

Dinner at Villa Serena

December 7

Beef Brisket or Fish
Potato and Vegetable
Dessert

Beef Brisket \$8.50 Fish \$7.50



December 18 Christmas Holiday Dinner

Appetizer
Veal or Fish
Vegetable and Potato
Special Dessert

Veal \$8.50 Fish \$7.50

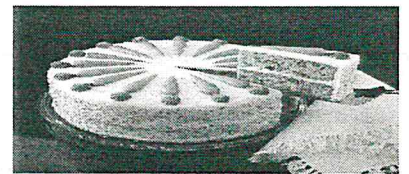
St. Francis Foundation

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
3 1:00 Ceramics 6:00 Cards	4 3:30 Rosary 7:00 Game Night	5 9:00 Wellness Nurse 9:00 Sewing 1:00 Craft Class 2:00 Exercise	6	7 Pearl Harbor '41 5:00 Dinner 6:30 Program
10 Chanukah 1:00 Ceramics 6:00 Cards	11 3:30 Rosary 7:00 Game Night	12 9:00 Sewing 1:00 Craft Class 2:00 Exercise	13 10:00 Staywell Nurse	14
17 1:00 Ceramics 6:00 Cards	18 3:30 Rosary 5:00 Dinner 6:30 Program	19 9:00 Wellness Nurse 9:00 Sewing 1:00 Craft Class 2:00 Exercise	20	21 Winter-- br 2:00 Mass
24 1:00 Ceramics 6:00 Cards	25 Christmas	26	27 10:00 Staywell Nurse	28
31 New Year's Eve	January 1, 2002 <i>Happy New Year!</i>			

Birthdays and Anniversaries December 2001



Birthdays

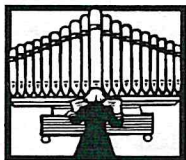
December	3	Michael Vespro	#332	16	LaVerne Harsch	#734
	4	Ann Hudec		18	Marie Leben	#214
	5	William Balazs	#527	19	Franciska Kadlub	#619
		Ida Hittie	#823	20	Philomena Barbitta	
		Theresa Kennedy			Josephine Mallik	
		Ellen Kohler	#615		Agnes Puro	#326
	6	Frances Robideau			Anne Rusick	
	7	Delores DeFranco	#307	21	Connie Nicolosi	#807
		Josephine Ferrante		23	Art Swirsky	
	8	Joseph Arcuri		26	Andy Glorioso	#402
		Grace Sabrabsky			Sylvia Liff	
	10	Kay Oswald			Rita Pekol	#320
	11	Rose Swingos	#733	27	Stephen Ciomek	#710
	12	Ardell Gecky	#417		Chester Oleksy	#702
		Helen Stubnar	#204	29	Michael Yanoska	#817
	13	Lucy Brodnick	#816	30	Angela Znidarsic	
		Inez DeCesare	#431	31	William Bisbee	#301
		Harvey Sternberg	#827		Ann Kobal	#318
	14	May Y. Ming	#534			
	15	Margaret Ackerman	#415			
		Sally Schrembeck	#328			

Anniversary

December 31 M/M Nick Nicolosi#807

A Few Hymns for Senior Citizens

Nobody Knows the Trouble I Have Seeing
 Amazing Grace, All Things Considered
 Just a Slower Walk With Thee
 Go Tell It On The Mountain, and Speak Up
 Give Me That Old Timers' Religion
 Blessed Insurance



Monday Night Pinochle

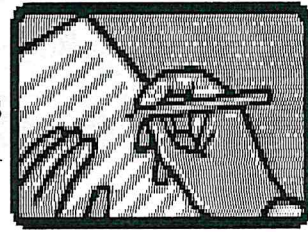
<u>October 22</u>		<u>October 29</u>		<u>November 5</u>		<u>November 12</u>	
Mitzi Weber	572 2.00	Agnes Puro	604 2.00	Agnes Puro	607 2.00	Vera Kozak	640 2.00
Agnes Puro	563 1.75	Mitzi Weber	564 1.50	Laila Nagy	587 1.75	Laila Nagy	605 1.75
Marie Kavalunas	555 1.25	Laila Nagy	547 1.00	Mary Welker	534 1.25	Jennie Cellura	546 1.25
Laila Nagy	526 1.00	Jack Wells	517 1.00				

Ups and Downs

Six eight-letter words are hidden in the letter groups below. Find the words by choosing the correct letter from each vertical pair of letters.

Example: E N T I R A S E

M S P E M T T H Underlined letters spell *estimate*.



1. C O I P E B I R
S L U V A N L E
2. I L A P U A S E
G R O D R E T Y
3. P A D I E I E S
M O L E T G C R
4. S O R K L N G E
F I L T A O R A
5. E M S H O T I L
B I P C A N E C
6. U G D E P T G E
A N A I R R O W

Answers

Answers:

1. Souvenir
2. Graduate
3. Politics
4. Folklore
5. Emphatic
6. Undertow

Just For Laughs...

Idealism is what precedes experience; cynicism is what follows.— *David T. Wolf*

The cynics are right nine times out of ten.— *H. L. Mencken*

When there are two conflicting versions of a story, the wise course is to believe the one in which people appear at their worst.— *H. Allen Smith*

Half the people in America are faking it.— *Robert Mitchum*

I am a kind of paranoiac in reverse. I suspect people of plotting to make me happy.— *J. D. Salinger*

Happiness is having a large, loving, close-knit caring, family in another city.— *Geo. Burns*

An evil mind is a constant solace.— *Anon*

A thing worth having is a thing worth cheating for.— *W. C. Fields*

He without benefit of scruples
His fun and money soon quadruples,—
Ogden Nash

Living with a conscience is like driving a car with the brakes on.— *Budd Schulberg*

It has been my experience that folks who have no vices have very few virtues.— *Lincoln*

The price of purity is purists.— *Calvin Trillin*

Leah Meyer, Villa Serena's new Service Coordinator, began serving residents in October. Leah has spent sixteen years as a social worker working with older adults. Leah's office is beside our library and she welcomes residents to visit her on Tuesdays, Wednesdays and Thursdays. You may call her at 684-1940.- As a Service Coordinator, Leah will find resources within the community that residents need, use and want. For example, housekeeping and meal services, securing benefits such as Medicaid or other insurance, interpreting mail, and assisting with filling out forms.

Recently a program relating to Senior Citizens and their prescriptions was well received by Villa residents. November 7th, Carol Murphy from the Montefiore Access At Home program, announced to a Villa Serena audience the Wellness Service program. On first and third Wednesdays from 9 to 12, a team consisting of a nurse, occupational therapist and a reiki and massage therapist will be available to residents in the Activities Room.

The occupational therapist can provide free safety at home evaluations upon request. The massage therapist will provide a chair for persons needing relaxation or therapeutic massages. Reiki is a hands-on therapy that uses energy to promote relaxation, stress relief and comfort care. All of this at no cost!

The Wellness Clinic is staffed by licensed nurses who will answer prescription and health questions. Residents can get blood pressure screening and look forward to glucose monitoring and cholesterol checks in the future. Sign up in the office for massage and reiki.

To V. S. Veterans and Others Eligible for Veterans' Administration Services

The V. A. hospital in University Circle does have flu shots for eligible recipients. Your editor got one there on November 2, and was in and out in ten minutes. If you want to know if you qualify, call **216-791-3800**.

From "Home for the Holidays,"
published by the V. F. W.



Italian Pot Roast

- 1 whole beef fillet, 4 lbs.
- 1 bottle Italian Barbera or Cabernet
- 1 tblsp salt
- 1 tblsp black pepper
- 1 tblsp dry rosemary
- 1 tsp whole cloves, optional
- 1 tsp nutmeg
- 1 stem fresh sage
- 3 cloves garlic, crushed
- 1 tblsp olive oil
- 2 carrots, cut julienne
- 2 stalks celery, cut julienne

Remove all fat from beef. Mix together wine, salt and pepper, rosemary, cloves, nutmeg, sage, and garlic and marinate beef for 24 hours.

Remove beef, strain and reserve marinade.

In a large pot, brown beef with olive oil, fresh rosemary and sage. Add carrots, celery, and reserved marinade to beef. Cover and cook over very low heat for 3 to 4 hours until sauce is reduced by half.

Remove beef, slice and drizzle with remaining sauce.

4 to 6 hearty servings

Bon appetit!

Important Area Phone Numbers

- Hillcrest Hospital Community Medical Transit** 216-797-4014
- RTA Paratransit Service** 216-781-1110
- Hillcrest Meals-on-Wheels** 440-449-3551
- Schnurmann-Luther Service Center**
(lunches, transportation) 440-461-3622

Hillcrest Hospital Senior Services

The Meridia Senior Circle of Care 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 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, in the Hillcrest Atrium Lobby 9:00-3:30 weekdays. *Due to the holidays, there will be no Supper Club in December. Happy Holidays — See you in 2002!!*

Free Healthcare Lectures.

Wednesday, December 12, at DeJohn Community Center, 6306 Marsol Rd., "*Skin Cancer: An Overview*," Jacqueline M. DiPierro, MD. Cosmetic and Reconstructive Surgery, Hillcrest Hospital. 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. in the Hillcrest Hospital Ross Auditorium, (Lower Level). Movie, popcorn, and soft drinks are free. Reservations at 216-430-8432. Due to the holidays, there will be no movie in December.

Remember, daily dinners are available at the cafeteria. A full meal, beverages, and dessert for \$4. Bring your Senior Circle Card.

Thanks to Karla Lindsey

From the St. Francis of Assisi Bulletin

The Parish: A People Thing. More than one politician has admired the way the Roman Catholic Church has organized the world. Its entire surface has been divided into little squares call dioceses. These little squares have been further divided into smaller squares called parishes. Someone, bishop or priest, is responsible for every square inch of the planet, and every Catholic man, woman, or child had an assigned place — his parish. This organizational structure was rooted in the medieval feudal system. This all changed in 1983 when the Church introduced its new Code of Canon Law.

This new Law of the Church viewed the parish not primarily as a territory but as "a defined and stable community." The emphasis shifted from geography to people. One result was that a person could belong to more than one parish. A college student might belong to his hometown parish, a university parish, and perhaps another reflecting his cultural heritage.

None of this would have happened had it not been for the ground-breaking work of the Second Vatican Council. The bishops of this Council described the Church primarily in personal rather than organizational terms. They reached back to Peter's First Letter and spoke of the Church as "the people of God." Popes and bishops remained, of course, but they were now seen as part of a vast community living in the heart of the world in order to serve the world. That, by the way, is an excellent definition of a Parish.

An elderly woman died last month.. Having never married, she requested that there be no male pallbearers. In her handwritten instructions for her memorial service she said, "They wouldn't take me out when I was alive; don't let them now that I'm dead!"

The holidays are fast approaching and we begin to feel the excitement generated by the commercials and decorated shops—and perhaps the patter of our grandchildren. Cards and gifts and special foods are planned. We each celebrate in ways unique to our family traditions.

Hanukkah, the festival of lights, is a happy occasion celebrating a time in about 65 BC when, miraculously, one day's worth of oil burned for eight days. Children receive Hanukkah gelt (money) and play a traditional game with a dreidel (top).

Christmas glorifies the birth of Jesus Christ, when the Magi brought gifts to the manger. We share the spirit of giving and the coming together of friends and family. Our cards and gifts, our music, decorations and holiday worship focus on this Christian miracle.

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. May

the coming year be one especially of peace.

The Villa Serena is always decorated in seasonal splendor. We have planned good food and holiday music and fine entertainment for your pleasure.

Bob and Shelly Orlandi return to Villa audiences on **December 7th**. Bob and his wife have brought their program of dance music and song—and a lot of good-natured kidding—to us for many years. They're always a crowd pleaser so plan to be here. This will be our Birthday and Anniversary dinner for December.

Gather with your friends to celebrate the traditional Villa Serena Christmas dinner and program with the extraordinary **Carmellina** on Tuesday, **December 18th**. For many years Carmellina's wonderful voice and beautiful program has come to mean the Christmas season is truly here.

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The Board of Trustees and Staff of Villa Serena once again wish you a **Happy Holiday** and health and happiness in the coming year.

St. Francis Foundation and  
Villa Serena  
Senior Citizens  
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New Year's Eve