

VILLA VOICE
6800 Mayfield Road
Mayfield Hts., Ohio
44124

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Cleveland, Ohio
Permit No. 175

VILLA SERENA DINNER MENU

MONTH OF MAY, 1993

FRIDAY, MAY 7th

Choice of Baked Fish
or Sugary Baked Ham
Potato (Sweet)
Vegetable
Dessert
\$6.00 per person

FRIDAY, MAY 14th

Choice of Baked Fish
or Breaded Pork Chop
Potato
Vegetable
Dessert

\$ 6.00 per person

FRIDAY, MAY 21st

Choice of Baked Fish
or Short Ribs of Beef
Potato
Vegetable
Dessert

\$6.00 fish
6.50 rib



Memory: Use it or lose it

*A good attitude
and a few tricks will help you
retain your memory.*

MARGARET EISEN Special to the CJN

Although memory starts going downhill at age 30, many steps can be taken to improve it, including having a good attitude, advises a psychologist.

"If you forget something, laugh at yourself and give yourself time to remember it. Don't panic," Dr. Deborah W. Frazer, director of clinical psychology at a Philadelphia geriatric center, says.

Frazer says memory can be improved by increasing your physical activity, thereby improving circulation to the brain, and by increasing mental activity with such things as playing bridge.

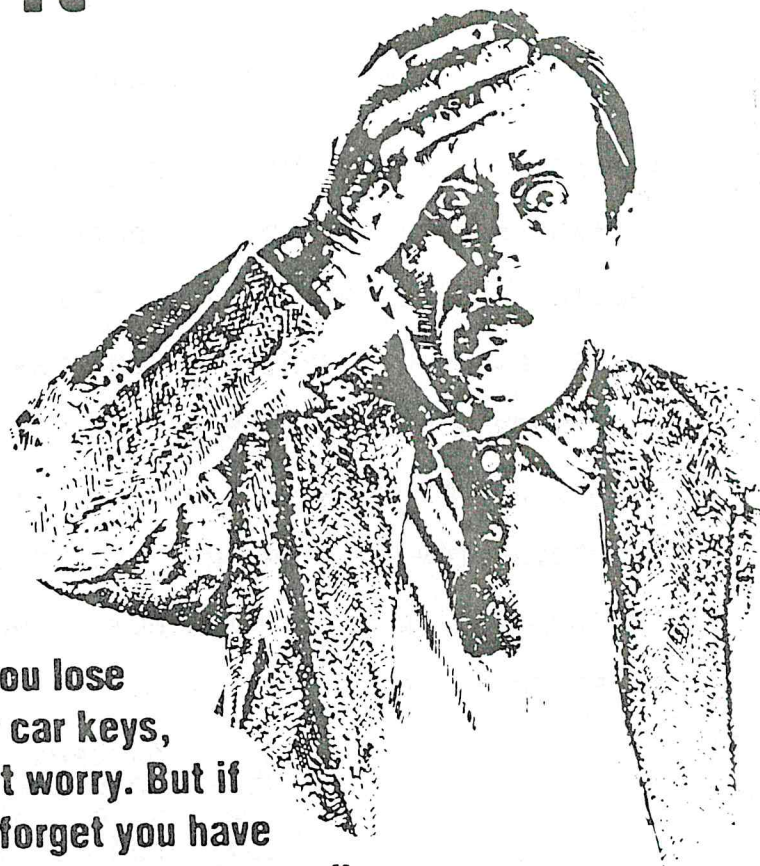
Generally, when people get older they do not forget how to do things such as play the piano, Frazer explains. And their ability to retain philosophical ideas and an understanding of world events actually increases.

The big problem is trying to remember things such as names, where you parked your car and where you left your car keys.

Often, older people unnecessarily fear that their normal memory loss in this area is a sign of impending Alzheimer's disease, an incurable brain disorder that affects some 10% of people over 65 and 50% of people over 85.

"If you lose your car keys, don't worry," Frazer advises. "But if you forget you have a car, go to the doctor."

The memory process consists of the



**"If you lose
your car keys,
don't worry. But if
you forget you have
a car, go to the doctor."**

—Dr. Deborah W. Frazer, psychologist

ability to learn new information, store it and retrieve it, the psychologist explains. The average person sometimes has trouble retrieving, getting instead the feeling that a forgotten name is on "the tip of my tongue." This is not so with Alzheimer's patients, who have lost the ability to store things in the first place so, generally, they cannot remember things for more than two minutes.

There are other illnesses that affect memory, including small strokes. In addition, after age 70, the brain slows down and the person becomes easily distracted.

"Teenagers can study while listening to rock music, but older people generally can't," explains Frazer.

A good test of whether you should go to the doctor for memory problems is whether you can manage something you always did before, especially keeping up a checkbook.

Temporary loss of memory, the doctor said, can occur because of illness — including, for example, male urinary-tract infections — and from medications, both prescription and over-the-counter.

In Europe, there are 17 drugs that are sold as memory enhancers and several are now being tested for use in the United States.

For most people, tricks will aid in jogging the memory, the most important being that idea of paying attention when new information is learned. For this reason, it's a good idea when being introduced to repeat the person's name and how it is spelled, the psychologist advises.

(reprinted from Philadelphia Exponent)

Memory games

To enhance your memory, try a few of the following tricks:

- Active observation. Paying attention to the details of what you see, hear or read with a thoughtful, questioning mind, rather than letting life go on around you

- Alphabet search. Think through the letters of the alphabet from A To Z to help you remember words or names.

- Rhyming. Make up a rhyme to remember a word, date or name.

- Write things down. Use lists, calendars and appointment books.

AN EXCITING POORMAN'S RAFFLE PLANNED

IT HAS BEEN A LONG TIME SINCE THE VILLA SERENA HAS HAD ITS OWN REVERSE RAFFLE IN ORDER TO RAISE FUNDS FOR OUR "CENTER". THIS SPECIAL RAFFLE WILL HELP US TO PURCHASE MANY NEEDS THAT OUR CENTER HAS AND PREPARE FOR OUR NEW SEASON WHICH BEGINS IN SEPTEMBER AFTER OUR SUMMER REST AND RELAXATION.

A VERY LOVELY EVENING HAS BEEN PLANNED AND WE NEED THE HELP AND PARTICIPATION OF EVERYONE. YOU WILL ENJOY A SPECIAL CHICKEN DINNER WITH ALL THE TRIMMINGS THEN PARTICIPATE IN THE RAFFLE FOLLOWED BY DANCING.

DAY : SATURDAY
DATE: JUNE 26, 1993
TIME: 7:00 P.M.
COST: \$22.50

\$500.00 - \$300.00 - \$200.00 WINNERS

WE WILL ALSO HAVE ADDITIONAL RAFFLE SIDEBOARDS SET UP AT NOMINAL AMOUNTS. THE WINNERS ON EACH BOARD WILL RECEIVE ONE-HALF OF THE RECEIPTS. YOU CAN PURCHASE AS MANY TICKETS AS YOU LIKE.

FOR THOSE WHO MAY NOT BE ABLE TO ATTEND THE DINNER, BUT WHO DESIRE TO PURCHASE SIDE BOARD RAFFLE TICKETS ONLY, WE WILL HAVE A BOARD SET UP IN THE LOBBY PRIOR TO THE DATE OF THE DINNER SO THAT YOU CAN PARTICIPATE IN THE SIDE BOARD RAFFLE. HOWEVER, ONLY THOSE WHO PURCHASE DINNER TICKETS WILL PARTICIPATE IN THE LARGER RAFFLE PRIZE.

WE GUARANTEE YOU AN OUTSTANDING EVENING. BE SURE TO PURCHASE YOUR TICKETS EARLY. ONLY 200 NUMBERS WILL BE AVAILABLE BECAUSE OF SPACE LIMITATIONS.

RUBY'S COLUMN

AROUND THE CORNER

Around the corner I have a friend,
In this great city that has no end.
Yet days go by and weeks rush on
And ere I know it, a year has gone
And I never see my old friend's
face,
For life is a swift and terrible
race.

He knows I like him just as well
As in the days when I rang his
bell
And he rang mine.
We were younger then:
And now we are busy and tired men--
Tired with playing a foolish game,
Tired with trying to make a name.

"Tomorrow" I say, "I'll call on
Him,
Just to show I'm thinking of him."
But tomorrow comes and tomorrow
goes,
And the distance between us grows
and grows.
Around the corner and yet miles
away!
"Here's a telegram sir."
Jim died today.
And that's what we get and de-
serve in the end
Around the corner--a vanished friend.

Copyright -- Charles H. Towne

* * * * *

Sorry to say that we have several
friends on the sick list. We
wish everyone of them a very
speedy recovery. They are Sal
Gumina, Mary Blasko, Joanna Mulec.
Lee Pachy

* * * * *

EXERCISE CLASS

Dance is a medicine. Re-
search has found that dancing
(any and all types of dancing)
has a positive affect on your
fitness level. It is a fun way
to get many benefits for your
whole being. The physical ac-
tivity helps your cardio-
vascular and circulatory sy-
stems. Endorphins are sent to
the brain affecting our emo-
tional wellbeing, helping us
maintain a sense of balance,
self-control and happiness.
Your reaction time or reflex
response times remain acute
when you put yourself through
patterned - rhymical steps.
This activity also lowers your
blood pressure.

There are many health and
social benefits to dancing.
Are you dancing at the special
events held at the Villa? Are
you dancing with your grand-
children? Are you dancing to
your favorite songs at home?
With or without a partner -
step-together-step.

Don't forget --- Tuesday after-
noons 1:30 --- Red and Blue Room.

Beth Parnin

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At this time we want to offer our
sympathy to the families and
friends of John Curry and Lenore
Cinadr who recently passed away.
They will be missed. May they
rest in peace.

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V I L L A S E R E N A A C C T I V I T I E S

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 9:30 - 12:30 Ceramics 12:30 Bowling 1:00-3:00 Art 7:00 Pinochle</p>	<p>4 9 - 1 Sewing 1:30-2:30 Exercise 3:30 Rosary 7:00 Game night</p>	<p>5 10 - 12 Boutique 1 - 3 Boutique 7:00 Cards</p>	<p>6 10:00 Rel. Insp. 1-4 Needlework</p>	<p>7 1:00 - 3:00 Bridge 5:00 Dinner</p>
<p>10 9:30 - 12:30 Ceramics 12:30 Bowling 1:00-3:00 Art 7:00 Pinochle</p>	<p>11 9 - 1 Sewing 1:30-2:30 Exercise 3:30 Rosary</p>	<p>12 10 - 12 Boutique 1 - 3 Boutique</p>	<p>13 10:00 Rel. Insp. 1 - 4 Needlework</p>	<p>14 1:00 - 3:00 Bridge 5:00 Dinner</p>
<p>17 9:30 - 12:30 Ceramics 12:30 Bowling 1:00-3:00 Art 7:00 Pinochle</p>	<p>18 9 - 1 Sewing 1:30-2:30 Exercise 3:30 Rosary 7:00 Game night</p>	<p>19 10 - 12 Boutique 1 - 3 Boutique 7:00 Cards</p>	<p>20 10:00 Rel. Insp. 1 - 4 Needlework</p>	<p>21 1:00 - 3:00 Bridge 5:00 Dinner 6:30 Dancing</p>
<p>24 9:30 - 12:30 Ceramics 12:30 Bowling 1:00-3:00 Art 7:00 Pinochle</p>	<p>25 9 - 1 Sewing 1:30-2:30 Exercise 3:30 Rosary</p>	<p>26 10 - 12 Boutique 1 - 3 Boutique 7:00 Joseph Frank</p>	<p>27 10:00 Rel. Insp. 1 - 4 Needlework</p>	<p>28 1:00 - 3:00 Bridge</p>
<p>31 9:30 - 12:30 Ceramics 12:30 Bowling 1:00-3:00 Art 7:00 Pinochle</p>	<p><u>SPECIAL EVENTS</u> Friday, May 7, 5:00 Dinner Friday, May 14, 5:00 Dinner Friday, May 21, 5:00 Dinner 6:30 Dancing</p>			



TO MOM WITH LOVE

MY MOTHER'S CHILD by BLANCHE LANDERS

I am the picture she never painted,
The book she never wrote;
I am the symphony in her soul and
The song within her throat.

I am the statue she never started,
The solitude she sought;
I am the poem she might have written--
These things to her meant naught.

I am the pain she often suffered,
The poverty life dealt;
I am the prayer she ever uttered
To heal the hurts I felt.

I am my mother's child forever
Because, from heaven above,
Her heart and hand still guide me with
Her undying love.

RELIGIOUS SERVICES

Ministers for May are
6th Rev. Norman Odabashian
St. Gregory of Narek
Armenian Church
13th Representative from
St. Pascal Church
20th Rev. William O'Neil
St. Clare Church
27th To be announced

Services are every Thurs-
day at 10:00 in the Red
Room All are welcome to
attend.

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JOSEPH FRANK - COMMENTATOR

Yes, it is time again for
Joe to visit us and tell
us all about the news as
he sees it. Haven't heard
him as yet? Well, what is
stopping you? If you will
come to Red Room on Wednes-
day, May 26th, at 7:00 P.M.,
you will see for yourself
just how interesting his com-
ments are. See you then.

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COMMUNION SERVICE

There is a change in the day
for the May communion ser-
vice. It will be on Thurs-
day, May 6th, at 3:30. All
are invited to pray with us.

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THANK YOU, THANK YOU

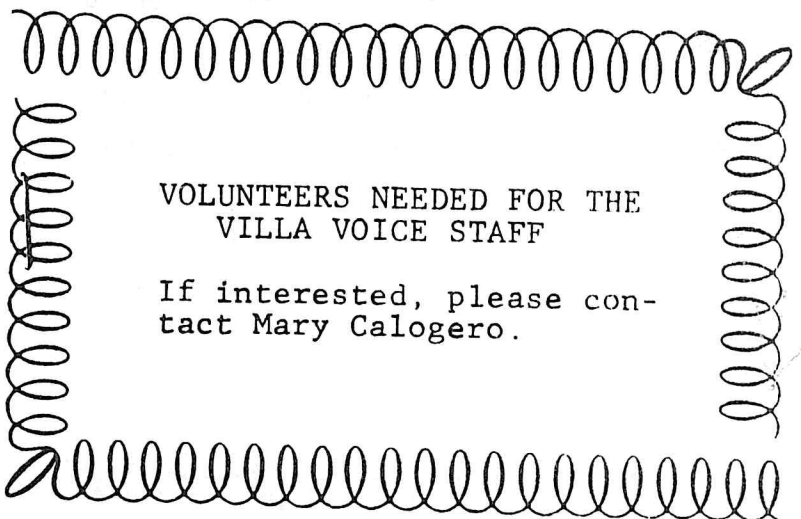
The men have been selling tickets
to raise money to buy a cover for
the pool table. Jim Cordaro wants
to thank everyone who helped in
any way. We really appreciate it.
Soon we will have the new cover

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PINOCHLE WINNERS

March 22		
Jo Topping	565	\$3.75
Marion Skarnus	554	3.25
Marcie Stianche	550	2.75
Vera Kozak	541	2.25
Ann Tracey	533	2.00
March 29		
Eleanor Kuskin	602	3.50
Marcy Stianche	586	3.00
Al McMunn	572	2.50
Ed Vojta	557	1.75
Frances Mickovic	549	1.25
April 12		
Carl Schock	602	3.50
E. Guarinieri	584	3.00
Eleanor Rafferty	570	2.50
D. Vacarello	567	1.75
E. Mark	559	1.25
April 19		
Marie Verba	576	3.50
Howard Barnes	574	3.00
Vera Kozak	555	2.50
Eddie Mark	551	1.75
Marcy Stianche	544	1.25

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VOLUNTEERS NEEDED FOR THE
VILLA VOICE STAFF

If interested, please con-
tact Mary Calogero.

BIRTHDAYS AND ANNIVERSARIES

MAY 1993

MAY

2 Louis Balasz 218
5 Elizabeth Glady 605
Violet Ruch 727
Mary Werlein 714
11 Irene Lane 726
12 Alfred Ruehmy 204
13 Jennie Cellura 317
14 Anna Del Zappo 718
15 Phillip Bucklan 623
16 Joseph Bentler 803
19 Edna Blasko 518
20 Julia Balasz 218
Sophie Kelley 728
22 Rita DiLauro 424
23 Evelyn DeFlorentis 705
25 Marie Verba 825
28 Frances Mickovic 626
30 James Cordaro 330
Nancy Gumina 307
Priscilla Monchar 409
Robert O'Brien 802

ANNIVERSARIES

MAY

3 Mr. & Mrs. Edward Harrold
8 Mr. & Mrs. Harold Spengler
16 Mr. & Mrs. Bill Mitchell
Mr. & Mrs. Julius Rasoletti
17 Mr. & Mrs. John Rusick
19 Mr. & Mrs. Joseph Ariemma 407
Mr. & Mrs. Charles Pistone
21 Mr. & Mrs. Stanley Caplinsky
23 Mr. & Mrs. George Kossoff
24 Mr. & Mrs. John Hruska
25 Mr. & Mrs. Joseph Arcuri
27 Mr. & Mrs. Carl Schock 216
28 Mr. & Mrs. Benno Hentemann 318
Mr. & Mrs. Claude Watts

MAY

2 Michael Catalano
3 Martha Green
5 Dorothy McCarthy
7 Angela Kulka
8 Eileen Briedwell
Evelyn Bocker
Mae Negrelli
11 Lillian Belsan
Colette Comiskey
Mollie Pitrone
Cornelia Norton
14 Franklin Reichmein
15 Olga Dinardo
Sarah Pinter
16 Julius Rosoletti
17 Almira DiGiacomantonio
18 Joan Senuta
20 Rita Harrold
21 Lil Bialer
22 Viola Richerd
24 Mary Kerek
25 Mary Masseria
Wanda Mitchell
26 Cecile Arlen
Goldie Karns
27 Adrian Nicholls
28 Dorothy Callaly
4 Ernest Minicacci

Happy Birthday

Happy Anniversary

THE VILLA VOICE

Volume XXV

May, 1993

Number 5

THE VILLA SERENA SENIOR
CITIZENS CENTER
6800 Mayfield Road
Mayfield Hts., OH 44124

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Ruby Jacobs, Thelma Olsen,
Andrew Hromco.

Editor: Genevieve Devney
Printer: Gino Colage

Advisor: Mary Calogero

* * * * *

MEMORIAL DAY

This is the time of year when
we all give thanks and remember
all the young men and women
who have given their lives for
our country. Lets take a few
moments to think about them
and offer our prayers to all
these heroes.

Lets also give thanks and our
prayers for those men and women
who are still living and who
are around the world in the
service of our country pro-
tecting the freedom we so very
much treasure.

* * * * *

DANCE TIME AGAIN

It was always the custom in years
gone by that the month of May
was the time when we all danced
around the Maypole and had an
absolutely fun time. But those
days are no longer here.

However, the enthusiasm for having
fun and dancing is still upper-
most in our minds and though we
may have all sorts of aches and
pains, it seems that when we
start dancing those aches and pains
seem to mysteriously disappear
and we are consumed with all
kinds of energy and vigor we
didn't think we had anymore.

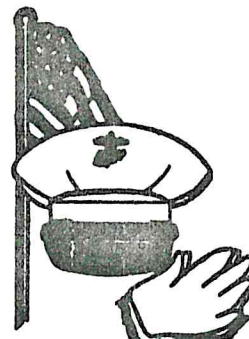
That is why dancing seems to have
become one of the more important
forms of social activities being
offered everywhere. At the Villa
Serena it is no different.

On Friday, May 21st join us in
welcoming back Mike Jacobs and his
marvelous group of musicians for
a wonderful evening of "dancing
and fun".

We look forward to having you
come to dinner and then spend the
rest of the evening "toe tapping"
to some of our favorite songs and
dances.

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The Villa Voice

May 1993

GARDEN OF EDEN

A garden of Eden is springtime to me,
Birds singing gayly, building nests
in a tree,

Flowers blossoming forth in petals so gay,
Warm winds whispering all through the day.

Over my head is a sky so blue,
With a song in my heart I'm awed at the
view.

--Edith Madge

