

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 7

THE VILLAGER

August 2022

August is Cataract Awareness Month

What is a Cataract?

A cataract is a clouding of the lens of the eye. If you think of the eye as a camera, the lens is the piece that focuses the picture. There are many different types of cataracts, ranging from congenital cataracts to “Christmas tree” cataracts to total white cataracts. The most common types are nuclear cataracts, cortical cataracts and posterior sub-capsular cataracts. The surgery for all cataracts is almost the same with some modifications for certain types.

What causes a cataract?

The main causes of the most common cataracts include aging, UV exposure, poor nutrition, radiation exposure, long term steroid use and diabetes. Trauma to the eyes can also cause cataracts.

How do you treat cataracts?

There is no medical therapy for cataracts at this time. If the cataract or clouding of the lens is significant enough to decrease your vision on the eye chart and interfere with your activities of daily living, hobbies or work, then you can consider cataract surgery and discuss it with your eye physician and surgeon.

What are the risks of cataract surgery?

Cataract surgery is the most commonly performed surgery in the USA and the most successful. Any surgery in the body has the risks of bleeding and infection, and fortunately these are low risks in cataract surgery. Additionally there are low risks of pain, needing a second surgery, glaucoma, corneal problems, macular edema, retinal detachment, loss of vision or loss of the eye. Review your particular risks with your eye physician and surgeon and let's get you back to enjoying what you love to do.

Why is Cataract Awareness Month important?

Cataract Awareness Month is sponsored by the American Academy of Ophthalmology. Cataracts are the leading cause of reversible blindness in the USA and in the world. A sophisticated surgery is readily available to help you get back to seeing again here in the USA. Across the globe, however, people have limited resources and sometimes are unable to get the surgery and are blinded by cataracts. Many nonprofit organizations and companies sponsor trips abroad to volunteer and help those people in need as well as clinics here in the USA. Many clinics abroad are also now pioneering new techniques in the surgery for severe dense cataracts and helping those around them.

<https://everharteyes.com/october/1030-august-is-cataract-awareness-and-childrens-eye-health-a-safety-month.html>



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



For more information or a tour, please call (216) 332-1396 or visit our website at www.villageatmarymount.org



		Continuing Care Unit	
Gertrude Sain	205 A	August 5 th	85 Candles
Loretta Alonzo	217 B	August 10 th	87 Candles
Delores Thomas	215 A	August 11 th	82 Candles
Jean Sopko	223 A	August 16 th	90 Candles
Lois Harris	216 A	August 24 th	86 Candles
		Memory Care Unit	
Donna Stouffer	14	August 9 th	88 Candles
Mary Alice Walerski	12	August 10 th	80 Candles
Louise Kusner	17	August 17 th	91 Candles
Janet Lachowski	14	August 20 th	84 Candles
		Marymount Place	
Lucy Dulik	133	August 3 rd	89 Candles
Sr. Helen Skok	325	August 6 th	91 Candles
Karen Fitzpatrick	211	August 16 th	73 Candles
Mary Ann Schlosser	302	August 25 th	81 Candles
Delores Schaffer	207	August 26 th	85 Candles
Sr. Mary Jaczkowski	336	August 31 st	85 Candles

SUMMER

wordsearch

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

SUNNY PARADISE POPSICLE FLAMINGO FLIP FLOPS VACATION	SNOWCONE WATERMELON SUNGLASSES BEACH SNORKEL PICNIC	BARBECUE OCEAN PALM TREE SAND CASTLE SUNBLOCK POOL	TOWEL ICE CREAM STRAWBERRY LIFEGUARD FIREFLIES SWIMMING
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Greetings from the desk of Sister Mary Alice

In August we celebrate two feasts that are close to my heart: the Assumption (August 15) and Our Lady of Czestochowa (August 26). August 15 celebrates that Mary, Mother of God, was “assumed” into heaven at the time of her death. It is customary to pick flowers and bring them to church to be blessed during Mass and kept in a place of honor at home or shared with others to share a blessing with them. I always remember seeing an elderly lady come with a nosegay of dandelions and other “flowers” some would call weeds. I realized her flowers were more precious than a fancy bouquet from a florist because they were all she had. I suddenly wished I could get to know her and be a little more like her... she made no “assumptions” about herself but simply wanted to honor Mary and to be blessed. I certainly “assumed” she was!

Since 1939 either on or close to August 26, my religious community has opened our outdoor shrine that houses a replica of a centuries old icon of the Blessed Mother that to this day draws pilgrims to Czestochowa in Poland to honor Mary and to be blessed by touching the picture that was miraculously preserved and has “cured” thousands over the years. The crowds that came to us were mostly Polish and the services were in their native tongue. I didn’t understand a word, or maybe just a few, but I knew how important that day was to these faith-filled people who had no means to make a pilgrimage back to Poland to the original Shrine.

These days it is too easy to overlook the significance of places, customs and the faith filled hearts of simple people who have a need to remember, revisit, and be blessed by what has given meaning to their lives, kept them on track. So many of us here at The Village at Marymount are just like that – in need of the affirmation that our lives and past lives are important, are the surest way to maintain our dignity and self-esteem as so much keeps changing and being taken away from us, stripped away at times. Let’s do our best to stop making “assumptions” about how each of us handles inevitable change or should be able to handle it. Let’s recognize the needs we each have and respect and acknowledge them. Let’s give each other the respect needed to have the ability to touch and be blessed and to share those blessings with each other.

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.

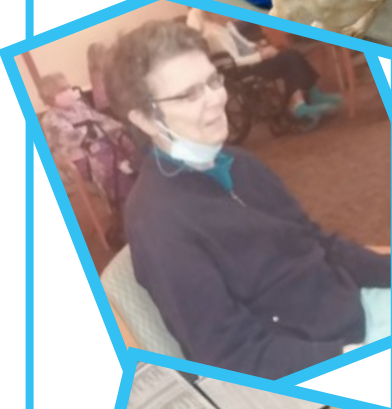
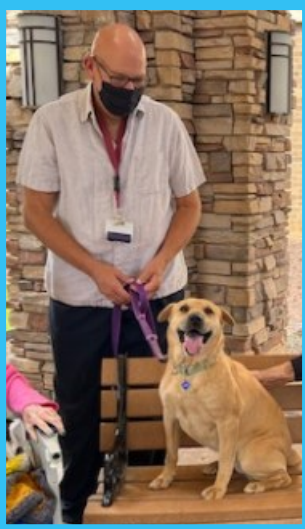
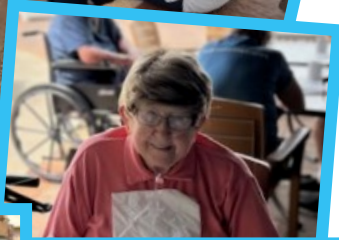
Put the following on the front of the envelope:

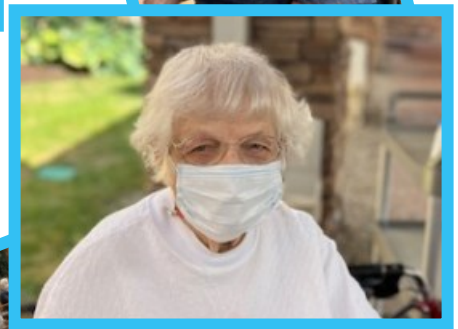
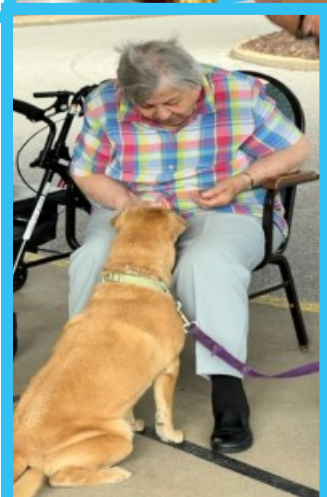
“Mass Request”

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



Follow These Precautions For A Falls-Free Summer

With summer in full swing, chances are your social calendar includes many more events than at any other time of year.

As seniors are out and about more often, and much later, during the summer days, it is imperative that they take the necessary precautions to avoid a fall. The Ohio Department of Aging recommends the following tips to prevent falls this summer:

- Wear loose clothing that won't snag or cause you to trip
- Wear sunglasses and a hat to reduce sun glare outdoors
- Let tinted eyeglasses transition before moving around indoors
- Trade sandals and flip-flops for well fitting walking shoes
- Stay hydrated to prevent dizziness
- Keep fans and cords out of walkways. Immediately pick up items blown to the floor by fans.
- Don't walk through mud or water
- Secure rugs and mats to the floor



If you happen to sustain a fall,
and want to learn more about our
Inpatient and Outpatient Rehabilitation Services,

Please contact
The Village at Marymount
216-332-1396

We want to help you get back on your feet again.

The Village at Marymount will host its 13th
Celebration of Life Gala

IN-PERSON for the first time since 2019
from 6 to 11 p.m.

Embassy Suites by Hilton Cleveland
Rockside, 5800 Rockside Woods N
in Independence.

SAVE *The* DATE
September 23, 2022

“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) 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@marymountncs.org.



Remembering Fr. Carl A. Uhler
October 8, 1930 – July 15, 2022



It's hard to remember when Fr. Carl started to say Masses for us – he just “slipped in” and grew on us and with us! When he retired from St. Stephen in West Salem, Sr. Betty Gulick, Director of Pastoral Care at Marymount, invited him to live on campus and help at the hospital. If we needed a priest to say Mass or anoint a resident, she often sent Carl. He helped when our chaplain passed away until Fr. Ted Haag came on board and then helped whenever needed.

When he retired from the hospital he continued to live on campus and helped us with Masses when he wasn't at the family cabin. He eventually moved to Marymount Place so he would no longer be living alone. Around that time our chaplain was reducing his days to 4 then 3 days and Carl took on those days too. Almost a year ago, Fr. Ted left us. Fr. Carl took on as many days a week as he could. Luckily, we were able to get two days covered by other priests, then every other Saturday and major holidays, then some Mondays and Wednesdays.

When he said his last Mass Friday, March 25 Carl was helping on Fridays, every other Saturday, and weekdays as needed. He was slowing down and God was providing his replacements. We began “parish-hopping” livestream Masses as needed. He realized our residents enjoyed feeling like they were at a parish participating with a much larger congregation and he enjoyed it too!

Not quite 4 months after he said his last Mass, Carl took to his bed July 13th and began letting his body dictate what he was able to do. He was on the beautiful, quiet, peace-filled journey home to his God. To me the moments of brief restlessness where he appeared to be trying to climb out of bed were his attempt to run to meet God instead of waiting any longer. He was ready, and on the morning of Friday, July 15 he completed that journey.

Fr. Carl will be remembered and missed by both residents and staff at Marymount Place ... he had so many table partners, puzzle partners, happy hour friends, prayer companions, and soul to soul encounters during which he encouraged, cajoled, blessed and laughed. Thank you for blessing and enriching our lives with your gentle holy presence Fr. Carl.

Thank you to all the staff and caregivers who offered him the respectful support he needed. Thank you to all the residents who became his friends and family when he could no longer jump in his car to visit off campus friends. Together you all lived the true definition of “continuing care retirement community” and exemplified what a loving atmosphere that mutual care and support creates! In his memory may we embrace and live his example. Eternal rest, Carl!

Resident in the news!

- ◆ Born October 14, 1978
- ◆ Born in Cleveland, OH
- ◆ Mom: Karol
- ◆ Dad: Jeff
- ◆ Sister: Ashley
- ◆ Occupation:
Worked as a Laundry Aide
- ◆ Favorite hobby is coloring



Cheryl Demartine

- ◆ Favorite color is purple
- ◆ Favorite food is pizza
- ◆ Favorite song is Fantasy by Mariah Carey
- ◆ Favorite movie is Glitter featuring Mariah Carey
- ◆ Dream Vacation is a trip to Hawaii

AUGUST HOLIDAYS

- 1-Swiss Day
- 2-National Ice Cream Sundae Day
- 3- Campfire Day (1st Saturday)
- 3-National Watermelon Day
- 4-Sister's Day
- 4-International Forgiveness Day (1st Sunday)
- 6-Wiggle Your Toes Day
- 6-National Root Beer Float Day
- 7-National Lighthouse Day
- 9-Book Lover's Day
- 10-Lazy Day
- 10-National S'mores Day
- 12-Middle Child's Day
- 13-Left Handers' Day
- 14-National Creamsicle Day
- 16-National Tell a Joke Day
- 17-National Thrift Shop Day
- 19-World Photo Day
- 21-Spumoni Day
- 22-Be an Angel Day
- 26-Dog Appreciation Day
- 31-National Eat Outside Day