

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 12

THE VILLAGER

December 2023

MERRY  
CHRISTMAS





*Happy  
December  
Birthday*

<i>Daisy H.</i>	<i>80 Candles</i>
<i>Robert K.</i>	<i>89 Candles</i>
<i>Dally R.</i>	<i>84 Candles</i>
<i>Susan S.</i>	<i>100 Candles</i>
<i>Elizabeth B.</i>	<i>76 Candles</i>
<i>Eunice C.</i>	<i>82 Candles</i>
<i>Sr. Fran J.</i>	<i>97 Candles</i>
<i>Esther S.</i>	<i>93 Candles</i>
<i>Donald S.</i>	<i>83 Candles</i>
<i>Larry V.</i>	<i>88 Candles</i>



*Margaret English  
James Mareš  
Michael Lippian  
Sr. Martha Cherney  
Dolores Richardson  
Josephine Parr  
Harvey Newsom  
Wilma Iacofano  
Sr. Jean Noel Novak*



*Richard Hartman  
Joan Hodges  
Lilian Kalal  
Anne Buchwald  
Helen Henyey  
Rosadele Griffin  
Jerome Semancik  
Sr. Irene Koszarek  
Sr. Florence Pasowicz  
Sr. Alice Trebatoski*



*Noreen Rejna  
Thomas Fovozzo  
Louise Kusner  
Edward Johnson  
Nouha Al Aramouni  
Jacquelyn Gazarian  
Pearl Hill  
Rita Sabol  
Bea Mytro*

*Always Loved*

*Never Forgotten*

*Forever Missed*



## Greetings from the Desk of Sr. Mary Alice

I read something recently about what an amazing word “possibilities” can be and I came to realize it’s true! Think about all the unheard of things that have been created; the new ways of communicating; athletic records that have been set and surpassed. Think of medical interventions unheard of when our parents/grandparents began facing declining health challenges. All it took was for someone to “hatch” an idea – and believe it could be achieved... the idea took on a life of its own. The idea enabled one individual, a group or an entire company to surpass every expectation they previously had about what was possible...

Think about it – did God, from the beginning of time, always know it was possible to create human beings as the crowning achievements of all that had been created? Or, did God always know that it was possible to incarnate himself in human form? Or was Adam an experiment, Eve the next step so humans could procreate and fill the world with “possibilities” that were not already in existence? Was the Incarnation of Jesus in the womb of the Blessed Virgin Mary another experiment of God???

My life experience and my spirituality tells me Jesus was no experiment or accident or even a “grand gesture” on the part of God. We humans had messed up and no one among us had come up with the idea of how to correct our problem. God wanted to communicate to us and we weren’t listening. So, God decided to send one more “human” being, Jesus, who also embodied the very breath and nature and “DNA” if you want to call it that of the Divine Creator, the God of all Creation. Jesus, who walked and talked and looked like us but was so much more. Those who realized he was imparting an impossible, heretofore unheard of “possibility” were gifted with the ability to believe and carry the message – it is so simple: God created us. God loves us unconditionally and will always forgive us, as long as we ask and as long as we keep doing our best to love Him in return by doing our best to imitate Jesus, to live and love and laugh and forgive and be gentle and caring like Jesus was during the time that was his time of living in our midst.

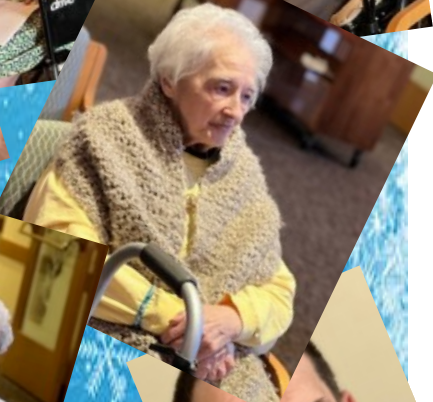
I think these ideas that came to me in this moment are what Christmas, 2023 is meant to be for us... let’s think an unthinkable thought and conceive the idea that truly loving God IS possible. That could be the greatest gift for us all – MERRY CHRISTMAS!!!















### **Anemia**

Wondering why you feel chilly? This condition might be a cause. Anemia happens when you don't have enough healthy red blood cells to bring your body all the oxygen it needs. It will leave you tired, weak, dizzy, and short of breath. It can also make you cold, especially your hands and feet. Your doctor will find the cause and tell you if you need changes in your diet, supplements, or another treatment.

### **You Don't Get Enough Iron**

Without the right amount of this nutrient, you can get "iron-deficiency anemia," which can make you cold. It may be caused by blood loss, a poor diet, or because your body can't absorb it well. The best source is red meat, but it's also in poultry, pork, and fish. Some non-meat sources include iron-fortified breads and cereals, peas, soybeans, chickpeas, and dark green leafy vegetables.

### **You Don't Get Enough Vitamin B12**

It can bring on anemia, which can make you cold. You can get vitamin B12 when you eat chicken, eggs, and fish. Some cereals and other foods are fortified with it, too. Keep in mind that you may not get enough B12 even if you eat lots of food with it. Some people have trouble absorbing the vitamin because of an illness or medication they take.

### **Hypothyroidism**

It's when the thyroid gland in your neck doesn't make enough of some hormones. It can make you overly sensitive to cold. You also may have aching joints, constipation, dry skin, and weight gain. Symptoms can take years to show up.

Hypothyroidism may be caused by many things, including illness or treatments for other conditions. Your doctor can prescribe man-made hormones to replace the ones your body doesn't make.

### **Raynaud's Phenomenon**

When you have it, blood vessels in your hands overreact to cold temperatures or stress. During an attack, which usually lasts from a few minutes to an hour, they narrow and limit blood supply. This can make your fingers and toes cold and numb, and they may turn white or blue. As blood returns, they may start to tingle or even hurt. Medicine can ease symptoms and prevent tissue damage. You may need surgery if it's a severe case.

### **Kidney Disease**

Diabetes and high blood pressure often cause kidney disease. Waste may build up to dangerous levels because your kidneys do a poor job of filtering your blood. This can lower body temperature and cause other problems. Kidney disease is also linked to anemia, which can make you feel cold even when it's warm outside. You may get relief when your doctor treats your kidney disease.

### **Medication**

Some drugs may make you feel colder as a side effect. Beta-blockers, for example, help the heart relax and stop your body from making harmful chemicals in response to heart disease. But you also may feel dizzy, tired, nauseous, and colder in your hands and feet. Talk to your doctor. They may suggest you switch meds or lower your dose.



This year  
I am grateful for:

## **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@marymouthcs.org](mailto:rmullen@marymouthcs.org)**



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?

**VOLUNTEERS  
NEEDED!**

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



# Christmas Word Scramble

EHESPRHD

\_\_\_\_\_

LNGEA

\_\_\_\_\_

ENSRTOANM

\_\_\_\_\_

RSMHCIATS

\_\_\_\_\_

NADYC ANEC

\_\_\_\_\_

TRAS

\_\_\_\_\_

LACRO

\_\_\_\_\_

NTUESTCH

\_\_\_\_\_

WSNO NMA

\_\_\_\_\_

AMGRNE

\_\_\_\_\_

SNTCIGOK

\_\_\_\_\_

SJUSE

\_\_\_\_\_

GSHLIE

\_\_\_\_\_

HRAWTE

\_\_\_\_\_

LDUHRPO

\_\_\_\_\_

YRSFTO

\_\_\_\_\_

ECIOKO

\_\_\_\_\_

VLESE

\_\_\_\_\_

STMEOELTI

\_\_\_\_\_

IEDERENR

\_\_\_\_\_

TASAN

\_\_\_\_\_

LOLYJ

\_\_\_\_\_

UPNDGDI

\_\_\_\_\_

GERBNIDREGA

\_\_\_\_\_

DYLIAOH

\_\_\_\_\_

FTGIS

\_\_\_\_\_

CFEURTIK

\_\_\_\_\_

ETRE

\_\_\_\_\_

## Think-tionary

### novaturient

A. A repetitive cycle that maintains balance in a living system

or

B. Of a forceful desire to change one's life or behaviors

### kalopsia

A. A deluded state where things appear more beautiful than they really are

or

B. A small carousel of only three or four horses

### abditory

A. A secret place used to hide valuable items

or

B. A choice that you are forced to make against your will

ANSWER: B, My visit to Mother Teresa's grave inspired a novaturient awakening in me to help others. A, Whoever buys that ugly painting must be suffering from severe kalopsia. A, I had no idea that my grandfather had a famous painting in his abditory.

## Word Scramble

### ROBMLEAME

Easily remembered

### RITATBUET

A quality or feature of a person or thing

### BEPLARA

A story used to teach a moral or lesson

### ECTDATI

To say or read aloud to someone

### ANMGEA

To be in charge of or run

ANSWER: Memorabile, Attribute, Parable, Dictate, Manage

# Resident in the news!



## December Events

- ◆ Celebrates February birthday
- ◆ Has 1 brother and 1 sister
- ◆ Loves to attend daily Mass
- ◆ Enjoys bowling and bingo
- ◆ Occupation: Auditor for State of Ohio
- ◆ Has 1 daughter and 2 sons



Richard D.



- ◆ Favorite color is blue
- ◆ Favorite foods are pizza and pasta
- ◆ Favorite book: The Consecration of St. Joseph
- ◆ Favorite movie: The Sound of Music



- 12/1 Duane Carlson @ 2 pm in AH
- 12/1 & 12/15 Music with Sr. Marianne @4p LR
- 12/3 Zubek Family X-Mas Show @ 2 p in AH
- 12/4 Uno @ 4p in LR
- 12/6 Dietary & MMP Menu Mtg @ 11a in DR
- 12/5 & 12/19 Store Bus Rides, sign up!
- 12/7 Dice Game @ 4 p in LR
- 12/8 Resident Meeting @ 11a in DR
- 12/8 Taboo @ 2p in LR
- 12/8 & 12/22 & 12/29 Happy Hour @ 4p in LR
- 12/11 Password @ 4 in LR
- 12/11 Trinity High School Dinner @5p, signup!
- 12/13 Johnny See @ 3:30p in AH
- 12/14 Jenga @ 4 in LR
- 12/15 Life @ 2p in LR
- 12/18 Scattergories @ 4 in LR
- 12/19 Balletes @ 11a in AH
- 12/21 Evening with Family & Friends @ 6pAH
- 12/22 Lunch at Southeast Harley Diner @ 11a
- 12/22 Jeopardy @ 2p in LR
- 12/26 Dave Slavick @ 3:00p in AH
- 12/28 Celebrating December Bdays @ 2p LR
- 12/28 Bananagrams @ 4p in LR
- 12/29 Dice Game @ 2p in LR
- Ice Cream Parlor, Wednesdays @ 1:30p
- Wednesdays @ 2p in Living Room, Make A Note of It