



## 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 6**

# THE VILLAGER

## 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**



### HOW DID FATHER'S DAY BECOME A HOLIDAY?

WHILE YOUR DAD PROBABLY ENJOYS BEING SHOWERED WITH GIFTS AND LOVE ON THIS SPECIAL DAY, THE AVERAGE DAD HAD RATHER A DIFFERENT VIEW BACK WHEN THE DAY WAS FIRST CREATED, OVER 100 YEARS AGO. IN FACT, THE HISTORY OF FATHER'S DAY IS NOT A STRAIGHT LINE FROM IDEA TO ACCEPTANCE. SO WHAT IS FATHER'S DAY, AND HOW DID IT ORIGINATE?

THE HISTORY OF MOTHER'S DAY GOES BACK TO THE 1860S, AND MOTHER'S DAY WAS DECLARED A NATIONAL HOLIDAY IN 1914. THE CELEBRATION OF ONE PARENT PAVED THE WAY FOR FATHER'S DAY. THE HISTORY OF FATHER'S DAY GOES BACK TO 1908 WHEN A CHURCH IN WEST VIRGINIA HELD A SERMON TO HONOR 362 MEN WHO WERE KILLED THE PREVIOUS YEAR IN A COAL MINING EXPLOSION. THIS WAS THE COUNTRY'S FIRST-EVER EVENT TO STRICTLY HONOR FATHERS, BUT IT WAS JUST A ONE-AND-DONE THING, AT LEAST IN THAT COMMUNITY.

THE FOLLOWING YEAR, HOWEVER, A WOMAN NAMED SONORA SMART DODD STARTED HER QUEST TO ESTABLISH FATHER'S DAY AS A NATIONAL HOLIDAY. DODD WAS ONE OF SIX CHILDREN RAISED BY HER SINGLE FATHER AND THOUGHT FATHERS SHOULD BE HONORED IN THE SAME WAY AS MOTHERS. AFTER A YEAR OF PETITIONING HER LOCAL COMMUNITY AND GOVERNMENT, DODD'S HOME STATE OF WASHINGTON CELEBRATED ITS FIRST OFFICIAL FATHER'S DAY ON JUNE 19, 1910. OVER THE YEARS, THE CELEBRATION OF FATHER'S DAY SPREAD FROM STATE TO STATE, AND AFTER A LONG FIGHT, IT WAS FINALLY DECLARED A NATIONAL HOLIDAY IN 1972 WHEN PRESIDENT RICHARD NIXON SIGNED IT INTO LAW. NOW, WE CELEBRATE WITH FUNNY FATHER'S DAY QUOTES AND DAD QUOTES.

IT TOOK MORE THAN 60 YEARS FROM THE BIRTH OF THE IDEA TO FATHER'S DAY ACTUALLY BEING RECOGNIZED AS A FEDERAL HOLIDAY, BUT A LOT HAPPENED TO THREATEN THE PARENT-CELEBRATING HOLIDAYS DURING THAT TIME. IN THE 1920S AND 1930S, THERE WAS A NATIONAL MOVEMENT TO GET RID OF BOTH MOTHER'S AND FATHER'S DAY AND REPLACE THEM WITH ONE "PARENT'S DAY." BEYOND THAT, SOME MEN DIDN'T EVEN WANT A FATHER'S DAY, TO BEGIN WITH. SOME SAW IT AS A "HALLMARK HOLIDAY," INVENTED FOR THE SOLE PURPOSE OF A COMMERCIAL GIMMICK, AND AS MANY FATHERS WERE THE SOLE BREADWINNERS AT THE TIME, THEY DIDN'T PARTICULARLY WANT TO SPEND THEIR HARD-EARNED CASH ON FLOWERS AND CHOCOLATES. THE GREAT DEPRESSION AND WORLD WAR II, HOWEVER, HELPED BOOST THE IDEA OF FATHER'S DAY. STRUGGLING RETAILERS PUSHED THE GIFT-GIVING HOLIDAY DURING THE DEPRESSION, AND DURING THE WAR, FATHER'S DAY BECAME A WAR TO HONOR THE MANY FATHERS SERVING OVERSEAS. BY THE TIME PRESIDENT NIXON SIGNED THE PROCLAMATION MAKING FATHER'S DAY A HOLIDAY, IT WAS ALREADY A NATIONAL INSTITUTION.

SOURCES: HISTORY.COM: "FATHER'S DAY"

# Happy Birthday!



## Continuing Care Unit

James Hosack	203 B	June 6 <sup>th</sup>	69 Candles
Dorothy Horne	226 B	June 12 <sup>th</sup>	90 Candles
Patricia Kipfstuhl	212 B	June 17 <sup>th</sup>	

## Memory Care Unit

Ethel Powers	17	June 5 <sup>th</sup>	103 Candles
Sr. Irene Koszarek	21	June 11 <sup>th</sup>	91 Candles

## Marymount Place

Sr. Frances Grzeslo	102	June 1 <sup>st</sup>	87 Candles
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## What Is A Dad?

*A dad is someone who  
wants to catch you before you fall  
but instead picks you up,  
brushes you off,  
and lets you try again.*

*A dad is someone who  
wants to keep you from making mistakes  
but instead lets you find your own way,  
even though his heart breaks in silence  
when you get hurt.*

*A dad is someone who  
holds you when you cry,  
scolds you when you break the rules,  
shines with pride when you succeed,  
and has faith in you even when you fail...*  
- Unknown -

A sturdy, steady hand to hold to  
In times of strife and stress  
A true friend we can turn to  
When times are good or bad  
one of our greatest gifts and  
blessings,

The man that we call Dad.



## dad joke

*noun informal*

plural noun: dad jokes

an unoriginal or unfunny joke of a type supposedly told by middle-aged or older men.  
"he makes a lot of corny dad jokes"

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

The retirement of Peggy Mathews, MMP Administrator for 33 years, had many of us reflecting on her amazing leadership abilities and the compassionate care shown to all residents/families she ministered to. A homily about the “footprints” Jesus left behind at His Ascension made me reflect about my ministry and expectations I have about how we live the Mission of The Village at Marymount. One example is my telling new employees during orientation that they must always recognize the dignity and show respect to each and every resident. The self-reflections I mentioned above caused me to rethink the way I present “dignity and respect” during orientation... namely that it is for every one of us to show to each other, not just them to the residents.

If we want to carry forward Peggy’s legacy of respect; if we want to emulate the example Jesus’ footprints left behind as he ascended back to heaven; then, we need to remind ourselves that we must all treat others with dignity and respect, not just expect the “newbies” to our campus to do so. They should see respect in action from each of us as we respect and offer to help them. We must nurture the patience needed to smile and greet all who approach us or who we pass on the halls. We must forget the frustration, irritation, or other annoyances of encounters with each other. We must start fresh with open minds and hearts to greet and show respect at all times – isn’t that the way Peggy treated all of us?! Even more importantly, isn’t that the example Jesus set for us?! I put both Peggy and Jesus forward as examples as one more reminder: Since Jesus ascended into heaven, His example can only be seen through each of us and Peggy is the latest good example of the footprints He left behind – we are the “face of Jesus” to each other!

Let’s make Jesus proud of how we follow His example in the way we love and treat each other – and let’s not forget to pray for each other at the same time!!

## ***Nursing Notes:***

### **These 10 helpful tips can reignite your weight loss**

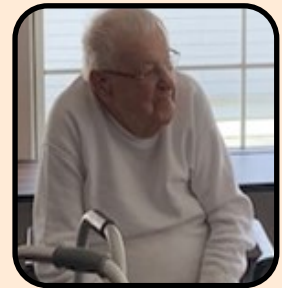
No matter how dedicated you are to losing weight, you will hit a plateau at some point in your diet. This is when weight loss stalls and the numbers on the scale just don’t go down, even though you are still following your diet and exercise routine. Most physicians agree that weight loss is 70 percent diet and 30 percent exercise. For any given dieter, making small changes in either realm can get the numbers back in motion.

Try these tips for moving the scale in the right direction again — you may not even need all of them to start seeing a difference:

1. Ruthlessly clean up your diet. The four deadly sins of food: butter, cheese, fried food, and sugar. These things will keep you from making progress. Examine your diet to make sure you’re being honest with yourself. You lose the right to complain if you aren’t eating what you are supposed to.
2. Skip the alcohol. Alcohol not only adds calories to your diet, but it effectively slows your metabolism and reduces your motivation to work out and diet.
3. Go low-glycemic. If you still have refined carbs in your diet, get rid of them, especially before a workout. Eating a meal containing low-glycemic carbs about three hours before a workout results in more fat burned than a meal containing refined carbs.
4. Vary your exercise routine. If you’re coming to the gym and you’re doing the same thing every time, change your workout -- lift weights tomorrow, swim on the next day, take a group exercise class the day after.
5. Try high-intensity interval training (HIIT). Working out at different levels of intensity is thought to increase weight loss.
6. Strength train. Use weight training to build muscle. Each pound of muscle burns about 50 calories a day at rest. According to a national survey of more than 6,000 adults, about 19 percent of people who were successful with weight loss included weight training in their workouts.
7. Use a heart rate monitor. It keeps you honest about the intensity of your workout. Figure out your maximum heart rate by subtracting your age from 220. Target your workouts so your heart rate stays between 65 and 85 percent of your maximum most of the time.
8. Drink water. If you are not drinking enough water during the day, your body may be retaining water, adding to the numbers on the scale. It is recommended that you consume about half your body weight in ounces of water every day if you work out a lot (more if you’re outside in the heat). A 145-pound woman should drink about 73 ounces of water.
9. Exercise for more than 30 minutes every day. People who exercise at least 30 minutes every day are more successful with weight loss. Try to get in at least this much exercise — and increasing the time you spend working out every day will increase the caloric burn.
10. Get the people in your life on board. Most people don’t sabotage your diet on purpose, but their food-related acts of love could be undermining your weight loss.

Plateaus are a diet downer, but by making these slight adjustments to your plan, you should get that scale back on track in no time.

# Men's Meeting



## Ladies of The Villa







*Mother's Day Tea*





# FATHER'S DAY WORD SEARCH

Happy Father's Day!



Celebrate  
Relaxation  
Inspiration  
Appreciate  
Grandfather  
Devoted

Gift  
Son  
Wise  
Laugh  
Kiss  
Card

Home  
Hugs  
Sunday  
Happy  
Fun  
Cake

Caring  
Holiday  
Giving  
Love  
Family  
Strong

Honor  
Hero  
Daddy  
Loyal  
Friend  
Father

Daughter  
Gentleman  
Children  
Encourager  
Provider  
Greatest

2021-2022

## BROWNS SCHEDULE

@ KANSAS CITY CHIEFS		SUNDAY 4:25p	WK 1
vs HOUSTON TEXANS		SUNDAY 1:00p	WK 2
vs CHICAGO BEARS		SUNDAY 1:00p	WK 3
@ MINNESOTA VIKINGS		SUNDAY 1:00p	WK 4
@ LOS ANGELES CHARGERS		SUNDAY 4:05p	WK 5
vs ARIZONA CARDINALS		SUNDAY 4:05p	WK 6
vs DENVER BRONCOS		TNF 8:20p	WK 7
vs PITTSBURGH STEELERS		SUNDAY 1:00p	WK 8
@ CINCINNATI BENGALS		SUNDAY 1:00p	WK 9
@ NEW ENGLAND PATRIOTS		SUNDAY 1:00p	WK 10
vs DETROIT LIONS		SUNDAY 1:00p	WK 11
@ BALTIMORE RAVENS		SNF 8:20p	WK 12
BYE WEEK			WK 13
vs BALTIMORE RAVENS		SUNDAY 1:00p	WK 14
vs LAS VEGAS RAIDERS		TBD	WK 15
@ GREEN BAY PACKERS		SATURDAY 4:30p	WK 16
@ PITTSBURGH STEELERS		SNF 8:15p	WK 17
vs CINCINNATI BENGALS		SUNDAY 1:00p	WK 18

\*ALL TIMES EASTERN



**sports**

## ***Peggy Mathews Retires After 33 Years at Marymount Place***

There will never be another Peggy Mathews.

Peggy, the long-time Marymount Place Administrator, retired on May 14 after nearly 33 years serving residents and families in the position she created in October 1988 when the building opened.



Peggy was honored during the Marymount Place residents' lunch. Residents sang a special version of "Peg O' My Heart" and performed several skits in her honor. She was honored with gifts and a video tribute. She then turned over the Marymount Place reins to new Administrator Christine Meinke.

Joe DeRosa, chair of the Marymount Health Care Systems' Board of Trustees, thanked Peggy for her many years of dedication to the Marymount Place residents, families, and staff.

Village at Marymount Board member Jim Garnek noted that Peggy has touched "hundreds, if not thousands of lives" during her storied career.

"Peggy, thank you for all of the love and compassion that you have shown our residents since you opened the building," said Tony Coury, The Village at Marymount's Director of Operations. "Your fingerprints are everywhere, they're always going to be there, and the love and compassion you have shown so many families ... so many residents ... is never going to go forgotten."

Peggy was instrumental in creating Marymount Place, and at one point led the facility to six consecutive deficiency-free Ohio Department of Health annual surveys. She established congregate or independent living for Marymount Hospital in a building on McCracken Road across from the hospital.

Working out of that small facility, Peggy created a model suite – portions of which still exist today -- for prospective residents and family members to view while Marymount Place was constructed.

In 2018, Peggy was inducted to The Village at Marymount's Wall of Distinction. She was recognized for her tireless service to help establish Marymount Place and ensure that each of the residents would come to love their home away from home.

Peggy said her retirement is bittersweet, but she is looking forward to this new chapter in her life and will enjoy her well-deserved retirement.

"You are thanking me today, but truly I should be thanking you," Mathews said. "I am so blessed to have been able to enjoy what I do for more than 30 years. It's the residents, families, and staff who make it possible for me to do so."

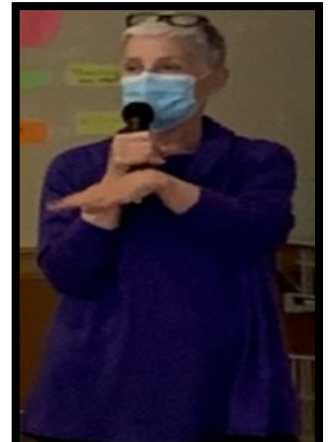
### **One of Peggy's Favorite Resident Stories**

Peggy Mathews relishes many stories from her residents – both current and past.

Her favorite story, recalled in 2009, is from former resident J.W. Allen, who called Marymount Place his home until he died at age 102.

Allen was hired in April 1912 to work in the kitchen aboard the Titanic. Prior to boarding the ship, Allen and some friends became embattled in a card game and subsequently missed boarding the fateful ocean liner.

"I enjoy telling that story," Mathews said. "The profile of our residents really hasn't changed in the past 20 years. We have all learned so much from the extended family that we are a part of at Marymount Place."





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](mailto:info@villageatmarymount.org)**  
**Website: [www.villageatmarymount.org](http://www.villageatmarymount.org)**

Marymount Health Care Systems  
5200 Marymount Village Dr.  
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# Resident in the news!

- ♦ Grandparents were from Czechoslovakia
- ♦ Born and raised in Garfield Heights
- ♦ Had one brother who died while serving in the Military

- ♦ Graduated from John Carroll University with a degree in Chemistry
- ♦ Worked as Chemist for 31 years at Ferro Corp. retiring in 1993
- ♦ 2nd retirement as a Chemist from Baerlocher USA in 2003



***Larry Verbiar***

- ♦ Enjoys making memories with his four daughters, ten grandchildren and two great grandchildren
- ♦ Currently writing biographies about his self, parents and brother

## JUNE HOLIDAYS

3-National Egg Day  
7-National Donut Day (1st Friday)  
6-National Yo-yo Day  
8-National Best Friend's Day  
11-National German Chocolate Cake Day  
11-National Corn on the Cob Day  
12-National Jerky Day  
13-National Sewing Machine Day  
14-Flag Day  
16-Father's Day (3rd Sunday)  
17-Eat All Your Veggies Day  
18-World Juggling Day  
18-International Picnic Day  
20-World Refugee Day  
21-Summer Solstice (longest day)  
22-National Kissing Day  
23-National Eat at a Food Truck Day  
23-Runner's Selfie Day  
24-Take Your Dog to Work Day  
26-National Chocolate Pudding Day  
27-National Sunglasses Day  
29-National Camera Day

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