

Dinner at Villa Serena

June 15

Appetizer

Pork Spare Ribs or Chicken

Cole Slaw & Sweet Potato

Beverage & Dessert

Ribs \$8.50, Chicken \$8.00



June 22 HAPPY HOUR

BBQ Wings & Cocktail Wieners

Pretzels & Chips with Salsa

All for only \$5.00

St. Francis Foundation

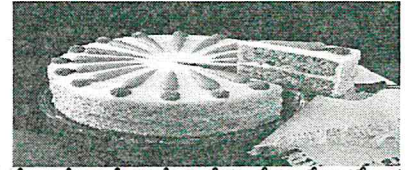
Villa Voice 6800 Mayfield Road
Mayfield Heights, Ohio 44124

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

Monday	Tuesday	Wednesday	Thursday	Friday
Father's Day Sunday, June 17				1
4 9:30 Ceramics 6:00 Cards	5 3:30 Rosary 7:00 Game Night	6 D-Day 9:00 Sewing 1:00 Art Class 2:00 Exercise	7 10:00 Stay Well Nurse	8
11 9:30 Ceramics 6:00 Cards	12 3:30 Rosary 7:00 Game Night	13 9:00 Sewing 1:00 Art Class 2:00 Exercise	14 Flag Day 10:00 Stay Well Nurse	15 2:00 Mass 5:00 Dinner 6:15 Program
18 9:30 Ceramics 6:00 Cards	19 3:30 Rosary 7:00 Game Night	20 9:00 Sewing 1:00 Art Class 2:00 Exercise	21 Summer! 10:00 Stay Well Nurse	22 3:00 to 4:30 Program
25 9:30 Ceramics 6:00 Cards	26 3:30 Rosary 7:00 Game Night	27 9:00 Sewing 1:00 Art Class 2:00 Exercise	28 10:00 Stay Well Nurse 12:00 Bingo Luncheon 1:00 Bingo	29

Birthdays and Anniversaries

June 2001



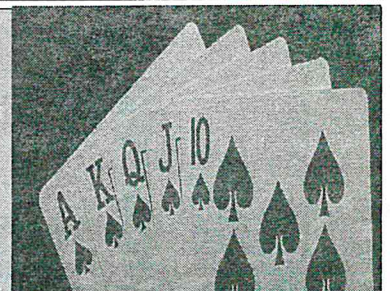
Birthdays		Anniversaries	
June	2	Helen Pierman	#620
		Anthony Roberts	
	3	Olga Banas	#502
	5	Marjorie Hardman	
		Michael Pipoly	
	6	Mae Clarke	
		Marie Kavalunas	#221
		Ann Wallace	
	7	Joseph Nocifera	
	9	Vitaliy Khorishko	#207
	10	Jean Balas	#522
	11	Sylvia Fishman	
		Mary Weber	#806
	12	Theresa Piacentini	
		Frank Tomala	#231
	13	Eleanor Havel	
	14	Carmella Connelly	
		Joseph Damanti	#516
		Florence Malkes	
	15	Jerry Cellura	
			#317
			#233
			Mary Visdos
June	16	Mae Gaghan	
		Marie Nau	#408
	17	Jennie Ciofani	
		Sam Fratantonio	#715
	18	Ann Janoco	#703
	25	Vito Spadafina	#503
	27	Almenia Cicirella	#616
		Herbert Wagner	#520
	28	Clara Corea	#407
		Morris Gass	
	29	Frank Brodnick	#725
June	11	M/M Joseph Kovach	
	13	M/M Joseph Da-	
		manti#516	
	24	M/M Anthony Roberts	
		M/M John Sangimino	

Games for when we are older: 1) Sag, you're it! 2) Pin the toupee on the bald guy. 3) Spin the bottle of Mylanta. 4) 20 questions shouted into your good ear. 5) Musical recliners.

Bingo has been shown in a recent study to help elderly people minimize memory loss, preserve visual acuity and bolster eye-hand coordination. Regular players remain mentally sharp and

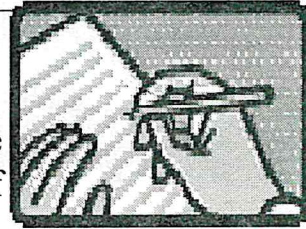
Monday Night Pinochle

April 30	May 7	May 14
Laila Nagy 606 2.25	Ernie Fioritto 561 2.50	Mary Welker 564 2.00
Vera Kozak 597 2.00	Laila Nagy 556 2.00	Howard Barnes 541 1.75
Mamie Damanti 569 1.25	Jennie Cellura 550 1.75	Marcie Stianche 536 1.25
Jennie Cellura 565 1.00	Stella Benjamin 544 1.25	Ernie Fioritto 522 1.00



Four-Fit

Without changing the order of the letters, place the letters of one of the four letter words on the dashes in one of the eight letter words to complete it



- | | |
|-----------------------|---------|
| 1. D _ S _ _ U _ T | a. FANG |
| 2. _ _ _ T I _ A T _ | b. FEET |
| 3. _ _ _ G _ M E _ T | c. GATE |
| 4. W E _ _ W _ _ D | d. ICON |
| 5. _ R _ N _ _ IC | e. MOVE |
| 6. P _ _ M _ _ ED | f. OMEN |
| 7. _ U _ _ C A S _ | g. RAIN |
| 8. M _ N U _ _ _ T | h. REIN |
| 9. _ L _ M I _ _ O | i. ROOT |
| 10. _ R _ D U A _ _ | j. SITE |
| 11. C _ E _ T _ O _ | k. STAR |
| 12. _ _ _ R T _ B _ A | l. VEER |

Answers

Answers:

1. Discount, 2. Motivate 3. Regiment 4. Westward
5. Frenetic 6. Promoted 7. Suitcase 8. Monument
9. Flamingo 10. Graduate 11. Creation 12. Vertebra

Just For Laughs...

Kissing is a way of getting two people so close together that they can't see anything wrong with each other. — *Rene Yasenek*

Whenever I'm caught between two evils, I take the one I've never tried. — *Mae West*

Before we make love, my husband takes a pain killer. — *Joan Rivers*

wife has cut our lovemaking down to once a month, but I know two guys she's cut out entirely. — *Rodney Dangerfield*

Never play leapfrog with a unicorn. — *Anon*

I have so little sex appeal that my gynecologist call me "Sir." — *Joan Rivers*

A relationship is what happens between two people who are waiting for something better

to come along. — *Anon*

It's relaxing to go out with my ex-wife because she already knows I'm an idiot. — *Anon*

The trouble with living in sin is the shortage of closet space. — *Missy Dizick*

The fickleness of the women I love is only equaled by the constancy of the women who love me. — *G.B.S.*

Burt Reynolds once asked me out. I was in his room. — *Phyllis Diller*

He's the kind of man a woman would have to marry to get rid of. — *Mae West*

Brains are an asset, if you hide them. — *Mae West*

Marriage is the only war in which you sleep with the enemy. — *Anon*

Don't Accept Arthritis Pain— Defy It

The V.A., in its publication *Veteran's Health*, offers tips for dealing with arthritis, the bane for so many of us. Try these tips:

See your healthcare provider promptly, in case of joint stiffness lasting 30 minutes or longer; constant or intermittent joint pain or tenderness; difficulty moving a joint normally; or swelling, redness, or warmth in one or more joints.

Manage your disease, by enrolling in self-help classes and contacting groups such as the National Arthritis Foundation (800-283-7800).

Bolster your emotional health. Keep active, learn relaxation techniques, and get counseling.

Balance rest with exercise. Physical activity releases your body's natural painkillers and can reduce fatigue.

Use heat or cold treatments. For optimal relief, always place a towel between your skin and the heat or cold source; do not apply more than 20 minutes; never apply to sore or sensitive skin; never combine analgesic rubs with heat. This combination can burn your skin.

Ask about physical and occupational therapy. Trained therapists can provide treatments aimed to relieve pain and educate.

Ask about special devices. Many devices such as splints, special furniture, easy-to-grip silverware, etc., can help you retain your independence.

Find out about medications. Various pain relievers can help, but some have side effects. Analgesic rubs and creams can help.

Consider nutrition. Find out about

From Creamettes

Florentine Meatloaf Roll

The regional spinach specialties from Florence, Italy, lead to the term *Florentine*



- 8 oz, Linguine, cooked as directed
- 1 egg, slightly beaten
- ½ cup dry bread crumbs
- 1 (26 oz.) jar pasta sauce
- ½ tsp. Garlic salt
- 1½ lbs. Lean ground meat
- 4 oz. Mozzarella cheese, cut into strips

Preheat oven to 350°F. In large bowl, combine egg, bread crumbs, ¼ cup pasta sauce, and garlic salt. Add ground beef; mix well. Line a shallow baking pan with waxed paper. On waxed paper, flatten meat mixture into a 12 x 10-inch rectangle. Top with mozzarella within 2 inches of edges of meat. Using waxed paper to lift meat, roll up from short side. Press meat to seal seam and ends. Roll meatloaf onto pan, seam side down. Discard waxed paper. Bake 1 hour. Heat remaining sauce; pour ½ cup sauce over meatloaf. Serve remaining sauce with hot linguine.

4 to 6 servings

Creamettes also suggests rigatoni, mostaccioli, and penne rigate as alternate pastas for this menu, and hopes you will use their brand of pastas, Classico Spinach and Cheese Sauce, Sorrento cheese, and Egglard eggs.

a diet rich in foods which can lessen inflammation and help you lose weight or maintain the right weight.

Ask if surgery is an option. In some cases, more mobility and pain relief result.

A YOUNG BIRCH

The birch begins to crack its outer sheath
Of baby green and show the white beneath,
As whosoever likes the young and slight
May well have noticed. Soon entirely white
To double day and cut in half the dark
It will stand forth, entirely white in bark
And nothing but the top a leafy green —
The only native tree that dares to lean,
Relying on its beauty, to the air.
(Less brave perhaps than trusting are the fair.)
And someone reminiscent will recall
How once in cutting brush along the wall
He spared it from the number of the slain,
At first to be no bigger than a cane,
And then no bigger than a fishing pole,
But now at last so obvious a bole
The most efficient help you ever hired
Would know that it was there to be admired,
And zeal would not be thanked that cut it down
When you were reading books or out of town.
It was a thing of beauty and was sent
To live its life out as an ornament.

— Robert Frost

Mayfield Hts. Seniors' Activities

Bus Trips and Excursions:

Friday, June 29, Cedar Point. 8 A.M. to 9 P.M. Charter bus leaves from and returns to Mayfield High School main parking lot. Cost includes transportation and ticket into the park. Food: on your own. Under 60, \$45, seniors \$40, out-of-school district residents add \$10. Registration by June 22,

July 11, White Water Rafting

After living here for five years, I recently came to the realization that the various stairwells are color coded. The edge of the steps, the handrails, and the pipes going up are colored differently. Depending upon which stairwell you are in, the color which meets the eye may be red, blue, or mustard. Wonder if there's a reason for this? Anyone know?

A new Tai Chi class is forming at the hospital; 6 Monday afternoons beginning June 4. For information, call 440-449-6223.

Cleveland Area Events of Interest June, 2001

Tremont Art Walk, Galleries, restaurants

6/1 – 6/3, **Murray Hill Art Walk,** Open studios in "Little Italy."

6/9 **Parade The Circle,** Spectacular celebration and parade, Wade Oval Green, University Circle. For details, call 216-

If you were not lucky enough to have been there, you should know that the I. S.D.A. spaghetti dinner and raffle, which was held on April 25 at Borally's Party Center, was a wonderful, happy event, with lots of food, lots of fun, lots of prizes, and even a spot of liquid refreshments.
Personally, it was very enjoyable to be able to spend a few minutes with two old friends of V.S., Mary Calogaro and Pauline Et-torre. Of course, many memories of Howard Chesler were recounted. If you didn't make it this year, I highly recommend it next year.

Hillcrest Hospital Senior Services

The Meridia Senior Circle of Care has a wide variety of 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 Supper Club. Third Tuesday of every month. Tuesday, June 19, at 3:30 PM, hospital cafeteria, Chicken Paprikash, Spaetzle, Green Beans, and Apple Streudel. **Entertainment sponsored by Grand Pointe Retirement Community.** 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, June 13, at DeJohn Community Center, 6306 Marsol Rd., "*Music: Healing the Spirit*," Diane Hartt, Community Relations Coordinator, Hospice of the Western Reserve. 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, May 22, at 2:00 P.M., "The Secret Garden" starring Gennie James and Barrett Oliver, PG, 1 hr. 40 min., in the Hillcrest Hospital Ross Auditorium, (Lower Level). Movie, popcorn, and soft drinks are free. Reservations at **216-430-8432**.

Watch and Fragrance Sale, May 3 & 4,

Thanks to Karla Lindsey

From St. Francis of Assisi's Bulletin

The butterfly is a long-held symbol of the Resurrection. Not many are aware that the life span of a butterfly is very short. Most live only two weeks to a few months.

This life began as a tiny invisible egg that then moved through various stages of growth to become a very active caterpillar. Then came the slow, weary process of "dying" to be transformed into a totally different and beautiful new kind of creature. The ancient Greeks used the same word, *psyche*, for both the soul and for butterflies. Observing how the butterfly passed through a series of "dyings," to finally rise in flight, they saw it as a symbol of the immortal soul and how this dying somehow led to an awesome new life. Earthly life seemed like a caterpillar existence awaiting transformation. In the depths of our human psyche there is a restless longing for truth that endures, for beauty that does not fade, and for love that knows no end.

Our Lord told us: "I have come that you may have joy and life in all its fullness." As our Easter wishes subside we need to continue to reflect on what truly makes us happy, and what a full life means to us.

A little girl became restless as the pastor's sermon dragged on and on. Finally, she leaned over to her mother and whispered, "Mommy, if we give him the money now, will he let us go?"

By dying, Jesus changed our view of death. More than that, He changed death itself. Death would no longer be the dark enemy, implacably gathering its grim harvest. It would become the gentle lady who loosens our grip on life so she can lead us

Ah June! We wait all year for the longer days and fine weather and at last it's here. In June we salute the fathers who loved and guided us who now raise the next generation of fine men and women. Happy Fathers Day to all the dads young and old.

June is still the first choice of young couples planning their weddings and the "newly minted" graduates start advanced studies or new careers. Best wishes to them all.

Long days and warm weather encourage walks, gardening and bocci. Villa Serena residents delight in sitting on the patio chatting with friends and neighbors.

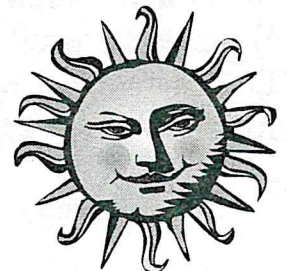
There's plenty of good spirits at all Villa activities so mark your calendars and plan to attend. Our Birthday and Anniversary dinner will be our final dinner of this season on **June 15th** when we welcome back the **Primavera Band**. This fine group of musicians from the ISDA have delighted audiences at The Villa many times and we're pleased

to have them again. This is the special Ribs 'n Chicken feast and the final dinner until September. Don't miss it!

June 22nd there will be a new event when we host a **Happy Hour** from 3 PM to 4:30 PM with **Judy Strauss**, renowned Jazz pianist and her bass accompanist. Judy has a fine reputation as a major jazz musician in the Cleveland area. She's performed in concerts at the State Theater, Cain Park and the Music Hall as well as colleges, country clubs and senior citizen facilities. We will begin at 3 PM with beverages and snacks and Judy will perform from 3:30 to 4:30. Make your dinner reservations at local restaurants but begin your evening at Villa Serena. Don't forget to call your reservation to the office so we can plan for your snacks.

The **June Afternoon Bingo** will be a **Luncheon** starting at 12:00 noon on **June 28th** with bingo to follow. We will serve chicken salad with vegetable garnish, roll, beverage and of course, dessert, The cost will be \$5.00 so be sure to call in your reservation soon.

St. Francis Foundation and
Villa Serena
Senior Citizens
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Summer's Here