

Dinner at Villa Serena

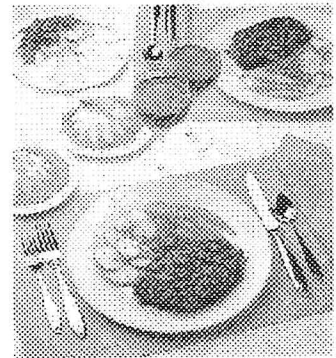
December 10

Pork Chops or Fish

Mashed Potatoes & Vegetables

Dessert

Pork Chop \$8.00, Fish \$7.00



December 17 Christmas Holiday Dinner

Veal or Fish

Appetizer,

Vegetable & Potatoes

Extra Special Dessert

Veal \$8.00, Fish \$7.00

St. Francis Foundation

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
		1	2 10:00 Stay Well Nurse	3 Chanukah begins at sundown
8 9:30 Ceramics 6:30 Cards	7 Pearl Harbor 3:30 Rosary 7:00 Game Night	8 9:00-1:00 Sewing 1:30 Exercise	9 10:00 Stay Well Nurse	10 5:00 Dinner 6:30 Program
13 9:30 Ceramics 6:30 Cards	14 3:30 Rosary 7:00 Game Night	15 9:00-1:00 Sewing	16 10:00 Stay Well Nurse	17 2:00 Mass 5:00 Dinner 6:00 Program
20 6:30 Cards	21 3:30 Rosary	22 Winter Begins 1:30 Exercise	23	24 Christmas Eve Office Closed
27	28 7:00 Game Night	29	30	31 New Year's Eve

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, we begin our consideration of **Infections**.

Antibiotics and Antifungals

Many different types of drugs are used to treat infections caused by bacteria and fungi. Some general advice to follow when taking any such product is:

- Tell your doctor about any skin rashes you may have had with antibiotics or that you get while taking this medication. A rash can be a symptom of an allergic reaction, and allergic reactions can be very serious.
- Tell your doctor if you experience diarrhea.
- Be sure to finish all your medication even if you are feeling better.
- Take with plenty of water.

Antibacterials

Penicillin. Examples include penicillin

V (Veetids), amoxicillin (Trimox, Amoxil), and ampicillin (Principen, Omnipen)

Interaction: Normally should be taken on an empty stomach unless it upsets the stomach, in which case it may be taken with food.

Quinolones. Examples include ciprofloxacin (Cipro), levofloxacin (Levaquin), ofloxacin (Floxin), and trovafloxacin (Trovan).

Interactions: Normally, take on an empty stomach one hour before or two hours after a meal. If your stomach gets upset, take with food, but avoid foods which contain calcium, such as milk, yogurt, or minerals containing iron, and antacids, because they decrease drug concentration significantly.

Those taking this medicine should not take it along with products containing caffeine, such as coffee, colas, tea, and chocolate, because it may increase caffeine levels and lead to excitability and nervousness.

Cephalosporins. Examples include cefaclor (Ceclor, Ceclor CD), cefadroxil (Duricef), cefixime (Suprax), cefprozil (Cefzil), and cephalixin (Keflex, Keftab).

Interaction. Same as for penicillin.

(Next month we'll conclude this subject.)

As the Boy Scouts Say, Be Prepared

Here at our warm, comfortable home it's easy to feel safe and protected, but the government warns that the possibility of a disruption of services as a result of a bad winter storm or power outage is always a possibility. To protect against such a possibility, prepare early.

It is suggested that everyone should



maintain some minimum supplies:

- ⇒ a three-day supply of non-perishable food (canned meats and soups, vegetables, fruits), bottled water and *all medication*
- ⇒ a hand can opener
- ⇒ a working flashlight
- ⇒ a battery operated radio and clock
- ⇒ extra blankets, hats, and gloves
- ⇒ extra batteries

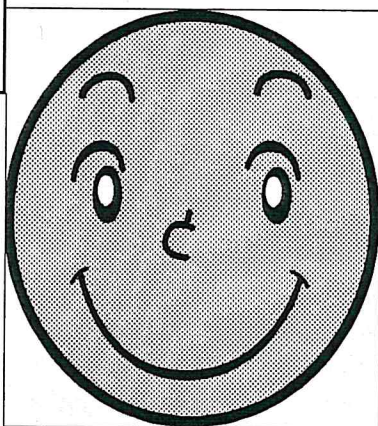
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 M I M I C R Y N O T E S C P S

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.

C S K O W M O N G O L I A E S
 N I R A D N A M A O R I E N T
 O E L P M E T N H E R B E I E
 O L A B U I L D C K B D N R M
 D Y N E U A B T H H R Y I H P
 L H G J G P D O U A U P O S E
 E A U O P S E N G N M R C S R
 S N A N L A S R A E T M I S O
 K A G A A O P K R P G S O A R
 G P E I B N H E A E A R E C S
 N M N C O U N T R Y G G A H K
 I A W O N T O N Y H S N O I C
 K S R O S E S S U M A R I D N
 E M U R A L S M A R E P O G A
 P E N G I C H O P S T I C K S

Artists, band, base, bass, colors, composers, design, digital, driving, expression, innovative, instrument, inventors, machine, mimicry, models, musicians, notes, novelty, numbers, outlets, performers, popular, pulse, resonance, riff, rockers, score, slash, sonic, steps, stereo, switches, tempo, tone, twist, versatility.



SOLUTION _____

Bonsai, build, chestnut, chopsticks, coin, country, emperor, empire, gardens, ginger, Gobi, grain, hammock, herb, Hunan, junk, Khan, language, Manchuria, Mandarin, meals, Mongolia, murals, mythology, noodles, opera, orient, pagoda, panda, paper, Peking, republic, roses, sage, sampan, shores, shrine, sorghum, soybean, teas, temple, walls, woks, wonton, yaks.

SOLUTION _____

Just For Laughs...

Everybody likes a kidder, but nobody lends him money. — *Arthur Miller*

Humorists always sit at the children's table. — *Woody Allen*

I don't care where I sit, as long as I get fed. — *Calvin Trillin*

Until Eve arrived, this was a man's world. — *Richard Armour*

Whatever women do they must do twice as well as men to be thought half as good. Luckily, this is not difficult. — *Charlotte Whitton*

Don't accept rides from strange men, and remember that all men are strange. — *R. Morgan*

I refuse to consign the whole male sex to the nursery. I insist on believing that some men

are my equals. — *Brigid Brophy*

Being a woman is a terribly difficult trade, since it consists principally of dealing with men. — *Joseph Conrad*

My advice to the women's clubs of America is to raise more hell and less dahlias. — *William Allen White (d. 1944)*

Anyone who says he can see through women is missing a lot. — *Groucho Marx*

The most popular labor saving device is still a husband with money. — *Joey Adams*

I'm not a real movie star — I've still got the same wife I started out with twenty-eight years ago. — *Will Rogers*

I have bursts of being a lady, but it doesn't last long. — *Shelley Winters*

An Old Man's Winter Night

All out of doors looked darkly in at him
Through the thin frost, almost in separate stars,
That gathers on the pane in empty rooms.
What kept his eyes from giving back the gaze
Was the lamp tilted near them in his hand.
What kept him from remembering what it was
That brought him to that creaking room was age.
He stood with barrels round him – at a loss.
And having scared the cellar under him
In clomping there, he scared it once again
In clomping off; - and scared the outer night,
Which has its sounds, familiar, like the roar
Of trees and crack of branches, common things,
But nothing so like beating on a box.
A light he was to none but to himself
Where now he sat, concerned with he knew what,
A quiet light, and then not even that.
He consigned to the moon, such as she was,
So late-arising, to the broken moon
As better than the sun in any case
For such a charge, his snow upon the roof,
His icicles along the wall to keep;
And slept. The log that shifted with a jolt
Once in the stove, disturbed him and he shifted,
And eased his heavy breathing, but still slept.
One aged man – one man – can't fill a house,
A farm, a countryside, or if he can,
It's thus he does it of a winter night.

— *Robert Frost*

From St. Francis of Assisi's Bulletin

Two worn out bills were sent back to the mint to be retired, a one and a twenty. As they were being sent to the shredder, they struck up a conversation.

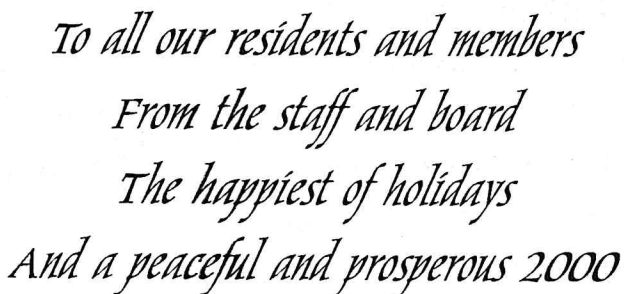
"I've had a pretty good life," the twenty said. "I've been to Vegas, Hawaii, lots of fine restaurants, and even on an ocean cruise. What have you done?"

"Oh, nothing like that," replied the single, but I have been in the collection basket at a number of churches: Catholic, Lutheran, Episcopalian, ..."

"Excuse me," said the twenty, "but what's a church?"

Much of the dread of old age and the negative bias against old people arises out of the prevailing image or stereotypes, not out of reality. The meaning of any event or situation, whether we look back in reflection or ahead in anticipation, is determined by what we have been taught to see or expect to see as much as by what is really there. This determines how we feel and what we do about the situation. Our expectations tend to become self-fulfilling prophecies. We can put on dark glasses and ponder: wrinkles, sickness, weakness, forgetfulness, uselessness, orneriness, and loneliness, or we can conjure up images of precious heirlooms, old masterworks of art, rare old wine, aged cheese, the Parthenon or the pyramids. We might even recall the beauty of a gnarled tree stubbornly clinging to the hilltop where it has wrestled with the wind over many years and won.

A Sunday school teacher asked her little children why it was necessary to be quiet in church. One bright little girl replied, "Because some people are trying to sleep."



*To all our residents and members
From the staff and board
The happiest of holidays
And a peaceful and prosperous 2000*

The villa

Villa Serena

Voice

December, 1999

Volume XXXII
Number 12

Another holiday season is here again. The brisk cold and snow accent our celebrations. Everyone is busy with shopping, cooking and bringing out the favorite decorations to fit the season.

The Christmas season and Chanukah are holidays both celebrated in December and they share as well the spirit of giving and the coming together of family and friends. We rejoice by giving cards and gifts to those we care about. We give thanks for another year of life and look forward to the next year and the next millennium.

Much is being made of this particular New Year's Eve perhaps overshadowing the real "reason for the season". Christians mark years from the birth of Christ making a truly extraordinary holiday this year. Life was so different in the time of the birth of Christ that we can barely imagine how it might have been. One thing is certain, this is the season of love and peace towards all

mankind. May this feeling fill your lives for the year 2000 and fill the world for another millennium.

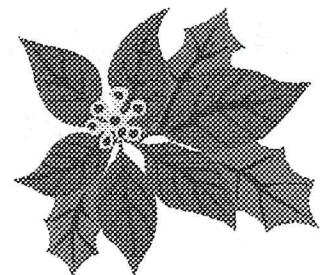
The Villa is again brightly decorated and good times, good food and good music are here for everyone to enjoy this December

A fine evening of music and dancing is planned for **December 10th** with the return of Villa Serena favorite **Rich D'Amato** who has been entertaining us in fine style for many years. This will be our Birthday and Anniversary dinner. Plan to join your friends for a great evening.

After our traditional Christmas dinner on **December 17th** we welcome back **Carmellina** who will perform her extraordinary seasonal program of holiday music. For many years, Carmellina's wonderful voice has come to mean the holiday season has begun at The Villa.

As always, dinner at 5 o'clock and music at 6:30. We hope to see you all.

St. Francois Founda-
tion and
Villa Serena
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Christmas