

VILLA VOICE  
6800 Mayfield Road  
Mayfield Hts., Ohio  
44124

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
Cleveland, Ohio  
Permit No. 175

VILLA SERENA DINNER MENU

APRIL, 1993

FRIDAY, APRIL 16, 1993

Choice of Baked Fish  
or Brisket of Beef  
Potato  
Vegetable  
Dessert \$6.00

THURSDAY, APRIL 22, 1993

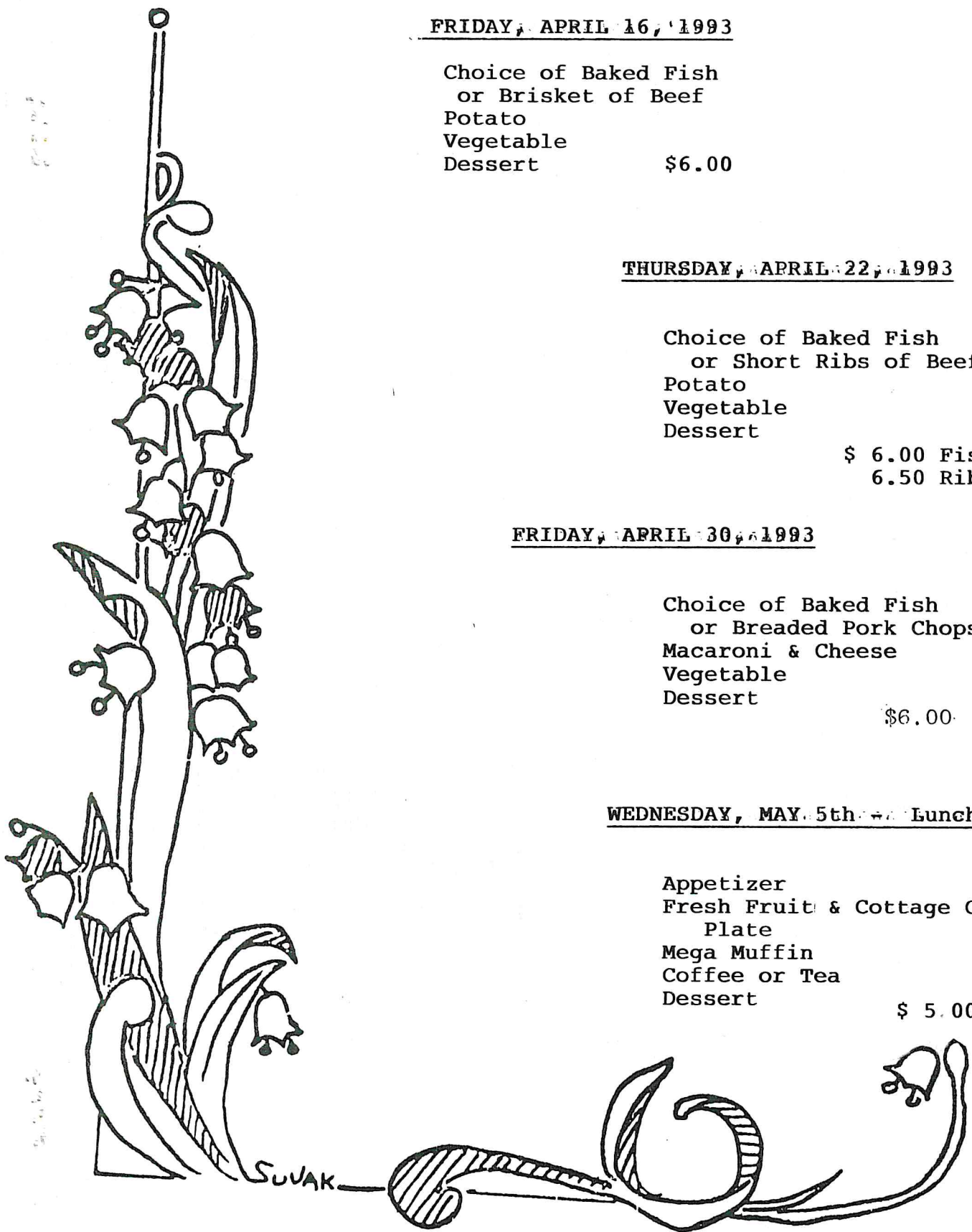
Choice of Baked Fish  
or Short Ribs of Beef  
Potato  
Vegetable  
Dessert  
\$ 6.00 Fish  
6.50 Ribs

FRIDAY, APRIL 30, 1993

Choice of Baked Fish  
or Breaded Pork Chops  
Macaroni & Cheese  
Vegetable  
Dessert \$6.00

WEDNESDAY, MAY 5th Luncheon

Appetizer  
Fresh Fruit & Cottage Cheese  
Plate  
Mega Muffin  
Coffee or Tea  
Dessert \$ 5.00 per



## BARGAINS

The benefits of being a senior citizen, as far as our pockets are concerned, are quite numerous. Let's name some of the perks.

Movie prices are half the regular price for seniors. Riding the RTA is also cheaper for us.

Quite a few restaurants give seniors a small discount off the cost of a meal. Some fast food places give us free beverages. It all adds up, you know.

Dinner at the Villa Serena is the best bargain in town. I'm sure we all feel fortunate that we belong. The waiters and waitresses don't expect tips even though they certainly deserve them. And the after dinner shows and dances are great and there is no charge for these super treats.

Some senior clubs hold dances, have card games, have exercise sessions and some also plan trips for their members.

One super bargain we were so happy to be invited to was the Mayfield High students production of Oklahoma. The show was given for the senior citizens. The auditorium was almost filled and there was no charge for us. What a professional group! The choreography was gorgeous, the singing thrilling

One thing that occurred to me is that many airlines give

(Continued next column)

## Bargains (Continued)

discounts. Tony and I belong to Silver Wings and probably should use it more often.

With all of these savings, don't you think we should all be rich? We are all rich because we have each other.

Josephine Gentile

\* \* \* \* \*

## MONDAY PINOCHLE WINNERS

### March 1

Eddie Marks	619	\$3.50
Carl Shock	587	3.00
J. Schowinsky	581	2.50
Ed Vojta	576	1.75
Howard Barnes	541	1.25

### March 8

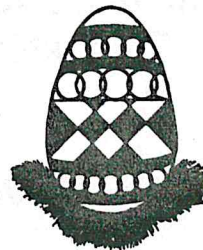
Eddie Mark	584	3.75
Howard Barnes	501	3.25
Eleanor Kuskin	564	2.75
Jerry Cullura	551	2.25
M. Stianche	542	2.00

### March 15

Thelma Olsen	613	3.50
Eddie Mark	575	3.00
Harry Fiorette	566	2.50
Vi DiBartolo	536	1.75
Amelia Nagy	533	1.25

Why not join the group some Monday evening and have an evening of fun and possibly win some money?

\* \* \* \* \*



# HUGS

It's wondrous  
what a hug can do  
A hug can cheer you  
when you're blue  
A hug can say,  
"I Love You So,"

Or, "Gee, I Hate To See You Go"  
A hug is, "Welcome Back Again,"  
And, "Great To See You!" "Where've You Been?"

A hug can soothe a small child's pain  
Or bring a rainbow after rain  
The hug! There's just no doubt about it —  
We never could survive without it  
A hug delights and warms and charms  
It must be why God gave us arms  
Hugs are great for fathers and mothers  
Sweet for sisters, swell for brothers  
And chances are your favorite Aunts  
Love them more than potted plants  
Kittens crave them. Puppies love them.  
Heads of state are not above them  
A hug can break a language barrier  
And make your travels so much merrier  
No need to fret about your store of 'em  
The more you give, the more there's more of 'em  
So stretch those arms without delay and . . .

**GIVE SOMEONE A HUG TODAY**



# THE TEST THAT CAN SAVE YOUR LIFE:

## ARE YOU LIKELY TO HAVE A HEART ATTACK?

### HORMONE STATUS

If you have undergone natural menopause, what was your age at its start?

- 41 or older.....1
- 40 or younger.....2

If you have had a total hysterectomy, what was your age when it was done?

- 41 or older.....1
- 40 or younger.....3

If you take an oral estrogen supplement.....subtract 2

If you are still menstruating.....subtract 1

### EXERCISE

Do you engage in any aerobic activity, such as brisk walking, jogging, bicycling or swimming for more than twenty minutes:

- less than once a week.....6
- 1 or 2 times a week.....3
- 3 or more times a week.....0

### BLOOD FATS

If you have had your cholesterol and blood-fat levels checked in the last year, score your risk here:

- Over 240 mg/dL.....6
- 200-240 mg/dL.....3
- Cholesterol under 200 mg/dL.....0
- If your HDLs are lower than 45...add 1

OR

If you know your cholesterol-to-HDL ratio, use this section to score your risk:

- 7.1 and above.....6
- 3.6-7.0.....3
- 3.5 or below.....0

OR

If you don't know your blood-fat levels, use this section to score your risk: Which of the following best describes your eating pattern? (Use score from only one section.)

**High fat:** red meat, "fast" foods, and/or fried foods daily; more than seven eggs per week; regular consumption of butter, whole milk, and cheese.....6

**Moderate fat:** red meat, "fast" foods, and/or fried foods four to six times per week; four to seven eggs weekly; regular use of margarine, vegetable oils and/or low-fat dairy products.....3

**Low fat:** poultry, fish, and little or no red meat, "fast" foods, fried foods or saturated fats; fewer than three eggs per week; minimal margarine and vegetable oils; primarily nonfat dairy products.....0

Score:

### DIABETES

If you have diabetes (blood sugar level above 140 mg/dL), your age when you found out?

- 40 or younger.....6
- 41 or older.....4
- Do not have diabetes...0

### BODY MASS

Calculate your body mass index with the following formula:

$$\text{Weight (pounds): } \underline{\quad} \times 0.45 = \underline{\quad} (W)$$

$$\text{Height (inches): } \underline{\quad} \times 0.025 = \underline{\quad} (H)$$

Divide (W) by the square of (H) or  $W \div H \times H = \text{Body Mass Index (BMI)}$ .

$$(W) \underline{\quad} \div (H \times H) \underline{\quad} = \underline{\quad} (\text{BMI})$$

Example: A woman is 120 pounds and 5 feet 6 inches (66 inches) tall:

$$120 \times 0.45 = 54 (W) \quad 66 \times 0.025 = 1.65 (H)$$

$$W \div H \times H = 54 \div 1.65 \times 1.65 = 54 \div 2.72 = 19.8 \text{ BMI}$$

If your BMI is 27 or greater.....2

If your BMI is below 27.....0

Now measure your waist and hips and divide your waist measurement by your hip girth:

Example: Your waist is 26, and your hips are 36:  $26 \div 36 = 0.7$

$$(\text{waist}) \underline{\quad} \div (\text{hips}) \underline{\quad} = \underline{\quad}$$

If your waist to hip ratio is 0.8 or greater.....1

If your ratio is 0.79 or less.....0

### STRESS

Are you easily angered or frustrated:

- most of the time.....6
- some of the time.....3
- rarely.....0

### Total Score

What Your Risk-Factor Score Means ...

#### 15 points or below: Low Risk

Congratulations! Maintain your heart-healthy status by watching your weight, blood pressure, and blood fat (cholesterol and HDL) levels; get regular checkups and don't smoke. Retake this test every year to monitor your heart-health risk profile.

#### 16 to 32 points: Medium Risk

Our experience indicates that your medium-risk level warrants attention. Personal factors or lifestyle habits may be increasing your vulnerability to heart disease. We strongly recommend you schedule an appointment with your doctor for an evaluation, and take this test with you to get advice on how you can improve your heart-health status.

#### 33 points or above: High Risk

Your potential for experiencing a heart attack or stroke is significant. You must take action now. If you are not already being treated for heart disease, we urgently advise that you see your doctor immediately and take this test with you. You must seek ways to reduce your risk!

Copyright © 1992, Arizona Heart Institute & Foundation. All rights reserved.

Use this heart-disease risk-factor test, designed for women by the Arizona Heart Institute & Foundation, in Phoenix, to calculate your personal susceptibility:

### AGE

- 51 and over.....5
- 35-50.....2
- 34 and under.....0

### FAMILY HISTORY

If you have parents, brothers or sisters who have had a heart attack, stroke or heart bypass surgery at:

- age 55 or before.....5
- age 56 or after.....3
- none or don't know.....0

### PERSONAL HISTORY

Have you had:

- a heart attack.....20
- angina, heart bypass surgery, angioplasty, stroke or blood vessel surgery.....10
- none of the above.....0

### SMOKING

Current smoker: How many cigarettes per day?

- 5 or more.....20
- 4 or fewer.....10

If you are a smoker currently taking oral contraceptives and are:

- under 35 years of age.....add 2
- 35 years old and over.....add 5

OR

Previous smoker who quit less than two years ago: How many cigarettes did you smoke?

- 5 or more.....10
- 4 or fewer.....5

OR

- Never smoked, or quit more than two years ago.....0

### BLOOD PRESSURE

If you have had your blood pressure taken in the last year, was it:

- elevated or high (either or both readings above 160/95 mmHg).....6
- borderline (between 140/90 and 160/95 mmHg).....3
- normal (below 140/90 mmHg) or don't know.....0

Want more information on heart disease in women? Answers to your questions and helpful brochures on a wide range of heart-health topics are available from the Arizona Heart Institute & Foundation. Call 800-345-4278, 8 A.M. to 5 P.M. MST.

MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY

SPECIAL EVENTS

Friday, April 16      5:00 Dinner      6:30 Movie  
 Thursday, April 22      5:00 Dinner      6:30 Entertainment  
 Friday, April 30      5:00 Dinner      6:30 Square dance

1  
 10:00 Rel. Insp.  
 1 - 4 Needlework

2  
 1:00 - 3:00  
 Bridge

HOLY WEEK  
 ALL ACTIVITIES ARE CANCELLED THIS WEEK

12 9:30 -12:30 Ceramics 12:30 Bowling 1:00-3:00 Art 7:00 Pinochle	13 9 - 1 Sewing 1:30-2:30 Exercise 3:30 Rosary 7:00 Game night	14 10 - 12 Boutique 1 - 3 Boutique 7:00 Cards	15 10:00 Rel. Insp. 1-4 Needlework	16 1:00 - 3:00 Bridge 5:00 Dinner 6:30 Movie
19 9:30-12:30 Ceramics 12:30 Bowling 1:00-3:00 Art 7:00 Pinochle	20 9 - 1 Sewing 1:30-2:30 Exercise 3:30 Rosary 7:00 Game night	21 10 - 12 Boutique 1 - 3 Boutique 7:00 Cards	22 10:00 Rel. Insp. 1 - 4 Needlework 5:00 Dinner 6:30 Entertainment	23 1:00 - 3:00 Bridge
26 9:30-12:30 Ceramics 12:30 Bowling 1:00-3:00 Art 7:00 Pinochle	27 9 - 1 Sewing 1:30-2:30 Exercise 3:30 Rosary 7:00 Game night	28 10 - 12 Boutique 1 - 3 Boutique 7:00 Joe Frank	29 10:00 Rel. Insp. 1 - 4 Needlework	30 1:00 - 3:00 Bridge 5:00 Dinner 6:30 Sq. Dance

V I L L A      S E R E N A      A C T I V I T I E S

A P R I L      1 9 9 3

HAVE YOU MET. . .

. . .Ruvim and Maria Neyman?

Ruvim and Maria Neyman have lived at the Villa Serena since last December. We first met when they came to our 8th floor Christmas party. We had such a good time singing, dancing and enjoying their company. Maria speaks English very well and she would translate for Ruvim. They sang Russian songs and we sang ours. Language was no barrier!

They are both from Leningrad which is now St. Petersburg. Maria attended the University of Leningrad and became a translator of scientific papers and Ruvim did research work. He has a Ph.D. in hydrology.

Ruvim and Maria have been married for 49 years. They have two sons and four granddaughters. Maria has two sisters living here and with the help of the Jewish Family Service, they secured visas to come to the United States. One son, daughter-in-law and granddaughter also came. Maria is delighted to have them near.

Ruvim and Maria have experienced tremendous changes in Russia during their lifetime. It was very illuminating and informative to talk with Maria and I hope we will continue to have more conversations.

Ruvim is attending English classes and learning very rapidly.

(Continued next column)

Have you met (Continued)

Maria is getting help from her granddaughter to learn our American slang and Maria, in turn, is helping Olga with the written language.

Welcome Maria and Ruvim! We are happy to have you as our new friends and neighbors.

Thelma Olsen

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WEDNESDAY CARD PARTY WINNERS

March 3rd

Alma Reinke, Harry Fiorette, Ellen Guarnieri, Len Shoemaker, Mildred McGurdy and Pauline Kubik.

March 17th

Francis Mickovic, Marie Verba, Jennie Cellura, Harry Fiorette, Marcie Stianche and Sophie Kelly.

The dates for April are the 14th and the 21st.

Len Shoemaker

\* \* \* \* \*

Sorry to say that we have several people on our sick list. At this time we wish all of them a speedy recovery. They are Ann Stakich, Wilma Lally, Josephine Vencharetti and Ann Gallagher and Tom Jenkins.

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We are sorry to say that Margaret Vargo and John Blasko recently passed away. At this time we want to express our sympathy to the family and friends. May Margaret and John rest in peace.

\* \* \* \* \*

TRIPS YOU ALL HAVE BEEN ASKING FOR!!!!

TUESDAY, MAY 4th, 1993

A FABULOUS DAY LONG TRIP TO THE MAGNIFICENT  
"FRANK LLOYD WRIGHT'S FALLING WATER" A BEAUTIFUL  
HOME OVERLOOKING A GORGEOUS WATERFALL - WE KNOW  
YOU WILL ENJOY TAKING THIS TRIP - REMEMBER IF  
YOU DECIDE TO GO - BRING ALONG SOME GOOD WALKING  
SHOES AS YOU WILL NOT WANT TO MISS A MINUTE OF THIS  
LOVELY DAY IN THE MOUNTAINS OF LAUREL HIGHLAND, PENNA.  
THE TOTAL TOUR INCLUDES TRANSPORTATION, LUNCHEON,  
ALL TAXES AND TIPS. THERE WILL BE COFFEE BREAKS  
ALONG THE WAY WHICH WILL BE ON YOUR OWN.

PRICE FOR THE ENTIRE DAY WILL BE \$35.00 - AND  
YES, THERE WILL BE PLENTY OF TIME FOR YOU TO STOP  
AT THE LOVELY GIFT SHOPS -  
PLEASE MAKE YOUR RESERVATIONS AS EARLY AS POSSIBLE  
AS SPACE WILL BE VERY LIMITED - PAYMENT MUST  
ACCOMPANY YOUR RESERVATION.

WE GUARANTEE YOU WILL HAVE A LOVELY TIME!!!!!!!!!!!!

BUS WILL DEPART APPROXIMATELY 7:00 A.M. and RETURN  
APPROXIMATELY 8:00 P.M.



## HAPPY EASTER AND PASSOVER

Springtime is such a joyful time of the year. The earth renews itself with new growth and beauty. The sunshine and warming days lift our spirits. We are surrounded with signs of joy. We can enhance this feeling by associating with people who are happy and make us happy. Research proves that our immune system gets a boost when we are happy and joyful and extend ourselves to make others happy.

Wellness can be affected by our choices: choose to be active, choose good nutrition. Choose to be around joyful people. A good place to find two of these choices is right in this building on Tuesday afternoons at 1:30. Start this spring season off on the right foot and join our exercise class. We are happy people!

Beth Parnin

\* \* \* \* \*

## SPRING TIME

Will we know when it's really spring? And the snow and sleethave had their fling? The little birds are trying to urge it on. Their chirping makes us open our eyes and really look for sure signs. Well, we had spring in early winter so should we really expect another? Let's hope so.

It's time now for crocus and daffodil, narcissus and cherry blossoms. Maybe if we just keep thinking spring, it will pop up out of nowhere and we'll be on our way to summer? There is such a thing, isn't there?

Ruby

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## RELIGIOUS SERVICES

The ministers for the month of April are

1st Fr. William O'Neil  
St. Clare Church  
8th Rev. Tim Wallace  
Lyndhurst Baptist Church  
15th Rev. Terry Taylor  
St. Bartholomew Church  
22nd St. Paschal Baylon Church  
Name to be announced  
29th Fr. William O'Neil  
St. Clare Church

Services are every Thursday at 10:00 AM. Everyone welcome.

\* \* \* \* \*

## JOE FRANK - CURRENT EVENTS

Yes, Joe Frank will be here again to give you his opinion on the news and politics. He will be here on Wednesday, April 28th, at 7:00 PM. Come to the Red Room for an interesting report on what's going on. You will enjoy it.

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## SHOW TIME AT THE VILLA SERENA

On Friday, April 16th, we will have one of our movies. At this time we cannot give free dishes as they used to do many years ago. Do you remember that?

So if you would like an evening out, why not come down for dinner at 5:00 and then attend the show in the Red Room. The movie will begin at 6:30 so be on time. See you then, right?

\* \* \* \* \*

The good we do today becomes the happiness of tomorrow.

\* \* \* \* \*



EASTER AND PASSOVER

In April once again our Easter season will come at the same time that our friends of the Jewish Faith will be celebrating the Passover. How wonderful that we will all be coming together to all renew our faith at the same time, and to ask forgiveness of our sins not only to the laws of God, but to one another as well.

Our residents and members are representative of so many different backgrounds and religions, but it has been so wonderful to see the understanding and compassion we have always shown to one another.

So as we begin this new season let us each resolve to make new friends, understand each other more and above all pray for peace in the world.

Management and the Board of Trustees of the Villa Serena take this opportunity to wish you all a very Happy Passover and blessed Easter -- and above all peace.

Howard Chesler

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AN EARLY ANNOUNCEMENT

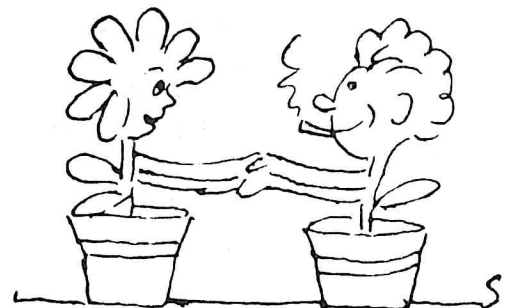
Just so you can plan ahead a little bit with your busy schedules, we have planned a really truly exciting luncheon to be held on WEDNESDAY, MAY 5th.

The luncheon will be followed by a most nostalgic vintage fashion show when models will model all the wonderful styles of clothes from the years of the 1800s to 1970. This will certainly be a tremendous afternoon of remembering when we wore all these wonderful outfits and the exciting times we had in those days when we wore them to those very special occasions.

We promise you, that you will enjoy both the luncheon and the afternoon fashion show.

If you have something hidden away in your closet that has been there and not worn for a long long time, how about wearing it to our fashion show. Wouldn't it be wonderful to see once again those beautiful dresses, hats and shoes that we wore in years past.

Get busy and start looking right now and we look forward to seeing you on May 5th.



"Fashion Show Fun"

BIRTHDAYS AND ANNIVERSARIES

APRIL 1993

APRIL

- 2 Fred Ohman 334
- 3 Mary Cordaro 330  
Rose Mencini 719  
Alma Reinke 810
- 5 Ann Krozser 521
- 7 Carole Clay 333
- 12 Ellen McClintock 329  
Goldie McDonald 522
- 13 Bertha Fielding 320
- 14 Winifred Hellwig 426
- 16 Theresa Hanacek 430  
Margaret Trivisonno 229
- 18 Viola DelGreco 301
- 20 Benno Hentemann 318
- 24 Kate Blumer 710  
Frank Cragle 625
- 25 Max Keane 418
- 29 Irene Cross 214  
Mary Frances Dunlap 502  
Louis Vargo 617
- 30 Sophie Miller 227

ANNIVERSARIES

APRIL

- 11 Mr. & Mrs. James Hanacek 430
- 14 Mr. & Mrs. Sam Zupnik
- 25 Mr. & Mrs. Donald Gisondo 607
- 29 Mr. & Mrs. Lewis DeMarco

APRIL

- 1 Stanley Rychlinski  
Emma Spengler
- 4 Rae Berkowitz  
Irene Zeigler  
Lillian Rubin
- 6 Rose Coneglio  
Irene Nash
- 9 Mildred Adelstein  
Frieda Lublime
- 10 Helen Vargo
- 11 Helen Howald  
Anne Rainone
- 12 Lucille Caplinsky  
Harriet Connelly  
James Pritchard
- 13 Frances Andrusk  
Mary Vecchio
- 14 Joyce Pitrone  
Joseph Scravilli
- 15 Morris Feldman  
Mae Heiser  
Nancy Pignatore  
Joseph Venere
- 16 Kathryn Bova  
Edna Graham  
Terri Feldman  
Clara Franklin
- 17 Ursula Gallagher  
Jeanette Falzarano
- 18 Eleanor Connor
- 19 Eileen Spencer
- 20 Dorothy Conley
- 21 Edna Mehlek
- 24 Stanley Linek
- 26 Mary Albek  
Rose Cohen
- 27 Elizabeth Drosick
- 28 Mary Laurio
- 30 Kathleen Sullivan  
Flo Kresten

*Happy Anniversary*

*Happy Birthday*

THE VILLA VOICE

Volume XXV

APRIL, 1993

Number 4

THE VILLA SERENA SENIOR  
CITIZENS CENTER  
6800 Mayfield Road  
Mayfield Hts., OH 44124

Howard I. Chesler,  
Administrator

STAFF . . . . .

Josephine Gentile, Wilma  
Lally, Gene Zachary, Frieda  
Vormelker, Helen Lysko,  
Ruby Jacobs, Thelma Olsen,  
Andrew Hromco.

Editor: Genevieve Devney  
Printer: Gino Colage

Advisor: Mary Calogero

\* \* \* \* \*

SQUARE DANCING

Get out your brightly swingin'  
swirlin' skirts and your dancing  
shoes because we are inviting  
the famous "BOB HOWELL" our  
super master square dance in-  
structor back to the Villa.

You have no doubt seen Bob's  
picture with his square dancers  
in the newspaper lately and it  
will be a real treat to be part  
of this great square dance  
evening.

It will be held on FRIDAY,  
APRIL 30th at 6:30 P.M. Even  
if you don't square dance, Bob  
will provide lots of fun things  
for you to do.,

AN EXCITING EVENING FOR US!!

Who can ever forget the sound  
of the thrilling and enchanting  
voices of the OHIO BELL CHORUS.

If you have never heard this  
wonderful group sing, then you  
are in for a really big treat.

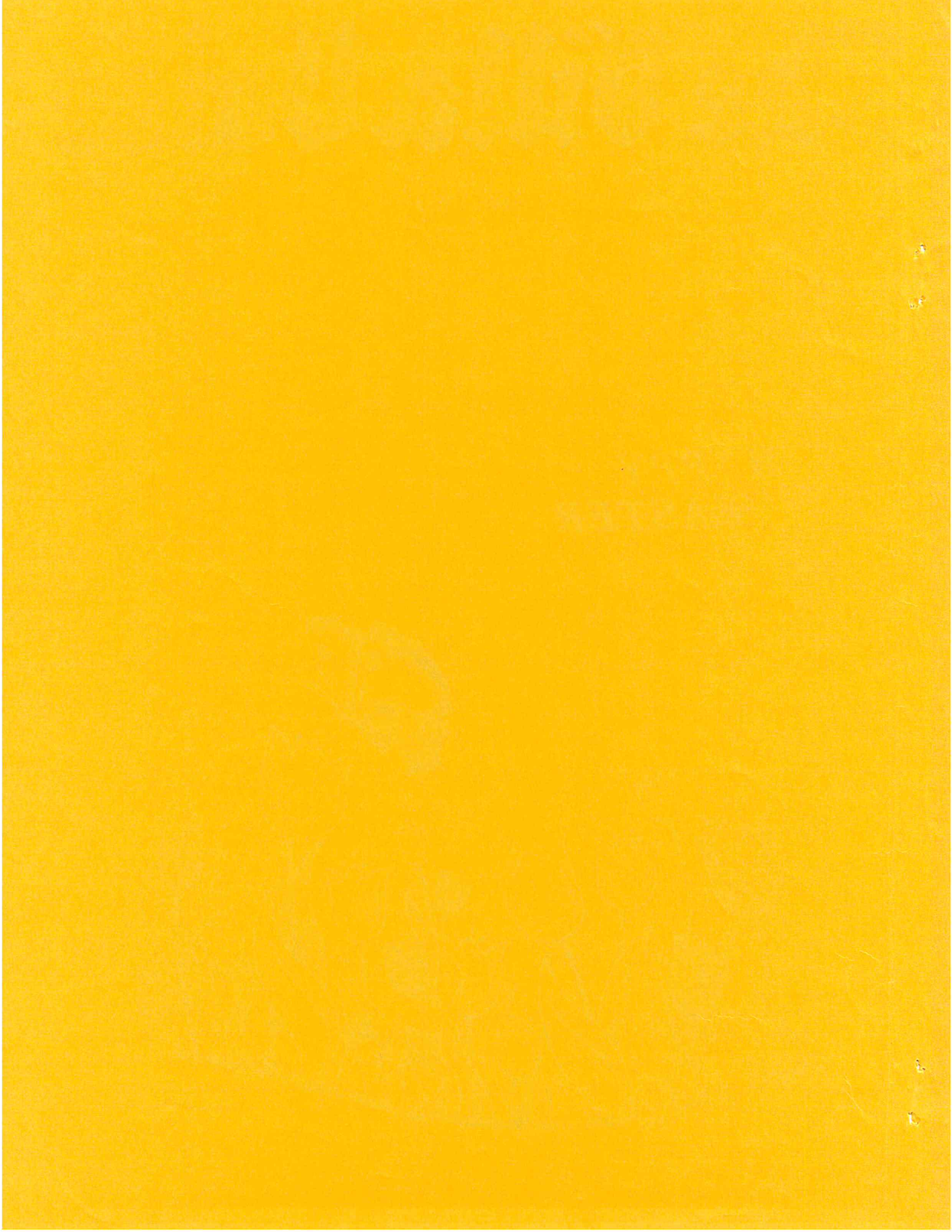
They are coming back by popular  
demand to perform for us again  
at the Villa Serena on THURSDAY,  
APRIL 22nd at 6:30 P.M.

You will simply be tantalized by  
their upbeat singing and won-  
derful musical selections.

We guarantee this one will be  
another of the memories you will  
carry away with you from the  
Villa Serena of having spent an  
evening of great entertainment.

Our regular dinner for this par-  
ticular program will be on a  
Thursday evening rather than on  
Friday evening, so make sure to  
mark your calendars for the  
right date and purchase your  
tickets early to avoid being  
left out.





# The Villa Voice

April 1993

**HAPPY  
EASTER**

