



# Maryhill

MANOR OF NIAGARA

WHERE AMAZING THINGS  
HAPPEN ONE STEP AT A TIME

FAMILY  
NEWSLETTER

Sponsored by THE School Sisters of St. Francis



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## Ways Seniors Can Stay Active During COVID-19

The coronavirus pandemic has turned life upside down for just about everyone, preventing people throughout the world from working, socializing, and performing everyday activities. Older adults — at a higher risk of serious complications from COVID-19 — are more likely to restrict their activities significantly to reduce their chances of contracting coronavirus.

Although it's important for older adults to protect their health during the COVID-19 pandemic, it's also vital they stay physically and mentally active. However, it can be challenging to find appropriate social distancing activities for seniors.

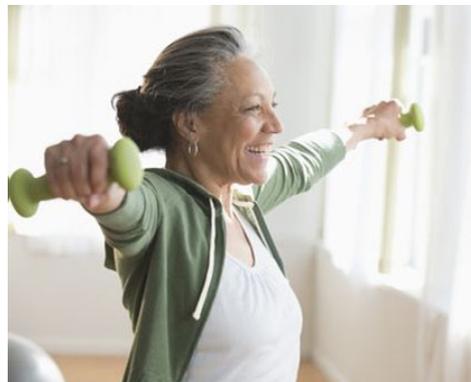
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#stayhome  
#staysafe  
#staypositive



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**YOUR BEST PATH FROM HOSPITAL TO HOME**

As you are all probably aware, we have been struggling with some staff members who have tested positive for COVID. Unfortunately that means we are still considered in outbreak mode for 14-days beginning September 24. For the well-being and safety of our residents, we have placed all 3-wings in quarantine during this time. Rest assured, we continue to monitor all residents 3-times a day and as of now, we do not have any residents who have tested positive (thank God)! Staff is also monitored at the beginning of each shift and required to stay home and quarantine if they have any symptoms or if they have been exposed to someone who is sick or has tested positive. We performed another round of required testing for all staff & residents on September 30 and October 1. We will continue to keep you up-to-date on the status of the results. Please say a little prayer that all of the tests to come back negative this time around!

## Continued—Ways Seniors Can Stay Active During COVID-19

Here are some ways seniors can stay active while following social distancing guidelines:

1. **Walking** Many communities with “shelter-in-place” orders have made exceptions allowing outdoor exercise. If the weather is pleasant and it’s possible to avoid crowds, a walk around the neighborhood can provide sufficient exercise to reduce restlessness and deliver mood- and immune-boosting benefits. If you must stay indoors, walking around the house or marching in place can increase daily step counts.
2. **Exercise and strength training** Yoga and stretching can help seniors stay fit at home during “shelter-in-place” orders and can improve balance, flexibility, core strength, and overall mobility. Many instructional videos can be found online, and some are even tailored specifically for older adults. Strength training is also important for seniors — and it doesn’t necessarily involve lifting heavy weights at the gym.

Many strength-training exercises for the elderly can be done at home while sitting or lying down. Seniors only need their body weight and a few simple exercises to get started. If desired, you can use everyday household items such as soup cans to add weight for exercises.

3. **Dancing** Known for its cardiovascular benefits, dancing is a fun, low-impact way to exercise and boost endurance during long days of social distancing. As an added benefit, listening to some favorite music may even encourage you or your loved one to exercise their mind by taking a pleasant “walk” down memory lane.
4. **Arts and crafts** Older adults who have limited mobility can stay active at home by participating in arts and crafts. Whether knitting, crocheting, painting, coloring, or working with clay, arts and crafts can help older adults maintain their dexterity and cognitive skills.



## Make Me an Instrument of Your Healing

*Inspired by and adapted from the Prayer of Saint Francis*

*Lord, make me an instrument of your healing:  
Where there is disappointment in a test or procedure,  
make me into a comfort;  
Where there is confusion at a diagnosis or treatment,  
make me into clarity;  
Where there is illness of any kind,  
make me into care and comfort;  
Where there is anguish in death,  
make me into hope;  
Where there is joy in new life,  
let me be a multiplier of that joy;*

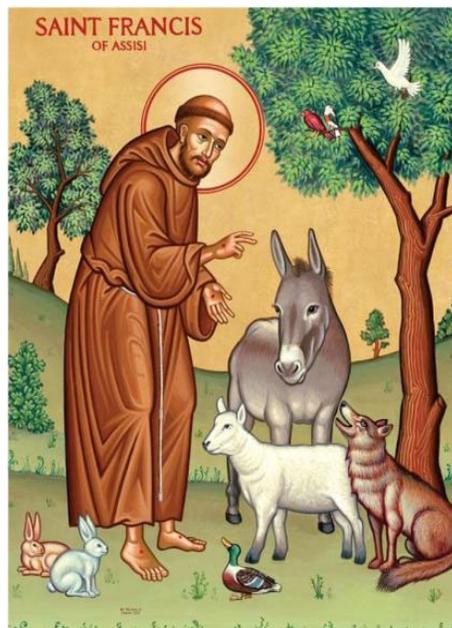
*O Great Physician,  
grant that I may not so much seek to be  
served as to served  
to be praised as to praise  
to be loved as to love.*

*For it is in giving that we receive, it is in healing that we are healed,  
and it is in dying that we are born to eternal life.  
Amen.*



**PRAY FOR  
THE WORLD**  
COVID -19

St. Francis of Assisi, Patron Saint of the animals and environment could be viewed as the original Earth Day advocate. Francis' devotion to God was expressed through his love for all of God's creation. His feast day is celebrated on **October 4** and we will be planting a tree or bush to celebrate.



### **BLESSING OF THE ANIMALS**

Blessed are You, Lord God, maker of all living creatures. You called forth fish in the sea, birds in the air and animals on the land. You inspired St. Francis to call all of them his brothers and sisters. We ask you to bless these animals. By the power of your love, enable them to live according to your plan. May we always praise you for all your beauty in creation. Blessed are you, Lord our God, in all your creatures! Amen.

# Notes from Nancy

## Parables are a Gift from God

I imagine most of you know that parables are one of the ways Jesus would instruct the general masses and His disciples, but do you know why? One of the most important reasons is because when we hear a parable, our brains magically almost always is able to retain it. This is a feat among all others for me because on Sunday, my mind loves to wander to many different places. Interesting fact: Did you know there are 24 parables in St. Luke's gospel, and 23 parables in St. Matthew's and only 8 in St. Mark's? I know as a child when I attended mass on Sunday, I was so intrigued when the parables were read and would ponder on their meaning afterwards. Parables are fun and entertaining and are just a really cool way to get to understand the Kingdom of God in my opinion.

Cardinal O'Malley, the archbishop from Boston, recently recited a parable for a conference which I virtually attended recently and I would like to share with you because it is phenomenal.

Here goes: There was a woman who went into a store and to her surprise, she saw a man who looked like Jesus behind the counter. She asked Him, "Are you Jesus?" He replied, "Yes, I am Jesus Christ." Then He stated, "This is a catalog store so just pick out whatever you want and bring me a list and I will get it for you." The woman was impressed with what she saw on the shelves. There were things like Peace on Earth, Food for the Hungry, End of Racism, Harmony of Families, a Deeper Prayer Life. After the woman made her choices, she gave her list to Jesus. He bent down and grabbed a bunch of envelopes and gave them to her. She said to Him, "What is this?" Jesus said to her, "In the envelopes, there are seeds so you ought to go home with these seeds and plant them in your community and nurture them and then wonderful things will grow up in your world." The woman walked out of the store and left the envelopes on the counter.

Now the Word of God is like those seeds that needs to be cultivated, protected and worked in the soil. Jesus is the sower. Our hearts are like the rocky or fertile soil and depending on how hard we work to prepare our hearts for the Word of God could depend on our salvation. Our hearts will ever so slowly bring about new life and much fruit if we put the time and effort into preparing our soil (hearts). We have to ask ourselves if we are like the woman where we want quick results and everything to be convenient or are we willing to take the time to work the soil and pick out the thorns that are in our hearts and prepare for the Kingdom of God. We have the ability to bring about a huge change in our world. Are you up for the challenge?

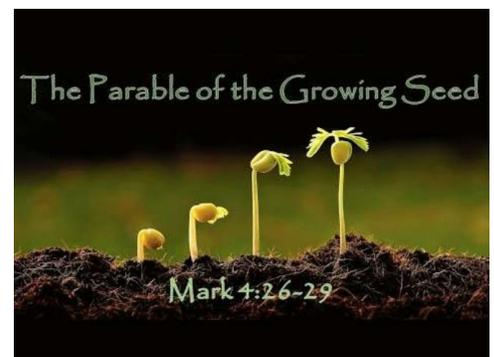
Please keep Maryhill's residents and the staff in your prayers.

Thank you and stay safe.

Blessings on your day,

*Nancy J. Reese*

Pastoral Care Director





October 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>HAPPY BIRTHDAY</b> 3 DOROTHY LYON 6 FRED RHODES 12 MARGARET BURTON 17 JOANNE NANNINGA	<b>HAPPY BIRTHDAY</b> 25 NANCY ZIGMAN 27 FRANCINE STANEK	Daily room visits  Daily room bingo		<b>1 International Coffee Day</b> 10:00 Rosary/Comm  1:30 A Wing Coffee Cart 2:30 B Wing Coffee Cart	2 10:00 Rosary/Comm  2:30 HAPPY HOUR: Zombie Cocktail	3 10:30 A Wing: Crafts  1:30 B Wing: Crafts
4 1:30 A Wing: Short Stories  2:30 B Wing: Short Stories	5 10:00 Rosary/Comm <b>1:30 Tailgate Party: Packers VS Falcons</b>	6 10:00 Rosary/Comm 1:30 A Wing Joker-eno 2:30 B Wing Joker-eno	7 10:00 Mass On the Hill (Weather Permitting) 1:30 A Wing Pamper/Polish 2:30 B Wing Pamper/Polish	8 10:00 Rosary/Comm <b>1:30 A Wing Pumpkin Crafts</b> <b>2:30 B Wing Pumpkin Crafts</b>	9 10:00 Rosary/Comm  2:30 HAPPY HOUR: Sweet Poison	10 <b>National Cake Decorating day</b>  1:30 Cake Decorating
11 1:30 A Wing: Crafts  2:30 B Wing: Crafts	12 10:00 Rosary/Comm  1:30 A Wing Pamper/Polish 2:30 B Wing Pamper/Polish	13 Train your mind day 10:00 Rosary/Comm  1:30 A Wing Trivia 2:30 B Wing Trivia	14  10:00 Rosary/Comm  1:30 Baking (apple Dumpling)	15 <b>7:00 A &amp; B Men's Breakfast</b> 10:00 Rosary/Comm <b>1:30 A Wing Pumpkin stuffing</b> <b>2:30 B Wing Pumpkin stuffing</b>	16 10:00 Rosary/Comm  2:30 HAPPY HOUR: Pumpkin Pie Punch	17  1:30 A Wing Scattegories 2:30 B Wing Scattegories
18 <b>National Chocolate Cup Cake Day</b>  <b>1:30 Tailgate Party: Packers VS Buccaneers</b>	19 10:00 Rosary/Comm  1:30 A Wing Pamper and Polish 2:30 B wing Pamper/Polish	20 <b>Super Hero Day</b>  10:00 Rosary/Comm  12:00-1:00 Drive-by Volunteer Lunch	21  10:00 Rosary/Comm  1:30 A Wing Yatzee 2:30 B Wing Yatzee	22 <b>7:00 C Men's Breakfast</b> 10:00 Rosary/Comm  1:30 A Wing Help your neighbor 2:30 B wing Help your neighbor	23 10:00 Rosary/Comm  2:30 HAPPY HOUR: Witch's Brew	24  1:30 A Wing Spelling Bee 2:30 B wing Spelling Bee
25  <b>1:30 Tailgate Party: Packers VS Texans</b>	26 <b>National Pumpkin Day</b> <b>Wear Orange</b> 10:00 Rosary/Comm 1:30 A Wing Pumpkin Carving 2:30 B Wing Pumpkin Carving	27 <b>Wear Purple</b>  10:00 Rosary/Comm  1:30 A Wing Bingo 2:30 B wing Bingo	28 <b>Wear Green</b>  10:00 Rosary/Comm 1:30 A Wing Pamper/Polish 2:30 B Wing Pamper/Polish	29 <b>National Oatmeal Day</b> <b>Wear Black</b>  10:00 Rosary/Comm  1:30 Baking Oatmeal Raisin Cookies	30 <b>Wear Costume</b>  10:00 Rosary/Comm  2:30 HAPPY HOUR: Candy Corn Cocktail	31 <b>HALLOWEEN DAY</b>   1:30 A Wing Halloween Bingo 2:30 B Wing Halloween Bingo

WEEK OF COLORS ...

During Lock Down: Room visits and in room supplies provided





- 3 DOROTHY LYON
- 6 FRED RHODES
- 12 MARGARET BURTON
- 17 JOANNE NANNINGA
- 25 NANCY ZIGMAN
- 27 FRANCINE STANEK



October babies are very chatty and loving to those who love them. They are beautiful both inside and out. October babies know and value the difference between lies and white lies. They treat their friends with the utmost respect. October babies are easily offended but they also get over it quickly. They are always in a dream world.

Those born in October are often opinionated and don't care if their emotions aren't always under check. For that reason, October babies can be unpredictable. They are extremely intelligent but have the looks to go with the brains.



## GREEN BAY PACKER TAILGATE PARTIES

**Mon, 10/5 @ 1:30 vs. Falcons**

**Sun, 10/18 @ 1:30 vs. Buccaneers**

**Sun, 10/25 @ 1:30 vs. Texans**

## EVENT HIGHLIGHTS

- 10/01 International Coffee Day
- 10/10 National Cake Decorating Day
- 10/13 Train Your Mind Day
- 10/15 A/B-Wings Men's Breakfast @ 7:00a
- 10/18 National Chocolate Cupcake Day
- 10/20 Superhero Day
- 10/22 C-Wing Men's Breakfast @ 7:00a
- 10/29 National Oatmeal Day
- 10/31 Happy Halloween

**FRIDAYS: Halloween Happy Hours**  
**Wear Halloween Shirts**

## WEEK OF COLORS

**Mon, 10/26—ORANGE**

**Tues, 10/27—PURPLE**

**Wed, 10/28—GREEN**

**Thurs, 10/29—BLACK**

**Fri, 10/30—Wear A Costume**

**Sat, 10/31—Wear A Costume**

# OCTOBER



E	S	U	O	H	D	E	T	N	U	A	H
Y	J	R	S	B	L	A	C	K	C	A	T
T	A	T	L	N	E	R	S	T	N	A	L
R	C	A	N	D	Y	S	A	C	E	R	E
A	K	N	A	C	T	C	U	R	G	E	S
P	O	T	I	O	N	A	T	N	N	R	N
N	L	D	L	K	C	R	M	O	A	S	I
I	A	Y	B	S	O	E	E	O	R	E	K
G	N	B	D	K	S	D	J	M	O	B	P
H	T	E	C	T	T	C	A	L	T	A	M
T	E	I	S	A	U	S	K	L	N	T	U
S	R	A	T	C	M	O	O	U	A	S	P
T	N	Y	P	E	E	R	C	F	L	D	S

BATS	CREEPY	NIGHT	PUMPKINS
BLACK CAT	FULL MOON	ORANGE	SCARED
CANDY	HAUNTED HOUSE	PARTY	SEEDS
COSTUME	JACK-O-LANTERN	POTION	TRICK OR TREAT



# PET PHOTO CONTEST



We are going to begin having a monthly photo contest. Each month we will have a theme.

This month's theme is PETS! We are asking you to send in your favorite photo of your pet...or if you don't have a pet your grand-pet, cousin pet, etc...we don't care how you are related! We will post the photos on the bulletin board and set up voting for the residents. The best PET photo as voted by the Maryhill residents will win—winner will be chosen on 10/26.

We look forward to seeing our Maryhill Family submissions.

**PLEASE SUBMIT PHOTOS TO: [info@maryhillmanor.org](mailto:info@maryhillmanor.org).**



501 Madison Avenue  
Niagara, Wisconsin 54151



We are always looking for new and fun activities for our residents! One of our exciting plans is to hold a Casino Night. If anyone has any supplies they would like to donate, i.e. poker table, roulette wheel, etc. we would be forever thankful! Feel free to drop off at anytime. Thank you in advance.

## Your Administrative Staff

**Lynne Crockford, LNHA—Administrator**

Randy Beauchamp	Plant Operations Manager	Danielle Novak	Activities Director
Kristin Moser, RN	Director of Nursing Services	Patti Sparapani, RN	Staff Educator; Infection Preventionist
Carrie Kaldor	Business Office Manager; Medicare Coordinator; HIPAA Officer	Nancy Reese	Pastoral Care Coordinator
Stacy Schinderle	Admissions & Marketing Coordinator; Grievance Officer	Melissa Jacobs	Dietary Services Manager
Cari Brault, RN	Assistant Director of Nursing Services; Restorative Coordinator	Crystal Wells, RN	MDS Coordinator
		Jesy DeRoche, BSW	Social Worker