

VILLA VOICE
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HOWARD CHESLER
1148 Standard Bldg.
Cleveland, OH 44113

VILLA SERENA DINNER MENU

MONTH OF APRIL, 1995

FRIDAY, APRIL 7th

Choice of Baked Fish
or Short Ribs of Beef
Potato
Vegetable
Dessert

\$6.50 short ribs
6.00 fish

FRIDAY, APRIL 14th

NO DINNER



FRIDAY, APRIL 21st

SPECIAL PASSOVER DINNER

Wine
Matzo Ball Soup
Roast Chicken
Potatoes
Vegetable
Passover Cake

\$ 7.50 per

FRIDAY, APRIL 28th

Choice of Baked Fish
or Breaded Pork Chop
Macaroni & Cheese
Vegetable
Dessert

\$ 6.00 per

RICH D'AMATO AND HIS ONE MAN BAND

After the anniversary dinner the entertainment for the evening was Rich D'Amato and his one-man band. People are still raving about his beautiful voice, great dance music and extreme congeniality!! They didn't want the evening to end. We hope to see him again very soon.

Carole Clay

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WEDNESDAY CARD PARTY WINNERS

The winners for March 1st were Ed Vojta, Vera Kozak, Sophie Mazur, Evelyn DeFlorentis, Ellen Guarnieri and Bill Dilly.

The winners on March 15th were Frances Mäckovic, Mildred McCurdy, Mary Blasko, Evelyn DeFlorentis, Mary Fran Dunlap and Pauline Kubik.

The dates for April are the 5th and the 19th. See you then.

At this time we want to say thank you to Len Shoemaker for his many years of handling the cards. Now Evelyn Deflorentis is doing the job.

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SICK LIST

Sorry to say that we have a few people who are on the sick list. At this time we want to say a speedy recovery and return to the Villa Serena to Mary Clark and Helen Fekete.

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PINOCHLE WINNERS

March 6

Eddie Mack	577	\$2.50
Vera Kozak	551	2.00
Bill Dilley	544	1.50
Violet Ruch	525	1.00
Ruby Jacobs	514	1.00

March 13

Howard Barnes	681	2.00
Frances Mickovic	570	1.75
Bill Dilley	565	1.25
Carl Schock	564	1.00

March 20

Jane Schowinsky	570	2.50
Ed Mack	566	2.00
Carl Schock	557	1.50
M. Stianche	532	1.00
Ruby Jacobs	530	1.00

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REMINDER

You may or may not know that we now have a new bridge teacher -- a very capable gentleman by the name of Wayne Ward. He is willing to teach everyone all the details of bridge and is looking forward to meeting you. Why not join the group on Fridays at 12:30 in the Red Room? You may find that bridge is a very fascinating game and your interest will grow week by week.

Beginners and advanced players are invited and both types will be given lessons to have them advance.

Membership for area residents who wish to participate is \$9.00 per year.

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SEWING CLASS

Whew! We survived WINTER although we are grateful it was so mild. Even though our early spring is a teaser, it makes us realize that spring is really not so far away. Cleveland's dark days are finally giving way to more daylight and wonderful sunshine. No wonder we have a sudden burst of energy - we can see what we are doing. On the other hand, it is fun to indulge in a little spring fever and just sit and enjoy it.

Of course, spring usually means it is time to reorganize our wardrobes again - didn't we just do that? And why is it that things that we put away in such good shape now don't appear to be in such good shape - or such good fit for that matter. I guess that is what the sewing class is for -- to help you with all those little projects. We are good at helping you repair, reshape, remake or remodel. We even make things from scratch. We will be on the lookout for you.

Sally Kinney

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LINE DANCING

We are really going to town! We have learned New York, New York, Hello Dolly, In the Navy and another version of Achy Breaky Heart. Not bad for one month of fun and foot work. Every time we meet we add to the list of dances we have already learned. There is no stopping us now!

Beth Parnin

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ST. PATRICK'S DAY DINNER

It was one day early but the wearing of the green was very evident. As usual, everyone is Irish on that day.

The corned beef and cabbage was delicious and done to perfection. What a treat!

After dinner a four piece band play a few Irish tunes and then had dance music for the rest of the evening. A great time was had by all.

Carole Clay

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TUESDAY AND SATURDAY BINGO

We've had some new people join us for bingo but there is still room for a lot more.

Just think, for only 50¢ a card you could win \$50 on the last fill-up of the evening. The rest of the prizes run from \$2.00 to \$6.00. Why not come down and try your lucky. You could be the winner.

The games start promptly at 7:00 so get there a little early to pick out YOUR lucky cards.

Carole Clay

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COMMUNION SERVICE

On Friday, April 7th, at 3:00 we will have communion service. All are invited to attend. A minister from St. Francis Church will conduct the services.

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Sorting out what's newest on cholesterol

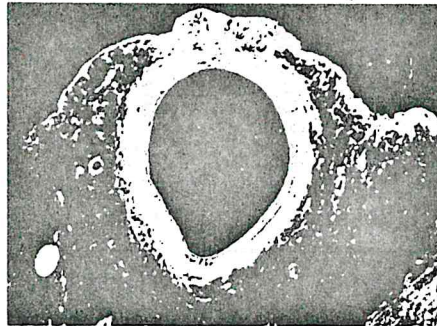
If all the latest news and research about cholesterol has you wondering what's *really* going on, don't think you're alone.

Conflicting medical studies have created two schools of thought about whether people should worry about cholesterol levels once they're past 75. Most physicians still agree, however, that it's imperative to test individuals ages 20 and above regularly (although *how* regularly is still a matter of debate). They also agree that elevated total cholesterol and elevated low density lipoprotein (LDL) cholesterol are major risk factors for heart disease; thus it remains important for people to track their cholesterol levels, according to James Cleeman, M.D., coordinator of the National Cholesterol Education Program of the National Heart, Lung, and Blood Institute, National Institutes of Health. "If older people become convinced they don't have to be concerned, they may do themselves harm," he says. "Looking at the entire run of evidence, the importance of cholesterol as a risk factor for heart disease becomes very great with advancing age, especially as people move into and past their 40s and 50s."

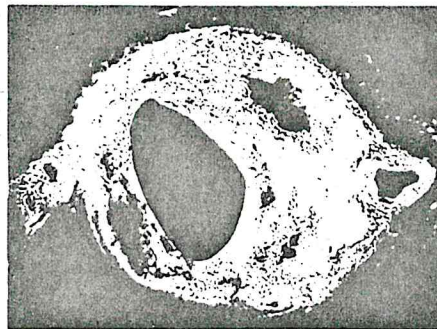
Dueling research

Research published last year in the *Journal of the American Medical Association* suggests that cholesterol becomes *less* important as a risk factor for heart disease as we age. A study of almost a thousand people with a mean age of 79 found "no evidence that an elevated level of cholesterol increased the risk of death or heart disease among this group."

So says Harlan M. Krumholz, M.D., assistant professor of medicine



Cross-section of a healthy artery shows a normal lumen (red center), the channel through which the blood flows.



In this detail of an atherosclerotic artery, the lumen is narrowed by a buildup of fatty and fibrous plaques.

at Yale University School of Medicine and principal author of the study. "The importance of cholesterol appears to diminish as we get older," he says. "Consequently, there is little data to support the use of cholesterol-lowering medications in octogenarians who have mild to moderate cholesterol-level elevation but are otherwise doing well." (However, as a cardiologist Krumholz notes that it's essential to evaluate each person individually to determine treatment.)

After age 60 or 70, elevated cholesterol levels are *not* a risk factor for heart disease, and low levels do not predict long life, agrees Ancel Keys, Ph.D., professor emeritus of the University of Minnesota's School of Public Health and professor emeritus at Cambridge University. However, he says people ages 50 to 60 should

"continue to monitor cholesterol levels because there is some evidence that HDL cholesterol is favorable for the avoidance of heart disease."

Then there's the research published last year in the English medical journal *The Lancet* that says elevated cholesterol levels *are* a risk factor for heart disease at almost every age. Approximately 4,000 Scandinavian patients ages 35 to 70 who had heart disease to begin with were treated with the cholesterol-lowering drug simvastatin. After four to five years the group showed a 25 percent reduction in total cholesterol, a 35 percent reduction in LDLs, and, as a result, a 42 percent reduction in the risk of death from heart disease.

What's a person to do?

"Regardless of your age, it's probably wiser to keep track of your cholesterol levels within the context of your overall health," says Mark Beers, M.D., associate editor of *The Merck Manual* and *The Merck Manual of Geriatrics*. After all, cholesterol is just one risk factor for heart disease. Others include high blood pressure, smoking, obesity, diabetes, lack of exercise, and a family history of heart disease.

The do-it-yourself controversy

Fifty percent of Americans ages 20 through 74 have borderline to high blood cholesterol levels, according to the National Center for Health Statistics, but only an estimated 30 percent of those even know their level.

There are two schools of thought regarding cholesterol testing for older adults. Some physicians say that if you have had normal cholesterol levels in the past and do not have other risk factors for heart disease, it's not necessary to check cholesterol more often than every few years. Others, however, urge cholesterol testing as often as every year.

AN HONOR FOR MR. CHESLER

Governor George Voinovich has honored our Mr. Chesler by appointing him an Ohio Delegate to the White House Conference on Aging to be held in Washington May 2nd to May 5th, 1995.

The Conference is held every ten years with an agenda that is designed to look forward to the needs and betterment of the senior citizens of the United States.

Mr. Chesler was a delegate to the White House Conference on Aging in the decade of 1970 when Governor Jim Rhodes appointed him to represent the State of Ohio.

Mr. Chesler has accepted this honor with a continuing pledge to bring understanding of the needs of our elderly to the legislative bodies of our government.

We congratulate him and wish him the very best.

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JOE FRANK

Yes, again our news reporter, Joe Frank will be here to talk about the latest news and comment on it. The date is Wednesday, April 26th, at 7:00 P.M. Why not join the group for an hour of news. Comments are fine. See you then.

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A GREAT NIGHT

The St. Patrick's Day celebration at the VillaSerena became an ethnic holiday. After a very sumptuous dinner of corned beef and cabbage and all the trimmings, we all adjourned to the Blue-Red Room to dance up a storm. The Irish Jig began the festivities, followed by the Italian Tarantella, the Hungarian Chardish, a Polish Polka and the most popular American craze now, the Achey Breaky Heart.

How good it was to see our ladies dancing with such vigor and fun. Elmer Zelman and his group were caught up in the spirit of the night and ended the evening with a musical bang.

Everyone departed with wonderful memories of a great evening.

Our thanks to all who stayed after dinner to enjoy the entertainment.

Read more about the St. Patrick's Day celebration elsewhere in this issue so aptly written by our Villa Voice staff member, Carole Clay.

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MEMBERS, have you checked your membership cards lately? You do not want your membership to expire, do you?

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BIRTHDAY-ANNIVERSARY DINNER

The balloons, the singing and lighted candles to honor the birthday-anniversary celebrants have now become a regular monthly event at the Villa Serena, and this month will be no exception.

Come have dinner with us on FRIDAY, APRIL 7th, receive your \$1.00 discount upon the purchase of your tickets and we guarantee you will have a fun evening.

After dinner we will be so very beautifully entertained by none other than the fine voices of the Sentimental Swingtime Group Singers. They have been at the Villa Serena many times and each time their performances have been enjoyed by everyone.

Again may we remind you that you must let the office know IN ADVANCE when you are purchasing your dinner tickets and celebrating your birthday or anniversary.

It will be another fun night for everyone attending.

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DANCIN' AND PRANCIN'

It is a well known fact that the most wonderful exercise many people enjoy is Dancing, Dancing, and more Dancing.

So at this point how can we ever pass up the opportunity of having regular dances at the Villa Serena.

Come to dinner on FRIDAY, APRIL 28th and you will spend a wonderful evening of "dancin and prancin" after dinner.

Our favorite musicians will once again be back with us to treat us to the music and songs we have all come to know and love. It is a night when we all seem to gleem great enjoyment and fun. The comradery and friendship at our dances is very refreshing and it always helps to create new friendships and even new dance partners.

It is a night that we all look forward to and Friday, April 28th will be no different.

Do come and participate in dinner and dancing. We will do our very best to make this "another great night at the Villa Serena"

Do get your tickets early!!!!!!

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T H E V I L L A V O I C E

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PASSOVER DINNER

Our traditional Passover dinner has been enjoyed by so many over the years, and our little ceremony in keeping with the traditions of Passover is very heartwarming.

We will be serving a wonderful meal as you can see on the Dinner page at a cost of \$7.50 per person.

Do come and break matzo with us. You will enjoy a wonderful meal and a lovely evening. Mark your calendars for FRIDAY, APRIL 21st.

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SPRING AND RENEWAL OF OUR FAITH!

Two very special times of the year are upon us and they are truly memorable.

Spring, when all the tulips, daffodils and crocus will be pushing their heads above ground and ever blooming with the soft April showers. Trees will be budding and what's left of Old Man Winter will be behind us. Each day will be one to look forward to. Time to welcome the birds back, and the whole world will turn such a beautiful green.

Second, and even more symbolic is that this year once again all Christians and Jews alike will celebrate Easter and the beginning of Passover at the same time.

We all will be praying together representing a rebirth for the Jewish people out of the generations of slavery into the land of promise, and for the Christians, the rebirth of the son of God to give to the world hope and faith and a promise of brighter days ahead.

Lets all renew our faith together as one family, praying for peace throughout the world. We need it so very much in these very difficult times.

To all of you, we wish a Blessed Easter and Passover.

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The Villa Voice

April
1995

