

## *Dinner at Villa Serena*

### **February 8th**

Beef Short Ribs or Fish

Vegetable & Potato

Dessert

Beef \$8.50 Fish \$7.50

### **February 22nd**

Pork Chop or Fish

Vegetable & Potato

Dessert

Pork Chop \$8.50 Fish \$7.50



### **February 10 Pancake Breakfast**

10 AM to 1 PM

Orange juice, pan-  
cakes, sausage, tea  
or coffee

\$4.00

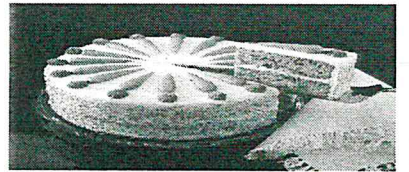
*St. Francis Foundation*

**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
	<b>Sunday, Feb 10</b> Zadie's Famous Pancake Breakfast 10AM to 1 PM \$4			<b>1</b>
<b>4</b> 1:00 Ceramics 6:00 Cards	<b>5</b> 3:30 Rosary 7:00 Game Night	<b>6</b> 9:00 Wellness Nurse 9:00 Sewing	<b>7</b> 10:00 Staywell Nurse	<b>8</b> 5:00 Dinner 6:30 Program
<b>11</b> 11:30—Noon Postal Service Van 1:00 Ceramics 6:00 Cards	<b>12 Lincoln's Birthday</b> 3:30 Rosary 7:00 Game Night	<b>13 Ash Wednesday</b> 9:00 Wellness Nurse 9:00 Sewing 1:00 Art Class 2:00 Exercise	<b>14 Valentine's Day</b> <b>7:30 University Hts. Concert Band</b>	<b>15</b> 2:00 Mass
<b>18 President's Day</b> No Mail 1:00 Ceramics 6:00 Cards	<b>19</b> 3:30 Rosary 7:00 Game Night	<b>20</b> 9:00 Wellness Nurse 9:00 Sewing 1:00 Art Class 2:00 Exercise	<b>21</b> 10:00 Staywell Nurse	<b>22 Washington's B'dy</b> 5:00 Dinner 6:30 Program
<b>25</b> 1:00 Ceramics 6:00 Cards	<b>26</b> 3:30 Rosary 7:00 Game Night	<b>27</b> 9:00 Sewing 1:00 Art Class 2:00 Exercise	<b>28</b> 12:00 Lunch 1:00 Brown Bag Bingo	

# Birthdays and Anniversaries February 2002



## Birthdays

February	2	Pat DeFranco #307	February	20	Mildred Iorio #405
		Pearl Tannenbaum			Dolores Kacica #626
	3	William Kelley			Angela Rosich
	4	Jessie Nocifora		21	Ellena DiPadova
	5	Margaret Halkowitz 621			Lita Pignatiello
	6	Sylvia Barga		22	Ronald Kekic
		Vernita Coleman #711		23	Louis Calabro
		Ann Gmurczyk #334			Pauline Sbrocco #832
		Jane Furey #618		24	Carmella Belcon #232
		Lucille Yafonar		25	Edna Sechrist #434
	7	Ruth Charms #403			Mary Jane McMunn
		Vera Kozak #416		26	Lillian Freiberg
	9	Mary Calogero		27	Madelyn Arcuri
	10	Doris Clamoett			Kaye Bojack
	11	Fifi Brescia		28	Josephine Corrao
		Mary Pilar #829			Walter Drozen #834
	12	Ann Delisio #729			Basil Pinzone #814
		Margaret Kovach			Eleanor Turocy #217
	15	Doris Albertone			
	16	Eleanor Daugherty			
	17	Irene Beres #608			
	18	Ida Goldman			
	19	Mercedes Dirner			
		Howard Lee #818			
		Cora Topazio #609			

and

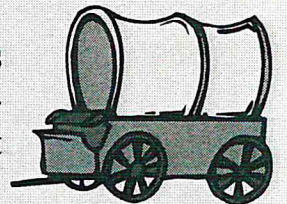
February 29 Douglas Batchelder 515

## Anniversaries

February 7 M/M Norman Kobal 318  
14 M/M Frank Stianche 507

### Attention Mayfield Heights Pioneers

The Mayfield Heights Commission on Aging is looking for residents who have lived in the city for 50 years. They wish to honor the Gold Residents in a special ceremony during Community Unity Days. To join or get more information, call Irene Kay, 442-0267, or Virginia Becka, 449-0812.



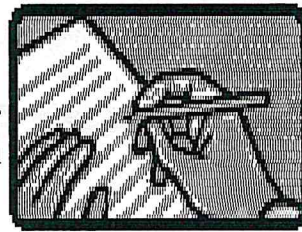
### Monday Night Pinochle

<u>December 17</u>		<u>January 7</u>		<u>January 14</u>	
Howard Barnes	571 2.00	Agnes Puro	505 2.00	Agnes Puro	582 2.00
Agnes Puro	565 1.75	Jack Wells	502 1.00	Marie Kavalunas	578 1.75
Ernie Fioritto	518 1.25	Jennie Cellura	491 1.00	Jennie Cellura	567 1.25



## Pairs in Rhyme

Each of these pairs of words is a rhyme for a familiar phrase. Change (or drop) the initial sound on each word to discover the disguised phrase.



Example: Tore and laughed Answer: Fore and aft

1. Rookies and silk \_\_\_\_\_
2. Glee and trumpets \_\_\_\_\_
3. Jar and thrill \_\_\_\_\_
4. Joint and stick \_\_\_\_\_
5. Wren and zinc \_\_\_\_\_
6. Fridge and funnel \_\_\_\_\_
7. Clover and trout \_\_\_\_\_
8. Car and ride \_\_\_\_\_

### Answers

Answers:

1. Cookies and milk, 2. Tea and crumpets, 3. Bar and grill, 4. Point and click, 5. Pen and ink, 6. Bridge and tunnel, 7. Over and out, 8. Far and wide

## Just For Laughs...

The cherry tomato is a marvelous invention, producing as it does a satisfying explosive squish when bitten.— *Miss Manners*

I prefer Hostess fruit pies to pop-up toaster tarts because they don't require as much cooking.— *Carrie Snow*

No diet will remove all the fat from your body because the brain is entirely fat. Without a brain you might look good, but all you could do is run for public office, — *Covert Bailey*

I can get along with anyone... provided they're fat.— *Susan Richman*

The trouble with eating Italian food is that

five or six days later you're hungry again. — *George Miller*

Marriage is not merely sharing the fettuccini, but sharing the burden of finding the fettuccini restaurant in the first place.— *Calvin Trillin*

My wife and I tried to breakfast together, but we had to stop or our marriage would have been wrecked. — *Churchill*

My doctor gave me two weeks to live. I hope they're in August. — *Ronnie Shakes*

One of my problems is that I internalize everything. I can't express anger. I grow a tumor instead.— *Woody Allen*

### *From the AARP's Modern Maturity*

New research shows that what you thought about the aging brain is all wrong: especially the bad stuff. A battery of new research shows that language skills, IQ, abstract thinking, and verbal expression all hold steady in the aging brain, unless attacked by diseases such as Parkinson's or Alzheimer's.

Ever notice that the people who exercise positions of responsibility and power tend to be 50-plus? "Older people may process information a bit more slowly, but that slight lag in speed is more than made up for by the knowledge they've accumulated over the years. As we age we get better at mulling over situations, reflecting on them, and drawing upon our life experiences to arrive at decisions," says Denise Park, PhD, a research scientist at the University of Michigan.

To compensate for the dropoff in power and speed, the brain does something clever. It finds help. Older people use more of their brain to attack problems than do the young. Kind of like using two hands instead of one to pick up heavy objects.

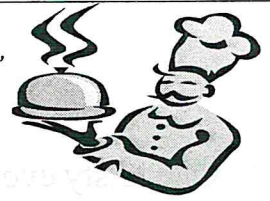
Many of us have a feeling as we age that our minds are operating differently than they did in our youth. Scientific studies suggest that the older brain is a different, but not necessarily inferior brain.

There are lots of ways we can keep our brains active and fully exercised. We'll discuss this subject more fully in the next couple of issues, but for now, consider,

- Keep Your Blood Pumping
- Choose to Snooze
- Lessen Your Stress
- B (Vitamin) Smart
- Try An E (Vitamin) Solution
- Explore Estrogen
- Drink Some Coffee (but Not Too Much)

*More to come on mental fitness — Ed.*

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



### *Southwest Appetizer Cheesecake*

- 1 cup crushed tortilla chips
- 2 tblsps butter, melted
- 1 cup cottage cheese
- 3 (8oz) packages cream cheese
- 4 eggs
- 10 oz. shredded sharp cheddar cheese
- 1 (4oz) can chopped green chilies, drain
- ½ cup sour cream
- 1 (8oz) pkg. Jalapeno-Cheddar dip salsa
- ½ cup chopped green onion
- ¼ cup pitted ripe olives, sliced
- 1 cup chopped tomatoes

Mix chips and butter and press into bottom of 9-inch pan. Bake at 325° for 15 minutes. Place cottage cheese in blender and mix until smooth.

In a large bowl, combine cottage cheese and cream cheese and mix until well blended. Add eggs one at a time, mixing well after each egg. Spoon in Cheddar cheese and green chilies. Pour mixture over baked chips and bake at 325° for 1 hour.

Mix together sour cream and dip. Pour over hot cheesecake and return to oven. Bake an additional 10 minutes; remove and let cool. Loosen cheesecake from pan and cool completely, refrigerating until ready to serve. Top with tomatoes, green onions, and olives and serve with salsa.

*Bon appetit!*



#### *Quick Conversions:*

- 3 teaspoons = 1 tablespoon
- 2 tablespoons = cup
- 5 tablespoons + 1 teaspoon = cup

## *Iris By Night*

One misty evening, one another's guide,  
We two were groping down a Malvern side  
The last wet fields and dripping hedges home.  
There came a moment of confusing lights,  
Such as according to belief in Rome  
Were seen of old at Memphis on the heights  
Before the fragments of a former sun  
Could concentrate anew and rise as one.  
Light was a paste of pigment in our eyes.  
And then there was a moon and then a scene  
So watery as to seem a submarine;  
In which we two stood saturated, drowned.  
The clover-mingled rowan on the ground  
Had taken all the water it could as dew,  
And still the air was saturated too,  
Its airy pressure turned to water weight.  
Then a small rainbow like a trellis gate,  
A very small moon-made prismatic bow,  
Stood closely over us through which to go.  
And then we were vouchsafed the miracle  
That never yet to other two befell  
And I alone of us have lived to tell.  
A wonder! Bow and rainbow as it bent,  
Instead of moving with us as we went  
(To keep the pots of gold from being found),  
It lifted from its dewy pediment  
Its two mote-swimming many-colored ends  
And gathered them together in a ring.  
And we stood in it softly circled round  
From all division time or foe can bring  
In a relation of elected friends.

— *Robert Frost*

### *From St. Paschal's Sunday Bulletin*

A little boy was attending his first wedding. Afterward, his cousin asked him, "How many women can a man marry?" The boy answered, "Sixteen." "How did you get that?" he was asked. "Easy," he said, "add it up: 4 better, 4 worse, 4 richer, 4 poorer."

## *New Activities—February*

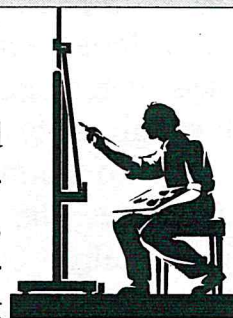
### *To Bridge Aficionados: You Know Who You Are!*



A number of potential players, members and residents alike, have expressed interest in the possibility of forming up one or two four-somes to help while away the winter hours. If a few rubbers of bridge appeal to you, contact the office and leave your name and phone number.

### *New Art Class Begins In February*

The very talented Jean Balas, who last year offered drawing, body form, ornaments, wreaths, and table arrangements, will bring a new class to Villa Serena enthusiasts on Wednesday, February 13, from 1 PM to 2:30 PM. The class will last for 6 weeks through March 20, and will be held in the Activity Room.



This year's class will emphasize drawing and sketching, color, chalk, acrylics, pastels, and watercolor. Do yourself a favor and join this most enjoyable V. S. activity!

### *Villa Serena Offers*

#### *U. S. Post Office on Wheels*

The Postal Service will bring the mobile substation to the front door on February 11, from 11:30 to Noon. Services include:

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

(I used it in January.  
Works fine.— *Ed.*)



### **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. All meals include salad, roll, and vegetable. Tuesday, February 19, Herbed Baked Chicken, Wild Rice, Sugar Snap Peas, Cherry Pie.

### **Free Healthcare Lectures.**

Wednesday, February 13, at DeJohn Community Center, 6306 Marsol Rd., "*Don't Be A Victim of Predators, Enhancing Your Safety,*" Video of Patrick D, Malone, Protective Services Consultant. 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**. Tuesday, February 26,: *Bed of Roses,* starring Christian Slater and Mary Stuart Masterson, 88 mins., rated PG.

*Thanks to Karla Lindsey*

### **From the St. Francis of Assisi Bulletin**

Holiness is not something that comes from doing good; we do good because we are holy.

Holiness is not something we acquire by avoiding evil; we avoid evil because we are holy.

Holiness is not something that follows from prayer; we pray because we are holy.

Holiness is not the result of kindness; we are kind because we are holy.

Holiness is not a gift we obtain after a lifetime of service; we give service because we are holy.

Our holiness is God with us, Emmanuel. And while it is true that holiness carries with it both the Cross and the Resurrection, it is more a gift than a reward.

As people's minds are opened and their hearts touched, more people identify themselves as "pro-life." A Gallup poll indicates that in a five year period, those claiming to be pro-life climbed from 33% to 45%, and those claiming to be pro-choice dropped from 56% to 47%. A final point about public opinion is worth noting. While Americans are almost evenly split in the way they identify themselves, over two-thirds give pro-life answers to specific questions about support for a ban on partial-birth abortions, parental consent laws, informed consent laws with waiting periods, and mandatory spousal consent.

Pope John Paul II has called the pro-life movement "one of the most positive aspects of American public life," Yet, we still struggle to create a society where there is room in the hearts of all people to welcome every member of the human family. When will we see the culture of life? Not soon enough. But there is evidence that we are moving in the right direction. We must never slacken our efforts, for it is in striving that we become our truest selves.

**W**ith so many things to celebrate in February, perhaps we should add a few weeks to this month just to have adequate time for multiple parties. Villa Serena is thirty-five years young this month. We look back over these years at the dedication of our sponsors, the Saint Francis Foundation and Order of Italian Sons and Daughters of America, the many contributions of our loyal volunteers and the warmth and friendship of Villa Serena residents and Senior Center members. We continue to uphold the high ideals of our original founders and will for many years to come. In good weather we will celebrate this anniversary in grand style.

February is the month of presidents, cupids and the groundhogs and we have a host of merry events planned to brighten your mid-winter.

Check your closets and tie racks for something red to wear to our Valentine's dinner **February 8th** when we welcome back **Valerie and Anthony Rolando**. Anthony has won medals in world competitions

and is a U.S. champion accordion player and his wife Valerie's lovely voice accompanies him. They are great entertainers and we're pleased to have them back.

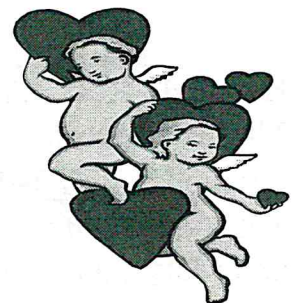
Gather family and friends for our annual **Pancake Breakfast Sunday, February 10th** from 10 AM to 1 PM. Still only \$4.00! Be sure to order tickets in advance so we have plenty of food for everyone..

The **University Heights Band** returns for a night of patriotic music and show tunes **February 14th** at 7:30 PM. These local musicians have been brightening the evenings of Villa Serena audiences for many years so plan to be there.

**The Frank Cardone Trio** will present a night of music and dancing on **February 22nd** when we will celebrate Walt Disney's 100th birthday. Dress as your favorite Disney character or be prepared to wear the mouse ears we will provide. This will be great fun you won't want to miss.

Don't forget **Brown Bag Bingo** on **February 28th**. Lunch at 12 and bingo at 1. We provide beverage and dessert as always so join us!

St. Francis Foundation  
and  
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Valentine's Day