

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 2

THE VILLAGER

February 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



BLACK HISTORY MONTH

EVERY FEBRUARY, PEOPLE IN THE UNITED STATES CELEBRATE THE ACHIEVEMENTS AND HISTORY OF AFRICAN AMERICANS AS PART OF BLACK HISTORY MONTH.

IN 1915, IN RESPONSE TO THE LACK OF INFORMATION ON THE ACCOMPLISHMENTS OF BLACK PEOPLE AVAILABLE TO THE PUBLIC, HISTORIAN CARTER G. WOODSON CO-FOUNDED THE ASSOCIATION FOR THE STUDY OF NEGRO LIFE AND HISTORY. IN 1926, THE GROUP DECLARED THE SECOND WEEK OF FEBRUARY AS “NEGRO HISTORY WEEK” TO RECOGNIZE THE CONTRIBUTIONS OF AFRICAN AMERICANS TO U.S. HISTORY. FEW PEOPLE STUDIED BLACK HISTORY AND IT WASN’T INCLUDED IN TEXTBOOKS PRIOR TO THE CREATION OF NEGRO HISTORY WEEK.

THIS WEEK WAS CHOSEN BECAUSE IT INCLUDES THE BIRTHDAYS OF BOTH FREDERICK DOUGLASS, AN ABOLITIONIST (SOMEONE WHO WANTED TO END THE PRACTICE OF ENSLAVING PEOPLE), AND FORMER U.S. PRESIDENT ABRAHAM LINCOLN. PRESIDENT LINCOLN LED THE UNITED STATES DURING THE CIVIL WAR, WHICH WAS PRIMARILY FOUGHT OVER THE ENSLAVEMENT OF BLACK PEOPLE IN THE COUNTRY. MANY SCHOOLS AND LEADERS BEGAN RECOGNIZING THE WEEK AFTER ITS CREATION.

THE WEEK-LONG EVENT OFFICIALLY BECAME BLACK HISTORY MONTH IN 1976 WHEN U.S. PRESIDENT GERALD FORD EXTENDED THE RECOGNITION TO “HONOR THE TOO-OFTEN NEGLECTED ACCOMPLISHMENTS OF BLACK AMERICANS IN EVERY AREA OF ENDEAVOR THROUGHOUT OUR HISTORY.” BLACK HISTORY MONTH HAS BEEN CELEBRATED IN THE UNITED STATES EVERY FEBRUARY SINCE.

BLACK HISTORY MONTH WAS CREATED TO FOCUS ATTENTION ON THE CONTRIBUTIONS OF AFRICAN AMERICANS TO THE UNITED STATES. IT HONORS ALL BLACK PEOPLE FROM ALL PERIODS OF U.S. HISTORY, FROM THE ENSLAVED PEOPLE FIRST BROUGHT OVER FROM AFRICA IN THE EARLY 17TH CENTURY TO AFRICAN AMERICANS LIVING IN THE UNITED STATES TODAY.

AMONG THE NOTABLE FIGURES OFTEN SPOTLIGHTED DURING BLACK HISTORY MONTH ARE DR. MARTIN LUTHER KING, JR., WHO FOUGHT FOR EQUAL RIGHTS FOR BLACKS DURING THE 1950S AND '60S; THURGOOD MARSHALL, THE FIRST AFRICAN-AMERICAN JUSTICE APPOINTED TO THE UNITED STATES SUPREME COURT IN 1967; MAE JEMISON, WHO BECAME THE FIRST FEMALE AFRICAN-AMERICAN ASTRONAUT TO TRAVEL TO SPACE IN 1992; AND BARACK OBAMA, WHO WAS ELECTED THE FIRST-EVER AFRICAN-AMERICAN PRESIDENT OF THE UNITED STATES IN 2008.

SINCE THE FIRST NEGRO HISTORY WEEK IN 1926, OTHER COUNTRIES HAVE JOINED THE UNITED STATES IN CELEBRATING BLACK PEOPLE AND THEIR CONTRIBUTION TO HISTORY AND CULTURE, INCLUDING CANADA, THE UNITED KINGDOM, GERMANY, AND THE NETHERLANDS.

TODAY BLACK HISTORY MONTH CONTINUES THE DISCUSSION OF BLACK PEOPLE AND THEIR CONTRIBUTIONS THROUGH ACTIVITIES SUCH AS MUSEUM EXHIBITS AND FILM SCREENINGS, AND BY ENCOURAGING THE STUDY OF ACHIEVEMENTS BY AFRICAN AMERICANS YEAR-ROUND.

[HTTPS://KIDS.NATIONALGEOGRAPHIC.COM/HISTORY/ARTICLE/BLACK-HISTORY-MONTH](https://kids.nationalgeographic.com/history/article/black-history-month)

HOORAY!

It's Your Birthday!

Continuing Care/CH Unit

Edward Johnson	203 A	February 12 th	84 Candles
Maryann Frounfelker	209 A	February 18 th	89 Candles
Margaret Rosinsky	217 B	February 24 th	96 Candles
Richard Divincenzo	2-07	February 29 th	78 Candles

Memory Care Unit

Rita Toronski	17	February 6 th	91 Candles
Loretta Cerveny	15	February 12 th	93 Candles

Marymount Place

Lillian Kozan	101	February 16 th	94 Candles
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13 New Books to Watch For in February New York Times



- Between Two Kingdoms: A Memoir of a Life Interrupted,'** by Suleika Jaouad
The Black Church: This Is Our Story, This Is Our Song,' by Henry Louis Gates Jr.
Fake Accounts,' by Lauren Oyler
How to Avoid a Climate Disaster: The Solutions We Have and the Breakthroughs We Need,' by Bill Gates
Mike Nichols: A Life,' by Mark Harris
Milk Fed,' by Melissa Broder
My Year Abroad,' by Chang-rae Lee
No One Is Talking About This,' by Patricia Lockwood
Super Host,' by Kate Russo
This Is How They Tell Me the World Ends: The Cyberweapons Arms Race,' by Nicole Perlroth
Tom Stoppard: A Life,' by Hermione Lee
Under a White Sky: The Nature of the Future,' by Elizabeth Kolbert
Wild Rain,' by Beverly Jenkins

Greetings from the Sisters of St. Joseph, TOSF

How often do we stop to ask ourselves if we know what we don't know... Can we admit that any humility we possess comes as the end result of being humiliated... Do we own the fact that the reason to practice mindfulness, aka meditation, is to quiet our inner selves to reconnect with the creative force, universal power, or the One who is really in charge of our lives... When we succeed do we think we did so on our own or is our first thought to thank the contributors to the achievement without whom it may not have come to pass... These questions remind me that spirituality is a personal journey. It is informed by the dogma, traditions, and moral compasses of the faith one is born into or discovers and embraces. It can be a fascinating amalgamation of experiences and spiritual practices because it is the product of the lived experiences of an individual and no two of us are exactly alike.

My spirituality is informed by my Catholic faith and yet is universally catholic on many levels. I love these questions not to expound on or debate them. I love them because they make me a better listener, make me observe and learn from others, make me appreciate our uniqueness. They make me want to be a better person – open-minded, respectful, inclusive. They make me a better Catholic while making me yearn for the Christian Unity that I think Jesus wanted to see grow from His proclamation of the Good News and His declaration of the Two Greatest of all Commandments, both centered on and informed by – Love of God and Love of others.

Let's pray for courage to listen to each other and grow in unity because of what we hear!

Valentine's Day Word Search

c	g	f	l	o	w	e	r	s	i	p
j	s	w	e	e	t	h	e	a	r	t
e	f	p	a	c	u	p	i	d	a	e
v	h	o	i	k	a	c	p	s	r	t
a	o	g	u	y	h	e	a	r	t	s
l	o	v	e	r	r	d	e	g	o	f
e	k	r	a	p	t	r	r	o	w	r
n	r	i	r	o	s	e	s	p	x	i
t	o	h	s	d	r	d	e	i	r	e
i	s	u	h	s	p	i	n	n	h	n
n	r	g	a	r	e	l	l	k	t	d
e	o	s	e	h	o	s	r	o	s	h
s	w	e	e	r	t	s	f	r	i	e
v	c	h	o	c	o	l	a	t	e	k

valentine
arrow
cupid
hearts
love

red
fourteenth
hugs
chocolate
pink

roses
friend
flowers
sweetheart
kisses

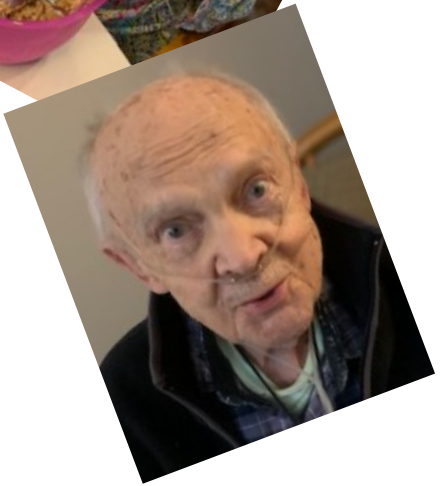
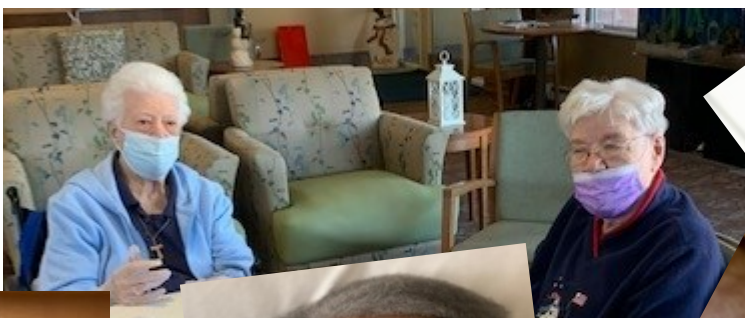


JANUARY





JANUARY



Extra Calories Are Needed When You're Sick
 Courtesy of MedlinePlus

If you are sick or undergoing cancer treatment, then you may not feel like eating. But it is important to get enough protein and calories, so you do not lose too much weight. Eating well can help you handle your illness and the side effects of treatment better.

You may want to consider changing your eating habits to get more calories. Here are few suggestions to help.

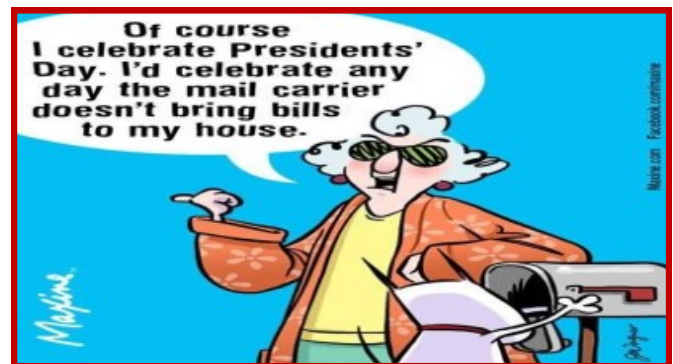
- Eat when you are hungry, not just at mealtimes.
- Eat five or six small meals a day instead of three large ones.
- Keep healthy snacks handy.
- Don't fill up on liquids before or during your meals.
- Ask your health care provider if you can sometimes have a glass of wine or beer with one of your meals. It may make you feel like eating more.
- Ask others to prepare food for you. You may feel like eating, but you might not have enough energy to cook.

Make eating pleasant.

- Use soft lighting and play relaxing music.
- Eat with family or friends.
- Listen to the radio.
- Try new recipes or new foods.
- When you feel up to it, make some simple meals and freeze them to eat later. Ask your provider about "Meals on Wheels" or other programs that bring food to your house.

You can add calories to your food by doing the following:

- Ask your provider first if it is OK to do so.
- Add butter or margarine to foods when you are cooking or put them on foods that are already cooked.
- Add cream sauce or melt cheese over vegetables.
- Eat peanut butter sandwiches, or put peanut butter on vegetables or fruits, such as carrots or apples.
- Mix whole milk or half-and-half with canned soups.
- Add protein supplements to yogurt, milkshakes, fruit smoothies, or pudding.
- Drink milkshakes between meals.
- Add honey to juices.
- Ask your provider about liquid nutrition drinks.



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.



Lateefah Simon has earned national recognition as a civil rights advocate since becoming the youngest person ever to receive the MacArthur Foundation “Genius” Award in 2003

Ibram X. Kendi. In 2020, Time named him one of their 100 most influential people in the world. A scholar, author, National Book Award-winner, *How to Be Antiracist*, in order to fully understand the impact of racism and implicit bias in America, and how to combat this institutionalized issue by practicing antiracism.

Patrisse Cullors, Alicia Garza, and Opal Tometi are the founders of Black Lives Matter. The organization, which was started in 2013. They act as an inclusive, nonviolent space to enforce these ideals on both a national and local scale through protest, policy, and social media campaigns. Cullors, Garza, and Tometi were each named on Time's 2020 most influential people in the world list.

The oldest Black female Greek-letter organization, **Alpha Kappa Alpha Sorority, Inc. (AKA)**, was founded at Howard University in 1908. Alpha Phi Alpha Fraternity, Inc. (Alpha), the first Black male Greek-letter organization, was founded in 1906 at Cornell University

Lonnie Carmon was the first African-American to fly in Central Ohio in an aircraft he built from scratch in 1962.

The late **Ann Petry** holds the distinction of being the first Black woman writer to sell over 1 million copies of a book. Her 1946 bestseller, *The Street*, focused on a single mother living on 116th Street in Harlem and was inspired by her time living in the famed New York borough.

In 1988, the Washington Redskins Football Team and the Denver Broncos clashed in San Diego, Calif. for Super Bowl XXII. Quarterback **Doug Williams** led the Redskins to victory, becoming the first Black starting quarterback to play in the big game and the first Black quarterback to be named Super Bowl MVP.

TV maven **Shonda Rhimes** has achieved unprecedented success in Hollywood in the typically male realms of TV show creation. Rhimes began her career as a writer, slowly evolving in Hollywood until her breakout success as the showrunner and creator of the hit TV show “Grey’s Anatomy.” Along with her achievement as a showrunner, Rhimes helped Kerry Washington become only the second Black woman to star in a prime-time television TV show after Diahann Carroll, and helped Viola Davis become the first to win a primetime Emmy in the Best Actress in a Drama category. Rhimes has received just about every major accolade in television, including awards from the Writers and Producers Guilds, including 5 NAACP Awards. In 2015, Davis won an Emmy for her work on “HTGAWM.”

As a community organizer and activist, **Tarana Burke** is known to many as the founder of the #MeToo movement, putting a hashtag behind the often untold stories of victims of sexual assault.

James Rucker, originally a software entrepreneur, co-founded Color of Change in 2005 alongside CNN contributor Van Jones in order to provide relief to victims of Hurricane Katrina. In the years since, Color of Change has evolved into a prominent online civil rights organization that serves as a resource for the Black community to use in order to mobilize government and corporations to fight against injustice.

President Biden has nominated **Kristen Clarke** to be the first Black woman to lead the Justice Department's Civil Rights Division.

Hattie McDaniel was the first African American performer to win an Academy Award—the film industry’s highest honor—for her portrayal of a loyal slave governess in *Gone With the Wind*.

Robert Johnson became the first African American billionaire when he sold the cable station he founded, Black Entertainment Television (BET) in 2001.

<https://www.oprahdaily.com/life/a35181062/black-history-facts>

<https://blackamericaweb.com/category/little-known-black-history-facts>



February

QUIZ!

Which popular tradition is celebrated in the United States and Canada on February 2?

Groundhog Day Pancake Day Presidents Day Winter's Day

In leap years, February starts on the same day of the week as which other month?

May June July August

Which awards show normally occurs at the end of February?

Academy Awards Grammy Awards Golden Globes Tony Awards

In February 1964 which popular band made their first American television appearance on the "Ed Sullivan Show." that over 73 million Americans watched?

Rolling Stones The Beatles The Ozmonds Beach Boys

Which largest American sporting event of the year is held in February?

Winter Olympics The Super Bowl Stanley Cup

What are the three months that always start on the same day of the week unless it is a leap year?

February, May, August
February, March, November
February, June, September

Answers:
August
Academy Awards
Beatles
Superbowl
February, March, November



TRIVIA

Resident in the news!

- ◆ Born April 27, 1937
- ◆ Is the youngest of 3 brothers & 3 sisters
- ◆ Occupation:
Stevens Point, WI
Teacher, 1st Grade
Ran a small Parish
- ◆ 65 years old, moved to Peru for 15 years, ran a small Senior Center coordinating activities
- ◆ Speaks Spanish
- ◆ Favorite song is Feliz Navida
- ◆ Favorite dessert is lemon pie
- ◆ Sr. Catherine fulfilled her dream of being a Missionary



Sr. Catherine "Kisia"
Kieliszewski

Did You Know?



FEBRUARY HOLIDAYS

- 1-Start the 14 Days of Love Day
- 2- Groundhog Day
- 3-National Carrot Cake Day
- 4-National Homemade Soup Day
- 4-National Thank a Mail Carrier Day
- 5- World Nutella Day
- 6- National Frozen Yogurt Day
- 7-National Fettucine Alfredo Day
- 8-National Kite Flying Day
- 9-National Pizza and Bagel Day
- 10- National Umbrella day
- 11- National Don't Cry Over Spilled Milk Day
- 13- National Tortellini Day
- 14-Valentine's Day
- 17-National Random Acts of Kindness Day
- 19-President's Day (3rd Monday)
- 21-National Sticky Bun Day
- 23-National Banana Bread Day
- 24-National Tortilla Chip Day
- 25-National Clam Chowder Day
- 27- National Polar Bear Day
- 28-National Tooth Fairy Day
- 29-Leap Year (every 4 years)