

# 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. 17 Issue 5

## THE VILLAGER

May 2023



### Fun and Fascinating Facts you **MAY** not already know

- 1/3 of adults still sleep with a comfort object.
- 12% of people dream in black and white.
- 19% of men say they wouldn't mind being stupid as long as they had the perfect body.
- The supreme court ruled on the difference between fruits and vegetables in 1893.
- 25% of American men are now six feet or taller, compared to only 4% in 1900.
- 5% of Americans say they "never" make their beds.
- 50% of all pizzas sold in North America have pepperoni on them.
- 60% of American babies are named after relatives.
- A chef's hat has 100 pleats. Apparently, it's meant to represent the 100 ways you can cook an egg.
- A duel between three people is called a truel.
- A flamingo's head has to be upside down when it eats.
- A giant squid's eye is as big as a basketball.
- A mosquito has 47 teeth.
- A person blinks 10,000,000 times every year.
- All of Queen Anne's 17 children died before she did.
- The average person will spend six months of their life waiting for red lights to turn green.
- Apocolocynopsis is the fear of being turned into a pumpkin.
- Applesauce was the first food eaten in space.
- Australia is the only continent in the world without an active volcano.
- Baby kangaroos (joeys) weigh less than an ounce at birth.
- By age 65, an average person has seen two million commercials.
- Camels are born without humps.
- Cats are crepuscular, which means that they're most active at dawn and dusk.
- Chickens and ostriches are thought to be descendants of the Tyrannosaurus rex.
- The average person says 5,000 words in one day.
- Clinophobia is fear of going to bed.
- Ears keep growing with age) because the cartilage slowly breaks down, and gravity makes them elongate over time.)
- Figs are not fruits, they are actually flowers
- French author Michel Thaler wrote a 233-page book with no verbs.
- The liquid inside a young coconut can be used as a replacement for blood plasma.
- Human teeth are the only part of the body that cannot heal themselves.
- If you start in Argentina, you could theoretically "dig a hole to China."
- In 1950, only 7% of Americans dyed their hair, now 75% do.
- There are 293 ways to make change for one dollar.
- In the U.S., there are more plastic flamingos than real ones.
- Only 6% of all coupons printed are ever redeemed.
- Jellyfish are 95% water.
- Lemons have more sugar than strawberries.





## *Residents of Village at Marymount*

Constance T.

92 Candles

Carmen P.

88 Candles

Hilda B.

99 Candles

James P.

81 Candles

Richard H.

94 Candles

Sr. Cecilia M.

84 Candles

Vera M.

98 Candles

Chester B.

91 Candles

Caroline M.

97 Candles



## *National Skilled Nursing Care Week Begins on Mother's Day*

The Village at Marymount is gearing up for another big springtime celebration May 14-20, 2023 with National Skilled Nursing Care Week looming on the horizon.

The week traditionally kicks off on Mother's Day, which this year is May 14.

Established in 1967 by the American Health Care Association, National Skilled Nursing Care Week (NSNCW) celebrates the essential role that skilled nursing care centers play in providing high quality 24-hour nursing care to millions of America's seniors and individuals with disabilities.

This year's NSNCW theme is Cultivating Kindness and is inspired by the acts of kindness that happen in skilled nursing care centers like The Village at Marymount every day. Research has found that practicing compassion and kindness not only can improve health and well-being but can also strengthen human connections and bonds.

"Our staff, residents, families, and members of the local community are encouraged to come together to participate in activities that cultivate and spread kindness during this special week," said Brenda Milanczuk, The Village at Marymount's Director of Human Resources. "National Skilled Nursing Care Week is a way for today's care communities to proactively communicate that skilled care centers are light years ahead of what people perceive to 'grandma's nursing home,'" Milanczuk added. "The week signifies a rallying point and way to foster a positive attitude toward care in long term and post-acute care centers."

Milanczuk and her team have fun-filled activities planned for residents and staff to enjoy as they celebrate and spread kindness while adhering to The Village at Marymount's core mission values of providing compassionate, competent care that celebrates the lives of its residents.





## Greetings from the Desk of Sr. Mary Alice

Easter morning I left early and drove straight to Michigan for 9am Mass with family, 11am brunch, 1:30pm egg roll, 2:30 “cleanup” and 4:30 off for dinner and more visiting! It doesn’t sound much like slowing down. But, it jump started a week of sleeping in, coffee on the deck, visits with 5-11 of my 16 nieces, nephews, “greats” and their families. My sister-in-law and I walked around cute little shops in nearby towns – and I had time to read, reflect and refocus...

I used Richard Rohr’s daily internet reflections, especially on Easter; Jennings and Stahl-Wert’s transformative truths in “The Serving Leader” and Mathew Kelly’s “Holy Moments”...

Richard assures us Christ’s life “changing, not ending” Resurrection gives us reason to radiate constantly the joy of being saved for all eternity. Matthew reminds us that Jesus’ Incarnation, Life, Death and Resurrection are holy moments, mini transfiguration examples of life “changing” not “ending”. Reflections on servanthood convince us we are acutely and painfully far from perfect while at the same time totally capable of doing so much good. The question I pondered was “What do I want to do with my “forever resurrected” life, my “rest of” life that ever changes but never ends?” I asked myself if I have what it takes to radiate the transforming joy provided by Jesus’ example of forever life-changing holy moments and to transfigure them into helping others do the same...

This month we ponder the transformative moments in the life of the Blessed Virgin Mary – her acceptance of the impossible, conceiving a child who is God, persevering in faith through his life changing death, resurrection and ascension. Let’s take time once again to see how her example can penetrate our lives and grow our relationship with her divine/human God/son.

Blessings, especially upon all the “mothers” in each of our lives!!!



## Beata Chwirut

Marymount Place Housekeeper

Becomes Two Time Spirit Award Winner

For nearly 20 years, Beata has meticulously approached her job as a housekeeper with a positive attitude and a willingness to help wherever she is needed. These qualities were not overlooked by her peers as she was voted the March 2023 Franciscan Spirit Award winner. Beata also won the award in November 2014.

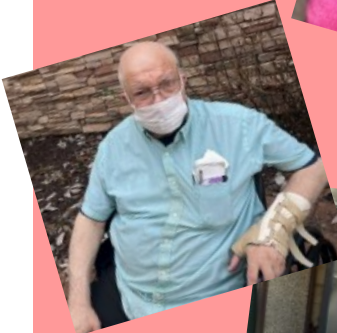
Prior to joining The Village at Marymount in 2007, Beata was a housekeeper for the Sisters of St. Joseph of the Third Order of St. Francis in the Marymount Convent.

Beata is a very deserving winner of the award, said Bill Leimanowicz, Director of Plant Operations and Beata’s supervisor.

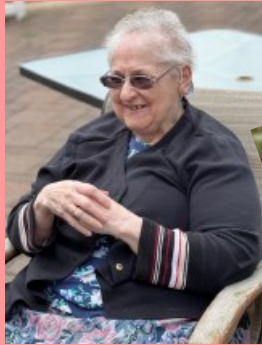
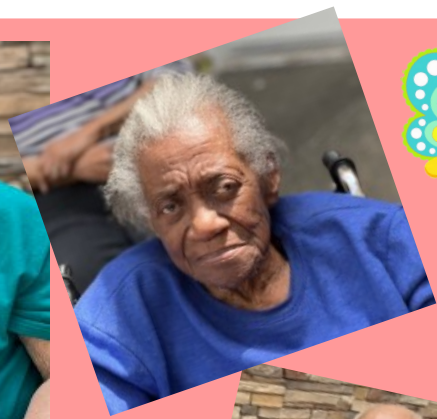
*Congratulations. Beata!*











- 5/3** Dietary & MMP Menu Meeting at 11 am in DR
- 5/4** Duane Carlson at 2 pm in AH
- 5/8** Bereavement Health & Wellness Talk at 2 pm in AH
- 5/9** Book Club at 11 am in LR
- 5/10** Johnny See at 2 pm in AH
- 5/12** Resident Meeting at 11 am in DR
- 5/15** Dennis Chesnik at 2 pm in AH
- 5/19** Fruit Stand, leaving at 1 pm Sign up At Front Desk

- 5/20** Gospel Singer Lolita Jones at 1 pm in LR
- 5/25** Celebrating May Birthdays at 2 pm in LR
- 5/26** Ladies Tea Party at 2 pm in DR
- 5/10 & 5/24** Store Bus Rides, sign up!
- 5/5 & 5/19** Music with Sr. Marianne 4pm LR
- 5/12 & 5/26** Happy Hour at 4 pm in LR





### A MOTHER'S LOVE

**A Mother's love is something  
that no one can explain,  
It's made of deep devotion  
and of sacrifice and pain,  
It is endless and unselfish  
and enduring come what may  
For nothing can destroy it  
or take that love away...  
It is patient and forgiving  
when all others are forsaking,  
And it never fails or falters  
even though the heart is breaking...  
It believes beyond believing  
when the world around condemns,  
And it glows with all the beauty  
of the rarest, brightest gems...  
It is far beyond defining  
it defies all explanation,  
And it still remains a secret  
like the mysteries of creation...  
A many splendored miracle  
man cannot understand  
And another wondrous evidence  
of God's tender guiding hand.**

**Helen Steiner Rice**



There are

*Angels*



**God puts on this Earth  
Who care for us and guide us.  
You can feel their love and gentleness  
as they walk through life beside us.**

**They do great things for us every day  
they whisper in our ears,  
they even hold us in their hearts  
when we are filled with our fears.**

**They are always there to give a hug  
and try to make us smile.  
They treat us with respect and love,  
they treat us like their child.**

**God blessed me with an Angel,  
I'm proud to call my own.  
She's been with me throughout my  
Life, been with me as I've grown.**

**She's guided me the best she can,  
She's taught me like no other,  
And I'm thankful I'm the lucky one  
Who get's to call her....**

*Mother*

### Who said So?

**This British American actress, one on the  
last great figures of old Hollywood, said,  
"Big girls need big diamonds."**

Elizabeth Taylor

### If the Glove Fits

**At first, baseball was played without gloves.  
In 1875, St. Louis outfielder Charlie Waitt  
put on a pair of leather dress gloves to pro-  
tect his hands. Although he was called a  
"sissy" by fans, the idea soon took off, and  
baseball  
players began to wear gloves.**



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



**Wash your hands  
Wear a mask  
Watch your distance**

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Want to help?  
Want to make an impact?  
Bored?  
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for more details.





# Nursing Notes

## Here's How To Identify Signs of Kidney Disease

By Healthline Staff Writers

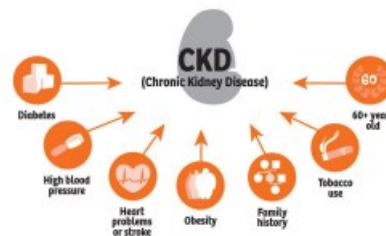
Drug-induced nephrotoxicity can contribute to two types of kidney disease – chronic kidney disease (CKD) and acute kidney injury (AKI).

Chronic kidney disease (CKD) develops gradually over time. Along with certain medications, CKD can also be the result of a chronic condition, such as diabetes or high blood pressure.

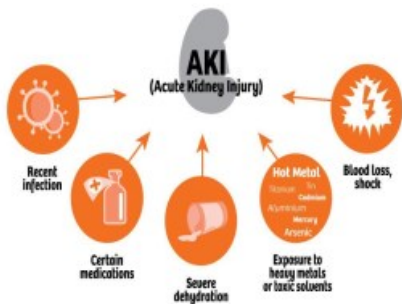
Most patients with CKD don't have any symptoms in the early stages, which is why it's known as "a silent killer." The condition is typically discovered during routine testing for unrelated problems, and a simple blood and urine test are used to diagnose CKD.

Symptoms of CKD include:

- Swelling of the lower extremities, especially the ankles
- Decrease in the amount of urine
- Fatigue
- Nausea
- Confusion, shortness of breath, and seizures, if left untreated



There are 5 stages of kidney diseases and their symptoms can overlap. The signs and symptoms will worsen as the disease progresses. Stage 5 is when dialysis or a kidney transplant is necessary to continue living.



Acute kidney injury (AKI), also called acute renal failure, is when kidney failure or kidney damage occurs suddenly within a few hours or a few days. AKI is common in people who are in the hospital, in intensive care units, and especially in older adults, according to the National Kidney Foundation (NKF).

### How to prevent drug-induced kidney disease?

If kidney damage is due to medication, discontinuing the medication, replacing fluids, and treating kidney inflammation are ways to treat it.

However, none of this should be done without the direction of a physician.

For a lot of us, taking medication for a chronic illness is not an option. All medications come with side effects, some more significant than others; most of the time, the benefits outweigh the risks.

The following tips can help you to avoid kidney damage from medication:

- Keep an updated list of OTC and prescription medications, and supplements you take
- Ask your doctor how each medication you take might interfere with your kidneys and if taking a new medication could cause issues
- Stay hydrated and eat a reduced salt diet that includes a lot of fruits and vegetables
- Exercise daily to control blood pressure, and in turn, reduce the risks of kidney injury

**1 in 3 adults**  
are at risk of kidney disease.



# Memorial Day Word Search

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

AMERICA	HOLIDAY	REMEMBRANCE
BLUE	HONOR	RESPECT
CEMETERY	MAY	SACRIFICE
FALLEN	MEMORIAL	SALUTE
FLAG	MILITARY	SERVICE
FREEDOM	MONDAY	SOLDIERS
HEROES	PARADE	WHITE
	RED	



# OUR MEMORIES

by Lenore Hetrick

If we remember those who are gone  
 Then they live again.  
 They are here once more, they smile and speak,  
 Just as do living men.

So let us give our thoughts to the brave,  
 Upon this Memorial Day.  
 In spiritual fellowship let us speak,  
 And listen to what they say.

For a soldier who died for his country must know  
 Much that he could tell,  
 And if we caught the message it might  
 Serve us oft and well.

So in our memories let the dead  
 Linger often and long.  
 Recollections of that kind live,  
 And are like a springtime song.

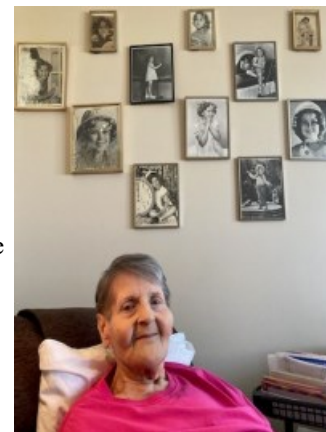


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# Resident in the news!

Shirley She Loves Her Collection

Pay a visit to the room of Marymount Place resident Mary Ann Melton and you might think you are in an immersive 1930s Shirley Temple movie. Mary Ann's room is somewhat of an homage to the late child actress. The walls in Mary Ann's room are adorned with a plethora of black and white photographs of Shirley Temple. A neatly kept row of decorative mugs, and child-size Depression-era milk pitchers bearing the image of the "Curly Top" star, sit on a nearby hutch.



So how did Mary Ann come to create such a collection?  
 "I always enjoyed Shirley Temple's movies," Mary Ann said. "I also loved going to different memorabilia shows at local malls. I saw a picture of Shirley Temple that I really liked so I bought it. That was in 1971. From there I found myself buying pictures of her at different mall shows and garage sales. My collection just grew from there."  
 Several years ago, Mary Ann had the opportunity to buy the set of decorative Shirley Temple mugs and thought they would serve as a nice complement to the pictures in her collection.

Mary Ann, who is a former Sister of St. Joseph of St. Mark at Mount St. Joseph in Euclid, enjoys art and produces vibrant colored pencil drawings and designs from her apartment, which she refers to as her "art room".

"I make all of the decorations for the Marymount Place dining room," Mary Ann said. "I loved to draw and color. It's relaxing to me."

With the help of Marymount Place care attendant Teri Petkac, Mary Ann created the design of the bulletin board located in the second-floor exercise room at Marymount Place. The board reads: "Get The Scoop Marymount Residents Are Great!"

In addition to collecting Shirley Temple memorabilia, and making decorations for the Marymount Place dining room, Mary Ann and Sister Marianne Saucier present a talk each Wednesday that focuses on emotions.

"I really enjoy giving these talks," Mary Ann said. "We're all dealing with so much these days that affect emotions. It's good that we're able to talk about them as a group."

Oh, in case you're wondering ... Mary Ann's favorite drink? "A Shirley Temple," she said with a smile.

