

VILLA VOICE - FEB '04

PUNX 2 TAWNEY

A warm hello to all! Remember this winter weather won't last forever. Spring will be here before you know it - so hang in there.

Drive safely + stay warm! Let's hope Puxatawney Phil, sees his shadow on February 2 to announce only ^{six} more weeks of winter. Even though many of us don't like the cold and treacherous conditions that winter brings - we must remember that this least respected of all seasons ^{owns} does have its ^{own} unique beauty and purpose. The serene ~~beauty~~ ^{serenity} of a winter landscape is something to behold and treasure. Winter is a time when Mother Nature rests and readies herself for ~~the~~ Spring's arrival.

In February we celebrate St. Valentine's Day, so ~~in~~ I would like to send greetings of love to all our friends and families. Love is ^{Humankind's} the greatest gift. Let's all do our part in reaching out to as many people as we can with a renewed loving spirit. During these winter months, take the time to check in with a friend or family member that is lonely, ^{sick} or in need of some companionship ~~or~~ encouragement. Giving of ourselves ^{always} ~~also~~ makes a beneficial impact on our community. So pick up the phone and take the first step in letting someone know that you care and are there for them.

Talk to you next month

Charlie

Announce Brown Bag Buss + Dinner

Dinner at Villa Serena



Friday, February 20, 2004

Beef Short Ribs or Fish

Potatoes

Vegetable

Dessert

Ribs \$9.00, Fish \$8.00

Followed by Entertainment by Gary Pildner

Thursday, February 19, at Noon

Brown Bag Bingo

Friday, February 13, 2:00 P.M.

Valentine's Day Piano Medley by Jerry Wolfe

St. Francis Foundation

Villa Voice 6800 Mayfield Road
Mayfield Heights, Ohio 44124

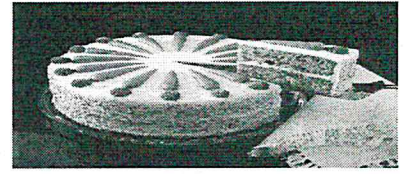
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DATED MATERIAL—PLEASE DELIVER

Monday	Tuesday	Wednesday	Thursday	Friday
2 Groundhog Day 1:00 Ceramics 6:00 Pinochle	3 Post Office Truck 11:30 — 12:00 3:30 Rosary 7:00 Game Night	4 9:00 — 1:00 Sewing 1:30 Exercise	5	6
9 1:00 Ceramics 6:00 Pinochle	10 3:30 Rosary 7:00 Game Night	11 9:00 — 1:00 Sewing 1:30 Exercise	12 Lincoln's B'day	13 2:00 Valentine's Day Piano Medley by Jerry Wolfe
16 President's Day No Mail 1:00 Ceramics 6:00 Pinochle	17 3:30 Rosary 7:00 Game Night	18 9:00 — 1:00 Sewing 1:30 Exercise	19 12:00 Brown Bag Bingo	20 2:00 Mass 5:00 Dinner 6:30 Program
23 1:00 Ceramics 6:00 Pinochle	24 Mardi Gras 3:30 Rosary 7:00 Game Night	25 Ash Wednesday 9:00 — 1:00 Sewing 1:30 Exercise	26	27

Birthdays and Anniversaries

January 2004



Birthdays

<p>February</p> <p>1 John Kogut #824</p> <p>2 Pat DeFranco #307</p> <p> Pearl Tannenbaum</p> <p> Gus Zovaras #305</p> <p>3 Fillipo Pagano</p> <p>4 Jessie Nocifora</p> <p>6 Ann Gmurczyk #334</p> <p> Jane Furey #618</p> <p>7 Ruth Charms #403</p> <p> Vera Kozak #416</p> <p>8 Frank Shaw #617</p> <p>9 Mary Calogero</p> <p> Earl Davis #828</p> <p>10 Doris Clampitt</p> <p>11 Fifi Brescia</p> <p>12 Margaret Kovach</p> <p>15 Doris Albertone</p> <p>16 Eleanor Daugherty</p>	<p>February</p> <p>17 Irene Beres #608</p> <p>18 Suzanne DeMarco #408</p> <p>19 Howard Lee #818</p> <p> Cora Topazio #609</p> <p>20 Mildred Iorio #405</p> <p> Dolores Kacica #626</p> <p> Angela Rosich</p> <p>21 Ellyn Higgins #706</p> <p>25 Edna Sechrist #434</p> <p>28 Josephine Corrao</p> <p> Walter Drozen #834</p> <p> Eleanor Turocy #217</p> <p>February 29 Douglas Batchelder #515</p> <p><u>Anniversaries</u></p> <p>February 7 M/M Norman Kobal #318</p> <p>8 M/M Frank Shaw #617</p>
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Free Seniors' Tax Assistance

Mayfield Heights once again is offering tax counseling for seniors at the Community Center on Marsol Blvd. The service will begin in February and take place on Thursdays. Trained counselors will assist residents who have *simple* returns to file. This service is available by appointment only.



To schedule a session, call the City Hall at **442-2626**.

You will have to bring all the related paperwork along with you, including

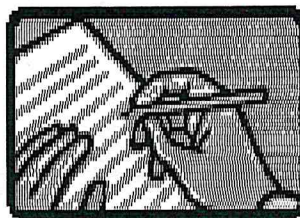
- IRS Forms
- W-2 Wage Statements
- 2002 Tax Return
- Forms 1099
- Any other income information

Monday Night Pinochle

<u>December 15</u>		<u>December 22</u>		<u>December 29</u>		<u>January 5</u>	
Agnes Puro	559 2.25	Laila Nagy	590 2.00	George Seidel	554 2.00	Marcy Stianche	592 2.50
Marcy Stianche	546 2.00	Marcy Stianche	549 1.75	Carmen Cortese	537 1.75	Ted Turlik	569 2.00
Carmen Cortese	541 1.50	Andy Glorioso	514 1.25	Marcy Stianche	471 1.25	Andy Glorioso	534 1.50
Grace Alliger	535 1.00	George Seidel	508 1.00			Stella Benjamin	530 1.00

Before and After

To solve Before and After, determine which letters of the alphabet to write on the dashes to complete correctly each everyday word below. The letters you fill in, however, must follow the clue to the right of each word. For example, if the clue for G _ E _ T were "the first is 17 letters after the second," the correctly completed word would be "great," since R is 17 letters after A.



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Missing Letter Clues

- | | |
|------------------|--|
| 1. _ RE _ ENT | The 1 st is 3 letters before the 2 nd |
| 2. _ AR _ ISH | The 1 st is 8 letters after the 2 nd . |
| 3. _ I _ GED | The 1 st is 6 letters before the 2 nd . |
| 4. S _ REA _ | The 1 st is 12 letters after the 2 nd . |
| 5. _ AR _ ER | The 1 st is 19 letters before 2 nd . |
| 6. _ _ _ AST | The 1 st is 7 letters after the 2 nd . |
| 7. _ A _ NTY | The 1 st is 11 letters before the 2 nd . |
| 8. ST _ _ _ E | The 1 st is 13 letters after the 2 nd . |
| 9. _ LA _ _ | The 1 st is 20 letters before the 2 nd . |
| 0. TU _ _ _ | The 1 st is 13 letters after the 2 nd . |

Answers

Answers:

1. Present
2. Varnish
3. Hinged
4. Spread
5. Carver
6. Least
7. Jaunty
8. Style
9. Claw
10. Tuna

From *The Portable Curmudgeon*

Abstract art: a product of the untalented sold by the unprincipled to the utterly bewildered.

— *Al Capp (creator of Li'l Abner)*

Acquaintance, *n.* A person whom we know well enough to borrow from, but not well enough to lend to.— *Ambrose Bierce*

Action: the last resource of those who know not how to dream.— *Oscar Wilde*

I do not want my actors and actresses to understand my plays. That is not necessary. If they will only pronounce the correct sounds I can guarantee the results.— *George Bernard Shaw*

Disney, of course, has the best casting. If he doesn't like an actor, he just tears him up.— *Alfred Hitchcock*

The scenery in the play was beautiful, but the actors got in front of it.— *Alexander Woollcott*

Show me a great actor and I'll show you a lousy husband. Show me a great actress and you've seen the devil.— *W. C. Fields*

Every actor has a natural animosity toward every other actor, present or absent, living or dead.— *Louise Brooks*

Admiration, *n.* Our polite recognition of another's resemblance to ourselves.— *Ambrose Bierce*

London Snow

When men were all asleep the snow came flying,
In large white flakes falling on the city brown,
Stealthily and perpetually settling and loosely lying,
Hushing the latest traffic of the drowsy town;
Deadening, muffling, stifling its murmurs falling;
Lazily and incessantly floating down and down:
Silently sifting and veiling road, roof and railing;
Hiding difference, making unevenness even,
Into angles and crevices softly drifting and sailing.
All night it fell, and when full inches seven
It lay in the depths of its uncompacted lightness,
The clouds blew off from a high and frosty heaven;
And all woke earlier for the unaccustomed brightness
Of the winter dawning, the strange heavenly glare:
The eye marvelled — marvelled at the dazzling whiteness;
The ear hearkened to the stillness of the solemn air;
No sound of wheel rumbling nor of foot falling,
And the busy morning cries came thin and spare.
Then boys I heard, as they went to school, calling,
They gathered up the crystal manna to freeze
Their tongues with tasting, their hands with snowballing;

Or rioted in a drift, plunging up to the knees;
Or peering up from under the white-mossed wonder,
'O look at the trees!' they cried, 'O look at the trees!'

Robert Bridges

Mayfield Heights Winter Events

Senior Movie Matinees

DeJohn Community Center.
Free movies and refreshments.

Tuesday, February 14

"Out of Time"

A thriller, rated PG, starring
Denzel Washington. 114
minutes.

Tuesday, March 23

"Catch Me If You Can"

A drama, based on a true story,
rated PG13, starring Leonardo
DiCaprio and Tom Hanks. 140
minutes.

Movies, provided by
Blockbuster, are shown at 1:00 P.
M. Refreshments are provided
by Grande Pointe Healthcare
Community of Richmond
Heights.

Gilmour Academy ice rink

Open Skating, Saturdays
from 12:15 to 1:30, and Sundays
from 3:30 to 4:45 in the
afternoon. Charge is \$3, skate
rental is \$2. Instruction is
available on Saturdays from
10:30 to noon. For information,
call Josette at **440-449-7487**.

Ski at Holimont Ski Resort,
Monday, February 16, from 6:30
A.M. to 9:30 P.M. To sign up
call the Recreation Department
at **442-2626 ext. 267**.

50+ Dances

DeJohn Community Cen-
ter, February 14 and March 13,
7:30 to 10:30 P.M, doors open at
7:00 P.M. Admission is \$4, live
music. Singles welcome.

Congratulations to Ruth Moyer, of #228, who won \$50 at
the bingo game on Tuesday, January 27.

Odyssey Raises Rates Starting Next Month

In case you were wondering what to do
with the extra money in this year's Social Se-
curity deposit, Odyssey Cable System is go-
ing to take care of some of it. Their letter
states that "The good news is... the monthly rates will in-
crease minimally." Oh, yeah? The basic digital system is
going from \$40.30 to \$45.45, which I calculate to be 12.5%,
and I don't call that minimal. To be fair, they are adding
some channels, but I still think this is outrageous.— *Ed*



Villa Serena Offers

U. S. Post Office on Wheels

The Postal Service will bring the mobile substation to the front door on February 3 from 11:30 to Noon

Services include:

- * Stamps
- * Packages
- * Priority Mail



From: Best-Ever Chicken, published by Pillsbury

Oven-Roasted Chicken & Veggies

Prep Time: 10 minutes,
(Ready in 9 hrs.)



- 1 frying chicken, quartered
- ½ cup balsamic vinaigrette salad dressing, plus 3 tblsps
- 4 small red potatoes, quartered
- 1 small onion, cut in ½ in. wedges
- 4 frozen corn on the cob
- 2 small zucchini, cut in ½ in. pieces
- 1 red bell pepper, cut in 1 in. pieces
- ½ tsp. Salt
- ¼ tsp pepper

Pour ½ cup salad dressing over chicken in plastic bag or glass baking dish; seal and refrigerate 8 hours or overnight to marinate, turning once or twice.

Heat oven to 400°F. Remove chicken from marinade; discard marinade. Arrange chicken at one end in ungreased 15x10x1 inch baking pan. Place potatoes, onion, and corn at other end.

Bake for 20 minutes. Add zucchini and bell peppers. Sprinkle vegetables with the

Drug Smarts

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



Mix Mastering: *In the alchemy of medicine, one plus one does not always equal two*

Drug-Condition Interactions

SLEEPING PILLS can complicate a breathing problem such as emphysema or sleep apnea.

NASAL DECONGESTANTS and BRONCHODILATORS can be dangerous when taken by those with heart disease or high blood pressure, thyroid disease or diabetes.

Many ANTIHISTAMINES, DECONGESTANTS, and ANTITUSSIVES for coughing are not recommended for those who have difficulty urinating due to an enlarged prostate.

Drug-Food Interactions

ASPARAGUS, SPINACH, and BROCCOLI and similar foods can neutralize anticoagulants. These vegetables are high in vitamin K, which promotes blood clotting.

GRAPEFRUIT or GRAPEFRUIT JUICE interacts with most statin drugs which are prescribed for lowering cholesterol, increasing the risk of side effects. Orange juice may be a suitable substitute.

WHEN TAKEN WITH FOOD, the absorption rate of the osteoporosis medicines alendronate (Fosamax) and risedronate (Actonel) is cut in half.

Go Generic Generic drugs typically cost 50% or less than brand name drugs. But are generics just as good? Sometimes there are minor differences, such as the flavoring or color, but there are no differences in the active ingredients. The FDA sees to that. Ask your doctor if the generic version is a good idea for you.

salt and pepper. Bake 30 to 40 minutes or until chicken is fork-tender and juices run clear, stirring vegetables once. Before serving, drizzle with 3 tblsps dressing. **4 Servings**

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, 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. Tuesday, February 17, Tossed Salad, Chicken Cordon Bleu, Wild Rice, Broccoli & Cauliflower, and Chocolate Cream Pie. **Bingo** sponsored by Griswold Special Care.

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, February 11, "Advanced Care Planning," Diane Hartt, MPA, Hospice of the Western Reserve. **Reservations at 1-877-390-1732.**

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**.

AARP 55 Alive Driving Course. Atrium Auditorium, Lower Level, Feb. 6 and 13, Noon to 4 PM. Refine driving skills and develop defensive driving techniques. \$10 check to AARP. Qualify for auto insurance discount. **Reservations at 1-877-390-1732.**

From the St. Francis of Assisi Bulletin

The Baptism of the Lord

Crossing the River Jordan more than a thousand years before Christ, the nomadic Hebrews had become a people of the land, a new nation. It was not surprising that John the Baptist chose to immerse his penitents in this river as a sign of a new beginning. After His own baptism, Jesus was standing on the banks of the river when He looked up and saw the fabric of the blue sky torn open. A dove circled lower until its wings brushed His face. The spirit of God was upon Him and He heard a voice: "You are My beloved Son. In You I take greatest delight."

Never again would Jesus be simply "the carpenter of Nazareth." As if to underscore this point, Mark tells us that the Spirit drove Jesus into the desert. There He would reflect upon the experience of His Father and the Spirit. His relationship to the two of them would indelibly mark the remaining three years of His life. The intimate bond He felt with the Father made Him eager to retreat to prayer. He prayed early in the morning before choosing His disciples, before healing the sick, before giving us the Eucharist. And He prayed as He was dying on the cross. Fascinated, people begged Him: "Teach us to pray." "When you pray," He replied, "say 'Abba,'" (a toddler's word for father.). The Father and Spirit are the legacy Christ left us in Baptism.

A grandmother was surprised by her seven-year-old grandson one morning. He had made her coffee, but it was the worst coffee she ever had in her life. When she got to the bottom, she found three tin soldiers in the bottom of the cup. When she asked why they were there, the reply was, "Grandma, it says on TV, "The best part of waking up is soldiers in your cup."

A warm hello to all! Remember, this winter weather won't last forever. Spring will be here before you know it — so hang in there. Drive safely and stay warm! Let's hope Punxatawney Phil doesn't see his shadow on February 2, and that we can look forward to the end of the worst of the bad weather.

Even though many of us don't like the cold and treacherous conditions that winter brings, we should remember that this least respected of all seasons does have its own unique beauty and purpose. The serene aspect of a winter landscape is something to behold and treasure. Winter is a time when Mother Nature rests and readies herself for spring's arrival.

In February we celebrate St. Valentine's Day so I want to send greetings of love to all our friends and families. Love is humanity's greatest gift. Let's all do our part in reaching out to as many people as

we can with a renewed loving spirit.

During these gloomy winter months take the time to check in with a friend or family member who is sick or lonely and in need of some companionship or encouragement.

Giving of ourselves always makes a beneficial impact on our community. So pick up the phone and take the first step in letting those folks know that you care and are there for them.

This month, our regular events, Brown Bag Bingo and the dinner party will be on February 19th and 20th respectively. Gary Pildner will entertain after the dinner, which promises to be a fun time. See you there!

Talk to you next month —

Charlie

~~~~~  
Well, Wal-Mart is open and the dreaded traffic jams have failed to occur, at least so far. That may all change next Christmas, so keep your fingers crossed.

St. Francis Foundation &  
Order Italian Sons and Daughters of America  
Howard I. Chesler  
Senior Center

At  
Villa Serena  
6800  
Mayfield Rd.  
Mayfield Hts.,  
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VALENTINE'S  
DAY