

# 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 6

## THE VILLAGER

July 2022

**“You have to love a nation that celebrates its independence every July 4<sup>th</sup> not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism.”**

**— Erma Bombeck**



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





Continuing Care

Charles Lipscomb	2-05	July 6 <sup>th</sup>	75 Candles
Estella Brooks	225 B	July 8 <sup>th</sup>	77 Candles
Sr. Benjamin Chrapczynski	229	July 20 <sup>th</sup>	96 Candles
James Waple	214	July 27 <sup>th</sup>	90 Candles

Marymount Place

Byll Kissig	130	July 11 <sup>th</sup>	69 Candles
Sr. Alice Trebatoski	322	July 17 <sup>th</sup>	93 Candles
Janice Jablonski	225	July 19 <sup>th</sup>	78 Candles
Sr. Leanne Leszczynski	318	July 20 <sup>th</sup>	87 Candles

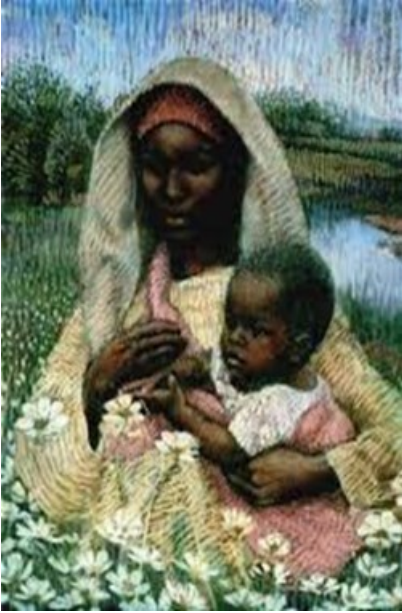
# 4<sup>TH</sup> OF JULY

## WORD SEARCH

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

- |             |           |              |           |        |
|-------------|-----------|--------------|-----------|--------|
| America     | Fireworks | Independence | Red       | United |
| Blue        | Flag      | July         | Sparklers | White  |
| Britain     | Fourth    | Liberty      | Stars     |        |
| Celebrate   | Freedom   | Parade       | Stripes   |        |
| Declaration | Holiday   | Picnic       | Summer    |        |

## *Greetings from the desk of Sister Mary Alice*



I have a picture I bought in the late 80s. It's a framed print by Brenda Joysmith titled "Madonna with Flowers" (Madonna is Italian for "My Lady"). It depicts a Black Mother (Madonna) with a small child in her arms. They are standing in a field surrounded by beautiful flowers. I bought it because it brought me joy, made me smile. It took me a while to realize it could also make me "think" – that happened the day I realized it was similar and yet different from pictures I'd seen of another Madonna. This Madonna with Flowers was similar to pictures of the Blessed Virgin Mary with baby Jesus in her arms. The only difference was the color of her skin. Yet, this picture brought me just as much joy. Why?

Because somehow my heart was touched by the beauty of mother and child who were totally surrounded by beauty. Just maybe the Blessed Mother was touching my heart with the realization that every mother, holding her little child, where ever she was or whatever she was surrounded with was also beautiful. Isn't that what God is trying to tell us all the time? He created all of us, equally. He sees us each the same – beautiful to behold, especially when we love ourselves, love each other, cherish our families. Why in the world do we sometimes find it so difficult to do so?!

I'm bringing my picture in and will find a place somewhere in the chapel area to put it on display for a time (I want to take it back home eventually!). Take a look for yourself. Is it simply a nice picture or is it a reminder that we find too many "differences" in too many places that cause us to miss the beauty that surrounds us all the time, just like the beauty of the flowers in the picture and the mother (Madonna) who paused to take it all in and share it with her child.

**This month let's look for beauty everywhere – in flowers, sunshine, different colors and especially in each other and the beauty of our differences that make us so much the same and yet unique!**

We are accepting requests for Mass Intention/Stipends.

Masses are said in Assisi Chapel 5-6 days a week.

Please indicate the Intention Request, suggested date(s) you'd like for the Mass, name of person/family making the Mass request and a contact number, and include a \$10 Stipend for each Mass requested.

Put the following on the front of the envelope:

"Mass Request"

Attention Sister Mary Alice

Envelopes can be given to Sr. Mary Alice or left at MMP and VSJ reception desks to be placed in Sister's mailbox.

Thank you and God bless!





# Nursing Notes

## This Strategy Will Help You Lose 20 Pounds

If you would like to lose 20 pounds this summer, then you need to have a focused strategy will help you reach your weight-loss goal. Counting calories and getting active will help you along the way.

In order for counting calories to work, you will have to do a little math (it's OK to cheat and use a calculator). If you want to lose one pound a week (it is safe to lose up to two pounds a week or 1 percent of your body weight, if you weigh more than 200 pounds), then you need to cut out or burn through exercise about 500 calories a day. But remember not to eat less than 1,200 calories daily, so that your body doesn't retreat into starvation mode. A reduction of at least 500 calories a day means you could lose a pound every week or 20 pounds in about five months. Here are a few other helpful ideas to help you along the way:

- **Cutting out sweet drinks is non-negotiable**

Sweet tea, soda, and flavored and sweetened milks, waters, and coffees all have to go. Drink plain water, low-fat milk, and sugar-free drinks instead.



- **Physical activity helps counting calories**



Being physically active burns calories while it improves your overall health. Aim for 30 minutes a day most days of the week.

A brisk 30- to 45-minute walk burns 100 to 200 calories.

Join our Walk-A-Hall-Ics program and get moving!

- **Strategically eating less drops weight**

A study of 811 overweight people who participated in four popular diets found that whether diets were low-fat, high-protein, or a combination didn't matter — weight-loss success depends on cutting out calories. In fact, you can continue to eat filling portions if you simply replace high-calorie foods with low-calorie foods that contain a lot of water, such as fruits and vegetables.



- **Journaling leads to success**



Counting calories is easier if you write down (or type in) what you eat, including serving sizes and details such as condiments you may have added. A detailed journal will help you identify your successes and pinpoint where you can cut additional calories or replace high-calorie foods with low-calorie ones.

With dedicated work you can apply these truths to lose 20 pounds in 20 weeks or less. So get moving!

# 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  
**-- IN-PERSON for the first time since 2019 --**  
6 p.m. to 11 p.m. on Friday, September 23, 2022  
Embassy Suites by Hilton Cleveland Rockside  
5800 Rockside Woods N in Independence.

“We are so pleased to reunite with our friends for the 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. We also will commemorate the 15th anniversary of Villa St. Joseph.”

The gala 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](http://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@marymountnhs.org](mailto:rhollowell@marymountnhs.org).



Guests of Marc and Lisa Kotora enjoy the 2019 Celebration of Life Gala at Embassy Suites by Hilton Cleveland Rockside.

What did Polly  
the parrot want for  
the 4th of July?

A fire-cracker.



RD

Crabby Road

6-28-11

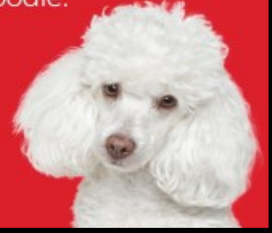


©Hallmark Licensing, Inc.

Maxine.com

If you crossed a Patriot  
with a curly-haired dog,  
what would you get?

Yankee Poodle.



RD

# Resident in the news!

- ◆ Born October 2, 1936
- ◆ Born in Mobile, Alabama
- ◆ Has 2 sons  
Aman and Sheriefs
- ◆ Has 2 granddaughters
- ◆ Retired from Cleveland Hopkins Airport and as a Private Duty Caregiver
- ◆ Favorite Colors  
Blue and Purple
- ◆ Favorite Foods  
Green Beans and Peanut Butter
- ◆ Favorite Fruit  
Strawberries
- ◆ Favorite song is Amazing Grace
- ◆ Minnie enjoys talking about the goodness of the Lord



Minnie Scott

## JULY HOLIDAYS

- 1-Canada Day
- 4-Independence Day
- 4-Sidewalk Egg Frying Day
- 4-Independence Day
- 9-National Sugar Cookie Day
- 10-Pick Blueberries day
- 12-Pecan Pie Day
- 13-Barbershop Music Appreciation day
- 13-National French Fries Day
- 14-Bastille Day
- 16-Fresh Spinach Day
- 16-World Snake Day
- 22-Hammock Day
- 24-Pioneer Day
- 24-Amelia Earhart Day
- 26-Aunt & Uncle Day
- 27-Take Your Houseplants for a Walk
- 28-National Milk Chocolate Day
- 29-National Lasagne Day
- 30-National Cheesecake day
- 30-Father-in-Law Day

SOFFESTIVE.COM