



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 4

THE VILLAGER

April 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.



THE EGG AS A SYMBOL OF EASTER

FROM A CHRISTIAN PERSPECTIVE, THE EGG REPRESENTS THE RESURRECTION OF JESUS. THE FIRST BOOK TO MENTION EASTER EGGS BY NAME WAS WRITTEN 500 YEARS AGO. YET, A NORTH AFRICAN TRIBE THAT HAD BECOME CHRISTIAN MUCH EARLIER HAD A CUSTOM OF COLORING EGGS AT EASTER. LONG HARD WINTERS OFTEN MEANT LITTLE FOOD, AND A FRESH EGG FOR EASTER WAS QUITE A PRIZE. A NOTATION IN THE HOUSEHOLD ACCOUNTS OF EDWARD I OF ENGLAND SHOWED AN EXPENDITURE OF EIGHTEEN PENCE FOR 450 EGGS TO BE GOLD-LEAFED AND COLORED FOR EASTER GIFTS.

ANOTHER REASON EGGS BECAME A SYMBOL OF EASTER IS THAT EARLY ON, CHRISTIANS ABSTAINED FROM NOT ONLY EATING MEAT BUT ALSO ELIMINATED EGGS DURING THE LENTEN SEASON PRIOR TO EASTER. THEREFORE, EASTER WAS THE FIRST CHANCE TO ENJOY EGGS AND MEAT AFTER THE LONG ABSTINENCE.

IT IS INTERESTING TO NOTE, HOWEVER, THAT EGGS PLAY ALMOST NO PART IN THE EASTER CELEBRATIONS OF MEXICO, SOUTH AMERICA, AND NATIVE AMERICAN INDIAN CULTURES

THE TRADITION OF DECORATING EGGS

THE PRACTICE OF PAINTING EGGS GOES BACK TO ANCIENT TIMES WHEN DECORATED SHELLS WERE PART OF THE RITUALS OF SPRING. INSTEAD OF CHICKEN EGGS, HOWEVER, OSTRICH EGGS WERE USED. THE FIRST CHRISTIANS TO ADOPT THIS TRADITION WERE FROM MESOPOTAMIA, AND THEY COLORED THEIR EGGS RED, IN MEMORY OF THE BLOOD OF CHRIST. METHODS INCLUDE USING ONION SKINS AND PLACING FLOWERS OR LEAVES ONTO THE SHELLS BEFORE DYEING TO CREATE PATTERNS. EASTERN EUROPEAN COUNTRIES USE WAX RESISTANT BATIK TO CREATE DESIGNS BY WRITING WITH BEESWAX. TODAY, FOOD COLORING IS MOST COMMON.

DECORATING SMALL BARE TREE BRANCHES TO BE "EASTER EGG TREES" HAS BECOME A POPULAR CUSTOM IN THE UNITED STATES SINCE THE 1990S.

OTHER EASTER SYMBOLS

BESIDES EGGS, EASTER IS FILLED WITH IMAGES OF BUNNIES, BABY CHICKS, AND LILY FLOWERS BECAUSE THEY ARE ALL SYMBOLS OF REBIRTH. THE EASTER BUNNY, FOR EXAMPLE, AROSE ORIGINALLY AS A SYMBOL OF FERTILITY, DUE TO THE RAPID REPRODUCTION HABITS OF THE HARE AND RABBIT. IT IS ALSO PART OF GERMAN LUTHERAN FOLKLORE WHERE THE "EASTER HARE" JUDGED CHILDREN'S BEHAVIOR AT THE BEGINNING OF THE EASTERTIDE SEASON.

FILIPPONE, PEGGY TROWBRIDGE. (2021, FEBRUARY 8). EASTER EGGS: HISTORY, SYMBOLISM, AND HOLIDAY TRADITION. RETRIEVED FROM [HTTPS://WWW.LEARNRELIGIONS.COM/EASTER-EGG-HISTORY-1807594](https://www.learnreligions.com/easter-egg-history-1807594)



Continuing Care Unit

Eleanor Lockitski 226 A
 Sr. Lucia Bucholtz 221
 Annie Reed 227 A

April 24th
 April 25th
 April 26th



99 Candles
 84 Candles
 98 Candles

Memory Care Unit

Sr. Helen Huellmantel 12
 Sr. Catherine Kieliszewski 19

April 5th
 April 22nd



84 Candles
 84 Candles

Marymount Place

Sr. Clarita Iwanski 333
 Karen Presby 122
 Sharon Carpenter 306
 Sr. Loretta Zelewski 231
 Louise Santilli 125

April 1st
 April 1st
 April 6th
 April 13th
 April 20th



93 Candles
 78 Candles
 73 Candles
 94 Candles
 94 Candles

Donna Nagel Preparing For May Retirement

Like her counterparts – Lisa Kotora, Stacie Boyd, and Tiffany Advani – Donna Nagel has been a long-time fixture in the Minimum Data Set (MDS) Office.

Donna, a Licensed Practical Nurse, MDS Nurse, and Restorative Nurse, is planning to retire in May from The Village at Marymount, leaving a legacy that will be difficult to match.

Donna started at The Village at Marymount in January 2007 after working for many years on the skilled care unit at Cleveland Clinic Marymount Hospital.

Donna’s adherence to the core values – Compassion, Competence and the Celebration of Life – of the Mission is one of many reasons why she was unanimously selected as the February 2019 Franciscan Spirit Award winner.

“I see first-hand the helping hand Donna gives the Clare Hall staff,” said an anonymous family member.

“When I visit my loved one that lives at Clare Hall, again I see this wonderful nurse stepping out of her office, answering call lights, helping with meals.

“She is a wonderful person who is caring and compassionate – one who truly deserves this honor.”

For many years Donna’s mom, Eleanor Burkhammer, was a Clare Hall resident.

“Donna will be missed,” said Villa St. Joseph Administrator Dan Storey. “We all wish her well as she plans for retirement.”



Greetings from the Sisters of St. Joseph, TOSF

Have you ever realized that the Easter Triduum - Holy Thursday through Easter Sunday - is one of the most dramatic, ritually loaded, prayer and music filled four days of the Church year? ...maybe 3 ½ days because of the silence between afternoon Good Friday Services and a Saturday Easter Vigil after sunset. Even the silence is filled with drama if we use it to absorb all that Jesus suffered. Think what it was like in a cold, dark tomb with a boulder blocking its entrance before he could burst forth to show the world His Resurrected body, alive and glorious as it would be forever. The dramatic triumph of Resurrection is what we all need, right now, right here.

We're totally tired of making choices... to follow pandemic mitigation mandates, or not; to attend funerals for those of the 500,000+ people we knew who died of the virus, or not; to vote for a bullying, blustery, dictatorial style candidate, or not; to be insulted for hard-workers at voting poles accused of fraud and rigging votes, or not; to support election results and certification of ballot tallies, or not; to dance for joy and get in line to get vaccinated asap, or not; to outwardly show gratitude for a president who shows the kind of compassionate care we want shown to our residents, or not. The point is made – the pandemic has been just terrible; the toll it has taken on human life and our country's psychological well-being is horrid; political polarization has torn families apart, destroyed friendships, and put our democracy at risk.

Go back to where we started, the drama of the Triduum. It starts today, April 1, on Holy Thursday. Ask God to resurrect us together with Jesus. We need to shake off things that took away our joy, hope, and happiness. We need to laugh out loud again, hug each other the first chance we get. We need to do it with great drama, loud music and our own personal rituals!! God is Good and if we believe it we can name good things that happened during the past year, things deserving of joy. We need to be resurrected people because we are. If we can't get up and dance, how about we close our eyes and picture ourselves dancing and shouting for joy – a "virtual" resurrection making our days bright and happy every time we close our eyes and "dance and shout for joy" again!!

Happy, Blessed Easter wishes from the Sisters – Alleluia, Jesus Lives!!

Nursing Notes:

These Cereals Should be In-Grain-ed In Your Diet

When you're faced with morning madness, the easiest path to a healthy breakfast is often a cereal box. But when it comes to nutrition, the choices in the cereal aisle don't stack up evenly. You know you need to skip brands with added chocolate chips, marshmallows, and fake fruity-Os, but picking the best of the best seemingly healthy cereals can be a confusing chore.

To get the real scoop, you need to scan the ingredients and nutrition facts label for sneaky sugar sources and hidden processed ingredients. What you want to see: One serving should provide at least 3 grams of fiber (5 grams or more is considered "high-fiber"), less than 10 grams of sugar, and less than 200 milligrams (mg) of salt. The next time you shop, reach for one of these best bets.

- **General Mills Cheerios**

For a healthy breakfast, stick to classic Cheerios. There are also many store-brand or generic versions of Cheerios, which are acceptable as well.

- **Kellogg's All-Bran**

One of the main ingredients to look at is the fiber content. The fiber recommendation is 20 to 35 grams a day, and if you can get a fourth to a third at breakfast, that's good. All-Bran is a cereal that really delivers on fiber, but the cereal's serving size might not seem substantial enough to many people. Add volume to your healthy breakfast and up the nutrition and flavor with berries, cut or dried fruit, or a small serving of nuts.

- **General Mills Fiber One Original**

A serving of this cereal provides just about half of the fiber you need for the entire day. If eating a very high-fiber cereal is one of your nutrition goals, start with a lower-fiber cereal and gradually work your way up over the course of a few weeks while increasing fiber at other times during the day. Keep in mind: This cereal has no sugar because it is sweetened with aspartame, which is not to everyone's taste.

- **Kashi 7 Whole Grain Nuggets**

Be sure to look carefully at nutrition labels to make sure that the grains in the cereals you eat are whole grains, not processed, and that they are at or near the beginning of the ingredients list. Kashi 7 Whole Grain Nuggets are whole-grain, even though when you read the nutrition label it will include a trademarked ingredient description that reads "Kashi Seven Whole Grains and Sesame. This brand, often found in the organic and health food sections of grocery stores, is a little high in sodium, but you can always balance that out by opting for lower-sodium choices the rest of the day.

- **Kellogg's Bite Size Unfrosted Mini-Wheats**

Unfrosted wheat bites may strike you as a bit dull, but think of this cereal as an opportunity to build a healthy breakfast. Rather than opting for a frosted mini-wheat variety, which adds sugar and subtracts some fiber and protein, get sweetness by slicing in half a banana or sprinkling on a tablespoon of raisins or a dash of cinnamon, which adds flavor and may help control blood-sugar spikes.

St. Patrick's Day



Happy 104th Birthday, Lottie!



EASTER

| | | | | |
|-----------|------------|---------|-------------|-----------|
| BASKET | BUNNY | CARROT | CELEBRATION | CHICK |
| CHOCOLATE | CHRIST | CHURCH | DECORATED | DUCKLINGS |
| EASTER | EGGS | FLOWERS | GRASS | HOP |
| HUNT | JELLYBEANS | JOY | LIFE | PARADE |
| RABBIT | RISEN | SPRING | SUNDAY | TULIP |

SCOUTERLIFE.com

My friend told me he had the body of a Greek god.
I had to explain to him that Buddha is not Greek.

Keep in mind, even during a pandemic, no matter how much chocolate you eat, your earrings will still fit.

Miller Foundation Gift to Assist Retired Clergy, Religious

A new \$25,000 gift to The Village at Marymount will help provide faith-based housing and healthcare for retired clergy and religious.

The Maria and Sam Miller Foundation graciously understood the call to provide care for the growing need of long-term healthcare services as our founders and sponsors of The Village at Marymount, The Sisters of the Third Order of St. Francis, have begun transitioning from their motherhouse in Wisconsin to Cleveland. The generous gift from the Foundation also provides resources to greater Cleveland retired priests and other religious orders as their personal healthcare demands.

In addition, this gift positively affects our secular residents and families, especially in the wake of COVID-19, as state and federal governing bodies have limited visitations. Given the limited interaction with family and friends, our residents are strengthened through prayer, mediation, and interaction with the presence of our retired religious residents.

We thank the Maria and Sam Miller Foundation for their selfless gratitude and believing in our mission of the value of every life.

If you wish to contribute to this fund through your own philanthropic giving or estate planning, please contact Vincent Farinacci; Senior Director of Donor Advising at 216-332-1983 or by email at vfarinacci@marymounthcs.org.

FRANCISCAN SPIRIT AWARD WINNERS



Linda Blackwell
(with Bill Lemanowicz)
January 2021



Ruth Brutz
(with Mark Schwind)
February 2021



Jennifer Branche
(with Mary Shively)
March 2021

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

For More Information:
Call: (216) 332-1100
E-mail: info@villageatmarymount.org
Website: www.villageatmarymount.org

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



Resident in the news!

BIRTHDAY:
March 20th

BIRTHPLACE:
Cleveland, OH

MARRIED:
42 Years

MARRIAGE ADVICE:
"Be good to each other"

CHILDREN:
Richard & Terrance

OCCUPATION:
Seamstress

**Lottie
Frygier**



APRIL HOLIDAYS

- 1-April Fool's Day
- 2-National PB&J Day
- 3-National Find a Rainbow Day
- 4-National Burrito Day
- 4-National Walking Day
- 7-World Health Day
- 10-National Siblings Day
- 11-National Pet Day
- 12-National Grilled Cheese Day
- 14-Palm Sunday (varies each year)
- 15-National Tax Day
- 15-National Laundry Day
- 16-Wear Pajamas to Work Day
- 18-National Haiku Poetry Day
- 20-Husband Appreciation Day
- 21- Easter(varies each year)
- 22-Earth Day
- 22-National Jelly Bean Day
- 23-National Picnic Day
- 25-Administrative Professionals Day
- 26-Arbor Day
- 26-National Pretzel Day
- 28-National Superhero Day
- 30-National Honesty Day