

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

THE VILLAGER

March 2023

National Let's Laugh Day

Celebrated annually on March 19th, the National Let's Laugh Day is observed to acknowledge the importance of laughter in life. It is said that "Laughter is the best medicine" well, this is the day to take that medicine.

It is amazing how laughter in daily life has become so scarce. In this current human civilization stage, the spirit of laughter and its importance is rarely looked at. Particularly since the pandemic, we have all hit low spots when you just can't get yourself to feel positive, let alone laugh.

Studies have shown that laughter has a rejuvenating effect on the immune system, relieves tension, and helps you relax. Laughter is contagious and has the amazing capacity to uplift a place's mood or a conversation with someone. It projects that a person is positive in nature and fun to hang out with. Even faking laughter has its own place in modern-day exercises in the form of laughter yoga. These classes force you to fake laughter to engage your abdominal muscles, lungs, arms, and facial muscles either by using humor or by following a laughter routine.

This is based on the principle that laughing burns calories. You might have experienced long bouts of laughter with people you know. The stomach ache that follows and lasts for around 10 minutes depicts laughter's effects on the abdominal muscles. These 10-minute sessions of laughter burn more than 50 calories and improve hormonal secretion in the endocrine system. This further leads to increased metabolism, lesser intestinal spasms, and facilitates the secretion of dopamine into the body. Laughing also protects the heart as it improves the functioning of blood vessels by increasing blood flow and reducing chances of plaque build-up in the same.

As already mentioned, laughter is known to improve mood and easing anxiety and tension. It further relieves stress and improves overall mood and outlook towards things that happen in daily life. If one can find the good/positive in everything, he is sure to have reduced chances of depression and other mental health issues. Laughter transcends the language barrier to strengthen social interaction and relationships, helps defuse conflicts, enhances teamwork, and overall makes you an attractive person to be around.

Laughter comes naturally to humankind as well as animals. Ever since we evolved into homo-sapiens, we've found evidence of ancient humor in the form of pictographs that portray a man tripping over certain objects and the people around him laughing. This further elucidates the fact that laughter, as a reflex, has been instilled into human nature from the very beginning.

How can we observe National Let's Laugh Day?

- Take this day as an opportunity to catch a break and watch your favorite comedies/romantic comedies or the shows that you loved as a kid. Find things that will make you laugh. Try to make everyone around you laugh by attempting jokes and pranks.
- Educate the people you know about the various health benefits of laughing regularly.
- Use humor to make someone's day and reach out to people finding it tough to stay positive out there. Helping people by just trying to cheer them up has more effects than you might think.

Here are some laughter facts for you to enjoy the day:

- Laughter lowers cortisol (stress hormone) levels in the body. This inhibits the build-up of stress in the body. However, fake laughs will not do not have the same effects.
- Laughter soon after waking up has similar effects to the intake of a cup of coffee.
- Gelotology is the science of laughter and its various effects on the human body.
- An adult male laughs 15-30 times a day on average. Females laugh more than 30 times a day in some way or the other.
- The longest comedy stand-up show was recorded by David Scott, who made a routine of 40 hours and 8 minutes.

Residents of Village at Marymount

Patsy D.	84 Candles
Sr. Barbara Jean P.	92 Candles
Sr. Florence P.	90 Candles
Sr. Carol L.	83 Candles
Salvatore C.	80 Candles
Claudia R.	68 Candles
Lillian K	94 Candles
Ruth B.	91 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

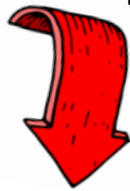
www.villageatmarymount.org



Need something more meaningful?
Want to make an impact?
Bored?
Have time to spare?

Want to help?

Desire new
friendships?



**VOLUNTEERS
NEEDED!**

Call Roslyn in Activities at
(216) 332-1694 or email
rmullen@marymounthcs.org
for more details.



Greetings from the Desk of Sr. Mary Alice

How can this Lent, 2023, become a spiritual journey of faith leading to a closer relationship both with our God and also with our neighbors? Presenting this question to myself surfaced a couple ideas. What if we reflect on what happened on Ash Wednesday... We had ashes placed on our foreheads and were invited (not told,) to turn away from sin, repent, and turn to the Gospels.

Ashes were placed on our foreheads, not hands, lips, over our hearts or anywhere else.

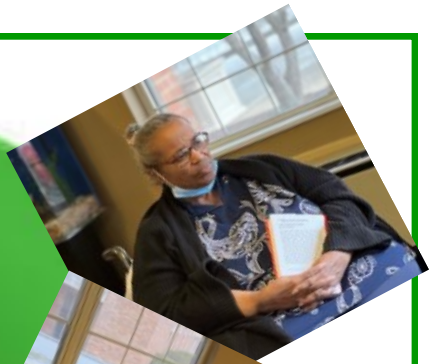
Why? Instead of the idea that we want others to see we openly profess our faith by "wearing a cross of ashes" the first day of Lent, we can remind ourselves throughout Lent, that our foreheads were used to help us think more deeply, to "remember" this is Lent and we want to arrive at Easter knowing we completed, with some level of success, the spiritual journey we set out on.

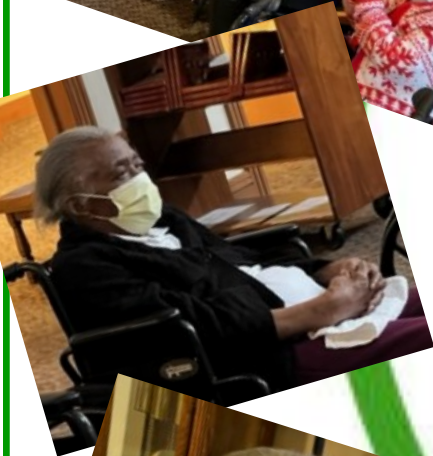
Lent is centered on Prayer, Fasting and Almsgiving. We can use them to remember our spiritual journey, to remind us to pray not just for a successful personal journey but maybe for success in sharing our journey, inviting others to share it with us. Fasting might be more effective if we don't fast from something we don't really like anyway – fasting from other than food could be even more effective. When it comes to Almsgiving, maybe there are a few things in our closets or on our shelves we could do without...books we've read, too many knickknacks, more notecards than we'll ever write, or those articles of clothing we haven't worn but saved for the day they might fit us again!

Whatever we decide to do for Lent we must remember who we are – simple and frail human beings. We most likely can't or won't remember to do all the above and that's ok too. If we only do one or two things to make Lent special, it still will be. If we smile more, greet each other, take time to sit and visit with someone who looks sad, worried or lonely, Lent will be perfect because in our special ways we will have prayed for someone who needs it, fasted from the need to hurry instead of taking time to be kind, and will have given others exactly what they are most in need of – knowing they are not alone at all but actually loved!!

May our journey of Lent be filled with love and care for each other – blessings all!







The Village at Marymount has had several two-time winners of the Franciscan Spirit Award since the honor was introduced in 2011. You now can add the names Lori Moskalski and Michelle Romanello to that distinguished list.

Second Times a Charm



Lori Moskalski

A Registered Nurse in the Admission Office, won her first Franciscan Spirit Award in October 2014. She captured her second when she was selected as the January 2023 award winner.

“It’s so important to treat others in a way that they deserve to be treated and that you would like them to treat you,” Lori said.

Lori has worked at The Village at Marymount since Villa St. Joseph opened in February 2007. She continues to be a shining example of The Village at Marymount’s core Mission values by demonstrating compassionate, competent nursing care.

“Lori is an outstanding nurse,” said Villa St. Joseph Administrator Dan Storey. “She’s extremely reliable, and is great with the residents.”



Michelle, who has worked at Marymount Place for nearly nine years as a member of the Environmental Services team, was an easy choice to win her second award as the February 2023 honoree. Michelle’s previous Franciscan Spirit Award was presented to her in March 2017.

“I don’t know what we would do without Michelle,” said Marymount Place Administrator Chris Meinke. “She takes initiative to get things done. She would text me during the height of COVID to ask what she could be doing to help out. She is the most pleasant person I see every day.”

Michelle Romanello

Michelle, who was asked to move to Marymount Place in 2016 due to a need for a housekeeper in the assisted living facility, said she looks forward to coming to work every day and looks forward to interacting with her coworkers and residents.

The award brought Lori and Michelle a \$100 gift card and a chance to be selected as the 2023 Franciscan Spirit Award winner of the year, which comes with a \$1,000 cash prize. The selection will be made in December.

Nursing Notes

Several Conditions Can Tarnish Your Golden Years

The golden years aren't what they used to be — they're getting better, thanks to advances in medicine and nutrition. Because of this headway, the United States is experiencing an unprecedented increase in its senior population. By 2030, 1 in every 5 Americans will be age 65 or older. It's more important than ever to keep your bones, belly, and brain in tip-top shape. Your first step? Know which common conditions — and symptoms — to watch for, so you can take steps to prevent or treat them.

Healthy bones are critical to senior health. As you age, your body begins to absorb old bone tissue faster than new bone tissue can be created, and your bones tend to become thinner and weaker. This leads to a condition known as osteoporosis, a disease in which bones become very fragile and can easily break during a fall or even when you're making everyday movements. The condition in and of itself has no symptoms, so ask your doctor to schedule you for a bone density test, called a DEXA scan, to check the health of your bones.

The age-related vision problem called macular degeneration is a serious threat to sight. In people with this condition, the part of the eye that allows you to see fine detail, the macula, begins to break down over time. With macular degeneration, central vision becomes blurry, and you might have trouble reading or recognizing faces. People age 75 or older have a 30 percent risk of developing macular degeneration, so be sure to schedule regular eye check-ups to look for any signs of vision trouble.

Glaucoma also affects vision. Most types of glaucoma involve an increase in the fluid pressure inside the eye, which can gradually damage the optic nerve that connects the retina to the brain. There are no symptoms at first, but a person with glaucoma can gradually lose peripheral vision and eventually even direct vision may be affected.

Arthritis is a common condition that occurs when the fluid and cartilage in a joint wears out, causing bones to scrape against each other and create pain. The most common form of arthritis affecting senior health is osteoarthritis, which results from a lifetime of wear and tear on the joints. There are many treatments for arthritis, so don't hesitate to consult your doctor for help if you're having joint pain.

Welcome to Your
Golden Years!

St. Patrick's Day Word Search

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

DUBLIN
FOUR
GOLD
GREEN
IRELAND
IRISH

LEPRECHAUN
LUCKY
MARCH
ORANGE
POTATO
RAINBOW

SAINT
SEVENTEEN
SHAMROCK
SHILLELAGH
ST PATRICK

Resident in the news!

- ◆ Celebrates a March birthday
- ◆ Italian Decent
- ◆ Married his true love, Gerry (deceased)
- ◆ Has 3 daughters
- ◆ Occupation:
Policeman for 28 years
- ◆ Lived in Independence
- ◆ Loves to watch football, old sitcoms, westerns and listening to older music
- ◆ Favorite food is homemade spaghetti which he loved to make with his wife



Patsy Discenza

UPCOMING EVENTS

3/1 Dietary & MMP Menu Mtg @ 11 am in Dining room

3/7 Book Club @ 11 am in LR

3/11 Gospel Singer, Lolita Jones @ 1 pm in Living room

3/13 Arthritis Health & Wellness Talk @ 2 pm in Assisi Hall

3/20 Pianist Dennis Chesnik @ 2 pm in LR

3/23 Duane Carlson @ 2 pm in Assisi Hall

3/24 Lunch at Imperial Wok @ 11 am sign up at front desk

3/30 Celebrating March Birthdays with Piano Cleveland @ 2 pm in Living Room

WEDNESDAYS @ 3:30 Stations of the Cross in Assisi Hall

FRIDAYS @ 2 pm "The Chosen" in AH

3/8 & 3/22 Store Bus Rides, sign up at front desk