

Dinner at Villa Serena



February 14

Beef Short Ribs or Fish
Vegetable and Potato
Dessert

Beef \$8.50

Fish \$7.50

March 2 Pancake Breakfast 10 A.M to 1 P.M.

Pancakes, Sausages, Orange Juice

Tea & Coffee

\$4.00

St. Francis Foundation

Villa Voice 6800 Mayfield Road
Mayfield Heights, Ohio 44124

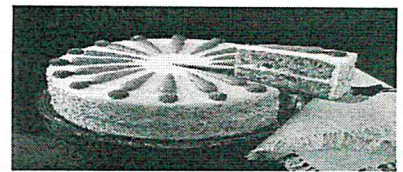
DATED MATERIAL—PLEASE DELIVER

Non-Profit Organization
U.S. Postage Paid
Cleveland, Ohio
Permit No.
175

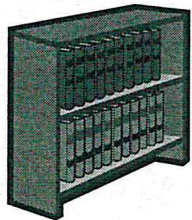
Monday	Tuesday	Wednesday	Thursday	Friday
3 1:00 Ceramics 6:00 Cards	4 7:00 Game Night	5 9:00 Sewing 1:30 Exercise	6 2:00 Staywell Nurse	7
10 1:00 Ceramics 6:00 Cards	11 3:30 Rosary 7:00 Game Night	12 9:00 Sewing 1:30 Exercise	13	14 Valentine's 5:00 Dinner 6:30 Program
17 Presidents Day No Mail 1:00 Ceramics 6:00 Cards	18 11:30 Post Office Truck 3:30 Rosary 7:00 Game Night	19 9:00 Sewing 1:30 Exercise	20 12:00 Brown Bag Bingo 2:00 Staywell Nurse	21 2:00 Mass
24 1:00 Ceramics 6:00 Cards	25 3:30 Rosary 7:00 Game Night	26 9:00 Sewing 1:30 Exercise 6:30 Program	27	28
			February 2 St. Blaise Day 12 Lincoln's B'day 22 Washington's B'day	

Birthdays and Anniversaries

February 2003



<u>Birthdays</u>					
February	1	John Kogut	#824	January	18
	2	Pat DeFranco	#307		19
		Pearl Tannenbaum			20
	3	Gus Zovaras	#305		21
	4	Fillipo Pagano			24
	6	Jessie Nocifora			25
		Sylvia Barga			27
		Ann Gmurczyk	#334		28
		Jane Furey	#618		
	7	Ruth Charms	#403		18
		Vera Kozak	#416		19
	8	Frank Shaw	#617		20
	9	Mary Calogero			21
		Earl Davis	#828		24
	10	Doris Clampitt			25
	11	Fifi Brescia			27
		Mary Pilar	#829		28
	12	Margaret Kovach			
	15	Doris Albertone			29
	16	Eleanor Daugherty			
	17	Irene Beres	#608		
				<i>and</i>	
				February	29
					Douglas Batchelder#515
				<u>Anniversaries</u>	
				February	7
					M/M Norman Kobal#318
					8
					M/M Frank Shaw #617



New Library Hours Announced

Villa Serena's citadel of erudition, the library, will be attended to from Noon to 1 P.M. on Mondays and Tuesdays. Please make book returns during these hours. A BIG, BIG vote of thanks to *Mitzi Weber* for the years of unselfish service that she gave to making sure that the library is the first-class facility that it is.



Post Office on Wheels

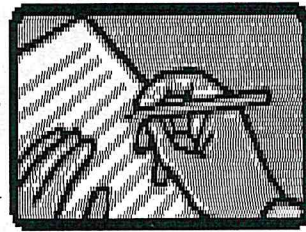
The Post Office truck is scheduled to be here on Tuesday, February 18, from 11:30 to Noon.

Postage stamps will be available, and packages and priority mail can be sent at that time.

Monday Night Pinochle

<u>December 23</u>		<u>December 30</u>		<u>January 6</u>		<u>January 13</u>	
Ted Turlik	598 2.25	Marie Kavalunas	585 2.25	Marie Kavalunas	558 2.25	Marcy Stianche	600 2.00
Tina Boothe	578 2.00	Sam Fratantonio	550 2.00	Agnes Puro	535 2.00	Ted Turlik	561 1.50
Laila Nagy	545 1.25	Carmen Cortese	528 1.25	Connie Nicolosi	525 1.25	John Ondak	549 1.00
Agnes Puro	538 1.00	Agnes Puro	508 1.00	Laila Nagy	509 1.00	Carmen Cortese	532 1.00

Combine 'N' Define



Each of the eight words defined below can be found by combining the correct two words from the list of 16 above them. You will use each word only once, so cross them off as you use them.

Example "Once more" could be formed by combining "A" and "gain"

AGE	AN	BALL	BREW	DON	GARB
GEL	HE	IN	OW	PAR	SAT
SIDE	SNOW	WALK	YELL		

1. Trash _____
2. Sunny Color _____
3. Excuse _____
4. Gabriel _____
5. Shiny Fabric. _____
6. Concrete Path _____
7. Frigid Missile _____
8. Language _____

Answers

Answers:

1. Garbage
2. Yellow
3. Pardon
4. Angel
5. Satin
6. Sidewalk
7. Snowball
8. Hebrew

Just For Laughs...

Author's Prayer: Our Father, which art in heaven, and has also written a book...— *Anon*

The only reason for being a professional writer is that you can't help it.— *Leo Rosten*

In Hollywood, writers are considered only the first drafts of human beings.— *Frank Deford*

What an author likes to write most is his signature on the back of a check.— *Brendan Francis*

Very few things happen at the right time and the rest do not happen at all. The conscientious historian will correct these defects.— *Herodotus*

History will be kind to me for I intend to write it.— *Churchill*

It is a mean thief or a successful writer who plunders the dead.— *Austin O'Malley*

The best part of the fiction in many novels is the notice that the characters are purely imaginary.— *Franklin P. Adams*

A detective digs around in the garbage of people's lives. A novelist invents people and then digs around in their garbage.— *Joe Gores*

Fiction is obliged to stick to possibilities. Truth isn't.— *Mark Twain*

Truth is shorter than fiction.— *Irving Cohen*

Drug Smarts



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

Ladies' Choice Few drugs are one-size-fits-all—a problem that's magnified when women take man-sized doses. "Women have different metabolisms and tend to be smaller," says University of California, San Diego, professor Jay Cohen. "A 105-pound woman taking the same dosage as a 200-pound man might be taking too much." Women also tend to be more sensitive to drugs than men, adds Cohen, noting that the 1997 withdrawal of Seldane, an antihistamine, occurred because of heart problems that primarily struck women. Women should ask their doctors about medical literature that addresses gender issues (as opposed to the over-simplified advice on the package).

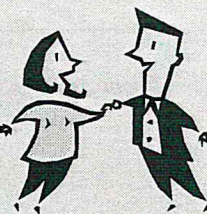
Just Say No Some drugs are so unpredictable when taken by older people that experts suggest that you avoid them altogether, or take them in carefully calculated and monitored doses. Examples include the analgesic propoxyphene, the anti-inflammatory indomethacin, the antidepressant amitriptyline, and over-the-counter drugs containing diphenhydramine (Benadryl), chlorpheniramine (Chlor-Trimeton) and most other non-prescription antihistamines. Ask your doctor and pharmacist whether a lower-than-standard dosage might be appropriate, given your age. For a list of high-risk medicines, check out "The Merck Manual of Geriatrics," available at many libraries.

Don't Drug and Drive Many medicines can cause fatigue and slowing of reflexes. For example, a University of Iowa study found that the antihistamine diphenhydramine (Benadryl) caused more driving impairment than was caused by being legally drunk.

Next Month: Act Your Age, Beware of the Crush

Meet The Neighbors

By Lucy Morgan



Say hello to **Sophie Sycz**, who recently moved into 211. Sophie was born in Cleveland and went to Jane Addams High School which, at that time was on Carnegie Ave. (it's now in a new building near Tri-C's downtown campus). She worked at various times for Harold Brush Co., National Screw, and at Zayre's as a fabric department manager.

She married her husband, who was in the Air Force, and they were blessed with a daughter, Suzanne, and a son, Michael. She also has two grandchildren, Cathy and Andy Mayher. She has been widowed for 16 years, and after her retirement she lived at Bishop Park Apartments before joined us here.

Sophie enjoys the library (note the new hours) and making new friends. She thinks it's great here. Welcome, Sophie!

Mayfield Hts., AARP Tax Counseling

Once again this year, AARP will help seniors prepare their 2002 income tax returns. Volunteers will be available at Ross DeJohn Community Center on Marsol Rd. Appointments for this free service will be scheduled on Thursdays beginning the first week in February (simple returns only, please).



If you wish to make an appointment, call City Hall at **440-442-2626**. When you go to keep the appointment, make sure you have the following documents available: IRS Forms, W-2 Wage Statements, your 2001 Tax Return, and Forms 1099 reporting Social Security, pension, and miscellaneous income.

From AARP's magazine, Modern Maturity

Chicken Cinelli

- 6 strips bacon
- 1 chicken, cut up (halve the breast)
- 1 lb. White mushrooms sliced
- 1 tsp. Salt
- ½ cup chopped parsley
- 3 cloves garlic, finely chopped
- 2 14-oz. Cans chicken broth
- 2 6-oz. Cans tomato paste
- 1 cup red wine
- ¼ tsp. Ground black pepper
- 1 ¾ to 2 lbs. Potatoes, peeled and cut into 1-inch pieces
- 4 large carrots, peeled and sliced ¼ inch thick
- 1 8½ oz. Can lima beans, drained
- 1 6 oz. Dry-weight pitted black olives, drained
- 1 15 oz. Can pearl onions, drained

In a large covered skillet, fry bacon until crisp; remove, crumble, set aside. Brown chicken in bacon fat; remove, set aside. Add mushrooms and salt; sauté, stir for three minutes. Add parsley, garlic; sauté 2 minutes.

In a bowl, blend together broth, tomato paste, wine, and pepper. There is too much volume for one skillet, so place half the mushroom mixture into a second large skillet with cover. Stir half the broth mixture and bacon into each skillet. To each skillet add half of the chicken, potatoes, carrots, lima beans, olives, and onions. Cover and bring to a boil. Reduce heat to low and cook for 1½ hours. Turn chicken half way through cooking. Serve hot. Makes 8 servings.

Bon Appetit

From Anacreon

Beauty

Horns to bulls wise Nature lends;
Horses she with hoofs defends;
Hares with nimble feet relieves;
Dreadful teeth to lions gives;
Fishes learn through streams to slide;
Birds through yielding air to glide;
Men with courage she supplies;
But to women these denies.
What then gives she? Beauty, this
Both their arms and armor is;
She, that can this weapon use,
Fire and sword with ease subdues.

Youthful Age

Young men dancing, and the old
Sporting I with joy behold;
But an old man gay and free
Dancing most I love to see;
For age and youth alike he shares,
For his heart belies his hairs.

Age

Oft am I by women told,
“Poor Anacreon! Thou grow’st old;
Look! How thy hairs are falling all;
Poor Anacreon, how they fall!”—
Whether I grow old or no,
By the effects I do not know;
But this I know without being told,
‘Tis time to live, if I grow old;
‘Tis time short pleasure now to take,
Of little life the best to make,
And manage wisely the last stake.

U. S. Boosts Social Security Checks

On January 8 I received my increased 2003 Social Security benefit. After carefully checking the ads for a sale, I went out and blew the increase on a 6-pack of Cokes. I can't wait until February.

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. Tuesday, February 18, Garden Salad, Swiss Steak, Whipped Potatoes, Zucchini, Lemon Meringue Pie. *Entertainment sponsored by Grand Pointe Healthcare Community.*

Free Healthcare Lectures. Free refreshments at 9:30 AM, lecture from 10:00 to 11:00. Reservations required in advance. Wednesday, February 12, "Money Matters for Seniors." *Don Thompson, Pres., The Estate Planning Team, Inc.* Call **440-449-6223**.

Senior Fitness Programs. Low-impact 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**.

Matinee Movies. in the Hillcrest Hospital Ross Auditorium, (Lower Level). Movie, popcorn, and soft drinks are free. Reservations at **440-449-6223**. Tuesday, February 25. ***Men of Honor***, Robert DeNiro, Cuba Gooding, Jr.; rated R, 2 hrs. 8 mins.

Thanks to Karla Lindsey

From the St. Francis of Assisi Bulletin

Saint Luke learned something about storytelling from Jesus. He used just 350 words to tell a tale that has enchanted countless ages. Luke set his narrative on the world's stage. Augustus, he said was emperor and Quirinius was governor of Syria when Mary and Joseph journeyed to Bethlehem to register in Caesar's census. There was no room in the inn, so Mary wrapped her baby in swaddling clothes and laid him in a manger, a feeding trough. That same night, shepherds came streaming in from the hillside to worship Him. They spoke of a sky full of angels proclaiming the birth of a savior.

Whatever else we see here, two facts are inescapable. One, God's Son chose to enter our race as one of the homeless. Two, the first people summoned to his birthplace had a dubious reputation. We have romanticized the shepherds, but rabbinical writings described them as "sinners." Respectable city dwellers kept their hands on their wallets and purses when the shepherds came to town.

Clearly, the Savior had taken His place among the homeless and the "sinners," He had not come to lead a political revolt, however. Instead, He would send His disciples into the world to feed the hungry, shelter the homeless, clothe the naked, and care for the ill and imprisoned. Whatever we did for them, He said, we did for Him. Our recent history compels us to join the shepherds and hurry to find our Savior.

The Wednesday night service coincided with the last day of hunting season. The pastor asked if anyone had bagged a deer. No hands were raised. Puzzled, the pastor said, "I don't get it. Last Sunday, many of you said you were missing because of the hunting season. I had the whole congregation pray for your deer." One hunter grouched, "Well, it worked. They're all safe."

The villa

Villa Serena

Voice

February, 2003

Volume XXXVI
Number 2

February is the shortest month of the year but it has many things to celebrate. We honor our presidents and we chuckle at the furry rodent, the groundhog. Valentine's Day is all about sweethearts and love. February is our anniversary month at Villa Serena; we are now thirty-six years young and still looking wonderful.

We are grateful for the ongoing dedication of our sponsors, The Saint Francis Foundation and Order Italian Sons and Daughters of America. Their sacrifice, determination and love from the very beginning has made Villa Serena a warm and vibrant place that remains dedicated to the dignity of the senior citizen.

Wear your red "glad rags" and dancing shoes to the Villa Valentine's dinner **February 14th**. We welcome back a favorite, **Billy Kaye**. Billy always gives Villa audiences a memorable night of lively tunes and good times.

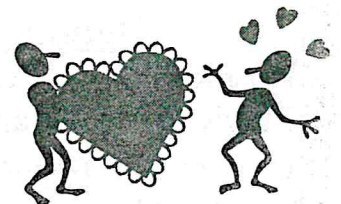
Be sure to set aside the afternoon for **Brown Bag Bingo on February 20th**. Bring a lunch and join your friends and neighbors at noon for lunch and bingo at one. As always, we provide the beverage and dessert.

A special event will take place Wednesday evening **February 26th** at 6:30 when **Bill Gang** brings his **magic show** to The Villa. Bill comes highly recommended and I'm sure you'll want to attend. Be there and be dazzled!

Gather friends and family for our annual **Pancake Breakfast on Sunday March 2nd**. This tradition always precedes the Lenten season and is the time we enjoy plenty of food before fasting begins. You need to order your tickets in advance and they are still a bargain at \$4.00 for adults and \$3.00 for children. Plan to join us.

~~~~~  
Love doesn't make the world go 'round. Love is what makes the ride worthwhile.

St. Francis Foundation and  
Villa Serena  
Senior Citizens  
Center  
6800  
Mayfield Rd.  
Mayfield Hts.,  
Ohio 44124  
440-449-3977  
Cathy Jaspersen,  
Administrator  
Mike Ward, Editor  
Genevieve Devney  
Editor Emeritus  
Staff  
Josephine Andrews  
Naomi Carle  
Mary Ann King  
Lucy Morgan  
Dorothy Penkava  
Gene Zachary



VALENTINE'S  
DAY