

Dinner at Villa Serena

December 13

Pork Chop or Fish
Macaroni and Cheese
Vegetable
Dessert

Pork Chop \$8.50, Fish \$7.50



December 18 - Wednesday

Appetizer
Veal or Fish
Vegetable & Potato
Special Dessert

Veal \$9.00, Fish ~~\$7.50~~

\$8.00

St. Francis Foundation

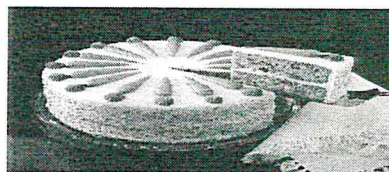
Villa Voice 6800 Mayfield Road
Mayfield Heights, Ohio 44124

DATED MATERIAL—PLEASE DELIVER

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Permit No.
175

Monday	Tuesday	Wednesday	Thursday	Friday
2 1:00 Wellness Reiki and Massage 6:00 Cards	3 7:00 Game Night	4 9:00 Sewing 1:30 Exercise	5 2:00 Staywell Nurse	6
9 1:00 Ceramics 6:00 Cards	10 3:30 Rosary 7:00 Game Night	11 9:00 Sewing 1:30 Exercise	12	13 5:00 Dinner 6:30 Program
16 1:00 Wellness Reiki and Massage 6:00 Cards	17 11:30— Noon Mobile Post Office 3:30 Rosary 7:00 Game Night	18 9:00 Sewing 1:30 Exercise 5:00 Christmas Dinner 6:30 Program	19 2:00 Staywell Nurse	20 2:00 Mass
23 6:00 Cards	24 3:30 Rosary Christmas Eve	25 Christmas	26 Kwanzaa	27
30 6:00 Cards	31 New Year's Eve 3:30 Rosary 7:00 Game Night		Winter Begins Sunday 12/22, and the days get longer	

Birthdays and Anniversaries December 2002



Birthdays

December	3	Michael Vespro	#332
	5	William Balasz	#527
		Ida Hittie	#823
		Ellen Kohler	#615
	7	Delores DeFranco	#307
	8	Joseph Arcuri	
		Grace Sabrabsky	
	10	Kay Oswald	
	11	Rose Swingos	#733
	12	Ardell Gecsy	#417
		Helen Stubnar	#204
	13	Inez DeCesare	#431
		Harvey Sternberg	#827
	14	May Ming	#534
	15	Margaret Ackerman	#415
		Sally Schrembeck	#328
	16	LaVerne Harsch	#734
	18	Marie Leben	#214
	19	Franciska Kadlub	#619

December	20	Josephine Mallik	
		Agnes Puro	#326
		Anne Rusick	
	21	Connie Nicolosi	#807
	23	Art Swirsky	
	26	Andy Glorioso	#402
		Sylvia Liff	
		Rita Pekol	#320
	27	Stephen Ciomek	#710
		Chester Olesky	#702
		Rosemary Valenti	#509
	29	Michael Yanoska	#817
	30	Lois Belak	
		Angela Znidarsic	
	31	William Bisbee	#301
		Ann Kobal	#318

Anniversary

December	31	M/M Nick Nicolosi	#807
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The AARP Magazine, Modern Maturity, warns of one of the perils to be found in gambling casinos (other than the obvious one): the ever-present buffet tables. The temptation to overeat is hard to resist, but food can be a positive factor if you are careful.

Salad bar: load up on greens and lay off the fatty dressings. Use lemon juice or balsamic vinegar, and skip the croutons.

Soups: Pass.

Breads: whole wheat or multigrain. Baked potatoes or steamed rice are OK, but watch the toppings; avoid mushy rice.

Cold shrimp: limit yourself to 3 or 4.

Fish: Broiled or poached fish is the food equivalent of hitting the jackpot.

Carving bar: avoid roast beef; go for skinless turkey.

Desserts: eat fruit. Pastries, puddings, or pie are all high in fats and calories.

Monday Night Pinochle

November 4

Marcy Stianche	620 250
Pat Perna	563 2.00
Ted Turlik	545 1.75
Rina Colocci	530 1.25

November 11

Connie Nicolosi	558 2.10
John Ondak	558 2.10
Sam Fratantonio	558 2.10
Agnes Puro	538 1.25

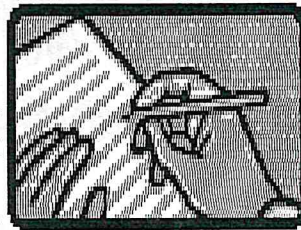
November 18

Tina Boothe	544 3.00
Marcy Stianche	535 2.50
Pat Perna	533 1.50
Mary Welker	527 1.25
Marie Kavalunas	525 1.25



No Ends In Sight

For each of the words in the "Definition A" column, find a word that fits the description. Then, cut off its first and last letter to arrive at a word that fits the "Definition B."



Example: Definitions "Strict" and "Always" would be answered by "Severe" and, less the first and last letters, "Ever"

Definition A

1. Sooty dirt
2. Writing pad
3. Broad comedy
4. Big finish
5. Evergreen
6. Actor's specialty
7. Quick peek
8. Requesting
9. Playground attraction
10. Having a rough, husky voice

Definition B

- Edge
- Competent
- Curve
- Peruvian city
- At home
- Male sheep
- Hobbles
- Outer covering
- Jar topper
- Rowing needs

Answers

Answers:

1. Grime, rim
2. Tablet, able
3. Farce, arc
4. Climax, lima
5. Pine, in
6. Drama, ram
7. Glimpse, limps
8. Asking, skin
9. Slide, lid
10. Hoarse, oars

Just For Laughs...

Every government is run by liars and nothing they say should be believed.— *I. F. Stone*

It is dangerous to be right when the government is wrong.— *Voltaire*

Patriotism is the veneration of real estate above principles.— *George Jean Nathan*

Patriotism is a pernicious, psychopathic form of idiocy.— *Shaw*

There is only one way for a newspaperman to look at a politician, and that is down.— *Frank H. Simonds*

The reason there are so few female politicians is that it is too much trouble to put makeup on

two faces.— *Maureen Murphy*

Democracy is being allowed to vote for the candidate you dislike least.— *Robert Byrne*

Diplomacy is the art of saying "Nice doggie" until you can find a rock.— *Will Rogers*

An honest politician is one who, when he is bought, will stay bought.— *Simon Cameron*

A conservative is one who wants the rules changed so no one can make a pile the way he did.— *Gregory Nunn*

Conservative, n. A statesman who is enamored of existing evils, as distinguished from the liberal, who wishes to replace them with others.— *Ambrose Bierce*.

Drug Smarts



Doctors do the prescribing, but it's up to you to take charge of the details.

Watch The Clock "The hour of the day you take a drug can greatly alter its effectiveness," says Janice Douglas, M.D., from CWRU. "Research shows a 40% higher risk of heart attack and a 49% higher risk of stroke in the morning. So if there was ever a time for your high blood pressure medicine to be working at its peak, morning is it. To get that result, you might be better off taking your pills the night before: most anti-hypertensives you take in the morning won't fully kick in until afternoon. Whatever drug you're prescribed, ask your doctor when the best time is to take it.

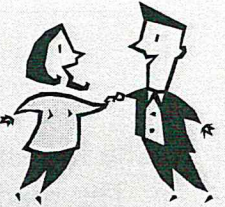
Open Up To Your Dentist Many of the medications used by dentists, including anesthesia, antibiotics, and painkillers, don't mix well with certain prescription medications. A great number of drugs can cause dry mouth. "Saliva is your best defense against tooth decay," says Richard H. Price, D.M.D., of the American Dental Association. "If your mouth is perpetually dry due to medication, we might want to take extra steps, such as prescribing a fluoride gel, to make your teeth more resistant to decay." Also tell your dentist if you have conditions that compromise your general health, particularly heart valve problems. That way you'll likely receive antibiotics before having any serious work done.

Make Friends With Your Pharmacist Your druggist knows a lot about prescription drugs. Make sure he knows your condition and the pills you're taking. If you're not sure whom you should pester with questions, ask both your doctor and your pharmacist. You can never get too much information.

Next Month: *Plan a Review Session and The Ethnicity Factor*

Meet The Neighbors

By Lucy Morgan



Fred Berkheimer has been in residence in #529, since July. Fred was born in Cleveland and went to elementary school in Willoughby Hills. He graduated from Willoughby Union High School. He attended Lakeland Community College, then trained for police work in Columbus. He later worked for the Ohio Detecting Association for 19 years. He then started his own business in security and investigations. He is now retired and works part time for Gray Security Investigation.

Fred has one son, a banker, who has presented him with four grandchildren, two boys and two girls, who are all living in Chardon.

For recreation, Fred likes hunting and target practice and enjoys shooting pool. Nice to have you here, Fred.

Shirlee J. Sazima is the new arrival in #729. A well-traveled lady, she has lived in East Cleveland, Philadelphia, Pennsylvania, and San Francisco and San Jose, California. She is a graduate of Shaw High, Western Reserve University, and the University of Pennsylvania, specializing in hematology and blood diseases. Shirlee headed the hematology laboratory at Huron Road Hospital in East Cleveland.

Her children are sons Greg, a medical doctor and psychiatrist at Johns Hopkins University, and Scott, a dentist in Westlake, and daughter Sheryl, who has a masters' degree in advertising and works for the Highland Talent Organization. She loves reading: James Patterson is her favorite author. She enjoys needlepoint, bridge, and crossword puzzles, but hates shopping carts in the hall. Hi, Shirlee

A Line-Storm Song

The line-storm clouds fly tattered and swift.
The road is forlorn all day,
Where a myriad snowy quartz-stones lift,
And the hoofprints vanish away.
The roadside flowers, too wet for the bee,
Expend their bloom in vain,
Come over the hills and far with me,
And be my love in the rain.

The birds have less to say for themselves
In the wood-world's torn despair
Than now these numberless years the elves,
Although they are no less there:
All song of the woods is crushed like some
Wild, easily shattered rose.
Come be my love in the wet woods, come,
Where the boughs rain when it blows.

There is the gale to urge behind
And bruit our singing down,
And the shallow waters aflutter with wind
From which to gather your gown.
What matter if we go clear to the west,
And come not through dry-shod?
For wilding brooch, shall wet your breast
The rain-fresh goldenrod.

Oh, never this whelming east wind swells
But it seems like the sea's return
To the ancient lands where it left the shells
Before the age of the fern;
And it seems like the time when, after doubt,
Our love came back amain.
Oh, come forth into the storm and rout
And be my love in the rain.

— Robert Frost

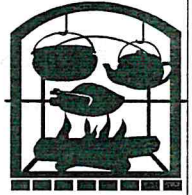
Hospital Doin's, December

Thursday, 12/5, Annual Celebration of
Lights in the hospital Atrium, 7:00 P.M.

**Wednesday and Thursday, 12/11 and
12**, Peterson Nut Sale, Atrium & A.M. to 5 P.M.

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

Virginia's Italian Sausage Soup



- 1 can vegetable broth
- 1 can beef broth
- 1 cup frozen corn
- 1 cup sliced carrots
- 1 cup frozen peas
- 1 can red kidney beans
- 1 lb. Mild Italian sausage
- 3 stalks celery, chopped
- 3 small green onions, chopped
- ¼ tsp. Basil, to taste
- 1 tsp. Salt-free vegetable seasoning
- ½ tsp. Butter salt or 1 tbsp. Margarine
- 2 Roma tomatoes, chopped
- ¾ cup sm. shell macaroni, uncooked

In a large 8 quart pan, heat vegetable broth, beef broth, corn, carrots, peas, and red kidney beans. Bring to a boil for a few minutes. While cooking, crumble and saute sausage. Drain excess grease and add to vegetable mixture. Add celery, onions, basil, vegetable seasoning, and butter salt or margarine. Stir and cook another few minutes. Add tomatoes and macaroni. Gently cook for another 14 minutes and serve. Good served with corn bread or garlic bread.

Yields 4 servings.

Bon appetit!

Some Rules of Life from the Internet:

You only need two tools, WD-40 and duct tape. If it doesn't move and it should, use WD-40. If it moves and it shouldn't, use the tape.

If you woke up breathing, congratulations! You have another chance.

Hillcrest Hospital Senior Services

The Meridia Senior Circle of Care has 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 Plus 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. All meals include salad, roll, and vegetable. No Supper Club meal is planned over the holidays, but the regular Senior Circle Daily Dinner is available from 4:00 to 5:00 every weekday (membership card required.)

Free Healthcare Lectures.

Free refreshments at 9:30 AM, lecture from 10:00 to 11:00. Reservations required in advance. Wednesday, December 11, "Is It Memory Loss, Dementia, or Alzheimer's?," Dawn Kinetz, Homewood Residence. Call **440-449-6223**.

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 **440-449-6223**. No movie in December. Watch this space for the announcement of January's flick, and happy holidays and a happy new 2003 to all our senior friends.

Thanks to Karla Lindsey

From the St. Francis of Assisi Bulletin

Have you ever said, "Well, all we can do now is pray?" Sometimes, instead of beginning with prayer we resort to it after all our other resources have been used. When we come to the end of ourselves, we come to the beginning of God.

Prayer is for every moment of our lives, not just for times of suffering or joy. Prayer is a place; a place where you meet God in genuine conversation.

Jesus is the supreme model of a person devoted to prayer. He was constantly in an attitude of prayer, and never more urgently than when in the face of suffering. An amazing thing in Scripture is how much time Jesus spent in prayer. He had only three years of public ministry, but He was never too hurried to spend hours in prayer. He prayed before difficult tasks and crises in His ministry. No day began or closed in which He was not in communion with His father. He prayed long and often. He prayed briefly when He was in a crowd; He prayed a little longer when He was with His disciples; He prayed all night when He was alone.

No matter how dark and hopeless a situation might seem, never stop praying. For us, prayer should not merely be an act, it should be an attitude of life.

Do we pray for God's will? Or do we demand our own way? Prayer needs to be an integral part of our lives, so that when a crisis comes, we have the strength and the faith to pray for God's will.

From her convent window, Sister Eulalia saw a shabby looking stranger on the street. She wrote "Don't Despair, Sister Eulalia," on a piece of paper and dropped it out the window with a \$10 bill. The next day the stranger returned, handed her a wad of money, and said " 'Don't Despair' paid 30 to 1!"

The villa

Villa Serena

Voice

December, 2002

Volume XXXV
Number 12

The holidays are upon us! Good cheer to all! We begin to feel the excitement generated by decorated houses and shops and the many commercials on TV. We plan shopping and cooking and visiting with family and friends over the days of festivities. How often "the reason for the season" becomes secondary to decorating and gift giving or overlooked completely.

Christmas glorifies the birth of Jesus Christ when the Magi brought gifts to the manger. We rejoice by giving cards and gifts to those we care about. Christ taught the love of God and peace to all mankind. As this year ends may people of all faiths pray especially for peace to all the world's people. We give thanks for another year together and may next year bring us also health and happiness and perhaps some luck.

As always, The Villa Serena is beautifully decorated in seasonal splendor. Each floor presents some holiday trimmings and our front

lobby glows from our tree and crèche and the array of poinsettias. How lovely it is. Good food, good music and good times are also a December specialty at The Villa.

Welcome back **Dick George**, a long time performer at Villa functions on **December 13th**. Dick is called "The Human Jukebox" because of his repertoire of tunes. Join us for a wonderful dinner and evening of jokes and dancing to Dick's melodies. This will be our birthday and anniversary dinner for December.

The highlight of the holiday season is our traditional Christmas dinner and the extraordinary musical performance of **Carmellina**. Be sure to join us Wednesday evening **December 18th** for a wonderful evening of fine food and a superior music program. Come celebrate the season with us once again.

The staff and Board of Trustees of Villa Serena once again wish everyone a **Happy Holiday** and health, happiness and especially peace in the coming year.

St. Francis Foundation and
Villa Serena
Senior Citizens
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CHRIST-
MAS