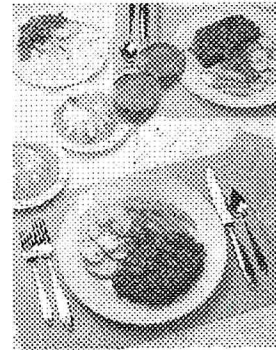


Dinner at Villa Serena

March 12, St. Patrick's Day
Corned Beef and Cabbage
Potatoes
Dessert & Beverages
\$8.00



March 26, Passover
Matzo Ball Soup
Chicken & Vegetables
Dessert
Wine
\$8.00

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
1 9:30-12:00 Ceramics 6:00 Cards	2 Purim 7:00 Game Night	3 9:00-1:00 Sewing 1:30 Exercise 7:00 Cards	4 11:00 Stay Well Nurse	5
8 9:30-12:00 Ceramics 6:00 Cards	9 3:30 Rosary 7:00 Game Night	10 9:00-1:00 Sewing 1:30 Exercise 2:30 Nutrition, and Skin and Makeup Demo 7:00 Cards	11 11:00 Stay Well Nurse	12 5:00 St. Pat's Dinner 6:30 Program
15 9:30-12:00 Ceramics 6:00 Cards	16 3:30 Rosary 7:00 Game Night	17 St. Pat's Day 9:00-1:00 Sewing 1:30 Exercise 7:00 Cards	18 11:00 Stay Well Nurse	19 St. Joseph Day 3:00 Mass
22 9:30-12:00 Ceramics 6:00 Cards	23 3:30 Rosary	24 9:00-1:00 Sewing 12:00 Lunch 1:00 Brown Bag Bingo 1:30 Exercise 7:00 Cards	25 11:00 Stay Well Nurse	26 5:00 Passover Dinner
29 Holy Week - No Activities	30 3:30 Rosary	31		20th Spring begins 28th Palm Sunday

Birthdays and Anniversaries March 1999



Birthdays

March	1	Mabelle Heidy #511 William Casciato Adam Falzarano Mary Ann King #216 Eleanor Nagy #517	17	Genevieve Dolfi #303 Elizabeth Strimaitis #510 Lucy DiZinno
	2	Frank Chase #728 Mary Hillen #406	18	Joan Laro #601 Salvatore Morgano
	3	Filomena DiFranco Blanche Rini	21	Sam Fana #712 Hortense Gordon #432
	4	Elizabeth Kiss	22	Sophie Malin
	5	Fred Montello #804 Alberta Jilek #604 Janice Weyer #403	23	Mary Clemente Marie Contaldo #429
	6	Mary Keegan	24	Shirley Ann Stoll #728
	8	Edward Markowitz	25	Anne DiNunzio
	9	Rosalind Geller Dee Hoffman	26	Marie Matlock Catherine Menier #419 Nellie Weiss
	10	Arthur Benes	29	Vivian Erbesnik Mildred O'Neill #603
	11	Irv Buchler Jacob Heintz #207 Joseph Oleksy #628 Anthony Ruggiero	30	Jane Pless
	12	Florence Turk #820		
	13	Miriam Greenberg Joseph Nagy #517		
	14	Jenny Gatta #302		

Anniversaries

March 28 M/M Charles Kozak #416

Monday Night Pinochle

<u>January 25</u>		<u>February 1</u>		<u>February 15</u>		<u>February 22</u>	
Mitzi Weber	525 2.00	Jennie Cellura	457 2.00	Jennie Cellura	579 1.75	Joe Damanti	573 2.00
Marcy Stianche	507 1.25	Helen Balutis	441 1.25	Mary Blasko	502 1.25	Jennie Cellura	532 1.25
Andy Sworan	504 0.75	Marcy Stianche	407 0.75	Marcy Stianche	488 1.00	Ed Mark	523 0.75

Communion Service is held every Sunday at 11:00 A.M. C'mon down!

Food Processing

Add the words in the right column to the ends of the word in the left column to form common foods. The first one is done to get you started.

Pepper <i>mint</i>	Dock
Ketch	Bread
Muff	In
Had	Up
Pan	Ion
Meat	Cake
Oat	Pi
Pop	Ball
Scam	Meal
Turn	Corn
Ginger	Over
On	Drop
Dough	Nut
Gum	Burger
Ham	Mint

Answers to the right

Go-Betweens

Write a word on each dash below to form two common words. You can, for example, add *finger* to

lady _____ *nail* to get lady-finger and fingernail.

flag _____ vault
pussy _____ nap
wide _____ sesame
apple _____ chart
figure _____ rink
dead _____ soup
black _____ liner
dressing _____ mate
shoe _____ quartet
shock _____ length
under _____ breaking
super _____ place

Answers to the right

Answers

Food Processing

Ketchup
Muffin
Haddock
Pancake
Meatball
Oatmeal
Popcorn
Scampi
Turnover
Gingerbread
Onion
Doughnut
Gumdrop
Hamburger

Go-Betweens

Pole
Cat
Open
Pie
Skating
Duck
Eye
Room
String
Wave
Ground
Market

Just For Laughs

We all have the strength to endure the misfortunes of others. *LeRochefoucauld*

I've always been interested in people, but I've never liked them. *Somerset Maugham*

One of the symptoms of an approaching nervous breakdown is the belief that one's work is terribly important. *Bertrand Russell*

Three o'clock is always too late or too early for anything you want to do. *Sartre*

The doctor can bury his mistakes but the architect can only advise his client to plant vines. *Frank Lloyd Wright*

I wish people who have trouble communicating would just shut up. *Tom Lehrer*

It is dangerous to be sincere unless you are also stupid. *George Bernard Shaw*

When something good happens it's a

miracle and you should wonder what God is saving up for you later. *Marshall Brickman*

Talk is cheap because supply exceeds demand. *Anon.*

A liberated woman is one who has sex before marriage and a job after. *G. Steinem*

We are drawn to our TV sets each April the way we are drawn to the scene of an accident. *Vincent Canby on the Oscars*

Husbands are like fires. They go out if unattended. *Zsa Zsa Gabor*

Many a man owes his success to his first wife and his second wife to his success. *Jim Backus*

A man can't be too careful in his choice of his enemies. *Oscar Wilde*

Laugh and the world laughs with you; snore and you sleep alone. *Anthony Burgess*

Bert's Kitchen

Super Easy Bean Soup

Nothing is better than soup on these cold winter days. Here's an easy one – keeps your apartment nice and warm and it's so good.

- 3 qts. water or chicken stock
- 1 lb. dried beans (soaked over night)
- 1 lb. ham (cubed)
- 1 ham bone (optional)
- 1 or 2 celery sticks
- 1 or 2 carrots
- 1 small onion diced
- 1 8 oz. can tomato sauce



Combine ingredients and cook in a 325° oven for three hours. *Bon appetit!*

(Bert gave me this during the dead of winter, but I didn't get to it until now. If you're like me, though, soup's good winter or summer. —

MHS Offers Concert, Musical

Mayfield high school students are offering a band concert and a Broadway musical during the month of March.

The band concert will be held on Thursday, March 25, and the cost is \$4.00 for adults and \$2.00 for seniors.

The musical is a production of Leonard Bernstein's *West Side Story*, and a special preview will be presented, free of charge to seniors, on Thursday, March 4. Transportation will be provided for seniors. Call 605-9824 for tickets and transportation.

Coming Events

April 18, Thistledown Brunch

May 10, Lolly the Trolley Tour

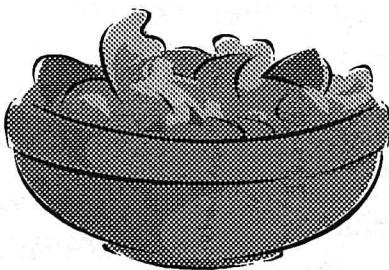
April ?, Villa Serena bocci

A Well Balanced Diet Ensures Health

A pamphlet from the U.S. Department of Health and Human Services (No. 84-2671) emphasizes the importance of diet as a factor in reducing the risk of many kinds of cancer.

Among their suggestions:

Eat a variety of foods every day. Include fresh fruits and vegetables, especially if they are high in vitamins A and C, such as oranges, grapefruit, nectarines, peaches, strawberries, cantaloupe, and honeydew melons. Choose leafy green and yellow-orange vegetables such as spinach, kale, sweet potatoes, and carrots, as well as cabbage, cauliflower, broccoli, and brussels sprouts.



Keep your intake of all fats low, both saturated and unsaturated. Choose lean red

meats, fish and poultry. Trim fat from steaks, roasts, and chops before cooking.. Try broiling, roasting, or baking meats and fish, or simmering them in their own juices, rather than frying. Limit your use of butter, margarine, cream, shortening, and vegetable oils. Avoid hidden fats in salad dressings and snack foods such as potato chips. Choose low fat cheeses and dairy desserts, and skim milk. Choose fruits instead of high fat desserts.

Eat foods with fiber, such as whole grain breads and cereals, and a variety of raw fruits and vegetables, especially if eaten with the skin, and beans, peas, and seeds.

A well balanced diet will keep you from being overweight or underweight. Increase physical activity, eat smaller portions, and avoid sweets and sugar.

Hillcrest Hospital Offers Senior Services

The Meridia Senior Circle of Care has a wide variety of services available to us by calling **440-449-4804**.

Counselors to help you with your healthcare bills. This service is free and available to seniors. Call for appointment.

Free health care lectures at DeJohn Community Center on Marsol Rd. Call for reservations. Refreshments at 9:30, lecture from 10:00 – 11:00 A.M. This month, Wednesday, March 10, *Humor Your Stress*, Part Two of the Joy of Stress series.

Matinee Movies. Tuesday, March 23, *Sleepless In Seattle* Free admission and popcorn, soda pop for 25¢. Ross Auditoriums A & B at 2:00 P.M. Call for reservations.

Senior Circle Dinners. Dinners include door prizes, bingo, and/or entertainment. This month, Tuesday, March 16, Fried Chicken. Tickets \$3.50, in advance, from the hospital cashier.

Money Palaces of Cleveland Tour Friday, March 19 – 8:30 AM to 6:00 PM. Cost, \$50.00 all inclusive. Tour historic Cleveland bank buildings: the completely restored Federal Reserve Bank, the old Society Bank building, and lunch at Sammy's Metropolitan atop the Huntington (old Union Commerce) building.

Thanks to Karla Fish

April 15 Nears AARP Free Tax Counseling Trained volunteer counselors will assist residents in preparing 1998 tax returns. Wednesdays and Thursdays; call for an appointment. Be prepared to bring the following information: IRS Forms, W-2 wage statements, 1997 tax return, Social Security Form 1099, and any other income information which you have available DeJohn Center, **440-442-2626**.

Editorial

Villa STILL NOT for sale to Clinic!

I worked in the Cleveland Public Schools for 13 years, and every autumn the same rumor cropped up: Ohio was going to raise the minimum age at which teens could get their drivers' licenses from 16 to 18. It was always wrong, and, in fact, Ohio has now gone to allowing kids to drive at 15½, but it illustrates how persistent false rumors can be.

There is a similarly false rumor which crops up here at Villa Serena, which is that our residence is going to be sold – probably to the hospital's parent company. Our administrator thoroughly debunked that false rumor in this space in last month's *Villa Voice*, which should calm anyone who was made anxious by this loose talk.

Now, to the person or people who are engaged in this rumor mongering: *shame on you!* Such irresponsible talk could scare others. If you have concern for your own future, you should have concern for other people. Finally, remember, as the old song goes, "It's a sin to tell a lie."

Hillcrest Meals on Wheels Needs Volunteers. Can you spare 2 hours a week to help out someone who is less fortunate? Call Marcia Sugerman, Program Coordinator, 440-449-3551.

Transportation Services

Useful Phone Numbers

Schnurmann-Luther noon time meals
440-461-3622

Hillcrest Hospital Transit
216-781-1110

RTA Paratransit Service
216-797-4014

University Heights Band Concert Entertains Serenians

An enthusiastic crowd of residents and Senior Center members attended a concert by the University Heights Band under its leader, Dr. Harvey Sisler, on January 21 in the Red Room. The band is a favorite of Villa audiences, having last played here this past summer when it performed outdoors.

Dr. Sisler and various band members commented that they enjoy playing here because of the great response they get as a reward for their efforts.

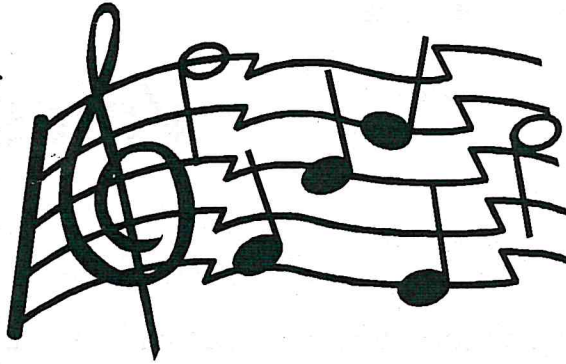
Among the selections played were three

pieces by John Philip Sousa and one by a Clevelander, Clare Gundman's "The Hebrides Suite." There were also French, Irish, and

Italian tunes and a few Broadway pieces. A stirring piece by Alfred Reed entitled "Alleluia" got the spectators roused up and led to the window shaking finale which was, to no one's surprise, that all-time favorite, "The Stars and

Stripes Forever."

Our thanks to the band and its leader, and please hurry back! You'll always be welcomed and appreciated.



After Dinner Program Entertains

While the programs which we enjoy so much after the Villa Serena dinners are always enjoyable, the one on January 29 was a particularly wonderful fun filled evening.

The Billy Kay Music was just great. Some of us got up and did our own special solo performances to everyone's amusement and delight.

We did a lot of singing and dancing and had a lot of laughs. We wished it would never end. Let's do it again, as a good time was had by all us seniors.

- Mary Weir

Pancake Breakfast a Success

One event which is always anticipated eagerly is the Pancake Breakfast which was held this year on February 7. Despite a bit of adverse weather and the continued lack of access from St. Francis, a good crowd of about 160 enjoyed the cakes, sausage, and beverages. Many thanks, as ever, to all the volunteer cooks and servers.

March Means SPRING

On Super Bowl Sunday, January 31, a remark was heard to the effect that that is a particularly happy time of the year, because it is in late January when our internal clocks start to notice the days are getting longer, and what a welcome sign that is. Two days later was Groundhog Day, and now here we are into March and the Vernal Equinox. After the 20th, the days will be longer than the nights, right up to September, when the cycle shifts again.

And so it goes. The indomitable human condition will always find something to be upbeat about, even in the dead of one of our apparently endless Cleveland winters. The birds have returned to our property and soon we'll be anticipating the first buds. Next will be bocce and horseshoes, showers and flowers, and winter will be forgotten.



The villa

Villa Serena

Voice

March, 1999

Volume XXXII
Number 3

March brings visions of the gusty lion and the lazy lamb. It also brings to mind shamrocks and spring bulbs and probably one more snow storm. This year again Holy Week and Passover are celebrated in the same week. This is the season of renewal.

Take heart! The days are longer and warmer and there's plenty of activities at The Villa to share with your friends.

First, set aside Wednesday, April 24th for the ISDA Women's League Dinner. The annual Spaghetti Dinner and Poorman's Raffle at Casa Di Borally is \$18 and tickets sell out fast. Tickets are available in the Villa Serena office.

The Irish say "ceud mile failte" which is a Gaelic greeting meaning "a hundred thousand welcomes" That's our wish to you for the fabulous **St. Patrick's Day** dinner at Villa Serena **March 12th**. We welcome the **Chirdon Family Irish Music Performers**. Five young dancers and players of traditional

Irish melodies will "pipe and fiddle, flute and whistle" for your enjoyment after a fine Villa Serena Corned Beef and cabbage dinner with all the trimmings including "a bit of brew". A grand time for all those Wearing o' the Green!

Our residents and members are from many backgrounds and religions but it is wonderful to realize the understanding and compassion we have always shown one another. In true tradition we observe **Passover Dinner April 26th**. We look forward to wonderful matzo ball soup and chicken dinner.

Here's good news. Fr. Caddy has said that he will arrange for a dispensation from the abstinence obligation for our Friday dinners.

Two weekday programs are planned for your enjoyment. On **March 10th** at 2:30 PM Candy Koss will present a program on **Nutrition and Complexion**. She will demonstrate make up and do a facial makeover. Join us for **Brown Bag Bingo** on **March 24th**. We'll serve the dessert and coffee – and some great prizes.

Villa Serena
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