

St. Francis Foundation

Villa Voice 6800 Mayfield Road
Mayfield Heights, Ohio 44124

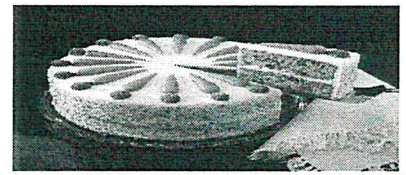
DATED MATERIAL—PLEASE DELIVER

Non-Profit Organization
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Permit No.
175

Monday	Tuesday	Wednesday	Thursday	Friday
	July 1 2:00 Staywell Nurse 3:30 Rosary 7:00 Game Night	July 2	July 3	July 4 August 1 Independence Day
July 7 August 4 1:00 Ceramics 6:00 Pinochle	July 8 August 5 3:30 Rosary 7:00 Game Night	July 9 August 6	July 10 August 7	July 11 August 8
July 14 August 11 6:00 Pinochle	July 15 August 12 11:30 - 12 Post Office 3:30 Rosary 7:00 Game Night	July 16 August 13	July 17 August 14 2:00 Staywell Nurse	July 18 August 15 2:00 Mass Feast—Little Italy
July 21 August 18 6:00 Pinochle	July 22 August 19 3:30 Rosary 7:00 Game Night	July 23 August 20	July 24 August 21	July 25 August 22
July 28 August 25 6:00 Pinochle	July 29 August 26 3:30 Rosary 7:00 Game Night	July 30 August 27	July 31 August 28	August 29

Birthdays and Anniversaries

July-August 2003



Birthdays

July

1	Ava Berkov	
2	Tatyana Khorishko #207	
	Paul Meade	
3	Yolanda Meade	
4	Carol Goldfarb #530	
5	George Seidel #521	
	Rose Walsh #419	
6	Joseph Ianni #833	
7	Dorothy Raines #614	
9	Carmella Barber	
13	Fred Berkheimer #529	
	Frank LaBono #631	
	Irene Santilli	
15	Anthony Cicirella #616	
	Philip Correnti #325	
16	John Hatras	
17	Steven Polivchak #612	
18	Tod Miesz	
19	William Faragher #830	
20	Martha Caputo	
	Edith Fatica	
21	Harry Goodman	
	Marcella Stianche #507	
22	Ruth DeSantis	
	Cylvia Krupp	
	Cecilia Turk #220	
23	James Nokes	
25	Ika Berkov	
	John Hruska	
28	Idella Hoffer	
	Betty Marsh #225	
	Richard Rosich	
29	John Carozza #222	
	G. Carl Peterson #303	

August

1	Ruth Rickel	
3	Sarah Scalish	
4	Peter Trolli #329	
5	Josephine Gisondo #607	

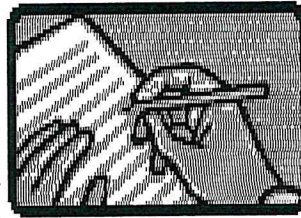
August

7	Ron Neroni	
8	Renee Dorn	
	George Levay	
9	Yolanda Hanes	
	Jane Rendessy #223	
10	Anthony Ciofani	
	Annette Marsh #510	
12	Josephine Andrews #718	
	Bertina Soeder	
14	Donald Asuma #313	
16	Frank Gecsy #417	
	Shirlee Sazima #729	
17	Joanne Buckley	
	Helen Fena #331	
	Sam Gangidino	
18	John Slosar #411	
19	Naomi Carle #208	
20	Glenna Issel #314	
21	Mary Derdul	
23	Mary Moffitt	
	Lois Zimmerman	
24	Mamie Damanti #516	
27	Alda Rose #518	
	Joseph Warren #519	
29	Therese D'Amato #819	
30	Virginia Yenyo	
31	Lee Gilliam	
	Charles Kozak #416	

Anniversaries

July	1	M/M John DeSantis	
		M/M Paul Meade	
	15	M/M James Nokes	
	18	M/M Tony Gentile	
	26	M/M Louis Balazs	#218
August	16	M/M Tony Cicirella	#616
	17	M/M Frank Gecsy	#417
	18	M/M Joseph Di Iorio	
	25	M/M George Levay	
	31	M/M Harold Cohen	#817

Name-A-Gram



In each of the 16 words below, anagram the letters to form an everyday English word. Write the new word on the space provided. If done correctly, the first letters of the new words will spell out the name of a famous Elizabethan explorer and scholar.

1. Drapes _____

2. Sunrise _____

3. Article _____

4. Dawn _____

5. Praise _____

6. Dealer _____

7. Battle _____

8. Lease _____

9. Grin _____

10. Drawer _____

11. Taped _____

12. Regal _____

13. Tide _____

14. Region _____

15. Danger _____

16. Ashore _____

Answers

Answers:

1. Spread
2. Insures
3. Recital
4. Wand
5. Aspire
6. Leader
7. Tablet
8. Easel
9. Ring
10. Reward
11. Adept
12. Large
13. Edit
14. Ignore
15. Gander
16. Hoarse

First letters spell: SIR WALTER RALEIGH

Just For Laughs...

I never forget a face, but in your case I'll be glad to make an exception. — *Groucho Marx*

Enough: Definition of "Once." — *Ambrose Bierce*

Anybody who thinks of going to bed before 12 o'clock is a scoundrel. — *Samuel Johnson*

A fanatic is a man who does what he thinks the Lord would do if He knew the facts of the case. — *Finley Peter Dunne*

All movements go too far. — *Bertrand Russell*

Never engage in a battle of wits with an un-

armed person. — *Anon*

There is one thing to be said for country clubs: they drain off a lot of people you wouldn't want to associate with anyway. — *Joseph Prescott*

I do not want people to be agreeable, as it saves me the trouble of liking them. — *Jane Austen*

A friend in need is a friend to dodge. — *Anon*

Analyzing humor is like dissecting a frog. Few people are interested and the frog dies of it. — *E. B. White*

A lot of people like snow. I find it to be an unnecessary freezing of water. — *Carl Reiner*

From:
Summertime Cook-
ing, published by
the VFW



Texas Sheet Cake

1 cup water
2 sticks oleo
3 tbsps cocoa
2 cups sifted flour
2 cups sugar
½ tsp salt
2 eggs
1 cup sour cream
1 tsp baking soda

Icing

1 tsp vanilla
1 stick oleo, melted
6 tbsps milk
4 tbsps cocoa
1 box confectioner's sugar
1 cup chopped walnuts

Combine water, oleo, and cocoa in saucepan; bring to a boil. Remove from heat and add flour, sugar, and salt; mix well. Beat in eggs, sour cream, and baking soda.

Pour into greased 9" x 13" pan. Bake at 375° for 20 to 22 minutes.

To prepare icing, mix vanilla, oleo, and milk until well blended. Gradually add cocoa and sugar until smooth and creamy.

Spread over cooled cake and sprinkle with nuts.

Bon Appetit

Mending Wall

Something there is that doesn't love a wall,
That sends the frozen-ground-swell under it
And spills the upper boulders in the sun,
And makes gaps even two can pass abreast.
The work of hunters is another thing:
I have come after them and made repair
Where they have left not one stone on a stone,
But they would have the rabbit out of hiding,
To please the yelping dogs. The gaps I mean,
No one has seen them made or heard them made,
But at spring mending-time we find them there.
I let my neighbor know beyond the hill;
And on a day we meet to walk the line
And set the wall between us once again.
We keep the wall between us as we go.
To each the boulders that have fallen to each.
And some are loaves and some so nearly balls
We have to use a spell to make them balance:
"Stay where you are until our backs are turned!"
We wear our fingers rough with handling them.
Oh, just another kind of outdoor game,
One on a side. It comes to little more:
There where it is we do not need the wall:
He is all pine and I am apple orchard.
My apple trees will never get across
And eat the cones under his pines, I tell him.
He only says, "Good fences make good neighbors."
Spring is the mischief in me, and I wonder
If I could put a notion in his head:
"Why do they make good neighbors? Isn't it
Where there are cows? But here there are no cows.
Before I built a wall I'd ask to know
What I was walling in or walling out,
And to whom I was like to give offense.
Something there is that doesn't love a wall,
That wants it down." I could say "Elves" to him,
But it's not elves exactly, and I'd rather
He said it for himself. I see him there,
Bringing a stone grasped firmly by the top
In each hand, like an old-stone savage armed.
He moves in darkness as it seems to me,
Not of woods only and the shade of trees.
He will not go behind his father's saying,
And he likes having thought of it so well
He says again, "Good fences make good neighbors."

Robert Frost

Please Note: There has been a problem with some damage to automobiles resulting from shopping carts being blown against them by the wind. Please keep shopping carts in the proper place, away from the parking areas. — *Thanks*

Villa Serena Offers

U. S. Post Office on Wheels

The Postal Service will bring the mobile substation to the front door on Tuesday, July 15, from 11:30 to Noon.

Services include:



- * Stamps
- * Packages
- * Priority Mail

Monday Night Pinochle Scores

6/2	Agnes Puro	569	2.50
	George Seidel	548	2.00
	Carmen Cortese	539	1.50
	Tina Boothe	536	1.00
	Grace Alliger	515	1.00
6/9	Tina Boothe	593	2,50
	George Seidel	588	2.00
	Agnes Puro	519	1.50
	Jennie Cellura	511	1.00
	Nancy Menage	503	1.00
6/16	Ted Turlik	538	2.00
	Marcy Stianche	511	1.50
	Howard Barnes	500	1.00
	Connie Nicolosi	480	1.00
6/23	Nancy Menage	584	2.50
	Ted Turlik	568	2.00
	Jennie Cellura	565	1,50
	Andy Glorioso	564	1.00
	Marcy Stianche	543	1.00

Drug Smarts



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

Money in the Bank: The cost of some medications can be daunting. Here's how to save.

Add a Home Remedy When changing the timing or breaking up the dosage doesn't alleviate side effects, you might consider a home remedy or a simple over-the-counter medication. Narcotics, for example, almost always cause constipation. You can often fight back by drinking prune juice or taking a stool softener or stimulant laxative (but don't overdo it; overuse of laxatives is a common problem). Antibiotics often cause diarrhea and vaginal yeast infections. Yogurt with active cultures can help restore the natural flora found in the digestive tract. Many drugs, from buspirone (BuSpar) to fluoxetine (Prozac) to lovastatin (Mevacor), can cause xerostomia, a fancy word for dry mouth. Avoiding salty, spicy, and acidic foods — and drinking sips of water — may help you feel less parched. Several nonprescription products, generally called artificial salivas, can also give comfort.

Ask For a Cheaper Drug Sometimes the ticket to big savings is trading a new drug for one that's been on the market for some time. "Newer isn't always better; in fact, the opposite is often the case," says "Over Dose" author Jay Cohen. "Some of the newer antibiotics being prescribed for sinusitis, bladder, and respiratory infections are terribly expensive, yet they don't work any better than penicillin or doxycycline, which cost mere pennies per dose. And they generally cause fewer side effects." Likewise, the acid blockers Zantac and Pepcid (now sold over-the-counter) are all many many people need for mild heartburn, says Cohen.

Next: Cross the border

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, on a first come, first served basis, in the Hillcrest Atrium Lobby 9:00-3:30 weekdays. Tuesday, July 15, Tossed Salad, Chicken Marsala, Wild Rice, California Vegetable Medley, Lemon Meringue Pie. **Bingo** sponsored by *The Weils of Bainbridge* Tuesday, August 19, Tossed Salad, Veal Parmesan, Penne Pasta w/Sauce, Zucchini Squash, Boston Cream Pie. **Bingo** sponsored by *Kelly Home Care*.

Free Healthcare Lectures. Free refreshments at 9:30 AM, lecture from 10:00 to 11:00. Reservations required in advance. Wednesday, June 18, "Computerized Pressure Mapping: Identify and Prevent Areas of Breakdown on the Skin," Jean Wendland, PT, Director, Rehab Services, Montefiore. Wednesday August 13, "Caregivers: Take 5 minutes Aromatherapy, massage, music, and more" Sponsored by Outlook Pointe at Sagamore Hills. **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**.

Thanks to Karla Lindsey

From the St. Francis of Assisi Bulletin

Catholic Schools are one of the great success stories of the U. S. Catholic community. Government and private studies show Catholic students in 4th and 8th grades excel in reading, science, mathematics, and social studies. If Catholic schools are widely acclaimed for their academic excellence, their most formidable achievement is their formational success. They are an invaluable aid in transmitting our Catholic faith to the next generation.

When we speak of transmitting the "faith," we mean two things. The first is the intellectual content of this faith: the doctrinal and moral substance of Catholicism. The second formational component of "faith" transmission is even more important, however. Jesus announced the Kingdom of God in terms of "conversion." When He told us that God had drawn near to us, Jesus was not just imparting information. He was inviting us to a conversion, a new way of thinking, valuing, experiencing, and acting.

The principals and teachers of a Catholic school know that they must do more than impart information about Christian values. They must embody those values by modeling a Christian community. As the children live and grow in this environment five days a week, six hours a day, they begin to absorb ways of thinking and valuing that they will carry through life.

Our bishops have urged parishes to focus on evangelization, the proclamation of God's Kingdom. The nation's Catholic schools are a remarkable demonstration of evangelization in action. As Catholics, we have every right to be proud of our schools.

The Bible according to kids: St. Paul cavorted to Christianity. He preached holy acrimony which is another word for marriage.

The villa

Villa Serena

Voice

July/August, 2003

Volume XXXVI
Number 7

After a very cool and wet Spring, the air has warmed up and Summer has finally arrived! It is so wonderful to see the beautiful sunshine and all the vegetation in full bloom. It's time to enjoy the wonderful weather, so take that leisurely walk outdoors and appreciate it as best you can.

I am settling in nicely in my new job as Administrator here at Villa Serena. I would like to thank all of you who have really made me feel welcome and I look forward to working with all of you to make the Villa an even better place to live.

To those residents whom I still haven't met, I welcome you to come down to my office and say hello. I want you all to know that I have an open-door policy, and I encourage you to voice your opinions, ideas, and criticisms.

The Villa Serena is *your* home, so let's work together with a new spirit of cooperation to make it a show-

case for independent senior living.

I am working on some projects that will be announced in the coming months that will enhance the quality of life for all of our residents, and I look forward to carrying them out.

This is our combined Summer issue. Talk to you in September!

~~~~~  
*From Summertime, by Jack Max*

Mixed perfumes issuing  
From flowers, trees, and fruits  
Time-reaching for maturity  
Eagerly bursting shoots.

Flowers in showy profusion  
Gaily dressed on parade.  
Poplar, oak, elm, and willow  
Offering their leafy shade.

Summer in its glory  
Nourishing with care  
From seed to maturity  
The love that God put there.

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

At  
Villa Serena  
6800  
Mayfield Rd.

Mayfield Hts.,  
Ohio 44124

440-449-3977

Charlie Manno  
Administrator

Mike Ward, Editor

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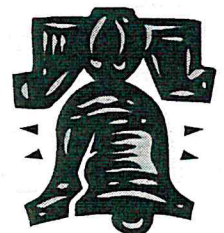
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Gene Zachary



JULY 4TH