the disease. For example, we may explain to a resident that they should not get up without help, but their memory impairment will prevent them from remembering this information. They also may have poor judgment and visual-spatial problems that add to the chance of falls. Given all these challenges, we look for other ways to try to compensate for their cognitive impairments and make the person as safe as possible. If we notice someone is restless we check 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? We also make a point to check in with the person frequently to see where they are, what they are doing, and if they need anything. When a fall does occur, we review what happened and look for additional ways to prevent it from recurring. Hopefully with all these approaches, we are preventing some falls from occurring and minimizing the risk of injuries.



Happy Birthday to You!

Beverly Huseby, September 1st	Dawn Schlect, September 3rd
Milton "Ardell" Johnson, September 5 th	Lois Laber, September 9 th
Georgiana Maack, September 11 th	Chaine Coon, September 21 st
Wilma Muth, September 22nd	



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...

Melborne "Bud" Jordet, 1921-2017

Leroy Dagman, 1923-2017

"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 2 nd , 1:30p.m.	Birthday party for Ardell!
September 5 th , 3:00p.m.	Handchimes group practice.
September 7 th , 2:00p.m.	Kite flying
September 9 th , 1:30p.m.	Birthday party for Lois!
September 10 th	Grandparents' Day! Come up and visit us!
September 11 th , 11:00a.m.	Memories and More group with Sister Mary Jane
September 12 th , 2:30p.m.	Paul Sandstrom entertaining
September 13 th , 3:00p.m.	Scenic drives
September 16 th , 1:30p.m.	Monthly Birthday Bash
September 17 th , 1:30p.m.	Raw Sugar entertains
September 20 th , 1:30p.m.	DeMasi Brothers entertain
September 21 st , 1:30p.m.	Myron Transrud and friends entertain
September 25 th , 9:30a.m.	Laundry Helpers
September 29 th , 6:00p.m.	Giant Jenga

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!

Thank You for Your Generous Donations:

In Memory of Margie Henderson: *Donald and Denise Jahner*

In Memory of Darlene Offermann: *Dolores Lunneborg (for the van fund), Sandra & Gary Geske*

In Memory of Melborne "Bud" Jordet: *Deon, Nancy, & Brittany Maasjo; Lance & Karen Bueling*

For the Van Fund: *Leroy Dagman*



Maryhill Manor

SMP Health System