

# 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. 18 Issue 2

## THE VILLAGER

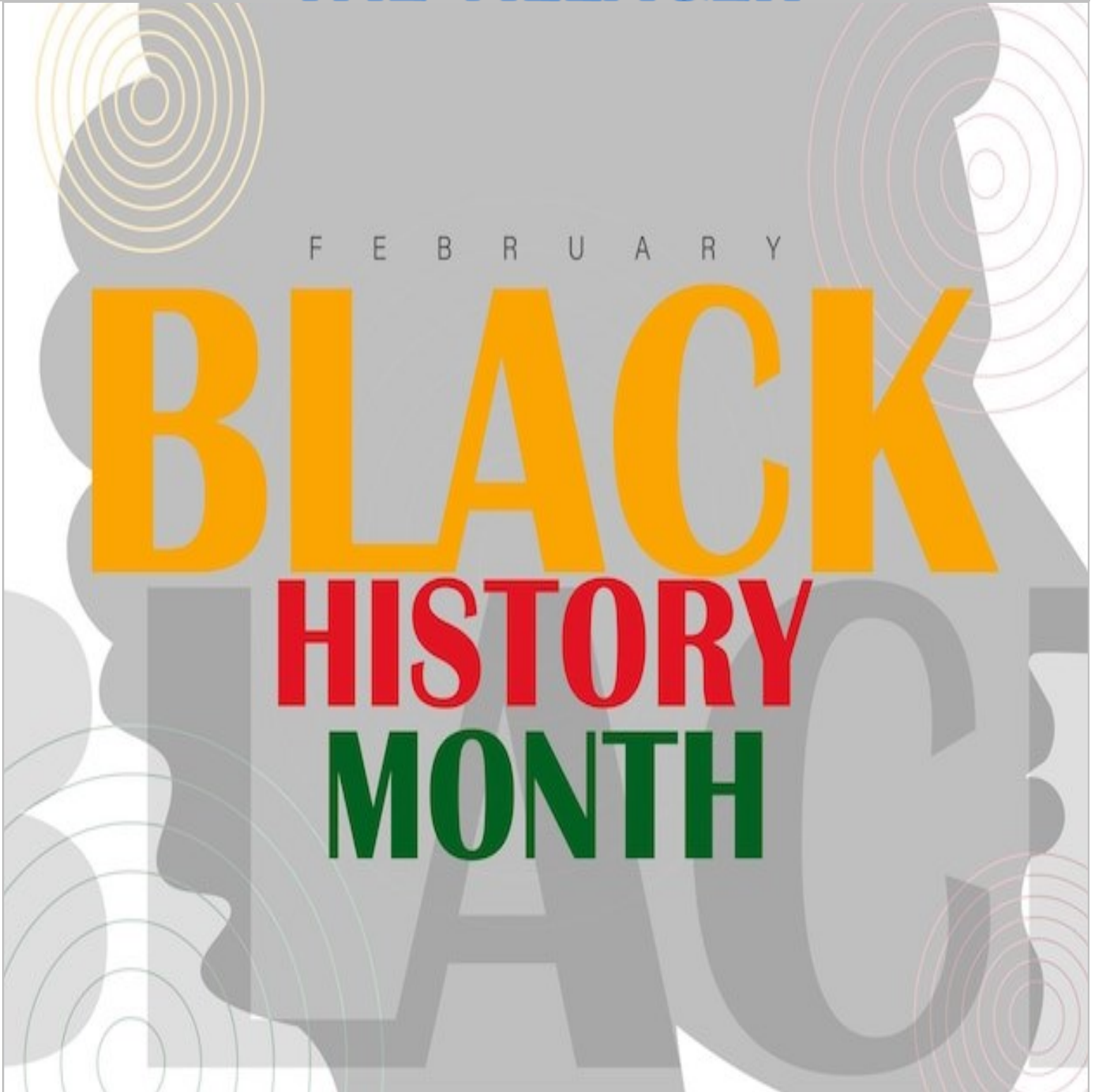
February 2024

F E B R U A R Y

# BLACK

## HISTORY

## MONTH



# February

Emma A.	82 Candles
Mary C.	88 Candles
Angela D.	68 Candles
Richard D.	80 Candles
Regina H.	53 Candles
Ella J.	98 Candles
Mary Ann F.	91 Candles
Beverly F.	93 Candles
Maryann M.	81 Candles
James S.	80 Candles
Loretta C.	95 Candles



## Valentine's Day Word Search

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

valentine  
arrow  
cupid  
hearts  
love

red  
fourteenth  
hugs  
chocolate  
pink

roses  
friend  
flowers  
sweetheart  
kisses

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

In February we are invited to think about love because many believe it is manifested in the celebration of Valentine's Day. However, as a Franciscan, I learned that love is actually much deeper than a day set aside to show love by giving cards, candy, flowers, jewelry, clothing, various external gifts...

St. Francis of Assisi was described by his biographer, Thomas of Celano, as "living prayer" – he didn't so much pray but "became prayer". Instead of saying a multitude of prayers, he developed and lived in a deep relationship with God which is the ultimate goal of prayer. And that, my friends, is what true love is all about!

When we love ourselves enough to love another, we enter a relationship that can lead us to becoming one with the one we love. We don't change or form the other, we find their inner beauty through relating with them. That's what Francis discovered – he didn't need to keep praying prayers, he needed to live the love/relationship he found in God. St. Bonaventure wrote that love is like a sculptor who chisels away at a rough hewn stone until he reveals the beauty it contains. He doesn't add anything, he just discovers the noble and beautiful form within – he "relates" to the stone to the point of developing a relationship that uncovers the beauty within it.

Whatever early prayers Francis said led him to find God within and outside himself and to recognize that nurturing that relationship, that mutual love, no longer required words as much as action. He was impelled to go and live the relationship by loving God in all of creation and all of God's creatures. That is "living prayer" as far as I'm able to grasp it. By coming to know and embrace God's love we go and embrace the God/love in others as well. Let's pray that the prayer/love/God that is at times visibly palpable among us will continue to grow and warm our hearts, our "inner beauty" – the best prayer of all...and the best gift we share at Marymount, A Nightingale Community!



Happy, Blessed, Prayer/Love-filled Valentine's Day Everyone!!



Of the estimated 35,000 cowboys that worked the ranches and rode the trails of the American West frontier, 5,000–9,000 or more were Black. They participated in almost all of the drives northward, and were assigned to every job except that of trail boss.

Benjamin T. Montgomery, a former slave, bought the plantations of Confederate President Jefferson Davis at the end of the Civil War, and became one of the biggest cotton planters in Mississippi.

Alfred L. Cralle invented the ice cream scooper. His invention was patented on February 2, 1897.

Sophia Tucker and Harriet Giles, the founders of Spelman College, used just \$100 to found this Historically Black College.

A native of Cincinnati, Ohio, Charles Henry Turner received a B.S. (1891) and M.S. (1892) from the University of Cincinnati and a Ph.D. (1907) from the University of Chicago. A noted authority on the behavior of insects, he was the first researcher to prove that insects can hear.

Joseph N. Jackson invented a programmable remote control for television.

William Tucker was the first African born in the colony in Jamestown, Virginia. There are reports that he lived to be 108 years old.





Before Wally Amos established his “Famous Amos” brand of chocolate chip cookies, he was a talent agent.

At William Morris Agency, Wally Amos worked with talented musical groups such as The Supremes and Simon & Garfunkel. In fact, Amos initially funded Famous Amos Cookie Company with the help of celebrity friends from the talent agency, Marvin Gaye and Helen Reddy.

Allensworth, California was an all-Black township—and the first of its kind.

Carter G. Woodson was the son of former enslaved Africans James and Eliza Riddle Woodson. He gained a master’s degree at the University of Chicago in 1908, and in 1912, he received a Ph.D. in history from Harvard University. Woodson, known as the “Father of Black History” started Negro History week in 1926, which later became Black History Month.

Louis Armstrong learned how to play the cornet while living at the Colored Waif’s Home for Boys.

Before becoming a professional musician, Chuck Berry studied to be a hairdresser.

Even if you haven’t read any of Maya Angelou’s poems or other writings, you’ve heard of her. But did you know that In 1944, she became the first female Black cable car conductor in San Francisco?

Annie Turnbo Malone was one of the country’s first Black millionaires. She started Poro Co., which made hair and beauty products for the Black community. She hired the young Sarah Breedlove as one of her door-to-door sales agents. You probably know Breedlove better as Madam C.J. Walker, who invented a line of African American hair products, according to biography.com, after suffering from a scalp ailment that resulted in her own hair loss.

Alexander Lucius Twilight was the first African American to receive a college degree. He earned a bachelor’s degree from Middlebury College in 1823.

In 1634, French Catholics provided education for all laborers regardless of race in Louisiana, despite the belief and laws that Blacks should not be educated.

Benjamin Bradley, a slave, was employed at a printing office and later at the Annapolis Naval Academy. In the 1840s he developed a steam engine for a war ship. Unable to patent his work, he sold it and used the proceeds to purchase his freedom.

Victor Blanco was the Black mayor of San Antonio in 1809, before slavery was abolished, while Texas was still part of Mexico.

The first Blacks to settle in Alabama were Moors that arrived with the Spanish in 1540— 80 years before the pilgrims.

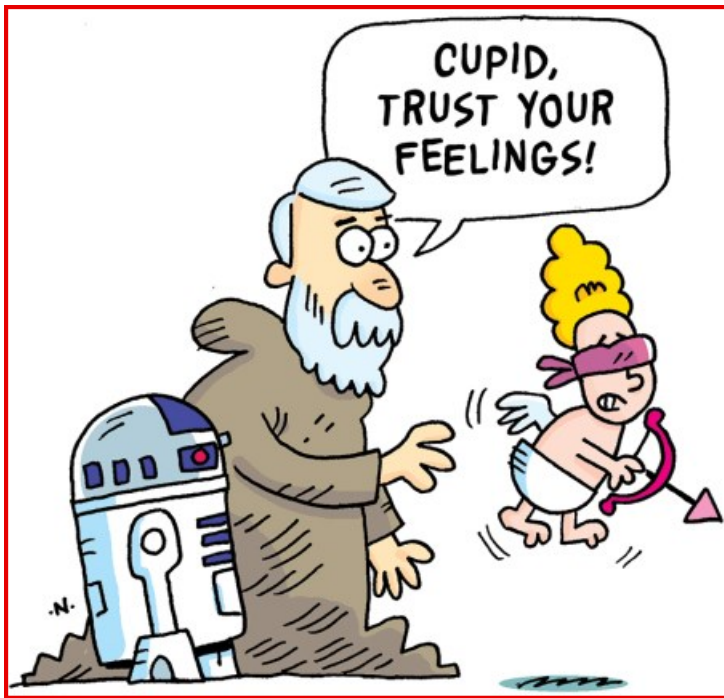
Jefferson Franklin Long becomes first Black person to speak in the House of Representatives as a congressman in 1871.

Matthew Henson, a Black explorer, accompanied Admiral Robert E. Peary on the first successful expedition to the North Pole in 1909 .

Frank Wills, a Black security guard, discovered President Nixon’s cover-up which later caused his resignation as President of the United States. Despite Wills’ discovery he struggled to find work for the rest of his life.

Lincoln University is the oldest Historically Black University in the U.S. It was founded in 1854.






What did the school nurse say to her students on Valentine's Day? Love is in the air today, but so is the flu so wash your hands.



## Stay Connected



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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)

Need something more meaningful?  
 Want to help? Have time to spare?  
 Bored? Want to make an impact?  
 Desire new friendships?



We need you



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



**VOLUNTEERS NEEDED!**



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

# Nursing Notes

## February is American Heart Month

### What Are Cardiovascular Diseases?

Cardiovascular diseases are conditions that affect the structures or function of your heart, such as:

- Abnormal heart rhythms, or arrhythmias
- Aorta disease and Marfan syndrome
- Congenital heart disease
- Coronary artery disease (narrowing of the arteries)
- Deep vein thrombosis and pulmonary embolism
- Heart attack
- Heart failure
- Heart muscle disease (cardiomyopathy)
- Heart valve disease
- Pericardial disease
- Peripheral vascular disease
- Rheumatic heart disease
- Stroke
- Vascular disease (blood vessel disease)



Cardiovascular disease is the leading cause of death in the U.S. It's important to learn about your heart to help prevent it. If you have it, you can live a healthier, more active life by learning about your disease and taking care of yourself.

Types of cardiovascular disease can have various causes, so it's important to know the difference.

There are many types of heart disease, and each one has its own symptoms and treatment. Here are some suggestions of how to live with heart disease:

- ***See your doctor regularly***

- Take prescribed medication
- Control your weight
- Quit smoking
- Avoid second hand smoke
- Limit alcohol intake
- Maintain healthy diet
- Reduce chronic stress
- Exercise regularly



## Buy a Vowel

S \_ R \_ \_ \_ S

Demanding careful consideration and work

\_ V \_ L \_ \_ T \_

To judge or calculate something's worth or importance

\_ M \_ T \_ T \_

To mimic or copy

\_ G N \_ M \_ N \_ \_ \_ S

Deserving of public shame or Disgrace

R \_ M \_ N \_ T \_

Think deeply about something

ANSWER: Serious, Evaluate, Imitate, Ignominious, Ruminate

## Word Scramble

KEULBC

To bend and give way under force of weight

NILKDE

To light or set on fire; or, to arouse an emotion

ICRAHCA

Very old or old-fashioned

ODENCNO

To allow bad behavior to continue

RITATBUET

A quality or feature of a person or thing

ANSWER: Buckle, Kindle, Archaic, Condone, Attribute

# Resident In The News!

Upcoming

EVENTS

- ◆ Favorite color is pink
- ◆ Grew up in Memphis, TN
- ◆ Favorite food is pizza
- ◆ Has 5 sons
- ◆ Nickname is 'Nikki'
- ◆ Has 1 sister
- ◆ Favorite tv shows  
Judge Joe Brown and Judge Greg Mathis
- ◆ Has 12 grandchildren
- ◆ Occupation  
Wedding Planner for 15 years



Allyn

2/2 & 2/16 Music with Sr. Marianne @ 4p LR  
2/6 Balletes @ 11a in AH  
2/6 & /20 Store Bus Rides, sign up!  
2/7 Dietary & MMP Menu Mtg @ 11a in DR  
2/9 Resident Meeting @ 11a in DR  
2/9 Underground Railroad Driving Tour @ 1:30p, sign up!  
2/11 Pentecostal Church of Christ @ 3p AH  
2/13 Book Club @ 11a in LR  
2/13 Duane Carlson @ 2p in AH  
2/19 Dennis Chesnik @ 3p in LR  
2/22 Celebrating February Bdays @ 2p LR  
2/23 Lunch at Black Box Fix @ 11a, sign up!  
Mondays @ 10a in LR, Nail Care, sign up!  
Ice Cream Parlor, Wednesdays @ 1:30p  
Wednesdays @ 2p in Living Room, Make A Note of It  
Fridays @ 2p AH, Greats in Black Cinema