

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 9

THE VILLAGER

SEPTEMBER 2022



Let's Celebrate National Honey Month

September is National Honey Month and it's the perfect time of year to honor to pay homage to honey's golden glory. While honey is not created by magic, its very existence is the result of a certainly remarkable process. As children are more likely to believe in magic than adults, they would not have any trouble having faith in the following equation:

Beautiful Flowers + Industrious Bees = Delicious Honey

Honey reflects the flowers from which it is produced, interpreted by the bees to make a unique and wonderful food. How wonderful for us that nectar from flowers and trees can actually be transformed by honey bees into Nature's own sweetener. While nectar, which is honey's raw ingredient, is made up of about 70% water, honey itself is only 17% water. How is that possible you may ask? It is the bees that tirelessly work to process the nectar and then remove the excess moisture from the nectar by rapidly fanning their wings over the open cells in the hive where it is stored. It doesn't spoil, doesn't need refrigeration, and it is just so good for you. Honey is one of the safest foods as most harmful bacteria cannot live in it for any length of time.

While some honey can be almost white in color, it is usually in shades of light amber (the mildest in flavor) to dark brown (the more robust in flavor). But honey's many uses do not stop at the dinner table. It is so much more! It can be used in countless applications that fall under the general categories of healing and repairing the body, beautifying and pampering oneself and improving one's fitness level.

In honor of National Honey Month, here are five surprising honey bee facts:

- ◆ A honey bee can fly up to 15 mph and beats its wings 12,000 beats per minute.
- ◆ In her lifetime, a worker bee collects nectar that will make only 1/10th of a teaspoon of honey.
- ◆ It requires the dedicated efforts of approximately 1,000 worker bees to create one pound of honey.
- ◆ Bees fly the equivalent of more than twice around the earth to gather nectar that will make a pound of honey.
- ◆ The average lifespan of a honey bee during the nectar-gathering season is about six weeks.



What is Honey, Exactly?

People who adore honey typically fall into two categories: those that use it for specific and beloved rituals (e.g. spreading it on their English muffin or sipping it in their tea) and those who are open to trying it in as many different culinary opportunities as possible (e.g., drizzling it over a salad, incorporating it into a marinade, baking it into bread, etc.). Regardless of what type of honey-lover you happen to be, have you ever asked yourself the question, "What is honey, exactly?"

Sure you might know that honey is a thick, sticky, golden liquid made by busy honey bees and that it comes originally from flowers (somehow). But, how do bees really make the stuff? Well, the short answer is that honey is the result of a colony of bees working together to collect flower nectar and transform it into a high-energy source for the hive. Honey production is actually a carefully orchestrated series of chemical process including digestion, regurgitation, enzyme activity, and evaporation.

Transforming flower nectar into honey begins with forager bees first finding nectar-rich flowers. The bees use their straw-like tongues (i.e., proboscises) to extract the nectar and store it in their special honey stomachs. After visiting approximately, 50 to 100 flowers, a bee's honey stomach is full and it returns to the hive. During this time, the enzymes in the bee's honey stomach begin to process the complex sugars in the nectar, converting them by inversion to simple sugars, which are less prone to crystallization.

Once back at the hive, the forager bee hands off the mixture to a house bee via regurgitation. The house bees continue to process the modified nectar while also concentrating it to remove the nectar's water content. They then deposit the mixture into a honeycomb cell. After which, the bees energetically beat their wings to fan the nectar and remove any additional moisture. As the water evaporates, the mixture's sugars become more and more concentrated until the substance is reduced to what we know as honey. Once complete, the bees seal the honey up with beeswax for safekeeping, which is produced by glands on a bee's abdomen. By all accounts, it's an impressive undertaking that involves many, many bees. In fact, it takes about eight bees their entire lifetime to make one single teaspoonful. Truly, honey is a substance that is something to be appreciated and savored—a prized gift from nature.

<https://bee-america.com>





Memory Care Unit

Clara Sabo	10	September 5 th	92 Candles
Mary Galbraith	15	September 12 th	75 Candles

Marymount Place

Paul Chuha	221	September 4 th	84 Candles
Sr. Barbara Ennis	125	September 9 th	76 Candles
Sr. Marjorie Szydlo	229	September 23 rd	88 Candles

Nursing Notes

Introducing Ways To Live To 100

From Sharecare.com

Social butterflies hold the secret of how to live longer — you can, too, with these longevity tips. If you want to live to be 100, be the person at the party who walks up to total strangers and says hello.

Yep, research shows that having an outgoing personality may be one of the hallmark traits of people who live to a ripe old age.

What runs in the family

Researchers recently examined the personalities of grown offspring of centenarians, with the assumption that the offspring have a good shot of living to 100, too. And what did the researchers find? Personality may play a role in longevity. The offspring were not only more outgoing but also had a knack for forming close friendships and for dealing with stress effectively. Makes sense when you consider other research has shown that these particular personality traits are associated with greater happiness, vitality, and longevity in older populations.

Are genes everything?

Don't come from a long line of centenarians? Don't worry. You can still learn how to live longer. What you don't inherit, you can adopt (with the exception of genes)—meaning you can embrace healthy lifestyle choices and develop healthy personality traits. Here are some longevity tips to help get you started:

- Fall in love. With your life, that is.
- Nurture the circle. Increase the quality and length of your life with strong social ties.
- Take the first steps to growing younger and healthier with the RealAge Test.

Greetings from the Desk of Sr. Mary Alice

“Connections” are popping up a lot recently – I visit a new resident and find I’m “connected” because a son-in-law was taught by me at Trinity. The manager at a local restaurant hugs me when he sees me – says he will never forget how we “took such good care” of his mother when she came to us on hospice.

Just yesterday (August 13) he sent me and another sister off with cookies for our “road trip” to retreat! This week I had a zoom session with 12 women from all over the country. We were in formation together 59 years ago with 33 in our “class”. Only three of us are still religious but since reconnecting during Covid, we can’t wait to see and talk to each other every couple months!!

What’s with these “connections” and why are they so important? Well, it’s like all the parts of a car’s motor, or computers and iphones. Each part makes the whole work and if they’re not connected it won’t work. When we reconnect with parts of the lives we’ve lived we, too, work better! God creates us, miniscule parts of all He has created. Our “wholeness” comes from connections we make with creation every day of our lives. Some feel unimportant, but each contributes to the whole of how well we “work” whether we realize it or not! God brings back connections to help us understand their importance – a flower like our mothers always had in the yard connects us to who she was, how much we love her and really are like her. People from our past and in our present lives help us realize the good or not good connections we made or are making with them and we grow by remembering together, sometimes forgiving sometimes thanking each other...

I love life – not because I’m such a “special” part of it. Gratefully I’ve been gifted with insight to recognize how everything and everyone around me connects me with our Creator God, IF I keep the connections working well! For the last 13 years I have been “connected” to The Village at Marymount, to all of you and all your/our parts and pieces. My life is so blessed because of this connection I should be singing and dancing down the hallways every day if I was young enough to do that. But, like all of us, we do strengthen our “connections” to our Creator when we make the effort to take good care of them and of all of creation around us.

Let’s all strive to live, love, laugh, respect and care for each other so we’ll be super-connected and strong!

3 HONEY TREATS

Layer yogurt, granola and fresh fruit in parfait glasses. Drizzle with honey. Repeat twice more, ending with a drizzle of honey on top.

Mix two tablespoons of honey with 1/2 cup of sour cream. Pour over a bowl of fresh blueberries, raspberries or strawberries.

Microwave honey for 15 to 30 seconds. Pour warm honey over fresh slices of apples or berries.







Fall



ACORN
 APPLES
 AUTUMN
 BONFIRE
 CIDER
 CORN
 GOURD

HALLOWEEN
 HARVEST
 HAY RIDE
 LEAVES
 NOVEMBER
 OCTOBER
 PIE

PUMPKIN
 RAKE
 SCARECROW
 SEPTEMBER
 TURKEY



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



MCU Nurse Ruth Brutz



Earns Top Honors

Since March 2020, the COVID-19 pandemic has had a profound impact on the nursing profession. Nurses have had direct care capabilities compromised due to the pandemic. Many nurses question their decision to continue in this noble profession now that the game they loved has changed. Use of personal protective equipment and limited patient contact pose additional challenges no nurse envisioned two years ago. Except one. Ruth Brutz, a registered nurse and Memory Care Unit supervisor.

Through her display of The Village at Marymount's core Mission values of compassion, competence, and the celebration of life, Ruth was selected as one of Northeast Ohio's Top 10 Nurses by The Plain Dealer and Cleveland.com. Ruth will be honored at a special Top Nurses Awards brunch ceremony on Sept. 22 at the Music Box Supper Club in Cleveland.

Not only will Ruth's honor include a video tribute during the brunch, but she will be featured in a special Plain Dealer news section honoring each of the 10 nurses.

"I'm really surprised that I was selected," Ruth said. "Every day I just try to do my best job possible to take care of our residents – and see that their needs are met."

Patients, families, and staff have a particular fondness for Ruth's diligence, cheerful outlook, and caring way she approaches her job.

Ruth is so highly thought of by staff and families that she was selected as a coveted Franciscan Spirit Award winner in February 2021. Ruth is a calming presence during the storm of the pandemic.

"We're all really proud of Ruth," said Mark Schwind, The Village at Marymount's Assistant Director of Nursing. "She was skeptical at first upon receiving the email stating the honor she was receiving, but it was quickly determined that this is indeed 'for real.' Way to go, Ruth."

Cleveland.com and The Plain Dealer's Top Nurses programs honors and celebrates Nurses who have dedicated their lives to tirelessly and selflessly taking care of others.

"We asked cleveland.com and The Plain Dealer readers to nominate nurses who are compassionate, dedicated, and an inspiration to those around them, and Ruth was one of the nominees," said Lauren Logan, marketing associate with Mlive Media Group and Advance Ohio, which owns The Plain Dealer.

A voting board reviewed more than 165 nominations and chose Ruth as one of the 10 Top Nurses 2022 in Northeast Ohio.

Congrats Ruth!



Four Ways Honey Can Help Heal Your Skin



Blemish-Fighting: Honey's naturally antibacterial properties help treat and prevent acne

Age Reversing: Full of antioxidants, honey can help older skin look and feel healthier

Complexion Boost: Honey's moisturizing ability imparts a glow to complexions

Healthy Pores: Honey can purify and calm skin as it helps to unclog pores

Below are two very simple Do It Yourself skin care recipes to help baby your skin this winter.

Simple Honey Mask

This couldn't be easier...just apply a thin layer of honey to freshly washed skin using a circular motion. Leave the honey on for at least 15 minutes. To easily remove the honey, apply a small amount of coconut oil to the top of it and gently massage it into the skin. The oil will aid in the honey's removal and add another layer of moisturizing. Rinse with lukewarm water. Skin will feel softer and more hydrated.

Gentle Honey Exfoliator

Use honey to help exfoliate your skin once a week during winter to remove dry, flaky skin cells. Mix two parts honey with one part baking soda. Apply to face and gently massage into skin before rinsing off with cool water. This recipe, while designed to be mild enough for the tender skin of the face is also quite effective on arms, legs and feet. Skin will be smoother and less itchy.

<https://bee-america.com/blogs/news/honey-boosts-winter-skin>

Resident in the news!

- ◆ Born November 8, 1933
- ◆ Born in Cleveland, OH
- ◆ After graduating high school in 1951, invested in the Sisters of St. Joseph, 3rd Order of St. Francis
- ◆ Earned Nursing Degree from St. John's College School of Nursing in Cleveland, OH
- ◆ Worked as a nurse on Surgical Unit of Marymount Hospital for 2 months
- ◆ For 10 years, worked as a nurse at St. Joseph Hospital in Mississippi
- ◆ Sr. Ann Marie's fondest memories: Spending time on the beach in Maine with her best friend, Sr. Barbara



Sr. Ann Marie Luberda

SEPTEMBER FOOD HOLIDAYS

- 1- National Gyro Day
- 3- Birthday of Afternoon Tea Inventor
- 4- National Macademia Nut Day
- 5- National Cheese Pizza Day
- 9- Wiener Schnitzel Day
- 10- TV Dinner Day
- 11- National Hot Cross Bun Day
- 12- National Chocolate Milkshake Day
- 13- National Peanut Day
- 14- Eat a Hoagie Day
- 14- National Cream Filled Donut Day
- 15- National Linguine Day
- 16- National Guacamole Day
- 17- National Apple Dumpling Day
- 18- National Cheeseburger Day
- 19- National Butterscotch Pudding Day
- 22- National Ice Cream Cone Day
- 23- National Key Lime Pie Day
- 23- National Great American Pot Pie Day
- 26- National Pancake Day
- 27- National Chocolate Milk day
- 28- Strawberry Cream Pie Day

SOFFESTIVE.COM