

Dinner at Villa Serena



Friday, January 23

Ham or Fish

Potatoes

Vegetable

Dessert

Ham \$9.00, Fish \$8.00

Followed by Entertainment by Dale Arvay

Thursday, January 15, at Noon

Brown Bag Bingo

*St. Francis Foundation*

**Villa Voice** 6800 Mayfield Road  
Mayfield Heights, Ohio 44124

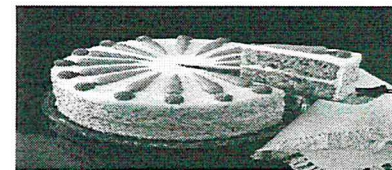
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175

DATED MATERIAL—PLEASE DELIVER

Monday	Tuesday	Wednesday	Thursday	Friday
			1 New Year's Day Office Closed	2
5 1:00 Ceramics 6:00 Pinochle	6 Epiphany 3:30 Rosary 7:00 Game Night	7 9:00 — 1:00 Sewing 1:30 Exercise	8	9
15 1:00 Ceramics 6:00 Pinochle	13 3:30 Rosary 7:00 Game Night	14 9:00 — 1:00 Sewing 1:30 Exercise	15 12:00 Brown Bag Bingo 2:00 Staywell Nurse	16 2:00 Mass
19 MLK, Jr. Day No Mail 1:00 Ceramics 6:00 Pinochle	20 3:30 Rosary 7:00 Game Night	21 9:00 — 1:00 Sewing 1:30 Exercise	22	23 5:00 Dinner 6:30 Program
26 1:00 Ceramics 6:00 Pinochle	27 3:30 Rosary 7:00 Game Night	28 9:00—1:00 Sewing 1:30 Exercise	29	30

# Birthdays and Anniversaries

## January 2004



### Birthdays

January	1	Stanley Caplinski	
		Rose Lowrey	#308
	2	Mildred Hanko	#431
	5	Vera Ricchino	#634
	7	Sililia Booker	#511
	9	Joseph Catullo	#327
		Anthony Seeman	#809
	10	Rina Colocci	
		Mary Welker	#505
	11	Dr. Harold Barnes	
		Magda Berkman	
		Ann Restifo	
		Norma Sangimino	
	12	Olga Caruso	
		Juanita Gayle	#610
	14	Augustine LaMarca	
	15	Helen Eged	#624
		Josephine Gentile	
		Marge Nokes	
		John Sangimino	

January	16	Mary Ritz	#428
	18	Ermalinda Centracchio	
			#627
		Norman Fields	#213
	19	Grace Alliger	#513
	20	Andrew Andrews	#718
	21	Rose Delaney	#413
		Elsie Hehir	#611
		Angelo Monti	#424
	22	Mary Locigno	#810
	23	Tony Glem	#826
	24	Harold Morton	
	25	George Cancasci	
	26	Josephine Boros	
	28	Gene Zachary	#206
	29	Elizabeth Corr	#425
		Eugene Hertrick	
	30	David Williams	#811

### ***Hillcrest Hospital— Community Programming***

At Mandel Jewish Community Center  
26001 South Woodland, Beachwood

A free health information series given by the Cleveland Clinic Health System.

Tuesday, January 13, 2004: Weight Management and Nutritional Supplements

Tuesday, February 10, 2004: Making Heart Healthy Decisions

Tuesday, March 2, 2004: Arthritis Treatment

### Health Screenings:

*Healthy Heart Screenings* (Blood Pressure, Blood Sugar, and Cholesterol)

Tuesday, February 10, 5:00— 6:30 P.M.

Wednesday, March 3, 9:00— 11:00 A.M.

Thursday, March 18, 1:00— 3:00 P.M.

*Body Mass Index*, Tuesday, January 13, 5:30— 6:30 P.M.

**Call 216-444-9090** to register or for more information.

### Monday Night Pinochle

#### November 17

Jon Jon	570 2.50
Andy Glorioso	546 2.00
Connie Nicolosi	543 1.50
Stella Benjamin	540 1.00

#### November 24

Carmen Cortese	575 2.50
Tina Boothe	558 1.00
Agnes Puro	551 1.50
Andy Glorioso	536 1.00

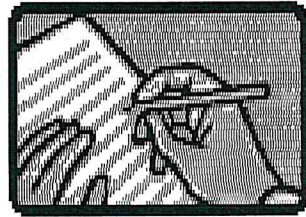
#### December 1

Ted Turlik	566 2.00
Stella Benjamin	557 1.50
Laila Nagy	555 1.00
Agnes Puro	516 1.00

#### December 8

Connie Nicolosi	543 2.00
Laila Nagy	541 1.75
George Seidel	534 1.25
Jon Jon	521 1.00

**Dovetailed Celebrities**



The first and last name of a celebrity, with the letters in the correct order, are combined in each row below. To solve the puzzle, find the full name in each row of letters. There are no extra letters, nor is any letter used more than once. For example, in the line ROOSDOINNEELL, or ROoSdoInnEell, you would find Rosie O'Donnell.

- 1. AALLADNA \_\_\_\_\_
- 2. MAMARSSOHAN \_\_\_\_\_
- 3. JFAONNDEA \_\_\_\_\_
- 4. APACILNO \_\_\_\_\_
- 5. DUFANAYWAEY \_\_\_\_\_
- 6. GESEOGRALGE \_\_\_\_\_
- 7. MESTREYELP \_\_\_\_\_
- 8. HDOUFSTFMAINN \_\_\_\_\_

**Answers**

Answers:

- 1. Alan Alda
- 2. Marsha Mason
- 3. Jane Fonda
- 4. Al Pacino
- 5. Faye Dunaway
- 6. George Segal
- 7. Meryl Streep
- 8. Dustin Hoffman

**Just For Laughs...**

I kissed my first girl and smoked my first cigarette on the same day. I haven't had time for tobacco since. — *Toscanini*

I hate women because they always know where things are. — *James Thurber*

A man can be happy with any woman as long as he does not love her. — *Oscar Wilde*

I sold the memoirs of my love life to Parker Brothers and they are going to make a game out of it. — *Woody Allen*

Marriage is not a word but a sentence. — *Anon*

It was so cold I almost got married. — *Shelley Winters*

At American weddings, the quality of the food is inversely proportionate to the social position of the bride and groom. — *Calvin Trillin*

I married beneath me. All women do. — *Lady Astor*

What scares me about divorce is that my children might put me in a home for unwed mothers. — *Teressa Skelton*

If I ever marry, it will be on sudden impulse, as a man shoots himself. — *H. L. Mencken*

An archeologist is the best husband a woman can have. The older she gets, the more interested he is in her. — *Agatha Christie, who was married to one*

## *A Minuet on Reaching the Age of 50*

Old Age, on tiptoe, lays her jeweled hand  
Lightly in mine. — Come tread a stately meas-  
ure,

Most gracious partner, nobly posed and bland.

Ours be no boisterous pleasure,  
But smiling conversation, with quick glance  
And memories dancing lightlier than we dance,

Friends who a thousand joys  
Divide and double, save one joy supreme  
Which many a pang alloys.

Let wanton girls and boys  
Cry over lovers' woes and broken toys.  
Our waking life is sweeter than their dream.

Dame Nature, with unwitting hand,  
Has sparsely strewn the black abyss with lights  
Minute, remote, and numberless. We stand

Measuring far depths and heights,  
Arched over by a laughing heaven,  
Intangible and never to be scaled.

If we confess our sins they are forgiven.  
We triumph, if we know we failed.

Tears that in youth you shed,  
Congealed to pearls, now deck your silvery  
hair;

Sighs breathed for loves long dead  
Frosted the glittering atoms of the air

Into the veils you wear  
Round your soft bosom and most queenly head;  
The shimmer of your gown  
Catches all tints of autumn, and the dew  
Of gardens where the damask roses blew;  
The myriad tapers from these arches hung  
Play on your diamonded crown;  
And stars, whose light angelical caressed  
Your virgin days,  
Give back in your calm eyes their holier rays.  
The deep past living in your breast  
Heaves these half-merry sighs;  
And the soft accents of your tongue  
Breathe unrecorded charities.

Hasten not; the feast will wait.  
This is a master-night without a morrow,  
No chill and haggard dawn, with after-sorrow,  
Will snuff the spluttering candle out,  
Or blanch the revellers homeward struggling  
late.

Before the rout  
Wearies or wanes, will come a calmer trance.  
Lulled by the popped fragrance of this bower,  
We'll cheat the lapsing hour,  
And close our eyes, still smiling, on the dance.

*George Santayana*

### ***“An Opportunity We Can't Let Pass”***

In the December, 2003 *AARP Journal*, the Association's position on the new Medicare law was explained. AARP chief executive Bill Novelli was quoted as saying, “The bill isn't perfect, but millions of older Americans can't wait for perfect. If we miss this opportunity for getting Medicare drug coverage, the next chance could be years away.” John Rother, AARP's director of policy, said, “It was a tough decision for us to make. There are things in this bill we do not like. Nonethe-

less, we hope our members will understand that on balance it brings substantial help to more than 13 million low-income beneficiaries and to those with high drug expenses, and it creates a benefit in law that we can build on in the future.” Rother says AARP fought for more generous benefits for low-income beneficiaries; extra incentives for employers to preserve retirees' drug benefits; allowing enrollees to remain in traditional Medicare if they prefer.

## Villa Serena Offers

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

The Postal Service will bring the mobile substation to the front door at a date in January we will announce from 11:30 to Noon.

Services include:

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



*From: Best-Ever Chicken,*  
published by Pillsbury

### **Honey Barbecue Chicken & Veggies**

*Prep Time: 15 minutes,*  
*(Ready in 10 hrs.)*



- 2 sweet potatoes, peeled, sliced
- 1 (8oz.) can pineapple tidbits in unsweetened juice, undrained
- ½ cup chicken broth
- ¼ cup finely chopped onion
- 1 tsp. Grated gingerroot, if desired
- ¼ cup barbecue sauce
- 2 tbsps. Honey
- ½ tsp. Dry mustard
- 8 chicken skinless drumsticks

In a 4 qt. slow cooker, combine sweet potatoes, pineapple with liquid, broth, onion, and gingerroot; mix well. In a small bowl, combine sauce, honey, and mustard; mix well; coat chicken with mixture. Arrange chicken in single layer in cooker, overlapping slightly if necessary. Spoon remaining mixture over chicken. Cover; cook 7 to 10 hours, or until chicken is fork-tender. **4 Servings**

*Bon Appetit*

## **Drug Smarts**



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

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

### **Drug-Herb Interactions**

GINGKO may exaggerate the body's response to anticoagulants or antiplatelet agents.

GINSENG can decrease the effectiveness of the anticoagulant warfarin.

SAW PALMETTO doesn't mix well with estrogens; it can increase the hormone's effects.

VALERIAN in conjunction with opiates or barbiturates can seriously sedate you.

### **Drug-Drug Interactions**

ACID REDUCERS (H<sub>2</sub> receptor antagonists) may slow the metabolism of theophylline (an asthma drug), any of the tricyclic antidepressants (amitriptyline, doxepin), or warfarin.

VERAPAMIL, a blood pressure medication, can increase the risk of muscle soreness in people taking statin drugs for high cholesterol.

SEDATIVES and ANTIHISTAMINES can combine to severely slow your reaction time, making driving and operating machinery dangerous.

WARFARIN (Coumadin), an anticoagulant used to treat blood vessel conditions, can interact with many other medications. A particularly bad mix is warfarin and any nonsteroidal anti-inflammatory drug (NSAID), such as aspirin, ibuprofen, or naproxen. Serious bleeding may result.

VIAGRA must never be used by anyone taking medicines that contain nitrates. This includes nitroglycerin, the heart drug. Your blood pressure could drop to an unsafe or life-threatening level.

*Next: Drug-condition and drug-food interactions.*

**Senior Circle Plus Daily Dinner.** 4:00 to 5:00 PM., in the hospital cafeteria. Entrée, soup, roll, sides, beverage; (soft drink or coffee), and dessert, only \$4, .

## **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, January 20, Caesar Salad, Roast Pork Loin, Dressing, Green Bean Casserole, and Lemon Meringue Pie. ***Bingo***, sponsored by Governor's Village.

**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, January 14, "Asset Preservation Workshop," Dennis J. Bayuk, Certified Financial Planner, ***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.**

**Line Dancing** Hillcrest Hospital Atrium, Ross Auditorium A & B, No Fee.

Tuesdays, January 27, February 4, and March 23, at 2:00 P.M. Join Beth Parnin from *Fun With Fitness* to learn and practice steps. Beginners welcome! ***1-877-390-1732***

*Happy New Year and Thanks to Karla Lindsey*

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

### **A Mark of Holiness**

Holiness attracts. Whether it comes in the form of Mother Teresa, the little nun from India who spent herself ceaselessly for the poorest of the poor, or in the form of a shaggy prophetic voice from the desert, holiness draws us. Still, it is amazing that even governmental officials like tax collectors and professional men of war would have openly asked advice of a desert wanderer like John the Baptist. We are all instinctively attracted by the holy and want to know the secret of that inner force that so attracts us.

In John the Baptist, we are immediately confronted with the hallmark of all true holiness: humility. The Baptizer knows from whence comes his mission, his holiness, his power to attract. And he points to Him: "One who is more powerful than I is coming. I am not worthy to loosen the thongs of His sandals." If we let God lead us, if we are truly open to all that God calls us to, each of us will experience God working through us. We will know it is God working through us, and we will know that the whole purpose of this is to point beyond ourselves to the Source who is God.

We are called to be like John the Baptist in some way. If not by the words we speak or by dramatically prophetic actions, then certainly by the way we live and approach others. Our kindness, our care, our love, our concern, our integrity; these are all quiet but effective messages pointing to a power at work in our lives. That is a very attractive power that others will want to get in touch with.

*The old convent van was going fast, so Mother Superior called for a quote on a new one. "Are you sitting down, sister?" the dealer asked. "I'm kneeling," she replied.*

# The villa

Villa Serena

## Voice

January, 2004

Volume XXXVII  
Number 1

**H**APPY HOLIDAYS TO ALL OUR FRIENDS! As the NEW YEAR arrives, I want to wish you all good health and prosperity. During this joyous holiday season, let us commit ourselves to improving those facets of our lives that need some work. Take some time to assess where you stand in regard to your goals. Then set realistic targets for what you want to attain in the future. Don't worry about the past — it's over. The future always holds promise for us all. Make 2004 a year to cherish all that we hold dear to our hearts.

As the year draws to a close, I would like to thank all you special *people* here at Villa Serena. All of you have a hand in making this a truly special *place*. Our volunteers assure that the events we plan become reality. I extend an open invitation to all to become more involved, either as a volunteer or participant, in all the enjoyable good times we have here every month. A quick glance at the calendar which appears on page seven of this news-

letter each month will give you an idea of what is going on, and if you have a particular interest which is not being filled, we might consider how to do that. As I have said in the past, this is your place. Make it better by your active participation. Let's all make 2004 memorable.

In January, we'll have the regular group events as shown on the back page: Brown Bag Bingo at Noon on Thursday, January 15, and our Friday dinner on January 23, followed by an evening's entertainment with Dale Arvay at the keyboard. See you there! **HAPPY NEW YEAR!**

Talk to you in 2004. Charlie

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The *Voice* is always looking for information about things which will make our quality of life better. The AARP Bulletin and Journal are good sources for a number of tips about this. The December issue of the Journal spoke about the importance of assuring proper intake of vitamins. We'll review that article soon.

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

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*HAPPY  
NEW YEAR*