

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. 17 Issue 1

THE VILLAGER

January 2023



2023

— HAPPY NEW YEAR —

Residents of Village at Marymount

Andrea	75 Candles
Rita N.	87 Candles
George	83 Candles
Lois	71 Candles
Mary B.	87 Candles
Jeanne	78 Candles
Caroline M.	89 Candles
Nouha	92 Candles
Sr. Roselle	91 Candles
Linda	70 Candles
Joan H.	82 Candles



Winter Word Search

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

BLIZZARD
 BOOTS
 COAT
 COCOA
 COLD
 DECEMBER
 EARMUFFS
 FEBRUARY

FIREPLACE
 FROSTY
 HAT
 ICE
 ICICLES
 JANUARY
 MARCH
 MITTENS

FLOW
 SCARF
 SHOVEL
 SKIING
 SLEDDING
 SNOW
 SWEATER
 WINTER



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**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

As Christmas 2022 winds down, we look at the past year and “close the book” on it. Early on New Year’s day I tend to look back and reflect on highlights of the previous year... things left undone I should tend to; multiple things to be grateful for; things I wish had not happened, things I wish I hadn’t said. There are difficult moments I could have handled better; losses I didn’t need to shed as many tears over. There are lessons to be learned that I don’t want to forget about... maybe I should write them down!

Then I go to Mass and I know in my heart what I need to do... put on the mind of God and remember that for God time stands still. Everything I was on the day I was born I still am. God’s creative energy, the breath of life He breathed into me, is one and the same with the breath of each moment of every day of years gone by and every day to come. God doesn’t want me to waste time looking back or using the past to plan for the future. God wants me to live each moment as a new moment filled with infinite possibilities.

What I need to face each day is already within me and if I forget then God’s right there to remind me. I simply need to tap into the gifted grace of the moment and my best self is waiting to appear. God is that Breath, God is that Grace and it/He lives in me and through me – if I let Him. That’s a whole new way to understand the phrase “Let go and let God”!

God’s creative energy has done the same for every human person who has or will walk on this earth (or maybe even on other planets?!). What must I do more of this year? I believe it is to live as a believer of the insights I was just inspired to share. After all, writing or saying is one thing but believing and living is another. The more of us who help each other tap into the God within each of us, the more present God can be and the more His Divine and Infinite Love can overcome and permeate evil (the absence of God) with good (the presence of God).

Let’s each strive to be the Face of God to each other – it gives me chills to think how wonderful 2023 will be each time any of us succeeds! Happy New Year!

My New Year's resolution is to stop lying to myself about making lifestyle changes.



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someecards.com

Q: Why was the snowman looking in the bag of carrots?



A: He was picking his nose!

It's a Jungle out there!

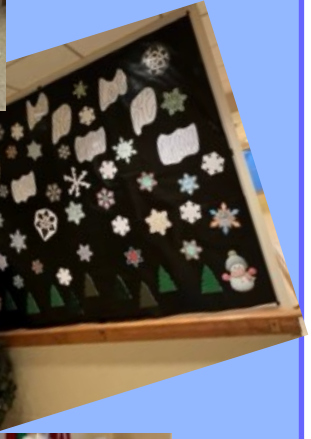
by HAGEN



Don't worry Sir, being colour-blind is not much of a problem around here...

Hagen Cartoons: <http://www.hagencartoons.com>





Nursing Notes



With diabetes, your body either doesn't make enough insulin or can't use it as well as it should.

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy.

Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

With diabetes, your body doesn't make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

There isn't a cure yet for diabetes, but losing weight, eating healthy food, and being active can really help. Other things you can do to help:

- Take medicine as prescribed
- Get diabetes self-management education and support
- Make and keep health care appointments

Diabetes by the Numbers

- More than 37 million US adults have diabetes, and 1 in 5 of them don't know they have it.
- Diabetes is the seventh leading cause of death in the United States.
- Diabetes is the No. 1 cause of kidney failure, lower-limb amputations, and adult blindness.
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled.

Types of Diabetes

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant).

Type 1 Diabetes

Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake). This reaction stops your body from making insulin. Approximately 5-10% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you'll need to take insulin every day to survive. Currently, no one knows how to prevent type 1 diabetes.

Type 2 Diabetes

With type 2 diabetes, your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90-95% of people with diabetes have type 2. It develops over many years and is usually diagnosed in adults (but more and more in children, teens, and young adults). You may not notice any symptoms, so it's important to get your blood sugar tested if you're at risk. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as:

- Losing weight
- Eating healthy food
- Being active
- Gestational Diabetes

Gestational diabetes develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health problems. Gestational diabetes usually goes away after your baby is born. However, it increases your risk for type 2 diabetes later in life. Your baby is more likely to have obesity as a child or teen and develop type 2 diabetes later in life.

Prediabetes

In the United States, 96 million adults—more than 1 in 3—have prediabetes. More than 8 in 10 of them don't know they have it. With prediabetes, blood sugar levels are higher than normal, but not high enough for a type 2 diabetes diagnosis. Prediabetes raises your risk for type 2 diabetes, heart disease, and stroke. But there's good news. If you have prediabetes, a CDC-recognized lifestyle change program can help you take healthy steps to reverse it.

The Village at Marymount Names Four Franciscan Spirit Award Winners

Given conditions surrounding the current coronavirus pandemic, one can only imagine the many challenges facing each staff member of The Village at Marymount when they arrive for work.

For four staff members in particular, their efforts and work ethics were rewarded in the highest way possible: with the coveted Franciscan Spirit Award.

The Village at Marymount recently selected deserving recipients:



James Edwards
Nutrition Services Department
Department (September)

Edwards writes a regular feature “View From The Press Box” in The Village Voice employee newsletter.



Chris Weber

Environmental Services Team
(July)

Weber becomes a two-time Franciscan Spirit Award winner, having secured the honor in May 2012.



Shawn Robinson, a state-tested nursing assistant (November). Shawn received her award from Peggy Jakabcic, Director of Nursing; Sherri Merryman, scheduler; and Steve Scanlon, unit manager.



Adekunmi Fowora, a licensed practical nurse at Marymount Place (June)



Robinson and Fowora were lauded for their dedication and devotion to the Mission when collaborating with the residents

Weber, Edwards, Robinson, and Fowora are now eligible to become The Village at Marymount’s 2022 Franciscan Spirit Award Winner of the Year when the recipient is announced in December.

A familiar face returns to The Village at Marymount



Wendy Graves, LNHA, MHA
is back on campus as Director of Marketing.

Wendy was an integral part of The Village at Marymount team from 2007 to 2011, coordinating community events, assisting with admissions and social services, and serving on the inaugural Celebration of Life Gala Committee.

Wendy has more than 30 years of experience in the long-term care industry. She began her career as a dietary aide and pursued her Bachelor of Health (Emphasis in Long-Term Care Administration with a Certificate of Gerontology) and her Master of Health Administration (Emphasis in Long-Term Care Administration) from Ohio University. During that time, she also worked as a nursing assistant and completed multiple internships and volunteer projects.

Wendy obtained her Ohio license as a Nursing Home Administrator in 1997. While in Ohio, Wendy was responsible for the oversight of nursing facilities, assisted livings, and hospital-based units. She was extensively involved in the Alzheimer's Association, senior network organizations, chambers of commerce, and numerous other senior service organizations.

In 2015, Wendy moved to Albuquerque, New Mexico, and provided leadership support at numerous Genesis HealthCare skilled nursing facilities throughout New Mexico and Colorado as Center Executive Director. She briefly left New Mexico and spent two years in The Netherlands, enjoying the opportunity to experience life and travel in Europe. Wendy recently moved back to Cleveland from Albuquerque and is happy to be home surrounded by family and friends.

Resident in the news!

- ◆ Celebrates a January birthday
- ◆ Native of Cleveland
- ◆ Hungarian and Polish descent
- ◆ Has 1 sister
- ◆ Graduated from Garfield Heights High
- ◆ Favorite color is blue
- ◆ Favorite food is pizza with pepperoni, sausage and mushrooms
- ◆ Loves music, game shows and word search puzzles
- ◆ Enjoys putting together and delivering our monthly newsletters and calendars



Lois