

St. Francis Foundation

Villa Voice 6800 Mayfield Road
Mayfield Heights, Ohio 44124

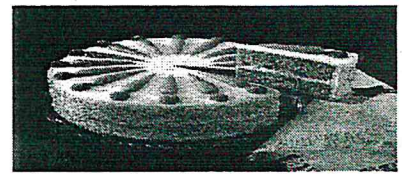
DATED MATERIAL—PLEASE DELIVER

Non-Profit Organization
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175

Monday	Tuesday	Wednesday	Thursday	Friday
2 1:00 Ceramics 6:00 Cards	3 2:00 Staywell Nurse 3:30 Rosary 7:00 Game Night	4 9:00 Sewing	5	6
9 1:00 Ceramics 6:00 Cards	10 3:30 Rosary 7:00 Game Night	11 9:00 Sewing	12	13
16 6:00 Cards	17 3:30 Rosary 7:00 Game Night	18	19 2:00 Staywell Nurse	20 2:00 Mass
23 6:00 Cards	24 3:30 Rosary 7:00 Game Night	25	26	27
30 6:00 Cards	June 15 Father's Day	June 21 First day of Summer	June 6 D-Day June 14 Flag Day	

Birthdays and Anniversaries

June 2003



Birthdays

June	2	Inez Davis	#433
		Jean Meyer	#805
		Anthony Roberts	
	5	Margaret Podhor	#209
	6	Mae Clarke	
		Marie Kavalunas	#221
		Ann Wallace	
	7	Joseph Nocifera	
	9	Vitaly Khorishko	#207
	11	Elizabeth Geffert	#229
		Mary Weber	#806
	12	Theresa Piacentini	
		Frank Tomala	#231
	14	Carmella Connelly	
		Joseph Damanti	#516
		Florence Malkes	
	15	Jerry Cellura	#317
		Mary Visdos	#233
	16	Mae Gaghan	
		Zadie Shaw	#617

June	17	Jennie Ciofani	
		Margaret Conti	#632
	18	Ann Janoco	#703
	27	Almenia Cicirella	#616
		Herbert Wagner	#520
	28	Clara Corea	#407
		Morris Gass	

Anniversaries

June	11	M/M Joseph Kovach	
	13	M/M Joseph Damanti	#516
	24	M/M Anthony Roberts	
		M/M John Sangimino	
	25	M/M John Hatras	
		M/M Michael Turocy	#217

Mayfield Heights Summer Activities

June 4, DeJohn Community Center, Marsol Rd., Spring Into Wellness. Free, open to the public. Health screenings, information booths, and refreshments.

June 14, +50 dance at the Community Center, George Davidson's Band. 7:30 to 10 PM. Doors open at 7 PM. Admission \$4.00, singles and couples welcome.

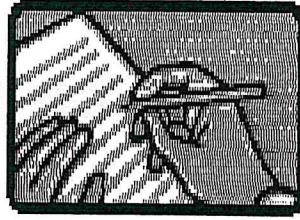
Nimble Needlers: Fridays, 10 to Noon. Call 440-442-2626 x244 for more info.

Monday Night Pinochle

April 14		April 21		April 28		May 5	
Agnes Puro	632 3.00	Connie Nicolosi	604 2.50	Vera Kozak	578 2.50	Rosemary Valenti	552 2.00
Nancy Menage	615 2.50	George Seidel	581 2.00	Stella Benjamin	542 2.00	Mary Welker	496 1.75
Rosemary Valenti	596 1.50	John Ondak	555 1.50	Grace Alliger	541 1.50	John Ondek	485 1.25
Howard Barnes	540 1.00	Carmen Cortese	545 1.00	Agnes Puro	532 1.00	Carmen Cortese	481 1.00
Carmen Cortese	536 1.00						

Question Quiz

Here's a quiz that follows the format of the TV game show "Jeopardy," that is, you're given the answer, and you're supposed to come up with the most logical question to fit that answer.



1. Sean Connery, David Niven, George Lazenby, Roger Moore, Timothy Dalton, and Pierce Brosnan
2. Murderer's Row
3. Jakarta
4. Boris Badenov and Natasha Nogoodnik
5. Nero Wolfe
6. Pasta coated with a mixture of butter, cream, and grated Romano cheese
7. Kal-El
8. Operation Overlord
9. Lithuania, Estonia, and Latvia
10. Red, orange, yellow, green, blue, indigo, and violet

Answers

Answers:

1. Who were the actors who played James Bond, 007?
2. What were the 1927 New York Yankees called?
3. What is the capitol of Indonesia?
4. Who were the villains of the Bullwinkle TV cartoon show?
5. Who was the fictional detective created by Rex Stout?
6. What is fettuccine Alfredo?
7. What name was Superman given by his parents on Krypton?
8. What was the code name for the Allied invasion of Europe, 6/6/44?
9. What are the Baltic States, former Soviet republics?
10. What are the colors of the spectrum?

Just For Laughs...

Never mistake motion for action.— *Ernest Hemingway*

Some luck lies in not getting what you thought you wanted but getting what you have, which once you have got it you may be smart enough to see is what you would have wanted had you known.— *Garrison Keillor*

Providence protects children and idiots. I know because I have tested it.— *Mark Twain*

The easiest kind of relationship for me is with ten thousand people. The hardest is with one.— *Joan Baez*

I'll not listen to reason. Reason always

means what someone else has to say.— *Elizabeth Cleghorn Gaskell*

Nothing is impossible for the man who doesn't have to do it himself.— *A. H. Weiler*

A censor is a man who knows more than he thinks you ought to.— *Granville Hicks*

A committee is a cul-de-sac down which ideas are hurled and then quietly strangled.— *Sir Barnett Cocks*

As scarce as truth is, the supply has always been in excess of the demand.— *Josh Billings*

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

Meatloaf with Tomato Sauce

1 tbsp. olive oil
1 cup chopped onion
½ cup chopped celery
2 tsp. chopped garlic
1 tsp. salt, divided
1 tbsp. chopped fresh parsley
2¾ lbs. unseasoned meatloaf mix
¾ cup fresh bread crumbs
cup ketchup
2 large eggs
¼ tsp. nutmeg
4 slices bacon

Sauce:

1 (28 ounce) can plum tomatoes in juice
1 tbsp. olive oil
1 large clove garlic, chopped
¼ tsp. salt
¼ tsp. red pepper flakes

Preheat oven to 350°. Heat oil in a large skillet over medium heat. Add onions, celery, and garlic and cook until vegetables soften, about five minutes. Stir in ½ tsp. salt and parsley. Remove from heat and cool.

Combine ground meat, bread crumbs, ketchup, eggs, remaining ½ tsp. salt, nutmeg, and sautéed vegetables until blended. Transfer mixture to a shallow pan and shape into a 9½" x 5" oval. Arrange bacon slices on top. Bake for 70 minutes or until meat thermometer inserted in center registers 160°.

While meatloaf is cooking, combine all sauce ingredients in a 9 inch glass dish, breaking up tomatoes with a spoon. Bake on lower rack with meatloaf until sauce thickens, 35 to 40 minutes. Serve with meatloaf.

Yields 6 servings.

Bon Appetit

A Record Stride

In a Vermont bedroom closet
With a door of two broad boards
And for back wall a crumbling old chimney
(And that's what their toes are toward),

I have a pair of shoes standing,
Old rivals of sagging leather,
Who once kept surpassing each other,
But now live even together.

They listen for me in the bedroom
To ask me a thing or two
About who is too old to go walking,
Without much stress on the who.

I wet one last year at Montauk
For a hat I had to save.
The other I wet at the Cliff House
In an extra-vagant wave.

Two entirely different grandchildren
Got me into my double adventure.
But when they grow up and can read this
I hope they won't take it for censure.

I touch my tongues to the shoes now,
And unless my sense is at fault,
On one I can taste Atlantic,
On the other Pacific, salt.

One foot in each great ocean
Is a record stride or stretch.
The authentic shoes it was made in
I should sell for what they would fetch.

But instead I proudly devote them
To my museum and muse;
So the thick-skins needn't act thick-skinned
About being past-active shoes.

And I ask all to try to forgive me
For being as overrelated
As if I had measured the country
And got the United States stated.

Robert Frost

Dear Villa Serena Residents and Senior Center Members, Many of you have learned that very soon I will leave my position at Villa Serena and move to Texas to be near my daughter, her husband and my grandchildren. I am both happy to be near my family and saddened to leave Ohio and my many friends and acquaintances. The many fine people I have met only because I came to The Villa five and a half years ago are among the dearest I have met in my life.

So often I heard, "I wouldn't have your job", which made me think, "Then you wouldn't have my rewards!" Spending my work days around older adults taught me about kindness and generosity, courage and humility. I have true respect for the dignity of the older adult.

It was fun! I loved to come to work. For every bump in the road there was a kind word and a laugh, fine dance music and a bit of home made pastry. I wish you all luck and happiness. I will think of all of you often.

Most sincerely,

Cathy Jaspersen

The Villa Voice has lost two irreplaceable friends lately, what with Gen Devney moving and now, Cathy's departure. We'll carry on, but it might not be quite as much fun. We *do* look forward to working with Charlie, and a bright future for VS. — Ed

Drug Smarts

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



Timing Is Everything Sometimes beating a side effect is as simple as spacing out your doses; taking a little now and the rest later. "That's often a workable solution with many high blood pressure medications (which can cause dizziness)", says Brandon Koretz, M. D., assistant clinical professor with the UCLA School of Medicine. In addition, taking the drug with food (unless the label says not to) can reduce nausea, a common side effect with many pills. Niacin is another pill that can be taken with your meal. Swallowing it with food makes your face less flushed, a frequent reaction. For diuretics, which can keep you up at night running to the toilet, a solution may be to pop them earlier in the day. Ask your doctor or pharmacist before changing the timing of your meds.

Send Old Drugs Packing You should always throw out your medications once they've passed their expiration date. Try thinking of expired medicines as old car tires; they may still be functional, but the manufacturer can no longer guarantee their effectiveness. In some cases chemical decomposition can even turn a once-beneficial medicine into a poison. Use of outdated tetracycline (an antibiotic) has been linked to Fanconi's syndrome, a serious disease that can affect the kidneys and cause bones to soften. So review your medicines at least once a year and get rid of oldies that are no longer goodies.

Save the Vitamins Certain drugs can drain your body of nutrients when taken for long periods of time. Antibiotics, anticonvulsants (seizure medications), and diuretics can deplete nutrients in your system. One countermeasure is to take supplements. Talk to the doc, don't self-dose.

Next: Add a Home Remedy

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, June 17, Buttercrumb Scrod, Confetti Rice, Broccoli, Banana Cream Pie. *Memories Of Euclid Beach—enjoy trivia, movies, and custard!* Sponsored by Greens Adult Living Communities of Lyndhurst.

Free Healthcare Lectures. Free refreshments at 9:30 AM, lecture from 10:00 to 11:00. Reservations required in advance. Wednesday, June 18, "Financial Check-Up: How to Make Your Nest Egg Grow" John Dunn, VP, Fifth Third Bank Call **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**.

Matinee Movies. in the Hillcrest Hospital Ross Auditorium, (Lower Level). Movie, popcorn, and soft drinks are free. Reservations at **440-449-6223**. Tuesday, June 24. *Stuart Little 2 (animated)*, rated PG, 1 hr. 18 mins.

Thanks to Karla Lindsey

From the St. Francis of Assisi Bulletin

A common experiment in psychology class was to observe the behavior of a mouse placed in a maze. It would sniff its way until it discovered the food at the end. Then, the teacher would repeat the experiment, but this time, a barrier was inserted that would completely block off the food. The mouse was put back into the maze; the little creature quickly caught the scent of the food and started down the familiar path, only to find the way blocked. For a few moments, the mouse would run back and forth, leaping and clawing at the barrier. Finally, it would sit very still, trembling, immobile. If the mouse had been a human, we would have said it had given up hope.

We may at times feel a kinship with the mouse. Turning this way and that, we find our options limited or even eliminated. At times, factors beyond our control are at work; the economy, the stock market, foreign entanglements. At other times we feel trapped by the consequences of our own decisions. We damaged a friendship or allowed a love to die. A path has been blocked and finding a way past it may be tedious and demanding. We may even find that there is no way past the obstacle. We may rush around frantically, throw every resource against the barrier, and then give up and stand there immobilized.

The Israelites had this experience in Egypt. They never forgot their Egyptian captivity or the Savior God who set them free. The Exodus is our story too. We should never forget it when we feel trapped. A Savior was born to us named Emmanuel - "God with us."

A father was approached by his young son who told him proudly, "Daddy, I learned what the Bible means." "Okay," was the reply, "What does the Bible mean?" "That's easy, Daddy, it stands for Basic Information Before Leaving Earth."

The villa

Villa Serena

Voice

June, 2003

Volume XXXVI
Number 6

ADMINISTRATOR CATHY JASPERSEN LEAVES VILLA SERENA

After five and one-half years of dedicated service to the Villa Serena, Administrator Cathy Jaspersen left her post on May 30, 2003. Cathy will be moving to Texas to be closer to her family.

On behalf of the Villa Serena Board, President Tom Pitrone voiced his sentiments for Cathy with this statement, "Cathy's tireless efforts in making the Villa Serena a better place to live for our seniors are greatly appreciated." "She will be missed and on behalf of the Villa Serena Board, I would like to thank her and wish her all the best in her future endeavors."

Effective June 1, 2003, Charlie Manno took over the position of Villa Serena Administrator. Charlie brings over 14 years of housing ex-

perience to the Villa. Most recently, Charlie worked as a consultant for the HUD Contract Administrator for the State of Ohio. Charlie added "I am very excited and honored to serve the residents of Villa Serena." "I look forward to continuing the legacy of excellence in senior living that was established by my predecessor Cathy Jaspersen."

Look forward to Brown Bag Bingo on **June 19th**. This will be our last afternoon bingo until fall. We still don't have a big winner this year so pack your lunch and join us at noon and bingo at 1 P.M. As always, Villa Serena provides dessert and coffee but you have to provide your own good luck. See you there!

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

Henry Ford

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

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SUMMER