



# 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 10

# THE VILLAGER

OCTOBER 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**



### HALLOWEEN COMES TO AMERICA

THE CELEBRATION OF HALLOWEEN WAS EXTREMELY LIMITED IN COLONIAL NEW ENGLAND BECAUSE OF THE RIGID PROTESTANT BELIEF SYSTEMS THERE. HALLOWEEN WAS MUCH MORE COMMON IN MARYLAND AND THE SOUTHERN COLONIES.

AS THE BELIEFS AND CUSTOMS OF DIFFERENT EUROPEAN ETHNIC GROUPS AND THE AMERICAN INDIANS MESHED, A DISTINCTLY AMERICAN VERSION OF HALLOWEEN BEGAN TO EMERGE. THE FIRST CELEBRATIONS INCLUDED “PLAY PARTIES,” WHICH WERE PUBLIC EVENTS HELD TO CELEBRATE THE HARVEST. NEIGHBORS WOULD SHARE STORIES OF THE DEAD, TELL EACH OTHER’S FORTUNES, DANCE AND SING.

COLONIAL HALLOWEEN FESTIVITIES ALSO FEATURED THE TELLING OF GHOST STORIES AND MISCHIEF-MAKING OF ALL KINDS. BY THE MIDDLE OF THE 19TH CENTURY, ANNUAL AUTUMN FESTIVITIES WERE COMMON, BUT HALLOWEEN WAS NOT YET CELEBRATED EVERYWHERE IN THE COUNTRY.

IN THE SECOND HALF OF THE 19TH CENTURY, AMERICA WAS FLOODED WITH NEW IMMIGRANTS. THESE NEW IMMIGRANTS, ESPECIALLY THE MILLIONS OF IRISH FLEEING THE IRISH POTATO FAMINE, HELPED TO POPULARIZE THE CELEBRATION OF HALLOWEEN NATIONALLY.

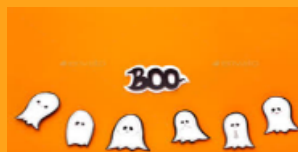
### HOW TRICK-OR-TREATING BECAME A HALLOWEEN TRADITION

TRICK-OR-TREATING—SETTING OFF ON HALLOWEEN NIGHT IN COSTUME AND RINGING DOORBELLS TO DEMAND TREATS—HAS BEEN A TRADITION IN THE UNITED STATES AND OTHER COUNTRIES FOR MORE THAN A CENTURY. ITS ORIGINS REMAIN MURKY BUT TRACES CAN BE IDENTIFIED IN ANCIENT CELTIC FESTIVALS, EARLY ROMAN CATHOLIC HOLIDAYS, MEDIEVAL PRACTICES—AND EVEN BRITISH POLITICS.

HALLOWEEN HAS ITS ROOTS IN THE ANCIENT, PRE-CHRISTIAN CELTIC FESTIVAL OF SAMHAIN, WHICH WAS CELEBRATED ON THE NIGHT OF OCTOBER 31. THE CELTS, WHO LIVED 2,000 YEARS AGO IN THE AREA THAT IS NOW IRELAND, THE UNITED KINGDOM AND NORTHERN FRANCE, BELIEVED THAT THE DEAD RETURNED TO EARTH ON SAMHAIN. ON THE SACRED NIGHT, PEOPLE GATHERED TO LIGHT BONFIRES, OFFER SACRIFICES AND PAY HOMAGE TO THE DEAD.

DURING SOME CELTIC CELEBRATIONS OF SAMHAIN, VILLAGERS DISGUISED THEMSELVES IN COSTUMES MADE OF ANIMAL SKINS TO DRIVE AWAY PHANTOM VISITORS; BANQUET TABLES WERE PREPARED AND FOOD WAS LEFT OUT TO PLACATE UNWELCOME SPIRITS

IN LATER CENTURIES, PEOPLE BEGAN DRESSING AS GHOSTS, DEMONS AND OTHER MALEVOLENT CREATURES, PERFORMING ANTICS IN EXCHANGE FOR FOOD AND DRINK. THIS CUSTOM, KNOWN AS MUMMING, DATES BACK TO THE MIDDLE AGES AND IS THOUGHT TO BE AN ANTECEDENT OF TRICK-OR-TREATING.



[HTTPS://WWW.HISTORY.COM/TOPICS/HALLOWEEN/HISTORY-OF-HALLOWEEN#SECTION\\_6](https://www.history.com/topics/halloween/history-of-halloween#SECTION_6)

# Happy Birthday!

Sharon Shapiro	CH 2-04	October 6 <sup>th</sup>	79 Candles
Sr. Martha Cherney	CCU 221	October 12 <sup>th</sup>	91 Candles
Dolores Richardson	CCU 209 B	October 13 <sup>th</sup>	83 Candles
Dolores Hustack	CCU 211 B	October 16 <sup>th</sup>	84 Candles
Jerome Semancik	CCU 218 A	October 27 <sup>th</sup>	81 Candles



## Marymount Place

Sr. Theresa Slonina	206	October 2 <sup>nd</sup>	87 Candles
Sr. Mary Phyliss Chrusciel	220	October 5 <sup>th</sup>	79 Candles
Rev Carl Uhler	232	October 8 <sup>th</sup>	91 Candles
Rose Termini	123	October 12 <sup>th</sup>	96 Candles
Sr. Jean Ehasz	323	October 13 <sup>th</sup>	88 Candles



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

TRICK OR TREAT PUMKINS      BATS      SCARED      BLACK CAT  
 PARTY      JACK-O-LANTERN      SEEDS      NIGHT      CANDY      POTION  
 FULL MOON      COSTUME      HAUNTED HOUSE      CREEPY

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

In 2007 I was one of 57 members of the Leadership Conference of Women Religious asked to reflect on what it means to nurture new life, stay open to possibilities, and dream of what may yet be. We received different passages from great thinkers of our age and related passages from Scripture. We shared the fruit of our insights and they were gathered in a book of reflections.

My quotation was from Wendell Berry: “Let the world bring on me the sleep of darkness without stars, so I may know my little light taken from me into the seed of the beginning and the end, so I may bow to mystery, and take my stand on the earth like a tree in a field, passing without haste or regret toward what will be, my life a patient willing descent in the grass.”

My Scripture passage was from Zechariah 8: 12 – “The seed will grow well, the vine will yield its fruit, the ground will produce its crops, and the heavens will drop their dew.”

My shared reflection was:

“Zechariah tells us what is meant to be will be – the seed, the vine, the ground, the heavens will all grow, produce, yield, drop down dew...”

Don't we easily and often enough get caught in the inevitability of what will be and tarnish the transcendent glow lighting our way through the sleeping darkness of now? We miss golden opportunities to embrace the inevitable, to inform it with our history, to form it into our legacy, to live it into being more than it inevitably will be(come) on its own.

Wendell Berry “gets it” and invites the world to bring on the sleep of knowing the seeds of beginnings and endings are all mysteriously shaped by the stands we take – on the earth and for the earth and for all who people the universe.

May we constantly and consistently believe so deeply in what will be that we laugh more often and enjoy the dance of today already being choreographed by tomorrow into the outstanding performance of what will be – life after our life.”

My thoughts on the above reflection, now in 2021, are that this is what we here at the Village at Marymount are striving to do each day, no matter what stage of our lives we are “celebrating”. We are trying to believe and live and laugh and find joy in embracing our current reality so that our history and legacy will be more than it could become on its own...



## **INGREDIENTS**

25 Miniature Reeses Cups  
25 Thin Oreo Chocolate Sandwich Cookies (plan on having extra in case some don't break nicely)  
1/3 cup Pre-made cream cheese frosting (or homemade)  
50 Edible eyes

## **INSTRUCTIONS**

Remove the wrappers from the Reeses cups.

Break the cookies in half and then separate all of the pieces from one another so you now have four "bat wings". Scrape off the frosting and discard (or eat!)

Fill up a plastic bag with the store bought or homemade frosting. Cut off the tip of the bag and pipe frosting onto the back corners of the broken cookie pieces.

Press one cookie piece on the left of the Reeses cup and another cookie piece on the right of the Reeses cup.

Pipe frosting on the back of the edible eyes and secure on top of the center of the Reeses cup.

Enjoy!

**prep time**15 minutes  
**total time**15 minutes  
**Servings** 25 or more

What are the real facts on what causes, cures, hinders, and helps arthritis and joint pain?



**Myths and Facts About Joint Pain**

There are more than 50 types of arthritis, but having a swollen, achy joint does not mean you have one of them. "You need to be properly diagnosed and treated," says Elaine Husni, M.D., M.P.H., director of the Arthritis and Musculoskeletal Center Orthopedic and Rheumatologic Institute, at the Cleveland Clinic. "You may not even have arthritis, but rather a soft tissue injury or bursitis." Only a visit to a doctor will tell you for sure.

**Cracking Your Knuckles**

Sure, we've all heard this one before. Mom always said, "Stop cracking those knuckles or you'll end up giving yourself arthritis." But popping of the knuckles is just a vacuum phenomenon. When you pull on your knuckles, a bit of excess nitrogen gas that was dissolved in your blood literally makes a popping noise. So no, you won't get arthritis from knuckle popping, though you may annoy those around you.

Arthritis patients feel an uncomfortable pressure in their joints on days of high humidity and low barometric pressure, especially just before a storm. A drier climate means a minimum of pressure.

**The Value of Exercise**

Exercise is beneficial for everyone, with or without arthritis. Yet only 13 percent of men and 8 percent of women with knee osteoarthritis get the minimum recommended amount of weekly movement. If you are in pain, forgo intense exercise and try some light stretching, or switch to workouts that are less taxing on the joints, such as the stationary bike or swimming.

**Arthritis And Diet**

Diet can be a factor in preventing arthritis. Yes — and no. Maintaining a healthy weight can help ward off certain types of arthritis. Diet has not been proven to have a direct link to the cause or prevention of other forms of arthritis.

**The Truth About Medications**

Arthritis medications — including COX-2 inhibitors, non-steroidal anti-inflammatory drugs (NSAIDs), anti-TNF compounds, corticosteroids, and disease-modifying antirheumatic drugs (DMARDs) — can help reduce inflammation, relieve painful symptoms, and prevent joint damage. It's best to see your doctor to determine a treatment plan that can help you maintain your quality of life and better manage your condition.

**WHAT'S HAPPENING!!**



Lolita Jones



**HAPPY HOUR**

Frídays in October  
@ 4 pm  
With Sr. Marianne Saucier

Saturday, Oct 30<sup>th</sup>  
@ 2 PM



John G. See

**LIVE  
MUSIC &  
Vocal**

October 14<sup>th</sup> @ 2



Friday, October 29<sup>th</sup>



## THE VILLAGE AT MARYMOUNT CAPTURES EIGHTH CONSECUTIVE NorthCoast 99 AWARD

The Village at Marymount is proud to be recognized by ERC as one of Northeast Ohio's 99 best places to work. This year marks the eighth consecutive year The Village at Marymount has received the coveted NorthCoast 99 Award.

“This award is a testament to our staff and winning an eighth NorthCoast 99 Award validates their efforts live our Mission to provide an environment of compassion, competence and the celebration of life to all entrusted to our community of care,” said Sue Nall, RN, LNHA, Executive Director of The Village at Marymount.

Additionally, The Village at Marymount received its first-ever Category Award in the area of “Total Rewards”. The award was given for the response to the question: What did your organization do in 2020 that was unique different or special to align total rewards with employee performance business results and/or strategic priorities?

The response was judged on its creativity originality specificity and workplace impact. To be eligible The Village at Marymount was both a 2021 NorthCoast 99 winner and its score (total points) for the “Total Rewards” section of the application was within the top 25% of all 2021 NorthCoast 99 winners.

Like all businesses, The Village at Marymount continued to find itself severely challenged in 2020, due to the coronavirus pandemic, to attract and retain top talent. An outside Human Resources consultant was hired to help the senior leadership team and the Human Resources Department focus on initiatives designed to find and retain top performers.

NorthCoast 99 is in its 23rd year of recognizing great places to work for top performing people that drive results, provide competitive advantages, and allow businesses to innovate and grow. Applicants are evaluated based on policies and practices related to the attraction and retention of top performers, as well as data collected from employee surveys.

“We’re extremely honored to recognize The Village at Marymount as one of our 2021 NorthCoast 99 winners,” said Kelly Keefe, President of ERC. “The Village at Marymount has earned the right to be called a great workplace by its dedication to attracting, supporting, retaining, and motivating Top Performers. ERC developed the NorthCoast 99 program with the hopes of inspiring local leaders like The Village at Marymount to promote the great workplace movement.”

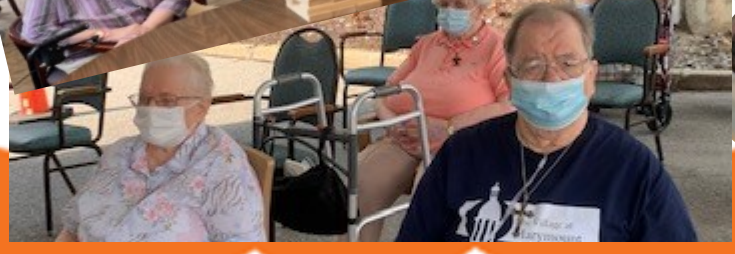
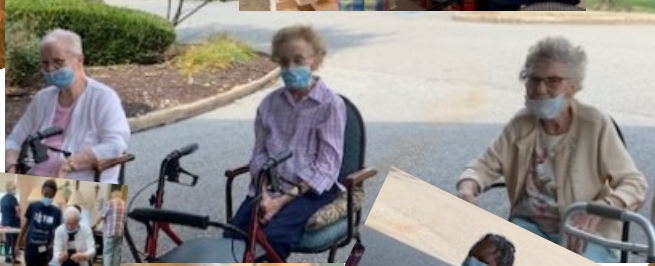
NorthCoast 99 is an annual recognition program that honors 99 great workplaces for top talent in Northeast Ohio. The program focuses on organizational practices and performance.



While our compassionate team lovingly cared for our residents, the administration saw to it to celebrate staff efforts as well. Cook outs, dress down days, contests, games, special recognition, and so much more has helped us to lean on each other during this time of the pandemic. Our spiritual care team, led by Sister Mary Alice Jarosz, Director of Mission Integration, is always close at hand to whomever needs additional support.









TRICK OR TREAT PUMPKINS BATS SCARED BLACK CAT

PARTY JACK-O-LANTERN SEEDS NIGHT CANDY POTION

FULL MOON COSTUME HAUNTED HOUSE CREEPY

# Resident in the news!

- \* Born December 16, 1930 in West Virginia
- \* Has 8 brothers & Sisters. All of their names start with "J" except Esther. Her name was misspelled by doctor on paperwork.
- \* Has a daughter and son. Her son has passed away.
- \* Has two granddaughters
- \* Word searches and bingo are some of her favorite things to do

Esther Gean Secreto



- \* Not shy to sing. She sang alto in choir and loves sing a longs.



## 31 Holidays To Celebrate In OCTOBER

- 10/1 World Vegetarian Day
- 10/2 Name Your Car Day
- 10/3 Techies Day
- 10/4 National Golf Day
- 10/5 Do Something Nice Day
- 10/6 Mad Hatter Day
- 10/7 Bald and Free Day
- 10/8 American Touch Tag Day
- 10/9 Cheese Day
- 10/10 Handbag Day
- 10/11 It's My Party Day
- 10/12 Silly Sock Day
- 10/13 International Sceptics Day
- 10/14 National Dessert Day
- 10/15 Information Overload Day
- 10/16 Dictionary Day/Learn a New Word Day
- 10/17 Wear Something Gaudy Day
- 10/18 No Beard Day
- 10/19 Think About Your Future Day
- 10/20 National Brandied Fruit Day
- 10/21 Count Your Buttons Day
- 10/22 Caps Locks Day
- 10/23 National Mole Day
- 10/24 National Bologna Day
- 10/25 Punk for a Day
- 10/26 Howl at the Moon Day
- 10/27 National Tell a Story Day
- 10/28 Plush Animal Lovers Day
- 10/29 Internet Day
- 10/30 National Candy Corn Day
- 10/31 Carve a Pumpkin Day and Halloween

The Inspired HOLIDAY