

Dinner at Villa Serena

January 10

Roast Chicken or Fish

Potatoes

Vegetable

Dessert

Chicken \$8.50, Fish \$7.50



January 16 BROWN BAG BINGO

Hamburger, French Fries, Pie \$2.50

Cheeseburger, French Fries, Pie \$2.75

Filet of Fish, French Fries, Pie \$3.25

St. Francis Foundation

Villa Voice 6800 Mayfield Road
Mayfield Heights, Ohio 44124

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

DATED MATERIAL—PLEASE DELIVER

Monday	Tuesday	Wednesday	Thursday	Friday
		1 New Year's Day	2 2:00 Staywell Nurse	3
6 Epiphany 1:00 Ceramics 6:00 Cards	7 3:30 Rosary 7:00 Game Night	8 9:00 Sewing 1:30 Exercise	9	10 5:00 Dinner 6:30 Program
13 6:00 Cards	14 3:30 Rosary 7:00 Game Night	15 9:00 Sewing 1:30 Exercise	16 12:00 Brown Bag Bingo 2:00 Staywell Nurse	17 2:00 Mass
20 M L King Day No Mail 1:00 6:00 Cards	21 3:30 Rosary 7:00 Game Night	22	23 7:30 Program	24
27 6:00 Cards	28 3:30 Rosary 7:00 Game Night	29 9:00 Sewing 1:30 Exercise	30 2:00 Staywell Nurse	31

Drug Smarts



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

Plan a Review Session If you're popping multiple medications, meet with your doctor every six months to review what you're taking (including supplements and non-prescription drugs). Think of it as your body's state of the union address: a chance to address any problems and even uncover problems. According to one study, one in five Americans over 65 takes at least one inappropriate drug.

The Ethnicity Factor The majority of Americans are Caucasian and most drug trial participants are Caucasian. But a small difference in a few genes can affect the body's reaction to drugs. Studies show that four times as much of the popular ulcer drug Prilosec accumulates in the blood of Asian Americans as it does in Caucasians. (And the drug rises 40 to 50 percent longer in the bloodstreams of all elderly people.) The manufacturer of Prilosec suggests "dose adjustments" for Asian Americans, but the advice is buried in the package insert's "Clinical Pharmacology" section—which your physician may not have read. Ask your doctor if ethnicity might affect your dosage.

The Bigger The Muscle, The Smaller The Pill The amount of medicine you need can often be reduced—and sometimes eliminated—through lifestyle changes. Weight loss, exercise, and salt reduction can lower blood pressure. Eating less saturated fat and more fruits and vegetables can lower cholesterol. Arthritis pain can be alleviated by warm-water soaks, stretching, and the application of ice. Make sure you discuss lifestyle changes and home remedies with your doctor

Next Month: *Ladies' choice, Just Say No, and Act Your Age*

From the AARP Journal by Laura Daily

Mall-Purpose Exercises (Burn Calories While You Burn Cash)

As long as you're spending mega-hours in the mega-malls this holiday season, you may as well get some exercise. One hour of fast-paced mall walking can burn more than 400 calories. *Some tips:*
Protect Your Tootsies Don't pound around the mall in worn-out sneakers. Get real walking shoes or athletic shoes that offer good shock absorption in the heel and under the ball of the foot (you'll pay \$50-\$90).

Watch Your Watch A good pace is to walk swiftly for two minutes, then slower for one minute, and continue alternating speeds.

Raise Your Hands Pumping your arms will increase your calorie burn by about 20 percent

Invite a Gal Pal Walking with a woman could boost your pace. A 1999 study found that women walk faster in a mall than they do on a track.

Tune In Music makes the feet move faster. Crank up tunes with 126 to 132 beats per minute—the approximate tempo of Fats Domino's "I'm Walkin'."

Steer For The Stairs Don't even think about riding the escalator. Walking stairs is a weight bearing exercise and also helps prevent osteoporosis and bone density loss.

Eat a Smart Snack It takes a 150-pound walker two hours (walking 3 mph) to burn off one regular Cinnabon. Some lighter choices: a skim-milk cappuccino (135 calories) or low-fat or nonfat frozen yogurt (about 100 calories per ½ cup).

"You know you're getting old when all the names in your black book have 'M. D.' after them" — *Harrison Ford*

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

Roasted Pepper Frittata



- 1 Red bell pepper
- 1 Yellow bell pepper
- 1 Green bell pepper
- 2 Cloves garlic, minced
- 2 Tblsps. Balsamic vinegar
- ¼ Tsp dried oregano
- salt and freshly ground pepper,
to taste
- 8 Eggs
- 3 Tblsps Milk
- ½ Cup freshly ground Parmesan
- 1½ Tblsps Olive oil

Prepare the broiler. Cut all the bell peppers in half lengthwise and remove the stems, seeds, and ribs. Place them cut side down on a baking sheet and broil until the skins blacken and blister. Cover the peppers loosely with foil and let cool for 10 minutes. Using your fingers or a small knife, remove the pepper skins. Cut the peppers lengthwise into ¼ inch wide strips.

Combine the pepper strips, garlic, vinegar, oregano, and salt and pepper. Let the mixture marinate for 30 minutes.

In another bowl, whisk together the eggs, milk, and Parmesan cheese until frothy. Add the pepper mixture and mix well. Preheat the oven to 400°.

In a 10-inch nonstick ovenproof frying pan, warm the olive oil over medium high heat. Add the egg and pepper mixture and when it starts to set, lift the edges of the frittata with a spatula

Continue in the right column

A Winter Eden

A winter garden in an alder swamp,
Where conies now come out to sun and romp,
As near a paradise as it can be
And not melt snow or start a dormant tree.

It lifts existence on a plane of snow
One level higher than the earth below,
One level nearer heaven overhead,
And last year's berries shining scarlet red.

It lifts a gaunt luxuriating beast
Where he can stretch and hold his highest feast
On some wild apple tree's young tender bark,
What well may prove the year's high girdle mark.

So near to paradise all pairing ends:
Here loveless birds now flock as winter friends,
Content with bud inspecting. They presume
To say which buds are leaf and which are bloom.

A feather-hammer gives a double knock.
This Eden day is done at two o'clock.

An hour of winter day might seem too short
To make it worth life's while to wake and sport.

— Robert Frost

Continued from the left column

so that some of the uncooked egg mixture runs underneath. Reduce heat to medium and cook until the bottom is set but the top is still runny, 8 to 10 minutes.

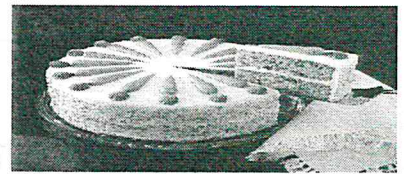
Transfer the pan to the preheated oven and cook until the eggs are set on top and golden brown on the bottom, 6 to 7 minutes.

Remove the frittata from the oven and loosen with a spatula. Invert the frittata onto a serving plate. Cut into wedges and serve hot or at room temperature.

Bon Appetit

Birthdays and Anniversaries

January 2003



Birthdays

January	1	Stanley Caplinski	
		Rose Lowrey	#308
	2	Mildred Hanko	#412
	5	Vera Ricchino	#634
	7	Sililia Booker	#511
	9	Joseph Catullo	#327
		Anthony Seeman	#809
	10	Rina Colocci	
		Eleanor DiIorio	
		Mary Welker	#505
	11	Dr. Harold Barnes	
		Magda Berkman	
		Ann Restifo	
		Norma Sangimino	
		Marjorie Stewart	
	12	Olga Caruso	
		William Gable	
		Juanita Gayle	#610
	13	Frances Jakubs	#706
	14	Augustine LaMarca	
		Dave Tierney	#530

January	15	Helen Eged	#624
		Josephine Gentile	
		Marge Nokes	
		John Sangimino	
	16	Mary Ritz	#428
	18	Ermalinda Centracchio	
			#627
		Norman Fields	#213
	19	Grace Alliger	#513
	20	Andrew Andrews	#718
	21	Rose Delaney	#413

A Man at Christmas

Goes from

- Believing in Santa Claus
- To Not Believing in Santa Claus
- To Being Santa Claus
- To Looking Like Santa Claus

Transportation Services Phone Numbers

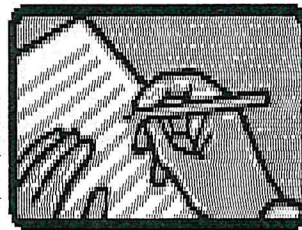
- Schnurmann-Luther Service Center
- Noon time meals 440-461-3622
- Hillcrest Hospital Transit 216-797-4014
- RTA Paratransit Service 216-781-1110

Monday Night Pinochle

<u>November 25</u>		<u>December 2</u>		<u>December 9</u>		<u>December 16</u>	
Stella Benjamin	583 200	Rosemary Valenti	569 3.00	Stella Benjamin	550 2.00	Carmen Cortese	537 2.00
Nancy Menage	542 1.75	Agnes Puro	559 2.50	Carmen Cortese	507 1.50	Mary Welker	527 1.75
Sam Fratantonio	527 1.25	Tina Colocci	537 2.00	Sam Fratantonio	507 1.50	Jennie Cellura	517 1.25
Mary Welker	516 1.00	Marie Kavalunas	534 1.00	Ted Turlik	496 1.00	Rosemary Valenti	514 1.00
		Carmen Cortese	534 1.00				

Hidden Pairs

The pairs below may, at first glance, appear to have nothing in common. But if you look carefully, you will see that each word contains a hidden word, and that the hidden words in each pair are related in some way.



Example: *humble, missing* would yield *hum, sing*

1. farmland, legislature
2. asterisk, rosette
3. vicarage, bustled
4. combination, brushing
5. hiccup, steamer
6. wrenching, amnesty
7. suddenly, concave
8. speaking, gracefully
9. phoney, beefeater
10. cartwheel, parchment
11. hospice, clover
12. incentive, coincidental

Answers

Answers:

1. Arm, leg 2. Aster, rose 3. Car, bus 4. Comb, brush 5. Cup, tea 6. Wren, nest
7. Den, cave 8. King, ace 9. Honey, bee 10. Heel, arch 11. Spice, clove 12. Cent, coin

Just For Laughs...

Too bad the only people who know how to run the country are busy cutting hair and driving cabs.— *George Burns*

Those who are too smart to engage in politics are punished by being governed by those who are dumber.— *Plato*

In America, anyone can become president. That's one of the risks you take.— *Adlai Stevenson*

Calvin Coolidge didn't say much, and when he did, he didn't say much.— *Will Rogers*

I think the American public wants a solemn ass as president. And I think I'll go along

with them.— *Calvin Coolidge*

He's alive but unconscious, just like Gerald Ford.— *From the movie Airplane*

Your public servants serve you right.— *Adlai Stevenson*

When we got into office the thing that surprised me the most was that things were as bad as we've been saying they were.— *JFK*

I have left orders to be awakened at any time in case of a national emergency, even if I'm in a cabinet meeting.— *Ronald Reagan*

I'm glad Ronald Reagan is president. Of course, I'm a professional comedian.— *Will Durst*

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, January 21, Garden Salad, Chicken Marsala, Wild Rice, Green Beans, Peach Cobbler, followed by ***Bingo!***

Free Healthcare Lectures.

Free refreshments at 9:30 AM, lecture from 10:00 to 11:00. Reservations required in advance. Wednesday, January 8, a travel presentation presented by Collette Tours. 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, January 28. **Meet The Parents**, Starring Robert DeNiro, Ben Stiller, and Teri Polo; rated PG-13; 1 hr. 48 mins.

Thanks to Karla Lindsey and a Happy New Year to her and all her associates at The Senior Circle of Care. — Ed.

From the St. Francis of Assisi Bulletin

If we do not wait patiently in expectation for God's coming in glory, we start wandering around, going from one little sensation to another. Our lives get stuffed with newspaper items, television stories, and gossip. Then our minds lose the discipline of discerning between what leads us closer to God and what doesn't, and our hearts lose their spiritual sensitivity.

Without waiting for the second coming of Christ, we will stagnate and become tempted to indulge in whatever gives us a moment of pleasure. But when we have the Lord to look forward to, we can already experience Him in waiting.

Do I live with an "Advent Awareness" that God is always ready to come to me with His saving power? What am I doing in my daily life to increase that awareness? What things must I cut out because they are moving me away from God?

A sweet little girl was sitting on Santa's lap at the mall store. Santa asked her "And what do you want for Christmas?" The child rolled her eyes and said with disgust, "Hey, fatso, didn't you get my E-mail?"

Pope Paul VI called meditation on the Rosary a summary of the whole Gospel. Meditation on the mysteries of the Rosary provides an entry into the Sacred Scriptures. Rather than a mechanical recitation of Our Fathers and Hail Marys marked by beads, the Rosary invites us into thoughtful, slow meditation on the events that signify key moments in the life of Mary and her Son, Jesus.

Today, reflect upon the faith journey of this magnificent, courageous woman, whose life models faith and surrender. Here is a life woven of one piece, a consistent focus on her mission to bear the Divine One for the sake of the world. *Every Tuesday, 3:30, Activity Room*

The villa

Villa Serena

Voice

January, 2003

Volume XXXVI
Number 1

January is often a month of reflection. We look back on the previous year's joys and trials and give thanks for the blessings we received.

We shared a lot of good times together in the past year, especially celebrating the 35th anniversary of the Villa Serena last summer. The Villa was splendid with holiday decorations in December. Each floor was garnished with seasonal bloom and our lobby was magnificent. May the coming year bring us good friends, good health and abundant joy.

How fortunate we are to have the many volunteers who have given their time and efforts to The Villa and the many activities here. Many thanks to those who help keep the grounds in beautiful shape and those who help with The Villa Voice, bingo, the library and setting tables. A special thank you to the dedicated workers who have given so many of their Fridays on their feet throughout the afternoon and evening to present our wonderful dinners.

Beginning this January Villa Serena will begin to offer only one dinner a month. In the past few years we have experienced significantly fewer people attending dinners. Prices can not be raised to cover expenses and still be a reasonable expense for retired people. We hope everyone will bring a new member this year and dinners can be held more frequently.

Be here **January 10th** to welcome **The Somich-Tomsic Trio**. This group has played dance music in the area for many years and will certainly be a night of fine dancing.

This month's **Brown Bag Bingo** will be **Mc Donald's Luncheon** on **January 16th** we hope you will enjoy. Call the office by January 14 to order your lunch and enjoy a hot lunch at noon and a grand day of bingo. See the back page for the day's menu.

Thursday, **January 23rd** **The University Heights Band** will return to put smiles on our faces and shake The Villa shingles. Be sure to join us in the Music Room at 7:30.

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
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Dorothy Penkava
Gene Zachary



*HAPPY
NEW YEAR*