

Dinner at Villa Serena

January 11

Ham or Fish
Potato and Vegetable
Dessert

Ham \$8.50 Fish \$7.50



January 25

Chicken Cutlet or Fish
Potato and Vegetable
Dessert

Chicken \$8.50 Fish \$7.50

January 31 Bingo Luncheon

Open Beef Brisket Sandwich, Potatoes & gravy
Dessert \$5.00

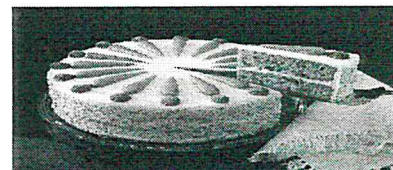
St. Francis Foundation

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
	1 <i>Happy New Year</i> Office Closed	2 9:00 Wellness Nurse 9:00 Sewing 1:00 Craft Class 2:00 Exercise	3	4
7 1:00 Ceramics 6:00 Cards	8 3:30 Rosary 7:00 Game Night	9 9:00 Sewing 1:00 Craft Class 2:00 Exercise	10 10:00 Staywell Nurse 6:30 0 Program	11 5:00 Dinner 6:30 Program
14 1:00 Ceramics 6:00 Cards	15 3:30 Rosary 7:00 Game Night	16 9:00 Wellness Nurse 9:00 Sewing 1:00 Craft Class 2:00 Exercise	17	18 2:00 Mass
21 MLK, Jr. Day <i>No Mail</i> 1:00 Ceramics 6:00 Cards	22 3:30 Rosary 7:00 Game Night	23 9:00 Sewing 1:00 Craft Class 2:00 Exercise	24 10:00 Staywell Nurse	25 5:00 Dinner 6:30 Program
28 1:00 Ceramics 6:00 Cards	29 3:30 Rosary 7:00 Game Night	30 9:00 Sewing 1:00 Craft Class 2:00 Exercise	31 12:00 Bingo Luncheon 1:00 Bingo	

Birthdays and Anniversaries January 2002



<u>Birthdays</u>						
January	1	Stanley Caplinsky		January	16	Mary Ritz #428
		Rina Colocci			17	Josephine Szanson
		Rose Lowrey #308			18	Ermalinda Centracchio #627
	2	Mildred Hanko #412				
	4	Bruce Kearney			19	Grace Alliger
	5	Helen Knoll			20	Andrew Andrews #718
		Vera Ricchino #634				Ann Fassbender #433
	7	Angeline Calabro				Eleanor Thomas #533
	9	Joseph Catullo #327			21	Rose Delaney #413
		Anthony Seeman #809				Elsie Hehir #611
	10	Eleanor DiIorio				Angelo Monti #424
		Rosalind Katz			22	Ann Kaplan #316
		Mary Welker #505				John Kaufman #825
	11	Dr. Howard Barnes				Mary Locigno #810
		Magda Berkman				Angeline Martella
		Ann Restifo			23	Tony Glem #826
		Norma Sangimino			24	Harold Morton
		Marjorie Stewart			25	George Cancasci
	12	Olga Caruso				Ann Picozzi
		William Gable			26	Josephine Boros
	13	Frances Jakubs #706				Genevieve Devney #723
	14	Augustine LaMarca			28	Gene Zachary #206
		Dave Tierney #530			29	Elizabeth Corr #425
	15	Helen Eged #624				Anna Mullin #524
		Josephine Gentile			31	Walter Clausen #409
		Marge Nokes				
		John Sangimino				

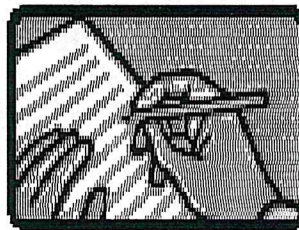
Villa Serena Members please double check your membership to assure that it is up to date.
Residents, be sure your license plate and phone numbers are current.

Monday Night Pinochle

<u>November 19</u>		<u>November 26</u>		<u>December 3</u>		<u>December 10</u>	
Agnes Puro	601 2.00	Laila Nagy	587 2.00	Ernie Fiorotto	598 2.00	Stella Benjamin	621 2.00
Mitzi Weber	574 1.50	Vera Kozak	558 1.50	Mamie Damanti	578 1.75	Jack Wells	610 1.50
Laila Nagy	524 1.00	Mitzi Weber	540 1.00	Marcie Stianche	534 1.00	Ted Johnson	532 1.00
				Joe Damanti	525 1.00	Agnes Puro	525 1.00

Letter Drop

Discover the sayings concealed in these lines. Drop one letter in each pair and decide where words begin and end. (Hints at bottom if you need help getting going.)



1. DA EW OL RB SD AT RO MT
HI NE WY IM NS BE IK SN
BS LU FE RF IB NC LI EG
WN TN

2. OT NR IE DG EO OC OD TL
BU TR EN DL EO US ED RA
IV LE ST WA NE OL LT HC
NE RD

Answers

Hints: The first word of the 1st puzzle is "a," of the 2nd, "one."

Answers:

1. A word to the wise is sufficient.
2. One good turn deserves another.

Just For Laughs...

A bore is someone who, when you ask him how he is, tells you.— *Variously ascribed*

There are very few people who don't become more interesting when they stop talking.— *Mary Lowry*

I will not eat oysters, I want my food dead—not sick, not wounded— dead.— *Woody Allen*

Only Irish coffee provides in one single glass all four essential food groups: alcohol, caffeine, sugar, and fat.— *Alex Levine*

Anyone who doesn't think that the best hamburger place in the world is in his home town is a sissy.— *Calvin Trillin*

You can find your way across the country using hamburger joints the way a navigator uses stars.— *Charles Kuralt*

Part of the secret of success in life is to eat what you like and let the food fight it out inside.— *Mark Twain*

In Mexico, we have a word for sushi: bait.— *Jose Simon*

Everything you see I owe to spaghetti.— *Sophia Loren*

Blow in its ear.— *Johnny Carson on how to thaw a frozen turkey*

If you want to look young and thin, hang around old fat people.— *Jim Eason*

From the AARP's Modern Maturity

Fatigue could well be America's prime complaint. Four in ten adults reported that tiredness often interfered with their daily activities. What might be robbing you of your zest? Here are some surprising culprits:

Dehydration. Get at least eight cups of fluid a day. Don't count alcohol or caffeinated beverages, which can dry you out. Limit this after sunset, however, because you're not going to get a good night's sleep if you are making too many trips to the bathroom.

Low Blood Pressure. See a doctor if you are fatigued and suffering episodes of lightheadedness.

Disturbed Sleep. Sleep apnea, which causes brief moments of wakefulness, afflicts one in four men and one in ten women, and is more common with age.

Low Testosterone. About one in three men over 65 have low levels. It can be detected with a blood test and corrected with medication. Results can be dramatic.

Thyroid Problems. Hypothyroidism can cause tiredness and intolerance to cold, among other symptoms, and also can often be cured simply.

Anemia. Often caused by blood loss from internal bleeding which results from various problems, anemia is usually fixable.

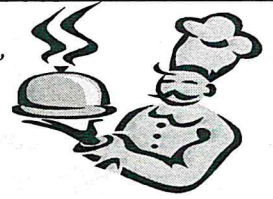
Eyestrain. If your prescription is outdated or if you spend a lot of time keyboarding, eyestrain is a possibility. Check with an optometrist for this one.

Your Medicine. Cold medicine and some other prescription and over-the-counter items can affect your ability to sleep properly.

Late-Night Indulgences. Eating and drinking alcohol just before bedtime are absolute "no-nos."

Simple Boredom. "The more you lie around, the more you lie around. *Get busy!*"

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



Eggplant Parmesan

- 4 eggplants
- 2 eggs, beaten
- bread crumbs
- 1 large can tomato sauce
- 1 small can tomato sauce
- 1 can tomato soup
- 1 tsp. garlic powder
- 1 (8oz.) pack shredded cheddar cheese
- 2 packages shredded Mozzarella cheese
- salt and pepper
- oregano

Slice eggplant with skins ¼-inch thick. Dip in egg and coat with bread crumbs and fry. Blot on a paper towel.

Mix together tomato sauce, tomato soup, and garlic powder. In another bowl, combine cheese.

In a large casserole dish, layer of cheese mixture, eggplant, of cheese mixture, salt and pepper. Repeat layers (approximately 3). Sprinkle oregano on top layer. Bake at 350° for 20 to 30 minutes, longer if eggplant has been refrigerated. Serve hot.

Bon appetit!

Important Area Phone Numbers

- Hillcrest Hospital Community Medical Transit** 216-797-4014
- RTA Paratransit Service** 216-781-1110
- Hillcrest Meals-on-Wheels** 440-449-3551
- Schnurmann-Luther Service Center**
(lunches, transportation) 440-461-3622

Clear And Colder

Wind, the season-climate mixer,
In my Witches' Weather Primer
Says, to make this Fall Elixir
First you let the summer simmer,
Using neither spoon nor skimmer,

Till about the right consistence,
(This like fate by stars is reckoned,
None remaining in existence
Under magnitude the second.)

Then take some leftover winter
Far to north of the St. Lawrence.
Leaves to split and branches splinter,
Bring on wind. Bring rain in torrents—
Colder than the season warrants.

Dash it with some snow for powder.
If this seems like witchcraft rather,
If this seems a witches chowder
(All my eye and Cotton Mather!),

Wait and watch the liquor settle.
I could stand whole daysful of it.
Wind she brews a heady kettle.
Human beings love it— love it.
Gods above are not above it.

— *Robert Frost*

From Hillcrest Hospital's Senior Circle of Care

Arthritis Classes

The following classes are offered on a periodic basis as a collaboration between the Center for Rehabilitation & Pain Management at the hospital, and the Arthritis Foundation:

Arthritis Self-Help Class
Fibromyalgia Self-Help Class
People with Arthritis Can Exercise
For info, call Joyce at **216-692-7456**

From a Plain Dealer "People's Pharmacy" column

Heavy Coffee Drinking May Weaken Bones

For years, scientists have known that caffeine can lead to short term calcium loss, but the significance of this finding was unclear. Now, research published in the American Journal of Clinical Nutrition (November 2001) demonstrates that heavy caffeine consumption (more than 300 milligrams daily) might speed bone loss. The effect is seen primarily in women who have a variation in a vitamin D receptor gene. If (you are) drinking more than three cups of coffee per day, (you) might be at higher risk of osteoporosis, (especially if) there is a family history of this condition.

— *Joe and Teresa Graedon*

(As usual, it looks as if moderation is the key point in this as in so many things we do, — Ed.)

If She Only Had One Minute

What would she put in it?
She wouldn't put,
she thinks; she would take,
suck it up
like a deep lake—
bloat indiscriminate
on her last instant—
feast on everything she
had released, dismissed, or
pushed away; she would make
room and room as though
her whole life of resistance
had been for this one purpose:
on the last minute of the last day
she would drink and have it, ballooning
like a gravid salmon or the moon.

— *Kay Ryan*

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, January 15, Swiss steak, scalloped potatoes, herbed green beans, and banana cream pie.

Free Healthcare Lectures.

Wednesday, January 9, at DeJohn Community Center, 6306 Marsol Rd., "*Fall Prevention*," Marianne Presutto. Older Adult Assessment Program, Euclid Hospital. 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, January 22,: *Music of the Heart*," starring Meryl Streep, Aiden Quinn, Gloria Estefan, and Angela Bassett.

Thanks to Karla Lindsey

From the St. Francis of Assisi Bulletin

Prior to the 16th century, clocks had no minute hand. The booming of the town clock told villagers the hour of the day, but no more than that. Then, craftsmen refined the workings of clocks and introduced the minute and second hands. Modern life was coming closer.

Unlike the Greeks, the Hebrews had no abstract notion of time. Time for them was always associated with some event. Thus, Ecclesiastes tells us that there is an appointed time for everything: "a time to mourn and a time to dance, a time to plant, a time to uproot."

We Americans have developed our own unique view of time and the clock. We have come to equate busyness with importance. Another assumption is that we have an endless supply of tomorrows. "You must be very busy," has become a sort of compliment, a hint that we are indispensable.

Ecclesiastes may seem fatalistic, implying that these events have all been assigned an unalterable moment. If this were the case, there would be no room for God's saving grace to free us from events and decisions that imprison us. There is just such a moment, however. Biblical writers call it "the moment of salvation."

Christ, the Lord of History, has broken onto the time of our lives. He comes to bring wholesomeness and healing to each of our hours. He brings light to our darkness, strength to our weakness, freedom to our entrapment. The significant moments of our lives are times of salvation. In each of them, Christ urges us to take his hand so that he may lead us toward the kingdom of His Father.

"My therapist told me that the way to achieve inner peace is to finish what I start. So far today, I have finished two bags of chips and a chocolate cake. I feel better already."

January is a month of stillness. No longer rushed by the holidays, we move about more slowly and quietly. Sounds are muffled by the snow and we hibernate a bit like other snow-bound creatures.

The Villa was decorated like a sparkling jewel this past holiday, the warmth of friendship was altogether visible. How fortunate we are to have the many volunteers contribute so much.

In the coming year we anticipate making new friends and having more good times and more laughter. 2002 will be the year we celebrate Villa Serena's thirty-fifth anniversary. So many years of good people contributing to make The Villa a special place where older adults live happily with dignity. Expect to hear more about our anniversary later.

To bring you out of hibernation, there are plenty of fun things planned for this January. A new duo, **Silent Lion Sassafras**, will perform **January 10** at 6:30. This husband and wife team, John and

Barbiel Saunders, have presented their music to audiences at Severance Hall, the Kent State Folk Festival and the Kennedy Center for Performing Arts. Their instruments of banjo, guitar, mandolin and Irish Burzouki create music from pre-war songs to Bluegrass, jazz and blues. Expect some classics too but don't miss this event.

January 11 welcome back the **Rico Trio** for a grand night of dinner and dancing. Rico Giammarco and his band always delight Villa audiences so make your reservations and plan to be there .

Our birthday and anniversary dinner will be **January 25th** when **Ed and Gilda Cifani** return to Villa Serena. Ed and Gilda have wowed audiences for many years and we're pleased they can be here to help dash our winter doldrums.

Brown Bag Bingo will be a festive luncheon of open-face beef brisket sandwich with mashed potatoes and gravy and dessert on **January 31**. Only \$5.00 for this tasty lunch so call the office to reserve a place for this fun afternoon.

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
Carole Clay
Bert Morehart
Lucy Morgan
Dorothy Penkava
Gene Zachary



2002!