

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

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THE VILLAGER

October 2022

Halloween Facts

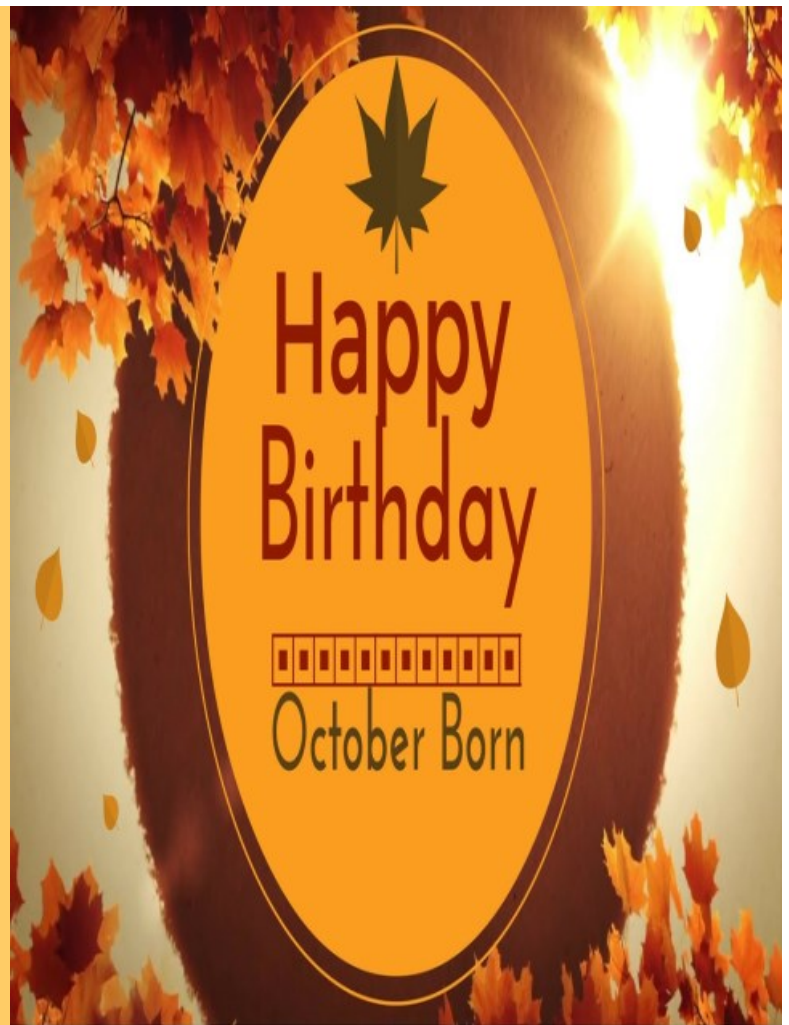
- Finding a spider on Halloween night is considered good luck
- The first Jack-o-Lanterns were carved from turnips.
- Spirit Halloween is one of the most popular Halloween stores in the United States.
- On average, kids who trick or treat will bring home a bag of candies worth 11,000 calories.
- In Alabama, wearing a nun or priest costume for Halloween is illegal.
- Walnut Creek, California prohibits Halloween masks without permits.
- Originally, the film Halloween was going to be called *Babysitter Murders*
- The first Halloween movie was also filmed within 21 days.
- The Jack-O-Lantern borrows its name from a stingy man named Jack.
- The fear of Halloween is called Samhainophobia
- Statistical studies found that 50% of children prefer to receive chocolate on Halloween
- The word witch comes from the Old English word 'Wicce'.
- The world record for the heaviest pumpkin weighed at 2,624.6 pounds.
- The owl is a popular image used for Halloween.
- Michael Myers' mask came from an altered Captain Kirk Star Trek mask.
- The candy Milk Duds were originally intended to be made in the shape of a perfect circle.
- The world record for the fastest pumpkin carving is 16.47 seconds
- In Dublin, Georgia, any type of costume that covers the face is illegal.
- Count Dracula was not the vampire's original name
- Halloween is the second highest-grossing commercial holiday
- If you are over the age of 13 in Bellville, Missouri, you cannot ask for Halloween candy.
- In the film Halloween, the knife sound effects are made by plunging a knife into a watermelon
- Canton, Ohio has the largest haunted house in the world
- Harry Houdini, the famous magician, passed away on Halloween night in 1926.
- Reese's cups rank as one of the highest-selling candies during Halloween.
- The night before Halloween is referred to as *Mischief Night* or *Goosey Night*

Continuing Care Unit

Sr. Marty Cherney	221	October 12th	92 Candles
Dolores Richardson	209 B	October 13th	84 Candles
Dolores Hustack	211 B	October 16th	85 Candles
Veronica Olchovy	205 B	October 17th	85 Candles
Jerome Semancik	218 A	October 27th	82 Candles

Marymount Place

Sr. Theresa Slonia	206	October 2nd	88 Candles
Minnie Scott	117	October 2nd	86 Candles
Rose Termini	123	October 12th	97 Candles
Sr. Jean Ehasz	323	October 13th	89 Candles
Noreen Rejna	212	October 19th	87 Candles



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



Greetings from the Sisters of St. Joseph, TOSF

For this article, I edited columns I wrote in the first two Octobers after I came to minister at VAM. In 2009 I wrote: "Oh, how privileged, Oh, how wonderful, to be children of St. Francis! These are words of a "made up" song the sisters used to sing as they strolled around the grounds in the evenings. Back then there were some 100 sisters on the campus and the Convent was one of the only buildings on the grounds.

"Today, songs and prayers to St. Francis, whose feast we celebrate on October 4, are more solemn and serious – because we are praying for those who have lost their jobs, their health care and, in some cases, their homes. We are praying for an end to senseless violence in our cities. We are praying for peaceful settlements of currently polarizing issues. We are praying we may form our consciences around morals and truths that could guide all of us to right decisions and to work together.

In October 2010 I wrote: "The Franciscan rule I follow states: "Because God loves us, the brothers and sisters should love each other and with confidence let them make known their needs to one another so that each can find and offer to the other that which is necessary..." how well am I modeling my Franciscan heritage here on the Marymount Campus and especially here at The Village at Marymount: do you feel confident to make known your needs, believing our staff and I will do our best to fulfill them? Staff members, do you feel the same confidence in making your needs known?"

Today, during this month so special to all Franciscans, allow me to offer humble apologies for the times I haven't shown enough love to you and your loved ones. Help me renew my determination to make this a campus where mutual love, respect, peace and joy abound. How about we all strive to do our best to fill each others' needs, and also to anticipate them before they even have to be asked!

May our Village have a distinct spirit – of prayerful Franciscan serenity and joy.

Marymount Place Book Club

What we read today has certainly changed from that which we are most familiar. Writers for the most part are MUCH younger, their experiences of life and the world strongly influenced by technology and social media can be a challenge to relate to and get comfortable with. The six of us who met to share our impressions of "The Other Woman" (2018) a debut suspense novel by Sandie Jones voiced this strongly.

We spent an hour sharing thoughts on the believability and likability of the characters, and the use of explicit language and sexual content to tell a story.

We were able to offer several suggestions not only in fiction but nonfiction areas of biography and history. We look forward to continuing discussions on a regular basis.

COME JOIN US!

November 8, 2022 at 11 am

For more information, please see Roslyn or Kim - Activities
(216) 332-1694

Made possible through the efforts of the Maple Heights Branch of the Cuyahoga County Public Library



Nursing Notes

These Everyday Activities Help Burn Calories

If the thought of working up a sweat on the treadmill at the gym to burn calories doesn't appeal to you, you'll be happy to know that you can burn plenty of calories just by doing everyday activities.

Research shows that people who are physically active during the day can burn an extra 300 calories per day. During a 12-day period, that can add up to an extra pound of weight loss.

These extra 300 calories per day can come from what is called non-exercise activity thermogenesis, or NEAT, which accounts for the energy that you expend when you are not sleeping, eating, or doing structured physical activities like jogging or sports.

"NEAT" activities include things like walking or riding a bike for transportation, typing on the computer, working in the yard, and cleaning the house. Even fidgeting is considered a "NEAT" activity that can turn up your calorie-burning engine.

These activities help you burn calories by increasing your metabolic rate. This is why agricultural and manual workers tend to have higher metabolic rates than people who live more leisurely lifestyles. In fact, the calories burned through NEAT can differ by as much as 2,000 calories per day between two people who are similar in size.

"NEAT" calories can really add up — and fast. In just 30 minutes a person who weighs 150 pounds can burn the following number of calories:

Gardening or weeding = 153 calories

Moving (packing and unpacking) = 191 calories

Vacuuming = 119 calories

Cleaning the house = 102 calories

Playing with the kids (moderate activity level) = 136 calories

Strolling = 103 calories

Sitting and watching TV = 40 calories



You can also consider wearing a pedometer to track the number of steps you take throughout the day. Once you have an idea of how many steps you take on average, set increasingly higher goals for yourself and find ways to take a few extra steps each day. Before you know it, you'll find yourself running up stairs, volunteering to sweep the porch, and finding reasons to walk to the store. The more you move, the more you'll want to move!

October

Autumn leaves of red and gold
that crunch beneath your feet,
Pumpkins on front porches,
candy corn, and trick-or-treat,
Tart and tangy cider,
apples ripened on the trees,
A hint of winter coming
on the chilly
autumn breeze.



**THE VILLAGE AT MARYMOUNT
CAPTURES NINTH CONSECUTIVE
NorthCoast 99 AWARD**



The Village at Marymount is proud to be recognized by ERC as one of Northeast Ohio's 99 best places to work. This year marks the ninth consecutive year The Village at Marymount has received the coveted NorthCoast 99 Award.

“This award is a testament to our staff and winning an eighth NorthCoast 99 Award validates their efforts live our Mission to provide an environment of compassion, competence and the celebration of life to all entrusted to our community of care,” said Sue Nall, RN, LNHA, Executive Director of The Village at Marymount.

Like all businesses, The Village at Marymount continues to find itself severely challenged in 2022, due to the coronavirus pandemic, to attract and retain top talent. An outside Human Resources consultant was hired to help the senior leadership team and the Human Resources Department focus on initiatives designed to find and retain top performers.

NorthCoast 99 is in its 24th year of recognizing great places to work for top performing people that drive results, provide competitive advantages, and allow businesses to innovate and grow. Applicants are evaluated based on policies and practices related to the attraction and retention of top performers, as well as data collected from employee surveys.

“We’re extremely honored to recognize The Village at Marymount as one of our 2022 NorthCoast 99 winners,” said Kelly Keefe, President of ERC. “The Village at Marymount has earned the right to be called a great workplace by its dedication to attracting, supporting, retaining, and motivating Top Performers. ERC developed the NorthCoast 99 program with the hopes of inspiring local leaders like The Village at Marymount to promote the great workplace movement.”



HALLOWEEN

Find and cross out all the listed words. The words may go horizontally, vertically, diagonally, not backwards. Ignore spaces, dashes and diacritics, if any.
The remaining letters will spell a secret word.

AUTUMN	H S C A R E C R O W P U M P K I N		
BAT	M A S Q U E R A D E B A W I T C H		
BLACK CAT	U B U Z Z P R A N K G H O S T A R		
BOGEY	M S Z N A B O O T S A M H A I N O		
BOO	M J O O T U T U R C R E E P Y D R		
BROOM	Y M E U M E T E B E E R I E J Y A		
BROOMSTICK	S K U L L B D U T R T C G B A C N		
BUZZ	S B P E L I I H M R O O V R C O G		
CANDIES	M P K U P Y G E O N B O A O K R E		
CANDY CORN	A S O S R I B K F U L L M O O N A		
COOL	S G W O N P C E U E S R P M L O N		
COSTUME PARTY	K A H O K I L P A G A E I S A C D		
CREEPY	B A T O R Y C E E N L R R T N T B		
EERIE	C O S T U M E P A R T Y E I T O L		
FANGS	F A N G S L C A N D I E S C E B A		
FEAR	F U N H O R R O W F I L M K R E C		
FULL MOON	B L A C K C A T K G O B L I N R K		
FUN			
GHOST			
GHOUL			
GOBLIN			
HAUNTED HOUSE			
HORROW FILM			
JACK-O-LANTERN			
JELLY BEAN			
MASK	ORANGE AND BLACK	RAT	SOUL
MASQUERADE	PERIL	SAMHAIN	SPIDER
MUMMY	PRANK	SCARE CROW	SPOOKY
NIGHT	PUMPKIN	SKELETON	TRICK OR TREAT
OCTOBER	PURPLE	SKULL	TUTU
			UGLY
			VAMPIRE
			WITCH
			WORM
			ZOMBIE

Resident in the news!

- ◆ Born February 12, 1938
- ◆ Born in Fairfax, Al
- ◆ Has 1 daughter and 3 sons
(1 son passed away)
- ◆ Lead singer of the band Astrological Forecast
- ◆ Favorite foods:
Chicken
Corn on the cobb
- ◆ Favorite singer
Sam Cooke
- ◆ Favorite hobby
Bowling
- ◆ At age of 10 years old, was hit in the eye with a hard ball, became blind in left eye



Edward Johnson

UPCOMING EVENTS

- October 10th**
 - Pianist/Soloist Dennis Chesnik at 2 pm in Living Room
- October 12th**
 - Johnny See at 3:30 pm in Assisi Hall
- October 21st**
 - Raisin' Canes at 2 pm in Assisi Hall
- October 28th**
 - Lunch at Bob Evans at 11 am (sign up at front desk)
 - Halloween Costume Party at 2 pm in Assisi Hall
- October (Thursdays)**
 - Scary Not So Scary Movies Assisi Hall at 1:30 pm