

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 5

# THE VILLAGER

MAY 2022

*Lilly of the Valley*

HE WILL  
*Over* YOU

WITH HIS FEATHERS,

AND UNDER HIS WINGS

YOU WILL FIND REFUGE;

HIS *Faithfulness* WILL

BE YOUR SHIELD AND RAMPART.

PSALM 91:4

*gratefulprayerthankfulheart.blogspot.com*



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







# Happy May Birthday

## Continuing Care/Clair Hall Unit

Fr. Clarence Williams	May 10 <sup>th</sup>	72 Candles
Irene Semancik	May 11 <sup>th</sup>	78 Candles
James Presby	May 28 <sup>th</sup>	79 Candles

## Memory Care Unit

Chester Balewski	May 25 <sup>th</sup>	90 Candles
Caroline McKalen	May 30 <sup>th</sup>	96 Candles

## Marymount Place

Constance Thompson	May 7 <sup>th</sup>	91 Candles
Richard Hartmann	May 9 <sup>th</sup>	93 Candles
Carmen Pastore	May 14 <sup>TH</sup>	87 Candles
Marylyn Palko	May 14 <sup>th</sup>	84 Candles
Hilda Block	May 25 <sup>th</sup>	98 Candles

Wishafriend.com

May Birth Flower  
**LILY OF THE VALLEY**

The Lily of the Valley symbolizes sweetness, humility, purity and hope. If your birth flower is Lily of the Valley: You are a beautiful person. You are known for your practical attitude towards life. You handle difficult situations very well. Your friends consider you as a sweet person.



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

We celebrated Easter a few weeks ago and Divine Mercy Sunday one week later. Have we reflected on how “connected” these two sacred celebrations are? Think about it: “Father forgive them for they know not what they do” juxtaposed on the repeated petition, “Have mercy on us and on the whole world”... These words alone give us so much food for thought. God sent Jesus into the world He had created out of overflowing love. God sent Jesus to show us that instead of condemnation and punishment, it is love and forgiveness that “make the world go round”. The catch was that we all needed to realize it is not just God, our Creator, who needs to do all the loving and forgiving! He created us out of Love; He gave us an amazing world to live in, to be fruitful and multiply in, to further develop and enjoy. He anticipated us understanding and knowing that He/Love was the secret ingredient.

When we didn't, when we continued to mess up, He sent His Son anyway. He gave Jesus a Mission to show us what loving God and each other and seeking forgiveness when we fail can accomplish. He gave us the chance to start over even though His first created beings had not listened to and followed His instructions. If “we” had, He wouldn't have had to send Jesus. And further, if we had listened to and followed Jesus' instructions, He wouldn't have had to allow Jesus to suffer and die even then. Maybe there could have been a natural death, or a stunning revelation in Jesus simply ascending back into the creative breath and energy of God. Can you even begin to imagine the kinds of holy day celebrations our liturgical calendar would have?! Instead of fasting and abstinence there might be only feasting and celebrating – kind of like a continuous Thanksgiving feast during which God's world, God's creatures, would gratefully enjoy and share with those less fortunate so the beautiful cycle of life and love could continue.

Our history, our his- and her- stories, are what we creatures have made them. Let's pray for each other and for our world that before each of us completes our life journey and returns to God we can come to know and believe we have been forgiven for all eternity and have had mercy shown to us. Nothing else is possible if we open our hearts to the secret ingredient – we're created by Love/God and the strength and force of that Love has never not been present because it's going to last forever.

Amen?  
Alleluia!!



### **Memorial Day**

**Celebrate**

**Honor**

**Remember**











**"ABSOLUTELY STUNNING"**  
-ABC 7 New York

**"DIZZYING!  
DELIGHTFUL"**  
-Chicago Daily Herald



## Encourage Mom To Have Her Heart Checked

As Mother's Day approaches, give your mom a very special gift by encouraging her to see her physician for a thorough heart examination. While you're at it, you might want to have your heart examined as well.

Heart disease is the No. 1 killer of women in America. As your mom assesses her numbers and risks today, she can work with her doctor to significantly reduce her chances of getting heart disease tomorrow ... next year ... or 30 years from now.

The American Heart Association ([www.americanheart.org](http://www.americanheart.org)) has identified several risk factors for coronary heart disease, which raises the chance of having a heart attack. Some of these risk factors can be changed, treated or modified, and others can't. But the more risk factors a person has, the greater their chance of developing heart disease.

Risk factors that your mom – or anyone else for that matter -- cannot change are increasing age and heredity.

Although the relationship between cholesterol levels and heart disease is not specific to women, the American Heart Association believes the awareness of cholesterol levels is an important issue for women. Studies conducted on people age 20 and older show that women's cholesterol is higher than men's from age 45 and older.

Women have more influence over the diets of their family than men, so it is important that women and family-influencers be aware of how cholesterol affects health. The American Heart Association has specific recommendations about the intake of dietary cholesterol, information on cholesterol in women and children and ways to keep your cholesterol at a safe and healthy level. The AHA also provides dietary guidelines to help you and your family stay heart healthy.

Help your mom enjoy Mother's Day this year – and for years to come by giving her a gift from the heart. Reiterate to her the importance of having a comprehensive heart examination.

There are *Angels*  
God puts on this Earth

Who care for us and guide us.  
You can feel their love and gentleness  
as they walk through life beside us.

They do great things for us every day  
they whisper in our ears,  
they even hold us in their hearts  
when we are filled with all our fears.

They are always there to give a hug  
and try to make us smile.  
They treat us with respect and love,  
they treat us like their child.

God blessed me with an Angel,  
I'm proud to call my own.  
She's been with me throughout my  
life, been with me as I've grown.

She's guided me the best she can,  
she's taught me like no other,  
and I'm thankful I'm the lucky one  
who get's to call her...

*Mother*

### A prayer for Mother's Day

Lord, we remember the mothers  
who have gone before us.

**For their love, sacrifice, struggle  
and joy, we thank you.**

Lord, we remember the mothers of  
Scripture who are a part of our story  
as we are a part of your story.

**For their courage, faith, love and  
fierceness, we thank you.**

Lord, we remember those who have not  
given birth to us, but are mothers to us.

**For their gift of themselves that they  
have given, we thank you.**

For the women who struggle with  
fertility, for those women whom  
society labels as less in their childlessness,  
for those women who have lost children.

**For their tears, for their strength,  
for their wisdom, for their lives,  
we thank you.**

In your name we pray. Amen.

by Claire Schoepp

# NURSING NOTES

*Healthy Eating Is Key To Healthy Lifestyle  
Courtesy of HealthGuide.com*

What is a healthy diet?

Eating a healthy diet is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it is about feeling great, having more energy, improving your health, and boosting your mood.

Healthy eating does not have to be overly complicated. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you are not alone. It seems that for every expert who tells you a certain food is good for you; you will find another saying exactly the opposite. The truth is that while some specific foods or nutrients have been shown to have a beneficial effect on mood, it is your overall dietary pattern that is most important.

The cornerstone of a healthy diet should be to replace processed food with real food whenever possible. Eating food that is as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel. By using these simple tips, you can cut through the confusion and learn how to create—and stick to—a tasty, varied, and nutritious diet that is as good for your mind as it is for your body.

## **The fundamentals of healthy eating**

While some extreme diets may suggest otherwise, we all need a balance of protein, fat, carbohydrates, fiber, vitamins, and minerals in our diets to sustain a healthy body. You do not need to eliminate certain categories of food from your diet but select the healthiest options from each category.

**Protein** gives you the energy to get up and go—and keep going—while also supporting mood and cognitive function. Too much protein can be harmful to people with kidney disease, but the latest research suggests that many of us need more high-quality protein, especially as we age. That does not mean you have to eat more animal products—a variety of plant-based sources of protein each day can ensure your body gets all the essential protein it needs.

**Fat.** Not all fat is the same. While bad fats can wreck your diet and increase your risk of certain diseases, good fats protect your brain and heart. In fact, healthy fats—such as omega-3s—are vital to your physical and emotional health. Including more healthy fat in your diet can help improve your mood, boost your well-being, and even trim your waistline.

**Fiber.** Eating foods high in dietary fiber (grains, fruit, vegetables, nuts, and beans) can help you stay regular and lower your risk for heart disease, stroke, and diabetes. It can also improve your skin and even help you to lose weight.

**Calcium.** As well as leading to osteoporosis, not getting enough calcium in your diet can also contribute to anxiety, depression, and sleep difficulties. Whatever your age or gender, it is vital to include calcium-rich foods in your diet, limit those that deplete calcium, and get enough magnesium and vitamins D and K to help calcium do its job.

**Carbohydrates** are one of your body's main sources of energy. But most should come from complex, unrefined carbs (vegetables, whole grains, fruit) rather than sugars and refined carbs. Cutting back on white bread, pastries, starches, and sugar can prevent rapid spikes in blood sugar, fluctuations in mood and energy, and a build-up of fat, especially around your waistline.

## **Making the switch to a healthy diet**

Switching to a healthy diet does not have to be an all or nothing proposition. You do not have to be perfect; you do not have to eliminate foods you enjoy, and you do not have to change everything all at once—that usually only leads to cheating or giving up on your new eating plan.

A better approach is to make a few small changes at a time. Keeping your goals modest can help you achieve more in the long term without feeling deprived or overwhelmed by a major diet overhaul. Think of planning a healthy diet as a number of small, manageable steps—like adding a salad to your diet once a day. As your small changes become habit, you can continue to add more healthy choices.

# GINCO DE MAYO



MUSIC  
FESTIVAL  
PUEBLA  
MARIACHI  
BURRITOS

PINATA  
FIESTA  
MEXICO  
CELEBRATION  
PARADE

SOMBRERO  
AMIGO  
TACOS  
MAY  
MAYO

HOLIDAY  
VICTORY  
MARACAS  
PRIDE  
FOOD



## Resident in the News!

- ◆ Birthday: May 25<sup>th</sup>
- ◆ Born and raised on a farm in Woodsfield, OH
- ◆ Parents were German
- ◆ Has 3 Brothers
- ◆ Has 5 Sisters
- ◆ Occupation:  
Assistant to the Priests  
in local Catholic  
Churches
- ◆ Loves to bake
- ◆ Favorite food: Chocolate covered raisins
- ◆ Prays the Rosary 3 to 4 times a day



Hilda Josephine Block

## MAY HOLIDAYS

- 1-May Day
- 2-Brother & Sisters Day
- 4- Kentucky Derby Day (first Saturday)
- 4-Star Wars Day
- 5-Cinco De Mayo
- 5- Ramadan (varies)
- 6-National Nurses Day
- 8- No Socks Day
- 10- Clean Up Your Room Day
- 11- Eat What You Want Day
- 12- Mother's Day (2nd Sunday)
- 15- National Chocolate Chip Day
- 17- National Bike to Work Day (3rd Friday)
- 18- Armed Forces Day (3rd Saturday)
- 18-No Dirty Dishes Day
- 19- World Plant a Veggie Garden Day
- 21- Victoria Day (Canada)
- 22-National Buy A Musical instrument Day
- 23- Lucky Penny Day
- 25- National Brown Bag It Day
- 26-Sally Ride Day
- 27-Memorial Day (last Monday)
- 28-National Hamburger Day
- 30-Water a Flower Day