

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 4

THE VILLAGER

APRIL 2022

Community Events *ATTENTION:*

*DUE TO CMS
GUIDELINES
REGARDING
SOCIAL
DISTANCING; WE
WILL HOLD SMALL
GROUP
ACTIVITIES ONLY.*



NATIONAL HUMOR MONTH: LAUGHING MATTERS

ARE YOU STRESSED OUT? UNABLE TO RELAX? FEELING GLOOMY? WELL, YOU MIGHT CONSIDER GOING FOR A LONG AND EXHAUSTING JOG, OR ENGAGING IN A FRANTIC GAME OF PADDLE BALL TO WORK OUT THOSE FRUSTRATIONS. OR, IF YOU WANT MORE IMMEDIATE RESULTS, YOU CAN JUST LAUGH IT OFF!

APRIL IS NATIONAL HUMOR MONTH, SO THIS IS THE PERFECT TIME TO ADD A LITTLE HUMOR INTO YOUR DAILY ROUTINE. FOUNDED IN 1976 BY AUTHOR AND HUMORIST LARRY WILDE, THE ORIGINAL IDEA WAS TO HEIGHTEN PUBLIC AWARENESS OF THE THERAPEUTIC AND RESTORATIVE VALUES OF JOY AND LAUGHTER. AFTER ALL, MANY STUDIES HAVE SHOWN THAT LAUGHTER CAN ACTUALLY IMPROVE OUR HEALTH. AND LAUGHTER IS FUN! AFTER ALL, YOU CAN'T FEEL SAD OR ANGRY WHEN YOU'RE LAUGHING, RIGHT?

THE FACT IS THAT LAUGHTER ITSELF CHANGES US PHYSIOLOGICALLY. LIKE EXERCISE OR WAVING YOUR ARMS AROUND, IT BOOSTS THE HEART RATE AND INCREASES BLOOD FLOW, SO WE BREATHE FASTER AND MORE OXYGEN IS DELIVERED TO THE BODY'S TISSUES. OUR FACIAL MUSCLES STRETCH AND WE ACTUALLY BURN CALORIES WHEN WE'RE LAUGHING. IN FACT, THE MERE ACT OF SMILING CAN ALTER YOUR MOOD ALMOST IMMEDIATELY.

OF COURSE, THERE ARE ALWAYS SKEPTICS OUT THERE, LIKE THAT CRANKY CO-WORKER ACROSS THE WAY OR THAT GRUMPY RELATIVE YOU TRY TO AVOID AT THE HOLIDAYS. BUT HERE ARE A FEW FUN FACTS THAT YOU MIGHT WANT TO MENTION TO THEM:

LAUGHTER REDUCES STRESS: WHEN STRESSED, WE PRODUCE A HORMONE CALLED CORTISOL. LAUGHTER CAN SIGNIFICANTLY REDUCE CORTISOL LEVELS.

LAUGHTER CAN REDUCE PAIN: LAUGHTER CAUSES US TO PRODUCE ENDORPHINS, WHICH ARE NATURAL, PAIN-KILLING HORMONES

LAUGHTER STRENGTHENS THE IMMUNE SYSTEM: A HEARTY LAUGH DECREASES STRESS HORMONES AND INCREASES PRODUCTION OF T-CELLS, IMMUNE PROTEINS AND INFECTION-FIGHTING ANTIBODIES.

LAUGHTER HELPS THE HEART: WHEN WE LAUGH WE INCREASE BLOOD FLOW AND THE FUNCTION OF BLOOD VESSELS, WHICH CAN HELP PREVENT CARDIOVASCULAR PROBLEMS.

LAUGHTER RELAXES THE WHOLE BODY: ONE GOOD BELLY LAUGH CAN RELIEVE PHYSICAL TENSION AND RELAX YOUR MUSCLES FOR UP TO 45 MINUTES.

LAUGHTER HELPS YOU RECHARGE: BY REDUCING STRESS LEVELS AND INCREASING YOUR ENERGY, LAUGHTER CAN HELP YOU FOCUS AND ACHIEVE MORE.

SO, NOT ONLY IS A GREAT GIGGLE A LOT OF FUN, IT'S GOOD FOR YOU! AND LIKE YAWNING, LAUGHTER CAN ALSO BE CONTAGIOUS.

SO BY OPENING YOURSELF UP TO MORE HUMOR IN YOUR DAILY LIFE, YOU MAY ALSO HAVE A POSITIVE EFFECT ON THOSE AROUND YOU. AND THE GREAT THING ABOUT HUMOR IS THAT THERE IS A BOTTOMLESS SUPPLY OUT THERE. YOU DON'T NEED TO SIGN UP FOR ANYTHING. IT DOESN'T COST A THING. IT'S FAT-FREE AND YOU CAN HAVE AS MUCH OF IT AS YOU LIKE.

[HTTPS://WWW.HUFFPOST.COM/ENTRY/NATIONAL-HUMOR-MONTH-LAUG_N_1441488](https://www.huffpost.com/entry/national-humor-month-laug_n_1441488)



Continuing Care Unit

Annie Reed	227 A	April 26 th	99 Candles
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Memory Care Unit

Louise Santilli	15	April 20 th	95 Candles
Sr. Catherine Kieliszewski	19	April 22 nd	85 Candles

Marymount Place

Sr. Clarita Iwanski	333	April 1 st	94 Candles
Karen Presby	122	April 1 st	79 Candles
Sr. Jean Novak	321	April 6 th	98 Candles
Sharon Carpenter	306	April 6 th	75 Candles
Sr. Loretta Zelewski	231	April 13 th	95 Candles



Lord,

You hung upon a cross,
 You shed your blood for us,
 You washed away our sins.

You gladly gave your life,
 So that we may live,
 Life everlasting at your feet one day.

Faith, hope and love,
 These three remain,
 With which we will praise your holy name.

Make our faith in you strong,
 Our hope in your never fail,
 Your love fill us and be shared.

We thank you Lord today,
 For your ultimate sacrifice,
 And pray we are worthy every day.

Amen



Greetings from the Sisters of St. Joseph, TOSF

Holy Week and Easter are fast approaching as we begin the month of April. Yet it is the week of the Feast of St. Joseph on March 19th as this is being written. Joseph, the Carpenter. Joseph, a man who built and repaired things. One who fixed what was broken and created most anything a small supply of wood and hard-working, hand-picked strong men allowed him to do. They all worked together, alongside him, and delighted others with the fruits of their labor...

What do we still need to fix what is “broken” in our lives, to build something new in these weeks before Easter? Since March of 2020 our world has been broken and hurting. We’ve suffered so many losses it almost seems unfixable. But we have important decisions to make as the journey to resurrection approaches. We can bemoan and blame, criticize and complain. We can think that everything around us is being done wrong and that we are the only ones who know how to fix it... With that attitude we will fix nothing and will most certainly make matters worse, might in fact already be doing so.

Or we can choose to thank all those who try their hardest to make the best of losses instead of judging. We can roll up our sleeves and step up to the plate to stand alongside each other with the strength to make something beautiful with nothing but a small supply of wood. We can begin to see each other as the Josephs, the helpers, the Saviors, the Jesus in our lives. How beautiful, invigorating, glorious and wonderful would it be if we all chose to pitch in to make this Easter a true Resurrection. How? Find and compliment the good in others. Start to work alongside each other where we can encounter Jesus and be delighted. Create something “new” and exciting and encourage others to do the same.

We’ve experienced the deaths of CO-VID 19 together, now let’s reach out together with what we have left to experience the joy of Resurrection – because what we have right now is all we need: Joseph and Jesus, each other and our creative selves.

Happy Easter and let’s celebrate by loving and caring and praying and blessing each other!!



April Fools Pranks That Went Horribly Wrong

The Great Blue Hill eruption

For April Fools’ Day in 1980, Boston TV news producer, Homer Cilley, (it actually rhymes with “silly”) produced a television broadcast about a hill in Milton, Massachusetts, that had begun oozing lava and spewing flames. He included fake warnings from then-president Jimmy Carter and real footage from Mt. St. Helens eruptions that implied the Massachusetts volcano had fully erupted. “April Fool” read the card at the end of the segment, but hundreds of panicked citizens flooded law enforcement phone lines anyway. Cilley was promptly fired for failing to exercise “good news judgment” and breaching FCC regulations.

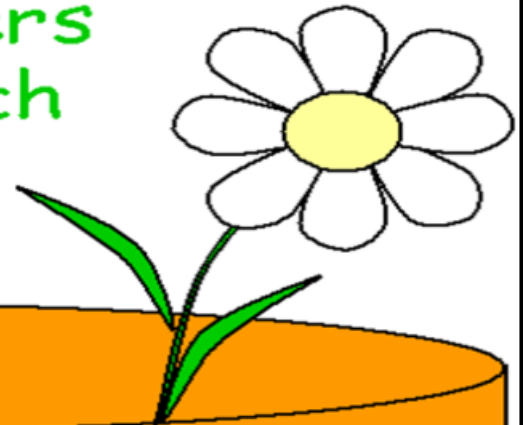
Poisoned by DHMO

On April 1, 2002, a couple of Kansas City DJs announced the local water supply had been found to contain high levels of “dihydrogen monoxide” (DHMO), whose side effects included sweating, urination, and skin-pruning. Hundreds of citizens flooded the water department and the police with distressed phone calls. Too bad dihydrogen monoxide is actually H₂O—the chemical name for water. The DJs were widely criticized and accused of “terrorism” by one government official. In 2013, two Florida DJs pulled the same prank. The resulting clamor got the DJs yanked off the air and nearly saddled with felony charges.





Spring Flowers Word Search



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

azalea
 crocus
 daffodil

daisy
 dandelion
 dianthus

hyacinth
 iris
 lilac

rose
 tulip
 violet

"Three Senior Pals"

Three seniors are out for a stroll.

One of them remarks, "It's windy."
 Another replies, "No way. It's Thursday."
 The last one says, "Me too. Let's have a soda."



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@marymouthcs.org
 for more details.

**VOLUNTEERS
NEEDED!**

NURSING NOTES

Weekend Warriors Risk Injuries Due To Inactivity

Now that the weather is beginning to warm up and spring months are on the Northeast Ohio horizon, many Weekend Warrior athletes are beginning to enjoy the outdoors by playing tennis, golf, walking, biking, or jogging. Because of these activities, Weekend Warriors will undoubtedly incur some type of stress injury.

Here are some common questions about Weekend Warrior injuries that our Rehabilitation Services team receives from patients. Here are their suggestions to treat these injuries.

Why do Weekend Warriors suffer injuries?

The most common reason cited for this burst of activity on the weekends rather than regular workouts throughout the week is not having enough time to exercise. Consequently, weekend warriors may not be in the best physical shape, and suddenly engaging in intermittent strenuous activity can therefore increase their risk of injury—with certain types of trauma more common to these individuals.

What are some common injuries that Weekend Warriors suffer?

Shin splints, sprained or fractured ankles, and stress fractures are common injuries sustained by Weekend Warriors. My elbow tends to get sore after playing tennis or golf. What's causing the pain? Tennis and golf both use a repetitive motion that can cause tendinitis on either side of the elbow. This injury is most common among tennis players (tennis elbow), racquetball and squash players, and golfers (golfer's elbow). Ask a coach or a pro to make sure your technique is correct. One wrong move, repeated hundreds of times, can easily cause injury. This injury usually doesn't require surgery, but you may need a brace or splint while you're taking time off to heal.



What type of rehabilitation is provided at The Village at Marymount?

If you feel you need rehab services to get you back in the action, then The Village at Marymount is your solution to wellness. Our Parker Hannifin Corporation Therapy, Wellness and Life Transition Center can accommodate orthopedics; neurologic and cardiopulmonary rehabilitation; workers' compensation; geriatrics; temporomandibular joint disorder; vestibular issues; pain management; and fall prevention.

We also provide daily inpatient therapy, and outpatient therapy and respite care also is available.

If you would like more information about The Village at Marymount's programs or services, then please call 216-332-1100



Save The Date



Our 13th Celebration of Life Gala Set For September 23, 2022

The Village at Marymount will host its 13th Celebration of Life Gala from 6 to 11 p.m. on Friday, September 23, 2022 at Embassy Suites by Hilton Cleveland Rockside, 5800 Rockside Woods N in Independence.

The gala will be held in-person and will feature a live broadcast of the event for those unable to attend but would like to participate in the fun from the convenience of their home. The live broadcast will be easily accessible from any smart device.

“We are so pleased to host our 13th annual Celebration of Life Gala at the Embassy Suites in Independence,” said Sue Nall, The Village at Marymount’s Executive Director. “After two years of hosting a virtual gala, it will be wonderful to see our guests in person. Our Gala Committee is planning plenty of fun and surprises for the evening.”

The gala again will feature exciting vacation destinations and unique experiences as part of the live auction. The silent auction highlights items from Cleveland’s sports, dining, travel, and entertainment scenes.

Please watch our website (www.villageatmarymount.org) and social media platforms for more information about sponsorship opportunities, donations, and to purchase tickets. For additional information, call Ron Hollowell at 216-332-1751 or email: rhollowell@marymountcs.org.

Resident in the news!

- ◆ Born March 2, 1924
- ◆ From Stevens Point, Wisconsin
- ◆ Has 8 Brothers
- ◆ Has 9 Sisters
- ◆ Sr. Jane is baby of the family, number 17



Sr. Jane Koszarek

- ◆ 3 of her Sisters are Nuns
- ◆ 2 of her Brothers are Priests
- ◆ Became a Nun at 16 years old
- ◆ Taught Grade School
- ◆ Loves butterflies, art, puzzles and taking walks

APRIL HOLIDAYS

- 1-April Fool's Day
- 2-National PB&J Day
- 3-National Find a Rainbow Day
- 4-National Burrito Day
- 4-National Walking Day
- 7-World Health Day
- 10-National Siblings Day
- 11-National Pet Day
- 12-National Grilled Cheese Day
- 14-Palm Sunday (varies each year)
- 15-National Tax Day
- 15-National Laundry Day
- 16-Wear Pajamas to Work Day
- 18-National Haiku Poetry Day
- 20-Husband Appreciation Day
- 21- Easter(varies each year)
- 22-Earth Day
- 22-National Jelly Bean Day
- 23-National Picnic Day
- 25-Administrative Professionals Day
- 26-Arbor Day
- 26-National Pretzel Day
- 28-National Superhero Day
- 30-National Honesty Day