

Dinner at Villa Serena



Friday, March 26, 2004

Corned Beef or Fish

Potatoes

Cabbage

Dessert

Corned Beef \$9.00, Fish \$8.00

Followed by Entertainment by The Silvertones

Thursday, March 18, at Noon

Brown Bag Bingo

St. Francis Foundation

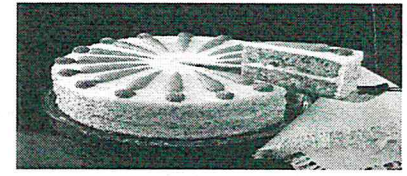
Villa Voice 6800 Mayfield Road
Mayfield Heights, Ohio 44124

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

DATED MATERIAL—PLEASE DELIVER

Monday	Tuesday	Wednesday	Thursday	Friday
1 1:00 Ceramics 6:00 Pinochle	2 Election Day 11:30—12:00 Post Office on wheels 3:30 Rosary No Game—Elections	3 9:00— 1:00 Sewing 1:30 Exercise	4	5
8 1:00 Ceramics 6:00 Pinochle	9 3:30 Rosary 7:00 Game Night	10 9:00 — 1:00 Sewing 1:30 Exercise	11	12
15 1:00 Ceramics 6:00 Pinochle	16 3:30 Rosary 7:00 Game Night	17 St. Paddy's Day 9:00 — 1:00 Sewing 1:30 Exercise	18 12:00 Brown Bag Bingo	19
22 1:00 Ceramics 6:00 Pinochle	23 3:30 Rosary 7:00 Game Night	24 9:00 — 1:00 Sewing 1:30 Exercise	25	26 5:00 Dinner 6:30 Program
29	30	31	March 7 Purim March 20 <u>Spring!</u>	

Birthdays and Anniversaries March 2004



Birthdays

March 1 Geraldine Burk
 Mary Ann King #216
 Eleanor Nagy #517
 2 Frank Chase #727
 4 Chip Mack #532
 5 Alberta Jilek #604
 7 Helen Benchek
 11 Irv Buchler
 Joseph Olesky #628
 14 Jenny Gatta #302
 16 Elizabeth Picciano #714
 18 Albert Di Fiore #801
 19 Dominic Nicolisi #807
 20 Joseph Humensky #726

March 23 Mary Clemente
 Marilyn Parks #724
 24 Stella Benjamin #523
 Shirley Ann Stoll #728
 26 Tom Severovich #720
 28 Hazel Anderson #732
 29 Vivian Erbesnik
 James Naylor #514

Anniversaries

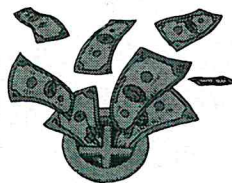
March 28 M/M Charles Kozak #416

Good News for Taxpayers As a result of the tax cuts which take place this year, single taxpayers in the 10% bracket will save up to \$50, and married taxpayers \$100. The mar-

riage penalty has been eliminated, so that the standard deduction for married couples goes from \$7950 to \$9500, and the 15% bracket is expanded to cover more income.

Free Seniors' Tax Assistance

Mayfield Heights once again is offering tax counseling for seniors at the Community Center on Marsol Blvd. The service will continue in March and take place on Thursdays. Trained counselors will assist residents who have *simple* returns to file. This service is available by appointment only.



To schedule a session, call the City Hall at **442-2626**.

You will have to bring all the related paperwork along with you, including

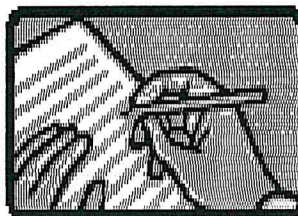
- IRS Forms
- W-2 Wage Statements
- 2002 Tax Return
- Forms 1099
- Any other income information

Monday Night Pinochle

<u>January 12</u>		<u>January 19</u>		<u>January 26</u>		<u>February 2</u>	
Carmen Cortese	580 2.25	Ted Turlik	588 2.00	Laila Nagy	622 2.50	Agnes Puro	636 2.25
Connie Nicolosi	540 2.00	Carmen Cortese	516 1.75	Jennie Cellura	539 2.00	George Seidel	599 2.00
Agnes Puro	533 1.25	Jon Jon	512 1.25	Vera Kozak	533 1.75	Mary Welker	552 1.25
Andy Glorioso	532 1.00	Andy Glorioso	503 1.00	George Alliger	531 1.25	Stella Benjamin	19 1.00

Hidden Pairs

Hidden within each pair of words in this puzzle are smaller words (one in each of the two words given) that can be associated with each other in some way.



Example: "dadoes, personality" would yield "dad, son"

- | | |
|---------------------------|----------------------------|
| 1. Theater, sardines | 9. Transcript, tearful |
| 2. Wheelbarrow, mistletoe | 10. Recurrent, pleased |
| 3. Seepage, heartbeat | 11. Production, polemic |
| 4. Thighbone, sunflower | 12. Clubbed, ascot |
| 5. Éclair, goldenrod | 13. Colander, hearthstone |
| 6. Embellish, bearing | 14. Pronounce, reverberate |
| 7. Sycamore, blessing | 15. Copied, spanking |
| 8. Boondoggle, pupa | 16. Confined, sprinter |

Answers

Answers:

1. Eat, dine
2. Heel, toe
3. See, hear
4. High, low
5. Lair, den
6. Bell, ring
7. More, less
8. Dog, pup
9. Rip, tear
10. Rent, lease
11. Rod, pole
12. Bed, cot
13. Land, earth
14. Noun, verb
15. Pie, pan
16. Fine, print

From *The Portable Curmudgeon*

Advertising may be defined as the science of arresting human intelligence long enough to get money from it. — *Stephen Leacock*

Advertising is 85% confusion and 15% commission. — *Fred Allen*

Advertising is the rattling of a stick inside a swill bucket. — *George Orwell*

Advertising is a valuable economic factor because it is the cheapest way of selling goods, particularly if the goods are worthless. — *Sinclair Louis*

Advertising is the modern substitute for argument; its function is to make the worst appear

better. — *George Santayana*

Advertising is legalized lying. — *H. G. Wells*

To aspiring writers:

Unless you can do better than Tolstoy, we don't need you. — *James Michener*

If a young writer can refrain from writing, he shouldn't hesitate to do so. — *Andre Gide*

On affection

All my life, affection has been showered upon me, and every forward step I have made has been taken in spite of it. — *George Bernard Shaw*

Most affections are habits or duties we lack the courage to end. — *Henri de Montherlant*

Spring



Now Winter's winds are banished from the sky,
Gay laughs the blushing face of flowery Spring:
Now lays the land her duskier raiment by
And dons her grass-green vest, for signal why
Young plants may choose themselves appareling.

Now drinking tender dew of generous morn,
The meadows break into their summer smile,
The rose unfolds her leaves: and glad the while,
In far-off hills the shepherd winds his horn,
And his white brede the goatherd's heart beguile.

Now sail the sailors over billowing seas
While careless Zephyr fills the canvas fair,
And singing crowds with dances debonair
Praise Dionysus for the grapes' increase —
The berried ivy twisted in their hair.

Forth from the rotting hide now bees are come —
Deft craftsmen working well and warily —
And in the hive they settle, while they ply
Fresh-flowing waxen store, with busy hum,
And small pierced cells for their sweet industry.

Now shrilleth clear each several bird his note,
The Halcyon charms the waves that know no gale,
About our eaves the swallow tells her tale,
Along the river banks the swan, afloat,
And down the woodland glades the nightingale.

Now tendrils curl and earth bursts forth anew —
Now shepherd's pipe and fleecy flocks are gay —
Now sailors sail and Bacchus gets his due —
Now wild birds chirp and bees their toil pursue —
Sing, poet, thou — and sing thy best for May!

Meleager, translated from the Greek by Wm. M. Hardinge

Mayfield Heights Winter Events

Senior Movie Matinees

DeJohn Community Center.
Free movies and refreshments.

Tuesday, March 23

"Catch Me If You Can"

A drama, based on a true story, rated PG13, starring Leonardo DiCaprio and Tom Hanks. 140 minutes.

Movies, provided by Blockbuster, are shown at 1:00 P. M. Refreshments are provided by Grande Pointe Healthcare Community of Richmond Heights.


Gilmour Academy ice rink

Open Skating, Saturdays from 12:15 to 1:30, and Sundays from 3:30 to 4:45 in the afternoon. Charge is \$3, skate rental is \$2. Instruction is available on Saturdays from 10:30 to noon. For information, call Josette at **440-449-7487**.

50+ Dances

DeJohn Community Center, March 13, 7:30 to 10:30 P.M., doors open at 7:00 P.M. Admission is \$4, live music. Singles welcome.

VOTE!

The primaries will be held in the  cafeteria, as usual, on Tuesday, March 2. Do your civic duty by supporting your party and its candidates. Because the cafeteria will be in use, the bingo game for that night is cancelled.

From: Best-Ever Chicken,
published by Pillsbury

Garlic and Herb- Roasted Chicken, Mushroom Gravy



Prep Time: 25 minutes,
(Ready in 3 hrs.)

- 1½ cups chopped fresh mushrooms
- ½ cup finely chopped onion
- 1 medium whole roasting chicken
- 1 tblsp butter, melted
- 1 tblsp chopped fresh parsley
- 2 tsps chopped fresh rosemary
- 1 garlic clove crushed
- water or chicken broth
- 2 tblsps all purpose flour
- ¼ cup water

Heat oven to 325°F. In ungreased 12" x 8" (2 qt.) baking dish, combine mushrooms and onion, spread evenly on bottom

Remove giblets and neck from chicken body cavity. Rinse chicken inside and out with cold water, drain. Pat dry with paper towels. Rub inside of chicken with salt.

In small bowl, combine butter, parsley, rosemary, and garlic; mix well. Spread over chicken and inside cavity.

Close neck cavity by covering with loose skin held by a metal skewer. Twist wing tips under back. Tie legs and tail together with string. Place in baking dish.

Bake for 2 to 2½ hours, until drumsticks are loose and chicken is fork-tender and juices run clear.

Remove, cover, let stand 10 minutes.

Pour mushrooms, onions, and pan drippings into measuring cup. Skim fat. Add water or broth to 1½ cups. Broil in saucepan. Blend water and flour and add, stirring well. Cook until thickened.

6 Servings

Bon appetit

Drug Smarts

Doctors prescribe, but it's up you to take charge of the details



How to Proofread a Prescription

Before you leave the druggist's counter, compare your doctor's prescription to the label on your bottle. You might catch a deadly mistake. June McKoy, M.D., of the Feinberg School of Medicine at Northwestern University in Chicago, tells of a patient who was given Laxolin (a heart drug) instead of Levsin (a drug for irritable bowels). To catch similar errors, follow this prescription for proofreading:

Is your name correct on both the prescription and the medicine container? If you have a very common name, ask the pharmacist to include your middle initial.

Is the name of the medication correct? Look carefully. Some drug names are similar. Norvasc, for instance, is for treating high blood pressure. Navane is for psychosis.

Is the dosage the same as what the doctor told you?

Are the instructions understandable? Doctors and pharmacists often communicate in Latin, and usually in Latin abbreviations. We'll provide a mini-dictionary next time to help you decipher these codes.

Next: Tips for traveling with medications.

Villa Serena Offers

U. S. Post Office on Wheels

The Postal Service will bring the mobile substation to the front door on Tuesday, March 2 from 11:30 to Noon

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, March 16, Tossed Salad, Swiss Steak, Scalloped Potatoes, Buttered Corn, and Carrot Cake. Entertainment sponsored by Grande Pointe Healthcare.

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, March 10, "Diabetes: Symptoms, New Guidelines for Diagnosis, and Disease Management," Jane Leskin, RN, CDE, Hillcrest Diabetes Education. **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, March 23, at 2:00. No fee. Beth Parnin from Fun With Fitness leads learning and practice session. Beginners welcome! **Reservations at 1-877-390-1732.**

Thanks to Karla Lindsey

From the St. Francis of Assisi Bulletin

Lent

Christians of the first three centuries prepared for Easter by fasting for two or three days. In Rome, this paschal fast seems to have lasted for three weeks. By the fourth century it had developed into the present forty-day Lent. All of this fasting is curious, because Jesus and His disciples did not fast. Fasting, or its lack, distinguished the ministry of Jesus from that of John the Baptist. John and his disciples fasted. Jesus and His did not. In fact, they ate quite heartily with whoever invited them. Respectable people such as the Pharisees would occasionally ask them to dinner. Most often, they ate with people whom the Pharisees denounced as sinners and outcasts.

Jesus made those dinners joyful symbols of God gathering all His children at the table to heal their broken hearts. "Why don't your disciples fast?" Jesus was asked. "Can the wedding guests fast while the bridegroom is with them?" He replied. "The day will come when the bridegroom is taken away from them and they will fast." And they did fast after Jesus returned to His Father. They used the money they saved for the sick, widows, and orphans.

Church law tells us to fast on Ash Wednesday and Good Friday. Do more: help the hungry and homeless. Doing this, we make Lent a happy reminder that Christ is still among us.

Once upon a time a group of aging angels were bemoaning the fact that their hair was graying and falling out. As a solution, they bought wigs which were even more glorious than their original tresses. But then the economy took a dive and they were left poor. They prayed for a solution and soon heard a thunderous voice say "Hock the hair old angels!"

The days are now getting longer and sunshine is not the stranger it was in January and February.

We're not entirely home free yet (the groundhog did see his shadow), but looking out the window as I prepare this, I can see the front lawn. A sight that has been missing for months.

I'm sure I speak for all of us when I say — I'm ready for Spring! Of course, Spring begins in March. It is a time of renewal and rebirth. The nuns taught us that green, the color of Spring, is also the color of hope.. "Primavera," or Spring, reminds us to be ever hopeful for those things that make our hearts smile.

This season bestows on us a youthful exuberance which Mother Nature proudly displays. We should all try to incorporate this sense of renewal in our daily lives. Let's accentuate the positive in all we do. Stay optimistic and make a concerted effort to stay young at heart. Having a good mental disposition is

so important, especially when life gets challenging. It's amazing what can be done when we set our hearts and minds to bringing it about.

I have one more request: smile! I know how good it makes me feel when I see one. A smile truly brightens all of our days. On a closing note, I would like to add that I wholeheartedly welcome all your suggestions on making our Villa Serena a better, prettier, more friendly place to live. Feel free to come down and see me or give me a call — my door is always open.

This month, our regular get-togethers will be: Brown Bag Bingo on Thursday, March 18, at Noon, and a belated St. Patrick's Day dinner featuring corned beef and cabbage on Friday, March 26.

Be sure to vote on Tuesday, March 2. It couldn't be easier: it's right in the cafeteria. Remember, if you don't vote, don't complain about what kind of government we get! Talk to you next month —

Charlie

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

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ST. PATRICK'S
DAY