



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



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THE VILLAGER

October 2023



Breast Cancer Awareness Month

The month of October aims to promote screening and prevention of the disease, which affects one in eight women in the United States every year and 2.3 million women worldwide. Known best for its pink theme color, the month features a number of campaigns and programs — conducted by groups ranging from breast cancer advocacy organizations to local community organizations to major retailers — aimed at:

- supporting people diagnosed with breast cancer, including metastatic breast cancer
 - educating people about breast cancer risk factors
 - stressing the importance of regular screening, starting at age 40 or an age that's appropriate for your personal breast cancer risk
 - fundraising for breast cancer research
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Metastatic Breast Cancer Awareness Day


October 13 is nationally recognized in the United States as Metastatic Breast Cancer Awareness Day.

The day is intended to drive awareness of the need for more research about metastatic disease.

Metastatic breast cancer — also called stage IV — is breast cancer that has spread to another part of the body, most commonly the bones, lungs, brain, or liver. About 30% of early-stage breast cancers eventually metastasize.

Men's Breast Cancer Awareness Week

Although breast cancer is much more common in women, breast cancer affects men, too. In 2021, U.S. President Joe Biden designated October 17 to October 23 Men's Breast Cancer Awareness Week. About 2,710 American men this year are expected to be diagnosed with breast cancer, and about 530 are expected to die from the disease. But lack of awareness and stigma can be barriers to detection and care. Some men, trans men, and non-binary people choose to call their cancer chest cancer.



Breast Cancer Awareness Month controversy

Although many people feel supported by the month's events, activities, and pink merchandise, others — especially those diagnosed with metastatic breast cancer — intensely dislike Breast Cancer Awareness Month. The ubiquitous pink ribbons and celebratory atmosphere can seem like a distraction from the very real need for a greater understanding of the disease and more research leading to better treatments. Many people are also offended by what's become known as pinkwashing — companies using pink ribbons to promote products or services that may actually increase the risk of breast cancer, or sponsoring pink-ribbon promotions that raise large sums of money with only a small portion going to breast cancer research or supporting people during their breast cancer treatment. Think Before You Pink is a campaign designed to improve awareness of pinkwashing and to help people donate in the most effective way to the cause.



OCTOBER

Kenneth J.	81 Candles
Dolores H.	86 Candles
Joanne T.	73 Candles
Sr. Theresa S.	89 Candles
Clara K.	90 Candles
Rose T.	98 Candles
Sr. Jean E.	90 Candles
Neville R.	82 Candles
Robert C.	80 Candles
Cassandra H.	65 Candles
Martha G.	90 Candles

A Prayer Against Cancer



Lord Jesus Christ,
we call upon Your blessed
name and we pray for Your
merciful heart to surround
these with love, strength
and courage and we ask
Your hands to
touch them with the
power of healing.

May they be directed to the right
treatment in Your blessed name as we
ask You Lord to represent the
physicians, doctors and medical care
aids and administer them in Your spirits.

May every cancerous cell be cast out
and replaced with good one. May every
spot of this deadly cell be wiped out by
Your powerful hands.

Read full prayer at: christianstt.com

*Here you are,
survivor of this disease.
Moving forward
after being thrown to your knees.
It tried to knock you out
and keep you down for the count,
but you kept getting up
for another round.
Too many plans,
too many goals,
too many dreams you had to reach.
Too many promises made
that God had to keep.
A well-written story you are,
visually told for all to see;
an odds defying, breathing testimony.*

Here You Are



*Here you are,
shouting loudly with your existence.
Pulsating its eardrums
while it's forced to listen.
Beauty wears you well
with your glistening scalp,
your wig looking nice,
your scarf hanging down,
or loosely tied.
You're a marvel to its eyes,
and it'll never understand
how you fought in its war
Yet, triumphantly
you STAND.*

Greetings from the Desk of Sr. Mary Alice



We've been told the Greatest Commandment of all is Love- You shall love your God and love your neighbor as yourself. This "commandment" is the right idea, but it has an inherent flaw keeping us from fulfilling it. What if we dropped the words "as yourself". Why?

History and relationships show us we don't really understand or know how to love ourselves. Loving ourselves

doesn't mean indulging ourselves any more than it means beating ourselves up when we fail at what we aspire to accomplish. It means realizing we are created by a God who loves us unconditionally. It means respecting our worth and dignity so much because of being loved by God that we can do nothing less than let our love pour out in gratitude by loving others for the very same reason.

What prevents us from loving ourselves enough? We get in our own way by not developing the ability, the gift of forgiving ourselves when we fail and/or of forgiving others when they hurt us. Forgiving ourselves frees us to ask for forgiveness when we offend others and surfaces our ability to forgive others. The greatest commandment might seem more attainable if it read, "Because God loves and forgives you, you shall love God and love and forgive yourself and others."

God sent His Son to teach us how much he loved us. How did He do it? His Son loved us so much he was willing to die for us. He did it to prove His Father loves us enough to forgive anything and everything, even putting His Son to death... As we advance in age and in wisdom, we begin to realize there is no love without forgiveness and there is no forgiveness without love.

Next month we will enter the season of Advent, preparing for the birth of the Son of God. Maybe our preparation can center around preparing our hearts for Christmas by striving to love and forgive ourselves so much that we reach out in love and forgiveness to others – what better way to prepare to celebrate the coming of the Incarnation of Love and Forgiveness in the Word of God made flesh. More is coming next month about Thanksgiving Gratitude as another manifestation of love of God, self and others...how we can show our gratitude even before the actual coming of Christ at Christmas.

Stay tuned and God bless!

HALLOWEEN LAUGHS



Q: Do zombies eat popcorn with their fingers?
A: No, they like to eat the fingers separately.

Q: What is a vampire's worst fear?
A: Tooth decay.

Q: What happened to the man who got behind on payments to his exorcist?
A: He got repossessed.

Q: I heard there is a skeleton in your closet?!
A: No, the body hasn't decomposed yet.

Q: Why did the headless horseman start his own business?

A: To get ahead in life.

Q: Why did the team of witches lose the softball game?
A: Their bats kept flying away.

Q: What do you call six witches in a jacuzzi?
A: A self cleaning coven.







Think-tionary

sequacious

- A. Left all alone, or the remainder of a group
or
- B. Lacking independence or originality of thought

exsuscite

- A. To rouse someone from sleep
or
- B. To remove a clause from a contract or legal document

adust

- A. A long way from home or from civilization
or
- B. Scorched or burned by the heat

brummagem

- A. Showy, but cheap or worthless
or
- B. A heard of sheep that has recently been sheared

ANSWER: B The bankrupt business owner not sequacious enough to run his own company
A, Teenagers can be impossible to exsuscite in the morning B, The air at the rim of the volcano was so adust that it was difficult to breathe.
A, The thieves were disappointed that their haul was full of brummagem jewelry that it could not sell

Buy A Vowel

R _ V _ L _

To hate or criticize something very much

L _ G _ B R _ _ _ S
Looking or sounding sad

T _ X _ D _
Formal evening clothes for men

S _ C _ D _
Formally withdraw from a group

P _ G _ _ N
Plump, city-dwelling bird

G _ L _ T _ N _ _ S
Clear and jelly-like

ANSWER: REVILE, LUGUBRIOUS, TUXEDO,
SECUDE, PIGEON, GELATINOUS



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upcoming events and even
receive our newsletter,
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address, name and phone
number to:

rmullen@marymouthcs.org

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
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for more details.





Nursing Notes

How to Work with Your Doctor

If you're over 50, it's recommended that you see your primary care doctor at least once a year. But a lot can happen in a year. In the time between visits, you may have many questions or concerns you'd like to discuss with your doctor. So, you want to make sure you make the most of the limited time you might have at an appointment.

It could be a regular checkup, a physical exam, an emergency, or a follow-up. Whatever the reason, you and your doctor can save time and have a better visit if you come prepared.

Get Organized Before Your Appointment

Before you see your doctor, consider taking the following steps to come into the appointment better prepared:

Prioritize.

- Ask yourself what are the most important things you want to discuss with your doctor. Make a list, and put the biggest issues at the top. Your time with the doctor may be short, so make sure you mention your top concerns first.

List your medications.

- Write down the names, doses, and how often you take any medications. It might be easier to bring the bottles with you. This includes your prescription drugs, over-the-counter products, vitamins, and supplements.

How to Talk to Your Doctor

You get better results when you and your doctor are listening and talking well with each other.

Jot down some notes before you go. Have an idea of how you want your time with the doctor to go. Make sure you talk about what you want to talk about. Ask questions, listen to your doctor's answers, and make sure to follow up.

Talk over your symptoms and concerns. Be as clear as possible, because this helps your doctor figure out what may be bothering you. This is also a good chance to ask questions.

Be straightforward and open-ended when asking questions, and be honest if you feel you're not being heard. If you're struggling to communicate with your doctor, consider using the following statements:

- "I'm worried that we aren't communicating well. Here's why I feel that way."
- "I need to talk with you about X. I feel like I can't. Can we talk about this?"
- "I know you're busy, but I need to talk about X with you. Can we get some time on the calendar?"
- "Can you help me understand X?"

Consider bringing a friend or family member to your appointment. Someone else may catch things you miss, or ask a question you haven't thought of.

Be honest about how you feel and your habits. You probably want to say you exercise every day or that you've quit smoking, if that's what you intend to do. But if it's still really an "I should" instead of an "I do," that's okay – just say so. Your doctor is there to help you, not judge you.

Tell them what they need to know even if it involves sensitive subjects such as memory loss or going to the bathroom. Doctors have heard it all before. They are used to talking about all sorts of bodily functions.

Likewise, try to open up about your feelings. If you've felt down for a while, are anxious, or stressed, that's part of your health, too.

Ask about the best way you can contact your doctor with other questions.

After the appointment, give feedback about the doctor's care and your office experience.



Halloween Word Search



h	a	l	l	o	w	e	e	n	r
s	n	a	b	b	i	q	o	k	v
p	i	b	o	o	t	z	r	c	g
o	k	o	o	n	c	k	a	a	h
o	p	o	u	o	h	c	n	l	o
k	m	f	o	y	x	i	g	b	s
y	u	b	d	k	t	r	e	a	t
t	p	n	i	g	h	t	b	o	o
a	a	o	c	t	o	b	e	r	o
c	o	s	t	u	m	e	o	o	b



halloween
candy
costume
trick

treat
night
spooky
pumpkin

october
fun
ghost
witch

cat
orange
black
boo

Resident in the news!

- ◆ Celebrates a June birthday
- ◆ Born in Cleveland, OH
- ◆ Has 7 siblings, she is the second oldest
- ◆ Proud Auntie of 3 Nephews and 1 Niece
- ◆ Occupation: Server at Denny's and Bob Evan's



Linda G.



- ◆ Favorite colors are pink and blue
- ◆ Favorite foods are chicken paprikash and mushrooms
- ◆ Favorite singer is Andre Bocelli, an Italian Tenor

October Happenings

- 10/3 Book Club @ 11am in LR
- 10/4 Dietary & MMP Menu Mtg @ 11a in DR
- 10/5 Duane Carlson @ 2p in AH
- 10/6 & 10/20 Music with Sr. Marianne @ 4p in LR
- 10/10 & 10/24 Store Bus Rides, sign up!
- 10/11 Johnny See @ 3:30p in AH
- 10/13 Resident Meeting @ 11a in DR
- 10/13 & 10/27 Happy Hour @ 4p in LR
- 10/16 Aquarium @ 1p, sign up!
- 10/26 Celebrating October Bdays @ 2p in LR with Piano Cleveland
- 10/27 Lunch at Jack's Deli @ 11a, sign up
- 10/28 Spooktacular Family Fun Hour @ 2p In DR
- 10/31 Dave Slavick, Singer/Guitarist @ 3p in AH
- Ice Cream Parlor, Wednesdays @ 1:30p
- Wednesdays @ 2p in Living Room, Make A Note of It
- Fridays @ 2 pm in AH, Scary Not So Scary Movies