VILLA VOICE 6800 Mayfield Road Mayfield Hts., Ohio 44124 NON-PROFIT ORG. U.S. POSTAGE PAID Cleveland, Ohio Permit No. 175

HOWARD CHESLER 1148 Standard Bldg. Cleveland, OH 44113



FRIDAY, JUNE 16th

Choice of Baked Fish or Breaded Pork Chop Potato Vegetable Dessert

\$ 6.00 per

THURSDAY, JUNE 29th

PRE FOURTH OF JULY DINNER

CHOICE OF BARBECUE RIBS OR BAKED CHICKEN

all the trimmings included appetizer and dessert

\$ 7.50 per person

THE KITCHEN WILL BE CLOSED
AFTER THE PRE FOURTH OF JULY
DINNER - THE STAFF WISHES
YOU ALL A HAPPY SUMMER "BUT DON'T FORGET TO RETURN
IN SEPTEMBER".

The Longevity Revolution and Its Impact

"We need a massive effort to reduce and, for many of the elderly, eliminate the chief threats to their independence. . . The more independent the elderly are, the less expensive nursing home and institutional care they require. Independence is what the elderly want most."

 Former Health, Education and Welfare Secretary Joseph A. Califano, Jr.

The United States is in the midst of an unprecedented demographic revolution. This "Longevity Revolution" is dramatically changing the fabric of American society. For a growing number of seniors, growing older is not an idle time of rest and looking backward, but a productive period where new careers, interests and activities are pursued with vitality. Signs of this cultural shift are everywhere. Mandatory retirement is a thing of the past. Travel plans are aggressively marketed to older consumers. Movies and television shows, as well as commercials, portray older people in active, vital roles. With increasing health, vigor and independence among the older population comes a natural human desire to enjoy all of these commodities for as long as possible. This chapter examines the demographics of the Longevity Revolution, the costs of caring for America's elderly today and in the future, and how scientific research in human aging is essential to increasing the health and independence of older Americans.

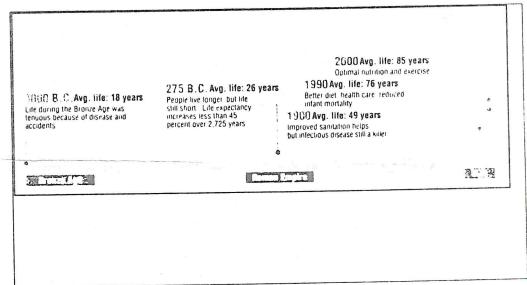
The Older Population

Longevity has increased at an astonishing rate in the 20th century. Dr. Robert N. Butler, chairman of geriatric medicine at Mount Sinai Medical School in New York, notes that there has been a greater increase in average life expectancy at birth during this century than there was from the

time of ancient Rome to the year 1900. Medical and scientific breakthroughs, improved health habits and rising standards of living have combined to raise the average life expectancy from 47 years in 1900 to 72.3 for men and 79.1 for women in 1992.

Future Growth

But this Longevity Revolution is still in its infancy. The next major factor contributing to the growth in older Americans will be the aging of the post-World War II "Baby Boom," defined by demographers as those born from 1946 to

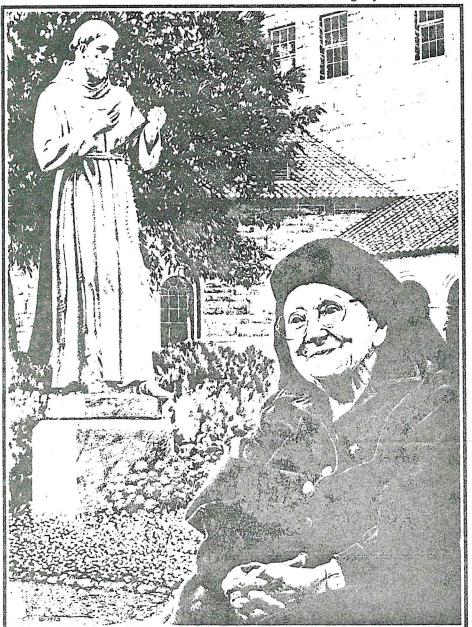


Currently, Americans age 65 and older constitute 13 percent of the population, or 33.6 million persons. Because of longer life expectancy and the large number of people reaching the oldest ages, Americans age 85 and older represent the fastest growing segment of the population.

1964. This is the largest single generation in American history, and its oldest members will begin turning 65 in 2011, ushering in a "Senior Boom." Their numbers will skyrocket, from 40.1 million elderly persons in 2011 to at least 70.2 million by 2030.

Aging in America- Our Heritage of Wisdom

A Series of 36 Pencil Drawings by Jim Branscum



(17" X 23") ©1993 Jim Branscum P.O. Box 8613 Scottsdale, AZ 85252

Drawing # 11

Sister Malachy Culhane: 1901-Rochester, MN

The search for models for the Aging in America project led me to Rochester, Minnesota. On a gently sloping hill looking over the city is the Assisi Heights Convent. The driveway curved up past the beautifully attended grounds that surrounds the three story hand-cut stone Chapel and Mother House. I had been invited to visit a most unusual long term health care facility and research a prospective model for the Aging in America series, Sister Malachy Culhane.

Sister Malachy was born October 29, 1901 in Canton, South Dakota. She was fourth of thirteen children, nine girls and four boys. She attended Good Council Academy and graduated from a business course in 1920. Two years later she joined the community of the Sisters of the St. Francis Order at Assisi Heights in Rochester, MN. She continued her education at St. Teresa College in Winona, MN. After receiving her degree, she taught school for fifty years before retiring to Assisi Heights in 1975.

I had been invited to stay at the convent as I did my research for this drawing. Being the son of a Protestant minister, my expectations did not conform to the reality of Assisi Heights. The austere "cell" with sparse furnishings turned out to be a comfortable room with a private bath. The Sisters welcomed me and my wife as honored guests into their wonderfully

happy and active religious community. Sister Malachy gave us a tour of the convent and told the history of the Sisters of Assisi Heights. It was the Sisters who began St. Mary's Hospital after a major tornado killed over a hundred people and wounded scores of others in the town of Rochester. Their doctor was Dr. Mayo. He later began the Mayo clinic and the sisters staffed the clinic with nurses. They saw needs and filled them. Others, as Sister Malachi had done, were teachers. Each to her own calling, they unselfishly devoted their lives to the service of God and others.

Sister Malachi often goes to the inner court garden to "pray and enjoy God's wonders." I asked her to pose for me beside the statue of St. Francis among the flowers. While posing she shared her feelings about her life and retirement at Assisi Heights. She is enjoying her retirement in the excellent health care center within the Mother House with it's caring nurses and loving Sisters. She says she is in her "nifty nineties," thanks God that she has use of her five senses and is able to partake of most of the Community prayers and activities. "I look to heaven for the time when a loving and merciful God will call me home," she states with a smile that radiates from her face and touches the deepest part of my soul.

The sisters at Assisi Heights Convent are included in the community activities in whatever capacity they are capable of participating. There are no feelings of isolation, neglect or abandonment to fate. They are blessed by their faith.

Jim Branscum, Artist

— 11 —

MEMBERS

Have you checked the expireation date on your card? No one wants to miss out on the activities so why not do it now?

* * * * *

SMILE

A smile costs nothing, but gives much. It enriches those who receive, without making poorer those who give.

It takes but a moment, but the memory of it sometimes lasts forever.

No one is so rich or mighty that he can get along without it; and no one is so poor that he cannot be made rich by it.

A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship.

It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and is nature's best antidote ofr trouble.

Yet it cannot be bought, begged, borrowed or stolen, for it is something that is of no value to anyone until it is given away.

Some people are too tired to give you a smile.

Give them one of yours, as no one needs a smile more than he who has no more to give.

* * * * *

EXERCISE CLASS NEWS

You are awesome! It has been such a great year. The time just flew by. I am so excited about all the good work that you have done throughout the year. I don't think that you realize how much you have given to me and how much you mean to me. I don't think that you realize what an impact the exercise has had on your life and on the lives of others, especially your family. You are to be proud of what you have done to maintain wellness. You are to be applauded for your efforts to take control of your life in a very positive way.

Have a healthy, happy summer. Remember to walk whenever you can and to be as active as possible. We will meet again in September.

Beth Parnin

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COMMUNION SERVICES

Again on Friday, June 2nd, a minister from St. Francis Church will be here to distribute communion. Please come to the Red Room by 3:00 if you care to receive. All are welcome to attend the services.

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COMING EVENTS

Wednesday, 7th 12:00 Lunch 1:00 Bingo Friday, 16th 5:00 Dinner Thursday, 29th 5:00 Dinner 6:30 Program

.00 Dinner
15
00
H
THURSDAY

EVERYONE WAS SMILING

Comments made by Mr. Chesler at the entertainment after dinner on May 12th, were so revealing. He spoke of his experience at the Washington D.C. Meeting on Again, or in other words the senior citizens of this country. The biggest problem is lone-

I wish we could send the President a tape of the May 12th party. No one could be lonely in that group! Everyone The music smiled and laughed. was great and the dancers were terrific. The audience was happy. The tarantella was such fun to watch that everyone seemed to want to Wish I knew how to do join in. Then the havathat dance. na-gilla? Another treat, plus the chicken dance. Chesler said all hens and even roosters could join in.

The achy-breaky dance filled the floor with those who knew how and those trying to learn.

The highlight of the evening for me came when Mary Calogero came running in with a lovely smiling woman who was in a wheel chair but still waved her arms and showed she loved dancing. What a beautiful sight!

I also had the special pleasure of seeing Mary Blasko or Queen Mary as I used to call her during Monday night pinochle. She is 94 and she asked about my mother! She is 91. Such a memory.

No one can do such a wonderful job as the Villa did and has done in the past. Keep it up.

Josephine Gentile

MONDAY PINOCHLE WINNERS

540	\$2.00
538	1.75
520	1.25
519	1.00
598	2.50
587	1.50
545	1.00
536	1.00
572	2.50
570	2.00
560	1.50
559	1.00
538	1.00
566	
563	
562	
588	
	538 520 519 598 594 587 545 536 572 570 560 559 538 566 563 562

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LINE DANCING

We will finish off the year having learned at least 20 line dances. We have had so much fun! I want to thank every person in the class for all they did to make my job easier and "joyful". We will begin again in September after a summer break. At that time we will review what we have learned and go on to learn many more line dances. Have a great summer.

Beth Parnin

P.S. Take a look at the posters in the Red Room. You look marvelous! Especially you George, Ed, Harold and Ted.

* * * * *

SEWING CLASS

It seems just when the weather turns so lovely that we'd rather just sit and enjoy it, we get so busy with other things that we almost miss it. At this time of the year "other things" means anything other than sewing. This "busy"-ness has hit us all hard this spring so our projects are slow in getting finished but we keep plowing along bit by bit. Hopefully during the lazy, hazy days of summer we'll get some sewing done just for the fun of it. I wish you all a lovely summer vacation and do take time to do the things you really enjoy.

Sally Kinney

* * * * *

SHOWCASE CLASS NEWS

Not much is new in the Showcase class because we are still making our lovely You'll have to take dolls. my word for it if you haven't seen one. They just never make it to the Showcase because they are all sold by the time a batch is completed. We have made and sold 16 in all since early in the year. It is actually quite an accomplishment, considering we are so few in number. all the many things we have made over the yeats, this has been one of our most successful and enjoyable. fun to watch a doll develop from a stack of folded fabric and miscellaneous notions (and a lot of hard work).

Showcase Class Continued

I want to especially thank the following loyal and hard-working class members: Viola DelGreco, Marcie Stianche, Greta Stegh, Margaret Trivisonno and Mildred McCurdy. I appreciate your unselfish support-even when what I had you do wasn't easy or even fun, for that matter.

Sally Kinney

* * * *

WEDNESDAY CARD PARTY WINNERS

May 3rd winners were Frances Mickovic, Carl Schock, Marcie Stianche, Ed Vojta, Sophie Mazur and Jane Schowinsky.

The May 17th winners were Mary Blasko, Frances Mickovic, Carl Schock, Marcy Stianche, Sophie Mazur and Jennie Cellura.

The dates for June are the 7th and the 21st. See you then.

Evelyn DeFlorentis

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A BIG THANK YOU TO ALL

Our mailman, Marvin, wants to say "THANK YOU" to everyone who donated to the food drive recently. There was so much food that he had to get help to carry it.

We are so pleased that the people at Villa Serena are so kind and generous in their own way to help the needy.

* * * * *

DID YOU KNOW!!!!!!

THAT, your heart beats 100,000 times a day, and is pumping 2,000 gallons of blood through the body's 60,000 miles of blood vessels.

THAT, when you give a pint of blood, you are only giving away the blood of seven heartbeats.

THAT, The middle ear is about the size of a bean. The "stirrup, one of the three middle ear bones, is the very smallest bone in the human body.

THAT, your joints get a lot of use. The average person flexes a single finger joint 25 million times during his life.

THAT, the complex range of motion in your wrist is accomlished by 27 tiny bones.

THAT, I had better go and lie down now and get some rest in my heart, my blood, my fingers, and my joints!!!!!!

See you later!!!!!!

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HELLO!!!!! BRIDGE PLAYERS!!!!

An end of the summer Bridge Tournament will be held at the Villa Serena on FRIDAY, JUNE 9th.

Bridge Tournament, duplicate style, will be conducted by Wayne Ward our very able and outstanding teacher. There will be prizes and refreshments. This tournament will be free to all members participating.

We invite all of our previous bridge players to come and test their skill levels again, join in with the newer players. Most of all you will have a FUN DAY.

Time is 12:30 P.M. to 4:00 P.M.. in the Red Room.

CAN YOU BELIEVE THIS!!!

Henry Ford failed and went broke five times before he finally succeeded.

Walt Disney was fired by a newspaper editor for lack of ideas. Walt Disney also went bankrupt several times before he built Disneyland.

An expert said of Vince Lombardi: "He possesses minimal football knowledge and lacks motivation.

Albert Einstein did not speak until he was four, did not read until he was seven. His teacher described him as "mentally slow, unsociable and adrift forever in foolish dreams.

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THEY DID IT AGAIN!!!!

Just who are "they" - well they are none other than the Women's League of the Order Italian Sons and Daughters of America. They are comprised of women in the organization who belong to various lodges. They have been in existence since the early 1940s. Their charitable projects are much too lengthy to list.

For the past 25 years one of their biggest projects has been the yearly fund raising for the support of the Villa Serena Senior Citizens Center.

The Italian Sons and Daughters of America pledged their support of the first floor center when they became co-sponsors of the Villa Serena when it was built in 1967.

The dedicated ladies of the Womens League have been the leaders in the organization in raising funds for the center.

At a recent dinner, they raised over \$3,000.00 enabling the center to purchase many items and pursue many social activities for the benefit of our seniors.

They are very hard working and deserve a public recognition of their many years of work, first, to their organization, Order Italian Sons and Daughters of America and to the Villa Serena as well.

Howard Chesler

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LAST CHANCE FOR A "BBBBB"

Well, now, you will probably say just what does that mean? It means that we will have a BROWN BAG BIG BINGO BASH" on WEDNESDAY, JUNE 7th at the Villa Serena.

Bring your favorite Brown Bag Lunch and as usual, we will provide the dessert and coffee for everyone to enjoy.

When we have all indulged in lunch and dessert, we will then try our luck at BIG BINGO which will be the last for the summer.

Make sure you attend this one because there will be no other chance before September again and we will try our best to see that there may be a few extra prizes and door prizes to make it a really fun afternoon.

See you on the 7th. Bring your brown bag, bring your friend, and certainly bring your money and maybe you just might be a winner and take some back home.

In any event, we will have fun!!!

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CONSIDER THIS!!!!

Thomas Edison's teachers said he was too stupid to learn anything!!!

The parents of Enrico Caruso wanted him to be an engineer. His teacher said he had no voice at all and could not sing!!!

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THISTLEDOWN IS WAITING FOR US!

You had better believe it!!!! They are waiting for us with wide open arms. They want our money and we seem to be very happy to "give it to them".

So, start saving your pennies "and dollars" and away we will trot.

WHERE: Thistledown, of course DATE: WEDNESDAY, JUNE 21st TIME: 11:30 A.M. departure COST: \$18.50 per person

Thistledown has raised their prices a little bit this year, but we are still gluttens for punishment.

The price includes admission, program book, transportation (our bus), a full luncheon with your choice of Roast Loin of Pork or Penne Tripolina which as we have said before, is chicken strips and baby shrimp with white sauce over a bed of penne pasta, including salad and dessert.

We have always had a lot of fun at the track. If this sounds like something you would like to do, then sign up in the office as soon as you can.

No reservations will be accepted without payment in full.

DON'T GET SHUT OUT!!!!!!!! Space will be limited!!!!

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GARDENING AT THE VILLA SERENA

Many of our gardeners have been very hard at work getting their soil ready for the big planting. By the time you read this, many of them will have already planted all sorts of "goodies" and then wait patiently to enjoy the fruits of their labor throughout the summer.

The seeds are planted, but you must remember optimistic gardeners believe that "what goes down must come up" and "there's no way to have a green thumb without having an aching back first".

In spite of it, they love it and how wonderful it will be to see all the lovely gardens growing right in our own back yard.

Good luck to all of you. Hope all your tomatoes are big and red; that all your zucchini are giants; that your flowers are beautiful and that your lettuce does not get eaten up by those poor little rabbits. But through it all, you will have a lot of fun.

Hope I get to taste a tomato or zucchini before the summer is over!!

HAPPY FATHERS' DAY

TO ALL YOU DADS

AND WONDERFUL

GRANDFATHERS

YOU DESERVE A

SPECIAL REST

ON YOUR DAY!



A WONDERFUL "ROSY" MONTH

All things are bright and so very beautiful in the month of June.

I remember it was just yesterday that we were singing "Auld Lang Syne" and welcoming the new year and now it is almost half over. This is the month for Dads and "Grandpas" are also at the very top of list. Lets love them and cherish them all.

The month of June is such a very happy month. The first day of summer, the happy times for graduations, the beautiful brides and the little kids shouting no more school books.

The roses and other flowers popping out all over in all their beauty. Don't let it get away from you, get outside and smell the "roses", listen to the songs of the birds, look up at the beautiful days of sunshine ahead, see the beautiful and magnificent trees, the fluffy white clouds in that very blue sky. Our heavenly Father made them all you know. We must cherish every day that we are given to see, smell and enjoy the sights around us. Mother Nature just knocking herself out, and its all for free. No reservations needed, no tickets to buy and its all ours to take advantage of.

Ah!! Yes!!! the warmth of the month of June. Find something no matter how small to enjoy and especially find someone who may need your love and kindness.

AMISH COUNTRY, HERE WE COME!!

The greatest fun way to spend a day is to visit the Amish Country and see all the wonderful things they make, what they sell and their marvelous food.

That is what we will be doing on THURSDAY, JULY 6th, leaving the Villa Serena at 8:00 A.M. and returning about 5:00 P.M. The price of the trip will be \$30.00 per person.

It will include a full family style luncheon, with dessert, of course, Heini's Cheese Store, Bakery Stop, Koblentz Chocolate Factory, sweetest chocolate you have ever had, a stop at a winery where you can indulge in some samples because you are not the designated driver, and the Carlyle House for some shopping. Lunch of course will be at the very popular Der Dutchman.

A full day of fun and excitement for this very reasonable price.

There will be a coffee stop on the way down which will be on your own.

Get your reservations in as soon as possible because we know you will want to be in on this very lovely trip.

Payment in full must be made at the time of your reservation.

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BIRTHDAYS AND ANNIVERSARIES

JUNE 1995

JUNE	JUNE
1 Tess DuBay 609	1 Lillian Rothman
Eva Kleinhans 811	2 Irene Tistler
5 Rose Vitale 620	Marie Mercurio
6 Marie Neyman 830	3 William Hanson 4 Steve Herega
8 Greta Stegh 434 10 Salvatore Cordaro 831	5 Marjorie Hardman
13 Robert Royce 720	6 Rose Marks
14 Joseph Damanti 516	9 Irene Dowdall
15 Jerry Cellura 317	11 Sylvia Fishman
Mary Visdos 233	Rose Groones
16 Herman Lewis 221	12 George Kossoff
Marie Nau 408	Theresa Piacentini 13 Florence Malkes
17 Anthony Filly 615 18 Ann Janocco 703	13 Florence markes 14 Arnold Capstick
18 Ann Janocco 703 19 Mary Ann Olson 230	Carmella Connelly
24 Charlotte Bohacek 415	15 James Fasimpaur
27 Almenia Cicirella 616	Sam Zupnik
28 Clara Corea 407	16 Mae Gaghan
	20 George Beigie
	Rita Derbin 21 Ernest Rosner
· HAPPY BIRTHDAY	22 Bertha Wulkan
29000 9 9 2011111	25 Margaret Klein
	27 Morris Fishman
	28 Morris Gass
ANNIVERSARIES	
TIMIT	
JUNE	W: 1 - 1 Muma av. 917
1 Mr. & Mrs. Raymond Huber	25 Mr. & Mrs. Michael Turocy 217 Mr. & Mrs. John Hatras
2 Mr. & Mrs. Emmett Penkava 716 4 Mr. & Mrs. Max Keane 418	- D 1
4 Mr. & Mrs. Max Keane 418 7 Mr. & Mrs. George Dirner 630	26 Mr. & Mrs. George Pokorny 27 Mr. & Mrs. Joseph Cipolla
Mr. & Mrs. Emil Wierber	Mr. & Mrs. Ted Mozina
9 Mr. & Mrs. Harold Levine	28 Mr. & Mrs. Alex Drosick
11 Mr. & Mrs. Joseph Kovach	22 Mr. & Mrs. Arthur Benes
12 Mr. & Mrs. Louis Spiegel	
13 Mr. & Mrs. Joseph Damanti 516	
15 Mr. & Mrs. Morris Wulkan 16 Mr. & Mrs. Anthony Cicirella	616
16 Mr. & Mrs. Anthony Cicirella Mr. & Mrs. Stanley Linek	· HAPPY · ANNIVERSARY ·
18 Mr. & Mrs. Adam Falzarano	HAPPY MINITED
21 Mr. & Mrs. Alex Drosick	
22 Mr. & Mrs. James Fasimpaur	
Mr. & Mrs. Carl Calabrese 530	

THE VILLA VOICE

Volume XXVII

JUNE, 1995

Number 6

THE VILLA SERENA SENIOR
CITIZENS CENTER
6800 Mayfield Road
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SUMMER BREAK IS HERE!!!

As you all know if you have been a resident or member for sometime, we will all be taking a well deserved rest for the summer. All of our activities, except Bingo of course, will be cancelled until September when all the action will begin again.

On behalf of our hardworking teachers, our kitchen staff, and our other volunteers, we hope you all have a healthy and happy summer. We will look forward to greeting you again in September.

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PRE-FOURTH OF JULY CELEBRATION

It seems we just turned around one day and lo and behold here we are talking about the 4th of July already and so we are now planning what has become our very own traditional Pre-Fourth of July celebration.

What would it be like if we did not start our celebration with the serving of dinner with our good ol' Barbecue Ribs or Baked Chicken and all the trimmings with some traditional American dessert.

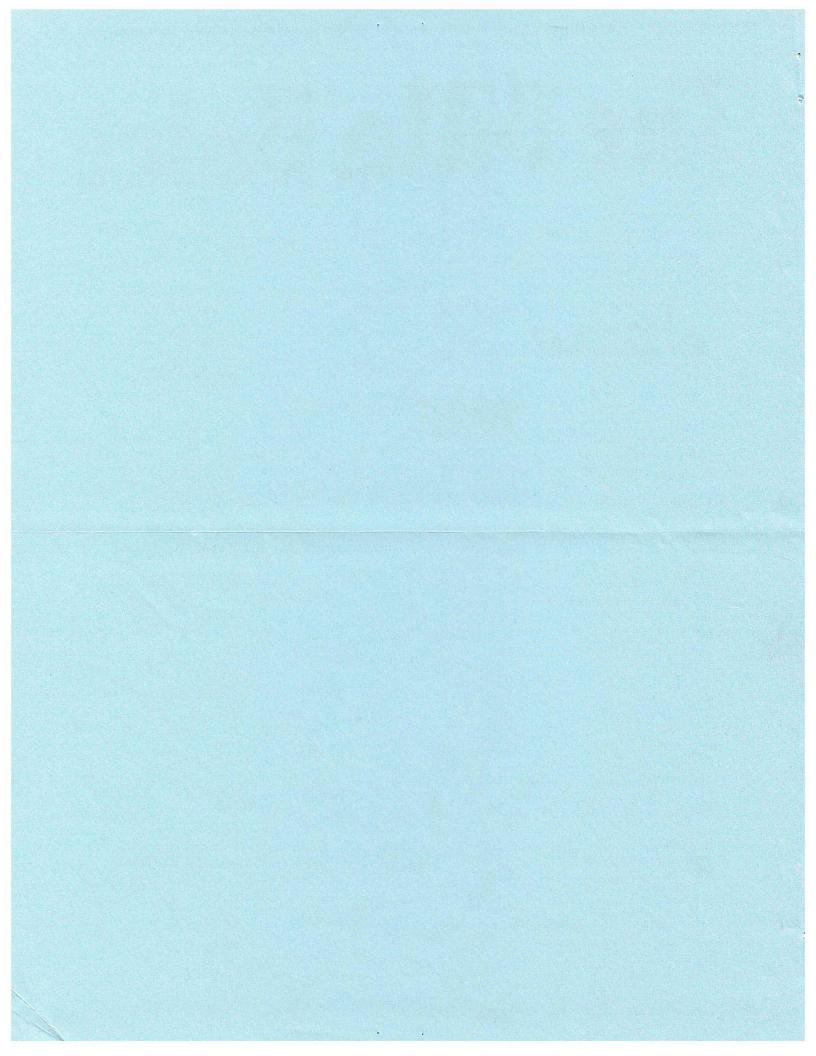
Dinner will be THURSDAY, JUNE 29th starting at 5:00 P.M. followed by some good ol' American flag waving music, dancing and singin'

Don't forget to wear your favorite red, white and blue for this special time.

As you know, this will be our last dinner and activity for the summer, so don't miss the chance to have this last fling.

This dinner is always a sellout so we recommend you get your tickets early. The charge for this dinner will be \$7.50 per person.

LETS DO IT UP "BIG" FOR OUR WONDER-FUL RED, WHITE AND BLUE!!!!!



The Villa Voice

