

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 16 Issue 1

THE VILLAGER

January 2022

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



TIMES SQUARE BALL DROP

IT'S NO SECRET THAT ONE OF THE MOST POPULAR DESTINATIONS IN THE WORLD FOR THE MOST HIGHLY ANTICIPATED NIGHT OUT OF THE YEAR – NEW YEAR'S EVE – IS NEW YORK CITY. IT'S ALL ABOUT THE SIGHTS, SOUNDS, AND UNIQUE ENTERTAINMENT THAT THIS CITY HAS TO OFFER— CENTERED, OF COURSE, ON THE TIMES SQUARE BALL. WHEN YOU GATHER IN MIDTOWN TO WATCH THE BALL DROP, YOU'RE PART OF A LONG, RICH HISTORY OF PARTYING

IN 1903, THE NEW YORK TIMES NEWSPAPER WAS ABOUT TO OPEN THEIR NEW HEADQUARTERS, THE CITY'S SECOND TALLEST BUILDING, IN WHAT WAS THEN KNOWN AS LONGACRE SQUARE. THE PAPER'S OWNER, ADOLPH OCHS, DECIDED TO COMMEMORATE THEIR OPENING WITH A MID-NIGHT FIREWORKS SHOW ON THE ROOF OF THE BUILDING ON DECEMBER 31, 1903. AFTER FOUR YEARS OF NEW YEAR'S EVE FIREWORKS CELEBRATIONS, OCHS WANTED A BIGGER SPECTACLE AT THE BUILDING TO DRAW MORE ATTENTION TO THE NEWLY-RENAMED TIMES SQUARE. AN ELECTRICIAN WAS HIRED TO CONSTRUCT A LIGHTED BALL TO BE LOWERED FROM THE FLAGPOLE ON THE ROOF OF ONE TIMES SQUARE. THE IRON BALL WAS ONLY 5 FEET IN DIAMETER! THE VERY FIRST DROP WAS ON NEW YEAR'S EVE 1907, ONE SECOND AFTER MIDNIGHT. THOUGH THE TIMES WOULD LATER MOVE ITS HEADQUARTERS, THE NEW YEAR'S EVE CELEBRATION AT ONE TIMES SQUARE REMAINS A FOCAL CELEBRATION FOR THE WORLD.

THE BALL HAS GONE THROUGH SOME MAJOR TRANSFORMATIONS IN ITS 100-PLUS YEARS OF PARTYING. THE ORIGINAL BALL WAS REPLACED IN 1920 WITH A 5-FOOT, 400-POUND IRON BALL. THIS BALL LASTED TO 1995, WHEN A THIRD BALL DEBUTED, ADDING RHINESTONES AND A COMPUTERIZED LIGHTING SYSTEM FEATURING STROBE LIGHTS. FOR THE ARRIVAL OF THE NEW MILLENNIUM, AN ENTIRELY NEW BALL WAS CONSTRUCTED. WEIGHING 1,070 POUNDS AND MEASURING 6 FEET IN DIAMETER, THE FOURTH BALL WAS COVERED WITH 504 WATERFORD CRYSTAL TRIANGLES ILLUMINATED WITH 168 HALOGEN BULBS OUTSIDE. INTERNALLY, 432 BULBS OF CLEAR, RED, BLUE, GREEN AND YELLOW COLORS ALONG WITH STROBE LIGHTS AND SPINNING MIRRORS LIT UP THE NIGHT. IT WAS RETIRED ON DECEMBER 31, 2006 NEWLY RIGGED WITH LIGHT-EMITTING DIODES.

IN HONOR OF THE BALL DROP'S 100TH ANNIVERSARY, A FIFTH DESIGN DEBUTED NEW YEAR'S EVE 2008. MANUFACTURED AGAIN BY WATERFORD CRYSTAL WITH A DIAMETER OF 6 FEET, WEIGHING 1,212 POUNDS, IT USED LEDs, COMPUTERIZED LIGHTING PATTERN, AND CAN PRODUCE OVER 16.7 MILLION COLORS, BUT ONLY CONSUMES THE ELECTRICITY OF 10 TOASTERS! THE 2008 BALL WAS ONLY USED ONCE— A SIXTH NEW BALL DEBUTED ON NEW YEAR'S EVE 2009 AND IS STILL IN USE.

TODAY'S BALL IS 12 FEET IN DIAMETER, WEIGHING 11,875 POUNDS. WHILE RETAINING THE 2008 DESIGN, THIS BALL WAS REBUILT DOUBLE ITS PREVIOUS SIZE. TO ACCOMMODATE THIS NEW BALL, THE FLAGPOLE WAS ALSO ENLARGED, NOW RISING 475 FEET ABOVE THE STREET. IT REMAINS ATOP ONE TIMES SQUARE YEAR-ROUND, REMINDING THE PEOPLE BELOW OF THE MOST EXCITING NIGHT OF THE YEAR, AND BUILDING THE ANTICIPATION. WHERE WILL YOU BE THIS NEW YEAR'S EVE? HOW WILL YOU BECOME A PART OF THE BALL'S HISTORY?

[HTTPS://WWW.BALLDROP.COM/ARTICLE/HISTORY-OF-TIMES-SQUARE-BALL-DROP](https://www.balldrop.com/article/history-of-times-square-ball-drop)

Happy Birthday!

Continuing Care Unit

Sr. Bernadine Lepak	222	January 2 nd	79 Candles
William Shuki	201	January 4 th	70 Candles
Sr. Roselle Lesinski	225	January 6 th	91 Candles
Lois Olexo	205	January 12 th	70 Candles
Susan Macha	217 A	January 15 th	71 Candles
John O'Brien	207 A	January 21 st	95 Candles

Memory Care Unit

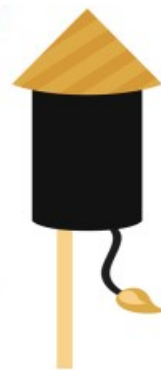
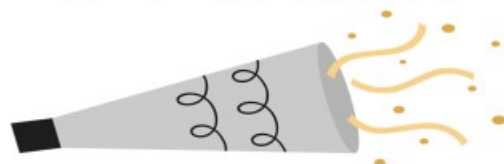
John Depompei	12	January 11 th	106 Candles
Dorothy Lisy	16	January 16 th	89 Candles

Marymount Place

Andrea Bennett	332	January 2 nd	74 Candles
Rita Nejman	128	January 3 rd	86 Candles
Sr. Rosanna Hodlik	324	January 27 th	71 Candles



HAPPY NEW YEAR!



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

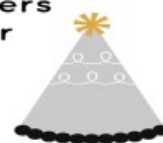
Countdown
 Confetti
 Midnight
 Balloons

Celebration
 Fireworks
 January
 Happy



New Year
 Clock
 Cheers
 Goals

Party Poppers
 Noisemaker
 Resolution
 Sparklers





Housekeeper Strikes Gold

*Linda Blackwell
Crowned 2021
Franciscan Spirit Award Winner of the Year*

After jumping through hoops every day to deliver the terrific service she does for residents, housekeeper Linda Blackwell had to endure a game of musical chairs to secure the coveted Golden Ticket.

Linda struck gold on December 17 when her gift box contained the Golden Ticket, making her The Village at Marymount's 2021 Franciscan Spirit Award Winner of the Year. Linda, who was the January Spirit Award winner and is now a two-time award winner, received a \$1,000 cash prize. Villa St. Joseph Administrator Dan Storey conducted a game of musical chairs for the 11 Spirit Award winners to determine which box was theirs to open.

"Oh my gosh, I got it!" Linda exclaimed when she found the Golden Ticket. She quickly broke into a victory dance. "This is unbelievable. I'm so happy." Linda was uncertain as to how she plans to spend her winnings.

Prior to the Winner of the Year ceremonies, The Village at Marymount presented several monthly Spirit Awards to worthy staff members.

Marymount Place care attendant Tina Harrison became a two-time award winner when she was selected as the December recipient. Therapist Elaine McCann was honored for November, and nursing supervisor Lisa Stuver took home the October honors. Both Elaine and Lisa joined the ranks of two-time award winners.

Elizabeth Watkins won the September award while Autumn Miserendino, a state-tested nursing assistant on the Continuing Care Unit, was honored for the month of August.

"Oh, wow!" Lisa said upon receiving the award from Director of Nursing Peggy Jakabcic and Unit Manager Steve Scanlon. "Thank you. I love working with all of you and enjoy taking care of our residents."

Lisa was honored for her adherence to the core Mission values of Compassion, competence, and the Celebration of Life. "(The award) is well deserved," Peggy said. "You do a great job every day."

Marymount Place Administrator Chris Meinke nominated Tina for the award based on the same Mission values. "Tina, the residents just love you and the care you provide to them every day," Chris said.

Tina was equally surprised to win the award for the second time in her Marymount Place career. "The residents mean everything to me," Tina said. "I'm so surprised that I won this (award) a second time."

Autumn, who has been with The Village at Marymount for more than one year, was surprised to win the award.

"I'm here for the residents," Autumn said, "And they're here for me. I really enjoy working with them."

Congratulations to each of the winners. They truly demonstrate the core values of The Village at Marymount's Mission values of Compassion, competence, and the Celebration of Life.

Spirited Award Winners

Model St. Francis Each Day

Great job



Yes!

Eleven Franciscan Spirit Award winners and representatives get ready for a game of musical chairs to determine which gift box they will open to see if they have the coveted Golden Ticket.



Linda Blackwell, left, shows off her winning Golden Ticket



Therapist Elaine McCann, above, accepts the November 2021 Franciscan Spirit Award from Executive Director Sue Nall.

Care attendant Tina Harrison, below, receives the December 2021 Franciscan Spirit Award from Marymount Place Administrator Chris Meinke



Lisa Stuver, above is the October 2021 Franciscan Spirit Award winner



Autumn Miserendino, right, STNA, winner of the August 2021 Franciscan Spirit Award

Way 2Go





Do Not Underestimate The Value of Quality Sleep

Courtesy of Medical News Today

Many people do not get enough quality sleep, and this can affect their health, well-being, and ability to do everyday activities.



The right amount of sleep can vary from person to person, but the Centers for Disease Control and Prevention (CDC) recommend that adults get at least seven hours of sleep each night. The CDC also estimates that one in three adults does not get enough sleep.

Occasional interruptions to sleep can be a nuisance, while an ongoing lack of quality sleep can affect a person's performance at work or school, their ability to function day to day, their quality of life, and their health.

Sleep Quality vs. Quantity

It is important to consider quality, as well as quantity, of sleep. If a person has low-quality sleep, they feel tired the next day, regardless of how many hours they have slept.

Low-quality sleep may involve:

- waking often during the night
- breathing difficulties, such as sleep apnea
- an environment that is too hot, cold, or noisy
- an uncomfortable bed
- Symptoms of sleep deprivation vary. A person who is getting too little quality sleep may experience a range of symptoms including:
 - fatigue
 - irritability
 - mood changes
 - difficulty focusing and remembering

<p>7 Hours Sleep</p>   <p>High quality</p> <p>Not waking during night</p> <p>Going through proper sleep cycles</p> <p>Wake up feeling refreshed and with loads of energy</p>	<p>9 Hours Sleep</p>   <p>Poor quality</p> <p>Waking up multiple times during night</p> <p>Restless and not getting into a deep sleep</p> <p>Wake up still feeling tired with low energy</p>
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With a new year upon us, try to make getting more quality, restful sleep one of your resolutions to improve your health in 2022.



QUALITY SLEEP = A QUALITY LIFE

Mock-Champagne for your New Years Toast! {Non-alcoholic}

Bring in the new year with a fancy bubbly glass of mock champagne. Not only is it alcohol-free but it tastes delicious and is so easy to make!



Prep Time	Total Time
2 mins	2 mins

★★★★★
5 from 2 votes

Course: Drinks Cuisine: American Servings: 8 -9 servings
Calories: 165kcal Author: Kadee & Desarae

Ingredients

- 2 liters bottle of CHILLED gingerale
- 1/2 can of frozen white grape juice concentrate thawed
- 1 small basket of raspberries rinsed and drained

Instructions

- Combine all ingredients in a large pitcher and stir to combine. Serve in the fancy glass of your choice. Say cheers after you clink glasses.

Nutrition

Serving: 8ounces | Calories: 165kcal | Carbohydrates: 42g | Sodium: 29mg | Potassium: 65mg | Sugar: 41g | Calcium: 18mg | Iron: 0.8mg

TASTY
RECIPES ▾ TIPS & TRICKS ▾ SHOP ▾

WORLD MAKE AGAIN

Strawberry Cheesecake Crackers


featured in No-Bake After School Snacks

Betsy Carter
Tasty Team

P
F
E
Print

🕒 Under 30 minutes

<p>Ingredients for 12 servings</p> <p>12 graham cracker squares</p> <p>½ cup cream cheese</p> <p>1 cup strawberry, sliced</p> <p>honey</p>	<p>Preparation</p> <ol style="list-style-type: none"> 1 Spread cream cheese onto each graham cracker. 2 Top with strawberries. 3 Drizzle with honey. 4 Enjoy!
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Need something more meaningful?

Want to help? Have time to spare?
Bored? Want to make an impact?



Desire new friendships?



Call Roslyn in Activities at (216) 332-1694 or email rmullen@marymounthcs.org for more details.

How the Martin Luther King Jr. birthday became a holiday?

The fight to make the Martin Luther King Jr. birthday a holiday took 32 years, a lot of campaigning, and guest appearances including Stevie Wonder, Ted Kennedy, and the National Football League.

King's birthday was finally approved as a federal holiday in 1983, and all 50 states made it a state government holiday by 2000. Officially, King was born on January 15, 1929 in Atlanta. But the King holiday is marked every year on the third Monday in January.

The King Center in Atlanta has a detailed chronology of how the efforts, starting shortly after King's death in 1968, paid off in the long run. It wasn't an easy task for holiday supporters, who had to push hard in Congress to get the federal holiday created.

A second battle took place to get individual states to also recognize the holiday, with often emotional disagreements in two states. Today, the King holiday serves multiple purposes: It honors the total legacy of King; focuses on the issue of civil rights; highlights the use of nonviolence to promote change; and calls people into public service.

The struggle to get the holiday recognized reflects all these topics, along with some interesting twists and turns along the way. Representative John Conyers introduced the first motion to make King's birthday a federal holiday in 1968, just four days after King's assassination in Memphis. It took another 11 years to the federal holiday to come up for a vote on the House of Representative's floor in 1979.

The bill needed a two-thirds majority to pass, but it fell five votes short with a 252-133 count, despite a strong organizational effort from the King Center, and support from Congress members and President Jimmy Carter.

The holiday's supporters regrouped and intensified their efforts. Musician Stevie Wonder helped in 1981 by releasing the song "Happy Birthday" to promote the holiday. (He would later sing it at the Martin Luther King, Jr. Memorial dedication in 2011.)

The King Center kept up its efforts. It organized a march on Washington that included an estimated 500,000 people. Coretta Scott King, along with Wonder, presented a petition signed by 6 million people to House leader Tip O'Neill.

The House took up the bill in 1983 and it passed by 53 votes. Democrats O'Neill and Jim Wright, along with Republicans Jack Kemp and Newt Gingrich, gave speeches supporting the King holiday.

But getting the bill passed in the Senate would be contentious. Senator Jesse Helms of North Carolina openly opposed it. At first, Helms introduced a filibuster, and then he presented a 400-page file that accused King of being a communist.

Senator Ted Kennedy criticized Helms and Senator Daniel Moynihan called the document "filth" and threw it on the Senate floor. Despite Helms, the bill passed the Senate by 12 votes—even South Carolina Senator Strom Thurmond voted in favor of the King holiday.

President Ronald Reagan signed the bill in November 1983. The first federal King holiday was celebrated in 1986.

It took longer for the 50 states to adopt the holiday. By 1986, 17 states had already adopted it. But there was strong resistance in Arizona to passing a state holiday.

The fight between state legislators came to a head when the King holiday was put up for an Arizona voter referendum in November 1990.

At that point, entertainers had started boycotting the state in protest, and the National Football League threatened to move the 1993 Super Bowl from Tempe if the holiday was defeated at the polls.

The King holiday lost in a two-part voter referendum and the NFL made good on its threat, taking the Super Bowl to Southern California and costing the state an estimated \$500 million in revenue.

Arizona voters approved the King holiday two years later.

There was also a fight in South Carolina over the holiday. It was one of the last states to approve a paid King holiday for state employees in 2000.

The state's governor had tried to link the holiday to a commitment to allow the state house to fly the Confederate battle flag. Instead, he signed a bill that approved the King holiday along with a Confederate Memorial Day celebrated in May.

<https://constitutioncenter.org/blog/how-martin-luther-king-jr-s-birthday-became-a-holiday-3>



Smile

Greetings from the Sisters of St. Joseph, TOSF

What can we hope 2022 will bring? We must believe that God IS with us urging us to be joy-filled and happy. We must believe that together we can do whatever it takes to watch out for each other, to conduct our days with joyful steps, and to share joy with others. Pope Francis encouraged this on the 4th Sunday of Advent when he said, "A good way to get out of a cycle of self-pity or a negative mood is to help others, following the example of Mary." He said pregnant Mary chose to drop everything and go with haste to visit her cousin, Elizabeth, who was also pregnant...Mary literally carried the joy of Jesus to share with and lift Elizabeth's spirit.

We can do the same – deciding to spread joy with things as simple as a smile/greeting when passing others on the hallways; offering to sit and listen to one who doesn't seem to have as many friends who care about them. There are so many little "gestures of kindness that are acts of love" as Pope Francis calls them. We can all make 2022 a good year no matter what is going on around us. We can have a really great year by spreading more joy and kindness than Co-Vid!

Best of all, we can pray for each other and ask God to bless us – a truly great New Year's Resolution... let's start right now and be the Joy we want to see...

Listen

Kindness

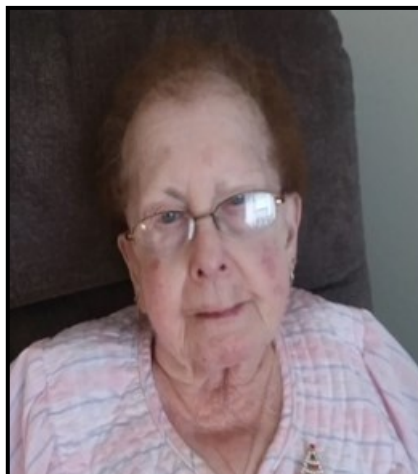
Spirit

joy

Happy Blessed New Year from All the Sisters – God Is Good, All the Time!!!

Resident in the news!

- ◆ Born December 1, 1942
- ◆ Born in Garfield Heights
- ◆ Married to Jay (deceased) for 46 years
- ◆ Has 1 sister
- ◆ Owned 2 poodles
- ◆ Occupation:
Medical Assistant
for 40 plus years
- ◆ Loves Bingo
- ◆ Enjoys trips to the Casino
- ◆ Favorite dessert is cheese cake
- ◆ Takes pleasure in 'good talks with friends'



Gail Tippen

I was going to quit
all my bad habits
for the new year ...
but then
I remembered
that nobody likes
a quitter.

