



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 5

THE VILLAGER

May 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



Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. In the United States, Mother's Day 2021 will occur on Sunday, May 9.

The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. Jarvis would later denounce the holiday's commercialization and spent the latter part of her life trying to remove it from the calendar.

While dates and celebrations vary, Mother's Day traditionally involves presenting moms with flowers, cards and other gifts.

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday."

Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their "mother church"—the main church in the vicinity of their home—for a special service.

Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.

The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children.

After gaining financial backing from a Philadelphia department store owner named John Wanamaker, in May 1908 she organized the first official Mother's Day celebration at a Methodist church in Grafton, West Virginia. That same day also saw thousands of people attend a Mother's Day event at one of Wanamaker's retail stores in Philadelphia.

Following the success of her first Mother's Day, Jarvis—who remained unmarried and childless her whole life—resolved to see her holiday added to the national calendar. Arguing that American holidays were biased toward male achievements, she started a massive letter writing campaign to newspapers and prominent politicians urging the adoption of a special day honoring motherhood.

By 1912 many states, towns and churches had adopted Mother's Day as an annual holiday, and Jarvis had established the Mother's Day International Association to help promote her cause. Her persistence paid off in 1914 when President Woodrow Wilson signed a measure officially establishing the second Sunday in May as Mother's Day.

<https://www.history.com/topics/holidays/mothers-day>

Continuing Care Unit

Irene Semancik	218 B	May 11th	78 Candles
Ralph Fisher	205 A	May 13th	87 Candles
Salvatore Salupo	219	May 16th	91 Candles
Dorothy Cassidy	211 a	May 22nd	88 Candles

Memory Care Unit

Richard Dolnicek	10	May 5th	86 Candles
Catherine Joseph	20	May 6th	94 Candles
Caroline McKalen	8	May 30th	95 Candles



Marymount Place

Janet Wright	119	May 4th	103 Candles
Constance Thompson	110	May 7th	90 Candles
Richard Hartmann	126	May 9th	92 Candles
Marylyn Palko	111	May 14th	83 Candles
Joan Fuglewicz	128	May 30th	69 Candles
Eymard Chrusciel	219	May 31st	80 Candles



Mother's Day
Second Sunday of May

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

APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE



Greetings from the Sisters of St. Joseph, TOSF

The theme for 2021's National Day of Prayer is "Lord Pour Out Your LOVE, LIFE AND LIBERTY".

While everyone is encouraged to set aside time to pray, no one is required to do so. In the past several years, faith communities in Garfield Heights have come together to participate in an interfaith prayer service. It serves as a reminder that we don't have to pray. It is a wonderful time to meet people of many faiths and share in the greatest conversation possible – a conversation with God!

Many will gather at St. Therese Church for this year's prayer. With the Coronavirus having affected lives for over a year, the prayer will include readings, prayers and reflections that encompass all aspects of how we've been touched and lives lost as well as how everyone has dealt with the hardships that continue to affect our community. We will pray for each other. We will thank God for all who have provided for every level of human need while putting their own lives at risk. We will ask blessings on those who mourn and need comfort. We will ask God to bless all who have been sick and suffer ongoing effects of the virus. We will pray for relief for those who lost jobs, homes and the ability to feed and care for their families as well as those who work to relieve those needs. There are so many intentions to ask God's help with and blessings for countless people whose needs are not even known.

Let us at The Village at Marymount pray, together and separately, for Love, Life, and Liberty for all; for comfort and healing and relief for all who are in need –
God bless them and us!

Nursing Notes:

Mother's Day

Encourage Your Mom To Have Her Heart Checked

As Mother's Day approaches, give your mom a very special gift by encouraging her to see her physician for a thorough heart examination. While you're at it, you might want to have your heart examined as well.

Heart disease is the No. 1 killer of women in America, said Sue Nall, Executive Director of The Village at Marymount. As your mom assesses her numbers and risks today, she can work with her doctor to significantly reduce her chances of getting heart disease tomorrow ... next year ... or 30 years from now.

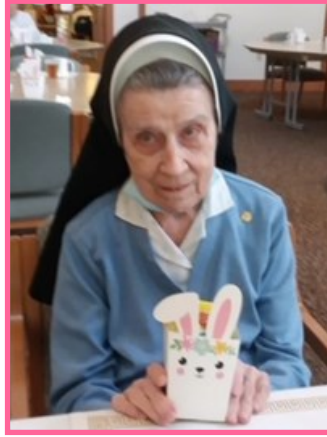
The American Heart Association (www.americanheart.org) has identified several risk factors for coronary heart disease, which raises the chance of having a heart attack. Some of these risk factors can be changed, treated or modified, and others can't. But the more risk factors a person has, the greater their chance of developing heart disease.

Risk factors that your mom – or anyone else for that matter – cannot change are increasing age and heredity.

"Although the relationship between cholesterol levels and heart disease is not specific to women, the American Heart Association believes the awareness of cholesterol levels is an important issue for women," Nall said. "Studies conducted on people age 20 and older show that women's cholesterol is higher than men's from age 45 and older."

Women have more influence over the diets of their family than men, so it is important that women and family-influencers be aware of how cholesterol affects health. The American Heart Association has specific recommendations about the intake of dietary cholesterol, information on cholesterol in women and children and ways to keep your cholesterol at a safe and healthy level. The AHA also provides dietary guidelines to help you and your family stay heart healthy.

Help your mom enjoy Mother's Day this year – and for years to come by giving her a gift from the heart. Reiterate to her the importance of having a comprehensive heart examination.

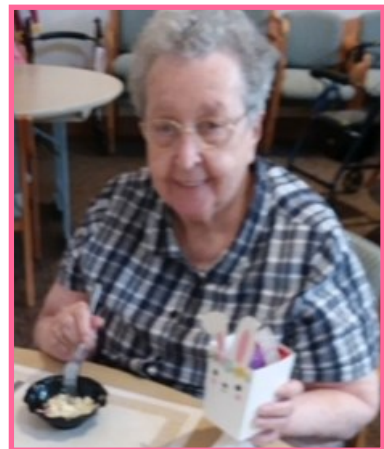
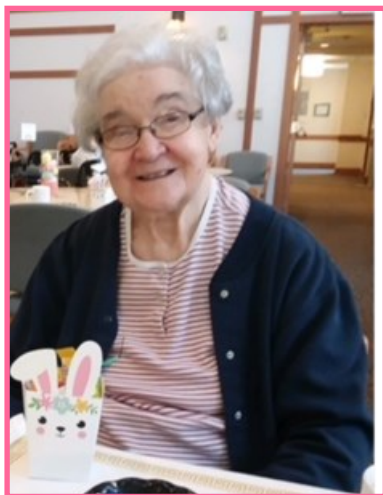


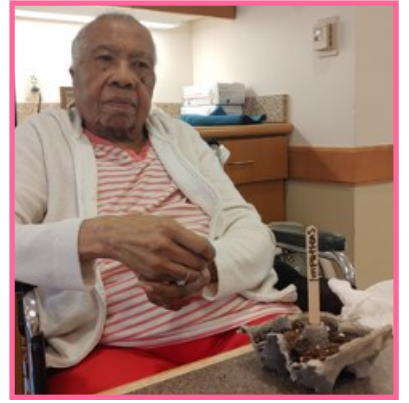
Life

At

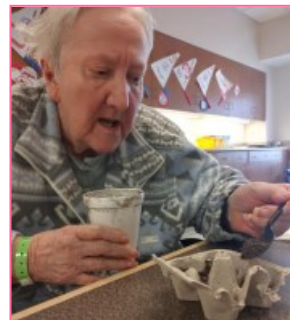
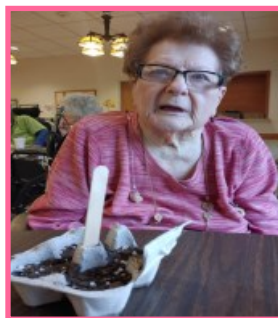
Marymount

Place





Life @ the Villa



Like Mother, Like Daughter

Mom, Sheri, is a State-Tested Nursing Assistant, a 7-year employee, and a Franciscan Spirit Award Winner. She's been promoted several times and is currently the staff Scheduler.

Daughter, Autumn, is a state-tested nursing assistant who is launching her nursing career. She's studying to become a Registered Nurse.

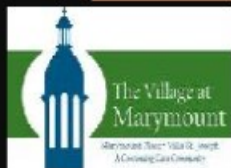
Both Sheri and Autumn live our core Mission values of Compassion, Competence, and the Celebration.

Make it your Mission to work alongside of them. Apply right from your phone. Text TVAM to 22100

Visit: www.villageatmarymount.org

216-332-1100

Find your Mission in life.



sports

2021 INDIANS SCHEDULE

APRIL							MAY						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3							1
				DET	DET	DET							CWS
4	5	6	7	8	9	10	2	3	4	5	6	7	8
DET	KC		KC		DET	DET	CWS	KC	KC	KC	KC	CIN	CIN
11	12	13	14	15	16	17	9	10	11	12	13	14	15
DET	CWS	CWS	CWS	CWS	CIN	CIN	CIN		CHC	CHC	SEA	SEA	SEA
18	19	20	21	22	23	24	16	17	18	19	20	21	22
CIN		CWS	CWS	NYY	NYY	NYY	SEA	LAA	LAA	LAA		MIN	MIN
25	26	27	28	29	30		23	24	25	26	27	28	29
NYY	MIN	MIN	MIN		CWS		MIN	DET	DET	DET	TOR	TOR	TOR

JUNE							JULY						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5					1	2	3
		CWS	CWS		BAL	BAL					HOU	HOU	HOU
6	7			10	11	12	4	5	6	7	8	9	10
BAL		STL	STL		SEA	SEA	HOU	TB	TB	TB	KC	KC	KC
13	14	15	16	17	18	19	11	12	13	14	15	16	17
SEA	BAL	BAL	BAL	BAL	PIT	PIT	KC					OAK	OAK
20	21	22	23	24	25	26	18	19	20	21	22	23	24
PIT	CHC	CHC		MIN	MIN	MIN	OAK	HOU	HOU	HOU	TB	TB	TB
27	28	29	30				25	26	27	28	29	30	31
MIN	DET	DET	DET				TB		STL	STL		CWS	CWS

AUGUST							SEPTEMBER/OCTOBER						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
					6	7					1	2	3
					DET	DET					KC	KC	BOS
1	2	3	4	5			5	6	7	8	9	10	11
CWS	TOR	TOR	TOR	TOR			BOS	MIN	MIN	MIN	MIN	MIL	MIL
8	9	10	11	12	13	14	12	13	14	15	16	17	18
DET		OAK	OAK	OAK	DET	DET	MIL					NYY	NYY
15	16	17	18	19	20	21	19	20	21	22	23	24	25
DET	MIN	MIN	MIN		LAA	LAA	NYY	KC	KC	KC	CWS	CWS	CWS
22	23	24	25	26	27	28	26	27	28	29	30	1	2
LAA		TEX	TEX	TEX	BOS	BOS	BOS						
29	30	31					KC	KC	KC	KC	TEX	TEX	TEX
BOS		KC											

Treating TMJ Disorders:

Q&A With Sarah Mathis

Sarah Mathis is The Village at Marymount's Director of Outpatient Rehabilitation. Sarah is one of the few physical therapists in Northeast Ohio who is skilled in manual therapy and specializes in the treatment of headaches, temporomandibular joint (TMJ) disorders; cervical dysfunctions; and lumbo-sacral dysfunctions. You can contact her at (216) 332-1787 or via email: smathis@marymounthcs.org.

Q: What is TMJ and how does someone recognize the symptoms of this disorder?

Sarah: TMJ disorders occur because of problems with the jaw, jaw joint (or *TMJ*) and surrounding facial muscles. Those with TMJ may experience pain or tenderness in the face, jaw joint area, neck, and shoulders. They may also have a limited ability to fully open their mouth, may hear a clicking or popping sound in the jaw joint and/or may have difficulty chewing.

Q: What causes TMJ?

Sarah: The cause is not clear, but dentists believe that symptoms arise from problems with the muscles of the jaw or with the parts of the joint itself. Some possible causes include:

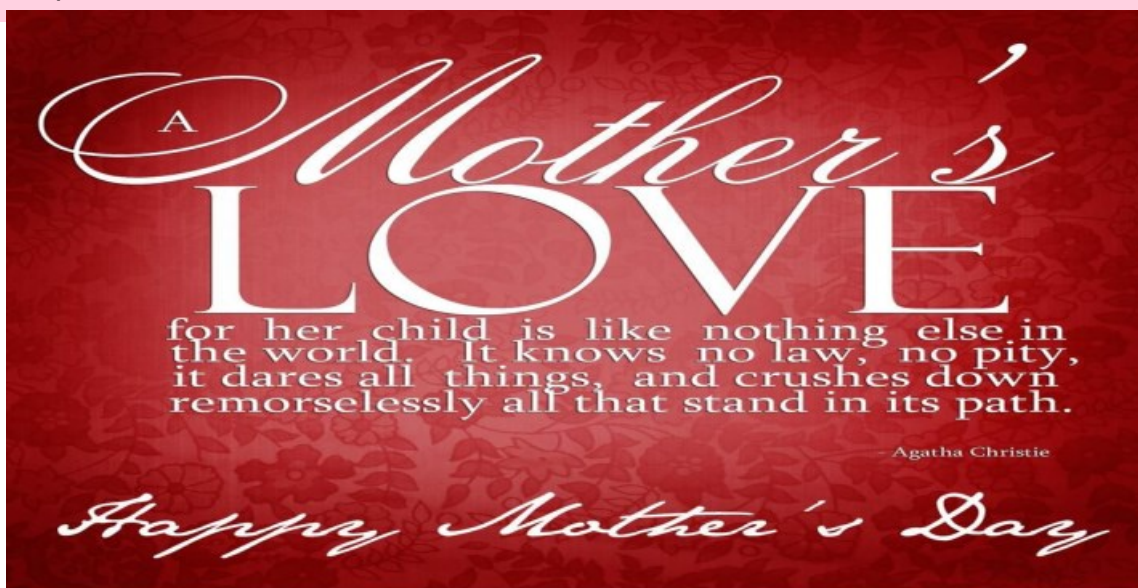
- Grinding or clenching the teeth, which puts a lot of pressure on the TMJ
- Dislocation of the soft cushion or disc between the ball and socket
- Presence of osteoarthritis in the TMJ
- Stress, which can cause a person to tighten facial and jaw muscles or clench the teeth

Q: What type of TMJ treatment options do you provide on an outpatient basis at The Village at Marymount?

Sarah: We perform a comprehensive evaluation of your TMJ, neck, thoracic spine, and shoulder area to determine the structures causing TMJ symptoms. Based on our findings, we will implement a plan to treat your underlying bio-mechanical problems. Not all physical therapists are experienced in treating TMJ, so you need to search for the right practitioner. Start with your dentist, orthodontist, or oral surgeon -- they can refer you to our outpatient therapy program at The Village at Marymount. When you have your appointment, don't be surprised if your physical therapist puts on exam gloves and feels your jaw muscles and joints from inside your mouth -- that is often part of a thorough TMJ evaluation.

Q: Are your therapy services covered by insurance?

Sarah: As with other forms of physical, our program is usually covered through the patient's medical insurance, helping to ease the financial burden they may face should they opt for out-of-pocket treatment from a dental specialist.



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!



- ◆ Born & Raised in Cleveland, OH
- ◆ Parents were Polish
- ◆ Has 1 sister, Carol
- ◆ At age 15, became a Nun
- ◆ Began teaching at 18 years old
- ◆ Bachelor's in Education

- ◆ Master's in Supervision & Administration
- ◆ Taught in Michigan, Connecticut and Ohio
- ◆ During her 25 years at Diocese of Cleveland, Sr. Lucia was a Teacher, Principle, Superintendent and Consultant
- ◆ Sr. Lucia adores classical music, fried eggs over hard, duck blood soup, mystery & historical movies
- ◆ Loves to watch the sunrise and cherishes her family & friends dearly

MAY HOLIDAYS

- 1- May Day
 - 2- Brother & Sisters Day
 - 4- Kentucky Derby Day (first Saturday)
 - 4- Star Wars Day
 - 5- Cinco De Mayo
 - 5- Ramadan (varies)
 - 6- National Nurses Day
 - 8- No Socks Day
 - 10- Clean Up Your Room Day
 - 11- Eat What You Want Day
 - 12- Mother's Day (2nd Sunday)
 - 15- National Chocolate Chip Day
 - 17- National Bike to Work Day (3rd Friday)
 - 18- Armed Forces Day (3rd Saturday)
 - 18- No Dirty Dishes Day
 - 19- World Plant a Veggie Garden Day
 - 21- Victoria Day (Canada)
 - 22- National Buy A Musical Instrument Day
 - 23- Lucky Penny Day
 - 25- National Brown Bag It Day
 - 26- Sally Ride Day
 - 27- Memorial Day (last Monday)
 - 28- National Hamburger Day
 - 30- Water a Flower Day
- SOFEESTIVE.COM