

*Dinner at Villa Serena*

**April 12**

Veal Cutlet or Fish  
Vegetable and Potato  
Dessert and Beverage  
Veal \$8.50 Fish \$7.50



**April 26**

Beef Brisket or Fish  
Vegetable and Potato  
Dessert and Beverage  
Beef Brisket \$8.50 Fish \$7.50

*St. Francis Foundation*

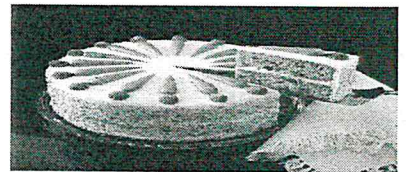
**Villa Voice** 6800 Mayfield Road  
Mayfield Heights, Ohio 44124

Non-Profit Organization  
U.S. Postage Paid  
Cleveland, Ohio  
Permit No.  
175

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b> 1:00 Ceramics 6:00 Cards	<b>2</b> 3:30 Rosary 7:00 Game Night	<b>3</b> 9:00 Sewing 9:00 Wellness Nurse 2:00 Exercise	<b>4</b> 10:00 Staywell Nurse	<b>5</b>
<b>8</b> 1:00 Ceramics 6:00 Cards	<b>9</b> 3:30 Rosary 7:00 Game Night	<b>10</b> 9:00 Sewing	<b>11</b>	<b>12</b> 5:00 Dinner 6:15 Program
<b>15</b> 11:30 to 12 Post Office 1:00 Ceramics 6:00 Cards	<b>16</b> 3:30 Rosary 7:00 Game Night	<b>17</b> 9:00 Sewing 9:00 Wellness Nurse 2:00 Exercise	<b>18</b> 10:00 Staywell Nurse 12:00 Lunch 1:00 Bingo 6:30 Program	<b>19</b> 2:00 Mass
<b>22 Earth Day</b> 1:00 Ceramics 6:00 Cards	<b>23</b> 3:30 Rosary 7:00 Game Night	<b>24</b> 9:00 Sewing 2:00 Exercise	<b>25</b> 12:00 Lunch 1:00 Bingo	<b>26 Arbor Day</b> 5:00 Dinner 6:15 Program
<b>29</b> 1:00 Ceramics 6:00 Cards	<b>30</b> 3:30 Rosary 7:00 Game Night	<b>Daylight Savings time starts Sunday, April 7. Move Clocks ahead.</b>		

# Birthdays and Anniversaries

## April 2002



### Birthdays

<table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">April</td> <td style="width: 5%;">1</td> <td style="width: 35%;">Frank Ferrara</td> <td style="width: 10%;">#414</td> </tr> <tr> <td></td> <td></td> <td>Edna Smollin</td> <td></td> </tr> <tr> <td></td> <td>2</td> <td>Genevieve Calabrese</td> <td></td> </tr> <tr> <td></td> <td></td> <td>Anne Keys</td> <td></td> </tr> <tr> <td></td> <td>3</td> <td>Mary Cordaro</td> <td>#219</td> </tr> <tr> <td></td> <td>4</td> <td>Lil Stamm</td> <td></td> </tr> <tr> <td></td> <td>6</td> <td>Dorothy Kish</td> <td>#324</td> </tr> <tr> <td></td> <td>7</td> <td>Carol Clay</td> <td>#333</td> </tr> <tr> <td></td> <td></td> <td>Cecilia Teresi</td> <td></td> </tr> <tr> <td></td> <td>10</td> <td>Felix Cosme</td> <td>#725</td> </tr> <tr> <td></td> <td></td> <td>Mary DiBartolomeo</td> <td>730</td> </tr> <tr> <td></td> <td></td> <td>Erma DiFranco</td> <td>#205</td> </tr> <tr> <td></td> <td></td> <td>Fay Krause</td> <td>#315</td> </tr> <tr> <td></td> <td></td> <td>Helen Vargo</td> <td></td> </tr> <tr> <td></td> <td>12</td> <td>Lucille Caplinsky</td> <td></td> </tr> <tr> <td></td> <td>13</td> <td>Mary Vecchio-Wahl</td> <td></td> </tr> <tr> <td></td> <td>14</td> <td>Jane Goggin</td> <td>#410</td> </tr> <tr> <td></td> <td></td> <td>Mary LeVay</td> <td></td> </tr> <tr> <td></td> <td>15</td> <td>Mae Heiser</td> <td></td> </tr> <tr> <td></td> <td>16</td> <td>Theresa Hanacek</td> <td>#508</td> </tr> <tr> <td></td> <td></td> <td>Margaret Trivisonno</td> <td>229</td> </tr> <tr> <td></td> <td>19</td> <td>James Kenealy</td> <td>#423</td> </tr> <tr> <td></td> <td></td> <td>Anthony Pecora</td> <td>#502</td> </tr> <tr> <td></td> <td></td> <td>Emma Piunno</td> <td></td> </tr> </table>	April	1	Frank Ferrara	#414			Edna Smollin			2	Genevieve Calabrese				Anne Keys			3	Mary Cordaro	#219		4	Lil Stamm			6	Dorothy Kish	#324		7	Carol Clay	#333			Cecilia Teresi			10	Felix Cosme	#725			Mary DiBartolomeo	730			Erma DiFranco	#205			Fay Krause	#315			Helen Vargo			12	Lucille Caplinsky			13	Mary Vecchio-Wahl			14	Jane Goggin	#410			Mary LeVay			15	Mae Heiser			16	Theresa Hanacek	#508			Margaret Trivisonno	229		19	James Kenealy	#423			Anthony Pecora	#502			Emma Piunno		<table border="0" style="width: 100%;"> <tr> <td style="width: 15%;">April</td> <td style="width: 5%;">19</td> <td style="width: 35%;">Robert Ranft</td> <td style="width: 10%;">#422</td> </tr> <tr> <td></td> <td></td> <td>Elsie Toth</td> <td></td> </tr> <tr> <td></td> <td>20</td> <td>Dorothy Conley</td> <td>#311</td> </tr> <tr> <td></td> <td></td> <td>Charles Rusnak</td> <td>#708</td> </tr> <tr> <td></td> <td></td> <td>Louise Santilli</td> <td></td> </tr> <tr> <td></td> <td>23</td> <td>Rose Mary Corrao</td> <td></td> </tr> <tr> <td></td> <td>24</td> <td>Frank Cragle</td> <td>#625</td> </tr> <tr> <td></td> <td>25</td> <td>John Franzolino</td> <td></td> </tr> <tr> <td></td> <td>26</td> <td>Phyllis Buchler</td> <td></td> </tr> <tr> <td></td> <td>28</td> <td>Raymond Pucella</td> <td>#821</td> </tr> <tr> <td></td> <td></td> <td>Mildred Tierney</td> <td>#530</td> </tr> <tr> <td></td> <td>29</td> <td>Dominic Giamarra</td> <td>#822</td> </tr> <tr> <td></td> <td></td> <td>Jimmie Owens</td> <td>#833</td> </tr> <tr> <td></td> <td>30</td> <td>John Fejes</td> <td>#812</td> </tr> <tr> <td></td> <td></td> <td>Flo Kresten</td> <td></td> </tr> <tr> <td></td> <td></td> <td>Sophie Miller</td> <td>#227</td> </tr> <tr> <td></td> <td></td> <td>Louis Tirabassi</td> <td>#707</td> </tr> </table>	April	19	Robert Ranft	#422			Elsie Toth			20	Dorothy Conley	#311			Charles Rusnak	#708			Louise Santilli			23	Rose Mary Corrao			24	Frank Cragle	#625		25	John Franzolino			26	Phyllis Buchler			28	Raymond Pucella	#821			Mildred Tierney	#530		29	Dominic Giamarra	#822			Jimmie Owens	#833		30	John Fejes	#812			Flo Kresten				Sophie Miller	#227			Louis Tirabassi	#707
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### Anniversaries

April	26	M/M John Piascik	
	30	M/M Anthony Ciofani	

### ***Highland Heights Annual Health Fair***

Highland Heights Community Center, 5287 Highland Rd., April 17, 1:00 PM to 3:00 PM. Blood pressure, cholesterol, glucose, and bone density screenings. **Call 440-461-2440.**

### ***Mayfield Heights Senior Fair***

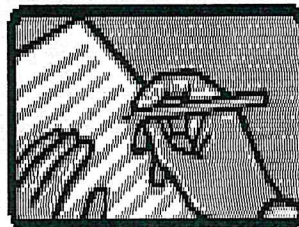
Ross DeJohn Community Center, 6306 Marsol Rd., June 5, 10:00 AM to 1:00 PM. Same screenings as at Highland Heights. **Call 440-449-4784.**

### Monday Night Pinochle

<u>February 11</u>		<u>February 25</u>		<u>March 4</u>		<u>March 11</u>	
Laila Nagy	590 2.25	Howard Barnes	537 2.00	Marie Kavalunas	519 2.00	Jennie Cellura	578 2.00
Ted Johnson	581 2.00	Marie Kavalunas	532 1.75	Mary Welker	509 1.50	Mitzi Weber	559 1.75
Jennie Cellura	572 1.25	Stella Benjamin	516 1.25	Sal Morgano	508 1.00	Howard Barnes	538 1.25
Vera Kozak	547 1.00	Ernie Fioritto	492 1.00	Laila Nagy	458 1.00		

## Among The Flowers

The answers to the clues on the left are contained in the flower names on the right. Cross off letters until you have the answer to the clue. The answer will appear in correct order; no rearranging is needed.



*Example:* Opposite of faster \_\_\_\_\_ Sunflower (cross off unf) to get slower

1. Twenty-four hours	_____	DAISY
2. Animal Doctor	_____	VIOLET
3. 5,280 feet	_____	MISTLETOE
4. Wise Bird	_____	COWSLIP
5. Cleaner-upper	_____	MARIGOLD
6. Small horse	_____	PEONY
7. Spring month	_____	AMARYLLIS
8. Snake sound	_____	HIBISCUS
9. Male cow	_____	BLUEBELL
10. Hair parter	_____	COLUMBINE
11. More aged	_____	GOLDENROD
12. Helpful little tip	_____	HYACINTH
13. Sneak Around	_____	SNOWDROP
14. Half a quart	_____	POINSETTIA
15. Egg holder	_____	CARNATION

### Answers

Answers:

1. Day 2. Vet 3. Mile 4. Owl 5. Maid 6. Pony 7. May 8. Hiss  
9. Bull 10. Comb 11. Older 12. Hint 13. Snoop 14. Pint 15. Carton

## Just For Laughs...

Reminds me of my safari to Africa. Somebody forgot the corkscrew and for several days we had to live on nothing but food and water.— *W. C. Fields*

Sometimes too much to drink is barely enough.— *Mark Twain*

Like a camel, I can go without a drink for seven days— and have on several horrible occasions.— *Herb Caen*

My grandmother is over eighty and still doesn't need glasses. Drinks right out of the bottle.— *Henny Youngman*

There is no law against composing music when one has no ideas whatsoever. The music of Wagner, therefore, is perfectly legal.— *The National, Paris, 1850*

The prelude to *Tristan and Isolde* sounded as if a bomb had fallen into a large music factory and had thrown all the notes into confusion.— *The Tribune, Berlin, 1871*

The prelude to *Tristan and Isolde* reminds me of the Italian painting of the martyr whose intestines are slowly being unwound from his body on a reel.— *Edward Hanslich, 1868*

Wagner drives the nail into your head with swinging hammer blows.— *P. A. Fiorentino*

*From the AARP's Modern Maturity, (Cncl.)*

### Brain Boosters

*Your brain is like a bratty child; it gets in trouble when you don't keep it busy. To stay mentally sharp, you need to work your mental muscles each and every day. Try out some of these brain-building ideas from Robert Friedland, M.D., of Case Western Reserve University.*

**Have Some Class** Whether it's history, philosophy, Spanish, or auto mechanics, whether you take a formal class or learn it on your own from books, as long as you're learning something— anything at all— you're changing the structure of your brain on a microscopic level. The nerve cells in your brain are growing and the connections between them are strengthening.

**Discover Your Inner DaVinci** Try your hand at art, such as painting, sculpture, woodworking, or ceramics. Or do jigsaw puzzles. These help strengthen the part of the brain that controls spatial relations— the ability to recognize how things piece together.

**Fill Your Head With Facts** Join a theater group, memorize poetry, learn to identify as many trees or birds as you can. Memorization keeps the memory centers of your brain active and sharp.

**Give Yourself A Hand** Play an instrument. Learn sign language. Take up table tennis or the computer. Play video games to maintain your dexterity and reaction time. In other words, hone the cooperation between your head and hands.

**Play Mind Games** Play chess, bridge, poker, Scrabble, or do crossword puzzles. "Anything that involves concentration will help exercise the mind and keep it strong," says Friedland. And no, that doesn't include the boob tube. Watching TV is not interactive and will not help to maintain the intellect.

*From "Home for the Holidays,"  
published by the V. F. W.*



## **Chicken Tetrazzini Casserole**

- ¼ cup margarine or butter
- 8 oz. fresh mushrooms, sliced
- 3 tbsps. flour
- 2 cups chicken broth
- ¾ cup half and half
- 3 tbsps. dry sherry (optional)
- 1 tbsp. fresh parsley, chopped
- ½ tsp. salt
- tsp. nutmeg
- dash of pepper
- 3 cups cooked, cubed chicken
- 7 oz. spaghetti, uncooked
- ¾ cup grated Parmesan cheese
- fresh parsley, chopped (optional)

Preheat oven to 350°

Cook spaghetti to desired texture as directed on package. Drain and rinse with hot water; cover to keep warm.

Melt margarine or butter in Dutch oven or large sauce pan over medium heat. Add mushrooms and cook until tender, stirring occasionally. Stir in flour and cook 1 minute or until smooth and bubbly, stirring constantly. Gradually stir in chicken broth. Cook over medium heat until slightly thick and bubbly, stirring constantly. Remove from heat. Add next six ingredients and mix well. Add chicken and spaghetti; toss to combine. Spoon into 9" x 13" baking dish and sprinkle with cheese. Bake for 30 to 35 minutes or until thoroughly heated. Just before serving, sprinkle with fresh chopped parsley.

Yields 10 servings.

*Bon appetit!*

### *And Three Hundred And Sixty-Six In Leap Year*

Some people shave before bathing,  
And about people who bathe before shaving they are scathing,  
While those who bathe before shaving,  
Well, they imply that those who shave before bathing are misbehaving.  
Suppose you shave before bathing, well the advantage is that you don't  
have to make a special job of washing the lather off afterwards, it  
just floats off with the rest of your accumulation in the tub,  
But the disadvantage is that before bathing your skin is hard and dry  
and your beard confronts the razor like a grizzly bear defending  
its cub.  
Well then, suppose you bathe before shaving, well the advantage is that  
after bathing your skin is soft and moist, and your beard posi-  
tively begs for the blade,  
But the disadvantage is that to get the lather off you have to wash your  
face all over again at the basin almost immediately after washing  
it in the tub, which is a duplication of effort that leaves me spot-  
less but dismayed.  
The referee reports, gentlemen, that Fate has loaded the dice,  
Since your only choice is between walking around all day with a sore  
chin or washing your face twice,  
So I will now go and get a shave from a smug man in a crisp whit coat,  
And I will disrupt his smugness by asking him about his private life,  
does he bathe before shaving or shave before bathing, and then I  
will die either of laughing or of a clean cut throat.

— *Ogden Nash*

### *Your Buck's Worth 1940's*

Movie ticket, Chicago, '41	25¢
Arrow necktie	\$1
Cigarette lighter	29¢
Butter, 1946	70/lb.
Copper tea kettle, 1941	\$3.49
Chevy coupe, 1941	\$659
Portable phono- graph, '47	\$27.50
Gillette razor with 10 blades, '49	10¢
Nabisco Honey Grahams, '49	27¢
Greeting card 1941	10¢
<i>And</i>	
Life Magazine, 1950	20¢

### **RTA Bus Route Changes**

Schedule changes have been announced, effective March 31, for the No. 9 (Mayfield), and No. 7 (Monticello) routes. Times and destinations will be effected. The office usually has schedules, but you can obtain them (and, if you wish, get on their mailing list) by calling 216-621-9500.

### **Learn Reiki**

Montefiore Access at Home will teach a series of Reiki classes starting April 11, Thursday, at 1 p.m. Reiki is a self healing technique using energy. Learn what energy is, where it comes from, and how to generate more of it. This is the same technique now used by Montefiore Access at Home nurse and Reiki therapists at Villa Serena. The class will be given by Carol Murphy, LPN, LMT and Reiki Master. This will be the first of several classes given on this healing method. The class is limited so sign up soon in Sally's office.

**God didn't call them "The Ten Suggestions".**

## **Hillcrest Hospital Senior Services**

The Meridia Senior Circle of Care many services available, Call **440-449-4804**.

**Healthcare Counselors** to help you with your bills. This service is free and available to seniors. Call for appointment.

**Senior Circle Supper Club.** Third Tuesday of every month in the hospital cafeteria, at 3:30 P.M. Cost, \$3.50. All meals include a salad, roll, beverage. Tickets at the hospital cashier, in the Hillcrest Atrium Lobby 9:00-3:30 weekdays. All meals include salad, roll, and vegetable. Tuesday, April 16, Veal Parmesan, Egg Noodles, Baby Carrots, Tossed Salad, Roll, Chocolate Cream Pie. **Bingo!!**

### **Free Healthcare Lectures.**

Wednesday, April 10, at DeJohn Community Center, 6306 Marsol Rd., "*Aging Successfully*," Janet M. Hildebrandt, Hanson Services Inc., In-Home Care Providers. Free refreshments at 9:30 AM, lecture from 10:00 to 11:00. Reservations required in advance. Please call **216-430-8432**.

**Senior Fitness Programs.** Classes are held at Our Savior Lutheran Church, 2154 SOM Center Rd., every Tuesday and Thursday from 9:30 to 10:30 A.M. Cost, \$2.00 per session. Call for information **440-449-4804**.

**Matinee Movies.** in the Hillcrest Hospital Ross Auditorium, (Lower Level). Movie, popcorn, and soft drinks are free. Reservations at **216-430-8432**. Tuesday, April 23, "*The Princess Diaries*," starring Julie Andrews and Anne Hathaway, 1 hr. 55 min., rated PG.

*Thanks to Karla Lindsey*

## ***From the St. Francis of Assisi Bulletin***

Joy is mentioned several times in the Bible: "However great the number of years a man may live, let him enjoy them all. No enjoyment surpasses a cheerful heart. Joy is what gives him length of days." (Book of Wisdom). At the heart of the gospel is the theme of joy, this central message being announced at the outset: "I bring you news of great joy," to which is added immediately, "a joy to be shared by the whole people."

Much discussion on aging focuses on its difficulties, and little is said about its joys. It is something like the way bad news makes the headlines, while good news rarely does. Stereotyping aging, especially seeing the older years in the light of the 17% of the people who are frail and dependent, highlights the unattractive face of aging in society's consciousness. While deep joy can and does exist in the lives of these 17% of people, it is abundantly open to the remaining 83% to experience much joy as they age.

Joy is more likely to emerge if we value life and notice its preciousness in both small and major happenings of ordinary everyday living, such as the smile of a baby, an unexpected meeting, a beauty of nature, an insight received. Joy, in other words, is about delighting in, wondering at, being playful about all that happens in the world around us, and what takes place within ourselves.

*Exercise: It is a well documented fact that for every minute you exercise, you add a minute to your life. This enables you at 85 years of age to spend an additional five months in the nursing home at \$5000 per month. The advantage of exercising every day is that you die healthier. Exercise early in the morning before your brain figures out what you are doing.*

# The villa

Villa Serena

## Voice

April, 2002

Volume XXXV  
Number 4

**A**n April Fool would have to be someone who didn't feel joy at the approach of spring in our climate. The snow is gone and the days are longer. We all feel a special exhilaration on a balmy spring day with warm weather and spring blossoms to cheer us. We offer plenty of exhilarating activities this month, regardless of the weather.

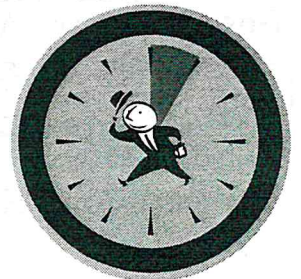
On **April 12th** welcome newcomer **Jolly Jack** to Villa Serena for a fine night of music. Jack (Flaishman) has been a professional accordion player performing with his own band for many years. He also spent eleven years in Las Vegas working in clubs. He comes well recommended as the jolly guy who enjoys seeing people happy with his music. And we won't disappoint him! This will be our birthday and anniversary dinner. In your birthday or anniversary month you can save a dollar off the price of your dinner. Just be sure to let the office know when you order tickets.

Another new face for Villa audiences will be **Bill Keener** who will bring his musical talent here on Thursday, **April 18th**. Bill was trained in classical vocal but his true love has been contemporary tunes that he can sing along to his guitar playing. A life-long musician and teacher, he plays clubs and Senior Citizen sites all over Northeast Ohio. Be sure to be in the Villa Serena Red Room at 6:30 for an evening of lively good music.

As always, we will supply dessert and coffee at this month's **Brown Bag Bingo April 25th**. Bring your lunch at noon and begin bingo at 1 P.M. There's a Big Winner out there and it might as well be you!

Musician **Phil Bodanza** returns to Villa Serena on **April 26th**. Phil's specialty is the electric keyboard. He has played for dance studios and dance ballrooms for twenty-five years and truly enjoys coming to the "Senior Scene" where all can enjoy wonderful dance music from "old" times and current tunes as well. Be there for a grand time!

St. Francis Foundation  
and  
Villa Serena  
Senior Citizens  
Center  
6800  
Mayfield Rd.  
Mayfield Hts., Ohio  
44124  
440-449-3977  
Cathy Jaspersen,  
*Administrator*  
Mike Ward, *Editor*  
Genevieve Devney  
*Editor Emeritus*  
*Staff*  
Josephine Andrews  
Naomi Carle  
Carole Clay  
Bert Morehart  
Lucy Morgan  
Dorothy Penkava  
Gene Zachary



DAYLIGHT  
SAVINGS