# Dinner at Villa Serena



Wednesday, December 17 Our Annual Christmas Dinner

**Appetizer** Veal or Fish Vegetable & Potato **Special Dessert** Veal \$9.00, Fish \$8.00 Followed by Entertainment by Carmelina

St. Francis Foundation Villa Voice 6800 Mayfield Road Mayfield Heights, Ohio 44124

DATED MATERIAL—PLEASE DELIVER

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

175

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	2
1:00 Ceramics	3:30 Rosary	9:00 - 1:00 Sewing	2:00 Staywell Nurse	
6:00 Pinochle	7:00 Game Night	1:30 Evoluiso		
	6	10 0.00 _ 1.00 Saxring	11	12
1:00 Ceramics	3:30 Rosary	7.00 - 1.00 SCWIIIB		6.00 Conta Dicturae
6:00 Pinochle	7:00 Game Night	1.30 EACTORS		7:00 Christmas Carols
15	16	17 0.00 1.00 Serving	18	19
	11:30 to Noon	1:30 Exercise	N. I. C	2:00 Mass
6:00 Pinochle	7:00 Game Night	6:30 Program	2:00 Staywell Indise	Chanukah, Sundown
22 Winter Begins	23		25 MERRY	26
1:00 Ceramics	3:30 Rosary	nesor equipo	CHRISTMAS	Kwanzaa Begins
6:00 Pinochle	7:00 Game Night			-21
29	30	31 New Year's Eve	Pearl Harbor 12/7	
1:00 Ceramics	3:30 Rosary			
6:00 Pinochle	7:00 Gane Night			

# Birthdays and Anniversaries December 2003



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900	Birthdays					44444	1444444444444	444444
	December	3	Michael Vespro	#332	December	20	Josephine Mallik	
100		5	Ida Hittie	#823			Agnes Puro	#326
100			Ellen Kohler	#615		21	Connie Nicolosi	#807
7000		7	Delores DeFranco	#307		23	Harvey Sternberg	#827
7000		8	Joseph Arcuri	'n ar de			Art Swirsky	
7000			Grace Sabrabsky			26	Andy Glorioso	#402
7000		10	Kay Oswald		=		Rita Pekol	#320
700		11	Rose Swingos	#733	<b>-</b> 11	27	Steve Ciomek	#710
7000		12	Ardell Gecsy	#417	T		Chester Olesky	#702
7000		13	Thelma McCracke	n#234			Rosemary Valenti	#509
700			Mary Sweeney	#814		29	Helen Beemer	#311
7000		14	Harold Cohn	#817		30	Lois Belak	
700			May Ming	#534		31	William Bisbee	#301
700		15	Margaret Ackerma	n#415			Ann Kobal	#318
700			Sally Schrembeck	#328				
700		16	LaVerne Harsch	#734				
700		18	Marie Leben	#214	Anniversarie	es es		
3000		19	Franciska Kadlub	#619	December	31	M/M Nick Nicolos	i #807
10								

# Men Needed

For Saturday Poker Game



1 P.M.

In The Game Room

#### Watch Your Calendar For December

Monday, December 8, at 3:00 P.M., and Friday, December 12, at 7:00 P.M., Christmas caroling with the Girl Scouts and the St. Francis Choir

Friday, December 12, at 6:00, Santa pictures

#### Congrats to Lucky Connie Nicolosi

Hit the \$50 first prize at Bingo, November 8

Monday Night Pi	inochle				1		
October 20		October 27		November 3		November 10	
Stella Benjamin	564 2.50	Ted Turlik	600 2.50	Tina Boothe		Grace Alliger	578 2.25
Laila Nagy		George Seidel		George Seidel	564 2.00	Agnes Puro	565 2.00
Tina Booth		Carmen Cortese	541 1.50	Connie Nicolosi	509 1.50	George Seidel	560 125
Andy Glorioso	516 1.00	Tina Boothe	529 1.00	Andy Glorioso	501 1.00	Jennie Cellura	554 1.00
		W 1	<u>-</u>	2 % = 1000 - 40	- 4		

#### Dispelling Misspelling

In each of the 12 misspelled words below, one letter needs to be added, changed, or deleted to make the spelling correct. If a letter must be added or deleted, write that letter on the dash following the word. If a letter must be changed, write on the dash the letter which will make the spelling correct. If done correctly, the dashes, reading down, will spell out another word.

1.	subconscous
2.	urannium
3.	marithon
4.	corageous
5.	facinate
6.	reppertory
7.	perplexety
8.	anshovy
9.	besege
10.	elaberate
11.	fatige
12	vission

1. Add I. 2. Delete N, 3. change I to A, 4. Add U, 5. Add S 6. Delete P, 7. Change E to I, 8. Change S to C, 9. Add I, 10. change E to O,

Answers

## Just For Laughs...

She's what we used to call a suicide blonde. Dyed by her own hand. — Saul Bellow

For people who like peace and quiet: a phoneless cord. — *Anon* 

The best audience is intelligent and well-educated, and a little drunk. — Alben Barkley

What is this, an audience or an oil painting? — Milton Berle

Civilization exists by geological consent, subject to change without notice. — Will Durant

In Biblical times, a man could have as many wives as he could afford. Just like today. — Abigail Van Buren

The first human being who hurled an insult instead of a stone was the founder of civilization. — Freud

The only paradise is paradise lost. — *Marcel Proust* 

Historical reminder: always put Horace before Descartes. — *Donald O. Rickter* 

Most of our future lies ahead.— Denny Crumb, Louisville basketball coach

If there is another way to skin a cat, I don't want to know about it. — Steve Kravitz

Life is like an overlong drama through which we sit nagged by the vague memories of having read the reviews. — *John Updile* 

Answers:

#### **Drug Smarts**

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



Timing Is Everything Sometimes beating a side effect is as simple as spacing out your doses; taking a little now and the rest later. "That's often a workable solution with many high blood pressure medications (which can cause dizziness), says Brandon Koretz, M. D., assistant clinical professor with the UCLA School of Medicine. In addition, taking the drug with food (unless the label says not to) can reduce nausea, a common side effect with many pills. Niacin is another pill that can be taken with your meal. Swallowing it with food makes your face less flushed, a frequent reaction. diuretics, which can keep you up at night running to the toilet, a solution may be to pop them earlier in the day. Ask your doctor or pharmacist before changing the timing of your meds.

Send Old Drugs Packing You should always throw out your medications once they've passed their expiration date. Try thinking of expired medicines as old car tires; they may still be functional, but the manufacturer can no longer guarantee their effectiveness. In some cases chemical decomposition can even turn a once-beneficial medicine into a poison. Use of outdated tetracycline (an antibiotic) has been linked to Fanconi's syndrome, a serious disease that can affect the kidneys and cause bones to soften. So

#### 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!
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!

Elinor Wylie

Hillcrest Hospital's Annual Celebration of Lights

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December 4, 7:00 to 8:00 P.M. in the Atrium Light a candle in memory of a loved one. Listen to a local choir and enjoy refreshments.

review your medicines at once a year and get rid of the oldies that are no longer goodies

#### Villa Serena Offers

## U. S. Post Office on Wheels

The Postal Service will bring the mobile substation to the front door on Tuesday, December 16 from 11:30 to Noon.

Services include:

- \* Stamps
- \* Packages
- \* Priority Mail



Meet The Neighbors

By Lucy Morgan

Our neighbor since May, the man in 833 is **Jo**-

seph Ianni. Joe lived in Lakewood and Chesterland before joining us here. He attended Corlett Elementary and John Adams High. After a short stint at National Acme, he was drafted (remember the draft?) into the army and served at Fort Bliss, Texas, before being sent overseas for 18 months.

Joe attended Ohio State under the G. I. Bill (remember the G. I. Bill?) and then went into business with his brothers as Ianni Bi-Rite Stores with stores in Lyndhurst and Willoughby.

Joe is now retired, with two stepsons and four grandchildren, two boys and two girls, who live in the Lakewood area.

Joe enjoys golf, bowling, and bocce. He likes to play cards and gamble a little. He might be interested in the Saturday poker game in the game room. Welcome, Joe, it's good to have you here.

Senior Circle Plus Daily Dinner. 4:00 to 5:00 PM., in the hospital cafeteria. Entrée, soup, roll, sides, beverage; (soft drink or coffee), and dessert, only \$4,.

From: Best-Ever Chicken, published by Pillsbury

# Hearty Chicken Noodle Soup

Prep time: 1 hour; ready in 1 hr. 45 min.



4½ to 5 lbs. Cut-up frying chicken

8 cups (2 qts.) water

1 cup chopped onions

1 cup chopped celery

1 cup celery leaves

1 bay leaf

2 tsps salt

½ tsp. Pepper

½ tsp. Poultry seasoning, if desired

5 carrots, cut in ½-inch slices

1 cup uncooked wide egg noodles

1 11 0z. can whole kernel corn, undrained

In a 4-quart Dutch oven or stockpot, combine chicken, water, onions, celery, celery leaves, bay leaf, salt, pepper, and poultry seasoning. Bring to a boil. Cover; simmer 45 minutes or until chicken is fork tender, no longer pink and juices run clear. Add carrots; cook 15 minutes.

Remove chicken from Dutch oven. Cut meat from bones. Skim off and discard fat from soup Return meat to soup. Bring to a boil. Reduce heat to low; simmer, uncovered, 10 to 15 minutes or until carrots are almost tender.

Add noodles and corn; return to a boil. Cook over medium heat for 10 to 15 minutes or until noodles are tender. Remove celery leaves and bay leaf. If desired, garnish with chopped parsley.

# 8 (1 cup) servings

Bay leaves come from the Mediterranean bay laurel tree. They have a flavor that enhances soup or stew, but don't try to eat them.

Bon Appetit

## Hillcrest Hospital Senior Services

The Meridia Senior Circle of Care has many services available. Call 440-449-4804.

<u>Healthcare Counselors</u> 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, dessert, and beverage. Tickets at the hospital cashier, on a first come, first served basis, in the Hillcrest Atrium Lobby 9:00-3:30 weekdays. <u>Tuesday</u>, <u>December 16</u>, Caesar Salad, Chicken Marsala, Wild Rice, Broccoli, and Lemon Meringue Pie. Holiday Party sponsored by Grande Village Retirement Community

Free Healthcare Lectures. Free refreshments at 9:30 AM, lecture from 10:00 to 11:00. At Ross C. DeJohn Community Center, 6306 Marsol Rd. Reservations required in advance. Wednesday, December 10, "Aging Where You Want To; Staying in your own home,", Reservations at 1-877-390-1732.

Senior Fitness Programs. Lowimpact aerobics 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.

<u>Computer Classes for Seniors</u> at The Greens Adult Living Communities. Basic and intermediate usage, Word Processing, The Internet, E-mail, and scanners. For information and reservations, call <u>440-953-2443</u>.

Thanks to Karla Lindsey

# From the St. Francis of Assisi Bulletin

#### **Forgiveness**

Every time I forgive, I am helping to bring about a more peaceful world.

I can experience the peace of God at any time, if I choose. But unforgivingness creates a wall of negative emotions that seems to separate me from the peace of God that I would otherwise enjoy.

Making a choice to forgive as I go through the day, I avoid letting little grievances build up. And for the monumental events in which I find it hard to forgive, I remember that the one I am forgiving — whether it is another person or myself — is a child of God who momentarily forgot his or her divine nature. I recognize that we are all learning and growing as God's children.

When I make a choice to forgive, I am transformed from being someone who was tense and upset into someone who is loving and compassionate. Joy returns to my heart, rushing in to soothe my mind and body. I am once again able to appreciate every day of my life.

As I forgive, I am relieved of emotional pain that I had been carrying and symptoms of tension in my body are also eliminated. By greatly reducing stress, I am supporting my body in carrying out its normal process of ongoing healing.

Forgiving a deep hurt or a small grievance creates a spiritual transformation that changes my life for the better. Happier, healthier, and calmer, I am free to enjoy life's blessings.

"Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you."

— Luke 6:37-38

# The villa

# Voice

December, 2003

Volume XXXVI Number 11

warm hello to all and I would like to extend sincere wishes for a wonderful Thanksgiving holiday to all our friends and families. As the year draws closer to its end, it is imperative that we all stop to reflect on all the blessings we have received. Life in and of itself is the greatest blessing, a gift we all have been entrusted with. Hopefully we will all try harder to make the most of this very precious gift of life.

A short reflection on the meaning of Thanksgiving has led me to an interesting insight. Let's all give each other as many reasons as possible to give thanks. These caring actions of kindness, respect and love are what will make our world a better place. It's amazing how these good deeds can exponentially touch the lives of so many. Never underestimate the power of caritas (love). Selflessly giving of our time and talents will bring us all closer as a community — just like those Pilgrims did with the Indians on that first Thanksgiving in 1621.

warm hello to all and I That first feast was a three day afwould like to extend fair — let's make ours a lifelong
sincere wishes for a one! And remember, there's still
wonderful Thanksgivtime to impress Santa and make
sure you're on his *Nice* list, rather
the year draws closer than the *Naughty one*.

There are lots of enjoyable events coming up as the holiday season comes upon us. Be sure to check your *Villa Voice* calendar for the choral concerts, photographs with Santa Claus, and, of course, our grand Christmas Dinner on Wednesday, December 17, with a program of entertainment by an old favorite, Carmelina. Lots to look forward to!

Talk to you later — Charlie

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In the spirit of the holidays, you might consider volunteering for the Meals on Wheels program in the Hillcrest area. For details, call Dorothy Goldstein at 440-449-3551

The holiday lighting ceremony will be at the new fire station on Sunday, November 30, at 6:00 P.M.

St. Francis Foundation & Order Italian Sons and Daugh-

ters of America
Howard I. Chesler
Senior Center

At

Villa Serena 6800 Mayfield Rd. Mayfield Hts., Ohio 44124 440-449-3977 Charlie Manno

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