

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

Vol. 16 Issue 11

THE VILLAGER

November 2022

Facts About Alzheimer's

Although Alzheimer's affects approximately 1 in every 2 families in the U.S., there's still quite a bit of information about Alzheimer's that you might not be aware of.

Alzheimer's is the most common form of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases.

Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have younger-onset Alzheimer's disease (also known as early-onset Alzheimer's).

Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth leading cause of death in the United States. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can range from four to 20 years, depending on age and other health conditions.

Alzheimer's has no current cure, but treatments for symptoms are available and research continues. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.

The Alzheimer's Epidemic In The United States

National Alzheimer's Disease Awareness Month is a call for Americans to pay attention to the epidemic that is raging throughout the country. Affecting nearly 15 million people, including caregivers and people living with the disease, chances are you most people have been somehow impacted by the Alzheimer's epidemic.

The Alzheimer's Association recently related their 2018 Alzheimer's Disease Facts and Figures, which reveal the following statistics about Alzheimer's in the United States:

Every 65 seconds someone in the United States develops Alzheimer's disease

5.7 million Americans have been diagnosed with Alzheimer's

By 2050, an estimated 14 million Americans will have Alzheimer's

Alzheimer's disease is the 6th leading cause of death in the United States

1 in 3 seniors dies with Alzheimer's or a related form of dementia

In 2018, unpaid caregivers provided 18.4 billion hours of care, valued at over \$232 billion

The estimated lifetime cost of care for someone living with dementia is \$341,840

Early diagnosis of Alzheimer's could potentially save the country \$7.9 trillion

Normal Memory Loss Or Alzheimer's Disease/Dementia?

Although everyone's brain changes as they age, it's important to understand that Alzheimer's disease is not a normal part of aging.

Memory loss is typically one of the first warning signs of Alzheimer's disease, but occasionally forgetting words or names does not mean a person has Alzheimer's. There are other signs that someone in the early stages of Alzheimer's disease may experience in addition to memory problems.

In the early stages of the disease, these can include:

Getting lost in familiar places.

Having trouble handling money and paying bills.

Repeating questions.

Taking longer to complete normal daily tasks.

Displaying poor judgment.

Losing things or misplacing them in odd places.

Displaying mood and personality change

For more information, contact your local Alzheimer's Association to request more information at www.alz.org.





NOVEMBER BIRTHDAYS

Continuing Care Unit

Frances Turrington	213	November 4 th	91 Candles
Wanda Lee Reimers	204 B	November 23 rd	96 Candles
Jacquelyn Gazarian	206 B	November 27 th	90 Candles

Marymount Place

Bernadine Mytro	315	November 6 th	95 Candles
Edward Thoryk	119	November 6 th	92 Candles
Sr. Ann Marie Luberda	202	November 8 th	89 Candles
Ann Holcomb	121	November 17 th	100 Candles
Sr. Ligouri Slawinski	131	November 17 th	94 Candles
Rita Golubski	304	November 19 th	92 Candles
Mary Bielski	201	November 20 th	79 Candles

Fall

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

ACORN
 APPLES
 AUTUMN
 BONFIRE
 CIDER
 CORN
 GOURD

HALLOWEEN
 HARVEST
 HAY RIDE
 LEAVES
 NOVEMBER
 OCTOBER
 PIE

PUMPKIN
 RAKE
 SCARECROW
 SEPTEMBER
 TURKEY

Greetings from the Desk of Sr. Mary Alice

I have a “treasure” I came upon during 2020, while figuring out how to cope with a pandemic while “hunkering” in place and experiencing “aloneness” for longer than I can remember having ever done. During those months we were all watching, reading and hearing the unimaginable horrors of uncontrolled illness and deaths, election denial lies and conspiracy theories that turned us against each other, and a shocking attack on the very symbol of our democracy.

My “treasure” in the midst of it all was a children’s book called “The Boy, the Mole, the Fox and the Horse” written by Charlie Macksey. It holds secrets of how “children” of every age can learn to live courageously with more kindness for ourselves and others. Here’s an example...

The boy is lonely and full of questions (sounds like most of us during 2020, huh?!) The mole is greedy for cake. The fox is silent because he’s been hurt by life. The horse is the biggest and most gentle creature they ever encountered. They are led to discover basic life truths while learning that a group of “misfits” can form a bond to conquer loneliness by the willingness to see inside each other and embrace the fact that we are all in this life together – and embracing each other is the only way to save ourselves and those we meet on our life journey.

At one point the boy asks the horse, “What do we do when our hearts hurt?” The horse tells him, “We wrap them with friendship, shared tears and time, till they wake hopeful and happy again.” Wow, isn’t this what God, our faith and the Bible are trying to teach us? It’s simple things that make most “complicated” truths make sense. That’s what Macksey’s book did for me. It’s what we can reflect on this month – what are some simple truths and life lessons we’ve learned so much from...how can we share them with each other...even more importantly, how can we grow to be more grateful, to thank life, thank God and thank each other.

Remember loved ones lost...be grateful for each other...a perfect way to have –
A BLESSED and HAPPY THANKSGIVING!!



What gets wet while drying?

What can you catch, but not throw?

What kind of band never plays music?

What kind of room has no doors or windows?

What is the end of everything?

What has a bottom at the top?

When is a door no longer a door?

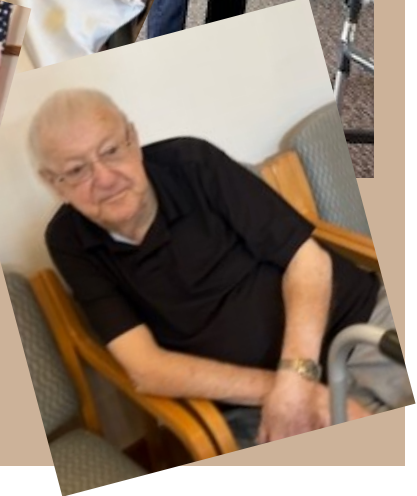
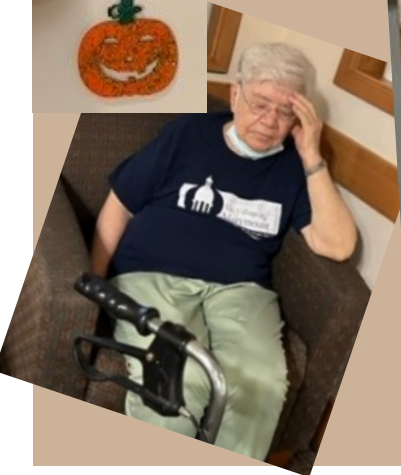
A towel, a cold, a rubber band, a mushroom, the letter “G”, your legs, when it’s ajar



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



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



Nursing Notes

Shedding Light on Benefits of Dark Chocolate

You've read it before. Dark chocolate, the richer the better, is not only a to-die-for treat, it's actually good for you. Just one ounce of a very special chocolate packs more than twice the healthy antioxidants as red wine or other dark chocolates.

Several studies in animals and humans have shown the heart-healthy effects of chocolate's antioxidants.

One study led by Penny Kris-Etherton, PhD RD, distinguished professor of nutrition at Penn State University, found that people who ate a diet rich in cocoa powder and dark chocolate had lower oxidation levels of bad LDL cholesterol and higher levels of good HDL cholesterol.

Dark chocolate increases blood vessel flexibility, keeps blood platelets from sticking together, and may also stabilize arterial plaque, making it less likely to travel and cause a stroke or heart attack. This effect is similar to that of aspirin.



Kris-Etherton said her research shows that a diet containing about an ounce of chocolate a day increases good cholesterol and prevents bad cholesterol from oxidizing, a process that may lead to heart disease. Does this mean you should run to the supermarket and load your cart with Kit Kats and Milky Ways for medicinal purposes?

You know better than that. It's OK to eat dark chocolate in small amounts, as long as you eat an otherwise healthy diet and you can afford the calories. An ounce of chocolate contains a whopping 11 grams of fat, so you have to compromise elsewhere in your diet to make room for the calories.

But if you eat your one ounce of chocolate slowly, and mindfully, it should satisfy your most serious chocolate craving, which can help you stick to a healthy eating plan.

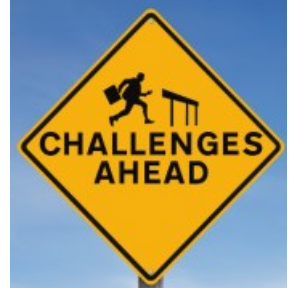


Something to think about...

A Trip to the Hospital – Now What? Are you prepared to ride-the-rails of the emotional rollercoaster?

By The Village at Marymount Marketing Team

As you travel the back roads from your house to your parents' house for your weekly luncheon with mom, you think about the tasks to be completed that day. A trip to the grocery store. A quick stop at the bank. Shuttling kids to and from sporting activities. Your mind continues to compose the list as you pull over for an ambulance with lights and sirens blaring. As you round the corner of the street on which your parents live, you see your father and several neighbors in the driveway. Your heart skips a beat.



Your father proceeds to tell you mom was walking down to the mailbox, twisted her ankle, fell and hit her head. Apparently, she remained in the driveway for about 20 minutes before dad went looking for her. The paramedics insisted on taking mom to the hospital for a quick review and assessment. And so, the ride begins.

The next three hours are spent providing insurance information, reviewing past medical history, answering questions about the incident, undergoing multiple tests, and waiting to see the emergency department physician. Mom appears to be fine and so your mind starts to readjust the list from this morning. Grocery store can wait until tomorrow. Hit the ATM on the way home. My sister may be able to shuttle the kids around. And then, the doctor arrives. Test results show abnormalities, and the physician is recommending mom be admitted for observation and a few additional tests.



Many people will experience similar situations like the one described above. Will they be prepared? Will they know their options? Most of us desperately try to according to the Centers for Disease Control and Prevention, nearly 1 in 5 Americans will visit an emergency department at least once a year. With those amazing statistics it is obvious, we must get out of our comfort zone, do the research, and be prepared.

Doing the due diligence prior to the need will allow objectivity. Don't allow yourself to be thrust into an emotionally charged situation having to make very difficult/important decisions. Certainly, take the time to know – and understand – your options. If home healthcare has been recommended, understand that there are many providers offering both medical and non-medical/companion care options. If skilled nursing/short-term rehabilitation is recommended, then have you visited any campuses? Do you understand the services that will be provided?

What benefits will be covered by insurance?

These are decisions most of us will face at some point in our lives. Your medical professionals will certainly provide options and recommendations – but the decisions are yours to make. Be prepared!

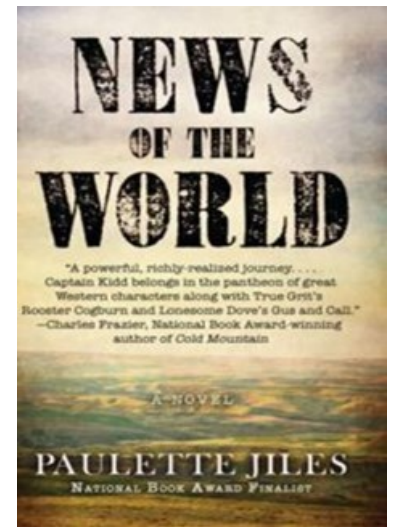




Marymount Place Book Club

November 8th at 11 am
in Living Room

For more information
Please see Kim or Roslyn
(216) 332-1694



Residents in the news!

- ◆ Richard's birthday is October 19th
- ◆ Noreen's birthday is April 28th
- ◆ Both of Bohemian descent
- ◆ Married for 66 years
Met in High School
- ◆ Has 1 daughter and 1 son
- ◆ Occupation: Both were Gymnasts and taught classes
- ◆ Both loved to camp and dance
- ◆ Their favorite quote: "NAZDAR", meaning on to victory.
A general greeting in Czech.



Richard and Noreen Rejna

UPCOMING EVENTS

- Nov 7th
 - Greg Piscura @ 2 pm in AH
- Nov 8th
 - Book Club @ 11 am in LR
- Nov 9th
 - Johnny See @ 3:30p in AH
- Nov 11th
 - Resident Mtg @ 1:30p in DR
- Nov 17th
 - Play at Garfield Heights High School Theater @ 9:15 am.
Sign Up!
 - Piano Cleveland @ 2 pm in LR
- Nov 21st
 - Dennis Chesnik @ 2p in LR
- Nov 25th
 - Lunch at Quaker Steak & Lube @ 11 am. Sign Up!