



The Villager 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

DECEMBER 2022

WE WISH YOU

HAPPY

Holidays

& MERRY

Christmas





Continuing Care Unit

Ruthie	December 1 st	90 Candles
Robert	December 11 th	88 Candles
Helen	December 16 th	97 Candles

Memory Care Unit

Susan	December 6 th	99 Candles
Coletta	December 16 th	97 Candles

Marymount Place

Larry V.	December 2 nd	87 Candles
Eunice	December 4 th	81 Candles
Esther Gean	December 16 th	92 Candles
Rita S.	December 29 th	96 Candles
Elizabeth B.	December 30 th	75 Candles
Sr. Frances	December 31 st	96 Candles

Christmas Word Scramble

1. elbls _____
2. ytFrso _____
3. yrmer _____
4. olNe _____
5. coroeGS _____
6. cksiongt _____
7. ayadecncn _____
8. ngeogg _____
9. isotlteme _____
10. tiposaenti _____
11. lesve _____
12. ylloj _____
13. PthoNrleo _____
14. nedrreie _____
15. hdplRou _____
16. eilshg _____



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 Desk of Sr. Mary Alice

Christmas is a gift that keeps on giving... Every year the Church asks us to recall and relive God's gift of His Son, Jesus. It seems that just as it was "impossible" for people of Jesus' time to believe he could be the Son of God, 2000+ years later it's still difficult for "believers" to believe! Think about it: scripture says only poor shepherds came to the manger to visit the newborn Jesus. Could it be they went to find shelter for the night as they always had on cold winter nights? Were they awestruck that a baby was born in the stable that night and were kneeling down to get a better look, having no idea who he was going to grow up and become? The difference to them may have been that stars seemed brighter and they thought they heard singing... Three Kings who visited several nights later were "led" by a bright star. Did the event they expected to find turn out to be simply a baby being cared for by his parents after being born so far from home? Did they decide to give them precious items only to sell so they could stay in inns on their way home instead of sleeping in dirty animal mangers??

It was 30 years later Jesus surfaced as a prophet, spiritual leader, threat to the status quo of organized religious laws. Jesus preached love, forgiveness, the end to wars, living in peace, being good to each other, praying to his Father in heaven. He healed people, attracted crowds of thousands, and raised the "dead" to new life. He would be rejected, tortured and put to death. Only those who listened closely to him and became believers were left to recall and relive that Jesus was the Son of God sent to earth to teach us the Greatest Commandment of all – love of God and love of neighbor. Jesus didn't just save the earth and all of us. He us taught us how to keep on doing it!

Back to the top...Christmas is the gift that keeps on giving. Each year the church asks us to recall and relive the gift of Jesus – the gift of LOVE! Our gift of Christmas is the gift of starting over, professing our faith, and trying again to celebrate the birth of Jesus by doing our best in the coming year to love Him by loving each other –

Merry, Blessed Holy and Happy Christmas Everyone!!!

Your life was a Blessing

Your Memory was a Treasure

You are loved beyond Words

*And missed beyond
Measure*

Renee Wood

*Sr. Mary Mergel
Mary Bobnar*

*Margaret Rosinsky
Blondine Jones*

*Dorothy Cassidy
Irene Semancik*

*William Shuki
Catherine Joseph*

*Arthur Gaines
James Waple*

*Susan Macha
Ralph Fisher*

*Janet Wright
Wilford Reed*

*Shirley SanFilippo
Dorothy Lisy*

*Lottie Frygier
James Hosack*

*Sr. Imedla Goska
Sr. Leanne Leszcynski*

*Sr. Eileen Wentzel
John O'Brien*

*Elizabeth Fisher
Dorothy Horne*

*Marcella Eppel
Edward Yaskowiak*

*Joan Conn
Leonides O'Coner*

*Louise Santilli
Laura Rice*

*Marylyn Palko
Barbara Arcscott*





Nursing Notes

These Foods Can Help You Age Gracefully

Diet and exercise remain keys to help you unlock a healthy lifestyle as you age. These six food groups provide valuable nutrition and will help you keep your Golden Years polished and shining bright.

Fiber

Foods that are high in fiber -- like fruits and vegetables, oatmeal, nuts, and legumes -- can help with constipation that becomes more common as you age. These fibers also able to help lower your cholesterol levels, manage your blood sugar, and keep you at a healthy weight. If you're a man who's 51 or older, aim to eat 30 grams of fiber each day. If you're a woman, try for about 21 grams.

Whole Grains

They're a great source of fiber and rich in B-vitamins, which you'll need more of as you age. B-6 and folate are key to keeping your brain healthy. Even a small shortage can make a subtle difference. Whole grains could also cut your chances of getting heart disease, cancer, and diabetes. Don't stop at whole-wheat bread, though. Quinoa, wheat berries, and whole-wheat couscous are tasty options, too.

Nuts

Yes, they're small, but tree nuts like almonds, walnuts, cashews, pecans, and pistachios have big anti-aging powers. These crunchy snacks contain special nutrients that can help delay or prevent age-related heart disease, stroke, type 2 diabetes, nerve disease, and some types of cancer. Nuts also protect your brain as you age.

Water

As you age, not only does your body lose water, but your sense of thirst starts to fade. That means it will take you longer to know when you're low on fluids. Water is food for your health in lots of ways. It cushions your joints, helps control your body temperature, and affects your mood and how well you focus. Make eight glasses of water each day your goal.

Fish

Fatty fish like salmon, albacore tuna, herring, and farmed trout should be on your menu twice a week. The reason? They're high in DHA, an omega-3 fatty acid that's good for your brain. Low levels of DHA have been linked to Alzheimer's disease, but get enough of it, and you may improve your memory and ability to learn new things. If you don't eat or like fish, algae, walnuts, flaxseed, and chia seeds are also good sources of DHA.

Lean Protein

Protein-rich foods fight the natural muscle loss that happens as you get older. As much as you can, enjoy your protein in "real" food like eggs, lean meat, and dairy products instead of protein powders that may not give you as many nutrients.

Something to think about...

Senior Living and Care Options: Are Families Asking the Right Questions?

Many questions arise when individuals and their families begin to explore options for short-term skilled nursing care, long-term care, and/or assisted living. Is the facility in a convenient location for the family to access? Are the grounds and landscapes visually appealing? Is the food hot and appetizing?

While the answers to these questions play a role in the decision, they are not the most important aspects families should consider when searching for a senior care community like The Village at Marymount for a loved one.

Marymount Place Administrator Chris Meinke reminds families that not all campuses are alike.

Seeking the right information is paramount in the decision-making process, Meinke said.

“So many families are not asking the questions that they really need to ask,” Meinke said. “Families must consider their loved one’s needs today as well as tomorrow -- and three, five, and 10 years down the road.”

Exploring the Quality of Care

Meinke said the first question all families must ask also is the most critical: What is the quality level of the care being provided? Dining options, life enrichment offerings, and living accommodations are equally significant considerations. Determining the facility’s standards of care and protocols must be at the top of any family’s list.

“Superficial details are far from the most important aspects when considering a facility,” Meinke said. “The quality of care has to be the first priority. Then everything else falls into place.”

Knowing that the community’s ability to meet any type of medical concern is only part of the equation. Meinke suggests families request a tour of the facility so they can see how caregivers interact with residents.

“If staff members are nowhere to be found, and the residents don’t look happy, does it really matter that you have a marble floor and a vaulted ceiling?” Meinke said.

Considering Future Needs

Families must also consider more than their loved one’s current medical needs. If a higher level of care is required in the future, will the campus be able to accommodate these needs? The last thing a family wants to do is pursue other options down the road.

“Most families have the perspective that they need to meet their loved one’s needs today,” Meinke said. “My advice is that you have to look not only for today but also for tomorrow. As we age, needs change. Not all senior living campuses can provide that higher level of care.”

Being Financially Prepared

A second integral component in the quest for senior living care is the financial stability of the individual. Finances always are an important consideration and families must understand exactly what they are paying for, as well as how much they could potentially pay in the future.

“Care needs change as a person ages,” Meinke said. “It is imperative to have a full understanding of the expenses that will be incurred today and in the future.

Many assisted living campuses require residents to pay privately for room and board, and their care needs, Meinke said. Given your loved one’s current financial status, do you know how long their cashflow will sustain them? What are the available options when funds are depleted? Will your campus of choice accept the Medicaid Waiver program, or will you suddenly find yourself having to look for another campus?

Remember ... be proactive and be prepared. Make The Village at Marymount the perfect next step for your loved one. To learn more about what matters most when searching for short-term skilled nursing/therapy care, long-term care and/or assisted living contact The Village at Marymount at 216-332-1100.



Residents at The Village at Marymount value daily and special Masses as important aspects of life on the campus.

Resident In The News!

- ◆ Born August 16th
- ◆ Born in Cleveland
- ◆ Has four siblings
- ◆ Graduated from East Tech High School
- ◆ Played basketball and ran track in high school
- ◆ Married for 7 years
- ◆ Has 1 daughter and 1 grandson
- ◆ Occupation:
Repaired phones
- ◆ Favorite color is red
- ◆ Favorite food is soul food
- ◆ Anne loves to keep busy



Anne



- Dec 5th Duane Carlson at 3:30p in Assisi Hall
- Dec 6th AND Dec 20th Advent Services at 2p in AH
- December 9th Resident Meeting at 1:30p in Dining Room
- December 19th Dennis Chesnik at 2p in Living Room
- December 22nd Christmas Social Hour in Assisi Hall
- December 23rd
 - * Lunch at La Pete's at 11 am sign up!
 - * Johnny See at 2p in Assisi Hall
- December 25th Mass at 10 am in Assisi Hall
- December 28th Dietary & Menu Meeting at 11 am in Dining Room
- December 29th Celebrating December Birthdays with Piano Cleveland at 2 pm in LR
- Thursdays at 2 pm: Christmas Movies in AH