



# 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 11

# THE VILLAGER

November 2023

## Daylight Saving Time

On the first Sunday of November, at 2 a.m., clocks fall back an hour to standard time.

### Reasons for Daylight Saving Time

In 1918, the government started the first instance of daylight saving time in the US to help conserve fuel and power during World War I. The idea was that shifting time to get more daylight hours would reduce the need for lighting. After the war's conclusion, daylight saving time was abolished nationally.

During the energy crisis of the 1970s, we tried permanent Daylight Saving Time again in the winter of 1973-1974. The idea again was to conserve fuel. It was a popular move at the time when President Richard Nixon signed the law in January 1974. But by the end of the month, Florida's governor had called for the law's repeal after eight schoolchildren were hit by cars in the dark. Schools across the country delayed start times until the sun came up.

By summer, public approval had plummeted, and in early October Congress voted to switch back to standard time.

In the US, states are not required by law to "fall back" or "spring forward." Hawaii, most of Arizona and some territories in the Pacific and Caribbean do not observe Daylight Saving Time. The twice-yearly switcheroo is irritating enough to lawmakers of all political stripes that the US Senate passed legislation in March 2022 to make Daylight Saving Time permanent. The bill passed by unanimous consent. It would need to pass the House of Representatives and be signed by President Joe Biden to become law.

House lawmakers failed to vote on the bill in 2022. However, on March 2, a dozen senators forming a bipartisan group reintroduced the legislation that would end clock switching in favor of permanent Daylight Saving Time. Companion legislation to the Sunshine Protection Act was introduced by Rep. Vern Buchanan, a Republican from Florida, in the House.

### Why do we need Daylight Saving Time

Studies over the last 25 years have shown the one-hour change disrupts body rhythms tuned to Earth's rotation, adding fuel to the debate over whether having Daylight Saving Time in any form is a good idea.

The issue is that for every argument there is a counterargument. There are studies, for example, that show we have more car accidents when people lose an extra hour of sleep. There are also studies that show robberies decline when there is an extra hour of sunlight at the end of the day. We also know that people suffer more heart attacks at the start of Daylight Saving Time. But what about our mental health? People seem to be happier when there is an extra hour of daylight.

Of course, there's the economy, which pays for all that outdoor fun in the sun. Although saving energy was often put out as a reason to have Daylight Saving Time, the energy saved isn't much — if anything at all.

Instead, the lobbying effort for Daylight Saving Time came mostly from different sectors of the economy. In the mid-20th century, lobby groups for the recreational sports industry (think driving ranges) wanted more customers to come out after a day at the office. It's easier to do so when there is more light at the end of the day.

But the movie industry didn't like Daylight Saving Time. You're less likely to go to a movie when it's bright outside. Despite the myth, farmers didn't like it either because it made it difficult to get their food to the market in the morning.

The bottom line: It's not clear whether having that extra hour of sunlight at the end of the day versus the beginning is helpful. It just depends on who you are and what you want. And it doesn't look like Daylight Saving Time in the US is going away anytime soon.

This story has been updated to reflect that on March 2, the Sunshine Protection Act was reintroduced in the US Senate, along with companion legislation in the House of Representatives.

# Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

ICUONROPCA



ETRSHVA



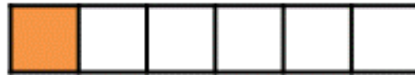
MEVRNOEB



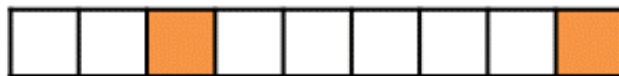
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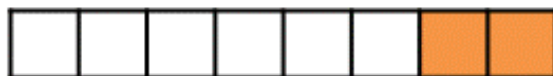
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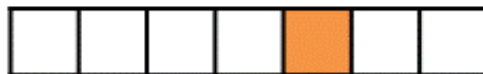
YRAOMEFWL



TMOLPYUH



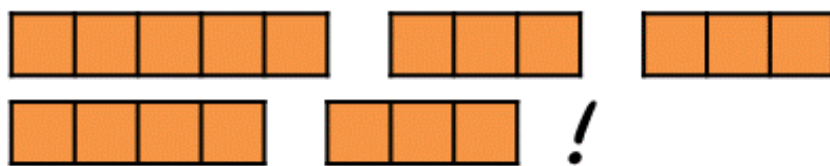
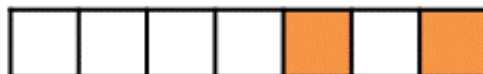
AYHLIOD



GWNMPAAAO



INKPMUP



## Greetings from the Desk of Sr. Mary Alice

Recently I hit wrong numbers on my remote and up popped a channel called "grit" showing a "western" movie with John Wayne that reminded me that I never knew why my Dad loved watching them. Then I remembered his first job was working for a farmer; his parents moved to a small farm during the Depression; 4 of his brothers bought small farms as well. I watched part of the movie ... it was set in 1909 (the year my Dad was born!) and at one point there was a race between men on horses and men in one of the first "motor cars" that came out around that time!!! My Dad never bought a farm because he "needed" a steady income working in a paper-producing factory to provide for his five children. Westerns took him vicariously to a life he could only dream of living and this one connected him to the year of his birth!

Why start a Thanksgiving reflection with this story? Thanksgiving is for remembering and being grateful. Dad was born when his parents were trying to build a life not long after immigrating from Poland. He married my Mom soon after the Stock Market crash while the Depression was running its course. Still he was grateful. Little things made him happy. Family weddings managed to be 3-day celebrations. He could feed and clothe his family and still save some money. He was able to buy a "motor car" and drive to work. And television had opened a whole new world of "free, at home" entertainment.

What can we be grateful for this Thanksgiving? Think of the things we enjoy that folks born in 1909 never did... We can stay connected to people who live worlds away. We live in a country that with all its faults and failings still offers us more choices than most other countries. Here at Marymount, a Nightingale Community, we have time to pause, to breathe deeply, to remember all the gifts God has filled our lives with. We can stop in the chapel any time and say a prayer of gratitude, or ask for blessings for those in need. We have so many "like family" friends to share with and care about. Let's face it, we have a lot more to smile and be grateful for than to complain about!

This Thanksgiving let's focus on remembering the good, not the bad; the happy, not the sad.  
Let's thank God for being so Good, All the Time!  
Thanksgiving Blessings...



# NOVEMBER BIRTHDAYS

Wanda R.	97 Candles
Edward T.	93 Candles
Elaine W.	92 Candles
Frances T.	92 Candles
Joy N.	81 Candles
Ann H.	101 Candles
Sr. Liguori S.	95 Candles
Rita G.	93 Candles
Sr. Ann Marie L.	90 Candles
Sr. Kenneth B.	80 Candles
Ora M.	76 Candles











# Nursing Notes

## The Truth About Exercising and Aging

### Can the Excuses: Just Get Moving!

You can come up with a million reasons for not being physically active. Some might even be valid. But know this: Stillness is bad. Roughly 3.2 million people die each year because of physical inactivity. Regular exercise, especially among older adults, is critical to good health.

### I'm Just Too Old

Exercise is good for just about everyone, including older adults. Even moderate amounts of physical activity can have a big impact. Talk with your doctor first, of course. If you've been inactive, take it easy as you get started, say, 5-10 minutes of moderate activity each day.

### I Just Need to Take It Easy

It's not your age that has you feeling the need to rest -- it's that you're not moving. Even older adults with serious health problems -- heart disease, diabetes, arthritis, and others -- can live better lives by getting up and moving.

### I Don't Think My Heart Can Take It

The more you do to stay active as you age, the lower your chances are for things like heart attack and stroke. Your doctor can tell you what type of exercises are best, and you don't have to do them in 30-minute chunks.

### I Don't Move Like I Used To

Exercises that promote flexibility are in a group of four cornerstone movements (along with those that improve endurance, strength, and balance) that you should probably work on. That stiffness can be alleviated with, for example, stretching exercises that target hips, legs, shoulders, your neck, your back ... anywhere. Yoga can help, too. Take it easy, though, and don't stretch so far that it hurts.

### I'm Afraid of Hurting Myself

To be safe, check with your doctor first, especially if you've been inactive or have health problems. Your doctor knows what you need and what you can do. Experts say those just starting out should begin slowly with low-intensity exercises. Drink plenty of water, listen to your body, warm up before your workout, and cool down after it.

### My Heart's Fine

It's not just about your heart. Regular exercise also helps your lungs, muscles, and your entire circulatory system. It's about benefits that can include lower blood pressure, better bone and joint health, and less chance of things like colon cancer and diabetes.

### I Don't Want to Fall

Falling can be a problem for older adults. But with regular physical activity, including exercises that promote proper balance -- exercises that you can do almost anytime, anywhere -- you can help prevent the falls that hurt so many older adults. Your doctor can point you in the right direction.



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

Need something more meaningful?

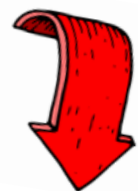
Want to help?

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](mailto:rmullen@marymounthcs.org) for more details.





# **5 Things You Don't Know About Veterans Day**

## **1. It's "Veterans Day" not "Veteran's Day" for a good reason.**

The lack of the apostrophe might seem like a semantic choice, but it has a definite and deliberate meaning. According to the U.S. Department of Veteran Affairs, Veterans Day is not a day that belongs to veterans, it is a day for honoring veterans directly in front of us right now.

## **2. Veterans Day used to be celebrated on the fourth Monday of October.**

In 1968, Congress passed the uniform Monday holiday bill, which stated that Washington's Birthday, Memorial Day, Columbus Day, and Veterans Day would all be celebrated on Mondays. The reason for doing so was to create three-day weekends, which hopefully encouraged travel and other recreational activities that would help stimulate the economy.

However, many states did not agree with the change, particularly for Veterans Day, which holds significant historic and patriotic significance. And so on September 20 1975, President Gerald Ford signed Public Law 9497, which returned the enemy observance of Veterans Day to November 11, beginning in 1978.

## **3. Armistice Day became Veterans Day in 1954.**

Although today we all know it as Veterans Day. November 11 was originally called "Armistice Day" in recognition of the armistice agreement that ended WWI on November 11, 1918. While WWI was called "the war to end all wars," it failed to do just that. By the early 1950s, millions of Americans had served in WWII in the Korean War. So, in an attempt to be more inclusive and honor this younger generation of veterans service, Armistice Day was changed to Veterans Day June 1, 1954.

## **4. Marines celebrate their service birthday and Veterans Day with a 96-hour liberty.**

November 10 marks Marine Corps birthday, an event that is generally celebrated with a traditional ball and a cake cutting ceremony. Since this special day falls the day before for Veterans Day, many Marines celebrate both holidays together with a 96 hour liberty period.

## **5. A group once pushed to rename then-Armistice Day as "Mayflower Day."**

Following the outbreak of WWII and the revelation that WWI did not end all wars, the idea of commemorating Armistice Day began to fall out of favor with a small group of Americans led by Dr. Francis Carr Stifler of the American Bible Society. The group proposed that Armistice Day be officially replaced with Mayflower Day since the signing of the Mayflower Compact took place on November 11, 1620. They argued that this whole name would be far more appropriate, since the Mayflower Compact was the cornerstone upon which the Declaration of Independence and the Bill of Rights stood. Of course, the group's ideas did not catch on, and Armistice Day eventually became the Veterans Day that we know today.

<https://www.military.com/veterans-day/history-of-veterans-day.html>

**Marymount  
A Nightingale Community**

**Proudly Honors Our Veterans**



## Think-tionary

**nelipot**

A. Someone who walks barefoot  
or

B. The largest and most dominant fish in a small pond

**ikigai**

A. The red-colored flushing of the cheeks and nose due to the cold  
or

B. A reason for being that gives life happiness and meaning

**desiderium**

A. A strong longing for something that has been lost  
or

B. The random collection of kinck-knacks found at the bottom of a drawer or toolbox



ANSWER: A, The nelipot's feet had grown hard and callused  
B, My Quest for ikigai began only after I quit my job at the bank  
A, My parents have a desiderium or what they call the "good

## Word Scramble

**F U Y F L F**  
Light, soft and airy



**O L G E V**  
A garment that covers the hand

**R V O H E**  
To float or remain in one place in the air

**R L E M A B**  
A small ball of colored glass

**R E B T R A**  
To trade goods and services without money



ANSWER: Fluffy, glove, hover, marble, barter

# Resident in the news!

- ◆ A former Eucharistic Minister
- ◆ Has a Polish heritage
- ◆ Raised in Cleveland Heights
- ◆ Has a younger sister
- ◆ Worked for Cleveland Clinic
- ◆ Has traveled the world
- ◆ Columbo is her favorite television show
- ◆ Loves cookies and candy
- ◆ Enjoys reading her daily devotional every morning
- ◆ Continues to maintain a close relationship with her cousin, David



Caroline M.



## UPCOMING EVENTS

- 11/1 Dietary & MMP Menu Mtg @ 11a in DR
- 11/3 Taboo @ 2 p in LR
- 11/3 & 11/17 Music with Sr. Marianne @ 4p in LR
- 11/7 Book Club @ 11a in LR
- 11/8 Johnny See @ 3:30p in AH
- 11/10 Resident Meeting @ 11a in DR
- 11/10 Veterans Day Program @ 2 p in AH
- 11/10 & 11/24 Happy Hour @ 4p in LR
- 11/13 Password @ 2p in LR
- 11/14 & 11/28 Store Bus Rides, sign up!
- 11/15 Steve Gordon @ 3:30p in AH
- 11/16 Garfield Hts High School Play @ 10a, sign up!
- 11/17 Life @ 2p in LR
- 11/20 Scattergories @ 2p in LR
- 11/21 Balletes @ 11a in AH
- 11/24 Lunch at Mavis Winkle's @ 11a, sign up
- 11/24 Jeopardy @ 2p in LR
- 11/27 Sorry @ 2p in AH
- 11/30 Greg Piscura @ 11a in AH
- 11/30 Celebrating November Bdays @ 2p LR
- Ice Cream Parlor, Wednesdays @ 1:30p
- Wednesdays @ 2p in Living Room, Make A Note of It