

The Village at Marymount

Featuring Villa St. Joseph and Marymount Place
Founded by the Sister of St. Joseph of the Third Order of St. Francis

Vol. 16 Issue 3

THE VILLAGER

MARCH 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



MARCH: INTERNATIONAL LISTENING AWARENESS MONTH

INTERNATIONAL LISTENING AWARENESS MONTH WAS CREATED BY THE INTERNATIONAL LISTENING ASSOCIATION (ILA) TO PROMOTE THE CRITICAL ROLE LISTENING PLAYS IN ALL HUMAN ACTIVITY. THIS IS ESPECIALLY IMPORTANT IN TODAY'S WORLD WHERE MORE AND MORE PEOPLE ARE STRESSED EVERY DAY.

HAVE YOU BEEN IN A CONVERSATION WHERE THE PERSON REPEATS THEMSELVES OR YOU FIND YOURSELF ASKING THEM TO REPEAT "THE LAST THING THEY SAID?" LISTENING IS AN ART. IT CAN BUILD STRONGER AND CLOSER RELATIONSHIPS AS WELL AS BUILD TRUST. IT CAN HELP IN UNDERSTANDING AND EVEN ENJOYMENT.

DID YOU KNOW THERE ARE DIFFERENT TYPES OF LISTENING? FOR EXAMPLE, THERE IS REFLECTIVE LISTENING, WHERE THE LISTENER REPEATS BACK THE INFORMATION. IT ATTEMPTS TO RECONSTRUCT WHAT THE SPEAKER IS THINKING AND FEELING AND TO RELAY IT BACK TO THE SPEAKER. THERE'S ALSO DISCRIMINATIVE, COMPREHENSIVE, CRITICAL, BIASED, SYMPATHETIC, AND EMPATHETIC LISTENING

ANOTHER BIG FACTOR IN LISTENING IS DEPTH OF LISTENING. THESE INCLUDE FALSE, INITIAL, SELECTIVE, PARTIAL, FULL, AND DEEP LISTENING.

TIPS FOR BETTER LISTENING

- FACE THE SPEAKER, AND MAINTAIN EYE CONTACT.
- USE POSITIVE BODY LANGUAGE. UNCROSS THOSE ARMS, NOD, LEAN IN.
- DON'T INTERRUPT TO INPUT YOUR OBSERVATION OR SOLUTIONS.
- BUT DO ASK FOR CLARIFICATION WHEN NEEDED—ONLY TO UNDERSTAND WHAT IS BEING SAID.
- WAIT FOR PAUSES TO ASK.
- DON'T THINK ABOUT HOW YOU'RE GOING TO RESPOND—YOU'LL MISS SOMETHING, JUST LISTEN.
- KEEP AN OPEN-MIND.
- GIVE FEEDBACK, NOT SOLUTIONS, BUT FEEDBACK THAT YOU LISTENED. EX: "THAT SOUNDS TERRIBLE!"

THIS MONTH PRACTICE FULL LISTENING. PAY ATTENTION TO WHAT IS BEING SAID AND UNDERSTAND WHAT IS BEING SAID. THEN ACKNOWLEDGE WHAT'S BEING SAID. YOU DON'T NEED TO OFFER INPUT—UNLESS IT WAS ASKED FOR—OFTEN PEOPLE JUST NEED TO TALK AND BE HEARD.

INTERNATIONAL LISTENING ASSOCIATION (ILA)

[HTTPS://WEB-HOLIDAYS.COM/BLOG/2020/02/18/MARCH-INTERNATIONAL-LISTENING-AWARENESS-MONTH/](https://web-holidays.com/blog/2020/02/18/march-international-listening-awareness-month/)



Happy Birthday



Continuing Care Unit

Mary Bobnar	223 B	March 10 th	88 Candles
Mary Johnson	211 A	March 19 th	87 Candles

Memory Care Unit

Sr. Jane Koszarek	18	March 2 nd	98 Candles
Ruth Balewski	13	March 8 th	90 Candles



Marymount Place

Sr. Barbara Peplinski	104	March 17 th	91 Candles
Sr. Florence Pasowicz	210	March 20 th	89 Candles
Lillian Kalal	127	March 28 th	93 Candles
Carol Liska	319	March 31 st	82 Candles

St. Patrick's Day Word Scramble

Unscramble the words!

1. opt fo lgod _____
2. Ulck fo het Rishi _____
3. Oufnr Ealf Vcolre _____
4. Nriaobw _____
5. Rgene _____
6. Hlpauerunc _____
7. Uclky _____
8. Cniph _____
9. Ramhc 71 _____
10. Iktl _____



Answers: Pot of Gold, Luck of the Irish, Four Leaf Clover, Rainbow, Green, Leprechaun, Lucky, Pinch, March 17, Kilt

WHAT'S HAPPENING!!



Lolita Jones
Saturday, March 26th
@ 1 PM

March Birthdays
With Duane
March 31st
At 2 pm



Wednesday, March 9th
At 1 pm
Sign Up!



Thursday, March 10th
@ 4 pm

Maria DiDonato
Thurs, March 17th
@ 2 pm



Greetings from the Sisters of St. Joseph, TOSF



March 2nd is Ash Wednesday this year, the day on which The Journey of Lent, 2022 begins... It brings to mind some of the many things Pope Francis has said about Lent. He said at one time that Lent is a time of recovery and renewal that leads to a change of heart – conversion. He also said that Lent calls us to give ourselves a good ‘shake up’ to remember that we are God’s creatures, we are not God! ... In the last several weeks I’ve been turning to a framed print by an artist named Flavia that I picked up many years ago. There are two empty chairs next to the words, “That you and I could live our lives at the same time on earth – how incredible God’s plan.”

Both the Pope’s comments and Flavia’s artwork suggest we here at The Village at Marymount can benefit from using Lent 2022 to pray and reflect on “the gift of presence”, that of both God and others, in our lives. We can also use these 40 days as “a time to be awestruck” by pondering and sharing some thoughts and reflections on the two words “change(s)” and “presence”. For example: What are some unexpected changes during your lifetime that caused you to be awestruck? Who are the someones in your life whose “presence” changed you? What is “present” in your life today that you would like to “change”? Finally, what “changes” in your life when you turn around physically or figuratively to see what is “present” from a different view or perspective?

Watch for invitations to gather and reflect and pray during Lent, 2022 at The Village at Marymount... being “present” might “change” and shake you up!

St. Patrick's Day

St. Patrick's Day is here, you see.
We'll pick some shamrocks,
one, two, three.

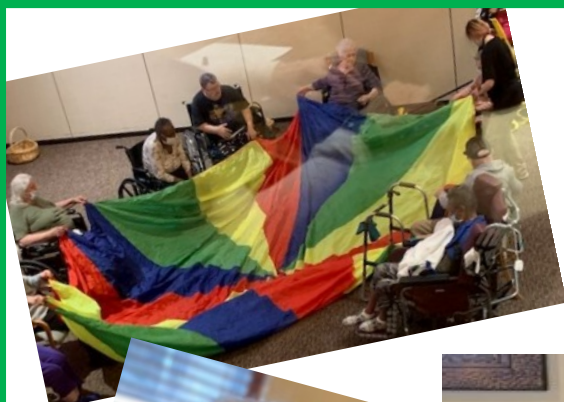
We'll count the leaves and look them
over,

And maybe find a four-leafed clover.

I'll sew green buttons on my vest,
Green for St. Patrick is the best.

I'll wear a green hat, very high,
And dance a jig--at least I'll try!







NURSING NOTES

March Is National Nutrition Month Good Nutrition Essential To A Healthy Lifestyle

By Karen Baker, RD, LD
Clinical Nutrition Services Manager
The Village at Marymount



Eating healthful foods is an important for maintaining a good quality of life.
It is essential for:

- Meeting calorie and protein needs to maintain energy levels.
- Reducing and managing symptoms of chronic diseases such as high blood pressure, diabetes, hypertension, or heart disease.
- Eating healthy can result in more normalized blood sugars, less fluid retention, and improved digestion.
- Maintaining a healthy body weight.
- Ensuring that you are supplying yourself with essential nutrients, vitamins, minerals, fiber, and hydration. Nutrients include calcium and vitamin D for maintaining strong bones; B12 to help create red blood cells and prevent anemia; potassium to help keep bones strong and prevent high blood pressure; and magnesium for heart and bone health.

In addition, healthy eating is critical for:

- Brain function – Retaining memory and cognitive function. As we get older, our memory and thinking skills can become challenged. Good nutrition can help us to stay sharp!
- Muscle and bone health – preventing falls and fractures and remaining mobile and independent for as long as possible.
- Immune system health – preventing illness and decreasing the time it takes to recover from illness.
- Organ function – keeping kidneys, eyes, digestion, and liver all working at optimal levels.

Here are some helpful tips for eating healthy on a budget:

- Don't get side-tracked. Stick to your list. Have a plan and stick to it.
- Don't go to the store hungry. Doing so can lead to impulse buying of foods that are not healthy and are expensive.
- Shop the perimeter (outside aisles) of the store first. This usually presents items such as produce, meat, fresh breads, and dairy.
- Usually, the middle of the store has the more processed and un-healthy foods that cost more.
- Check upper and lower shelves for items. Most expensive items are often at eye level. Grocers want to make the most profit, so they arrange items on the shelves so that the most expensive choices will catch your eye first, hoping that you will buy them.
- Choose less processed foods.

Usually, the less processed the foods are, the cheaper they are. For example, buy a block of cheese instead of a bag of pre-shredded cheese. Try fresh or frozen chicken breast, legs, thighs, or wings instead of breaded chicken nuggets. Finally, select fresh potatoes instead of potato chips.



Following these tips will not only make you feel better about yourself but will also ease your budget constraints.

Planning A Move To An Assisted Living Facility? These Tips Will Help To Ease The Transition

For many elderly couples who continue to live in their home, the thought of preparing for their lives together in an assisted living facility may not be an immediate concern. Despite gentle prodding from family and friends, who often suggest a couple not wait for a crisis to begin searching for their new home, most couples delay their efforts to do so.

Assisted living facility

Chris Meinke, administrator at Marymount Place, located within The Village at Marymount in Garfield Heights, said careful planning and education are two key components needed to begin your search for an assisted living community. It is a good idea to plan for such a move and not to wait for when an unexpected health crisis makes the move a necessity, she said.

“I recommend that older adults tour assisted living communities in their neighborhood before they make a decision,” Meinke said. “Most people want to keep their same churches, banks, and physicians, as well as live at the same social/economic level. Doing so makes the transition easier to manage.”

Meinke offers the following suggestions for selecting the right assisted living community:

- Tour the facility. Look for the right atmosphere, try the food, and attend an activity so that you get a true sense of the community. Be sure to look at your background -- social level, nationality, religious affiliation, and personal needs that must be met. You must determine if the facility can fulfill these needs.
- Assisted living is not for ill people or disabled people. It is for active, vital senior citizens who want to remain active without the worries and demands of home. The more independent you are the lower your monthly costs will be.
- Consider a community that offers multiple levels of housing options to allow movement within the community when the need for a higher level of care arises.
- Plan your finances. Research the housing market in your neighborhood. Today, with the changing housing market, you may need to have advice on bridge loans or reverse mortgages. Review your income, Social Security, pension, and interest on investments. Look at your assets and current interest rates.
- Educate yourself on government support for assisted living. Find out about Veterans Administration support for qualified individuals, as well as a surviving spouse. The Medicaid Waiver Program also is available in some communities. Government support has qualifiers and requires an application period and process.
- If you have long-term care insurance it may also cover assisted living. Check your policies.
- Update your Will. Consider a power of attorney for finances and health care.

“Moving out of your home is not a sign of a loss of independence,” Meinke said. “It is a smart decision to allow you the opportunity to enjoy your life free from worries and to continue an independent lifestyle. Keep it simple and take it in steps. Planning is the key. If you plan ahead of time, then you will be fine.”

Move into Marymount Place and pay no community fee, which is a \$1,000 savings. Offer expires June 1, 2022. Schedule a tour by May 31 2022, and receive a complimentary gift bag. Call 216-332-1070 for details.

FINANCES



St. Patrick's Day

Find the words on the list in the word search below!

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

CLOVER	GOLD	LEPRECHAUN	GREEN
IRISH	EMERALD	LUCKY	PATRICK
SHAMROCK	MARCH	RAINBOW	CHARM
WISH	POT	IRELAND	MAGIC

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Resident in the news!

- ◆ Born January 2, 1948
- ◆ Born in Cleveland, OH grew up in Burton, OH
- ◆ Graduated from Kent State University with degree in Elementary Education
- ◆ Graduated from Dyke College with a degree in Business Education
- ◆ Was on campus during Kent State shootings
- ◆ Taught 3rd and 5th grade
- ◆ Sang in church choir
- ◆ Belonged to Girl Scouts (Brownie) and 4-H Club



Andrea Bennett

MARCH HOLIDAYS

- 1-Peanut Butter Lover's Day
- 3-National Anthem Day
- 6-National Frozen Food Day
- 8-Popcorn Lover's Day
- 10-Middle Name Pride Day
- 11-Johnny Appleseed Day
- 12-Girl Scouts Day
- 14-National Pi(e) Day
- 14-Potato Chip Day
- 15-Ides of March
- 16-No Selfies Day
- 17-St. Patrick's Day
- 21-World Down Syndrome Day
- 22-National Goof Off Day
- 23-National Chips and Dip Day
- 23-National Puppy Day
- 24-National Chocolate Covered Raisin Day
- 25-Palm Sunday (varies each year)
- 25-Waffle Day
- 26-National Spinach Day
- 28-Something on a Stick Day
- 30-Good Friday (varies each year)
- 30-Take a Walk in the Park Day