

Villa Serena Cookout

Wednesday, June 23, at 3:00 PM

*St. Francis Foundation*

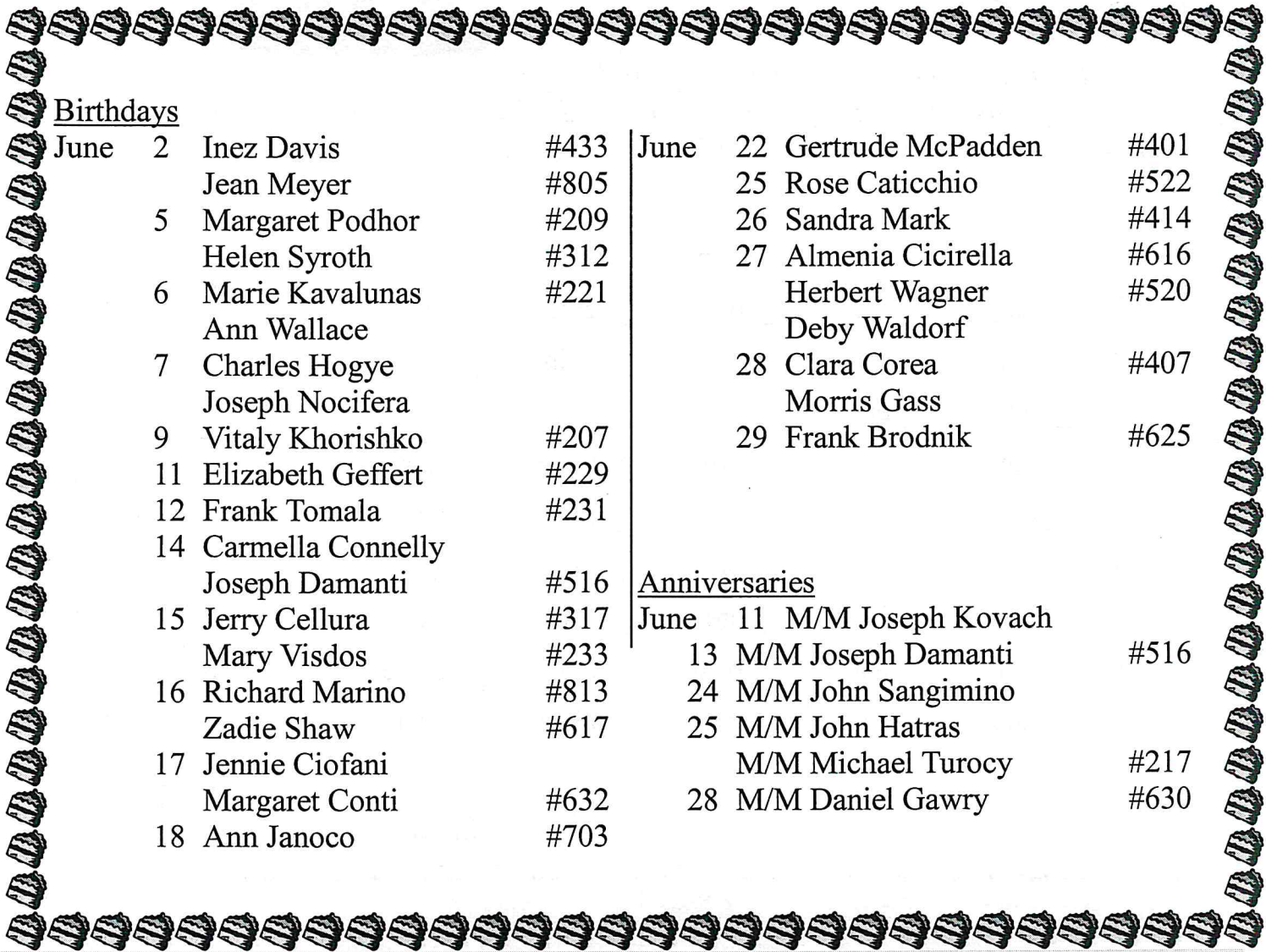
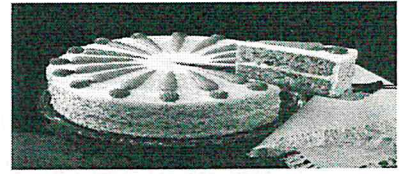
**Villa Voice** 6800 Mayfield Road  
Mayfield Heights, Ohio 44124

**DATED MATERIAL—PLEASE DELIVER**

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 3:30 Rosary 7:00 Game Night	<b>2</b> 9:00—1:00 Sewing 6:30 Social Club	<b>3</b> 12:30 Movies in the Red Room	<b>4</b>
<b>7</b> 1:00 Ceramics 6:00 Pinochle	<b>8</b> 3:30 Rosary 7:00 Game Night	<b>9</b> 9:00 — 1:00 Sewing 6:30 Social Club	<b>10</b> 1:30 Movies in the Red Room	<b>11</b>
<b>14 Flag Day</b> 1:00 Ceramics 6:00 Pinochle	<b>15</b> 3:30 Rosary 7:00 Game Night	<b>16</b> 9:00 — 1:00 Sewing 6:30 Social Club	<b>17</b> 12:30 Movies in the Red Room	<b>18</b> 2:00 Mass, Red Room
<b>21 Summer!!</b> 1:00 Ceramics 6:00 Pinochle	<b>22</b> 3:30 Rosary 7:00 Game Night	<b>23</b> 9:00 — 1:00 Sewing 3:00 V. S. Cookout 6:30 Social Club	<b>24</b> 1:30 Movies in the Red Room 4:00 V. S. Resident Council, Red Rm.	<b>25</b>
<b>28</b> 1:00 Ceramics 6:00 Pinochle	<b>29</b> 3:30 Rosary 7:00 Game Night	<b>30</b> 9:00 — 1:00 Sewing 6:30 Social Club	<b>St. Francis Festival June 10 to 13</b>	<b>Father's Day JUNE 20</b>

# Birthdays and Anniversaries June 2004



## Birthdays

June 2	Inez Davis	#433
	Jean Meyer	#805
5	Margaret Podhor	#209
	Helen Syroth	#312
6	Marie Kavalunas	#221
	Ann Wallace	
7	Charles Hogye	
	Joseph Nocifera	
9	Vitaly Khorishko	#207
11	Elizabeth Geffert	#229
12	Frank Tomala	#231
14	Carmella Connelly	
	Joseph Damanti	#516
15	Jerry Cellura	#317
	Mary Vidos	#233
16	Richard Marino	#813
	Zadie Shaw	#617
17	Jennie Ciofani	
	Margaret Conti	#632
18	Ann Janoco	#703

June 22	Gertrude McPadden	#401
25	Rose Caticchio	#522
26	Sandra Mark	#414
27	Almenia Cicirella	#616
	Herbert Wagner	#520
	Deby Waldorf	
28	Clara Corea	#407
	Morris Gass	
29	Frank Brodник	#625

## Anniversaries

June 11	M/M Joseph Kovach	
13	M/M Joseph Damanti	#516
24	M/M John Sangimino	
25	M/M John Hatras	
	M/M Michael Turocy	#217
28	M/M Daniel Gawry	#630

### Tips For Saving On Gas from the Plain Dealer

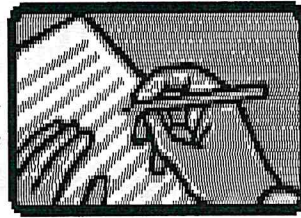
1. Don't fear discount gas: it comes from the same refineries, and has additives for clean engines.
2. Check the owner's manual for the correct octane. Most cars can use 87.
3. Check tire pressure monthly. Underinflated tires adversely affect mileage.
4. Watch your air filter; if it's dirty, change it.
5. Drive the speed limit.
6. Don't use the air conditioning unless you're extremely uncomfortable.
7. Don't idle to warm up the car.
8. Remove excess weight from the car.

### Monday Night Pinochle

<u>April 19</u>		<u>May 3</u>		<u>May 10</u>		<u>May 17</u>	
Andy Glorioso	583 2.75	Carmen Cortese	601 2.50	Tina Booth	582 2.75	Stella Benjamin	595 2.50
Jon Jon	561 2.25	Howard Barnes	567 2.00	Ted Turlik	562 2.50	Helen Syroth	573 2.00
Laila Nagy	560 1.50	Jennie Cellura	545 1.50	Grace Alliger	557 1.50	Ray Purcella	569 1.50
Stella Benjamin	544 1.00	Agnes Puro	515 1.00	Ray P	554 1.00	Sheri Nall	565 1.00
Bea Lemke	544 1.00	Connie Nicolosi	512 1.00	Howard Barnes	553 1.00		

## Adding Letters

Add the same letter to the front of each of the given words in the group reading across and you'll get five new words.



*Example: If you were given the words \_\_ rode, \_\_ at, \_\_ vent, \_\_ mission, and \_\_ quality, you would add "E" to each to form "erode," "eat," "event," "emission," and "equality."*

- |            |           |         |           |          |
|------------|-----------|---------|-----------|----------|
| 1. __ oar  | __ oat    | __ rain | __ lack   | __ link  |
| 2. __ ail  | __ ice    | __ or   | __ ewer   | __ ear   |
| 3. __ top  | __ rid    | __ way  | __ gain   | __ men   |
| 4. __ ad   | __ end    | __ oops | __ eaves  | __ apse  |
| 5. __ lap  | __ rib    | __ ore  | __ hunk   | __ hair  |
| 6. __ old  | __ one    | __ row  | __ rate   | __ rip   |
| 7. __ in   | __ lumber | __ on   | __ unless | __ he    |
| 8. __ own  | __ ill    | __ ate  | __ rum    | __ itch  |
| 9. __ am   | __ ade    | __ oust | __ aunt   | __ angle |
| 10. __ and | __ as     | __ it   | __ alter  | __ over  |

**Answers**

Answers:

1. "B," 2. "N," 3. "A," 4. "L," 5. "C," 6. "G,"  
7. "S," 8. "D," 9. "J," 10. "H,"

## From *Focus on Boomers and Beyond*

Here are some Q's & A's from the old "Hollywood Squares TV show.

*Do female frogs croak?*

Paul Lynde: If you hold their little heads under water long enough.

*If you're going to make a parachute jump, at least how high should you be?*

Charley Weaver: Three days of steady drinking should do it.

*If you're having trouble going to sleep, are you probably a man or a woman?*

Don Knotts: That's what's been keeping me

awake.

*Which of your five senses tends to diminish as you get older?*

Charley Weaver: My sense of decency.

*As you grow older, do you tend to gesture more or less with your hands while you're talking?*

Rose Marie: You ask me one more growing old question, Peter, and I'll give you a hand gesture you'll never forget.

*Paul, why do Hell's Angels wear leather?*

Paul Lynde: Because chiffon wrinkles too easily.

*More of these later*

## I'm Fine

There's nothing whatever the matter with me.

I'm just as healthy as I can be,

I have arthritis in both my knees

And when I talk, I talk with a wheeze.

My pulse is weak and my blood is thin,

But I'm awfully well for the shape I'm in.

I think my liver is out of whack

And a terrible pain is in my back,

My hearing is poor, my sight is dim,

Most everything seems to be out of trim,

But I'm awfully well for the shape I'm in.

I have arch supports for both my feet,  
Or I wouldn't be able to go on the street.

Sleeplessness I have night after night,

And in the morning I'm just a sight,

My memory's failing, my head's in a spin,

I'm peacefully living on aspirin.

But I'm awfully well for the shape I'm in.

The moral is as this tale we unfold,

That for you and me who are growing old,

It's better to say, "I'm fine," with a grin

Than to let them know the shape we're in.

## Community Health Fair

Highland Heights and Mayfield Heights, in cooperation with Hillcrest Hospital, are presenting Spring Health Fairs at their community centers. There will be booths with free health information, health care professionals will be available for consultation, and screenings for blood pressure, cholesterol, and blood sugar will be conducted free of charge.

**Wednesday, June 2**, at De-John Community Center, 6305 Marsol Rd., 10 A.M. to 1 P.M.

Call 440-312-4784 with questions about health screenings.

## Bus Trip Season

is upon us again, and Senior Circle Plus announces trips for June.



## "Annie," Carousel Dinner

**Theater** Wednesday, June 9, \$60 per person, 8 AM to 7 PM. Dinner and a musical about the comic-strip orphan, plus a tour of the Hoover Vacuum Historical Center.

## Celebration Belle, Quad Cities, Iowa and Illinois

Monday June 21, 7 AM, to Wednesday, June 23, 9 PM, \$355 per person double occupancy. Six buffet meals, Mississippi River cruise and gambling aboard the Isle of Capri Hotel and Casino. Call 1-877-390-1732 for information, reservations.

## Leah's Corner

### Coming Events

**Thursday, June 10, at 2:00PM**

The Ohio Senior Health Insurance Information Program will present an overview of Medicare, Medicaid, and the new Medicare Modernization Act which will include the new Medicare Prescription Discount Card.

**Wednesday, June 30, at 3:00 PM**

A representative from Medic Drug will discuss their services available for seniors including prescription delivery, pill box filling, and other medicine packaging options.

Both presentations are in the Red Room and refreshments will be provided.

— Leah Meyer, V. S. Service Coordinator

From: Best-Ever Chicken,  
published by Pillsbury

## Chicken n Dump- lings w/Veggies

Prep Time: 25 minutes,



- 2 tblsps margarine or butter
- 4 boneless, skinless chicken breast ½'s,  
cut into 1-inch pieces
- 1½ cups chopped onions
- 1 cup chopped celery
- 3 garlic cloves, minced
- 1 lb. Bag frozen mixed veggies
- 1 14½ oz. Can chicken broth
- 3 tsps. Chopped fresh parsley or dried  
parsley flakes
- 1 tsp. Poultry seasoning
- 1 cup skim milk
- cup all purpose flour
- 1 7.5 oz. Can refrigerated biscuits

Melt margarine in Dutch oven or large saucepan over medium-high heat. Add chicken, onions, celery and garlic; cook 7 to 12 minutes or until the chicken is no longer pink, stirring occasionally.

Add mixed vegetables, broth, parsley, and poultry seasoning; mix well. Bring to a boil, stirring frequently. In small bowl, combine milk and flour; blend until smooth. Add to chicken mixture; cook and stir until mixture boils and thickens. Reduce heat to low.

Separate dough into ten biscuits. Flatten each slightly; cut in half. Starting in center of Dutch oven, arrange biscuit halves on top of chicken mixture in spiral formation. Cover tightly; cook 20 to 25 minutes or until biscuits are fluffy and no longer doughy. Stir gently before serving.

**5 Servings**

*Bon appetit*

***New Treatment Options For Rheumatoid Arthritis*** is the name of a seminar being presented by the Arthritis Foundation and the Cleveland Clinic, at the Clinic's Beachwood Family Health and Surgery Center, 26900 Cedar Rd., on Tuesday, June 15, from 6 to 7:30 PM. Topics will be treatments for, and the impact of, this type of arthritis, and a patient's viewpoint, followed by a question and answer session. All are welcome. To pre-register, call **216-831-7000, ext. 153.**

Many seniors are failing to take advantage of the Medicare preventive care benefits such as screenings for common cancers, vaccinations, tests for glaucoma, and bone mass measurements. In Ohio, women are charged only a \$16.31 co-payment for a mammogram, which the National Cancer Institute recommends every one or two years for women over 40. Call Medicare at **800-633-4227** for info. *Thanks to the PD*

### ***Saint Francis of Assisi Festival***

The annual festival will be held, this year, from Thursday, June 10, to Sunday, June 13. All the usual fun, games, eats, rides, raffles, and a general good time. Come one, come all!



***Villa Serena Social Club*** meets every Wednesday at 6:30 PM. New members welcome.!

### ***Villa Serena Offers***

#### ***U. S. Post Office on Wheels***

The Postal Service brings the mobile substation to the front door from 11:30 to Noon. Watch for the announcement for the June date.

Services include:

- \* Stamps
- \* Packages
- \* Priority Mail



## 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, dessert, and 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 15, Tossed Salad, Parmesan Baked Cod, Roast Potatoes, Baby Carrots, and Chocolate Cake. **Bingo!** Sponsored by The Weils of Bainbridge..

### Free Healthcare Lectures.

Free refreshments at 9:30 AM, lecture from 10:00 to 11:00. At Ross C. DeJohn Community Center, 6306 Marsol Rd. Reservations required in advance. Wednesday, June 9, "Living Longer With Laughter," Stacy D. Broida, RN, BSN, MBA. **Reservations at 1-877-390-1732**.

### 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.

### Line Dancing.

Hillcrest Hospital Auditorium, Tuesday, June 22 at 2:30. No fee. Beth Parnin from Fun With Fitness leads learning and practice session. Beginners welcome! **Reservations at 1-877-390-1732.**

Blood Bank at Hillcrest Hospital, Monday, June 14, call 216-312-4784 for info.

*Thanks to Karla Lindsey*

## *From the St. Francis of Assisi Bulletin*

### **Fr. Caddy's Primer For Parents**

Love is patient while you watch and pray by the front door an hour after curfew.

Love is kind when your teen says "I hate you."

Love doesn't brag when other parents share their disappointments and insecurities.

Love doesn't boast even if you're multi-tasking all day long and your spouse can't do more than one thing at a time.

Love does not seek after glory immediately when you see talent in your children, but encourages them to get more training and make wise choices.

Love doesn't envy the neighbors' new swimming pool, but trusts the Lord to provide every need.

Love is not easily angered even when your 15-year old acts like the world revolves around her.

Love does not give up hope; it always protects the children's self-esteem and spirit, even while giving out discipline.

Love always trusts God to protect the children when you cannot.

Love knows that where now there is a teen who knows everything, one day there will be an adult who knows you did your best.

For we know we fail our children and we pray they don't end up in therapy; when we get to heaven our imperfect parenting will disappear. When we were children we needed a parent to love and protect us. Now that we're parents ourselves, we have a heavenly Father who loves us, shelters us, and holds us when we need to cry. *And now these three remain: faith, hope, and love. But the greatest of these is love.*

After the first week of school, a little girl told her mother, "It's a waste of time. I can't read or write, and they won't let me talk."

# The villa

Villa Serena

## Voice

June, 2004

Volume XXXVII  
Number 6

**G**reetings to all! Summer's here, and with the nice weather upon us, it's time to enjoy the outdoors. It's so good to see many of you get out and enjoy the moderate weather. Summer is relatively short in this part of the country, so please take advantage of it while you can. Take a walk, visit one of the community or Metroparks, have a picnic, but most of all, *relax!*

Summer is traditionally a time to unwind. Many of you have vacations planned to visit family and friends, or family and friends may be coming here to visit you. I urge all of you to make a concerted effort to treasure these special gatherings. We Americans too often are in a hurry to go nowhere. Take a deep breath and let go of that stressful "rush here, rush there" mentality. Let life come to you and adopt a more leisurely outlook. It really will make a difference!

I would like to take a moment to thank all the volunteers who are as-

sisting with landscaping and grounds maintenance. If you haven't volunteered yet you can still do so; we can always use an extra hand. Thanks to the Garden Club — we have more garden area being planted than ever before and we can look forward to a fall which will bring a marvelous harvest of fresh fruits and veggies.

Upcoming events include our annual Villa Serena Cookout on June 23 at 3:00 PM. Your favorite dogs and burgers from the grille, salad, baked beans, drinks and desserts, plus the camaraderie that comes with a good time. The first Villa Serena Resident Council meeting will be on June 24, at 4 PM in the Red Room. We look for a good, enthusiastic, forward-looking group to attend. Thursday afternoon at the movies continues, but our dinners and Brown Bag Bingo are suspended for the summer.

One final note: I would like to wish all our Dads a wonderful Father's Day. Enjoy your families!

*Ciao a Presto, Charlie*

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  
Staff  
Josephine Andrews  
Fran Balske  
Naomi Carle  
Rose Caticchio  
Faye Kraus  
Lucy Morgan  
Sharon Nall  
Dorothy Penkava



**FATHER'S  
DAY**