

The Villager

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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January 2024

THE VILLAGER



HAPPY
NEW
YEAR
2024

Happy
Birthday

January Born



Linda A. 71 Candles

Joseph C. 71 Candles

Caroline M. 90 Candles

Andrea B. 76 Candles

Mary B. 88 Candles

Joseph B. 86 Candles

Jean B. 78 Candles

Mark H. 70 Candles

Tony I. 75 Candles

Rita N. 88 Candles

Lois O. 72 Candles

NEW YEAR'S EVE

WORD SEARCH

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

BALLOONS
CALENDAR
CELEBRATE
CHEERS
CLOCK

CONFETTI
COUNTDOWN
GOALS
HAPPY
JANUARY

MIDNIGHT
NEW YEAR
NOISEMAKER
PARTY
RESOLUTION



Greetings from the Desk of Sr. Mary Alice

In a book of daily reflections “Jesus Calling” Sarah Young opens the year inviting the reader to have a “teachable spirit” and an “open mind.” The first time I used her book I pretty much glossed right over those two phrases. Another time I paused just long enough to wonder if I possessed either of them. Several times I didn’t get started on New Year’s Day so I didn’t even see them. Since I’ve been using her messages from Jesus during Advent, I decided to look deeper...

According to my Google Search, to have a teachable spirit means “to have an open heart to learn, grow and receive wisdom from God and others. It also means to have a passion to learn daily, and to reflect on what we’re learning to know how to apply it. It is a sign of humility and honesty, as it recognizes one’s own strengths and weaknesses and seeks spiritual guidance and accountability.”

This gives us much to think about, doesn’t it? Sometimes as we age we begin to think we “know it all” or at least “all we need to know”. But the teachable spirit remembers that God is always ready to show us there is more wisdom in store if we open our hearts. That’s when we learn so much about what is going on “inside” of us and how much we have both to learn and to share.

During this new year of 2024, let us become determined to share the best of who we are and to look for the same in others. Let’s receive the gift of reflection that will teach us what God wants us to share in order to help others to grow and to strengthen our own gifts at the same time. Let’s resolve, together, to learn, grow and receive wisdom from God and each other. Let’s make 2024 one of those years we want to remember for a long, long time – because we found and shared so much joy!!

Happy, Blessed and Healthy New Year Everyone – let’s pray for each other!

Think-tionary

gleimous

- A. Slimy and full of phlegm
or
B. The sparkle of sunlight on water

uhtceare

- A. A rabbit’s burrow dug under the roots of an old tree
or
B. To lie awake before dawn worrying

apricate

- A. To reluctantly tell someone the truth
or
B. To bask in the sun

ANSWER: A, My cough was gleimous enough that my boss asked me to go home.
B, My uhtceare is always bad before my first day back to school.
B, All I want to do is sit on a tropical beach and apricate all day long.

Word Scramble

RAUPTCE

To take into one’s possession by force

ROMEIZME

Learn by heart

MANLILI

The transitional space between two boundaries or stages

UWRECF

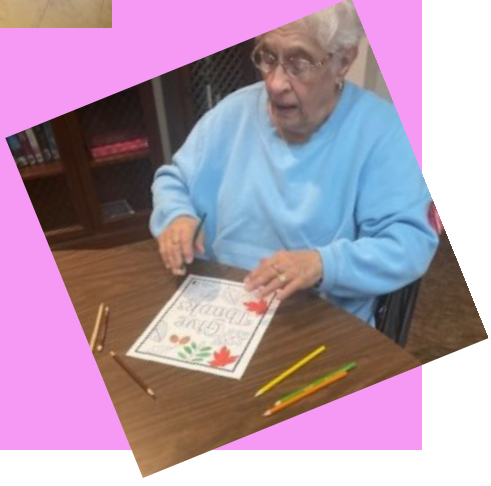
A specified time to go outdoors

REGNARA

To put things in a neat or attractive order

ANSWER: Capture, memorize, liminal, currew, arrange





Q: What is a New Year's resolution?

A: Something that goes in one year and out the other.

EVERY NEW YEAR'S EVE, I LOOK FORWARD TO A GOOD SHOW AT TIME'S SQUARE ... AND YEAR AFTER YEAR, THEY DROP THE BALL.

Stay Connected



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rmullen@marymountcs.org



Q: Where can you go to practice math on New Year's Eve?

A: Times Square.



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 (216) 332-1694 or email rmullen@marymountcs.org for more details.



Nursing Notes

Brain-Boosting Beverages

Coffee

If you can't get through the morning without a java jolt, you're not alone. About 75% of Americans are coffee drinkers, and half say they drink it daily. The caffeine in coffee really does make you more alert. A cup of joe can also help you concentrate and boost your mood when you've got the Monday blues. Plus, lifelong coffee drinkers may have a lower risk of stroke and Alzheimer's disease.

Green Tea

If you're not a coffee drinker, this nutty-flavored beverage is another way to get your daily caffeine. Like coffee, tea can make you feel more alert. It may help tune out distractions like the noisy co-worker in the next cube too. There's also evidence that the green stuff improves memory and attention. Experts can't point to one component that makes these leaves so brain healthy. It's likely the blend of healthy plant chemicals it contains.

Berry Juices

Throw some blueberries, raspberries, blackberries, and strawberries into a juicer, or blend them into your favorite smoothie. However you drink them, berries are brain food. They're high in antioxidants that protect your cells from damage. The little fruits are also a good source of plant chemicals like anthocyanins that support healthy memory. Just watch out for store-bought juices. They can be high in sugar.

Kombucha

Fans of this fizzy fermented drink claim it helps with everything from high blood pressure to diabetes and cancer. Kombucha is a mixture of black tea, sugar, bacteria, and yeast. Labels say these healthy germs boost immunity and bring down inflammation, though there isn't much evidence to support the claims. But beware: If you don't prepare this sour tea right and store it in the fridge, you could drink some bad germs along with the good.

Green Smoothie

Just one serving of greens a day can help slow mental decline as you age, research finds. Spinach, kale, and collard greens are rich in brain-friendly nutrients like folate and lutein. But you don't need to eat them in salad form, or even on a plate, to reap their benefits. Blend 2 ounces of greens with berries, a banana, and ice for a rich, nutritious treat that's also loaded with vitamins A and C.

Turmeric Tea

This yellow spice is a main ingredient in curry, and it adds an earthy flavor to tea. Turmeric has been a part of Chinese and Indian medicine for centuries. Thanks to its anti-inflammatory properties, turmeric is useful for skin, joint, and digestive issues. Researchers are now looking at its protective effects on the brain and whether it might improve memory and slow the progression of Alzheimer's disease.

Lemon Water

Your whole body needs water -- including your brain. When you're dehydrated, your mental function suffers. Water makes up 75% of your brain's volume and acts as a natural shock absorber. Add a squeeze of lemon to your glass of water for both flavor and nutrition. Lemon has plant nutrients that protect your cells from damage. Plus, some people find that its scent improves their mood.

Prayer for Direction in the New Year

Lord, I seek direction in the new year. I pray that you will direct me in the name of Jesus. Lord, I refuse to work in darkness in the coming year, so please light my path and teach me the right thing to do. I pray that your Holy Spirit will be my guide throughout the year. I pray that your Holy Spirit and power will protect my family, friends and me in the new year in the name of Jesus,

Bible Verses For 2024

1. Psalm 90:12 (NIV) "Teach us to number our days, that we may gain a heart of wisdom."
Meaning: As we step into 2024, this verse reminds us to value our time and seek God's wisdom in how we use it.
2. Isaiah 43:19 (NIV) "See, I am doing a new thing!"
Meaning: Embrace new beginnings and opportunities God brings in 2024, even in challenging times.
3. Proverbs 3:5-6 (NIV) "Trust in the LORD with all your heart..."
Meaning: Rely on God's wisdom and guidance throughout 2024, rather than just your own perceptions.
4. Lamentations 3:22-23 (NIV) "His compassions never fail. They are new every morning..."
Meaning: Each day in 2024 is a fresh chance to experience God's love and mercy.
5. Philippians 4:6-7 (NIV) "Do not be anxious about anything..."
Meaning: Face 2024 with God's peace, and remember to bring all concerns to Him in prayer.

Tips For Praying In 2024

1. Start With Gratitude: Thank God for past blessings.
2. Be Authentic: Speak openly and honestly.
3. Seek Quiet Spaces: Find a distraction-free zone.
4. Use Scripture: Integrate Bible verses into prayers.
5. Listen Actively: Allow moments of silence in prayer.
6. Journal Your Prayers: Write to focus and reflect.
7. Join Together: Pray with others for added strength.
8. Stay Consistent: Make prayer a daily routine.
9. Embrace Technology: Use apps for guidance.
10. Trust His Timing: Remember God's wisdom exceeds ours.

Resident in the news!

what's happening

- ◆ December born
- ◆ Has 1 daughter and 1 son
- ◆ Occupation
 - NASA Postal Delivery Worker
 - Boy Scout Troop Leader



Eunice C.

- ◆ Favorite color is blue
- ◆ Favorite movies: Anything written/produced by Tyler Perry and The Ten Commandments
- ◆ Favorite pastime is playing Bingo
- ◆ Words to live by: "Everyday the Lord wakes me up is a Good Day. I'm blessed by The Best".

- 1/2 & 1/30 Store Bus Rides, sign up!
- 1/3 Dietary & MMP Menu Mtg @ 11a in DR
- 1/5 & 1/15 Music with Sr. Marianne @ 4p LR
- 1/9 Book Club @ 11a in LR
- 1/12 Resident Meeting @ 11a in DR
- 1/12 & 1/26 Happy Hour @ 4p in LR
- 1/16 Balletes @ 11a in AH
- 1/16 Duane Carlson @ 2p in AH
- 1/22 Dennis Chesnik @ 3p in AH
- 1/25 Celebrating January Bdays @ 2p LR
- 1/26 Lunch at The Melt @ 11a
- Ice Cream Parlor, Wednesdays @ 1:30p
- Wednesdays @ 2p in Living Room, Make A Note of It