

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

June 2023

June Is Alzheimer's And Brain Awareness Month: Showing Support For Those Living With Dementia

“Alzheimer's And Brain Awareness Month“ is declared each June by the Alzheimer's Association to help raise awareness about the disease, as well as show support for the millions of people worldwide living with Alzheimer's or another form of dementia. It's also a time to recognize caregivers for the support they provide to those living with Alzheimer's and other forms of dementia.

According to the Alzheimer's Association website, “the more people know about Alzheimer's, the more action we inspire!”

Every three seconds someone in the world develops dementia, with nearly 50 million people currently living with the disease worldwide. Perhaps more alarmingly, that number is expected to reach 132 million by 2050.

Facts About Alzheimer's Disease And Dementia

Dementia is a brain condition that affects parts of the brain that control thought, memory, and language. and Alzheimer's disease is the most common form of dementia. While the risk of developing Alzheimer's disease increases with age, Alzheimer's disease is not considered a “normal” part of aging. Most people living with Alzheimer's disease are older than 65 years; however, people younger than age 65 can develop Alzheimer's disease (though it is not common.)

One of the first steps toward raising awareness is educating people on important facts concerning the progression of the illness and the number of older adults that it affects around the world. Here are a few essential facts that everyone should know as we head through Alzheimer's and Brain Awareness Month:

Many Seniors Living With Alzheimer's Do Not Know They Have It: the early signs of dementia include problems speaking or finding the right words during conversations, behavioral changes and difficulty with daily tasks like dressing. However according to the Alzheimer's Association, even after these symptoms are recognized by a health professional, only 45% of patients are told by their doctors of their diagnosis. The failure to disclose the diagnosis to patients and their caregivers can prevent seniors from receiving the early treatment they need.

Dementia Impacts More People Ever Year: it is estimated that around 44 million people in the world are currently living with dementia. While this is already a high number, it's supposed to continue to increase over the years, rising to 135 million by 2050.

Alzheimer's Often Leads To Premature Death: Many people know that Alzheimer's disease causes debilitating memory loss that can make daily tasks difficult. However, it's essential that individuals are aware that Alzheimer's is actually the sixth leading cause of death among the U.S. population, explained the Alzheimer's Association. As there is currently no cure for dementia, the disease is the only illness in the country's top 10 causes of death that can't be prevented or even slowed, noted the source.

Normal Memory Loss – Or Alzheimer's Disease/Dementia?

Although everyone's brain changes as they age, it's important to understand that Alzheimer's disease is not a normal part of aging. Memory loss is typically one of the first warning signs of Alzheimer's disease, but occasionally forgetting words or names does not mean a person has Alzheimer's. There are other signs that someone in the early stages of Alzheimer's disease may experience in addition to memory problems. In the early stages of the disease, these can include:

Getting lost in familiar places, having trouble handling money and paying bills, repeating questions, taking longer to complete normal daily tasks, displaying poor judgment, losing things or misplacing them in odd places, displaying mood and personality changes.

When To Consider A Dementia Evaluation

It's time to consult a doctor when memory lapses become frequent enough or sufficiently noticeable to concern you or a family member. If you get to that point, make an appointment as soon as possible to talk with a primary physician to have a thorough physical examination. Your doctor can assess your personal risk factors, evaluate your symptoms, eliminate reversible causes of memory loss, and help obtain appropriate care. Early diagnosis can treat reversible causes of memory loss, or improve the quality of life in Alzheimer's or other types of dementia.

You might consider having your loved one screened for dementia if they have begun having difficulty with the following:

Remembering new things, dealing with numbers and logical thinking, performing familiar activities, understanding the passage of time; change of months/seasons, changes in vision or perception, carrying on a conversation, losing things, poor decision making, socializing/hobbies and drastic change in personality or mood.

Raising Awareness By Getting Involved

There are many ways to get involved if you want to support the Alzheimer's education and awareness cause during Alzheimer's and Brain Awareness Month. One way is to contact your local Alzheimer's Association to request more information at www.alz.org.





Melissa I.	93 Candles
Eleanor G.	89 Candles
Patricia K.	92 Candles
Ladd M.	75 Candles
Charles B.	83 Candles
Sr. Irene K	93 Candles
Irene K.	93 Candles
Linda G.	73 Candles
Sr. Lucinda	81 Candles

Father's Day Word Search



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

FATHER
 UNCLE
 FAMILY
 RESPECT
 PROTECT



DADDY
 LOVE
 PARENT
 WISDOM
 GOLF



GRANDPA
 SPECIAL
 HONOR
 PROVIDE
 FOOTBALL

Greetings from the Desk of Sr. Mary Alice

There is a scripture quote from Lamentations, Chapter 3, 22-25 that encourages us to be steadfast and true to our word: "The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is your faithfulness." I imagine these words are meant to encourage us when we feel so put upon that we are tempted to abandon our own faithfulness to believing in the steadfast love of God being always with us. As much as I always try to encourage residents, families, staff and even myself, it has come to feel like a monumental task in recent weeks. Why? I've allowed myself to be "weighted down" by a sense of great betrayal on the part of leaders in our country who fail to act as "servants of the servants" who lead by encouraging the likes of you and me who count on their being open, sincere, transparent and inclusive; who know and value the importance of including those they lead in the decision-making process when the decision directly affects us.

Truth is, I've allowed my own faithfulness to be shaken; haven't we all done that from time to time? How can we reconcile these feelings and still hold fast to the love of the Lord? Here's what I'm doing about it: turning to God in silence and listening to Him instead of to my own thoughts; praying that I might remember, every single morning, just how much His love and faithfulness are with me. Remembering that the actions of humans are exactly that – and that the love and faithful presence of God in my life is the "light" I need to walk in that allows me to hold my head high because I've turned these matters over to my God who sees, knows and understands and will be with us through any and every difficulty.

Let's use the sunshine, warmth and beauty of June to dispel any darkness in our hearts. And, let's be especially mindful that each of us are the face of God to each other and that we here at The Village at Marymount can lead one another on a beautiful path to joyfulness because of the faithfulness of the Lord and so we will be able to sing together:

*"I will give thanks to Thee
O Lord, among the people
I will sing praises to Thee
Among the nations
For Thy steadfast love is great
Is great to the heavens
And Thy faithfulness
Thy faithfulness to the clouds*

*Be exalted, O God
Above the heavens
Let Thy glory be over all the earth
Be exalted, O God above the
heavens
Let Thy glory be over all the earth!"*



Buy a Vowel

_ D _ G _

A traditional saying or expression

D _ V _ D _

Separate into parts

_ L _ _ F

Emotionally removed or distant

_ B V _ _ _ S

Easily seen or understood

ANSWER: Adage, Divide, Aloo, Obvious

Riddle Me This

If you eat me, my sender will eat you. What am I?

What falls but never breaks? What breaks but never falls?

Poor people have it. Rich people need it. If you eat it you die. What is it?

You'll find me in Mercury, Earth, Mars, Jupiter, Saturn, and Uranus. But never Neptune, or Venus. What am I?

When you stop to look, you can always see me. But if you try to touch me, you can never feel me. Although you walk towards me, I remain the same distance from you. What am I?

In a bus, there is a 26-year-old pregnant lady, a 30-year-old policeman, a 52-year-old random woman, and the driver who is 65 years old. Who is the youngest?

Answers: Fish hook, Night and day, Nothing, The letter 'R', Horizon, The baby of the pregnant lady





Recapping May:

Nursing Honors, May Crowning Top Events Enjoyed By Staff and Residents

The Village at Marymount celebrated the month of May with a variety of special events, programs, and activities. Residents and staff celebrated National Skilled Nursing Care Week May 14-20 while nurses were honored May 6-12 during National Nurses Week. Many fun events for residents and staff were featured throughout these two celebratory weeks.



The most sacred of these May events was the May Crowning ceremony, which was held May 15.

Marymount Place Administrator Chris Meinke had the honor of crowning the Blessed Mother during the ceremony.

A May Crowning is a traditional Roman Catholic ritual that occurs in the month of May to honor the Blessed Mother Mary. Parishes and private groups often process and crown an image of the Blessed Virgin Mary with flowers.

Speaking of celebrations, two of The Village at Marymount's finest Registered Nurses, Wynne Manti and Lori Moskalski, recently were honored by the Ohio Health Care Association. Wynne is the Wound Care Nurse and she recently received a \$190 stipend from OHCA for her wound care recertification. Lori is a nurse in the Admissions Office. Lori received a \$250 stipend from OHCA for her infection preventionist certification.

**Wynne
Manti**

**Wound
Nurse**



**Lori
Moskalski**
**Admissions
Nurse**

Congratulations Wynne and Lori!

Handwashing
is the first line of defense against
the spread of illnesses



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 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
for more details.



Nursing Notes

Help Dad Get A Handle On His Personal Health, Well-Being

Sunday, June 18 is Father's Day, and what better gift to get your dad than to encourage him to address his personal health and well-being.

Every dad knows that Father's Day is the one day a year when dad gets to put himself first. After receiving the obligatory tie and cologne gifts, dad usually has a little more input in where he wants to go, what he wants to do, and what he would like to eat for dinner on his special day.

This year, Father's Day can serve as a valuable reminder of the importance of self-care. Practicing self-care has become an essential part of a man's toolbox when it comes to looking after physical and mental health in order to be a better father, better partner, and even a better boss. Here are a few ideas for healthy activities to incorporate into your life that will help add self-care to your daily priorities for Father's Day and beyond.

1. Book an Appointment With Your Doctor and Get a Checkup

Nothing says self-care more clearly than visiting your doctor and getting an annual physical for your — and your family's — peace of mind. Men make half as many visits per year to their primary care physician compared with women, according to Men's Health Network. Getting simple screenings for cardiovascular health, high blood pressure, and age-appropriate cancers can help provide treatment for potentially fatal conditions that are very manageable, if not preventable, when detected early enough.

Don't have an internist? Check with your insurer to find a physician in your area; speak with family and friends about who they see; or try sites such as Zocdoc that allow you to search for a provider by health insurance.

2. Find a Physical Activity You Enjoy

Between work and family responsibilities, it's easy to balance your time budget by withdrawing from your time allotted for exercise. Over time, however, giving yourself even a few minutes each day to enjoy moving creates a world of benefits in other parts of your life. Exercise helps you sharpen your focus and sleep better. It also releases endorphins, hormones that make you feel good. A review showed that people who work out as little as once a week or for just 10 minutes per day felt significantly happier, on average, than people who skip exercise altogether. Research showed that you're more likely to stick with exercise if you do it with other people.

3. Tap into Mindfulness or Meditation

Though mindfulness and meditation have become buzzwords for many businessmen who are trying to become more productive, there are far greater benefits to your physical and mental health. Developing a mindful meditation practice can help reduce stress, lessen the symptoms of depression and anxiety, and help improve the thing every dad in the world wants: better sleep.

A randomized clinical trial revealed that meditation improves sleep quality and decreases depression, insomnia, and fatigue. What's more, researchers also found that mindful meditation appears to play a role in overcoming moderate sleep disturbances and deficits in daytime functioning, which will allow you to feel more alert throughout the day. Free trials from subscription apps can help you get started with short-guided meditations to help you develop your own practice.

Have a safe and healthy Father's Day this year — and now's a good time to make lifestyle changes with the summer months upon us.



What Makes A Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so,
He called it....Dad

*Happy
Father's Day*

To all who have
Raised,
Mentored,
Prayed for those
In Need Of A

FATHER

Resident in the news!

- ◆ Celebrates a December birthday
- ◆ Born and raised in Cleveland, OH
- ◆ Graduated from John Hay High School
- ◆ Earned a degree in Social Work from Finn College
- ◆ Enjoyed working with kids
- ◆ Favorite color is red
- ◆ Favorite foods are soups
- ◆ Hobbies: reading, sewing and completing puzzles
- ◆ Ms. Dalley's Words of Wisdom: "Don't give up. Be determined".



Ms. Dalley

UPCOMING EVENTS

- 6/1 Zoo
- 6/2 & 6/16 Music with Sr. Marianne @ 4 pm in LR
- 6/6 Book Club in LR @ 11 am
- 6/7 Dietary & MMP Menu mtg @ 11 am in DR
- 6/8 Beading Class @ 2 pm in LR
- 6/9 Resident Meeting @ 11 am in DR
- 6/9 & 6/23 Baking with Kim @ 2 pm in LR
- 6/9 & 6/23 & 6/30 Happy Hour @ 4 pm in LR
- 6/12 Insomnia Health & Wellness Talk @ 2 pm in AH
- 6/14 Johnny See @ 3:30 in AH
- 6/14 & 6/28 Store Bus Rides, sign up!
- 6/16 Lunch at Corky & Lenny's @ 11 am
- 6/19 Duane Carlson @ 11 am in AH
- 6/22 Cleveland Tops Swing Band @ 2 pm in AH
- 6/26 Pianist Dennis Chesnik @ 2 pm in LR
- 6/29 Celebrating June Bdays @ 2pm in LR with Piano Cleveland
- Wednesdays @ 2 pm in Living Room, Make a Note of It