

# 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 8

## THE VILLAGER

August 2023

### NATIONAL EYE EXAM MONTH

This August, observe National Eye Exam Month by learning about ways to keep your vision clear and healthy. As we age, getting a baseline eye exam can detect early signs of disease or damage to your eyes. Ophthalmologists recommend periodic eye exams every 2-4 years from the ages of 40 to 65, and every 1-2 years after the age of 65. While most symptoms are often disregarded, getting a simple checkup and following a doctor's orders can greatly lower risks of more severe and future damage, and you can continue to enjoy healthy vision.

#### HOW TO OBSERVE NATIONAL EYE EXAM MONTH

##### **Take the exam**

There is no reason to put off something this important. An eye exam usually takes about 20-30 minutes. See your doctor and make sure everything's ok.

##### **Encourage others to do the same**

So many of us take the laissez-faire approach to something like sight by simply adopting the "if ain't broke..." philosophy. Urge your loved ones to brave the doctor's office and ensure their healthy vision.

##### **Make sure you have the right prescription**

Your eyes change over time. Adjusting your prescription may be necessary to reduce eyestrain, optimize performance, and make your vision as clear as can be.

#### 5 EYE-CATCHING FACTS ABOUT EYES

##### **Millions of us need help**

It's estimated that around 12.2 million Americans need vision correction.

##### **Don't forget about your kids**

Somewhere around half of all children under the age of 12 have never had their eyes checked.

##### **The eyes have it**

While it takes some time for most parts of your body to warm up to their full potential, your eyes operate at 100% at all times.

##### **Eyes require enormous cerebral power**

Seeing is such a big part of everyday life that it requires about half of the brain to get involved.

##### **Eyes can be fixed**

Most vision problems worldwide are avoidable or curable.

#### WHY NATIONAL EYE EXAM MONTH IS IMPORTANT

##### **Good vision improves work performance**

It's tough to focus at work if you're having vision problems, which may contribute to reading and concentration issues. Getting your vision corrected would help — and make you much more efficient and successful at the office.

##### **Eye exams can help reveal other issues**

Eye exams can reveal much more than simply the health of your eyes — such as issues with diabetes, glaucoma, high cholesterol, and high blood pressure.

##### **Eye exams offer a preemptive strike.**

Many diseases that affect the eye often do not have warning symptoms, but can have severe effects on vision and eye health later on. Eye conditions can often be easily managed when caught early.

Gertrude S.	87 Candles
Loretta A.	89 Candles
Delores T.	83 Candles
Jean S.	91 Candles
Janet L.	85 Candles
Lois H.	87 Candles
Donna S.	89 Candles
Mary Alice W.	81 Candles
Louise K.	92 Candles
Lucy D.	90 Candles
Sr. Karen F.	74 Candles
Mary Ann S.	82 Candles
Delores S.	86 Candles
Sr. Helen J.	87 Candles



# summer WORD SEARCH

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

SUNGLASSES

AUGUST

CHERRY

LAWN MOWER

FIREWORKS

UMBRELLA

WATERMELON

VACATION

SAND CASTLE

OUTDOORS

BARBECUE

GOGGLES

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

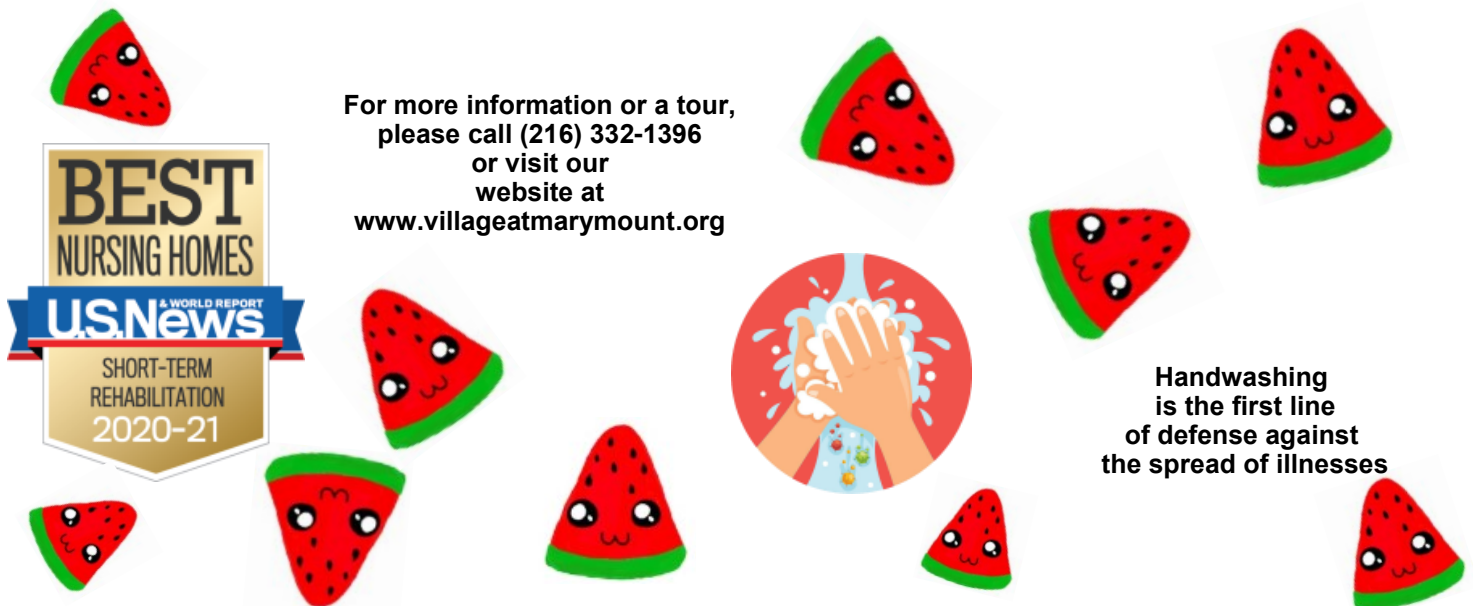
It is mid-July as I write this greeting. I've heard that some residents are nervous about the "pending" change of ownership here at The Village at Marymount. I'd like to share a few thoughts about what this change means and how it affect our daily lives... On July 1st we all got up, thanked God for the blessing of another day of life to celebrate, did all our face-washing, teeth-brushing, hair-combing, etc., then got dressed and headed to breakfast. It was a day pretty much like most Saturdays. All the days since have been pretty "normal" too... Well, believe it or not, July 1st was the first day we were officially under our new ownership -- and our lives have gone on as they usually do, right?!

Will there be changes? Yes, and some have been taking place for months. Anticipating becoming new owners, Independence Healthcare Management, the senior care community branch of the Wellstone Group, has been working "behind the scenes" to help us take advantage of cost saving opportunities their multiple other facilities have because of "economy of scale" or, "the more you purchase from the same companies, the more discounts they give you and the more you save! They are helping recruit staff who like working for larger employers who might be able to provide additional benefits and advancement opportunities. They have a large pool of facilities from which to share "best practices" and maybe even cross-train staff to offer more and better services.

Will there be additional changes as time goes on? Of course, and I look forward to them just as I've embraced and appreciated changes that have taken place quite constantly in the almost 15 years I've been here! While some staff have been with us "forever" others have have come on board and brought new talents, ideas and experience with them. We've always accepted and embraced any change that could lead to becoming even better, and living our mission better still. It's been difficult to find a stable "new normal" since the drastic changes brought on by a global pandemic, but when a growing new company checks out every detail of what we do and how we care for our residents, and wants to add our mission and quality of care to their portfolio, it says we are better than we even give ourselves credit for!!

I'm grateful to God for leading our management team and board members to choosing what feels like a very good fit and seamless transition. I'm grateful for the leadership of Wellstone for persevering through all the details and negotiations that have led to us becoming "Marymount, A Nightingale Community" with a secure future of providing the best possible living and healthcare services to all those entrusted to our care.

Let's embrace the "new" and contribute to our ongoing success. Amen? Amen!!!

A graphic featuring several watermelon slices with cute faces scattered around a central illustration of hands being washed under a faucet. The text is arranged around these elements.

**BEST**  
NURSING HOMES

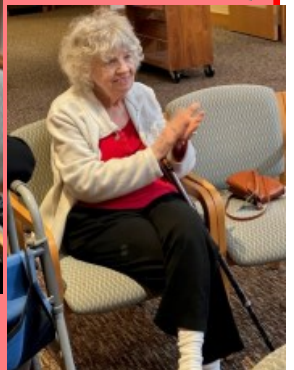
& WORLD REPORT  
**U.S. News**

SHORT-TERM  
REHABILITATION  
2020-21

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

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







# Predicting the Future

A young man named Jason was listening to his daughter pray as he tucked her in for the night. Her daughter didn't do or say anything unusual, except for one thing. As she was ending the prayer, she said "God bless mom, dad, and grandma. Goodbye, grandpa." Curious, her dad asked why she said goodbye to grandpa. She said that she didn't know why but that she felt like she had to.

Jason didn't give it any more thought and went to bed.

The next day, the family received word that grandpa just passed away. Everyone was extremely disappointed when they heard the news. Jason remembered what his little girl said the night before. "What a crazy coincidence.", he thought.

Several months had passed and Jason found himself tucking in his child again. This time, she ended her prayer with "God bless mom and dad. Goodbye, grandma."

Jason felt uneasy hearing that but he didn't bother asking why his child said it. He went straight to bed.

The next morning, the family was told that grandma had passed away. "This can't be a coincidence anymore, right?", Jason asked himself. "My daughter is predicting the future."

And so Jason would listen in on his daughter's prayers hoping to get some clue as to what's going to happen soon. For the longest time, everything seemed normal. His daughter never said anything concerning. Until one day, Jason heard the words that he long feared.

"God bless mom. Goodbye, dad."

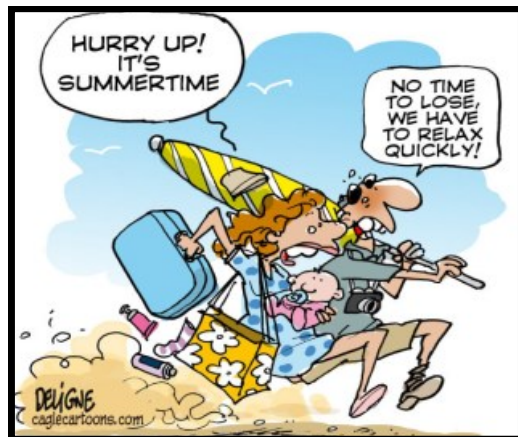
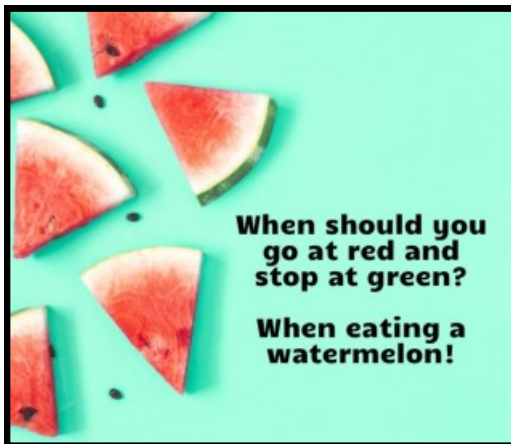
Jason wasn't able to sleep. And when he got out of bed that next morning, he was like a little boy that didn't know what to do. His life flashed before his eyes. Still, he got dressed and went to work.

At work, he couldn't get any job done. The man walked like there was no tomorrow. He truly felt that this day was going to be his last. He was so scared that he didn't take any risks. He skipped lunch because he didn't want to tempt fate while waiting in a long line. And when it was time to go home, he stayed in the office.

It was only after the clock struck midnight that he was able to breathe easy again.

Jason packed up his things and went home. He was greeted by his wife who opened the front door. She asked him why did it take so long to get home. Jason said, "I don't want to hear it. It's been a rough day."

His wife replied, "Tell me about it. Our pool boy died today."



Need something more meaningful?  
 Want to help?      Have time to spare?  
 Bored?      Want to make an impact?  
 Desire new friendships?

We need you

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

**VOLUNTEERS NEEDED!**

# Nursing Notes

## *Don't Make A Rash Decision When Protecting Your Skin*

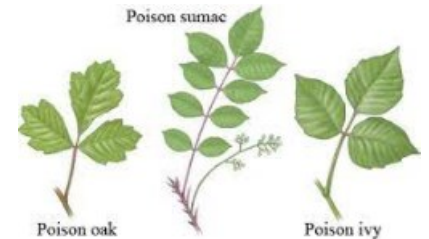
### Hand Sanitizer Overuse



You may be reaching for hand sanitizer (when soap and water aren't nearby) more often than usual in the wake of COVID-19. But use too much, and your hands could crack and become dry. After making sure your sanitizer is no longer wet, follow up with lotion to keep moisture locked in after you rub away those germs.

### Plant Rashes

You're more likely to brush up against the allergy-causing oils in poison ivy, poison oak, or poison sumac in the summer when you're spending more time outside. Learn which plants you should avoid, clear them from areas you spend a lot of time in, and wear protective clothing if you know you'll be in a place with itch-causing plants.



### Sunburn



Sunburn increases your chance of skin cancer. You should protect your skin from harmful rays all year round, but especially in the extra-sunny days of summer. Wear a broad-spectrum SPF 30 or higher sunscreen daily and cover up when you can. Wide-brimmed hats, sunglasses, sleeves, and long pants can block the sun from reaching your skin.

### Insect Bites and Sting

Mosquitoes, chiggers, and ticks -- oh my! Usually, biting and stinging insects only cause an itchy bump when they strike. But sometimes, the reaction can be more severe and widespread. You might have swelling, a rapid heartbeat, lowered blood pressure, and trouble breathing. Wear repellent or clothing and close-toed shoes to cover skin when you're out. Avoid bright colors and perfumes.



### Flip-Flops



These summer footwear standbys won't protect you from stubbed toes, glass cuts, puncture wounds, or heavy objects that might fall and break a foot. They're also useless when it comes to snake and bug bites. Go for closed-toe shoes that offer more protection, especially if you're in the great outdoors. Keeping your skin protected will help you to enjoy summer a little bit better.

### Acne

Mix sweat, bacteria, and oils, and you have a recipe for clogged pores. If your skin is acne-prone, this often means a breakout. Keep a towel or sweat band on hand to blot your skin as you sweat. Wash clothes you've sweated in, and opt for oil-free skin products or adapalene gel (Differin) to help keep pores clear.



## Buy A Vowel



G \_ N \_ N \_  
Possessing the claimed quality or  
characteristic: authentic

\_ P D \_ T \_  
To make something accurate with new facts

\_ M \_ L \_ T \_  
To copy someone's behavior out of admiration and  
respect

B \_ \_ T \_ \_ S  
Very attractive to look at

C \_ V \_ R N \_ \_ S  
Giving the impression of vast, dark depths



ANSWERS: GENUINE, UPDATE, EMULATE,  
BEAUTEOUS, CAVERNOUS

## Riddle Me This



You bury me in the ground when I am alive, and  
you dig me up when I am dead. What am I?

A man is in his car. He sees three doors:  
A diamond one, a gold one, and a sliver one.  
Which does he go through first?

I am black when clean but white when dirty.  
What am I?

Pronounced as 1 letter, And written with 3,  
2 letters there are, and 2 only in me. I'm double,  
I'm single, I'm black blue, and gray, I'm read from  
both ends, and the same either way. What am I?

If two snakes marry, what will their towels say?



ANSWERS: A PLANT, HIS CAR DOOR,  
CHALKBOARD, EYE, HISS AND HERS

# Resident in the news!

- ◆ Celebrates a February Birthday
- ◆ Born in Alabama
- ◆ Has lived in California and New Jersey
- ◆ Has 1 sister who is 10 years younger
- ◆ Talks to her Mom often via telephone
- ◆ Earned a degree from Tuskegee University, worked with children
- ◆ Favorite color is purple
- ◆ Favorite hobby is reading
- ◆ Favorite poem is "The Children's Hour"



Angela D.



## UPCOMING EVENTS

- 8/1 & 8/15 Store Bus Rides, sign up!
- 8/2 Dietary & MMP Menu Mtg @ 11 am in DR
- 8/3 Songstress Logan Wells @ 2 pm in AH
- 8/4 & 8/18 Music with Sr. Marianne @ 4 pm in LR
- 8/9 Johnny See @ 3:30 in AH
- 8/10 Paper Quilling @ 2 pm in LR
- 8/11 Resident Meeting @ 11 am in DR
- 8/11 & 8/25 Baking with Kim @ 2 pm in LR
- 8/11 & 8/25 Happy Hour @ 4 pm in LR
- 8/14 Wheelchair & walker wash by Bayada Health Care @ 2 pm, location TBA
- 8/24 Celebrating August Bdays @ 2pm in LR with Piano Cleveland
- 8/25 Lunch at Jack's Deli @ 11 am
- 8/28 Pianist Dennis Chesnik @ 2 pm in LR
- Wednesdays @ 2 pm in Living Room, Make A Note of It
- Ice Cream Parlor Wednesdays @ 2pm