

# Messages from SMP Health - Maryhill

A Newsletter for Maryhill Families

March 2023

Dear Family and Friends,

Mardi Gras was on February 21<sup>st</sup>, where we had a big breakfast prior to kicking off the Lent and Easter season at Maryhill. Ash Wednesday on February 22<sup>nd</sup>, the spreading of ashes across our foreheads is one my favorite signals that Spring is hopefully not too far around the corner. The first day of Spring is March 20<sup>th</sup>, 2023 where we can enjoy the nature of warmer weather and flowers starting to bloom. As I reflect on what the history and true meaning of Lent. Often times when we think of Lent, we think of giving something up, fasting, and not eating meat on Fridays. But did you know that the history of Lent actually stems from Christians wanting to honor the 40 days and nights when Jesus went into the wilderness without food and water? During that time, Christ wrestled with temptation from the devil. Today we try to replicate the forces of temptation by giving up bad habits such as sweets, caffeine, or social media. Our struggles with temptation are an important piece, but Lent is also meant to be a time of repentance and setting more time aside for God. We should also try to use these 40 days to praise and worship the Lord; to read the Bible more, and to pray more often. Before the rejoicing of Easter Sunday, try to create opportunities for peaceful contemplation and intimacy with God. No matter how prayers are answered at the end of 40 days, more time spent with God is cause for joy, praise, and thanks.



## **Business Office:**

New Medicaid cards are being sent to individuals, please watch for these as we will want a copy for our records. If you happen to have your new card, please stop by the business office. We appreciate the help in keeping our records up to date.

## **Clothing and Personal Possession Reminder:**

SMP Health – Maryhill staff make every effort to prevent loss, breakage, or damage of your personal possessions. If we damage something when providing care or cleaning, we will adjust the loss. However, we do not replace items that are damaged through unknown circumstances or items that are lost or misplaced for which we have no responsibility. Please attempt to protect eyeglasses, dentures, hearing aids, and other personal items by having them marked and using a locked drawer. These items may also be turned into nursing staff and stored in the med cart nightly per request. Staff members will be more than willing to assist you with this.

## **Covid-19/Vaccination/Infection Control Updates**

Please remember that masking is required while in the facility hallways and hand hygiene is extremely important. If you are experiencing any COVID-19 symptoms, please stay home to reduce any exposure to the residents. Visiting with loved ones in the main dining room/living room is not allowed at this time. We are trying to protect other residents as much as possible and ask that when you are visiting to stick to a family room or your loved one's room. Thank you for the support in our effort to keep everyone as safe as possible.

Please note when coming into the building, please ensure the handle is pulled down all the way so the door reengages. Remember when leaving the building the door will be activated to alarm if you press on the push bar without pushing in the code first. Each time you leave the building you will need to put the code **EXIT# (3948#)** into the panel on the left-hand side to unlock the door without them alarming. Please know that if you hold the door open for an extended period of time it will alarm. So, put the code into the system and walk through the doors so they can shut again. The code will be posted on the wall in a safe manner, so you don't have to remember it.



## ***In Our Memories***

We extend our sympathy to the families 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 with them and pray that God will be with their loved ones at this time of loss. We will remember....

***Linda Buss, 1948 - 2023***

Stay healthy and God bless,  
***Bailyn Walz, CEO/Administrator***



**SMP Health**  
Maryhill