

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

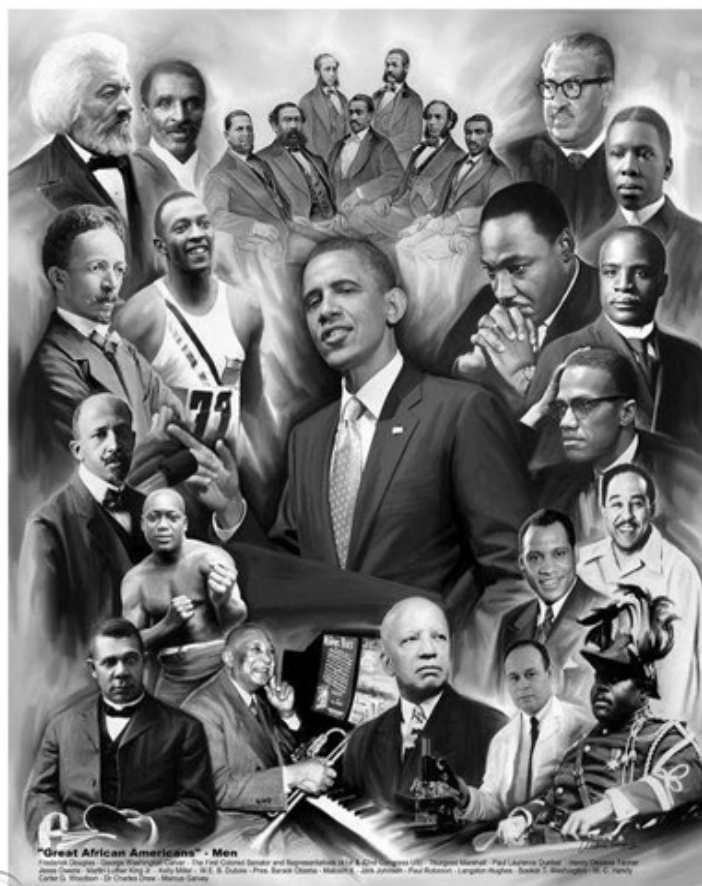
February 2023

black
history
month

Happy Birthday February!

Residents of Village at Marymount

Loretta C.	94 Candles
Michael L.	66 Candles
Beverly F.	92 Candles
Angela D.	67 Candles
Edward J.	85 Candles
Mary C.	87 Candles
Ella J.	97 Candles
Richard D.	79 Candles
Maryann M.	79 Candles
Sr. Anne M.	95 Candles
Mary Anne F.	90 Candles



Greetings from the Desk of Sr. Mary Alice



February, a month dedicated to “love” – among other things. Let’s look at what reflection on “love” can help us understand more deeply and interiorize...We each exist because we have been created out of an act of love. In truth, we’ve been created out of more than one act of love. Think about it. God’s love, because God IS love, breathed the breath of life into the universe and everything that has life within it. When God went one step further and created human life to live in the midst of all he had created, something changed...

Human life became the most “God-like” of all creation, because humans too could love. They are free to live, think, love, decide and do. God invited a second act of love – the love act of humans that transforms the new life created into another “god-like” creation. In all the centuries since the beginning of time, humans have been trying to figure out what love is, what it means. We have the innate “smarts” to know it’s pretty special or we wouldn’t dedicate an entire month to it. But how often do we consider what

saying “I love you” really means. How often do we realize that all the cards, flowers, jewelry, gifts of any kind do not say “I love you” either. It’s the way we live and how we treat each other, talk and listen to and encourage and help each other that often “shouts” how well we love each other – or not.



What, for example, is a good way to show how much we love those to death or separation? Could it

possibly be by “letting go” and giving them back to the God who created us all, while always

remembering and cherishing all we “loved” so much about them? While we’re at it, it’s good to remember that things we “love” also fit into the category of letting go sometimes, if for no other reason than to make sure God knows that we know that everyone and ever thing we “love” is our human way of thanking God for loving us enough to have gifted us with them in the first place!



Happy Valentine's Day, and Happy Living God's Love, by Loving Each Other!



**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**







Nursing Notes

Lifestyle Changes Can Help Ease Bladder Problems

Millions of people live with bladder health problems from an overactive bladder, neurologic disorder, or other urinary system disorder. People with urinary incontinence often refrain from certain activities and constantly worry about the possibility of leaking urine. But with some lifestyle changes — such as balancing your fluid intake, maintaining a healthy weight, and exercising — you can stay active. Here are some tips that can help you manage the challenges of your condition and live well with urinary incontinence.

Many people who have urinary incontinence think they should drink less water to decrease the risk of an accident. But this isn't exactly true. While drinking too much fluid can lead to bladder leakage, not drinking enough can also lead to leakage and bladder health problems. It's important to keep a healthy balance of fluids.

Timed voiding, or going to the bathroom on a regular basis — say, every two to three hours — is a good idea for people who have urinary incontinence or overactive bladder. Most people wait until their bladder feels full, but that method doesn't work for people with urinary incontinence. Emptying your bladder before leaving your home — or restaurant — even if you don't think you need to go is important for preventing accidents.

You may be able to lower your risk of leaking urine by losing weight. Obesity and incontinence are often linked, likely because more weight increases abdominal pressure, which can cause urinary incontinence. Research has found that if women who are obese lose just 10 percent of their body mass, it can reduce the risk of incontinence episodes by 50 percent.

Cutting back on caffeine and alcohol is a good idea if you have urinary incontinence, particularly urge incontinence, which is caused by an overactive bladder. Caffeine is bothersome for many people. Alcohol and caffeine are diuretics, and they can be irritating to the bladder. Limiting caffeine and alcohol intake should help to reduce the urgency you may feel.

Certain medications, such as diuretics, some blood pressure medications, and antidepressants, can cause urinary incontinence, so talk to your doctor about any prescription and over-the-counter drugs you are taking. Bring as many of your medications as possible with you to the doctor. With more information, your doctor can better identify your type of urinary incontinence and what factors might be affecting you, which is important for treatment.

To learn more about how The Village at Marymount can help you or your loved with urinary incontinence issues, then please call 216-332-1100.

Octavia E. Butler was dyslexic. Octavia became the first science-fiction writer to receive a MacArthur Fellowship and win countless awards for her work over a 40-odd year long career struggled with a "mild" case of dyslexia as a child.

Benjamin Banneker taught himself astronomy and math to become America's "First Known African American Man of Science".

During her run for president, three separate assassination attempts were made on Shirley Chisholm. She became the first Black woman elected to Congress in 1968. After four years as the New York representative for the 12th congressional district (primarily the Bedford-Stuyvesant neighborhood), Chisholm announced her run for the presidency. In that moment, she became the first Black candidate for president from a major party, and the first female candidate to run for the Democratic Party's nomination.

The 6888th Central Postal Directory was an all-Black, all-female unit of the military that delivered mail to World War II troops across England. African-American women were granted the opportunity to travel to serve overseas in late 1944, and the 6888th Central Postal Directory was full of eager, well-trained recruits. Led by Major Charity Edna Adams, the women of the "Six Triple Eight" spent time in Oglethorpe, Georgia preparing for service—jumping over trenches, identifying enemy crafts, and marching. Mail delivery in a war zone did not come without danger, and the women of the Battalion faced several close calls, injuries, and even some instances of death.

**BLACK
HISTORY
FACTS**

BLACK HISTORY FACTS

Rebecca Lee Crumpler was the first Black woman to become a doctor of medicine in the United States.

The Sugarhill Gang's "Rapper's Delight" became the first commercially successful rap record. The song became the first rap single to dominate the radio and the charts, hitting number 36 on Billboard's Hot 100 and becoming the first rap record to sell over one million copies.

In 1721, the practice of vaccinations was brought to America by a slave, named Onesimus.

The Alvin Ailey American Dance Theater, which changed the perception of American dance, was founded in 1958. Bringing together ballet, jazz, modern dance, and theater, Ailey's hopeful choreography was performed across the world, spreading awareness of Black life in America.

Bayard Rustin, an LGBTQ rights activist, orchestrated the Civil Rights Movement from behind the scenes. Bayard was an openly gay Black man who acted as a key adviser to Reverend Martin Luther King Jr. In fact, he educated King on nonviolent civil resistance tactics, which he learned from a trip to India in 1948. Rustin himself was instrumental in the organization of the March on Washington.

Phillis Wheatley was only 12 when she became the first female African American author published.

Martin Luther King Jr. improvised the most iconic part of his "I Have a Dream" speech.

Hattie McDaniel, the first African American to win an Oscar, wasn't allowed to attend *Gone With the Wind's* national premiere. Her performance as "Mammy" in *Gone With the Wind* (1939) won her Best Supporting Actress at the Oscars that year. However, the national movie premiere was in Atlanta. Because of Georgia's Jim Crow Laws, she was prohibited from attending the event.

Josephine Baker was a spy for the French during WWII. Josephine was one of the most successful African American performers in French history, Baker's career illustrates the ways entertainers can use their platforms to change the world.

The ban on interracial marriage in the U.S. was overturned because of one couple in 1967. Mildred and Richard Loving left their home state of Virginia to get married. They were warned by Virginia state officials that getting married would be a violation of state law, as Richard was white and Mildred was not. When they returned home, Mildred was promptly arrested. The last law formally prohibiting interracial marriage was overturned in Alabama in 2000.

Martin Luther King Jr. was assassinated on Maya Angelou's 40th birthday. Maya Angelou was a civil rights activist, poet and award-winning author known for her acclaimed 1969 memoir, 'I Know Why the Caged Bird Sings'.

Nine months before Rosa Parks, there was a young woman named Claudette Colvin. On March 2, 1955, fifteen-year-old Claudette Colvin was riding home on a city bus after a long day at school. A white passenger boarded, and the bus driver ordered Claudette to give up her seat. Claudette refused. As she later told *Newsweek* "I felt like Sojourner Truth was pushing down on one shoulder and Harriet Tubman was pushing down on the other. I was glued to my seat."

Anna Murray was the first African-American woman to be ordained as an Episcopal priest. She worked closely with icons like Thurgood Marshall and Rosa Parks, and was appointed by President Kennedy to the Presidential Commission on the Status of Women in the 1960s, where her work focused on "Jane Crow": how discrimination against Black people particularly and deeply affected Black women, and the ways in which sexism and racism combined to affect Black women.

Billie Holiday's famous "Strange Fruit" was originally a poem written by Abel Meeropol, a Jewish school teacher from the Bronx. "Strange Fruit" is one of the most iconic songs of the Civil Rights Movement and retains its power to this day.

Dawanna Boggan



Wins 2022 Franciscan Spirit Award ...

With A Little Help From A Friend!

Dawanna Boggan, a state-tested nursing assistant, couldn't have asked for a better person to stand in for her when selecting a gift box given to each of The Village at Marymount's 10 Franciscan Spirit Award winners of 2022.

Dawanna, who was the May 2022 Franciscan Spirit Award winner, had Director of Nursing Peggy Jakabcic stand in for her during the presentation. Peggy happened to select the lucky gift box on behalf of Dawanna, making Dawanna the big winner.

One of the 10 gift boxes (no winners were selected for August and December) contained the coveted Golden Ticket, symbolic of the Franciscan Spirit Award Winner of the Year honor. The honor includes a \$1,000 cash prize, which was awarded to Dawanna. Everyone should be so lucky as to have Peggy on their side.



Peggy Jakabcic,
Director of Nursing,
displays the
Golden Ticket she
selected on behalf of
Dawanna Boggan.

Congratulations Dawanna!

Resident in the news!

- ◆ Celebrates a March Birthday
- ◆ Native of Cleveland
- ◆ Married for 60 yrs to his wife Frances
- ◆ Has 2 children
Son named Tony
Daughter named Dawn
- ◆ Favorite color is red
- ◆ Favorite foods are: pizza and pasta
- ◆ Occupation
Worked retail grocery at Giant Eagle for 44 years



Salvatore Calo Jr.

UPCOMING EVENTS!!!

- ◆ 2/1 Store Bus ride to Marc's sign sheet at front desk
- ◆ 2/7 MMP Book Club @ 11 am in LR
- ◆ 2/7 'Savannah' the Dog Visit @ 4 pm in AH
- ◆ 2/9 Duane Carlson @ 2 pm in AH
- ◆ 2/10 Resident Meeting @ 1:30 in DR
- ◆ 2/14 Valentine's Day Ice Cream Sundae @ 2 pm in DR
- ◆ 2/15 Store Bus ride to Giant Eagle sign up sheet at front desk
- ◆ 2/17 Lunch at L.A. Pete's @ 11 am sign up sheet at front desk
- ◆ 2/20 Dennis Chesnik @ 2 pm in LR
- ◆ 2/22 Dietary & Menu Meeting @ 11 am in DR
- ◆ 2/23 February birthday celebration with Piano Cleveland @ 2 pm in LR
- ◆ "Greats" of Black Cinema, Fridays @ 2 pm in AH