



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 7

THE VILLAGER

July 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**



NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

HELLO AND HOW ARE YOU FEELING TODAY? IT IS VERY IMPORTANT TO TAKE SOME TIME TO BE MINDFUL ABOUT YOUR FEELINGS AND EXPERIENCES. WITH ALL OF THE THINGS GOING ON GLOBALLY AND PERSONALLY, WE MUST MAKE OUR MENTAL HEALTH OUR TOP PRIORITY. DID YOU KNOW THAT THE MOST COMMON MENTAL HEALTH CONCERNS ARE ANXIETY AND DEPRESSION, AND THAT PEOPLE AGED 85 AND OLDER HAVE THE HIGHEST SUICIDE RATE OF ANY AGE GROUP!? UNFORTUNATELY, ABOUT 2/3 OF SENIORS WITH MENTAL HEALTH PROBLEMS DO NOT GET THE TREATMENT THEY NEED AND DESERVE. BUT NO WORRIES, WE ARE IN THIS TOGETHER AND HERE ARE SOME HELPFUL TIPS TO BRIDGE THE GAP AND TAKE CONTROL OF OUR THOUGHTS, FEELINGS AND ACTIONS.

SO LET'S TALK ABOUT IT! ONE OF THE MOST POPULAR AND EFFECTIVE WAYS TO REDUCE ANXIOUS OR UPSET FEELINGS IS TO USE DEEP BREATHING EXERCISES. ANXIETY AND DEPRESSION ENCOMPASS BOTH A MENTAL AND PHYSICAL EXPERIENCE, SO CALMING THE BODY BY TAKING DEEP BREATHS CAN HELP CALM THE MIND, AS WELL. WHEN YOU TAKE A TRULY DEEP BREATH, YOUR BELLY SHOULD EXPAND AS YOU INHALE. BREATHE IN SLOWLY THROUGH YOUR NOSE AND OUT THROUGH YOUR MOUTH. AFTER A FEW MINUTES, THE PHYSICAL SYMPTOMS OF TENSION OR NERVOUSNESS SHOULD START TO GO AWAY. AMP THIS EXERCISE UP WITH GUIDED IMAGERY OR PROGRESSIVE MUSCLE RELAXATION!

GUIDED IMAGERY INVOLVES FINDING A COMFY SEAT, TAKING SOME DEEP BREATHS, AND PICTURING A SETTING THAT IS CALM AND PEACEFUL. THIS COULD BE A BEACH, A MOUNTAIN SETTING, A MEADOW, OR A SCENE THAT YOU CHOOSE. IMAGINE YOUR SCENE, AND TRY TO ADD SOME DETAIL. FOR EXAMPLE, IS THERE A BREEZE? HOW DOES IT FEEL? WHAT DO YOU SMELL? WHAT DOES THE SKY LOOK LIKE? IS IT CLEAR, OR ARE THERE CLOUDS? IT OFTEN HELPS TO ADD A PATH TO YOUR SCENE. FOR EXAMPLE, AS YOU ENTER THE MEADOW, IMAGINE A PATH LEADING YOU THROUGH THE MEADOW TO THE TREES ON THE OTHER SIDE. AS YOU FOLLOW THE PATH FARTHER INTO THE MEADOW YOU FEEL MORE AND MORE RELAXED. WHEN YOU ARE DEEP INTO YOUR SCENE AND ARE FEELING RELAXED, TAKE A FEW MINUTES TO BREATHE SLOWLY AND FEEL THE CALM. THINK OF A SIMPLE WORD OR SOUND THAT YOU CAN USE IN THE FUTURE TO HELP YOU RETURN TO THIS PLACE. THEN, WHEN YOU ARE READY, SLOWLY TAKE YOURSELF OUT OF THE SCENE AND BACK TO THE PRESENT. TELL YOURSELF THAT YOU WILL FEEL RELAXED AND REFRESHED AND WILL BRING YOUR SENSE OF CALM WITH YOU. COUNT TO 3, AND OPEN YOUR EYES. NOTICE HOW YOU FEEL RIGHT NOW!

PROGRESSIVE MUSCLE RELAXATION HAS BEEN USED TO HELP PEOPLE DURING EMOTIONAL DISTRESS, SINCE 1930. PRACTICING THIS TECHNIQUE WILL GIVE YOU A GREATER SENSE OF CONTROL OVER YOUR MIND AND BODY. START BY FIND A QUIET PLACE FREE FROM DISTRACTIONS. FIND A COMFORTABLE PLACE TO SIT, LOOSEN ANY TIGHT CLOTHING, AND REMOVE GLASSES OR CONTACTS. REST YOUR HANDS IN YOUR LAP OR ON THE ARMS OF THE CHAIR. TAKE A FEW SLOW EVEN BREATHS. NOW, FOCUS YOUR ATTENTION ON THE FOLLOWING AREAS, BEING CAREFUL TO LEAVE THE REST OF YOUR BODY RELAXED.

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HAPPY BIRTHDAY



Continuing Care Unit

Sr. Benjamin Chrapczynski
Sr. Eileen Wentzel

229
227 B

July 20th
July 27th

95 Candles
94 Candles

Marymount Place

Sr. Dominica Fick
Sr. Alice Trebatoski
Janice Jablonski
James Wapple

103
322
225
130

July 16th
July 17th
July 19th
July 27th

88 Candles
92 Candles
77 Candles
89 Candles

Fourth of July

WORD SEARCH

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

United States
Liberty
States
Parade

Independence
America
Stars
Flag

Revolution
Freedom
Flag
Summer

Fireworks
Picnic
Patriotic
July

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 outgoing 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.

Nursing Notes:

These Five Decisions Can Make You Happier

Research has shown that a person is happiest, healthiest, and most successful when they are making a positive difference; taking care of himself or herself physically, mentally, spiritually, and has loving relationships.

There are five decisions we make every day to bring us either more happiness or less – what we choose to do with, and how we treat our:

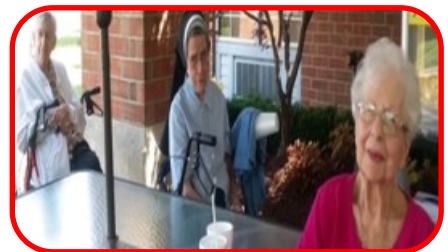
- ♦ **Body**
- ♦ **Relationships**
- ♦ **Money**
- ♦ **Spiritual life**
- ♦ **Community**

Knowing your life purpose will help guide you in allocating the proper amount of energy and attention to each of these five key aspects of your life. Dynamic balance is what we strive for — we cannot do it all, but we can adjust the resources we dedicate toward each part of our life at each stage of our life. Situations and priorities change over time but knowing our reasons for being will guide us along the way. By being conscious about what we choose to do, we can get buy-in and cooperation from others more easily than when we are acting without awareness.

We can make purposeful decisions and plans when we are aware of our own values instead of simply reacting to outside blandishments and events. Knowing your personal priorities, you can take the steps to gain your dynamic balance and the life you've always dreamed of. Happiness and inner peace are yours when you choose what is in alignment with your life's mission.



**Fun in the Sun with
Tammy & Greg**



Continued from page 1

Now, focus your attention on the following areas, being careful to leave the rest of your body relaxed.

1. **Forehead:** Squeeze the muscles in your forehead, holding for 15 seconds. Feel the muscles becoming tighter and tenser. Then, slowly release the tension in your forehead while counting for 30 seconds. Notice the difference in how your muscles feel as you relax. Continue to release the tension until your forehead feels completely relaxed. Breathe slowly and evenly.
2. **Jaw:** Tense the muscles in your jaw, holding for 15 seconds. Then release the tension slowly while counting for 30 seconds. Notice the feeling of relaxation and continue to breathe slowly and evenly.
3. **Neck and shoulders:** Increase tension in your neck and shoulders by raising your shoulders up toward your ears and hold for 15 seconds. Slowly release the tension as you count for 30 seconds. Notice the tension melting away.
4. **Arms and hands:** Slowly draw both hands into fists. Pull your fists into your chest and hold for 15 seconds, squeezing as tight as you can. Then slowly release while you count for 30 seconds. Notice the feeling of relaxation.
5. **Buttocks:** Slowly increase tension in your buttocks over 15 seconds. Then, slowly release the tension over 30 seconds. Notice the tension melting away. Continue to breathe slowly and evenly.
6. **Legs:** Slowly increase the tension in your quadriceps and calves over 15 seconds. Squeeze the muscles as hard as you can. Then gently release the tension over 30 seconds. Notice the tension melting away and the feeling of relaxation that is left.
7. **Feet:** Slowly increase the tension in your feet and toes. Tighten the muscles as much as you can. Then slowly release the tension while you count for 30 seconds. Notice all the tension melting away. Continue breathing slowly and evenly.

Enjoy the feeling of relaxation and positive energy sweeping through your body. Continue to breathe slowly and evenly. It is also important to get enough sleep, laugh often, recite personal affirmations, get your body moving a little and listen to some good music. Doing these things regularly keeps us happy, healthy and ahead of the game! So grab a friend (or make a new friend), ask them how they are doing and give one of these exercises a try today!
Alissa Mullen LPC/MFP

Fun on CCU & MCU



Cleveland Area July Attractions

July 3rd

Cleveland Pops Orchestra & Fireworks, Amphitheatre in Twinsburg

July 4th

- Westlake, Independence Day Fireworks + Parade, 1 pm Clague Park, Westlake
- Fourth of July Parade, Gates Mills, 2-6 pm, Chagrin River Road

July 9-11

Cain Park Arts Festival

July 12-18

Cleveland Burger Week (annual food event - burgerweekcleveland.com)

July 14th

Asian Lantern Festival, Cleveland Metroparks Zoo

July 24-25

Wonderstruck (annual music festival – wonderstruck-fest.com)



*Easy
No Bake
4th of July
Thumbprint
Cookies*

Ingredients

8 oz cream cheese, softened
1 box yellow cake mix
1/2 C powdered sugar
36 M&Ms

Instructions

With a mixer, beat cream cheese until fluffy.
Add dry cake mix and whip until uniform.
Form dough into 1-inch balls and place them on a baking sheet.
Refrigerate for 1 hour.
Roll balls in powdered sugar and press an M&M in the center.



John G. See
July 8th @
2 pm

**LIVE
MUSIC &
Vocal**



TRIVIA
Friday Mornings
@ 10:30 am
Living Room

It takes two to tango, two to kiss, two to talk and reminisce. So many good things come in a pair and one of those things is ME and YOU! Join us on Thursday Mornings @ 10:30 in the Living Room as we *Reminisce* about the Good Days.



July 25th at 2 pm
Featuring
Lolita Jones



Bring a poem, share a poem, listen to a poem!
Every other Monday, see calendar

Save The Date



12th Celebration of Life Gala Goes 'Live' on September 24

The Village at Marymount's 12th annual Celebration of Life Gala is on Friday, September 24, 2021, at Embassy Suites by Hilton Cleveland-Rockside in Independence. This gala will combine a live and interactive live stream element.

"Like so many in the Cleveland area, we are excited to go 'live' again and hope that donations to our event will help create more business for you too," said Sister Mary Alice Jarosz, The Village at Marymount's Director of Mission Integration. "Helping each other can help us all continue to re-create a 'Cleveland Strong' flourishing community after such a difficult and trying year of COVID."

Items are needed for the Live and Silent Auctions. Any items you can provide to us are appreciated, Sister Mary Alice said. If you are a business owner, you will receive terrific exposure among our guests -- and free acknowledgement throughout our live event, on our social media platforms leading up to the gala, plus in our 2021 Annual Report.

The Village at Marymount was founded by the Sisters of St. Joseph of the Third Order of St. Francis. We are a faith-based Continuing Care Community offering Assisted Living, Skilled and Rehabilitation Nursing, and Memory Care neighborhoods. We are a 501(c)(3) corporation, federal ID number 20-5652595. Your donation is tax deductible. A member of our committee can stop by your business and pick up your donation, or you may send it to:

The Celebration of Life Gala Committee
c/o Ron Hollowell, The Village at Marymount
5200 Marymount Village Drive
Garfield Heights OH 44125

Please contact Ron Hollowell at 216-332-1751. To learn more about our event, please visit



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!



Loretta Cerveny

- * **Born February 12, 1929**
- * **Lived in Garfield Heights majority of her life**
- * **Married to her beloved Robert**
- * **Has 3 Children (Linda, Tom and David)**

- * **Favorite color is pink**
- * **Favorite meal is lunch**
- * **Loretta was an awesome baker and gardener**
- * **Loves to play bingo, sing and spend time outdoors**
- * **Known for her friendly face, positive attitude and always helping others**
- * **Loretta's advice: "Always be thankful for what you have"**

JULY HOLIDAYS

1-Canada Day
4-Independence Day
4-Sidewalk Egg Frying Day
4-Independence Day
9-National Sugar Cookie Day
10-Pick Blueberries day
12-Pecan Pie Day
13-Barbershop Music Appreciation day
13-National French Fries Day
14-Bastille Day
16-Fresh Spinach Day
16-World Snake Day
22-Hammock Day
24-Pioneer Day
24-Amelia Earhart Day
26-Aunt & Uncle Day
27-Take Your Houseplants for a Walk
28-National Milk Chocolate Day
29-National Lasagne Day
30-National Cheesecake day
30-Father-in-Law Day

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