

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 4

THE VILLAGER

April 2024



TOTAL SOLAR ECLIPSE

APRIL 8, 2024



Annie B.	94 Candles
Herman L.	95 Candles
Annie R.	101 Candles
Rosemary M.	72 Candles
Alfreda M.	89 Candles
William C.	91 Candles
Gladys S.	80 Candles
Karen P.	81 Candles
Stanley M.	77 Candles
Betsy W.	90 Candles
Richard N.	89 Candles

April

B Y A D W O B N I A R A D N I F T A T E E P
 I A F D Y A X E P L D R O M P R A R O S C H Y
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 Y T N A Y R D S A R E A L E S Y D I O R R A
 C N D D A B O S W D D T T O S N A C W E D D
 L E A O D O T C S E E A S N O N Y D A Y S S
 E C Y T A R K C I E P L Y A V F E A T D T R
 D S M A N D I I A N N E B I E K L Y E A O E
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 A O A E R R C D L C D E T L T A O S L Q Y C
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| <ul style="list-style-type: none"> BURRITO DAY UNICORN DAY GARLIC DAY TEA DAY MCDONALDS DAY ARBOR DAY GO BIRDING DAY DNA DAY SCRABBLE DAY DOLPHIN DAY CHEESE BALL DAY SWEET POTATO DAY | <ul style="list-style-type: none"> AUTISM AWARENESS DAY CINNAMON CRESCENT DAY RAT DAY RECORD STORE DAY APRIL FOOLS DAY FIND A RAINBOW DAY PASSOVER EQUAL PAY DAY EARTH DAY EASTER PECAN DAY ANIMAL CRACKERS DAY LESBIAN VISIBILITY DAY | <ul style="list-style-type: none"> BEER DAY KICK BUTTS DAY SIBLINGS DAY BICYCLE DAY ORCHID DAY GUIDE DOG DAY PET DAY ARMY DAY TAX DAY FUN DAY HANGING OUT DAY HEALTH DAY |
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Greetings from the Desk of Sr. Mary Alice

I'm writing this during Holy Week and you're receiving the Newsletter one day after Easter – so once again Holy, Blessed and Happy, Easter to you!

I'd like to share my reflections about the "Jewish Word for the Week" sent to my email during Holy Week. I learn a new Jewish word weekly since subscribing to Chabad.org and am fascinated by the depth of insights from the dictionary, the Torah, rabbis, and Jewish and notable scholars and prominent individuals...

The word was Natan or Giving. I was struck that it is a palindrome, spelled the same way forward and backward. It reveals a deep truth of the reciprocal dynamic of giving: when one gives, they receive. It became obvious that any kind of giving – time, talent, or treasure – gives as much to the giver as to the receiver. In fact, studies show those who give money, spend time with, or pray for others reap benefits of greater happiness, better health and a sense of self worth and success than if they didn't recognize the importance of and take the time to give – Natan.

I see this giving every day – right here at our Marymount Nightingale community. As we reflect on God's gift of His Son, and Jesus' gift of His very life during Easter, I pray we won't forget to be grateful for the multiple gifts of each other. Let's set aside any negative energy and physical drain on both our health and happiness that comes with criticizing every little thing we decide isn't done correctly or quickly enough. Let's instead contribute to our own well-being by concentrating on every little positive thing that others do for us or hopefully that we do for others. That includes our caregivers and administrators; friends we've made and come to love; those we walk past or ignore who might just be the ones who most need our positive gift. Let's make our "home away from home" one of the places God and His Son can look down on and smile at and greatly bless as they say to each other, "They truly understand the great gift, the greatest possible gift, we've given them – they've taken our example and they love each other enough to give the gift of themselves to each other."

May "Natan"- the spirit and reality of giving- be obvious in our midst...God bless!

Solar Eclipse Fun Facts

Einstein's theory of relativity was proven during an eclipse

During a solar eclipse in 1919, Arthur Eddington was able to test (and prove) Albert Einstein's theory of relativity by observing the position of the stars in relation to the sun.

The temperature will drop during a total eclipse

During a total eclipse, the temperature shifts dramatically. This shift will vary based on location, but it will drop about 10 degrees Fahrenheit on average.

Total eclipses are rare but not that rare

We think of total eclipses as rare but the occurrence of an eclipse isn't actually that rare. A total eclipse occurs about once every 18 months. However, since Earth is 70% water, most eclipses occur over the open sea with very few people observing them.

Viewing an eclipse in the same location happens only once in lifetime

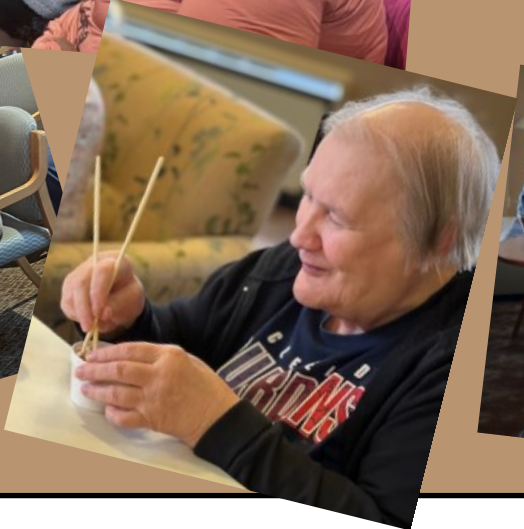
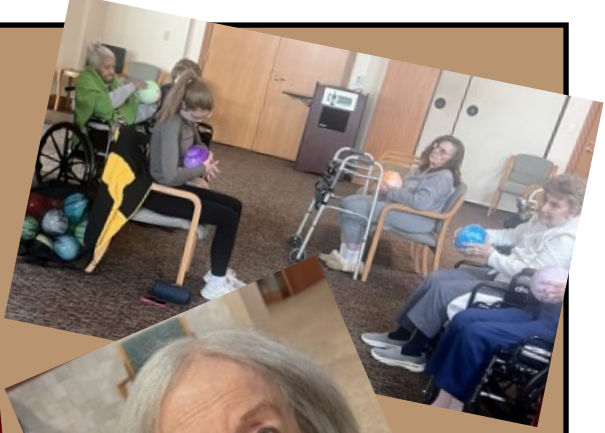
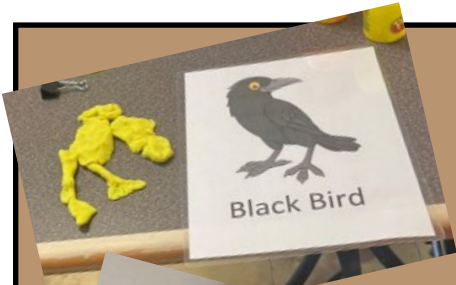
While a total eclipse is not rare, the opportunity to observe an eclipse from the same location is incredibly rare. A total solar eclipse takes about 375 years to happen again in the same location.

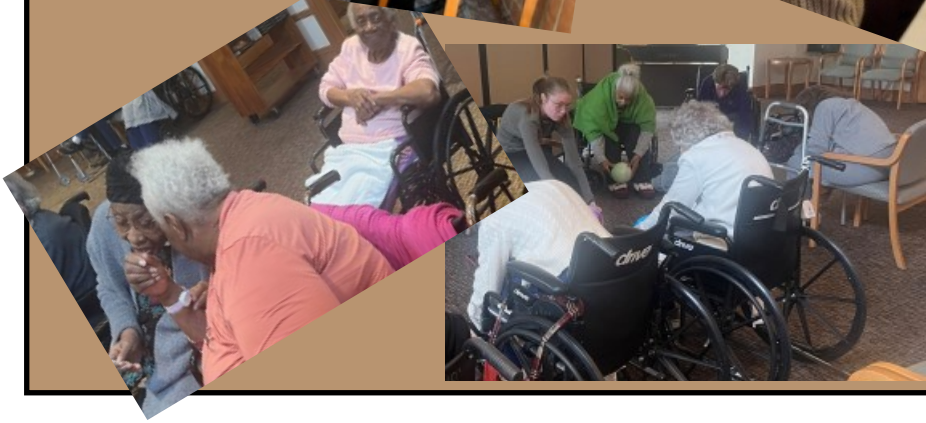
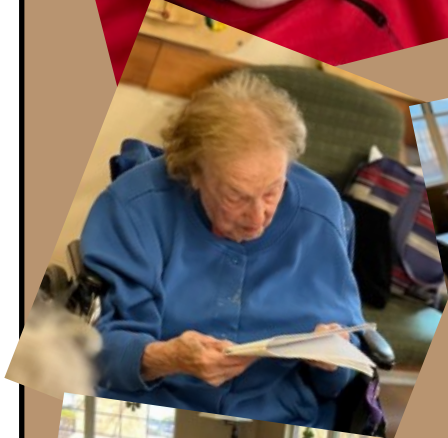
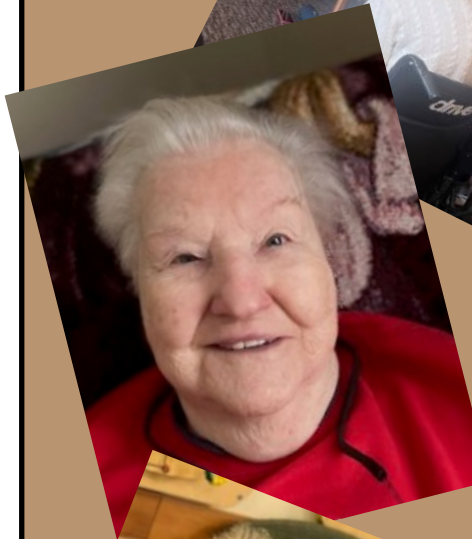
Wildlife will respond to the shifting light of an eclipse

As the partial eclipse progresses and the sky darkens, birds will begin their early evening routine of flocking/swarming and chirping loudly. As we plunge into the darkness of totality, birds will land and go quiet.

Eventually Earth won't have eclipses

This is a unique time in Earth's history. The moon is moving about an inch away from the Earth each year. The distances between the Earth and the moon and the Earth and the sun make their sizes appear almost the same, allowing for the occurrence of total eclipses. Eventually, Earth will only get annular eclipses.





**Why shouldn't you tell
ducks jokes on April
Fools' Day?**

They'll quack up.

*Why couldn't the ghost lie on April Fools'
Day?*

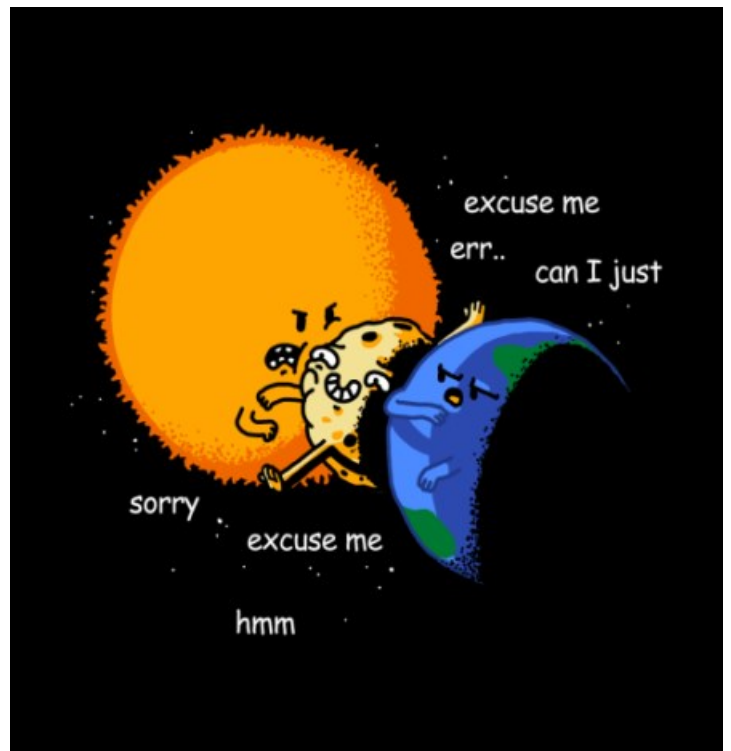
People saw right through it.

**How do you keep a
fool in suspense?**

**I'll tell you the answer
tomorrow.**



For more information or a tour,
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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.



Nursing Notes

Health Benefits of Dark Chocolate

What Is Dark Chocolate?

Dark chocolate is any chocolate that contains at least 50% cocoa solids, cocoa butter, and sugar. Unlike milk chocolate, dark chocolate isn't made with milk, though it could have trace amounts from cross-contamination during manufacturing. Lower-quality dark chocolate also could have oils, butter fats, and artificial flavors.

Humans have been consuming chocolate since the Mayans first drank it around 1500 B.C. Chocolate is still a popular treat today, and now we have even more reasons to crave it, especially dark chocolate.

Does dark chocolate have caffeine?

The more cocoa solids, the more caffeine, in fact. A 3.5-ounce serving of dark chocolate with 70%-85% cacao has 80 milligrams of caffeine. In comparison, an 8-ounce cup of brewed coffee contains about 95 milligrams and a 12-ounce can of caffeinated soda has between 40 and 55 milligrams. If you're watching your caffeine intake, keep an eye on how much is in your dark chocolate, too.

Is dark chocolate vegan?

Check the label. Cocoa is vegan in its natural form. But some brands of dark chocolates pick up small amounts of dairy during processing. Other added ingredients like whey, casein, and lactose are dairy products too.

Is dark chocolate good for you?

Dark chocolate does have some components that offer health benefits. But it's fairly high in calories, fat, and added sugar. As with many foods, it's best if you eat it in moderation. It has less sugar than milk chocolate, so it's the better choice of the two.

Dark Chocolate Health Benefits

The cocoa used to make dark chocolate is rich in flavanols, which are chemicals found in plants like the cacao tree (where the cocoa bean grows). The unique flavan-3-ols in cacao beans are what gives pure cocoa a bitter taste.

Because cocoa's flavanols have antioxidant and anti-inflammatory properties, it might help to:

- **Protect your heart**
- **Reduce your risk of diabetes**
- **Lower blood pressure**
- **Improve vision**



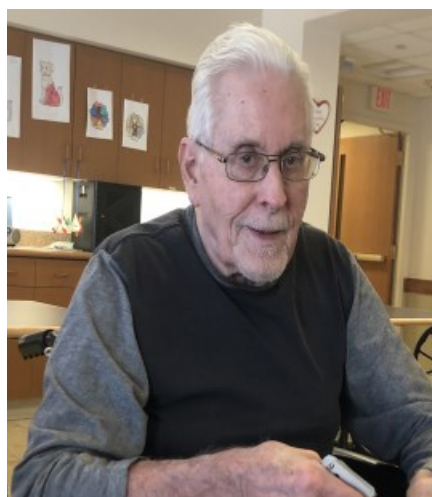
GENERAL ECLIPSE TRIVIA

- It's been calculated that, on average, a total solar eclipse is seen from the same place only once every 375 years.
- The greatest possible duration of a total solar eclipse is about 7 minutes and 30 seconds.
- During a total solar eclipse, the Moon's shadow moves across the Earth at more than 1,000 mph, or faster than the speed of sound.
- At least two, and up to five, solar eclipses occur each year, but no more than two can be total.
- The Sun is 400 times larger than the Moon, but it's also 400 times farther away, making total solar eclipses possible due to the apparently identical sizes of the Sun and the Moon in the sky.
- The word "eclipse" comes from "ekleipsis," the Ancient Greek word for abandonment.
- An eclipse moves from west to east because the Moon orbits the Earth from west to east and its shadow moves faster than the rotation of the Earth.
- Based on 5,000 years of eclipse data, the most likely month for a total solar eclipse to occur is May. The least likely is November.
- A totally eclipsed Sun is about as bright as a full Moon, which is about 400,000 times less bright than a non-eclipsed Sun.
- A solar eclipse can occur on every planet in our solar system except for Mercury and Venus (because they have no moons).
- On Jupiter, a total solar eclipse occurs once every 42 hours and three total solar eclipses can occur at the same time.
- A solar eclipse can only occur during a new Moon and a lunar eclipse can only occur during a full Moon.
- If the Moon's orbit wasn't tilted five degrees to the Earth's orbit, solar eclipses would occur every month.
- It's been estimated that only about one in every 10,000 people will see a total solar eclipse in their lifetime.
- The temperature can drop 20 degrees or more during a total solar eclipse.
- An "annular" eclipse occurs when the Moon is too far away from the Earth in its orbit to fully cover the Sun, resulting in a "ring of fire" instead of totality.



Resident in the news!

- ♦ **An avid basketball, football and baseball fan**
- ♦ **Has 1 sister**
- ♦ **Has 3 daughters and 1 son**
- ♦ **Occupation**
Pieceworker at a steel company and a supervisor at MCM Industries
- ♦ **Lucky, an English Mastiff, was Gary's favorite pet**
- ♦ **Favorite colors are red and yellow**
- ♦ **Favorite food is chicken paprikash and shrimp**
- ♦ **Loves to play cards and bingo**
- ♦ **When not in Activities, listening to music and reading the newspaper are among his favorite things to occupy his time.**



Gary

WHAT'S HAPPENING

At Marymount Place

- 4/2 & 4/16 Store Bus Rides, sign up!
- 4/3 Dietary & MMP Menu Mtg @ 11a in DR
- 4/5 & 4/19 Music with Sr. Marianne @ 4p LR
- 4/9 Book Club @ 11a in LR
- 4/10 Johnny See @ 3:30 in AH
- 4/12 Resident Meeting in DR
- 4/12 & 4/26 Happy Hour @ 4p in LR
- 4/14 Zion Pentecostal Church of Christ @ 2p AH
- 4/16 Balletes @ 11a in AH
- 4/17 Steve Gordon @ 3:30p in AH
- 4/22 Greg Piscura @ 11a in AH
- 4/25 Celebrating April Bdays @ 2p LR
- 4/26 Lunch at Red Lobster @ 11a

Ice Cream Parlor, Wednesdays @ 1:30p

Wednesdays @ 2p in Living Room,
Make A Note of It