

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

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THE VILLAGER

March 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.



WHAT IS A LEPRECHAUN?

LEPRECHAUNS ARE A TYPE OF FAIRY FOUND IN IRISH FOLKLORE, MOST OFTEN RECOGNIZED BY THEIR ICONIC POT OF GOLD AT THE END OF THE RAINBOW. ACCORDING TO LEGEND, LEPRECHAUNS ARE SOLITARY CREATURES THAT SPEND THEIR TIME MAKING AND MENDING SHOES. OCCASIONALLY, A HUMAN WILL COME ACROSS A LEPRECHAUN, EITHER ON PURPOSE OR ACCIDENTALLY, AND ATTEMPT TO CAPTURE HIM. IF HE PROVES SUCCESSFUL, THE LEPRECHAUN WILL EITHER GRANT THREE WISHES OR BESTOW A POT OF TREASURE IN EXCHANGE FOR HIS FREEDOM. LEPRECHAUNS ARE CLEVER, HOWEVER, AND THEY OFTEN DISTRACT THEIR CAPTURER LONG ENOUGH TO ESCAPE, CREATING HAVOC BEFORE DISAPPEARING.

THE FIRST LEPRECHAUNS WERE PORTRAYED AS SHORT, ELDERLY MEN THAT COULD BE FOUND IN TREE HOLLOWES AND RABBIT HOLES IN RURAL PLACES. A LEPRECHAUN WOULD WEAR A RED COAT, AS RED WAS THE SYMBOLIC COLOR OF FAIRIES, WITH A POINTED HAT AND A LEATHER APRON. HE WOULD OFTEN HAVE GLASSES PERCHED ON HIS NOSE AND A PIPE IN HIS MOUTH, THOUGH THIS DEPICTION VARIED SLIGHTLY BETWEEN STORIES.

IN 1825, THE IRISH HISTORIAN THOMAS CROFTON CROKER PUBLISHED A COLLECTION OF IRISH FOLKTALES DESCRIBING THE LEPRECHAUN AS A BEARDED COBBLER WITH BUCKLES ON HIS SHOES AND A TENDENCY TOWARD TRICKERY, AND THIS IMAGERY HAS REMAINED ALMOST UNCHANGED SINCE THEN, THOUGH IN THE 20TH CENTURY HIS COSTUMING IN POPULAR CULTURE CHANGED FROM RED TO GREEN.

ACCORDING TO FOLKLORE, THE TELL-TALE SIGN THAT A LEPRECHAUN IS NEARBY IS THE TAPPING SOUND OF A HAMMER STRIKING NAILS INTO LEATHER, LIKE A COBBLER MAKING SHOES, ACCOMPANIED BY WHIMSICAL, OFTEN CHEERFUL WHISTLING.

PERKINS, MCKENZIE. (2020, AUGUST 28).
WHAT IS A LEPRECHAUN? RETRIEVED FROM
[HTTPS://WWW.LEARNRELIGIONS.COM/
WHAT-IS-A-LEPRECHAUN-4768764](https://www.learnreligions.com/what-is-a-leprechaun-4768764)



Happy Birthday!



Continuing Care Unit			
Lottie Frygier	206 B	March 20th	104 Candles
Memory Care Unit			
Sr. Jane Koszarek	18	March 2nd	97 Candles
Dorothy Fechko	22	March 14th	93 Candles
Marymount Place			
Sr. Constance Szymandera	226	March 8th	85 Candles
Mary Bobnar	302	March 10th	87 Candles
Barbara Peplinski	104	March 17th	90 Candles
Sr. Floren Pasowicz	210	March 20th	88 Candles
Lillian Kalal	127	March 28th	92 Candles
Carol Liszka	319	March 31st	81 Candles

Dietary Trio Solve 'Mystery' Team Named Runner-Up Overall Winner in Culinary Competition

The results are in and the news is good at The Village at Marymount.

Dietary managers Bradley Hartman and Donnell Parker, who were joined by cook Terrell Meredith, captured Runner-Up Overall Winner accolades in the Ohio Health Care Association's 2021 Mystery Box Culinary Competition. OHCA will create a presentation with photos and recipes to share showcasing each team's entries.

"I would be remiss if I didn't share that you certainly wowed the judges with your enthusiasm and presentation," said Kathy L. Chapman, CMP, the OHCA's education director. "Recognizing the circumstances facilities are experiencing during this pandemic, Gordon Food Service and Sandridge selected the items in the mystery box to showcase that time savings items are available without impacting the quality and diversity of the food you can serve."

The team will be guests at the OHCA Annual Convention in Columbus August 23-26, 2021, where the competition's winners will be acknowledged.

"What a great recognition for the Dietary Department," said Villa St. Joseph Administrators Dan Storey and Chris Meinke. "We're so happy our dietary team is being recognized for their culinary talents."

The OHCA's social media accounts soon will share results of the competition and the team's winning dishes photos.

Hartman, Parker, and Meredith received their "mystery box" of contents on January 21 in preparation for the competition. Their contents include pot roast, sliced chicken breast, cooked brown rice, Sandridge Fire Roasted Red Pepper Salad, Sandridge Asian Noodle Salad, Sandridge Cheesecake Delight, Markon Hearts and Hearts Blend, Trade East Zesty Country Blend, and Garlic Herb Blend.

"We prepared two types of salad, two entrees, two side dishes, and dessert using these ingredients," Hartman said. "We plated one full meal on porcelain tableware and a second full meal in a to-go container."

Chapman said more than 30 facilities entered the competition. "We extend our sincere thanks to all, especially your ongoing efforts on behalf of residents and Ohio's long-term care community," she said. "Participating in this competition demonstrates your commitment to continuing to elevate the dining experience for your residents."

Greetings from the Sisters of St. Joseph, TOSF

A recent comic strip poked fun at “the good old days” and why we long for them. One character said she didn’t miss them because they weren’t always so good. The other said he missed them a lot because “back then I wasn’t so good and I wasn’t this old!” These days “good old days” has come to mean just a year ago when life was still “normal” before the COVID -19 virus hit us...

Now hope is growing. Things are starting to return to normal. It might be fun to share the things we did to be neither good nor old during last year... How did you keep the “good old pre-COVID days” alive and well? What brought you joy or made you laugh? What did you do to help your fellow residents stay happy and/or grateful for? Share these with each other and listen to their stories in return.

Finally, it’s March. It’s Lent. St. Joseph Day is on the 19th. Pope Francis declared this a Year of St. Joseph. Talk to St. Joseph and pray to him. Build a relationship with Joseph. He will protect and guide you even after this year ends. Ask him to be with you when you come to the point when your life journey starts to lead toward your heavenly reward. Then Joseph can be the Patron Saint of a Blessed and Happy Death. He’s the spouse of the Virgin Mary and guardian of Jesus. He nurtured Jesus and taught him the skills of a carpenter. Don’t miss this chance to contact him and have him “like” and “friend” you on the heavenly Facebook!

Please pray for all the Sisters of “St. Joseph” you live with on this campus as we all continue to pray for you!!

Nursing Notes:

Several Conditions Can Tarnish Your Golden Years

The golden years aren’t what they used to be — they’re getting better, thanks to advances in medicine and nutrition. Because of this headway, the United States is experiencing an unprecedented increase in its senior population. By 2030, 1 in every 5 Americans will be age 65 or older. It’s more important than ever to keep your bones, belly, and brain in tip-top shape. Your first step? Know which common conditions — and symptoms — to watch for, so you can take steps to prevent or treat them.

Healthy bones are critical to senior health. As you age, your body begins to absorb old bone tissue faster than new bone tissue can be created, and your bones tend to become thinner and weaker. This leads to a condition known as osteoporosis, a disease in which bones become very fragile and can easily break during a fall or even when you’re making everyday movements. The condition in and of itself has no symptoms, so ask your doctor to schedule you for a bone density test, called a DEXA scan, to check the health of your bones.

The age-related vision problem called macular degeneration is a serious threat to sight. In people with this condition, the part of the eye that allows you to see fine detail, the macula, begins to break down over time. With macular degeneration, central vision becomes blurry, and you might have trouble reading or recognizing faces. People age 75 or older have a 30 percent risk of developing macular degeneration, so be sure to schedule regular eye check-ups to look for any signs of vision trouble.

Glaucoma also affects vision. Most types of glaucoma involve an increase in the fluid pressure inside the eye, which can gradually damage the optic nerve that connects the retina to the brain. There are no symptoms at first, but a person with glaucoma can gradually lose peripheral vision and eventually even direct vision may be affected.

Arthritis is a common condition that occurs when the fluid and cartilage in a joint wears out, causing bones to scrape against each other and create pain. The most common form of arthritis affecting senior health is osteoarthritis, which results from a lifetime of wear and tear on the joints. There are many treatments for arthritis, so don’t hesitate to consult your doctor for help if you’re having joint pain.

Ohio Health Care Association's 2021 Mystery Box Culinary Competition


VAM's Trio captured Runner-Up Overall Winner in Culinary Competition



Photo: The team, from left: Bradley Hartman, Terrell Meredith, and Donnell Parker.



Can February March?



Thur	Fri	Sat	Sun	Mon	Tue	Wed
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Month: February			

No, but April May.

Did you hear about
the two people who
stole a calendar?

They each got
six months.

**Marymount Place
sadly says 'Goodbye'
to their 20 year old
friend, Pretty Boy,
aka Chicken Nugget,
Charlie and any other
unknown name.**



St. Patrick's Day Word Search



O	E	E	A	R	P	P	S	M	L	C
G	A	E	E	L	A	H	A	E	N	D
R	E	A	U	T	A	G	P	K	T	N
E	P	C	R	M	I	R	O	R	D	A
E	K	I	R	C	E	I	A	A	L	L
N	C	O	H	C	R	A	M	I	A	E
K	C	T	H	R	I	I	I	N	R	R
K	O	A	A	R	H	O	R	B	E	I
P	U	H	S	I	W	I	I	O	M	T
N	C	L	O	V	E	R	S	W	E	N
V	O	D	L	O	G	H	H	T	K	N

GOLD

LEPRECHAUN

PATRICK

GREEN

POT

CLOVER

SHAMROCK

LUCK

IRISH

MARCH

EMERALD

WISH

RAINBOW

IRELAND

MAGIC

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Resident in the news!

Sharon Carpenter



- ◆ Birthday: April 6, 1947
- ◆ Born in Cleveland, OH
- ◆ Graduated from Ursuline College
- ◆ Has two children
- ◆ Dietary Supervisor at Deaconess Hospital for 17 years
- ◆ For the past three years, Sharon has been hand making the birthday cards for Marymount Place

MARCH HOLIDAYS

- 1-Peanut Butter Lover's Day
- 3-National Anthem Day
- 6-National Frozen Food Day
- 8-Popcorn Lover's Day
- 10-Middle Name Pride Day
- 11-Johnny Appleseed Day
- 12-Girl Scouts Day
- 14-National Pi(e) Day
- 14-Potato Chip Day
- 15-Ides of March
- 16-No Selfies Day
- 17-St. Patrick's Day
- 21-World Down Syndrome Day
- 22-National Goof Off Day
- 23-National Chips and Dip Day
- 23-National Puppy Day
- 24-National Chocolate Covered Raisin Day
- 25-Palm Sunday (varies each year)
- 25-Waffle Day
- 26-National Spinach Day
- 28-Something on a Stick Day
- 30-Good Friday (varies each year)
- 30-Take a Walk in the Park Day

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