

villa serena

From The Voice, August, 1978

13 calories, almost no cooking

Lime Snow

1 Envelope (1 tbsp.) unflavored gelatin

1 $\frac{3}{4}$ cups cold water, divided

Sweetener equiv. to $\frac{3}{4}$ cup sugar

$\frac{1}{4}$ cup lime juice

2 tsps. grated lemon or lime rind

2 unbeaten egg whites

Green food coloring

Sprinkle gelatin over $\frac{1}{2}$ cup cold water in saucepan. Place over moderate heat. Stir constantly until

gelatin dissolves, 2 to 3 minutes.

Remove from heat. Stir in sweetener, remaining $\frac{3}{4}$ cup water, lime juice, and lemon rind. Chill until slightly thicker than unbeaten egg whites.

Add unbeaten egg whites and a few drops of food coloring and beat with rotary beater or electric mixer until fluffy and mixture begins to hold its shape. Turn into a 6-cup mold. Chill until firm.

Garnish as desired.

Makes six servings.

St. Francis Foundation

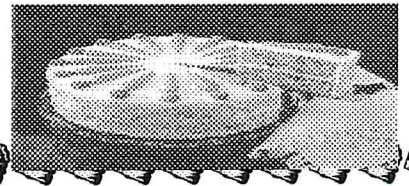
Villa Voice 6800 Mayfield Road
Mayfield Heights, Ohio 44124

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Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Bocci	3 3:30 Rosary 7:00 Game Night	4 6:30 Bocci	5 10:00 Stay Well Nurse	6
9 9:30 Bocci	10 3:30 Rosary 7:00 Game Night	11 6:30 Bocci	12 10:00 Stay Well Nurse	13
16 9:30 Bocci	17 3:30 Rosary 7:00 Game Night	18 6:30 Bocci	19 10:00 Stay Well Nurse	20 2:00 Mass
23 9:30 Bocci	24 3:30 Rosary 7:00 Game Night	25 6:30 Bocci	26 10:00 Stay Well Nurse	27
30 9:30 Bocci	31 3:30 Rosary 7:00 Game Night		Aug. 15 Feast of The Assumption	Aug. 12 – Aug. 15 “The Feast” in Little Italy

Birthdays and Anniversaries

August 1999



Birthdays

August 1	Betty Macuda	
3	Sarah Scalish	
4	Peter Trolli	#329
5	Josephine Gisondo	#607
	Elizabeth Gromofsky	#211
	Therese Minnello	
7	Roland Neroni	
8	Renee Dorn	
	George Levay	
9	Rosemary Golden	
	Edith Piuuno	#624
11	Pearl Wolfe	
12	Frank Stianche	#507
15	August Guisano	#725
16	Frank Gecsy	#417
	Mary Hatras	
21	Mary Derdul	
	Peg Grieve	
	Vinnie Di Silvestro	#319
23	Mary Moffit	

August 24	Mamie Damanti	#516
	Nancy Menage	#630
	Margaret Splete	
25	Sally Berke	
	Josephine Laurie	
27	Margaret Luciano	#204
	Alda Rose	#813
	Joseph Warren	#519
30	Evelyn Pipoly	
31	Lee Gilliam	

Anniversaries

August 16	M/M Anthony Cicirella	#616
17	M/M Frank Gecsy	#417
18	M/M Joseph Di Iorio	#418
25	M/M George Levay	
	M/M Leo Perry	
30	M/M Nate Cohen	

If You Want To Take Herbs...

- Do your homework, because some herbs are highly toxic, cause allergic reactions, or don't mix well with conventional drugs.
- Talk to your doctor about herbal therapy.
- Inform your doctor of all drugs and supplements you take to avoid unwanted interactions.
- U.S. and European botanicals are usually best quality. Buy from reputable manufacturers. Labels should include the company's address, batch and lot numbers, expiration date, and dosage guidelines.
- Do not exceed levels.
- If side effects occur, notify your doctor.

- AARP Bulletin

Patient Assistance Program Eases Cost

Some medications may be received free through pharmaceutical companies' assistance programs, if the cost creates a hardship. If you qualify, your physician should apply to the Pharmaceutical Manufacturers Association in Washington, D.C.

Check your eligibility with your doctor
Mayfield Heights' *City Focus*

No Dinners During July, August

As is customary, the Villa Serena kitchen will be closed during the hot months of July and August. The staff and administration wish you a happy summer and look forward to seeing you in September.

Nothing To Do? Sure There Is!

A lot of new residents have moved in in the past few months, and we'd like to get to know you all. Come down and join us in some of our activities:

Blood Pressure Readings and other health care concerns – The Stay Well nurse is here every Thursday morning from 10AM to 11AM, in the Red Room. No appointment necessary, no charge for basic services.

The Library – Stop in any time for books on the open shelves. Books in the locked cabinet are from the Mayfield Regional Library, and are available from Mitzi and Marie on Mondays and Fridays, from 1PM to 2PM. Other book requests can be made at that time.

Fall Activities will begin again in September. These include **Exercise, Ceramic, and Sewing Classes**, and **Dinner Parties** with entertainment.

Shopping Bus – Most Wednesdays and Fridays. Round trip to grocery stores, 50¢.

Rosary – Every Tuesday at 3:30PM.

Catholic Mass – Third Friday of each month, 2PM., with a priest from St. Francis

Communion Service – Every Sunday, 11AM.

Informal Activities

Bocci – Monday, 9:30AM, Wednesday, 6:30 PM, and other times when available.

Bingo – Tuesdays and Saturdays, 7PM. Cards are \$1 each, take as many as you wish. Pots from \$5 to \$50. Lotsa laughs and a few groans. Room for all!

Pinochle – Mondays, 6:30PM, in the fall.

Other Bus Trips – Malls, race tracks, from time to time. Usually a \$3 round trip.

Ping Pong, Pool, Puzzles and Poker in the crafts room, socializing in the library lounge.

Volunteers always needed! We couldn't have all these without our volunteers. Try it, it's a great way to make friends, as well.

Thanks to my anonymous contributor for this fine item – Ed.

Just For Laughs...

If you look like your passport photo, you're too ill to travel. – *Willkommen*

How can one conceive of a one party system in a country that has over 200 varieties of cheese? - *Charles De Gaulle*

It takes about ten years to get used to how old you are. – *Anon*

Religion is what keeps the poor from murdering the rich. – *Napoleon*

Trust in Allah, but tie your camel. – *Arabian*

The nice thing about egotists is that they don't talk about other people. – *L. S. Harper*

Love is the delusion that one woman differs from another. – *H. L. Mencken*

It is far more impressive when others discover your good qualities without your help. – *Miss Manners*

The most important thing in a relationship between a man and a woman is that one of them be good at taking orders. – *Linda Festa*

I love Mickey Mouse more than any woman I've ever known. – *Walt Disney*

Give a man a free hand and he'll run it all over you. – *Mae West*

I never expected to see the day when girls would get sunburned in the places they do today. – *Will Rogers, who died in 1935*

If you want to read about love and marriage you've got to buy two separate books. – *Alan King*

Food and Drug Interactions

A bulletin from the National Consumers League, in cooperation with the U.S. Food and Drug Administration, states that drugs "have powerful ingredients... and diet and lifestyle can sometimes have a significant impact on a drug's ability to work... This may make them less effective or may cause dangerous side effects or other problems. ...Make sure your doctor and pharmacist know about every drug you are taking, including nonprescription drugs and any dietary supplements such as vitamins, minerals, and herbals... remember that many drugs interact with other drugs and may cause serious medical conditions."

This month, the subject is **asthma**.

Bronchodilators are used to treat the symptoms of bronchial asthma, chronic bronchitis, and emphysema. These medicines open air passages to the lungs to relieve wheezing, shortness of breath, and troubled breathing.

Examples include theophylline (Slo-Bid, Theo-Dur, Theo-Dor 24, and Uniphyll), albuterol (Ventolin, Proventil, and Combivent), and epinephrine (Primatene Mist).

Interactions: The effect of **food** on theophylline medications can vary widely. High-fat meals may increase the amount of

theophylline in the body, while high-carbohydrate meals may decrease it. It is important to check with your pharmacist about which form you are taking because food can have different effects depending on the dose form (e.g., regular release, sustained release, or sprinkles). For example, food has little effect on Theo-Dor and Slo-Bid, but food increases the absorption of Theo-24 and Uniphyll which can result in side effects of nausea, vomiting, headache, and irritability. Food can also decrease absorption of products like Theo-Dor Sprinkles for children.

Avoid eating or drinking large amounts of foods and beverages that contain **caffeine** (e.g., chocolate, colas, coffee, tea) because both oral and bronchodilators and caffeine stimulate the central nervous system.

Avoid **alcohol** if you're taking theophylline medications because it can increase the risk of side effects such as nausea, vomiting, headache, and irritability.



Reminders

Residents: Be sure the office has your current phone and license plate number.

Members: Don't let your card expire. Get your membership fee in if it is due.

Senior Circle Offers Social Trips

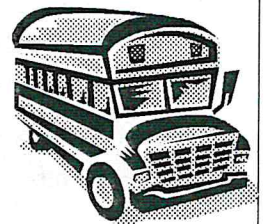
The Meridia Hospital System Calendar of Events notes these upcoming trips. Only Senior Circle members and their guests are eligible. Departure is from Mayfield United Methodist Church in Mayfield Village. For all reservations, call **216-692-8820**.

A Chatauqua, N.Y., Summer Day. Monday, August 16, 1999. 7:00 AM to 8:30 PM. \$52 per person. Admission and tour, lunch at the Athenaeum Hotel. Shopping and sightseeing. **Reservations by Friday, July 30.**

Schenley & Bagdad, Pa. Monday, August 30, 1999. 7:00 AM to 9:30 PM. \$48 per person. Scenic train ride, lunch at the J-Barn Country Inn, stop at Pajer's Farm Market. **Reservations by Friday, August 13.**

Mackinac Island, Kewadin Casino, and Frankenmuth, MI. Monday, September 13, 6:30 AM to Wednesday, September 15, 11:30 PM. \$284 per person, double occupancy (includes \$70 in casino coin). **Reservations by Friday, August 27.**

- Karla Lindsey



Hillcrest Hospital Offers Senior Services

The Meridia Senior Circle of Care has a wide variety of services available to us by calling 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. Tuesday, August 17, at 4:00 PM, hospital cafeteria, Grilled Fish with Pecan Lime Butter, door prizes, bingo, or entertainment. Cost, \$3.50 Tickets at the hospital cashier, in the Hillcrest Atrium Lobby 9:00-3:30 weekdays.

Matinee Movies. Tuesday, August 31, at 2:00 PM, "Sense and Sensibility," Emma Thompson, Alan Rickman, Kate Winslet, and Hugh Grant, PG, 1 hr 44 min., in the Ross Auditorium. Movies, popcorn, and soft drinks are free. Reservations at 216-430-8432.

Free Healthcare Lectures. Wednesday, August 11, at DeJohn Community Center, 6306 Marsol Rd., *The Joy of Stress, Part I*, hilarious video starring Loretta LaRoche. Free refreshments at 9:30 AM, lecture from 10:00 to 11:00.

Tuesday, August 17, 7:00 P.M., Ross Auditorium, *New Treatments for Snoring and Sleep Apnea*, Seth Silberman, M.D., refreshments, no fee.

Reservations required in advance. Please call 216-430-8432.

Transportation Services Phone Numbers

Schnurmann-Luther Service Center

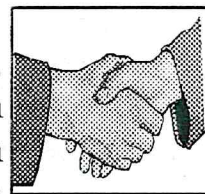
Noon time meals 440-461-3622

Hillcrest Hospital Transit 216-797-4014

RTA Paratransit Service 216-781-1110

Laila Nagy, Lee Boch Join Us As New Neighbors

Laila Nagy, in #831, came home after 10 years in Winterhaven, Fla., to rejoin her family of two daughters



and a son, 8 grown grandchildren, and 5 great grandchildren. An old friend of our own Mitzi Weber, it was natural that she came here to grace us with her presence.

Born in Fremont, Ohio, she moved to the Cleveland area while a school child, and she lived in Willowick while raising her children. Villa Serena provides easy access to her family in Willowick, Russell, and Cleveland.

An avid golfer, Laila is looking for a game on some of the area's many excellent courses. She likes bocci and jigsaw puzzles, and we hope that she'll join us in many of our activities. Welcome, Laila.

You name it, he's done it! That's Lee Boch of #828. Bricklayer, combat veteran, and 30 years of training tradesmen at the Cleveland school system's Max Hayes Trade School.

Lee grew up in East Cleveland and attended St. Philomena, Holy Rosary, and St. Gregory, prior to Shaw High, Western Reserve, and Kent State. At the same time he became a journeyman at his trade and got his teacher's certificate.

Anxious to get his military duty completed, he joined the army. Bad timing; it was 1941. Eight years later, caught for "the duration," after combat in Africa with Patton, the Near East, and a stint in Italy with the Judge Advocate corps, rising to the rank of captain, he returned to marry and begin his business career.

Now he's here, hoping to indulge his passion for reading in our library. Hi, Lee!

The Summer Sun Shone Round Me

*The summer sun shone round me,
The folded valley lay
In a stream of sun and odour,
That sultry summer day.*

*The tall trees stood in the sunlight
As still as still could be,
But the deep grass sighed and rustled
And bowed and beckoned me.*

*The deep grass moved and whispered
And bowed and brushed my face.*

*It whispered in the sunshine:
"The winter comes apace."*

- Robert Louis Stevenson

It Was A Very Sweet Evening

On Thursday, July 1, we had our annual Ice Cream Social. Hope you didn't miss this one: it was a warm summer evening, just right for ice cream with your favorite topping.

After that it was into the Red Room for a super delightful evening listening to the music of the University Heights Concert Band. They entertained us with their renditions of the music of John Philip Sousa and George M. Cohan, among others. It was a great patriotic sendoff to the Fourth of July weekend, and it made us all proud to live in this great country.

Any Questions About Y2K problems?

If you have, here's where you can get answers.

The President's Council on Year 2000 Conversions - Toll free, (888) 872-4925.

The American Red Cross will provide a pamphlet called "Y2K: What You Should Know."

Web sites include www.y2k.gov, www.ftc.gov/bcp/online/edcams/y2k, www.fema.gov/y2k, www.redcross.org/y2k.html, and www.itaa.org/year2000.

- AARP Bulletin, 5/99

From St. Francis of Assisi's Bulletin

St. Paul puts love first in the nine fruits of the Holy Spirit. In a sense, the others are spin-offs of love. *Joy* is love singing in the ear. *Peace* is love basking in God's presence. *Patience* is love willing to wait. *Kindness* is love welcoming and smiling. *Generosity* is love giving itself away. *Faithfulness* is love never quitting. *Gentleness* is love melting hearts. *Self-Control* is love staying in shape.

The young man had just gotten his driver's license. He asked his father for use of the family car. Dad said "I'll make a deal with you. Bring up your grades, study the Bible a bit, and get a haircut, and we'll talk about it." A month later the boy asked again and his father said, "I'm really proud of you. You've studied the Bible and your grades are up, but you still need a haircut." "But dad," said the boy, "I've learned that Moses, John the Baptist and even Jesus had long hair." "Yes," said the father, "and everywhere they went, they walked."

A Special Message from Pope John Paul II

To all the elderly of the world, I wish to say: Dear brothers and sisters, *do not lose heart*. Life does not end here on earth, but only begins here. We must bear witness to the Resurrection! A serene joy must be characteristic of our lives because the time which the Lord Jesus has prepared for His faithful ones is fast approaching.

A perfect example of minority rule: a baby in the house.

God's invitations to life are many and persistent. Often such messages are accompanied by tension and fear as we realize that costly change is inevitable if we listen to and respond to God.

Those lazy, hazy, crazy days of summer are upon us all-right. The livin' is supposed to be easy but this year it's more like the dog days and not easy at all. Why do we believe days are hotter than when we were young? Because we now have air conditioning and can tell the difference?

Long ago on hot summer days children romped through sprinklers on the lawns or splashed in front of an open fire hydrant. There were ice cream parlors for refreshing treats and, years later, the ice cream truck with the jingle that sent kids looking for nickels – or a benefactor with a spare nickel.

After the street lights came on at night, the kids needed to play in their own yards so they caught fire flies or played hide and seek in the dark. The grown-ups sat on porches or in yards in the evening to catch a breeze. Neighbors dropped by to chat and gossip.

Air conditioning changed much of that. Technology allows us to keep cool almost everywhere but don't you sometimes wish for the days before we could stay so cool?

Some Thoughts How To Stay Youthful

- Seek new friendships.
- Think positive thoughts.
- Avoid emotional stress.
- Yield to the demands of retirement.
- Yearn for spiritual understanding.
- Open your mind to new ideas.
- Utilize your natural talents.
- Take frequent walks.
- Have regular medical checkups.
- Find a new interest.
- Understand your limitations.
- Lubricate your life with enthusiasm.

A Day at a Time

There are two days in each week which we should never worry about. One is **yesterday**, with its mistakes and faults, its aches and pains. Money cannot bring it back nor can we undo a single word or deed. The other, **tomorrow**, with its promise and possible burdens, is beyond our control. The sun will rise in splendor or behind a mask of clouds.

This leaves only **today**. One can fight the battles of one day if we forget what happened yesterday and do not dread tomorrow. Let us then live just one day at a time.

St. Francis Foundation and
Villa Serena
Senior Citizens

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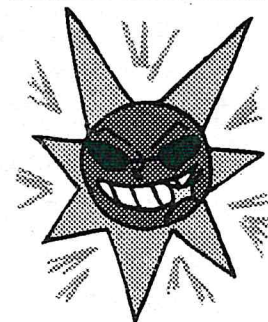
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It's a Heat Wave