

# The Village at Marymount

Featuring Villa St. Joseph and Marymount Place

*Founded by the Sisters of St. Joseph of the Third Order of St. Francis*

Vol. 15 Issue 2

# THE VILLAGER

February 2021

## Community Events

### ATTENTION:

**DUE TO CMS GUIDELINES REGARDING SOCIAL DISTANCING; WE WILL HOLD SMALL GROUP ACTIVITIES ONLY. THE ACTIVITY DEPARTMENT WILL BE PROVIDING 1:1 ROOM VISITS, CONTESTS, SNACK CART AND MORE. THANK YOU FOR UNDERSTANDING**



### FEBRUARY MARKS 56TH CONSECUTIVE AMERICAN HEART MONTH

IT'S NO SECRET FEBRUARY IS ALL ABOUT HEARTS — BUT NOT JUST THE CANDY KIND. IT'S ALSO AMERICAN HEART MONTH, A TIME THE NATION TURNS ITS ATTENTION TO KEEPING FAMILIES AND COMMUNITIES FREE FROM HEART DISEASE, THE NO. 1 KILLER OF AMERICANS.

THE FEDERALLY DESIGNATED EVENT REINFORCES THE IMPORTANCE OF HEART HEALTH AND THE NEED FOR MORE RESEARCH, WITH A REMINDER TO GET FAMILIES, FRIENDS AND COMMUNITIES INVOLVED. IT'S A TRADITION THAT'S OVER HALF A CENTURY STRONG. THE FIRST PROCLAMATION WAS ISSUED BY PRESIDENT LYNDON B. JOHNSON IN FEBRUARY 1964, NINE YEARS AFTER HE HAD A HEART ATTACK. SINCE THEN, THE PRESIDENT HAS ANNUALLY DECLARED FEBRUARY AMERICAN HEART MONTH.

THE AMERICAN HEART ASSOCIATION'S HEART FUND TWINS SURROUND THEN-VICE PRESIDENT LYNDON B. JOHNSON IN 1961, THREE YEARS BEFORE HE ISSUED THE FIRST PROCLAMATION DECLARING FEBRUARY AMERICAN HEART MONTH.

WITH ORGANIZATIONS SUCH AS THE AMERICAN HEART ASSOCIATION AND OTHERS WORKING TOGETHER, MILLIONS OF PEOPLE ARE ENJOYING LONGER, HEALTHIER LIVES. BUT DESPITE ALL THE PROGRESS, HEART DISEASE REMAINS THE SINGLE LARGEST HEALTH THREAT TO AMERICANS — JUST AS IT WAS WHEN LBJ WAS ALIVE.

CARDIOVASCULAR DISEASE (HEART DISEASE AND STROKE COMBINED) KILLS ABOUT 2,300 A DAY. OBESITY IN BOTH YOUTH AND ADULTS IS AT AN ALL-TIME HIGH, YOUTH ARE BEING DIAGNOSED WITH HEART DISEASE EARLIER THAN EVER AND PEOPLE JUST ZIP CODES APART CAN LIVE 25 YEARS LESS THAN THEIR NEIGHBORS BECAUSE OF DISPARITIES IN HEALTH.

AMERICAN HEART MONTH IS VITAL FOR AWARENESS, BUT THE AMERICAN HEART ASSOCIATION URGES PEOPLE TO TAKE CARE OF THEIR HEARTS YEAR-ROUND. CONSIDER THE FACTS: HEART DISEASE KILLS MORE PEOPLE THAN ALL FORMS OF CANCER COMBINED.

HEART ATTACKS AFFECT MORE PEOPLE EVERY YEAR THAN THE POPULATION OF DALLAS, TEXAS.

83% BELIEVE THAT HEART ATTACKS CAN BE PREVENTED BUT AREN'T MOTIVATED TO DO ANYTHING.

72% OF AMERICANS DON'T CONSIDER THEMSELVES AT RISK FOR HEART DISEASE.

AND 58% PUT NO EFFORT INTO IMPROVING THEIR HEART HEALTH.

WHILE SCIENCE IS ADVANCING MEDICINE IN EXCITING NEW WAYS, UNHEALTHY LIFESTYLE CHOICES COMBINED WITH RISING OBESITY RATES IN BOTH KIDS AND ADULTS HAVE HINDERED PROGRESS FIGHTING HEART DISEASE.

THE GOOD NEWS IS THAT HEART DISEASE IS PREVENTABLE IN MOST CASES WITH HEALTHY CHOICES, WHICH INCLUDE NOT SMOKING, MAINTAINING A HEALTHY WEIGHT, CONTROLLING BLOOD SUGAR AND CHOLESTEROL, TREATING HIGH BLOOD PRESSURE, GETTING AT LEAST 150 MINUTES OF MODERATE-INTENSITY PHYSICAL ACTIVITY A WEEK AND GETTING REGULAR CHECKUPS.

THE FIRST FRIDAY OF THE MONTH, FEB. 7, IS NATIONAL WEAR RED DAY. COAST TO COAST, LANDMARKS, NEWS ANCHORS AND NEIGHBORHOODS WILL GO RED TO RAISE AWARENESS AND SUPPORT FOR HEART DISEASE. VISIT [GOREDFORWOMEN.ORG](http://GOREDFORWOMEN.ORG).

# Happy Birthday!



## Marymount Place

Lillian Kozan	MMP 101	February 16	93 Candles
Mary Ann Frounfelker	MMP 337	February 18	88 Candles
Richard DiVincenzo	MMP 117	February 29	77 Candles

## Continuing Care Unit

Dannie Greenfield	CCU 201	February 15	73 Candles
Sr. Mary Mergel	CCU 224 B	February 16	98 Candles
Margaret Rosinsky	CCU 212 A	February 24	95 Candles
Phyllis Tilden	CCU 214	February 26	90 Candles

## Memory Care Unit

Loretta Cervany	MCU 15	February 12	92 Candles
Mary Crews	MCU 24	February 24	85 Candles



The 6888th Battalion was the largest all Black female military unit in World War 2.

Malvin R. Goode was a pioneer in broadcast journalism, becoming the first African-American news correspondent for a major television network in 1962.

Jewel Lafontant-Mankarious was a Chicago lawyer who achieved a number of firsts as a woman and African-American in her field. Among her achievements, Lafontant-Mankarious was the first Black woman to graduate from the University of Chicago Law School and was also the first Black Deputy Solicitor General.

The C. R. Patterson & Sons Company was the first Black-owned automobile manufacturer in the United States. The company was initially began by a former slave and his eldest son took the family business to greater heights in the early 20th Century.

Lemuel Haynes is credited as the first credentialed Black clergyman in the United States, and is considered the first minister to lead a white congregation.

A slave, Jo Anderson, is largely credited as the co-inventor of the McCormick mechanical reaper, which revolutionized American farming in the 19th Century.

Today, the Girls Scouts organization is made up of young girls from all races learning valuable life lessons, but that wasn't always the case. The organization was desegregated via the efforts of Sarah Randolph Bailey, who began her mission in the mid '30's.

Juneteenth is a celebration of June 19, 1865. On that day, slaves in Galveston, Texas were informed by Major General Gordon Granger that slavery had ended. This occurred over two years after Abraham Lincoln outlawed slavery with the Emancipation Proclamation.

The late Natalie Hinderas was one of the first Black classical musicians to establish themselves in that world.

Thomas "Blind Tom" Wiggins was a blind piano prodigy so popular that it has been alleged that he was the highest-paid pianist of the 19th Century. Wiggins was celebrated for his ability, but his success came at the price of his dignity.

Toni "Tomboy" Stone was the first woman to play for a men's professional baseball league. Although she was signed to save a lagging Negro League team's ticket sales, she proved to be far more than just a novelty player.

## *Greetings from the Sisters of St. Joseph, TOSF*

In mid-December I wrote my January greetings. I wrote that as difficult as 2020 was, 2021 was promising to be much better – vaccines to help fight Co-Vid virus; Jesus' birth in a setting of "peace and goodwill"; a new President setting goals to unite us, re-establish trust and renew faith that together there is nothing we can't do because that is who we are, it's the rich history of our country.

One week into January we witnessed the opposite – thousands of people, at the invitation of our out-going president, declaring their lack of belief in the integrity of our electoral process which many of us participated in, trusted and accepted the results of. They did unthinkable things – they stormed and desecrated our Capital building, the seat and symbol of our democratic ideals. They broke things, beat up capitol police, chanted to hang the Vice President, brought the means to tie up hostages and set off bombs to destroy more property. As I write this, we don't know what else will happen because more threats have been made, against the capitals of all 50 united states as well as Washington DC. Words like Insurrection, Treason, Civil War are being attributed to leaders and followers of these unbelievable events...

What we do know is God, Jesus and the Holy Spirit are still watching over us. They inspire us to pray for the peace we desperately need. They want us to accept the role we have this year... we can't simply believe Christmas or turning the calendar will solve deep-seated, smoldering and emerging hatreds and divisions. We have to believe and live that God is Good, All the Time. There is nothing God can't do if we live in God's love and strive to love each other.

Faith, hope and love are gifts given to us, and the greatest of all is Love!

### ***Nursing Notes:***

#### **Most COVID-19 Cases Come From People Without Symptoms**

New research has found that over half of COVID-19 cases are likely caused by people without symptoms, according to Healthline News.

Approximately 59 percent of all transmission is caused by presymptomatic individuals who had not yet developed symptoms and asymptomatic people who never developed symptoms, according to a study recently in Journal of the American Medical Association.

The researchers say the findings show how identifying and quarantining symptomatic patients is not enough to control the rapid transmission of COVID-19.

Strict public health measures — including mask wearing and physical distancing — and widespread testing of people without symptoms is necessary to identify people who have COVID-19 and who may be silently transmitting the coronavirus.

“Bottom line is that this SARS-CoV-2 virus has combined the best characteristics/traits of the coronavirus family and acquired the best ‘fit’ characteristics of a virus to go undetected and spread like wildfire,” said Dr. Daniel Fagbuyi, an emergency room physician.

#### **The role of asymptomatic transmission**

When people are knowingly sick and have symptoms, they are more likely to isolate because they don't want to pass the illness to others - and also may feel too sick to carry on with daily activities.

People without symptoms may not realize they have the infection, giving them a false sense of security that increases the chance they may go out in the community and pass the virus to others.

“This is problematic because many of these infected people who feel completely ‘well’ go to gatherings, stores, restaurants, and sporting events,” said Dr. Karen Jubanvik a Yale Medicine emergency medicine physician.



# MCU X-MAS



### *Remembering Donna Noble*

Long-Time Administrative Assistant Left Her Magic Touch Throughout Facility  
Donna Noble, who was the first face many people saw at Villa St. Joseph for more than a decade as the full-time administrative assistant, passed away on January 8. "Donna was one of our most cherished staff members," said Executive Director Sue Nall. "We all will miss her – and will hold her and her family close in our hearts." Donna cheerfully greeted and assisted all residents, families, staff, and vendors. She worked with all department directors and staff to support them. She also was responsible for creating the wonderful centerpieces and arrangements at the Celebration of Life Galas, as well as the beautiful decorations throughout the facility. "Donna had great vision when it came to the centerpieces and decorations that would perfectly fit the theme of each gala," Nall said. "She represented our mission well and was a model of compassion, care, and celebration of life and will be truly missed." Donna was selected as The Village at Marymount's Employee of the Year in 2010, and she received the coveted Franciscan Spirit Award in September 2015. "We pray for Donna's soul and for her family -- her husband, Grant, daughter Jennifer, son-in-law, her grandson, Andrew, and her sister," Nall said. "I know I will miss Donna's take charge attitude, beautiful decorating, flower arranging, and most of all her calm, loving and compassionate manner."



# Valentine's Day Wordsearch

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

Secret Admirer   Valentines Day   Red Roses   Sweetheart  
 Beloved   Balloons   Adore   Flowers   Doves   February  
 Candy Box   Chocolate   Romance   True Love   Love Birds  
 Heart   Love   Cupid   Kiss   Eros



Knock, knock.  
 Who's there?  
 cupid!  
 cupid who?  
 cupid quiet in  
 there.



"The Groundhog tests have come back. I'm afraid you only have six weeks to live."

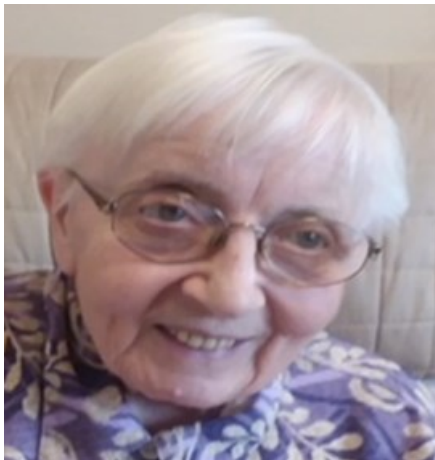
Do you wish to be taken off our mailing list? If so please call 216.332.1070

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Marymount Health Care Systems  
5200 Marymount Village Dr.  
Garfield Hts., OH 44125



# Resident in the news!



**Bernadine Lepak  
A.K.A. Sr. Bernie**

**BIRTHDAY  
January 2, 1943**

**HOMETOWN  
Stevens Point, WI**

- ◆ 1 of 9 children, has 6 brothers and 2 sisters
- ◆ At 18 yrs old, joined the Sisters of St. Joseph
- ◆ Taught 2nd and 8th grade in Catholic School
- ◆ “Best Job Ever” - 20 years as an Activities Director for Sisters at the Mother House
- ◆ Loves humor

## FEBRUARY HOLIDAYS

- 1- Start the 14 Days of Love Day
- 2- Groundhog Day
- 3- National Carrot Cake Day
- 4- National Homemade Soup Day
- 4- National Thank a Mail Carrier Day
- 5- World Nutella Day
- 6- National Frozen Yogurt Day
- 7- National Fettucine Alfredo Day
- 8- National Kite Flying Day
- 9- National Pizza and Bagel Day
- 10- National Umbrella day
- 11- National Don't Cry Over Spilled Milk Day
- 13- National Tortellini Day
- 14- Valentine's Day
- 17- National Random Acts of Kindness Day
- 19- President's Day (3rd Monday)
- 21- National Sticky Bun Day
- 23- National Banana Bread Day
- 24- National Tortilla Chip Day
- 25- National Clam Chowder Day
- 27- National Polar Bear Day
- 28- National Tooth Fairy Day
- 29- Leap Year (every 4 years)

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