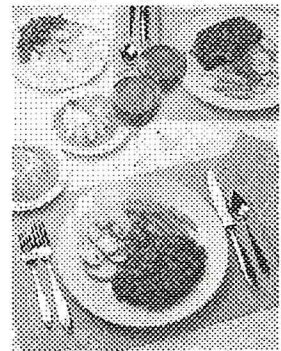




Dinner at Villa Serena

December 11

Pork Chops or Fish
Macaroni & Cheese
Vegetables, Dessert
Pork Chops \$8.00, Fish \$7.00



December 17 Christmas Holiday Dinner

Veal or Fish
Appetizer, Vegetable
Extra Special Dessert
Veal \$8.00, Fish \$7.00

Villa Voice 6800 Mayfield Road
Mayfield Heights, Ohio 44124

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

Monday	Tuesday	Wednesday	Thursday	Friday
Movie Night Sunday, Dec. 20 6:30 P.M.	1 3:30 Rosary 7:00 Game Night	2 9:00-1:00 Sewing 1:30 Exercise 7:00 Cards	3 11:00 Stay Well Nurse	4 3:00 Communion First Friday
7 Pearl Harbor Day 9:30-12:00 Ceramics 6:00 Cards	8 3:30 Rosary 7:00 Game Night	9 9:00-1:00 Sewing 1:30 Exercise 7:00 Cards	10 11:00 Stay Well Nurse	11 5:00 Dinner 6:30 Program
14 Hanukkah 9:30-12:00 Ceramics 6:00 Cards	15 3:30 Rosary 7:00 Game Night	16 9:00-1:00 Sewing 1:30 Exercise 7:00 Cards	17 11:00 Stay Well Nurse 5:00 Christmas Holiday Dinner and Party	
21 First Day of Winter	22 3:30 Rosary	23	24 11:00 Stay Well Nurse	25 Christmas
28	29 3:30 Rosary	30	31 11:00 Stay Well Nurse	Jan. 1 Happy New Year

Birthdays and Anniversaries December 1998



Birthdays

December	1	Esther Gilenko	#521			
		Florence Nagy				
	3	Joseph Heiser				
		Michael Vespro	#332			
	4	Paola Epelbaum	#530			
		Anne Hudec				
		Mary Mendise		22	Betty Glenn	
	5	Theresa Kennedy			Sylvia Marks	
	7	Bernard Novel		23	Harvey Sternberg	#827
	8	Joseph Arcuri			Art Swirsky	
		Grace Matthews	#812	24	Thelma Olsen	#808
		Mae Murdock	#602	26	Andy Glorioso	#402
	9	Carol Cordaro	#831		Sam Parisi	#830
	10	Kay Oswald			Rita Pekol	
	12	Ardell Gescy	#417	27	Stephen Ciomek	#710
		Nathan Grauer		28	Jean Collura	
	13	Inez DeCesare	#431	29	Mary Blasko	#706
	15	Margaret Ackerman	#415		Michael Yanoska	#817
		Sally Schrembeck	#328	30	Angela Znidarsic	
	16	Khasya Sandler	#807	31	Ann DeMichael	
	18	Frances Insana			Ann Kobal	#318
		Marie Leben	#214			
	19	Lillian Russo	#627			
	20	Catherine Abbate				
		Josephine Mallik				
		Agnes Puro	#326			
		Anne Rusick				

Anniversaries

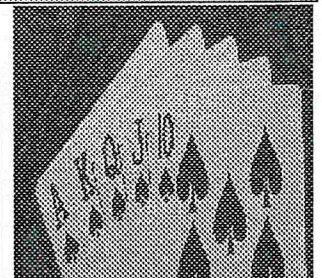
20	M/M David Levin	#613
30	M/M Isaak Sandler	#807

Monday Night Pinochle

October 19		October 26		November 2		November 9					
Gert Pierce	559	2.00	Mitzi Weber	587	2.00	Thelma Olsen	574	2.00	Howard Barnes	584	2.50
Mitzi Weber	530	1.75	Thelma Olsen	541	1.75	Mitzi Weber	546	1.75	Andy Sworan	548	2.00
Howard Barnes	522	1.25	Howard Barnes	540	1.25	Helen Balutis	536	1.15	Thelma Olsen	541	1.50
Thelma Olson	500	1.00	Ed Mark	513	1.00	Andy Sworan	536	1.10	Eddie Mark	533	1.00

No Wednesday results were received. Get them in if you want them published, folks.

Correction An apology is in order for Mrs. Mary Roberts. In the November issue of *The Voice*, she was incorrectly identified as Mary Robertson, on her birthday, November 13. We're sorry, Mary, and we sincerely hope that your birthday was an enjoyable one, otherwise. — Ed



Word Search Puzzles

Find the words from the word list below each puzzle, and indicate which letters have been used. When you have found all the words, the leftover letters will spell another, related word. Words are found running up, down, backward, and diagonally.

Category: Casino Poker

TYTILIBACHIPSHE
 AESLAUDIVIDNIVC
 BXKTLFTRAHEGILN
 LCCCADLOFDHSCLE
 EIIAOKSUEESSAPU
 PTRLTPECSECYRCQ
 RITLIHLTRHOHDOE
 ONCREAGGUREHRYSS
 UGTKRLGIPDEDOAA
 NKCEDACHADEPOLF
 DNOMAIDRAREKMPD
 NCAELOTPIINTRAER
 PEEKWASAECDSEAE
 TYENOMPORKNALBNW
 QUADUTSTIUSBANK

ability aggressive bank blank call cardroom
 cash chips circle club deals deck declare dia-
 mond down draw exciting flop flush fold hand
 heart highest hold individuals keep money
 opener order pair palm pass pick pile play
 pocket purse quad rank round royal sequence
 spade stake straight stud suits table team trade
 trick trips weak

SOLUTION _____

Category: Can I Park Here?

VSLLOTTRAFFICDL
 HREFRAINTPIECER
 AALUHGVA PRFNGVS
 MALLHALAWSUADRS
 CEATRDNHI LLCAEE
 STREIEEDOLLCKSE
 PHAALENTIDAOREF
 AGPSLISTUCKBCRO
 RICSAEBCTCANLPR
 SNNLUHOOI SEPEEB
 ERNNOSCLMDENPLI
 TEERTSBRIOEROED
 SVRAAUESADTCAAD
 AOYFPWERTEKUYEE
 FEFASREGNESSAPN

automobile available avenue block cars closer
 cost days fast fees find forbidden free full halt
 handicapped laws legal lots mall nearest
 opened overnight paid panels parallel passen-
 ger public receipt refrain rent reserved resi-
 dence right road rules safe search sparse stay
 stuck tolls traffic truck wait warn wheels

SOLUTION _____

Cryptogram. This is a simple letter substitution puzzle, that is, "x" in the puzzle may stand for "a" in the solution. A hint at left; solution at bottom.

Z MIU IB NIMMVTIQ LUZYL ZYO CKITK BIY UNO

LJIALOL UNOV QIK'U COOI.

Hint: The third word "IB" is "of". Let me know if you like this puzzle, or suggest one.

Just For Laughs...

Living with a saint is more grueling than being one — *Robert Neville*

He was of the faith chiefly in the sense that the church he currently did not attend was Catholic — *Kingsley Amis*

Everyone should believe in something. I believe I'll have another drink — *Anon*

It is better to know some of the questions than all of the answers — *Thurber*

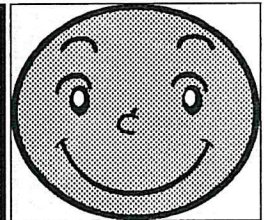
I have a new philosophy. I'm only going to dread one day at a time. — *Peanuts*

Life is what happens while you are making other plans — *John Lennon*

There is no cure for birth and death save to enjoy the interval — *Santayana*

Why is it that we rejoice at a birth and grieve at a funeral? It is because we are not the person involved. *Twain*

The best way to get praise is to die — *Italian Proverb*



Solution to Cryptogram

A lot of Hollywood stars are known for the spouses they don't keep.

Fence Forces Longer Walk to Church

The start of construction necessitated the erection of a fenced off area for safety sake on the St. Francis of Assisi property. While the fence has to be there, it has, unfortunately, caused a much longer walk for those of us who like to go to Mass on Saturday afternoon or Sunday.

Now, one has to go south on the property all the way to the back of the school, and across the parking area, then back north to the church. As an alternative, the Mayfield Road sidewalk provides an even longer walk. This will last for at least 10 months. Perhaps this is the Lord's way of making sure we get some exercise at least once a week!

Youth is not a time of life, it is a state of mind. People grow old only by deserting their ideals and by outgrowing the consciousness of youth. Years wrinkle the skin, but to give up enthusiasm wrinkles the soul. You are as old as your doubts, your fears, and your despair. The way to keep young is to keep your faith young, your confidence young, and your hope young. - *Dr. L. F. Phelan*

Halloween Party Contributors

Thanks to the local merchants who contributed gift certificates and coupons which were used as prizes at our Halloween bash. These included Finast, Ohio Savings, Belle's Colonial Restaurant of Burton, MAY-SOM Cleaners, Tony Roma's Ribs, Bob Evans Restaurant, and Giant Eagle.

We appreciate their generosity, and hope you will remember it with your patronage.

Hanukkah Celebrated This Month

The eight day festival of Hanukkah, commemorating the rededication of the Temple of Jerusalem, will begin on the evening of December 13, the 25th day of Kislev. Happy holidays to our Jewish friends.

Mayfield Heights Seniors' Activities



(Clip and Save)

Our community provides a variety of activities at the DeJohn Center, 6306 Marsol.

Over 50 Dances, November 14 and December 12, 8:00-11:00PM, doors open at 7:15. \$4.00, Singles and couples.

Bridge, on Fridays, 12:30-3:00PM, bring your own cards.

Hobby and Craft Circle, Fridays, 1:00-3:00PM.

Line Dancing and Fitness by appointment, call City Hall, recreation at 440-442-2323, Ext. 267.

Other services available include:

Hillcrest Hospital Transit 216-797-4014

RTA Paratransit Service 216-787-1110

Hillcrest Meals-on-Wheels 440-449-3551

Schurmann-Luther Service Center

Noon-Time Meal & Transportation

Atlanta burned in the Red Room on October 18 and 19 with the showing of *Gone With the Wind*, but *frankly, my dear, I don't give a d-, for tomorrow is another day.*

Christmas Mass Schedule

St. Francis of Assisi has announced this schedule: Dec. 24, 4, 6, & 10 P.M.

Dec. 25, 8 & 10 AM, Noon

Who's New on The Block

Andrew and Mary DiBartolomeo -#730

These new neighbors come from the Collinwood area, have been married 54 years, and raised three children. Mary's hobbies include crocheting and spoiling her husband. Lucky Andrew! Andrew was out, so I have yet to meet him. Andrew, we want to welcome you and Mary on behalf of the Villa. Be happy here.

Ann Tanno - #722

If you want to meet a nice, friendly, happy lady, here she is. Ann lived in Madison for three years before joining us, but came from Little Italy originally. She has three children and likes to cook and sew. Some of our first residents were her friend Mr. DePalma, and her aunt, Mrs. Tallio. She already loves the Villa, and she's a fine addition to our family.

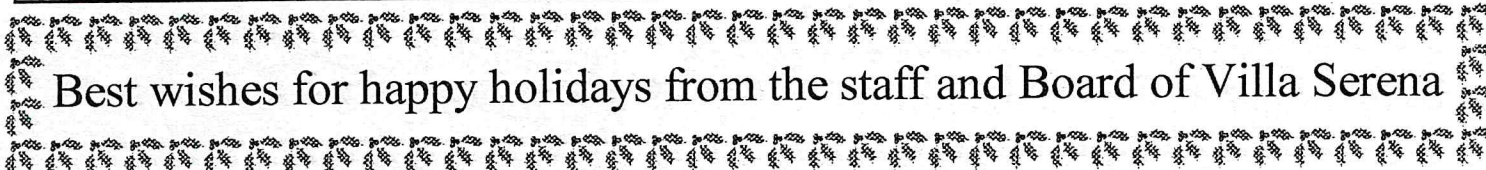
Hi, Ann

With Thanksgiving around the corner, here's a recipe you might want to try.

Sweet Potatoes with Marshmallows

- 6 Sweet Potatoes, peeled
- 1/4 tsp. Nutmeg
- 1/4 tsp. Salt
- 1/4 tsp. Cinnamon
- 1 cup water
- 1 tsp. Vanilla
- 1 1/4 cups brown sugar
- 1 cup mini marshmallows
- 4 tbsp. Butter

Cut potatoes into thick slices and place in a large greased casserole dish. Sprinkle with nutmeg, salt, and cinnamon. Mix water with vanilla and brown sugar and pour over potatoes. Dot with butter. Bake at 400° for 30 minutes or until tender. Add marshmallows and bake for an additional 5 minutes. Serves 8



Best wishes for happy holidays from the staff and Board of Villa Serena

Dale Arvay, pianist and entertainer, provided a tuneful hour and a quarter for us on Wednesday, October 21, with a pleasant mix of ballads, polkas, college songs, and novelties. The Villa vocalists joined in, singing along on some of the more familiar tunes. A good time, as they say, was had by all. Thanks, Dale.

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
 ☆ Precinct Serena was a popular place ☆
 ☆ on Election Day, November 3. Poll ☆
 ☆ worker Carol Dietzel reported that 228 ☆
 ☆ people cast ballots here in the national and ☆
 ☆ local elections. That compared favorably ☆
 ☆ to the usual turnout for a presidential race. ☆
 ☆ Congrats to all who exercised their rights! ☆
 ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

Medicare Choices Outlined. Ms. Paula Rand, R. N., addressed the subject of Medicare options at a meeting in the Red Room on Thursday, November 12. She gave particular consideration to the choice between traditional Medicare coverage and Medicare HMO's. The topic is complex and choices depend on one's particular circumstances. A good starting point for those wishing more information would be to contact the Ohio Department of Insurance and request a copy of their pamphlet "Ohio Shopper's Guide to Medicare." Call 1-800-686-1578. Locally, volunteer counselors are available at 216-979-9694. Copies of Ms. Rand's handouts may be obtained from Cathy, for those who missed the meeting.

Stay Well Program Begins

Breckenridge Home Care of Wiloughby has begun a program of weekly visits to attend to the ordinary health needs of Villa Serena residents. These sessions, which began November 5, are held each Thursday at 11:00 A.M. in the Activities Room. Candy Koss, a registered nurse, is the primary care provider. Weekly services will include blood pressure checks, answers to general health questions, and any other assistance which can be given.

In an introductory session on October 29, Ms. Koss stressed a holistic approach. Other services will include, from time to time, checks on glucose and blood



sugar, and hearing problems. There will be guest lecturers from the area, such as from the Cleveland Sight Center, and a health fair, with representatives from private concerns and organizations such as the American Heart Association. These basic services are free.

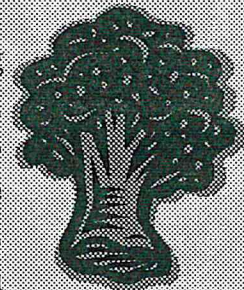
Cost of extra services can be defrayed by Medicare Part A, the Passport program, the Older Americans Act, or by private payment on a fee-for-services basis. Ms. Koss encouraged questions, and assured her audience that she is ready and eager to provide a wide range of help. Affordable home care will also be offered to those with problems of mobility. One time they were asked by one of their clients to change the kitty litter. *They did!* We welcome this valuable new service.

The Role of Calcium in the Diet

Progressive Corporation Health Services has published an informational bulletin describing the critical part that calcium plays in maintaining a healthy life style. It is needed for strong bones, for proper heart, muscle, and nerve functions, and for blood to clot normally.

Inadequate calcium is thought to contribute to the development of osteoporosis, and is associated with low bone mass, rapid bone loss, and high fracture rates. But beware, calcium is not a substitute for medication that may be needed to curb excessive

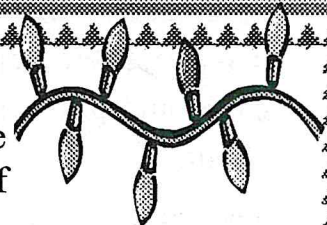
bone loss. Also, a diet that is high in caffeine, protein, and/or sodium is thought to have an adverse effect on calcium levels. If you have trouble getting enough calcium in your diet (if, for instance, you are lactose intolerant), you may need to take a calcium supplement, such as calcium carbonate or calcium citrate.



Calcium rich foods include milk, yogurt, cheese, and ice cream, enriched fruit juices, fish and shellfish, tofu, almonds, and vegetables such as broccoli, soybeans, collards, turnip greens, and bok choy. *Bon appetit!*

Christmas Lights in Mentor *Brownell, Erie, and Enfield Drs.*

One of the most impressive displays of decorated houses in the area is easily accessible from Villa Serena, just north of Interstate 90, off Route 306. Take the Rt. 306 North exit and turn left at the second street. There are three connected cul de sac streets where residents try to outdo one another. *Great!*



The villa

Villa Serena

Voice

December, 1998

Volume XXXI
Number 12

The HOLIDAYS are upon us! Good cheer to all! We celebrate this beautiful time of year in many traditional ways indeed.

Hanukkah (or Chanukah), the festival of lights, begins December 13th. This happy occasion celebrates the time in about 65 BC when a small quantity of oil, one days' worth, burned continually for eight days. At Hanukkah children receive candy "geld" (money) and play a traditional game with a symbolic dreidel (top).

Christmas, of course, glorifies the birth of Christ when the Magi brought gifts to the manger. Now wide-eyed children gaze at the gifts beneath the beautiful Christmas tree. We rejoice by giving cards and gifts to those we care about.

The season is full of music, foods and symbols that remind us of

happy times – a menorah, a crèche, twinkling lights, poinsettias. Each nationality offers their own traditions which makes an American December the most festive in the world.

At year end we give thanks for another year together and look forward to a new year full of peace, good health and a little luck.

At Villa Serena we have music, gay decorations and plenty of good food – thanks to our volunteers and staff. A grand time is planned for all **December 11th** with our Birthday and Anniversary dinner. **Valerie and Anthony** will return to The Villa for a wonderful night of music and dancing. Plan to be there!

Then we will gather **Thursday, December 17th** for the wonderful traditional dinner at Villa Serena. As in the past, we welcome back **Carmellina** performing her extraordinary seasonal program. We hope to see you all.

Villa Serena
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