



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

March 2024

March is Spiritual Awareness Month

What is Spiritual Awareness?

Spiritual wellness involves you connecting with the bigger picture of life. In becoming spiritually well you find purpose and meaning to your life. You also connect your beliefs and values to your actions. Spiritual wellness may involve connecting with a higher power but it is not necessary.

Finding meaning and purpose may be a lifelong process that evolves based on unique circumstances, individual experiences and global events. Along with the other dimensions of wellness, a person's level of spiritual wellness often fluctuates throughout their life. It is natural to experience a variety of emotions along the path to spiritual wellness – both positive (hope, forgiveness, acceptance, joy) and negative (doubt, fear, disappointment, conflict).

Spiritual wellness has the power and capability to make our decisions and choices easier, ground us during periods of change and give us the resiliency to survive with grace and inner peace in the face of adversity. Having a spiritual element in our lives may even help us heal when suffering from a physical or mental condition.

Personal Reflection

Take a moment to assess your own spiritual wellness by asking yourself the following questions:

- What gives my life meaning and purpose?
- What gives me hope?
- How do I get through tough times? Where do I find comfort?
- Am I tolerant of other people's views about life issues?
- Do I make attempts to expand my awareness of different ethnic, racial and religious groups?
- Do I make time for relaxation in my day?
- Do my values guide my decisions and actions?

Practice Spiritual Wellness

When striving to develop and practice your own spiritual wellness, it is best to find the technique and approach that works for you; similar to the other dimensions of wellness, there is no "one size fits all" approach.

Your journey to spiritual wellness may involve the following:

- Practicing meditation or yoga
- Praying or taking part in organized religion
- Spending quiet time alone pondering the meaning of life
- Building awareness through journaling
- Serving your community, spending time in nature, appreciating music and the arts

Spiritual wellness is a personal choice and journey to find out what creates peace in your life and ultimately the world around you.



<i>Sr. Barbara P.</i>	<i>93 Candles</i>
<i>Jackie Y.</i>	<i>65 Candles</i>
<i>Ruth B.</i>	<i>92 Candles</i>
<i>Philip B.</i>	<i>69 Candles</i>
<i>Salvatore C.</i>	<i>81 Candles</i>
<i>Patry D.</i>	<i>85 Candles</i>
<i>Hazel E.</i>	<i>79 Candles</i>
<i>Robert P.</i>	<i>72 Candles</i>



Celebrate with Love
The power to truth behold
When the good story was told
Yes, Easter is the day to celebrate
The victory and the love
of the Lord
So decorate those bright eggs
Have some candy for sure
Easter is a time to enjoy with
Family and friends, do much more
Have a super Easter Sunday!

Greetings from the Desk of Sr. Mary Alice

Preparing to write this reflection, I saw a “theme” developing in what I’ve shared so far this year. I decided to share it and see what you all think or how you might want to define or refine it: In January I invited us to develop our “teachable spirit” by sharing the best of who we are and finding the same in others so we can learn, grow and become our best selves and make 2024 a year to cherish and remember rather than want to forget and move on from...

In February I was convinced that if we let the love of God become palpable among us as we find it in each other it will physically warm our hearts and enhance our inner beauty, our best selves...

Now I’ve been using the reflections in the “Following Jesus” Lenten booklets Fr. Jim shared with us on Ash Wednesday. I love Jerry Welte’s comments about Lent being a time for spiritual gardening. Jesus’ counsel to let the wheat and weeds grow together truly is “divine madness” – weeding out what we believe is evil within us truly can cause us to toss out prophetic anger right along with destructive rage...we can fail to reap the good things like the compassion that can grow out of self-pity!

Perhaps our task this month as we travel the journey of Lent, 2024 is to be a little less hard on ourselves, our “evil weeds”. Maybe taking time in prayer or quiet reflection to look a little deeper and ask ourselves what is the virtue on the opposite side of our vice, or what is the good that can develop and grow from the current evil we perceive... so pruning our good habits instead of risking tossing them with their not so good flip sides can allow us, once again, to grow the love and goodness among and come to appreciate each other even more. The “theme” seems to be seeking and enjoying the love of our God who is always knocking at the door of our hearts and hoping we will let him in – by embracing the love and goodness he manifests through us and among us when we love, cherish and enjoy the gifts of life and wisdom in our midst.

Continued Lenten Blessings and an Alleluia-filled and Joyously Gifted Easter!



Saturday | March 23th

4 pm

(Palm Sunday Liturgy)

Holy Thursday | March 28th

Mass at 4 pm

Good Friday Service | March 29th

1:30 pm

**NO MASS ON
HOLY SATURDAY**

Easter Sunday | March 31st

10 am

Nursing Notes

Sleep and Aging

Is your sleep different than it used to be when you were younger? It happens to a lot of people. Nearly half of men and women over the age of 65 say they have at least one sleep problem. With age, many people get insomnia or have other sleep disorders.

It's true that as we get older, our sleep patterns change. In general, older people sleep less, wake up and go back to sleep more often, and spend less time in deep sleep or dreaming than younger people.

But at any age, you still need quality rest to be healthy.



What Causes Sleep Problems With Age?

Some common reasons include:

Poor sleep habits. If you don't keep a steady schedule for going to bed and waking up, it can affect your body's internal clock and make it even harder to get good sleep. Also, at any age, it's a minus if you drink alcohol before bedtime, nap too much, or stay in bed when you're not sleeping.

Medications. Some drugs make it harder to fall or stay asleep, or even stimulate you to stay awake. If you think that might be true for you, ask your doctor to check.

Worry, stress, or grief. Aging brings many life changes. Some are positive. Others are really hard. When you lose someone you love, move from your family home, or have a condition that changes your life, that can cause stress, which can hamper your sleep.

If changes like these affect you or an aging loved one, talk with your doctor or a counselor. It could help ease your mind so you can sleep better.

Sleep disorders. Besides insomnia, these include apnea, restless legs syndrome, periodic limb movement disorder, and REM behavior disorder. Your doctor can see if you have one of these conditions.

Too much downtime. Many people stay active well into their golden years. But if your days are too idle, you may find it harder to get good sleep.

Do You Get Enough Sleep?

Everyone is different. If you sleep less than when you were younger but still feel rested and energetic during the day, it might be that you now need less sleep.

But if you have noticed that your lack of sleep affects you during the day, tell your doctor. There are steps you can take to get better rest. Many are simple tweaks to your daily routine, like setting a regular bedtime, being more active, and taking steps to ease your mind before you hit the hay.



Crabby Road

Crabby Road

It's OK to pretend we're Irish on St. Patrick's Day. We pretend we're GOOD on Christmas don't we?



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Crabby Road

Crabby Road

If you find a four leaf clover it means you have entirely too much time on your hands.



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Crabby Road

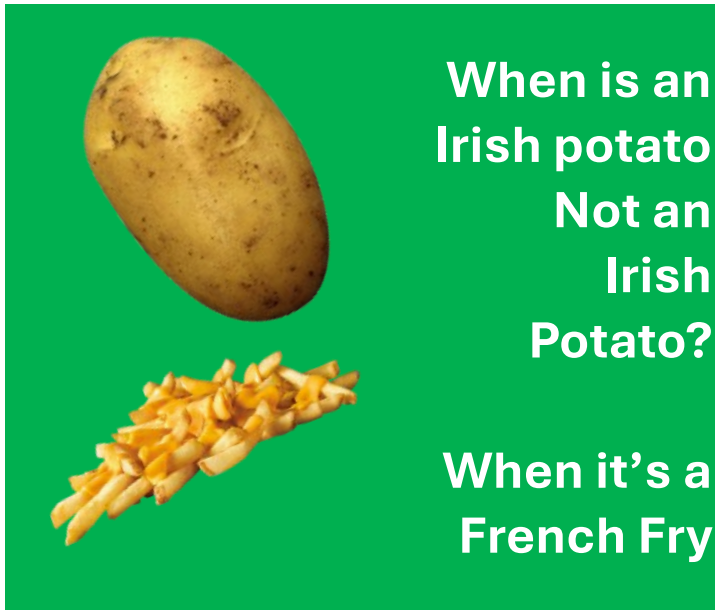
Crabby Road

Pinch me on St. Patrick's Day and the road's gonna rise up to meet your face!



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When is an Irish potato Not an Irish Potato?

When it's a French Fry

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





St. Patrick's Day Word Search

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

GREEN

SHAMROCK

LUCKY

LEPRECHAUN

RAINBOW

POT OF GOLD

IRISH

MARCH

CLOVER

MORE FUN: USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR, TO FIND THE HIDDEN MESSAGE.

___ T ___ Y ___ T H ___ U

___ R ___ S ___ L ___ C ___ E ___ N ___ S ___ N ___ ?

___ H ___ M ___ K! ☺



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Word Scramble

A N T C R O
A light box or container

O R P Y A D
A humorous imitation

P L A S E O L C
To fall to pieces

D N I D C A
Truthful and straightforward

E A B T R E
Scold or criticize angrily

ANSWERS: Carton, parody, collapse, candid, berate

Word Wise

Which word is not like the others?

beacon veil
obscure umbra

Which word is not like the others?

trial test
pilot broker

Which word is not like the others?

pendant brooch
locket charm

Which word is not like the others?

alabaster travertine
ebony marble

*ANSWER: BEACON, A beacon is a guiding light; the others mean to shadow.
BROKER, To broker is to negotiate; the others mean to experiment.
BROOCH, A brooch is fastened with a pin; the others hang from necklaces.
EBONY, Ebony is a wood; the others are types of stone.*

Resident in the news!

UPCOMING EVENTS

- ◆ Grew up on the Southside of Chicago
- ◆ Nickname is Peach or Peachy
- ◆ Has 3 sisters and 3 brothers
- ◆ Occupation: VA Hospital Medical Records & Continued Care Admissions
- ◆ Celebrates an August



Karen F.

- ◆ 1959's Poster Child for Cerebral Palsy
- ◆ Favorite movie is Harold and Maude
- ◆ Chicago Bears is her favorite team, Mike Singletary is her favorite player
- ◆ Karen's favorite quote: "For all that has been, THANKS. For all that will be, YES".
Doug Hammarskjold

- 3/1 Board of Elections @ 10a in DR
- 3/1 & 3/15 Music with Sr. Marianne @ 4p LR
- 3/2 Lolita Jones, Gospel Singer @ 1 in LR
- 3/5 & 3/19 Store Bus Rides, sign up!
- 3/6 Dietary & MMP Menu Mtg @ 11a in DR
- 3/8 & 3/22 Happy Hour @ 4p in LR
- 3/10 Zion Pentecostal Church of Christ @ 2p AH
- 3/12 Book Club @ 11a in LR
- 3/13 Johnny See @ 3:30 in AH
- 3/17 Dave Slavick @ 2p in LR
- 3/19 Balletes @ 11a in AH
- 3/22 Lunch at Olive Garden @ 11a
- 3/25 Duane Carlson @ 2p in AH
- 3/25 Dennis Chesnik @ 3:15p in LR
- 3/28 Celebrating March Bdays @ 2p LR
- Ice Cream Parlor, Wednesdays @ 1:30p
- Wednesdays @ 2p in Living Room, Make A Note of It