



# villa serena

Still the most affordable option for...

A new adventure in active retirement living.

Efficiency suites \$225.00 to \$275.00  
One bedroom suites (for two persons) \$330.00  
Rent includes heat, electric and water.

EQUAL HOUSING OPPORTUNITIES.

*St. Francis Foundation*

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

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Sunday, July 4</b> <b>Independence Day</b>			<b>1</b> 10:00 Stay Well Nurse  7:00 University Heights Band & Ice Cream	<b>2</b>
<b>5 Office Closed</b> 9:30 Bocci  6:00 Cards	<b>6</b> 3:30 Rosary  7:00 Game Night	<b>7</b>   6:30 Bocci	<b>8</b> 10:00 Stay Well Nurse	<b>9</b>
<b>12</b> 9:30 Bocci  6:00 Cards	<b>13</b> 3:30 Rosary  7:00 Game Night	<b>14</b>   6:30 Bocci	<b>15</b> 10:00 Stay Well Nurse	<b>16</b>  2:00 Mass
<b>19</b> 9:30 Bocci  6:00 Cards	<b>20</b> 3:30 Rosary  7:00 Game Night	<b>21</b>   6:30 Bocci	<b>22</b> 10:00 Stay Well Nurse	<b>23</b>
<b>26</b> 9:30 Bocci  6:00 Cards	<b>27</b> 3:30 Rosary  7:00 Game Night	<b>28</b>   6:30 Bocci	<b>29</b> 10:00 Stay Well Nurse  5:00 Cook Out 6:30 Dance Band	<b>30</b>

## Some enchanted evening!

The evening of June 16th was just that. A crowd of Villa residents, Senior Center members and guests gathered for The Italian Choral Group presentation of sweet songs and the music of mandolin, clarinet, guitar and accordion.

The audience rewarded the performers with smiles, tapping toes, singing along and hearty applause. We heard many great favorites like O Marie, Un Mazolino di Fiora, Mala Femmina, Volare, Mamma, and an old classic Va Pensiero which was operatic and beautiful. Many raved over this performance and The Choral group, who have played fairs and The Palace, loved our appreciative audience.

### Baked Haddock Au Gratin

*This recipe was in The Voice for July of 1976. It sounds delicious, and it won't heat up your kitchen too much on a hot day.*



- 2 tbsp. Butter or margarine
- 2 tbsp. Flour
- ½ tsp. Salt
- 1 cup milk
- ½ cup grated sharp cheese
- 2 tsp. Lemon juice
- 1 lb. Haddock fillet
- bread crumbs

Melt butter in sauce pan. Add flour and salt. Stir until blended. Add milk slowly and bring to a boil, stirring constantly. Remove from heat. Blend in cheese and lemon juice.

Arrange haddock in a greased shallow baking dish. Pour cheese sauce over top. Sprinkle with bread crumbs. Bake at 350° for 30 min.

Serves 3. Can do ahead.

## Food and Drug Interactions

*A bulletin from the National Consumers League, in cooperation with the U.S. Food and Drug Administration, states that drugs "have powerful ingredients... and diet and lifestyle can sometimes have a significant impact on a drug's ability to work... This may make them less effective or may cause dangerous side effects or other problems. ...Make sure your doctor and pharmacist know about every drug you are taking, including nonprescription drugs and any dietary supplements such as vitamins, minerals, and herbals... remember that many drugs interact with other drugs and may cause serious medical conditions."*

This month, the subject of **arthritis and pain** will be concluded.

Corticosteroids are used to provide relief to inflamed areas of the body. They reduce swelling and itching, and help relieve allergic, rheumatoid, and other conditions.

Examples include methyprednisolone (Medrol), prednisone (Deltasone), prednisolone (Pediapred, Prelone), and cortisone acetate (Cortef).

*Interaction:* Take with food or milk to decrease stomach upset.

Narcotic Analgesics are available only with a prescription. They provide relief for moderate or severe pain. Codeine can also be used to suppress coughing. Some of these medications can be found in combination with non-narcotic drugs such as acetaminophen, aspirin, or cough syrups. *Take caution: use only as directed by a doctor or pharmacist.* They may be habit forming and can cause serious side effects when used improperly.

Some examples are codeine/acetaminophen (Tylenol #2, #3, #4), morphine (Roxanol, MS Contin), oxycodone/acetaminophen (Percocet, Roxicet), meperidine (Demerol), and hydrocodone/acetaminophen (Vicodin, Lorcet).

*Interaction:* Avoid alcohol because of sedative side effects and use caution where motor skills are involved, such as driving.

## Hillcrest Hospital Offers Senior Services

The Meridia Senior Circle of Care has a wide variety of services available to us by calling 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. Tuesday, July 20, at 4:00 PM, hospital cafeteria, Stuffed Pork Roast, door prizes, bingo, or entertainment. Cost, \$3.50 Tickets at the hospital cashier, in the Hillcrest Atrium Lobby 9:00-3:30 weekdays.

**Matinee Movies.** Tuesday, July 27, at 2:00 PM, "The First Wives Club," Bette Midler, Goldie Hawn, and Diane Keaton, PG, 1 hr 44 min., in the Ross Auditorium. Movies and popcorn and soft drinks are free. Reservations at 216-430-4832.

**Free Healthcare Lecture.** Wednesday, July 14, at DeJohn Community Center, 6306 Marsol Rd., *Arthritis Lecture Series: Medications and Arthritis Do's and Don'ts.* Jeanette Fuller, Registered Pharmacist. Free refreshments at 9:30 AM, lecture from 10:00 to 11:00. Reservations required in advance. Please call 216-430-4832.

*Thanks to Karla Lindsey*

We know, unfortunately, that there has been some pilferage from the vegetable garden of late. We hope that it is interlopers and not residents. Please do not take what is not yours.

## Transportation Services Phone Numbers

Schnurmann-Luther Service Center

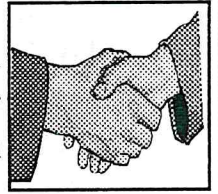
Noon time meals 440-461-3622

Hillcrest Hospital Transit 216-797-4014

RTA Paratransit Service 216-781-1110

## *Jean Pollack, Helen Fena Are New Villa Serena Neighbors*

Meet Jean Pollack, a new friend in #534. Jean, or "Polly," as she was known to the thousands she served



at the Golden Bowl restaurant in Little Italy, was born in the Trieste region of Slovenia, and came to the United States at the age of seven. She lived on the southeast side of Cleveland, attended St. Lawrence school, where she quickly picked up English, Paul Revere, Nathan Hale, and John Adams.

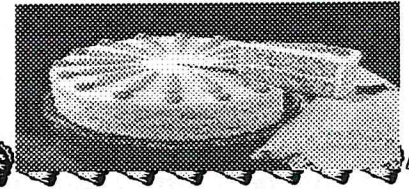
Jean was married for 28 years until the death of her husband. Most of her immediate family live in Chardon, where she visits her son and her sister. Jean, once an actress in the Slovenian Little Theater, now enjoys TV (sports only – big Indians fan), reading, bocci, and easy listening radio. After 18 years at Indian Hills, she loves the convenience of our beautiful home.

The new organ in the Red Room was a gift of Helen Fena, #808. Growing up in the Kinsman area, Helen went to St. Cecilia and Jane Addams, and then studied cosmetology. Working at the profession, Helen advanced to ownership of two shops, the second in Garfield Heights, where she employed 15 people.

Helen lived in Moreland Hills and in Twinsburg, and, briefly, with her daughter in Garrettsville, before joining us. She has a son in Westlake and four grandchildren.

Helen was very active with Twinsburg seniors groups, arranging travel, playing bingo and cards, and doing ceramics. An avid reader, she now enjoys popping a book on tape in the cassette player of her car. Her cousin, Rose Lowry, is a Villa Serenian.

# Birthdays and Anniversaries July 1999



## Birthdays

July	2	Paul Meade		July	21	Marcella Stianche	#507
	3	Yolanda Meade			22	Ruth DeSantis	
	4	Kathryn Hanson				Cecilia Turk	#220
		Josephine Marcelli			23	James Nokes	
	7	Edith Capuozzo			24	Isaak Epelbaum	#530
		Fausta Nowosielski	#312		25	Irvin Cobb	#322
	8	Adele Kirsch	#509			John Hruska	
	9	Carmella Barber				Josephine Laurie	
		Carol Chuidoni	#614			Mary Ann Rabek	
	10	Judith Cole			26	Eleanor Bader	
	11	Tom Giardino	#324			Helen Bandza	
	12	Ruth Gore				Idella Hoffer	
	13	Irene Santilli			28	Sr. Rose Mancini	
		John Siracusa				Richard Rosich	
		Caroline Vella			29	Mildred McCurdy	#634
	15	Anthony Cicirella	#616		31	Delores Hrusch	
		Philip Correnti	#325				
		Helen Farone					
	16	John Hatras					
	17	Steven Polivchak	#612				
		Walter Wallace					
	18	Genevieve Knaser					
	19	Vincetta Di Silvestro	#319				
		Nellie Higgins					
		Marie Rautzen					
	20	Edith Fatica					
		Ann Liptak					
		Ann Sapir					

## Anniversaries

July	1	M/M John De Santis	
		M/M Paul Meade	
	5	M/M Isaak Epelbaum	#530
	15	M/M James Nokes	
	18	M/M Tony Gentile	
	26	M/M Louis Balasz	#218

## Answers for "This Month's Game"

- |                         |                         |                          |
|-------------------------|-------------------------|--------------------------|
| 2. Matures = Sumter + A | 4. Leading = Glinda + E | 6. Inmost = Simon + T    |
| 3. Lineage = Elaine + G | 5. Garden = Edgar + N   | 7. Hardest = Dithers + A |

**Solution: MAGENTA**

## Monday Night Pinochle

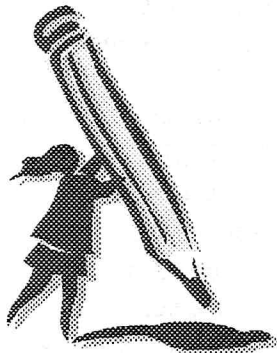
May 24		June 7		June 14		June 21	
Ed Mark	597	2.00	Marie Stoll	592	2.00	Anne Panichi	583
Thelma Lilje	573	1.75	Ed Markowitz	590	1.75	Howard Barnes	574
Mitzi Weber	537	1.25	Anne Panichi	585	1.25	Marcie Stianche	509
Anne Panichi	535	0.50	Mitzi Weber	560	1.00	Howard Barnes	505
Howard Barnes	536	0.50				Ed Mark	619
						Marcie Stianche	528
						Howard Barnes	505

## This Month's Game – Letterdrop Trivia

Answer each trivia question below. Each word in the box contains the letters of an answer, *plus* one extra letter. Put the extra letter on the dash next to the clue. If you solve it correctly, the 7 letters will spell, in descending order, a color named for a town in Italy because the dye was discovered around the time a battle was fought there in 1859. We've done the first one for you.

Ermine = Ernie + m

  M  



1. Who is Bert's pal on Sesame Street?
- \_\_\_ 2. At what fort was the first shot of the Civil War fired?
- \_\_\_ 3. Who is Jerry Seinfeld's female friend?
- \_\_\_ 4. Who is the good witch in *The Wizard of Oz*?
- \_\_\_ 5. What is the name of the award given for mystery novels?
- \_\_\_ 6. Who wrote the play *The Odd Couple*?
- \_\_\_ 7. What is the name of Dagwood Bumstead's boss?

lineage	<del>ermine</del>	garden	hardest
inmost	leading	matures	

*Answers on the next page*

### Just For Laughs...

What we call real estate – the solid ground to build a house on – is the broad foundation on which nearly all of the guilt of the world rests. – *Nathaniel Hawthorne*

A cucumber should be well-sliced, dressed with pepper and vinegar, and then thrown out.

*And* Of all noises, I think music is the least disagreeable. – *Samuel Johnson*

I do not take a single newspaper, nor read one a month, and I feel myself infinitely the happier for it. – *Thomas Jefferson*

Show me a hero and I will write you a tragedy. – *F. Scott Fitzgerald*

Middle age is when you've met so many people that every new person you meet reminds you of someone else. – *Ogden Nash*

I don't want any yes-men around me. I want everybody to tell me the truth even if it costs them their jobs. *Samuel Goldwyn*

The advantage of the emotions is that they lead us astray. *Oscar Wilde*

In the first place God made idiots. That was for practice. Then He made school boards. – *Mark Twain*

Tradition is what you resort to when you don't have the time or the money to do it right. *Kurt Herbert Adler*

It is impossible to imagine Goethe or Beetho-

### The Star Spangled Banner

Oh, say, can you see, by the dawn's early light,  
What so proudly we hailed at the twilight's last gleaming,  
Whose broad stripes and bright stars through the perilous fight,  
O'er the ramparts we watched were so gallantly streaming?  
And the rockets' red glare, the bombs bursting in air,  
Gave proof through the night that our flag was still there.  
Oh, say, does that star-spangled banner yet wave  
O'er the land of the free, and the home of the brave?

On the shore, dimly seen through the mists of the deep,  
Where the foe's haughty host in dread silence reposes,  
What is that which the breeze, o'er the towering steep,  
As it fitfully blow, half conceals, half discloses?  
Now it catches the gleam of the morning's first beam,  
In full glory reflected, now shines on the stream.  
'Tis the star-spangled banner; oh, long may it wave  
O'er the land of the free and the home of the brave!

And where is that band who so vauntingly swore  
That the havoc of war and the battle's confusion  
A home and a country should leave us no more?  
Their blood has washed out their foul footsteps' pollution.  
No refuge could save the hireling and slave  
From the terror of flight, or the gloom of the grave:  
And the star-spangled banner in triumph doth wave  
O'er the land of the free, and the home of the brave.

Oh! thus be it ever when freemen shall stand  
Between their loved homes and war's desolation!  
Blessed with victory and peace, may the heaven-rescued land  
Praise the Power that hath made and preserved us a nation!  
Then conquer we must, for our cause it is just,  
And this be our motto: "In God is our trust!"  
And the star-spangled banner in triumph shall wave,  
O'er the land of the free, and the home of the brave!

- Francis Scott Key

We note the passing of an old Villa Serena favorite, "Ragtime" Patty Barone, who entertained here many times. Miss Barone was 62 when she left us on May 21. Our condolences to her mother.

### No Dinners During July, August

As is customary, the Villa Serena kitchen will be closed during the hot months of July and August. The staff and administration wish you a happy summer and look forward to seeing you in September.

### From St. Francis of Assisi's Bulletin

Age – that number that we think is tattooed on our foreheads for all to see, clicking higher like an odometer every year at our birthday – means only the number of times we've circumnavigated the sun. God brought us aging as a gift. While growing older is part of the dues we all inevitably pay for the privilege of continuing as a guest on this earth, it is an excellent opportunity to care.

\*\*\*\*\*

*The pastor came to call the other day. At my age, he told me, I should be thinking about the hereafter. I told him I do, all the time. No matter where I am, in the living room, upstairs, in the kitchen, or down in the basement, I find myself wondering, "Now what the heck am I here after?"*

\*\*\*\*\*

Perhaps the summit of that maturity that comes in the midst of suffering is the point at which the patient learns to live with his or her fears by simply letting go, by relaxing, by trusting, by turning over everything to the Lord. This does not eliminate our fears: nothing does. But it helps us to live with and through them calmly. In the midst of fear we make ourselves trust the Father, reminding ourselves, and Him, that He holds us in the hollow of His hand, completely circling us with His love. This is what Jesus did, not without a struggle, in Gethsemane and in that last cry on the cross: "Father, into thy hands I commend my spirit."

Appropriate vanity license plate seen at Hillcrest hospital: "I ACHE"

# The villa

Villa Serena

## Voice

July, 1999

Volume XXXII  
Number 7

Many are the compliments heaped upon the Villa Serena though today fewer people know the story of our origin. Long ago, in the 1950's, Frank Alesci of Alesci Foods began the St. Francis Foundation. He was inspired by the principles of St. Francis and wanted to better the future of older adults and, in particular, he wanted a place where older Italians could live their later years. The money they collected was used to buy land – but how to build? Few buildings for the well elderly existed in the United States at that time. Mr. Alesci wanted no hotel-like atmosphere but a fashionable environment and programs of activities for everyone. Eventually Frank Alesci and Frank Pitrone found their way to the office of Howard Chesler who went to Washington D.C. for a new government loan program specifically for apartments for Senior Citizens. Joining with the Italian Sons and Daughters of America, the founders set the guidelines that for years to come would be the envy of other properties in Cleveland and The

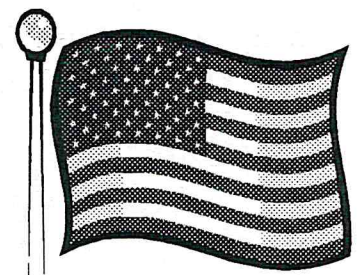
United States.

Building began in 1965 and by November of 1966 Howard Chesler and Mary Calogero began spending weekends showing people around a very unfinished Villa Serena.

Through the cold winter they described the benefits there would be for future residents and in six months every suite was filled. The rent at that time was \$90 for an efficiency, unheard of at that time! Because government funds did not allow for a Senior Center, the sponsoring organizations donated all furniture and equipment we now have on our first floor and the residents began to enjoy the many, many activities that were offered. And what a time they had! Early Villa Voices list enough activities and events to tire a teen-ager. With volunteers helping everywhere, and Howard and Mary tirelessly involved with people and programs, we became the wonderful Villa Serena of today.

The warm feelings of family and community still pervade The Villa. Still a bargain? You bet! See the back page for details.

St. Francis Foundation  
and  
Villa Serena  
Senior Citizens  
Center  
8800  
Mayfield Rd.  
Mayfield Hts., Ohio  
44124  
440-448-3877  
Cathy Jaspersen,  
Administrator  
Mike Ward  
Editor  
Genevieve  
Devney  
Editor Emeritus  
Staff  
Josephine  
Andrews  
Naomi Carlo  
Bartha  
Marchant  
Dorothy Penicava  
Mary Weir  
Gene Zachary



The Fourth of July