

*Dinner at Villa Serena*



**April 11**

**Pork Chop or Fish  
Macaroni & cheese  
Vegetable  
Dessert and Beverage**

**Pork Chop \$8.50 ...Fish \$7.50**

*St. Francis Foundation*

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

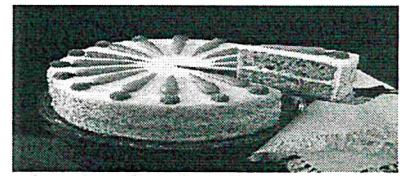
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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Daylight Savings</b> <i>Sunday, April 6</i> Set clocks ahead one hour as you retire Saturday	<b>1</b> 2:00 Staywell Nurse 3:30 Rosary 7:00 Game Night	<b>2</b> 9:00 Sewing 1:30 Exercise	<b>3</b>	<b>4</b>
<b>7</b> 1:00 Ceramics 6:00 Cards	<b>8</b> 3:30 Rosary 7:00 Game Night	<b>9</b> 9:00 Sewing 1:30 Exercise	<b>10</b>	<b>11</b> 5:00 Dinner 6:30 Program
<b>14</b> 1:00 Ceramics 6:00 Cards	<b>15 Income Taxes</b> 11:30 Post Office 3:30 Rosary 7:00 Game Night	<b>16</b> 1:30 Exercise	<b>17 Passover</b> 12:00 Lunch 1:00 Bingo 2:00 Staywell Nurse	<b>18 Good Friday</b> 2:00 Good Friday service
<b>21</b> 6:00 Cards	<b>22</b> 3:30 Rosary 7:00 Game Night	<b>23</b>	<b>24</b>	<b>25</b>
<b>28</b> 1:00 Ceramics Cards	<b>29</b>	<b>30</b> 6:30 Program		<b>Sundays in April</b> 13th: Palm Sunday 20th: Easter 27th: Orthodox Easter

# Birthdays and Anniversaries

## April 2003



<u>Birthdays</u>			
April	1	Frank Ferrara #816 Edna Smollin	April 19 Robert Ranft 422 Elsie Toth
	2	Genevieve Calabrese	20 Dorothy Conley #311 Charles Rusnak #708 Louise Santilli
	3	Mary Cordaro #219	21 Robert Lupi #705 Sophie Sycz #211 Patty Wattam #813
	4	Margaret Ferrante	23 Rose Mary Corrao
	6	Dorothy Kish #324	24 Frank Cragle
	7	Carole Clay #333 Cecilia Teresi	26 Phyllis Buchler Richard Sanson
	9	John Cicora #525	28 Raymond Pucella #715 Mildred Tierney #530
	10	Felix Cosme #725 Mary DiBartolomeo #730 Erma DiFranco #205 Fay Krause #315	29 Dominic Giamarra #822 Jimmie Owens #833 Laurence Wagner #427
	12	Lucille Caplinsky Max Lammers #825	30 John Fejes #812 Flo Kresten Sophie Miller #227
	13	Mary Vecchio-Wahl	
	14	Jane Goggin Mary LeVay	
	15	Paul Harvan #316	
	16	Theresa Hanacek #508 Margaret Trivisonno #409	
	17	Joyce Adie #603	
	19	James Kenealy #423 Anthony Pecora #502 Emma Piunno	<u>Anniversaries</u> April 30 M/M Anthony Ciofani



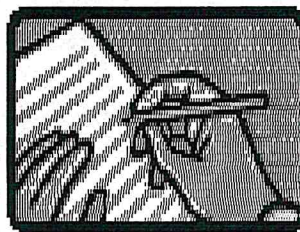
**Daylight Savings Time Returns** as Daylight Savings Time returns. Set your clock *forward* one hour, and be ready to enjoy sunlight until 7:30 or so. *I love it!!*

Saturday, April 5, or Sunday, April 6 if you prefer, the wonderful creation known

<u>Monday Night Pinochle</u>			
<u>February 17</u>	<u>February 24</u>	<u>March 3</u>	<u>March 10</u>
Vera Kozak 625 2.00	Leila Nagy 623 2.25	Laila Nagy 659 2.25	Vera Kozak 626 2.00
George Seidel 604 1.75	Stella Benjamin 577 2.00	Marcy Stianche 580 2.00	Mary Welker 519 1.75
Ted Turlik 553 1.25	Ted Turlik 569 1.25	Nancy Menage 551 1.25	Agnes Puro 513 1.25
Carmen Cortese 547 1.00	Agnes Puro 504 1.00	Ted Turlik 537 1.00	Stella Benjamin 505 1.00

## What To Do?

What to do when solving this puzzle? Just place a letter (that you must determine) somewhere in each word in the left-hand column to change it into something that you might do to the word opposite it in the right-hand column.



*Example: If the words were PUCK and CHICKEN, you would add "L" to PUCK to form "PLUCK," what you do to a chicken.*

- |         |       |          |
|---------|-------|----------|
| 1. HUT  | _____ | PREY     |
| 2. BAT  | _____ | EGG      |
| 3. CUE  | _____ | MEAT     |
| 4. PUG  | _____ | LEAK     |
| 5. HOT  | _____ | PARTY    |
| 6. POT  | _____ | COURSE   |
| 7. COB  | _____ | HAIR     |
| 8. RAP  | _____ | HARVEST  |
| 9. HER  | _____ | SOUND    |
| 10. PUT | _____ | FOOTBALL |

**Answers**

Answers:

1. huNt    2. bEat    3. cuBe    4. pLug    5. hoSt  
6. pLot    7. coMb    8. rEap    9. heAr    10. puNt

## Just For Laughs...

All newspaper editorial writers ever do is come down from the hills after the battle is over and shoot the wounded. — *Anon*

The difference between literature and journalism is that journalism is unreadable and literature is not read. — *Oscar Wilde*

Advertisements contain the only truths to be relied on in a newspaper. — *Jefferson*

Never argue with people who buy ink by the gallon. — *Tommy LaSorda*

Some editors are failed writers, but so are most writers. — *T. S. Eliot*

Biography lends to death a new terror. —

## Oscar Wilde

Autobiography is now as common as adultery and hardly less reprehensible. — *Lord Altrincham*

Autobiography is the last refuse of scoundrels. — *Henry Gray*

It's not a bad idea to write down one's thoughts. It saves having to bother anyone else with them. — *Isabel Colegate*

Any reviewer who expresses rage and loathing for a novel is preposterous. He or she is like a person who has put on full armor and attacked a hot fudge sundae. — *Kurt Vonnegut*

Book reviewers are little old ladies of both sexes. — *John O'Hara*

### ***Lower Cholesterol Standards***

Exact recommendations for ideal lipid (blood fats) levels vary widely depending on an individual's other risk factors (such as smoking, diabetes, or existing heart disease). The following guidelines are useful for most people.

#### **Total Blood Cholesterol**

Desirable — Under 200

Borderline Risk — 200 to 239

High Risk — 240 or over

#### **LDL Cholesterol**

Optimal — Under 100

Near Optimal — 100 to 129

Borderline Risk — 130 to 159

High Risk — 160 to 189

Very High Risk — 190 or over

#### **HDL Cholesterol (desirable)**

Protect against heart disease

60 or over

As a risk factor for heart disease

40 or under

#### **Triglyceride level**

Normal — Under 150

Borderline High — 150 to 199

High — 200 to 499

Very High — 500 or over

### ***V.A. Co-pays to Increase***

The Department of Veterans Affairs, hit as has been everyone by rising costs for medical care, has proposed raising veterans' co-payments for prescription drugs from \$7 to \$15, and office visit co-payments from \$15 to \$20. A year ago, the drug co-pay was \$2, but it still sounds like a bargain to me.

### ***The Exposed Nest***

You were forever finding some new play,  
So when I saw you down on hands and knees  
In the meadow, busy with the new-cut hay,  
Trying, I thought, to set it up on end,  
I went to show you how to make it stay,  
If that was your idea, against the breeze,  
And, if you asked me, even help pretend  
To make it root again and grow afresh.  
But 'twas no make believe with you today,  
Nor was the grass itself your real concern,  
Though I found your hand full of wilted fern,  
Steel-bright June-grass, and blackening heads of clover.  
'Twas a nest full of young birds on the ground  
The cutter bar had just gone champing over  
(Miraculously without tasting flesh)  
And left defenseless to the heat and light.  
You wanted to restore them to their right  
Of something interposed between their sight  
And too much world at once— could means be found.  
The way the nest-full every time we stirred  
Stood up to us as to a mother-bird  
Whose coming home has been too long deferred,  
Made me ask would the mother-bird return  
And care for them in such a change of scene,  
And might our meddling make her more afraid.  
That was a thing we could not wait to learn.  
We saw the risk we took in doing good,  
But dared not spare to do the best we could  
Though harm should come of it; so built the screen  
You had begun, and gave them back their shade.  
All this to prove we cared. Why is there then  
No more to tell? We turn to other things.  
I haven't any memory— have you?—  
Of ever coming to see the place again  
To see if the birds lived the first night through,  
And so at last to learn to use their wings.

*Robert Frost*

***Mayfield Height's Pancake Breakfast*** will be held Sunday, April 27, at the Community Center on Marsol Boulevard, from 9 AM to 1 PM. Tickets \$4 in advance, \$5 at the door.

From "Home For The Holidays," from the VFW

## ***Festive French Toast***



- 3-4 Granny Smith apples, peeled, cored, thinly sliced
- 1 cup brown sugar
- ½ cup butter, melted
- ¾ cup cinnamon (divided)
- ½ cup dried cranberries
- ½ cup raisins
- 1 loaf Italian or cinnamon swirl bread, cut into ¾" slices
- 6-7 large eggs (6 for drier, 7 for more moist toast)
- 1 cups milk
- 1 tblsp. Vanilla confectioner's sugar

In a large bowl, add sliced apples, brown sugar, butter, 1 tsp. cinnamon, cranberries, and raisins. Toss to coat apples well.

Coat a 9" x 13" baking dish with cooking spray and fill with apple mixture; top with slices of bread.

Mix together eggs, milk, vanilla, and remaining cinnamon until well blended. Pour mixture over bread and apples, soaking bread completely. Cover and refrigerate 4 to 24 hours.

Preheat oven to 375.° Cover with foil and bake for 40 minutes; uncover and bake 5 minutes or until golden. Remove from oven and let stand for 5 minutes. Serve warm, fruit side up. Serve plain, with light syrup, or sprinkled with confectioner's sugar. 12 servings.

*Bon Appetit*

## ***Drug Smarts***



Doctors do the prescribing, but it's up to you to take charge of the details.

***Beware of the Crush*** Some people pulverize their pills and put them in liquid. "Certain drugs will degrade and become less effective when crushed and put into a solution," says Dalia Abdelmacksoud. Some pills release medicine slowly. When these drugs are crushed, your body can absorb them too quickly. Drugs that should never be crushed: extended-relief products (such as Procardia XL), enteric-coated pills (aspirin), and sub-lingual medications (nitroglycerin). If your doctor tells you to split pills, and they aren't scored, buy a pill splitter. But split your pills on the day you take them. (Doing it earlier may affect the medication.)

***Leave Yourself Reminders*** Keep forgetting to take your pills? A bevy of high-tech devices can provide you with reminders, from beeping chains to electronic pill containers and telephone or computer services. Low tech methods include sticking notes to the bathroom mirror or refrigerator and other creative tricks. A lot of pharmacies will be happy to call and remind you that your prescription refill is due. So explore these and other options with your health care provider and your pharmacist.

***Beware of Sneaky Symptoms*** Some of the most common drug side effects can mimic adverse signs of aging. "A number of medications can depress the central nervous system, causing anything from memory loss to unsteadiness on the feet to erectile dysfunction," says Arthur Hull Hayes, Jr., M.D., chairman of the Council on Family Health and former commissioner of the Food and Drug Administration. If you're taking medicine and you haven't felt quite yourself, talk to your doctor or pharmacist. *Next: Take 'em all!*

### **Hillcrest Hospital Senior Services**

The Meridia Senior Circle of Care has 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 Plus 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, on a first come, first served basis, in the Hillcrest Atrium Lobby 9:00-3:30 weekdays. Tuesday, April 15, Rotisserie Chicken Quarter, Oven Roasted Potatoes, California Mix Vegetables, Carrot Cake. *Bingo Sponsored by Cedarwood Plaza.*

**Free Healthcare Lectures.** Free refreshments at 9:30 AM, lecture from 10:00 to 11:00. Reservations required in advance. Wednesday, April 9, "Fire Safety and Product Recall Roundup" Charlene Roundtree, U.S. Consumer Product Safety Commission. Call **440-449-6223**.

**Senior Fitness Programs.** Low-impact aerobics 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 **440-449-6223**. Tuesday, April 22. **My Big Fat Greek Wedding**, Nia Vardalos and John Corbett; rated PG, 1 hr. 35 mins.

*Thanks to Karla Lindsey*

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

*From John Paul II's Letter to the Elderly.*

Dear Brothers and Sisters,

At our age, it is natural to revisit the past in order to attempt a sort of assessment. This retrospective gaze makes possible a more serene and objective evaluation of persons and situations we have met along the way. The passage of time helps us to see experiences in a clearer light and softens their painful side. Sadly, struggles and tribulations are very much a part of everyone's life. Sometimes, it is a matter of problems and sufferings which can sorely test our mental and physical resistance, and perhaps even shake our faith. But experience teaches that daily difficulties, by God's grace, often contribute to people's growth and to the forging of their character...

But if the life of each of us is limited and fragile, we are consoled by the thought that, by virtue of our spiritual souls we will survive beyond death itself. Moreover, faith opens to us a "hope that does not disappoint" (Romans 5:5), placing us before the perspective of the final resurrection. It is no coincidence that the Church, at the solemn Easter Vigil, uses the same two Greek letters in reference to Christ who lives yesterday, today, and forever: He is the beginning and the end, Alpha and Omega. All time belongs to Him and all the ages."

Our faith is firmly planted in a "hope which does not disappoint." In the trials and difficulties in life and particularly as aging takes its toll on each of us, we are reminded that God's grace sustains us and lights our way to everlasting life.

*"In nakedness the spirit finds its quietude and rest. For in covering nothing, nothing tires it by pulling it up and nothing oppresses it by pushing it down, because it is the center of humility." (St. John of the Cross)*

**A**h Spring! The showers wash away the grime of winter and flowers brighten our now longer days. We all feel a special exhilaration from a walk on a balmy spring day with warm weather and bright blossoms to cheer us.

Easter and Passover are again celebrated in the same week this year. Both are joyous occasions. It is a time of renewal and rebirth for Christians and Jews commemorate the exodus of the Hebrews from Egypt—their freedom. This is the season of reflection and gladness.

No April fool are we! We have plenty of ways to enjoy ourselves with programs at Villa Serena. Join us **April 11th** for a splendid Villa Serena dinner and dance when **Valerie and Anthony Rolando** return to The Villa. Anthony has won medals in world competitions and is a U.S. champion accordion player and Valerie's lovely voice accompanies him. We're always pleased to

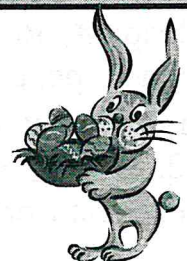
have these great entertainers.

This month **Brown bag Bingo** will be on **April 17th**. Bring your lunch at noon and bingo begins at 1 O'clock. Of course dessert and coffee are provided by The Villa.

A wonderful program is planned for Wednesday evening **April 30th**. Welcome a fine group of young people from the Fairmont Fine Arts Center, **The Fairmont Suzuki Players**. Suzuki is a method of teaching very young children to play musical instruments by listening and not reading music. You will hear a group of about twenty-five children from seven to fourteen years old playing violins, violas and cellos with neither book nor sheet of music but strictly from memory. It will be a grand program so plan to be there!

A few tickets still remain for the annual I.S.D.A. Poor Man's Raffle and Spaghetti Dinner on May 1st. Tickets are \$18.00 and are available through the office.

St. Francis Foundation &  
Order Italian Sons and Daughters of America  
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Senior Center  
At  
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EASTER