



villa serena

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One bedroom suites (for two persons) \$337.00
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EQUAL HOUSING OPPORTUNITIES

St. Francis Foundation

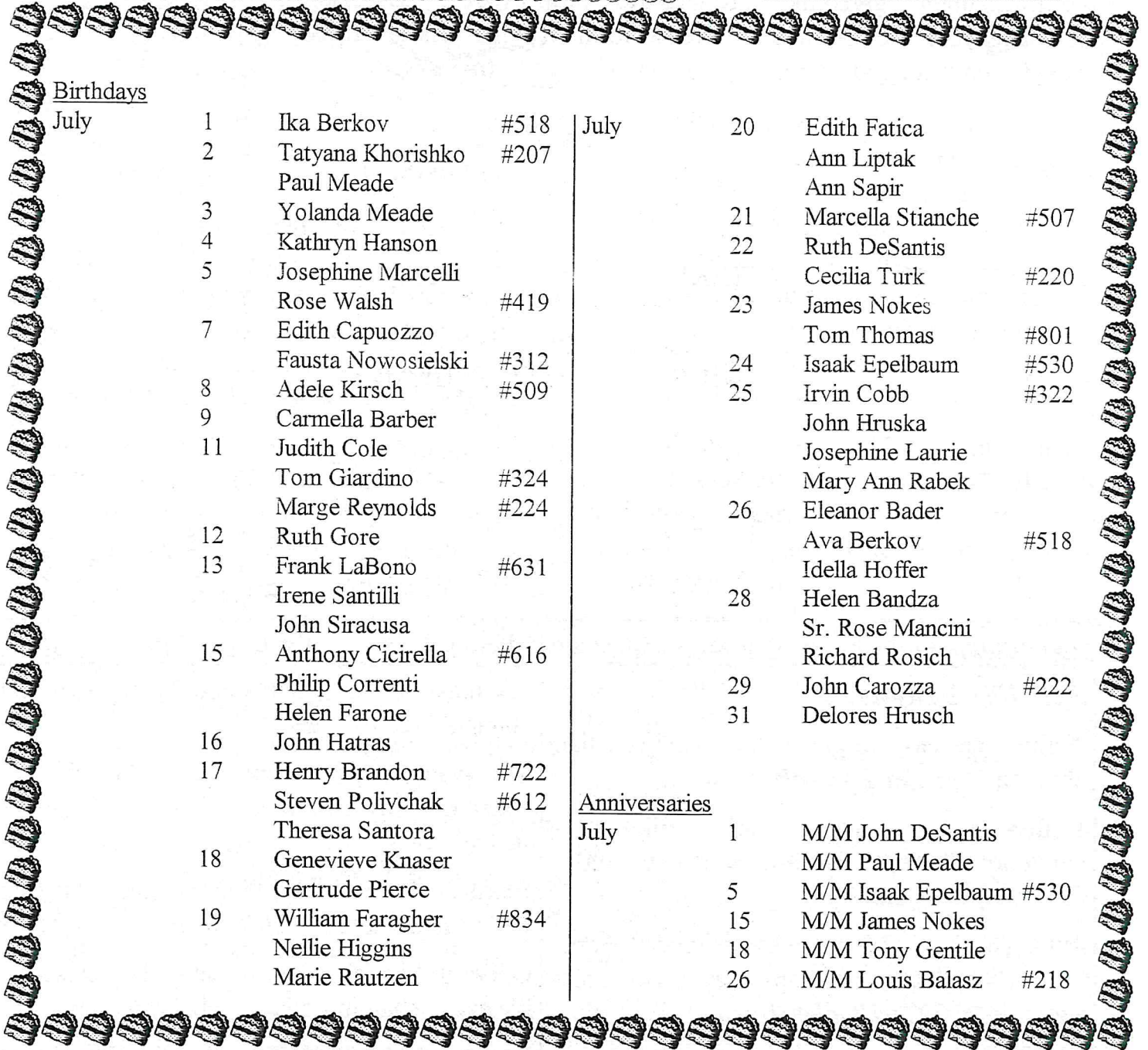
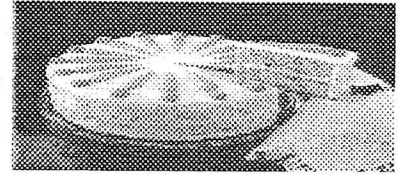
Villa Voice 6800 Mayfield Road
Mayfield Heights, Ohio 44124

Non-Profit Organization
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Cleveland, Ohio
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175

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Bocci 6:30 Cards	4 July Fourth Happy Holiday	5 6:00 Bocci	6 10:00 Stay Well Nurse	7
10 9:00 Bocci 6:30 Cards	11 3:30 Rosary 7:00 Game Night	12 6:00 Bocci	13 10:00 Stay Well Nurse 7:30 Ice Cream Social	14
17 9:00 Bocci 6:30 Cards	18 3:30 Rosary 7:00 Game Night	19 6:00 Bocci	20 10:00 Stay Well Nurse	21 2:00 Mass
24 9:00 Bocci 6:30 Cards	25 3:30 Rosary 7:00 Game Night	26 6:00 Bocci	27 10:00 Stay Well Nurse	28
31 9:00 Bocci 6:30 Cards				

Birthdays and Anniversaries

July 2000



Birthdays

July

1	Ika Berkov	#518
2	Tatyana Khorishko	#207
	Paul Meade	
3	Yolanda Meade	
4	Kathryn Hanson	
5	Josephine Marcelli	
	Rose Walsh	#419
7	Edith Capuozzo	
	Fausta Nowosielski	#312
8	Adele Kirsch	#509
9	Carmella Barber	
11	Judith Cole	
	Tom Giardino	#324
	Marge Reynolds	#224
12	Ruth Gore	
13	Frank LaBono	#631
	Irene Santilli	
	John Siracusa	
15	Anthony Cicirella	#616
	Philip Correnti	
	Helen Farone	
16	John Hatras	
17	Henry Brandon	#722
	Steven Polivchak	#612
	Theresa Santora	
18	Genevieve Knaser	
	Gertrude Pierce	
19	William Faragher	#834
	Nellie Higgins	
	Marie Rautzen	

July

20	Edith Fatica	
	Ann Liptak	
	Ann Sapir	
21	Marcella Stianche	#507
22	Ruth DeSantis	
	Cecilia Turk	#220
23	James Nokes	
	Tom Thomas	#801
24	Isaak Epelbaum	#530
25	Irvin Cobb	#322
	John Hruska	
	Josephine Laurie	
	Mary Ann Rabek	
26	Eleanor Bader	
	Ava Berkov	#518
	Idella Hoffer	
28	Helen Bandza	
	Sr. Rose Mancini	
	Richard Rosich	
29	John Carozza	#222
31	Delores Hrusch	

Anniversaries

July

1	M/M John DeSantis	
	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

Be sure the office has your current telephone number and car license number on file.

Monday Night Pinochle

June 5

Vickie Karansky	580	2.50
Gert Pierce	553	2.00
Ed Mark	552	1.75
Agnes Puro	548	1.25

June 12

Jennie Cellura	571	2.00
Agnes Puro	553	1.50
Ann Panichi	537	1.00
Laila Nagy	532	1.00

June 19

Jennie Cellura	538	2.00
Maria Stoll	526	1.75
Mamie Damanti	518	1.25
Vera Kozak	507	1.00

June 26

Gert Pierce	562	2.00
Agnes Puro	554	1.75
Jennie Cellura	543	1.25
Marcie Stianche	542	1.00

The Declaration of Independence Action of Second Continental Congress July 4, 1776

WHEN in the Course of human Events, it becomes necessary for one People to dissolve the Political Bonds which have connected them with another, and to assume among the Powers of the Earth, the separate and equal Station to which the Laws of Nature and of Nature's God entitle them. a decent Respect to the Opinions of Mankind requires that they should declare the causes which impel them to the Separation.

WE hold these Truths to be self evident, that all Men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness – That to secure these Rights, Governments are instituted among Men, deriving their just Powers from the Consent of the Governed...

We, therefore, the representatives of the **United States of America**, in General Congress, Assembled, appealing to the Supreme Judge of the World for the Rectitude of our Intentions, do, in the Name, and by the Authority of the good People of these Colonies, solemnly Publish and Declare, That these United Colonies are, and of Right ought to be, **Free and Independent States**; that they are absolved from all Allegiance to the British Crown, and that all political Connection between them and the State of Great-Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of right do. – And for the support of this Declaration, with a firm Reliance on the Protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes, and our Sacred Honor.

St. Paschal Baylon's Wellness Ministry

What is Asthma?

A disease of the lungs and airways. During an asthma attack you may feel short of breath and find breathing to be difficult. This uncomfortable feeling is caused by several factors: the tissues of the airways become swollen, causing them to constrict, and, during a prolonged attack, mucus plugs may form. Air flow to and from the lungs becomes restricted and you may cough, wheeze, and feel a tightness in the chest.

Asthma Triggers

Usually, symptoms get started, or "triggered" by something that bothers your lungs. Common triggers are tobacco or wood smoke, dust, pollen, animal fur, molds, exercise, and household products such as paints, cleaners, and sprays. Warning signs such as tightness in the chest, coughing or spitting up mucus, or whistling sounds or wheezing when breathing indicate that you may need medical help.

- Thanks to St. Paschal's and Carol Legris

Social Security Changes

We've mentioned it before, but it's worth a reminder. *If you're 65 or older and working*, you can now earn an unlimited amount without any effect on your benefits check. *If you're reaching age 65 this year*, you may earn \$17,000 before your birth month, and an unlimited amount after, without any adverse impact on your social security benefits check.



Cleveland Clinic's Health Exchange

This program is suspended for the Summer but will begin again in September. Look for the September issue of *The Voice*.

Hillcrest Hospital 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 18, at 4:00 PM, hospital cafeteria, Veal Parmesan with Penne Pasta and Brussels Sprouts, door prizes, bingo, or entertainment. Cost, \$3.50. All meals include a salad, side dishes, beverage and dessert. Tickets at the hospital cashier, in the Hillcrest Atrium Lobby 9:00-3:30 weekdays.

Free Healthcare Lectures. Wednesday, July 12, at DeJohn Community Center, 6306 Marsol Rd., *Arthritis Lecture Series: "Hand and Wrist Arthritis,"* Thomas Hunt, M.D., Orthopaedic Hand Surgeon. 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. Tuesday, July 25, at 2:00 P.M., "October Sky," starring Jake Gyllenhaal, Chris Cooper, Chris Owen, and, Laura Dern, rated PG-13, 1 hr. 48 min., in the Hillcrest Hospital Ross Auditorium, (Lower Level). Movie, popcorn, and soft drinks are free. Reservations at 216-430-8432.

From St. Francis of Assisi's Bulletin

St. Paul reminds us that our body is a temple of the Holy Spirit who dwells within us. The Spirit prompts us to acknowledge gratefully and humbly that we are the sons and daughters of God. As St. Paul told the Christians in Rome, "You received a Spirit of adoption, through which we cry, Abba Father." Jesus promised that he would not leave us orphans; He would ask the Father to send us another Advocate who would be with us always. The Spirit of God walks beside us on life's journey – our helper, mediator, and friend.

His only relative, a nephew, was at his rich uncle's bedside in the hospital. The old uncle was failing, and his nephew would lean over him every time his eyes closed to see if he was still breathing. The uncle finally said, "Nephew, do me a favor." "Gladly," he replied. "When I die, get a second opinion."

Bishop Pevec suggested that we might put Mary on a pedestal because she was so different from us. She had the gift of the Immaculate Conception. She was never stained by sin. She was part of the Holy Family and so very close to God's Son. She is called upon to help us escape from our vale of tears. But the Bishop said that that is not the place for Mary. She wants to walk beside us and experience with us our daily toil. She wants to help us find God in our struggles and our joys. She wants to show us how to give God a place in our lives as generously as she did. Like us, Mary had times of confusion and misery. How was she to follow God's will? Aware of God's power, she was always ready to place her trust in God. Like Mary, are we people of deep faith, secure in our belief that those who trust in God will not be disappointed? Our faith is echoed in "Nothing is impossible for God."

The villa

Villa Serena

July, 2000

Volume XXXIII
Number 7

Voice

Many Americans think of the Fourth of July as simply a day off work – a festive time for picnics, parades and fireworks. It means extra lawn chairs, sunscreen and beer; a good weather, happy holiday.

Ask many immigrants to this country how their experiences with freedom in the “old country” compare to the freedoms Americans have always enjoyed. Citizens who have lived in other countries are frequently the best Independence Day celebrants and their memories of the days before coming to America would shame us for forgetting freedom on the Fourth of July.

A poem by T. E. Wicks says in part, “I AM YOUR FLAG! ...more than cloth shaped into a design...the refuge of the world’s oppressed people...the inspiration for which American Patriots gave their lives and fortunes....I have led your sons into battle from Valley Forge to the jungles of Vietnam and the sands of Desert Storm...honor me, respect me, defend me with your lives and

your fortunes...Never let my enemies tear me down from my lofty position, lest I never return”. Let us all think of peace and freedom on this Independence Day.

To help celebrate at Villa Serena, join your friends and neighbors for an old fashioned **Ice Cream Social** on **July 13th** at 6:30 P.M. There could be no better accompaniment to July 4th and ice cream than **The University Heights Concert Band**. We plan to be outdoors at 7:30 for music in the cool summer evening and in The Red Room if it rains. Nobody does Sousa like Dr. Sissler and his fine musicians. Join us!

No other activities are planned for July or August as our kitchen crew, and the band of volunteers who help there, take a short rest.

To The Fourth

Now we, in these United States so blest,
Take all we have for granted when we should/
Instead be grateful; In this world the rest/
Know we, Americans, stand clear; we would/
Do well to thank God for our liberty/
And bless our forebears who have made us free.

St. Francis Foundation and
Villa Serena
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Independence Day