

# 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 4

## THE VILLAGER

April 2023

### Do April Showers Really Bring May Flowers?

When the month of April rolls around and you notice it raining outside, there's one phrase you're likely to hear. It begins with "April showers." Can you finish it? If you said, "...bring May flowers," then you're right on track!

Historians believe this phrase may date back to a 1610 poem, which contained the lines "Sweet April showers, do spring May flowers." A longer phrase, "March winds and April showers bring forth May flowers," has also been traced back to 1886.

The reference to April showers likely originated in the United Kingdom or Ireland, where the month of April tends to be especially rainy because of the position of the jet stream. The cooler climate in these areas also tends to push back the appearance of many flower species to late April and early May.

But do April showers really bring May flowers? That old adage doesn't necessarily ring true, though, especially in warmer climates. Rather than being rooted in botany, the phrase may be a simple way to avoid the blahs of rainy weather by focusing instead on the beauty of better weather ahead.

The exact effect of rainfall likely depends upon what type of flower you're talking about. Perennials, which die off in the fall and bloom again each subsequent spring, are usually the flowers you think about when you think of spring flowers bursting forth.

Some perennials, especially in warmer areas, might come forth in March or April. The previous month's rainfall will usually have little impact on when these flowers spring back to life.

Since their bulbs have been in the ground all along, their growth and health depends upon the overall trend of rainfall over the course of many months. During the course of blooming, too much rainfall could actually be harmful, as some flowers are more prone to disease with too much rain.

Annuals, the flowers you have to replant each year, are different than perennials in that they can't be planted each year until after the threat of frost passes. Once planted, what matters is the amount of rainfall in the months after they're planted — not the month before. They need enough rain in the months after they're planted to sustain their growth and health.

So what really brings forth May flowers? Scientists note there's one factor that's much more important than rainfall in determining when a particular flower will bloom: temperature. When the average temperature begins to approach spring-like weather, flowers will begin to bloom, regardless of exactly how much rain they received in April or the month before they began to bloom.

In some areas, a "false spring" may result in great harm to flowers and fruit crops. Early warm spells may trigger flowers to begin to bloom. If those warm spells are short-lived and are followed by a hard frost, flowers and fruit trees may die and not bloom again until the following year.



## Residents of Village at Marymount

|                |               |
|----------------|---------------|
| Sr. Clarita I. | 95 Raindrops  |
| Karen P.       | 80 Raindrops  |
| Judith G.      | 78 Raindrops  |
| Sr. Jean N.    | 99 Raindrops  |
| Sr. Loretta Z. | 96 Raindrops  |
| Richard R.     | 88 Raindrops  |
| Albert R.      | 95 Raindrops  |
| Annie B.       | 92 Raindrops  |
| Alfreda M.     | 88 Raindrops  |
| Annie R.       | 100 Raindrops |
| Gloria S.      | 79 Raindrops  |

## APRIL WORD SEARCH

a y k u f a h a m e p b c p e d v e  
 d i a m b n d e a a s v u a s a b s  
 x g a e z c b e g s a t n s h t l h  
 a b i o i k n e f t l o d s o a o p  
 l e o h i j g l o e m u e r v e f m g  
 i e l o u a r b o r e u n g e r e q z  
 p d a f f o d i l v o n g e r e d f v  
 c u v d h i o i u i c r r s d f v  
 w j t u l i p o d k o t a u r u s w  
 a n h o i i u j p e u o d u y r a x  
 i s s e m y i v a x a t s e i n i a



### WORDS

showers  
 underground  
 daffodil  
 tulip  
 bloom  
 taurus  
 diamond  
 earth  
 easter  
 passover  
 fool



## *Greetings from the Desk of Sr. Mary Alice*

The Greeting below was not written in time for the March Newsletter but as I sit here one day after the Feast of St. Joseph, I'd really like to share the greeting below even tho' you'll be reading it at the beginning of April... and Happy Blessed Easter as well!

Greetings on the Feast Day of St. Joseph –



What does this March 19 stir in our hearts,  
What does it lead us to learn...

...Maybe that he who cared for the God/child Jesus,  
who held him protectively in loving arms,  
was maybe young, maybe old.

...Maybe he was no more than a symbolic image  
of how God "sent his son" to earth  
to heal our hearts.

...Maybe what we learn from Joseph,  
more than who he was, is "how" he was –

...Neither young nor old, rich or poor,  
not even a tool-laden builder/carpenter.

...Maybe a timeless personification of an open heart –  
loving, accepting, gentle and firm enough.

...Maybe able to withstand the shocks and disappointments  
of a life lived on the edge of certainty.

Maybe Joseph is the sound of silence  
beating in our own hearts.

Maybe this year we know without a doubt  
Joseph is our shadow selves-  
leading us not to the God/child Jesus  
but straight to the Father of us all!

Happy Feast Day – God bless your year, Joseph protect your heart!





## Risk Injuries Due To Inactivity

Now that the weather is beginning to warm up and spring months are on the Northeast Ohio horizon, many Weekend Warrior athletes are beginning to enjoy the outdoors by playing tennis, golf, walking, biking, or jogging. Because of these activities, Weekend Warriors will undoubtedly incur some type of stress injury.

Here are some common questions about Weekend Warrior injuries that our Rehabilitation Services team receives from patients. Here are their suggestions to treat these injuries.

### **Why do Weekend Warriors suffer injuries?**

The most common reason cited for this burst of activity on the weekends rather than regular workouts throughout the week is not having enough time to exercise. Consequently, weekend warriors may not be in the best physical shape, and suddenly engaging in intermittent strenuous activity can therefore increase their risk of injury—with certain types of trauma more common to these individuals.

### **What are some common injuries that Weekend Warriors suffer?**

Shin splints, sprained or fractured ankles, and stress fractures are common injuries sustained by Weekend Warriors.

### **My elbow tends to get sore after playing tennis or golf. What's causing the pain?**

Tennis and golf both use a repetitive motion that can cause tendinitis on either side of the elbow. This injury is most common among tennis players (tennis elbow), racquetball and squash players, and golfers (golfer's elbow). Ask a coach or a pro to make sure your technique is correct. One wrong move, repeated hundreds of times, can easily cause injury. This injury usually doesn't require surgery, but you may need a brace or splint while you're taking time off to heal.

### **What type of rehabilitation is provided at The Village at Marymount?**

If you feel you need rehab services to get you back in the action, then The Village at Marymount is your solution to wellness. Our Parker Hannifin Corporation Therapy, Wellness and Life Transition Center can accommodate orthopedics; neurologic and cardiopulmonary rehabilitation; workers' compensation; geriatrics; temporomandibular joint disorder; vestibular issues; pain management; and fall prevention. We also provide daily inpatient therapy, and outpatient therapy and respite care also is available.

If you would like more information about The Village at Marymount's programs or services then please call 216-332-1100.











# HOLY WEEK WORSHIP SCHEDULE

**Saturday, April 1<sup>st</sup> – Palms Distributed 4:00 p.m. Mass**

**Monday, Tuesday, Wednesday of Holy Week – 9:30 a.m. Mass**

**Thursday, April 6<sup>th</sup> – Holy Thursday – 4:00 p.m. Mass**

**Good Friday Communion Service – 1:30 p.m.**

**SATURDAY, APRIL 8<sup>th</sup> -- NO Mass Holy Saturday**

**April 9<sup>th</sup>, Easter Sunday – 9:30 a.m. Mass**



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



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

**Need something more meaningful?**

**Want to help?**

**Have time to spare?**

**Bored?**

**Want to make an impact?**

**Desire new  
friendships?**



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



# Nursing Notes

## These Cereals Should be In-Grain-ed In Your Diet

When you're faced with morning madness, the easiest path to a healthy breakfast is often a cereal box. But when it comes to nutrition, the choices in the cereal aisle don't stack up evenly. You know you need to skip brands with added chocolate chips, marshmallows, and fake fruity-Os, but picking the best of the best seemingly healthy cereals can be a confusing chore.

To get the real scoop, you need to scan the ingredients and nutrition facts label for sneaky sugar sources and hidden processed ingredients. What you want to see: One serving should provide at least 3 grams of fiber (5 grams or more is considered "high-fiber"), less than 10 grams of sugar, and less than 200 milligrams (mg) of salt.

The next time you shop, reach for one of these best bets.



- General Mills Cheerios

For a healthy breakfast, stick to classic Cheerios. There are also many store-brand or generic versions of Cheerios, which are acceptable as well.

- Kellogg's All-Bran

One of the main ingredients to look at is the fiber content. The fiber recommendation is 20 to 35 grams a day, and if you can get a fourth to a third at breakfast, that's good. All-Bran is a cereal that really delivers on fiber, but the cereal's serving size might not seem substantial enough to many people. Add volume to your healthy breakfast and up the nutrition and flavor with berries, cut or dried fruit, or a small serving of nuts.

- General Mills Fiber One Original

A serving of this cereal provides just about half of the fiber you need for the entire day. If eating a very high-fiber cereal is one of your nutrition goals, start with a lower-fiber cereal and gradually work your way up over the course of a few weeks while increasing fiber at other times during the day. Keep in mind: This cereal has no sugar because it is sweetened with aspartame, which is not to everyone's taste.

- Kashi 7 Whole Grain Nuggets

Be sure to look carefully at nutrition labels to make sure that the grains in the cereals you eat are whole grains, not processed, and that they are at or near the beginning of the ingredients list. Kashi 7 Whole Grain Nuggets are whole-grain, even though when you read the nutrition label it will include a trademarked ingredient description that reads "Kashi Seven Whole Grains and Sesame." This brand, often found in the organic and health food sections of grocery stores, is a little high in sodium, but you can always balance that out by opting for lower-sodium choices the rest of the day.

- Kellogg's Bite Size Unfrosted Mini-Wheats

Unfrosted wheat bites may strike you as a bit dull, but think of this cereal as an opportunity to build a healthy breakfast. Rather than opting for a frosted mini-wheat variety, which adds sugar and subtracts some fiber and protein, get sweetness by slicing in half a banana or sprinkling on a tablespoon of raisins or a dash of cinnamon, which adds flavor and may help control blood-sugar spikes.

# Happy Easter

Let every heart be filled with joy,  
A joy of thankfulness to our Savior and King!  
He is victorious over sin and death.  
He conquered death to give us a new life.

A life blossoms through His unending love.  
It is for a cause and without condition  
The love that brings healing and reconciliation,  
A pure love that creates in us real peace.

Peace that springs from his sacred heart  
A heart that bleeds for our affliction.  
It is full of mercy and compassion,  
A heart wounded for our sins and vainglory.

Rejoice! Jesus is truly risen from the dead  
For us to live once again,  
To live without blemish of pride,  
And to live a life unselfishly for other in need.



## Resident in the news!

- ◆ Celebrates an October Birthday
- ◆ Lived in Cleveland
- ◆ Married to James (deceased)
- ◆ Has children and grandchildren
- ◆ Occupation: Secretary
- ◆ Favorite color is red
- ◆ Favorite food is chicken
- ◆ Favorite dessert is "anything sweet"
- ◆ Favorite hobby is crocheting



Joanne

## UPCOMING EVENTS

- 4/5 Dietary & Menu Mtg at 11 am in DR
- 4/5 Greg Piscura at 3:30 pm in AH
- 4/6 Holy Thursday Mass at 4 pm
- 4/7 Good Friday Communion at 1:30 pm in AH
- 4/8 HOLY SATURDAY, NO MASS
- 4/9 Sunday Mass at 9:30 am
- 4/10 Depression Health & Wellness Talk at 2 pm in AH
- 4/12 Johnny See at 3:30 in AH
- 4/14 Resident Meeting at 11 am in DR
- 4/17 Pianist Dennis Chesnik at 2 pm in LR
- 4/21 Lunch at Cozumel's at 11 am, sign up
- 4/27 Celebrating April Birthdays with Piano Cleveland in LR