

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

July 2023



PLEDGE OF ALLEGIANCE

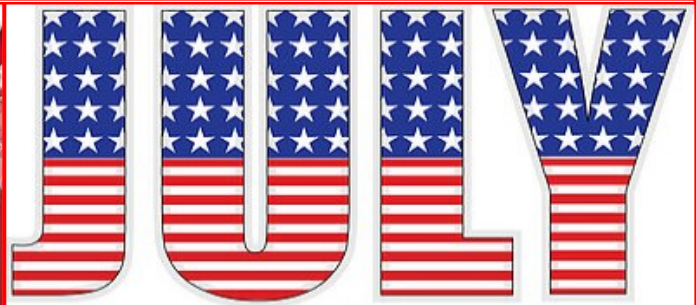


I PLEDGE ALLEGIANCE
TO THE FLAG OF THE
UNITED STATES OF

AMERICA

AND TO THE REPUBLIC
FOR WHICH IT STANDS
ONE NATION UNDER **GOD**

INDIVISIBLE
WITH LIBERTY
AND JUSTICE FOR ALL



Byll K.	70 Candles
Sr. Alice T.	94 Candles
Rose M.	94 Candles
Charles L.	76 Candles
Estella B.	78 Candles
Gary W.	80 Candles
Janice J.	79 Candles
Sr. Benjamin C.	97 Candles
Mary Alice Walerski	79 Candles

4th OF JULY FIREWORKS

WORD SEARCH PUZZLE

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.

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



BANG
BLAST
BLUE
BOOM
BURST
COLORS
CROWDS

DARK
DISPLAY
FIZZ
FLARES
GLITTER
KIDS
LIGHT

MUSIC
PARTY
PROGRAM
PUBLIC
RED
ROCKET
SAFETY

SHIMMER
SKY
SOUND
SPARKLERS
SPIN
WATCH
WHITE

Greetings from the Desk of Sr. Mary Alice

Ever since the day that Russia launched its first attack on Ukraine we have been praying each day during Mass in Assisi Chapel “for peace in Ukraine”. We added “for peace in the world, especially in Ukraine”. Then “for peace in the world, especially in Ukraine, and for peace in our own country”. And then “especially among our leaders.” Finally we added “and for peace in each of our hearts”. ...



What have we done? “Watered down” our initial petition for peace? Or, recognized the growing need for the permeating power of peace pretty much everywhere? Has

prayer taught us that just as we began to pray for peace in Ukraine when it was wrongfully attacked there may be people all over the world who have been praying for peace in the United States?...That they started their prayer for us when they witnessed the horrible attack on the symbol of the freedom of our country, initiated by our own people after our disgruntled former leader decided to use them dawned on to take back what he insisted was rightfully his even tho’ he lost it through nationwide election results? It me that a big question is – who gets to decide who is right or wrong; what actions are right or just plain wrong? What should we be “fighting” or what should we allow to happen because to all appearances we can’t change it because we aren’t in control??...

During this month when we celebrate hard won battles that gave our country the right to govern itself... when we remind ourselves it is “we, the people” who all have the right to decide what’s best for us as long as we listen to each other, have difficult conversations that lead to agreements through compromise and consent and work to get to where we need to be without stepping on, stepping over or ignoring each other’s needs and non-negotiables... let’s remember all of the kinds of peace prayed for in the first paragraph are just a few manifestations of the peace we know we need and yet which eludes us when we lose the courage to fight for it. Let’s remember as we age and approach the “completion” of our lives, we don’t have to succumb to downright “extinction” of our lives and all memories of the best parts of its legacy. Let’s remind each other that the legacy of all of us is intimately tied to each other – why? Because we can’t achieve true peace if we haven’t chosen or haven’t all been allowed, for whatever reason, to contribute to defining, fighting for, and helping each other feel a part of and proud of achieving it.



May we, here at the Village at Marymount, hold each other’s hands and stand up for all we have built, together, as a lasting legacy of care and love for each other. Let us work through every difference, together, and be proud of how we, together, have prayed for, fought for and achieved the peace of knowing that right to the day of our “completion” we strove to be peacemakers – just like St. Joseph who protects us and St. Francis who shows us the “way”!!!

Happy 4th of July – because we choose, together, to live each day in peace!
God bless!



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



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







Slappy the Robot

A man bought a robot called Slappy and brought it home to his wife and kids. The family thought the robot was cool. But what dad didn't tell them is that the robot is programmed to slap anyone who says a lie. So he tried the robot on one of his kids.

"It's the first week of school. Tell me. Did you and your brother go to school today?"

His kid said yes. But Slappy raised its hand and slapped the kid in the face. Dad was impressed.

"You can't lie to me. This robot slaps anyone that lies." Dad turned his attention to the younger brother.

"Tell me. Where did you go today?"

The younger kid replied, "To a friend's house." The robot didn't slap him. So he must be telling the truth, the dad thought.

The first boy replied, "We were watching cartoons." But the robot slapped him again. The father, laughing hysterically, asked "What were you really doing?"

"We were watching a dirty movie." the first kid confessed.

The father, now outraged, yelled at both his children. "How dare you! When I was your age, I wouldn't even dare think of watching dirty movies."

Slappy turned around and slapped the father in the face.

His wife, who saw and heard everything, couldn't stop laughing. She looked his husband in the eyes and said to him:

"Are you really surprised? They're just like you. I mean, they are your sons after all."

That's when Slappy turned to mom and slapped her in the face.

Riddle Me This

Why is Europe like a frying pan?

What has a neck but no tail?

I am easy to lift, but hard to throw. What am I?

What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?

Remove the outside, cook the inside, eat the outside, throw away the inside. What am I?

The more you take, the more you leave behind. What am I?

I am an odd number. Take away a letter and I become even. What number am I?

ANSWERS:
BECAUSE IT HAS GREECE AT THE BOTTOM, A BOTTLE, A FEATHER, A RIVER, CORN, FOOTSTEPS, SEVEN.

Buy A Vowel

C_N_V_L_T_D

Very complicated and difficult to follow

Q__SC_NT

In a period of inactivity or dormancy

_V_R_C_

Extreme greed for wealth or material goods

C_L_S_M

A large theater or stadium

_B_M_N_T_N

Something that causes hatred or disgust

ANSWERS:
CONVOLUTED, QUIESCENT, AVARICE, COLISEUM, ABOMINATION

What do you call a group of baboons?

Gang, troop, family, or bully?

What do you call a group of moles?

Mine, labor, tub or pack?

What do you call the special belt loop that holds the end of the belt in place to stop it flapping about?

Tetherer, hitcher, splicer or keeper?

ANSWERS: TROOP, LABOR, KEEPER



Need something more meaningful?

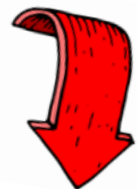
Want to help?

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



The Heat Is On

It's Important To Practice Safety When Exposed To Sun

Courtesy of the Centers For Disease Control & Prevention

Skin cancer is the most common cancer in the U.S. Too much sun can cause skin cancer.

Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun.

Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.

Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time).

The UV Index forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.

How to Protect Your Skin from the Sun

Shade

You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside — even when you're in the shade.

Clothing

When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing is certified under international standards as offering UV protection.

Hat

For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen, or staying in the shade.

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Sunscreen

Put on broad spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back.

And remember, sunscreen works best when combined with other options.

Sunscreen is not recommended for babies who are 6 months old or younger. The U.S. Food and Drug Administration recommends keeping infants out of the sun during midday and using protective clothing if they have to be in the sun.

SPF. Sunscreens are assigned a sun protection factor (SPF), which is a number that rates how well they filter out UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with SPF of 15 or higher.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.

Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.

