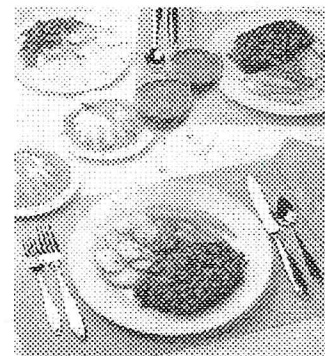


Dinner at Villa Serena

March 5—Pancake Breakfast 10 AM-1 PM

March 10
Corned Beef and Cabbage
Potatoes
Dessert and Beverages
\$8.00

March 24
Pork Chop or Fish
Potatoes and Vegetables
Dessert and Beverages
Pork Chop \$8.00, Fish \$7.00



St. Francis Foundation

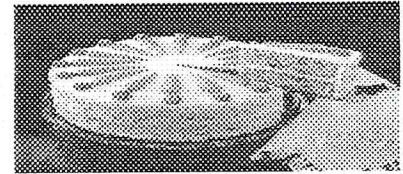
Villa Voice 6800 Mayfield Road
Mayfield Heights, Ohio 44124

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

Monday	Tuesday	Wednesday	Thursday	Friday
Monday Sunday, March 5 Pancake Bkfst.		1 9:00-1:00 Sewing 1:30 Exercise	2 10:00 Stay Well Nurse	3
6 9:30 Ceramics 6:30 Cards	7 3:30 Rosary 7:00 Game Night	8 Ash Wednesday 9:00-1:00 Sewing 1:30 Exercise	9 10:00 Stay Well Nurse	10 5:00 Dinner 6:30 Program
13 9:30 Ceramics 6:30 Cards	14 3:30 Rosary 7:00 Game Night	15 9:00-1:00 Sewing 1:30 Exercise	16 10:00 Stay Well Nurse 10:00 – 12:00 Program 12:30 Lunch 1:00 Brown Bag Bingo	17 St. Pat's Day 2:00 Mass
20 SPRING!! 9:30 Ceramics 6:30 Cards	21 Purim 3:30 Rosary 7:00 Game Night	22 9:00-1:00 Sewing 1:30 Exercise	23 10:00 Stay Well Nurse	24 5:00 Dinner 6:30 Program
27 9:30 Ceramics 6:30 Cards	28 3:30 Rosary 7:00 Game Night	29 9:00-1:00 Sewing 1:30 Exercise 6:30 Program	30 10:00 Stay Well Nurse	31

Birthdays and Anniversaries

March 2000



Birthdays

March	1	Geraldine Burk		March	13	Joseph Nagy	#517
		Mabelle Heidy	#511		14	Jenny Gatta	#302
		Mary Ann King	#216		16	Elizabeth Picciano	#714
		Eleanor Nagy	#517		17	Genevieve Dolfi	#303
	2	Frank Chase	#728			Elizabeth Strimaitis	#510
		Mary Hillen	#406		18	Joan Laro	#601
	4	Elizabeth Kiss				Salvatore Morgano	
	5	Alberta Jilek	#604		21	Sam Fana	#712
		Fred Montello	#804			Hortense Gordon	#432
		Janice Weyer	#403		22	Sophie Malin	
	6	Mary Keegan			23	Mary Clemente	
	7	Lucy Di Zinno				Marie Contaldo	#429
	8	Edward Markowitz			24	Stella Benjamin	#523
	9	Rosalind Geller				Shirley Ann Stoll	#728
	10	Arthur Benes			26	Marie Matlock	
	11	Lillian Brack			29	Vivian Erbesnik	
		Irv Buchler				Mildred O'Neill	#603
		Jacob Heintz	#207		30	Jane Pless	
		Joseph Oleksy	#628				
		Anthony Ruggiero					
	12	Florence Turk	#820				
	13	Miriam Greenberg					

Anniversaries

March	28	M/M Charles Kozak	#416
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Monday Night Pinochle

<u>January 24</u>		<u>January 31</u>		<u>February 7</u>		<u>February 14</u>	
Laila Nagy	574 2.00	Vera Kozak	552 2.00	Mamie Damanti	545 2.00	Mitzi Weber	556 2.00
Joe Damanti	534 1.00	Laila Nagy	547 1.00	Laila Nagy	543 1.00	Marcie Stianche	548 1.00
Stella Benjamin	514 1.00	Ed Mack	520 1.00	Ed Mack	543 1.00	Helen Balutis	525 1.00

Mark Your Calendar Tickets for the ISDA Women's League spaghetti dinner, to benefit Villa Serena are available in the office. This event will be held on Wednesday, April 26, and the cost is \$18 per person.

The Good Mother-In-Law Laws

From *Modern Maturity*, AARP's publication, comes this advice:

1. Let go. Don't interfere in decisions.
2. Be independent. Have other interests.
3. Be flexible. See other's viewpoints.
4. Develop friendship with the other parents.
5. Set limits on what you can and can't do.

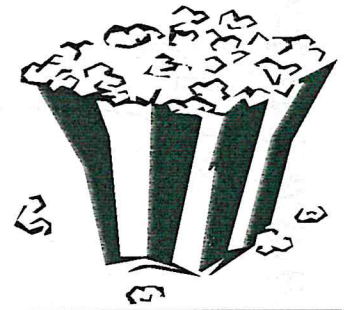
Let's Go To A Movie. Here's a list of 10 of the American Film Institute's top films. Try to match the films' names with the year they were released and one of the stars. Some of the stars are in more than one movie, but use each once only.



Suggestions for this page are always appreciated. Let me know what you like.

- Ed.

<u>Movie</u>	<u>Year</u>	<u>Star</u>
1. Casablanca	A. 1941	I. Ingrid Bergman
2. Chinatown	B. 1942	II. Humphrey Bogart
3. Dr. Strangelove	C. 1946	III. Gary Cooper
4. The Graduate	D. 1952	IV. Robert De Niro
5. High Noon	E. 1954	V. Dustin Hoffman
6. It's a Wonderful Life	F. 1962	VI. Grace Kelly
7. Lawrence of Arabia	G. 1964	VII. Jack Nicholson
8. The Maltese Falcon	H. 1967	VIII. Peter O'Toole
9. Raging Bull	J. 1974	IX. George C. Scott
10. Rear Window	K. 1980	X. James Stewart



6., C, X
7., F, VIII
8., A, II
9., K, IV
10., E, VI

Answers
1., B, I
2., J, VII
3., G, IX
4., H, V
5., D, III

Answers

Just For Laughs...

Never get into fights with ugly people because they have nothing to lose. - *Anon*

The best way to keep one's word is not to give it. - *Napoleon*

Good advice is one of those insults that ought to be forgiven. - *Anon*

I don't deserve this award, but I have arthritis and I don't deserve that either. - *Jack Benny*

Smoking is one of the leading cause of statistics. - *Fletcher Knebel*

Health nuts are going to feel stupid some day, lying in hospitals dying of nothing. - *Redd Foxx*

The most dangerous food is wedding cake. - *American Proverb*

When men reach their sixties and retire, they go to pieces. Women go right on cooking. - *Gail Sheehy*

The two biggest sellers in bookstores are the cookbooks and the diet books. The cookbooks tell you how to prepare the food and the diet books tell you how not to eat any of it. - *Andy Rooney*

It's so beautifully arranged on the plate - you know someone's fingers have been all over it. - *Julia Child on nouvelle cuisine*

A gourmet who thinks of calories is like a tart who looks at her watch. - *James Beard*

Where do you go to get anorexia? - *Shelley Winters*

Eat, drink, and be merry, for tomorrow we may diet. - *Anon*

Food and Drug Interactions

A bulletin from the National Consumers League, in cooperation with the U.S. Food and Drug Administration, states that drugs "have powerful ingredients... and diet and lifestyle can sometimes have a significant impact on a drug's ability to work... This may make them less effective or may cause dangerous side effects or other problems. ..Make sure your doctor and pharmacist know about every drug you are taking, including nonprescription drugs and any dietary supplements such as vitamins, minerals, and herbals... remember that many drugs interact with other drugs and may cause serious medical conditions."

This month, we will consider drugs taken for **stomach conditions**.

Conditions like acid reflux, heartburn, acid indigestion, sour stomach, and gas are very common ailments. The goal of treatment is to relieve pain, promote healing, and prevent the irritation from returning. This is achieved by either reducing the acid the body creates or protecting the stomach from the acid. Lifestyle and dietary habits can play a large role in the symptoms of these conditions. For example, smoking cigarettes and consuming products which contain caffeine may make symptoms return.

Histamine Blockers. Some examples are cimetidine (Tagamet or Tagamet HB), famotidine (Pepcid or Pepcid AC), ranitidine (Zantac or Zantac 75), and nizatadine (Axid or Axid AR).

Interactions: Alcohol. Avoid alcohol while taking these products, as it may irritate the stomach and make it more difficult for the stomach to heal. Food. Can be taken with or



without regard to meals. Caffeine. Cola, chocolate, tea, or coffee may cause irritation.

Drug to Drug Interactions

Not only can drugs interact with food and alcohol, they can also interact with each other. Some drugs are given together for an added effect, such as codeine and acetaminophen for pain relief. But other interactions may be unintended and harmful. Prescription drugs can interact with each other or with non-prescription drugs such as aspirin, acetaminophen, and cold medicine. Likewise, nonprescription drugs can interact with each other.

Sometimes, the effect of one drug may be increased or decreased. For example, tricyclic antidepressants such as amitriptyline (Elavil) or nortriptyline (Pamelor) can decrease the ability of clonidine (Catapres) to lower blood pressure. In other cases, the effects of a drug can increase the risk of serious side effects. For example, some antifungal medications such as itraconazole (Sporanox) and ketoconazole (Nizoral) can interfere with the way some cholesterol-lowering medications are broken down by the body. This can increase the risk of a serious side effect.

Doctors can often prescribe other medications to reduce the risk of drug to drug interactions. For example, two cholesterol-lowering drugs – pravastatin (Pravachol) and fluvastatin (Lescol) are less likely to interact with antifungal medications. Be sure to tell your doctor about all medications, prescription or nonprescription, that you are taking.

This concludes this series. It is hoped that you have found it interesting and informative. – Ed

Who's Living Longer?

The Japanese live the longest of anyone. In 1999, 11,346 Japanese were over 100

and they expect to have 86,000 by 2010. Seems it has to do with the diet and the nutrients in soy beans and fish.

In the Spring

Now the bright crocus flames, and now

The slim narcissus takes the rain,
And, straying o'er the mountain's brow'

The daffodils bud again.

The thousand blossoms wax and wane

On wold, and heath, and fragrant bough,

But fairer than the flowers art thou

Than any growth of hill or plain.

Ye gardens cast your leafy crown,

That my love's feet may tread it down,

Like lilies on the lilies set;

My love, whose lips are softer far

Than drowsy poppy petals are,

And sweeter than the violet.

- *Translated from the Greek by Andrew Lang*

From the Kitchen

Internet Provides Food Info

A quick trip to the Internet showed that there is lots of information about food available at sites such as campbellsoup.com and lipton.com which provide links to various departments. Here's a recipe I found on Campbell's page.

Campbell's Short Cut Beef Stew

1 tsp. Vegetable oil

1 lb. Boneless beef sirloin, cubed

1 can (10 ¾ oz.) Campbell's Tomato Soup

1 can Campbell's Beefy Mushroom Soup

1 tsp. Worcestershire sauce

1 bag (24 oz.) frozen vegetables for stew
(potatoes, carrots, celery, or your choice)

Heat oil in saucepot. Add beef and cook until browned and juices evaporate, stirring often. Add other ingredients. Heat to a boil. Cover and cook over low heat 10 min. or until veggies are tender.



Free Income Tax Counseling

Remember when taxes had to be filed by March 15th? Of course, it's April 15th now, but it's not too soon to start thinking about it. AARP is offering free assistance to seniors who have to prepare 1999 returns which are not too complex.

If you would like to take advantage of this service, it is offered on Thursdays at Ross C. DeJohn Community Center, 6306 Marsol Rd. Call to schedule your appointment at **440-442-2626**.

You will need to take along IRS Forms, W-2 Wage statements, any Forms 1099 you may have, and any other pertinent information.

University Hospital Health Series

Upcoming free programs in this series have been announced. Here are some that might be of interest.

Memory Exercises to Enhance the Mind

Doris Reik, R.N., Thursday, March 16, 7 – 8 P.M., Landerbrook

Prevention, Early Diagnosis and Treatment of Osteoporosis

Allan Goodwin, M.D., Thursday, March 30, 10 – Noon, Landerbrook

Emphysema: Treatment Options That Can Help You Breathe Easier

Thomas Kirby, M.D., Monday March 13, 7 – 8 P.M., Landerbrook

Managing Heart Disease Through Home Care

John Royer, R.N., Wednesday, March 1, 7 – 8 P.M., Landerbrook

UHHS Health Center is at 5850 Landerbrook Dr., east off Lander Rd. Call for a reservation at **216-844-5000**.

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**.

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, March 21, at 4:00 PM, hospital cafeteria. Turkey Provencale, door prizes, bingo, or entertainment. 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, March 8, at DeJohn Community Center, 6306 Marsol Rd., *New Therapies for Arthritis in the 21st Century.* Speaker: David Mandel, MD, Rheumatologist. 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, March 28, at 2:00 P.M., "Simon Birch," starring Ashley Judd, Oliver Platt, and Joseph Mazzello. Unrated, 1 hr. 44 min., in the Hillcrest Hospital Ross Auditorium. Movie, popcorn, and soft drinks are free. Reservations at **216-430-8432**.

Thanks to Karla Lindsey

From St. Francis of Assisi's Bulletin

What lets some people sail through adversity while others crash over the slightest mishap? A simple vital skill. It's called **Optimism.**

There are no magic wands, but according to a solid and growing body of psychological research, there is a protective armor – one that helps us face life's challenges, work through tough problems, and recover quickly from the kinds of emotional blows that can send the unprotected into tailspins of depression or lifelong patterns of defeat. This exceptional armor goes by the name of optimism.

It isn't just positive thinking, denial of problems, or a conviction that everything happens for the best in this best of all possible worlds. It's something you *do* – a particular style by which you can explain to yourself the things that happen to you. It reminds us that problems aren't forever, that we can change things for the better.

An optimist can truly believe God is present and active in our lives at all times – not just the so-called good times. Our faith tells us God is at work in sun and darkness, pleasure and pain, harmony and dissonance. We need to be grateful to God, not just because things work out the way we want, but because God is a God Who, from messiness brings forth beauty; from absurdity, meaning; and from death, everlasting life.

An optimist prays that God will give a strong sense of His active presence in one's daily life.

Life's golden age is when the kids are too old to need baby sitters, and too young to ask for the car.

The villa

Villa Serena

Voice

March, 2000

Volume XXXIII
Number 3

March is a month of contrasts. Days that are cold, gray and slushy are contrasted to warm days, bright flowers and balmy breezes. When you see daffodils, can spring training be far behind?

With luck, this publication will reach you in time to make plans for the **Pancake Breakfast** Sunday, **March 5th** from 10 A.M. to 1 P.M. and only \$4.00. Be sure to let the office know how many are in your group so we have plenty of food for all.

Shamrocks will decorate The Villa and leprechauns will no doubt be lurking about our St. Patrick's Day celebration **March 10th**. After the traditional Irish dinner, the **Sheila Murphy Irish Dancers**, will return with their wonderful performers, a group of fine young lassies and ladies. Fr Caddy has granted a special dispensation from the Chancery for our corned beef dinner as this will Lenten season.

Set aside Thursday afternoon,

March 16th for two programs. Representatives from the Agency on Aging will have a **Medicare Awareness Program** with giveaways and refreshments in the Red room from 10 to 12. Afterwards enjoy an afternoon of **Brown Bag Bingo** with your friends. We'll have coffee and dessert and of course plenty of prizes. Plan to be here early to catch both programs.

We welcome **Tops Cardone** to Villa Serena on **March 24th** for a night of dinner, dancing and fun. Tops and his group have performed wonderful dance music in the Cleveland area for many years and we're finally bringing him to Villa Serena. Don't miss it!

A weeknight music program is planned for Thursday, **March 29th** when **Dale Arvay & Marla Mock** return. Dale on piano and Marla the flautist do medleys of tunes from the 30's and 40's, swing and show tunes. They're always a hit with The Villa audience so mark your calendars and join us. There's plenty of good friends, good times and good music at Villa Serena.

St. Francis Foundation and
Villa Serena
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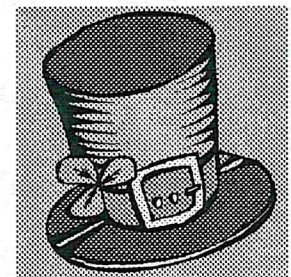
Naomi Carle

Carole Clay

Bert Morehart

Dorothy Penkava

Gene Zachary



St. Pat's Day