



**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 9

# THE VILLAGER

September 2023

## A Season of Reflection

National Assisted Living Week  
September 10<sup>th</sup> – September 16<sup>th</sup>

This week provides a unique opportunity for residents, their loved ones, staff, and the surrounding communities to recognize the role of assisted living facilities have in caring for American's seniors. The annual observance encourages assisted living communities across the country to offer a variety events and activities to celebrate the individuals they serve!

## Join Us

- Monday, September 11<sup>th</sup>, Wear Red
- Tuesday, September 12<sup>th</sup>, Dave Slavick, Guitarist/Singer  
Wear Crazy Socks
- Wednesday, September 13<sup>th</sup>, Staff Baking Challenge  
Wear Villa T-Shirt
- Thursday, September 14<sup>th</sup>, Our Zoo to You  
Wear Mix & Match Clothing
- Friday, September 15<sup>th</sup>, Wear Your Favorite Color



Paul C.	84 Candles
Carl F.	91 Candles
Sr. Barbara E.	77 Candles
Juanita W.	89 Candles
Clara S.	93 Candles
Jean G.	94 Candles
Lucy D.	72 Candles
Lois N.	73 Candles
Mary G.	76 Candles
Denise L.	64 Candles
Sr. Marjorie S.	89 Candles
Linda P.	78 Candles

# Fall



ACORN  
 APPLES  
 AUTUMN  
 BONFIRE  
 CIDER  
 CORN  
 GOURD

HALLOWEEN  
 HARVEST  
 HAY RIDE  
 LEAVES  
 NOVEMBER  
 OCTOBER  
 PIE

PUMPKIN  
 RAKE  
 SCARECROW  
 SEPTEMBER  
 TURKEY

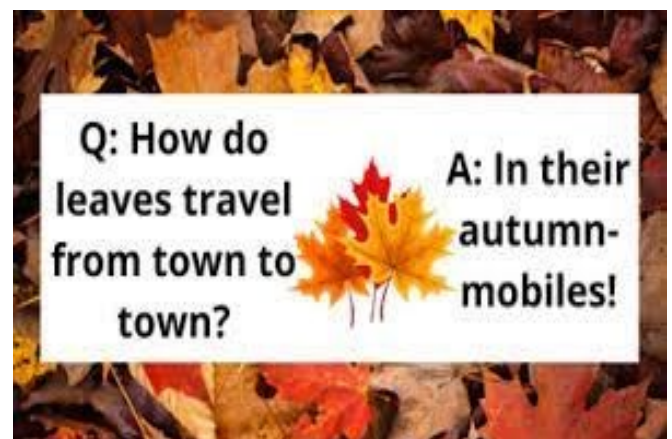
## *Greetings from the Desk of Sr. Mary Alice*

I received a catalog in the mail recently for Christian greeting cards and gifts. The prices are a bit high but I like to “browse” anyway. Suddenly an item made me remember past years of walking into a store and being immediately confronted by an enthusiastic salesclerk asking to help me. Rather than getting too irritated, or simply turning and walking out, I’d say “I’m just browsing” and hope they would leave me alone... How life has changed in the last several years, hasn’t it?! We’ve learned to shop online and do “curbside pickup” or wait for a truck to deliver a package to our door haven’t we? As a result, malls that haven’t closed have empty spaces “for lease” and stores still open barely have enough salesclerks to help us when we really want them! Many of us are actually suffering from the lack of enough socialization and interaction with others is what we’re being told as we sit alone in front of our tv sets, right?!

As summer turns to fall in the next several weeks let’s remember the memories just described above – because we here at Marymount, A Nightingale Community, don’t have to be “alone” do we?! We can spend as much time as possible alone in our rooms or we can step out and “browse” instead. Walking to and from meals or chapel or activities we can watch the floor in front of us or we can look up and greet and smile at each other. We needn’t be that “over enthusiastic” salesclerk but we can be like family/friends if we chose to! We can be the face of Jesus to each other and help each other along life’s way, can’t we?! What brought these thoughts to mind? ... the item in the catalog – a coffee mug with the following words imprinted on it: “She walked with Jesus. That was her game-changing strategy.  
Isaiah 41:10”

What’s in Isaiah 41:10 you ask? “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

May September bring us closer to each other, like Jesus, strengthening us as we strengthen each other!





## UPCOMING EVENTS!

9/1 & 9/15 Music with Sr. Marianne @ 4 pm in LR

9/5 Book Club @ 11 am in LR

9/5 Lake Farmpark @ 11 am, sign up

9/6 Dietary & MMP Menu Mtg @ 11 am in DR

9/8 Resident Meeting @ 11 am in DR

9/8 & 9/22 Baking @ 2 pm in LR

9/8, 9/22, 9/29 Happy Hour in LR

9/11 Wear Red

9/12 Dave Slavick, Singer/Guitarist @ 3:30 in LR

Wear Crazy Socks

9/12 & 9/26 Store Bus Rides, sign up!

9/13 Staff Baking Challenge @ 11 am LR  
Wear Villa T-Shirt

9/13 Johnny See @ 3:30PM in AH

9/14 Our Zoo to You @ 2 pm in AH  
Wear Mix & Match clothing

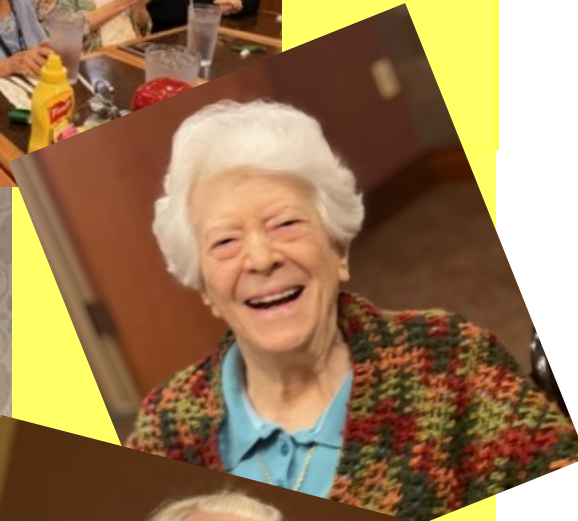
9/15 Wear Your Favorite Color

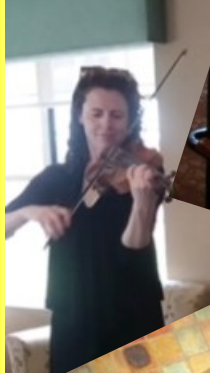
9/22 Lunch at Aladdin's Eatery @ 11 am

9/28 Celebrating August Bdays @ 2pm in LR with Piano Cleveland

Wednesdays @ 2 pm in Living Room,  
Make A Note of It

Ice Cream Parlor Wednesdays @ 1:30pm





## Riddle Me This

What goes around and around the wood but never goes into the wood?

What month of the year has 28 Days?

First you eat me, and then you get eaten. What am I?

A cowboy rode into town on Friday. He stayed for three nights and rode out on Friday. How?

I have keys but no locks. I have space but no room. You can enter but cannot go outside. What am I?

What do you call a can opener that can't?

*ANSWER: The bark of a tree, All of them, A fishhook, keyboard, A can't opener*

## Buy A Vowel

BL \_V\_ \_T\_  
To talk at length

\_RD\_ \_ \_S  
Requiring strenuous effort

\_ \_TP\_C\_  
To move faster than

C\_H\_ \_TS  
Conspiring together in secret

\_V\_ \_D  
To stay away from

D\_M\_R\_  
Modest and shy

*ANSWER: BLOVATE, ARDUOUS, OUTPACE, CAHOOTS, AVOID, DEMURE*

## Stay Connected



Join our  
mailing list

To be included in  
upcoming events and even  
receive our newsletter,  
please submit your email  
address, name and phone  
number to:

[rmullen@marymountcs.org](mailto:rmullen@marymountcs.org)

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



# Nursing Notes

## What's So Great About Grapes?

Grapes are a go-to snack for picnics and lunchboxes, but don't take them for granted. For thousands of years, they've been used in some cultures as medicine. Each of these small fruits is loaded with over 1,600 compounds -- and many of them can help keep you healthy.

### Heart Help

Grapes are a good source of potassium, a mineral that helps balance fluids in your body. Potassium can help bring down high blood pressure and lower your risk of heart disease and stroke. Most people don't get enough of this nutrient, so eating grapes can help fill the gap.

### Healthy Skin and Hair

Grape seeds are rich in vitamin E, which helps your skin stay smooth and hydrated. Other compounds in grapes may help prevent acne and increase blood flow to your scalp for healthier hair

### Weight Loss

You wouldn't think a fruit this sweet could help you drop some unwanted pounds, but grapes may do just that. A natural compound they contain appears to make it harder for your cells to store fat. It may also help fat cells in your body break up at a faster rate. Just be careful not to eat too many. One serving is 1/2 cup, or about 16 grapes.

### Eye Protection

Natural chemicals in grapes ease inflammation in your body and help protect your cells from damage. That's good news for your eyes. Studies show that a diet that includes grapes can prevent or delay common eye diseases like cataracts and glaucoma.

### Immune System Boost

A compound in grapes called resveratrol can help shore up the immune system -- your body's defense against germs. More research needs to be done to find out exactly how it may help, but one day, you might see resveratrol in products to help heal wounds or prevent bacterial infections.

### Good for Your Brain

Resveratrol in grapes slows the breakdown of cells that naturally happens as you age. This may prevent harmful plaques from forming in your brain and slowing down how well it works.

### Constipation Relief

The high water content in grapes can help your digestive system run more smoothly. Grapes are also full of insoluble fiber, which can lead to softer stools.

### Better Sleep

Grape skins are high in melatonin, a chemical that may improve your sleep. Studies show melatonin eases jet lag and insomnia, and may help steady your mood.

### Keep Blood Sugar Low

Grapes have a "low glycemic index," which means they don't raise your blood sugar too quickly. Because of that, they're a good fruit choice if you have diabetes. The polyphenols in purple grapes -- the compounds that give them their color -- may also help prevent type 2 diabetes.

### Choose the Right Color

The amount of antioxidants in grapes depends on the variety, where they're grown, and how they're picked and processed. It's clear, though, that dark red and purple grapes contain more antioxidants than white or green types.

### What About Wine?

Red wine can have health benefits, too. But don't overdo it. Men shouldn't drink more than 2 servings of alcohol each day. Women should stick to one. And if you don't drink alcohol, don't start now. You can easily enjoy fresh grapes and get health benefits from them, instead.



sunflower

The meaning of sunflowers stems from their very nature - always facing the sun, they symbolize unwavering faith and constant orientation towards the light. This is why they are often associated with positivity, happiness, and optimism.

## Residents In The News!

- ◆ Marianne celebrates an August birthday
- ◆ Married to Jim for 37 years
- ◆ The couple have 3 children
- ◆ Occupation:  
Employed by Plain Dealer for 30 years
- ◆ Marianne loves to read
- ◆ Spaghetti & Meatballs are her favorite



- ◆ Jim celebrates a February birthday
- ◆ Married to Marianne 37 years
- ◆ Loves to spend time with their 5 grandchildren
- ◆ Occupation:  
X-ray Technician at St. Alexis
- ◆ Jim loves baseball
- ◆ Pizza, Pizza for Jim

