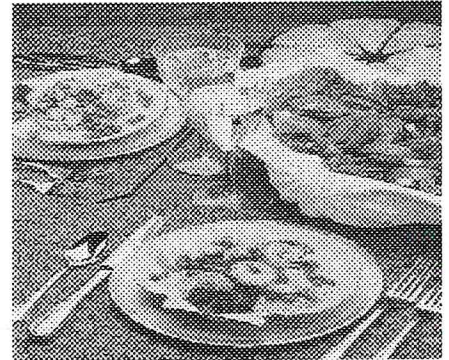


Dinner at Villa Serena

December 8

**Beef Brisket or Fish
Potato and Vegetable
Dessert**

Beef Brisket \$8.00, Fish \$7.00



December 20 Christmas Holiday Dinner

**Veal or Fish
Appetizer
Vegetable and Potato
Special Dessert**

Veal \$8.00, Fish \$7.00

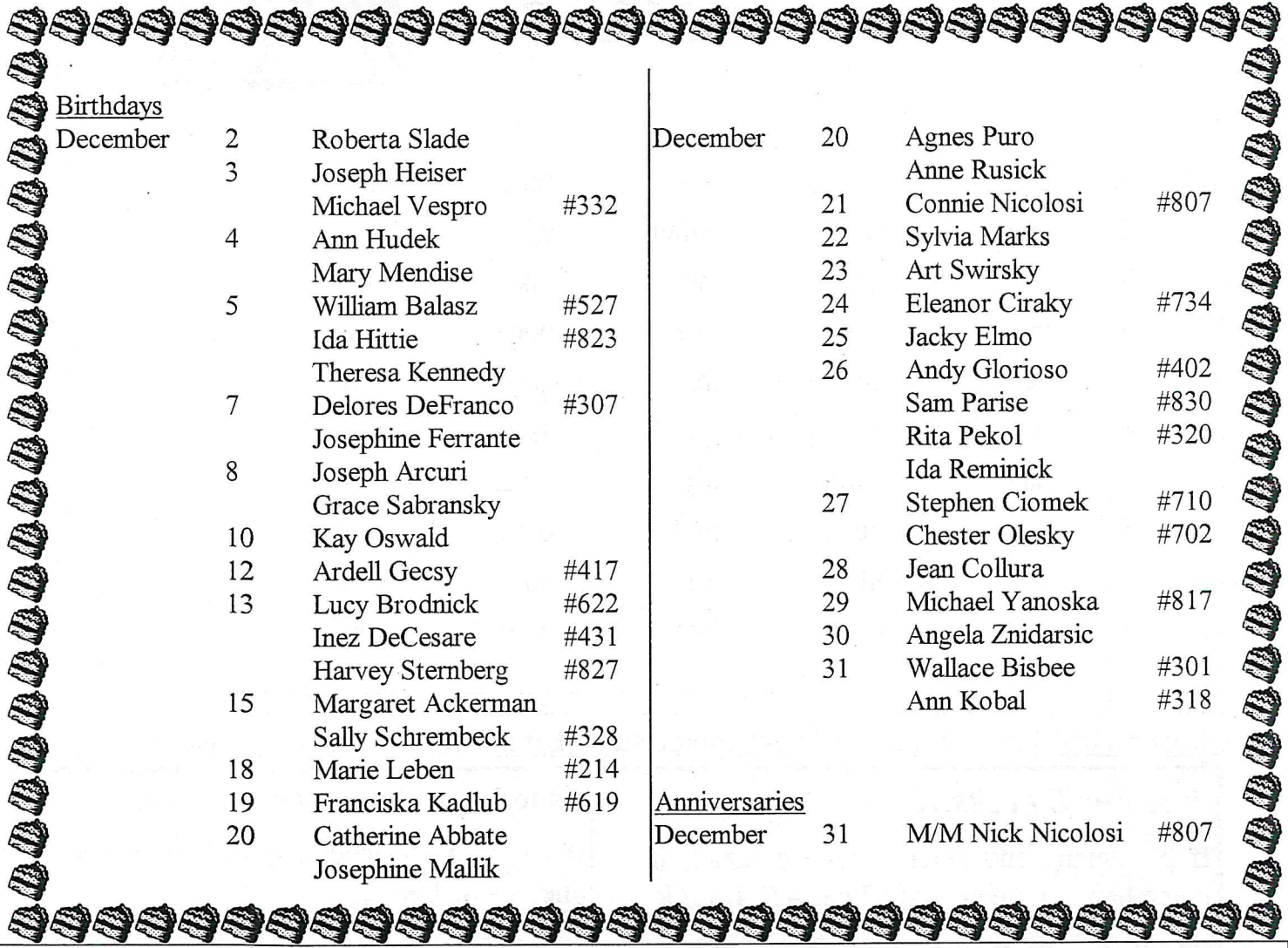
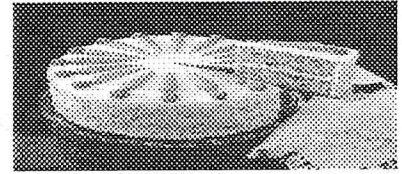
St. Francis Foundation

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
4 9:30 Ceramics 6:00 Cards	5 3:30 Rosary 7:00 Game Night	6 9:00 Sewing 2:00 Exercise	7 Pearl Harbor Day 10:00 Stay Well Nurse	8 Immaculate Conception
11 9:30 Ceramics 6:00 Cards	12 3:30 Rosary 7:00 Game Night	13 9:00 Sewing 2:00 Exercise	14 10:00 Stay Well Nurse	15 2:00 Mass
18 9:30 Ceramics 6:00 Cards	19 3:30 Rosary 7:00 Game Night	20 9:00 Sewing 2:00 Exercise	21 Winter Begins 10:00 Stay Well Nurse	22 Chanukah
25 Christmas	26	27	28 10:00 Stay Well Nurse	29

Birthdays and Anniversaries December 2000



Birthdays

December	2	Roberta Slade	
	3	Joseph Heiser	
		Michael Vespro	#332
	4	Ann Hudek	
		Mary Mendise	
	5	William Balasz	#527
		Ida Hittie	#823
		Theresa Kennedy	
	7	Delores DeFranco	#307
		Josephine Ferrante	
	8	Joseph Arcuri	
		Grace Sabransky	
	10	Kay Oswald	
	12	Ardell Gecsy	#417
	13	Lucy Brodnick	#622
		Inez DeCesare	#431
		Harvey Sternberg	#827
	15	Margaret Ackerman	
		Sally Schrembeck	#328
	18	Marie Leben	#214
	19	Franciska Kadlub	#619
	20	Catherine Abbate	
		Josephine Mallik	

December	20	Agnes Puro	
		Anne Rusick	
	21	Connie Nicolosi	#807
	22	Sylvia Marks	
	23	Art Swirsky	
	24	Eleanor Ciraky	#734
	25	Jacky Elmo	
	26	Andy Glorioso	#402
		Sam Parise	#830
		Rita Pekol	#320
		Ida Reminick	
	27	Stephen Ciomek	#710
		Chester Olesky	#702
	28	Jean Collura	
	29	Michael Yanoska	#817
	30	Angela Znidarsic	
	31	Wallace Bisbee	#301
		Ann Kobal	#318

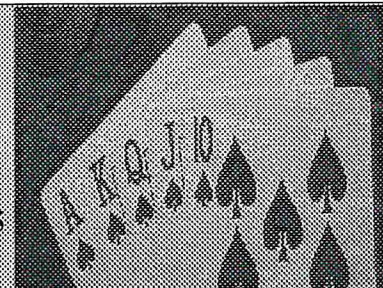
Anniversaries

December	31	M/M Nick Nicolosi	#807
----------	----	-------------------	------

Veterans Should File Discharge Papers. An article in the Plain Dealer stressed the importance of filing veterans' discharge papers (form DD 214), with the County Recorder's office for Veterans Service Commission assistance, death benefits, and proper registration. *The Voice's* investigative reporter learned that those who do not have this document should phone 800-827-1000 to receive the proper request form which should then be sent to St. Louis, where records are kept. Upon receipt of the DD 214, it should be filed with the Recorder's office, 1219 Ontario St., Room 216. For further information, call Gail Thomas at 216-443-7300.

Monday Night Pinochle

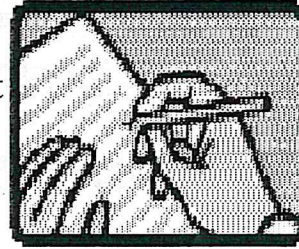
<u>October 23</u>		<u>October 30</u>		<u>November 13</u>	
Laila Nagy	588 2.00	Marcy Stianche	588 2.00	Mitzi Weber	599 2.00
Howard Barnes	554 1.50	Agnes Puro	577 1.75	Marcie Stianche	576 1.25
Mitzi Weber	537 1.00	Mitzi Weber	544 1.25	Stella Benjamin	541 1.25
Gert Pierce	534 1.00	Mamie Damanti	527 1.00		



Adding Letters

Add the same letter to the front of each word in a group to get a new word. Example: bout, base, corn, gain, greed

Add "a" for about, abase, acorn, again, agreed



- | | | | | | |
|-----|------|-------|--------|-------|-------|
| 1. | owl | ox | row | rain | less |
| 2. | ever | eat | either | ail | ear |
| 3. | ore | trap | ate | ink | oil |
| 4. | men | live | rate | pen | range |
| 5. | eel | am | ire | anger | itch |
| 6. | rust | in | horn | ask | his |
| 7. | hale | addle | hip | inner | inch |
| 8. | ash | ouch | limb | old | over |
| 9. | end | ill | arrow | an | arch |
| 10. | on | rode | late | bony | very |

Answers

1. B, 2. N, 3. S, 4. O, 5. H, 6. T, 7. W, 8. C, 9. M, 10. E

Suggestions for this page are always appreciated. Let me know what you would like. - Ed.

Just For Laughs...

If politicians and scientists were lazier, how much happier we should all be. - *E. Waugh*

There is such a buildup of crud in my oven that there is only room to bake a single cupcake. - *Phyllis Diller*

Cleaning your house while your kids are still growing is like shoveling your walk before it stops snowing. - *Phyllis Diller*

If I had to live my life again, I'd make the same mistakes, only sooner. - *Tallulah Bankhead*

The more he talked of his honor the faster we counted our spoons. - *Emerson*

I like winter because I can stay indoors with-

out feeling guilty. - *Teressa Skelton*

If I were two-faced, would I be wearing this one? - *A. Lincoln*

Few things are harder to put up with than a good example. - *Mark Twain*

We must believe in luck, for how else can we explain the success of those we don't like? - *Jean Cocteau*

Every man sees in his relatives a series of grotesque caricatures of himself. - *H. L. Mencken*

H. L. Mencken suffers from the hallucination that he is H. L. Mencken. There is no cure for a disease of that magnitude. - *M. Bodenheim*

I prefer rogues to imbeciles because they sometimes take a rest. - *A. Dumas fils*

Meet The New Neighbors

By Lucy Morgan

Meet Mary Bocci, Suite 312, who joined us October 1st. Mary was raised in the Collinwood area and attended William H. Brett and Collinwood High Schools. She lived in Aurora prior to coming to V. S.

Mary worked for the old Fazio stores for over 26 years before retiring. She has since worked part time at Davis Bakery and McDonald's Restaurant.

Mary has a family of which she can be justifiably proud: three daughters, eight granddaughters, eight grandsons, and nine great granddaughters and eight great grandsons. Four of her grand daughters have recorded a compact disk of gospel music which can be heard on the radio currently.

Her hobby is baking cakes for special occasions. She has baked for the weddings of eight of her grandchildren. Keep it up, Mary!

Nick and Connie Nicolosi, Suite 807, moved in at the end of October, having previously lived in Little Italy, Collinwood, the Kinsman area, and Eastlake. Nick operated a fruit stand on St. Clair Ave. for 23 years up to 1972. Shaw and John Adams were Connie and Nick's high schools.

They also have a great family: one son and five daughters who have presented them with 19 grandchildren and 14 great grandchildren, with whom they spend lots of enjoyable time.

Nick and Connie intend to stay active, (a good example for all of us,) with part-time jobs. They both like to bowl (Nick twice a week) and Connie likes to crochet and play bingo. They are happy to be here and we're happy to welcome them.

Thanks, Lucy, - Ed



From Creamettes

Pasta & Chicken di Toscana

Bow ties are known as *farfalle* in Italian

Makes 4 to 6 servings



12 oz. Bow ties, cooked as directed
8 oz, boneless, skinless chicken breast
½ cup dry white wine or water
1 tsp. dried Italian seasoning
1 (26 oz.) jar Portobello pasta sauce
½ cup frozen peas

In a medium skillet, combine chicken and wine; sprinkle chicken with Italian seasoning. Cover; simmer chicken for 20 minutes or until no longer pink. Remove chicken from skillet, reserve cooking juices. Slice chicken; return to skillet. Add pasta sauce and peas; heat through. Serve over bow ties.

Creamettes also suggests mostaccioli, fettuccine, and linguine as alternative pastas for this recipe, and hopes you will buy their brand of pasta as well as Classico brand sauces.

Bon appetit!

Health Exchange

The free health information series presented by Cleveland Clinic is held at 7:00 PM at the Mandel Jewish Community Center Stonehill Auditorium, 26001 South Woodland Rd., Beachwood. Reservations required, call 216-444-9090.

Tuesday, December 5, "Oh, My Aching Head." An overview of types of headaches, medication, and treatment.

Tuesday, December 12, "Sleep, Sleep, Sleep." A consideration of sleeping problems, including snoring, sleep apnea, and insomnia.

Winter Sleep

When against earth a wooden heel
Clicks as loud as stone and steel,
When snow turns flour instead of flakes,
And frost bakes clay as fire bakes,
When the hard-bitten fields at last
Crack like iron flawed in the cast,
When the world is wicked and cross and old,
I long to be quit of the cruel cold.

Little birds like bubbles of glass
Fly to other Americas,
Birds as bright as sparkles of wine
Fly in the night to the Argentine,
Birds of azure and flame-birds go
To the tropical Gulf of Mexico:
They chase the sun, they follow the heat,
It is sweet in their bones, O sweet, sweet, sweet!
It's not with them that I'd love to be,
But under the roots of the balsam tree.

Just as the spiniest chestnut-burr
Is lined within with the finest fur,
So the stony-walled, snow-roofed house
Of every squirrel and mole and mouse
Is lined with thistledown, sea-gull's feather,
Velvet mullein-leaf, heaped together
With balsam and juniper, dry and curled,
Sweeter than anything else in the world.
O what a warm and darksome nest
Where the wildest things are hidden to rest!
It's there that I'd love to lie and sleep,
Soft, soft, soft, and deep, deep, deep.

— Elinor Wylie

From The AARP Journal

Six Self Help Approaches to Combat Hypertension. Simple things that anyone can do to fight hypertension (high blood pressure). Exercise 30 minutes a day. Avoid high-fat and high-cholesterol food; bake, boil, or broil instead of frying. Eat foods high in potassium such as apricots, bananas, cantaloupes, oranges, lima beans, peas, and potatoes. Limit salt intake. Drink moderately. Don't smoke.

Senior Circle Activities

Annual Celebration of
Lights, Hillcrest Hospital
Atrium, Thursday, Decem-



ber 7, 7:00 to 8:00 PM. Light a candle in memory of a loved one. Listen to a local choir, enjoy refreshments, and share the evening with others. Sponsored by the Hillcrest Hospital Auxiliary. Call 440-449-4631 for more information.

Coming in January: Bus trip to Casino Niagara and tour of the Falls.

Mayfield Heights Civic Events

Lunch With Santa

Annual Children's Party, Saturday, December 9, 10:00 A.M. to Noon. 5\$ per child, \$2 per adult. Tickets can be purchased at the City Hall.

From The AARP Bulletin

Prescription Drug Help For Veterans

If you are a vet—regardless of whether your present illness or disability derived from your time in military service—you may be eligible for the Department of Veterans Affairs (VA) low-cost prescription drug program. For more information, call the VA toll free at 877-222-8387 between 8:00 A.M. and 8:00 P.M. Eastern time or call the local VA hospitals at University Circle and in Brecksville.

Hillcrest Hospital 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, December 12, at 4:00 PM, hospital cafeteria, Roast Beef, Whipped Potatoes with Gravy, California Blend Vegetables, and Pecan Pie, door prizes, bingo, or entertainment. Cost, \$3.50 All meals include a salad, side dishes, beverage and dessert. Tickets at the hospital cashier, in the Hillcrest Atrium Lobby 9:00-3:30 weekdays.

Free Healthcare Lectures. Wednesday, December 13, at DeJohn Community Center, 6306 Marsol Rd., "*Directions for Executing Ohio's Living Will and Durable Power of Attorney for Healthcare*," Jennifer Justice, Cuyahoga County Recorder's Office. 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. Tuesday, December 19, at 2:00 P.M., "Runaway Bride" starring Julia Roberts and Richard Gere, rated PG, 1 hr. 56 min., in the Hillcrest Hospital Ross Auditorium, (Lower Level). Movie, popcorn, and soft drinks are free. Reservations at **216-430-8432**.

Thanks to Karla Lindsey

From St. Francis of Assisi's Bulletin

There is power of life and death in what we say. Encouraging words to those who are down can lift them up and help them make it through the day. A destructive word can be what it takes to discourage them.

Be careful of what you say. Speak life to those who cross your path. There is power in words. An encouraging word can go a long way. Anyone can speak words that tend to rob another of the spirit to continue in difficult times. Special is the individual who will take the time to encourage another.

For a change of pace, I ordered milk on my last plane trip. On the container were pictures of lost luggage.

The mark of an immature person is wanting to die nobly for a cause; while the mark of the mature person is wanting to live humbly for one. — *J. D. Salinger*

After three years' absence, the vegetarian son called his parents to tell them he was coming home. "Our prodigal son is returning," said the father to the mother. "Kill the fatted zucchini."

"We are caught in an absurd materialistic spiral. The more we make, the more we need in order to live decently and respectably. Somehow we have to break this spiral because it makes us sin against our needy brothers and sisters, and, therefore, against our Lord, and it also destroys us. Sharing with others is the way to real joy." — *Ron Sider*

They now have Dial-a-Prayer for atheists. When they call, no one answers.

In December we have certain expectations. We expect cold weather and snow, holiday shopping and holiday foods, and we expect family and friends to join us in the spirit of the season. There will be cards sent and special foods prepared; gifts wrapped and unwrapped and exclaimed over.

Lights! December is the month of lights, the light of miracles. Hanukkah (or Chanukah) is the festival of lights commemorating a time in 65 BC when a days' worth of oil burned continually for eight days. Lights sparkle on Christmas trees, in shop windows and in the yards of residential areas. These lights remind Christians of the birth of Jesus, The Light of The World.

New Years Eve we pause to give thanks for another year passed with its joys and sorrows and wish one another health, happiness and luck in the year to come. We end the year and the month with expectations of love and peace and goodwill towards all men.

The Villa Serena is beautifully

decorated in seasonal splendor and activities are planned for your holiday enjoyment.

We welcome newcomer **Michele Wagner, Wednesday, December 6** at 2 PM . Michele is a songwriter and recording artist who has recorded many Christian music albums and has won awards for best new artist and for one of best ten albums of the year. She will present a program of holiday music that you won't want to miss.

The wonderful I.S.D.A **Primavera Band** will return **December 8th** to provide us with another fine evening of dance music. These are top-notch musicians that are always a hit with Villa audiences.

It wouldn't be Christmas without **Carmellina!** Join your friends **December 20th** for our traditional dinner and the extraordinary program of seasonal music that only Carmellina could bring us.

The Staff and Board of Trustees wish each of you a happy holiday and health and happiness in the year to come.

St. Francis Foundation and
Villa Serena
Senior Citizens
Center
6800
Mayfield Rd.
Mayfield Hts., Ohio
44124
440-448-3977
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



Christmas