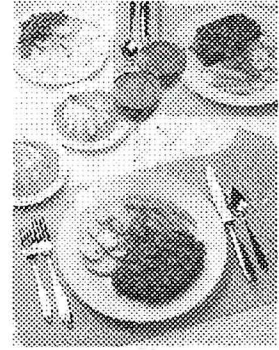


## *Dinner at Villa Serena*

May 14

Pork Chops or Fish  
Macaroni & Cheese  
Vegetables  
Dessert

Chops \$8.00, Fish \$7.00



May 21

Beef Brisket or Fish  
Potatoes and Vegetables  
Dessert  
Beef \$8.00, Fish \$7.00

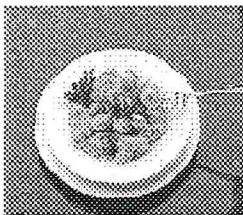
**Villa Voice** 6800 Mayfield Road  
Mayfield Heights, Ohio 44124

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:30-12:00 Ceramics  6:00 Cards	<b>4</b> 3:30 Rosary  7:00 Game Night	<b>5</b> 9:00-1:00 Sewing 1:30 Exercise  7:00 Cards	<b>6</b> 10:00 Stay Well Nurse	<b>7</b>
<b>10</b> 9:30-12:00 Ceramics 10:00 Lolly the Trolley  6:00 Cards	<b>11</b> 3:30 Rosary  7:00 Game Night	<b>12</b> 9:00-1:00 Sewing 1:30 Exercise  7:00 Cards	<b>13 Ascension Day</b> 10:00 Stay Well Nurse  6:30 Music Program	<b>14</b> 5:00 Dinner 6:30 Program
<b>17</b> 9:30-12:00 Ceramics  6:00 Cards	<b>18</b> 3:30 Rosary  7:00 Game Night	<b>19</b> 9:00-1:00 Sewing 1:30 Exercise  7:00 Cards	<b>20</b> 10:00 Stay Well Nurse	<b>21</b> 2:00 Mass 5:00 Dinner 6:30 Program
<b>24</b> 9:30-12:00 Ceramics  6:00 Cards	<b>25</b> 3:30 Rosary 7:00 Game Night 7:30 Program	<b>26</b> 9:00-1:00 Sewing 1:30 Exercise  7:00 Cards	<b>27</b> 10:00 Stay Well Nurse 12:00 Lunch 1:00 Brown Bag Bingo	<b>28</b>
<b>31 Memorial Day</b> <b>Office Closed</b> <b>No Mail</b>				
				<b>Sunday, May 9</b> <b>Mother's Day</b>

## The Frugal Serenian

Nobody minds saving a few bucks. We'll try to include some recipes based on the idea of making something good out of inexpensive ingredients.



### Tuna Mushroom Casserole

- 12 ozs. Cooked, drained wide noodles
- 2 6½oz. Cans tuna, drained
- 1 4oz. Can mushroom pieces, drained
- 1 10¾oz. Can cream of mushroom soup
- 1 1/3 cups milk
- ½ tsp. Salt
- ¼ tsp. Pepper
- ½ cup crushed saltines
- 3 tbsps. Butter or margarine, melted
- Paprika, tomato slices and fresh thyme, if desired

In a large bowl, combine noodles, tuna, and mushrooms. Combine soup, milk, salt and pepper. Pour into a greased 2½ qt. baking dish. Combine saltines and butter; sprinkle over noodles. Bake, uncovered, at 350° for 35 – 45 minutes or until heated through. If desired, sprinkle with paprika, garnish with tomatoes and thyme. Serves 6, saves well.

## Coming Events

May 10, Lolly the Trolley Tour, 10 AM  
Lakeview Cemetery, Lunch in Little Italy

“A mother is the truest friend we have, when trials, heavy and sudden, fall upon us, when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine, desert us when troubles thicken around us, still she will cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts.” -Washington Irving

## 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.”

*The Voice* will examine various aspects of this problem from time to time in the coming months, noting what drugs are taken for specific conditions, and what may be possible interactions with other drugs, foods, caffeine, and alcohol. This month, **allergies** will be the subject of discussion.

Antihistamines relieve or prevent the symptoms of colds, hay fever, and allergies. They may be prescription or over-the-counter, and vary in their tendency to cause sleepiness.

Some examples:

Prescription: Allegra, Claritin,

Zyrtec, Hismanal

Over-the-counter: Dimetane,

Bromphen, Chlor-trimeton,

Benadryl, Tavist

Interactions:

Food – prescription antihistamines work best when taken on an empty stomach.

Alcohol – some antihistamines may increase drowsiness and slow mental processes and motor functions. Use caution when operating machinery or driving.

*More next month.*

## 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.

**Cholesterol Seminar.** Friday, May 14, at 10:00 AM, in the hospital auditorium. Call 216-430-8432.

**Senior Circle Supper Club.** Tuesday, May 18, at 4:00 PM, hospital cafeteria, Cod Almondine. Cost, \$3.50 Tickets at the hospital cashier, 9:00-3:30 weekdays.

**Matinee Movies.** Wednesday May 17, at 2:00 PM, "Mother," in the Ross Auditorium. Movies and popcorn are free, soft drinks are 25¢. Reservations at 216-430-4832.

**Free Healthcare Lecture.** Wednesday, May 12, at 10:00 AM, DeJohn Community Center, 6306 Marsol Rd., STAR - *Breast Cancer Prevention*. Elaine Kocsis, R.N., OCN. Refreshments at 9:30. Call 216-430-4832.

**AARP 55 Alive Driving Course.** Refine skills and develop defensive techniques. \$8 fee to be paid by check to AARP. Bring check and driver's license to first class. Call 216-430-4832, for reservations and location.

Mon & Tue, May 3,4, 9:30-2:00.

Tuesday, May 4 & 11, 8:30 - 12:30.

*Thanks to Karla Fish*

## Transportation Services Phone Numbers

Schnurmann-Luther Service Center

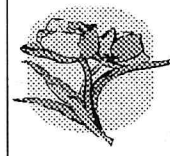
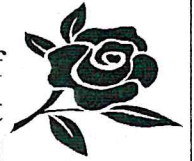
Noon time meals 440-461-3622

Hillcrest Hospital Transit 216-797-4014

RTA Paratransit Service 216-781-1110

## Attention Gardeners

Your home is in need of your help. It is time to start planning the flower beds around the building, and volunteers are in short supply. Anyone willing to donate a bit of time to beautifying this lovely abode should contact the office. Flower fund contributions would be gratefully accepted as well.



A picture memory brings to me;  
I look across the years and see  
Myself beside my mother's knee.  
I feel her gentle hand restrain  
My selfish moods, and know again  
A child's blind sense of wrong and pain.  
But wiser now, a man gray grown,  
My childhood's needs are better known.  
My mother's chastening love I own.



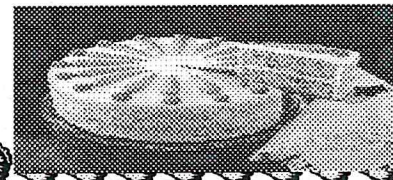
John Greenleaf Whittier

Comfort Foods have been described as those foods of our childhood, the ones that bring back happy memories. People "take comfort" in the foods that have too much fat but lull us into a sense of contentment. These foods (chocolate chip cookies, homemade breads, etc.) can be made healthy, simply by substituting margarine and yogurt for butter and oils, retaining the flavor and the comfort of being good for us.

## ***Thanks, thanks, thanks!***

To all the generous souls who saw fit to contribute food or cash donations to the "Harvest for Hunger" campaign. You can be sure your selflessness was appreciated by the less fortunate who benefited from this worthy cause. It's always nice to remember that we are blessed to be here, and to show your gratitude. Thanks again.

# Birthdays and Anniversaries May 1999



## Birthdays

May	2	Louis Balasz	#218	May	20	Julia Balasz	#218
		Arlene Kleppel			22	Rita DiLauro	#424
	5	Elizabeth Glady	#605		23	Ann Stropki	
	6	Ruth Morton			24	Clara Catliota	
	7	Angela Kulka			25	Mary Masseria	#304
	8	Evelyn Brooker			26	Virginia Algeri	
		Jennie Marvin	#401			Cecile Arlen	
		Mae Negrelli				Julia Rehack	#212
	9	Bernice Catania	#209		28	Dorothy Callaly	
		Dorothy Wilson	#514		30	Valerie Giusto	
	10	Mildred Rastatter	#228			Robert O'Brien	#802
	11	Irene Lane	#726			Ann Wingfield	#513
	12	Roberta Fumich			31	Mary Aveni	#305
		Lucille MacDonald					
	13	Jennie Cellura	#317				
	15	Philip Bucklan	#623				
		Olga DiNardo					
		Sarah Pinter					
		Berta Warszawski					
	16	Harold Levine					
		Louis Rasoletti					
	19	Edna Blasko	#522				
		George Nagy					

## Anniversaries

May	16	M/M Sam Parisi	#830
	21	M/M Stanley Caplinsky	
	24	M/M John Hruska	
	25	M/M Joseph Arcuri	
	27	M/M Howard J. Lee	#818

## Monday Night Pinochle

March 29		April 5		April 12		April 19					
Jennie Cellura	549	2.00	Gert Pierce	621	2.00	Thelma Olsen	584	2.50	Thelma Lilje	563	2.00
Mary Blasko	509	1.75	Mitzi Weber	603	1.75	Ed Mark	577	2.00	Ann Panichi	552	1.75
Gert Pierce	494	1.25	Ed Mark	541	1.25	Ann Panichi	569	1.50	Winnie Helwig	541	1.25
Marcie Stianche	460	1.00	Mary Blasko	530	1.00	Mitzi Weber	535	1.00	Gert Pierce	516	1.00
						Marcie Stianche	528	1.00			

## Wonderful Mother

God made a wonderful mother,  
A mother who never grows old;  
He made her smile of the sunshine,  
And he moulded her heart of pure gold;

In her eyes he placed bright shining stars,  
In her cheeks roses fair you see;  
God made a wonderful mother,  
And he gave that dear mother to me.

- Pat Reilly

"The most important thing a father can do for his children is to love their mother." - Anon

## Light Sentences

Complete the sentences below in a silly, humorous (I hope) way by inserting one of the words or sentences from the list into each blank. A little creative pronunciation may be needed to bring out the joke.

ALPACA	DINAH SHORE	INSULATE	RESONATE	VAUDEVILLE
ALTHEA	DISBURDEN	MAHOGANY	SILICOSIS	VERBENA
CASUS BELLI	ELDER	NIDIFICATION	SPIRIT	WATERFOWL
CATTLE	ESCALATOR	NOSE CONES	TRUMPET	WITHERITE
CURACAO	GESTURE	PASTEURIZE	USHERETTE	ZIGGURAT

1. When my bridge opponent plays an ace, I \_\_\_\_\_ if I can.
2. There's no one there – it's \_\_\_\_\_ imagination.
3. Don't leave that salmon on the counter – the \_\_\_\_\_ eat it.
4. I'm exhausted from working so hard. I truly \_\_\_\_\_ .
5. Holyfield knocked out his opponent \_\_\_\_\_ .
6. I can't decide whether to take the kitten, that puppy, or \_\_\_\_\_ a cage.
7. \_\_\_\_\_ box lunch and we'll have a picnic.
8. You shouldn't use such language. \_\_\_\_\_ mouth you have!
9. Some passengers have supper on the ship, while others would rather \_\_\_\_\_ .
10. " \_\_\_\_\_ ?" "No, thanks, I don't smoke."
11. John ran to Martha, took her in his arms and \_\_\_\_\_ tightly.
12. Sometimes I treat my ducks and goats to bits of cake, but I never give \_\_\_\_\_ .
13. I'd say mom did a fine job of \_\_\_\_\_ all by herself.
14. Sorry, but we have \_\_\_\_\_ left. Would you care for cupcakes instead?
15. Harvey will never fit into those jeans \_\_\_\_\_ is too big.
16. When the crew caught the shark, did they use a net or \_\_\_\_\_ ?
17. Zach, here's a chocolate bar just \_\_\_\_\_ good little boy today.
18. Wow! Did you see the arrow that just went \_\_\_\_\_ ?
19. Mother was fuming because father got \_\_\_\_\_ .
20. She's busy at the moment, but if you want to take Betty out, why don't you \_\_\_\_\_ .
21. Boy, was I hungry! \_\_\_\_\_ , a lot, didn't I?
22. Peter doesn't dare act \_\_\_\_\_ teacher would make him stay after school.
23. I've got a very sick pig. Have you something that will \_\_\_\_\_ ?
24. If you haven't any soda, \_\_\_\_\_ do, thanks.
25. Bye-bye, Thidney – \_\_\_\_\_ later!

"All that I am or ever hope to be I owe to my angel mother." - *Abraham Lincoln*

"Of all the rights of women, the greatest is to be a mother." - *Lin Yutang*

"By and large, mothers and housewives are the only workers who do not have regular time off. They are the great vacationless class." - *Anne Morrow Lindbergh*

## Betty Gromofsky, Dom Piunno Join The Villa Family

Native Clevelander Betty Gromofsky, #211, returned to town after years of residence in Chicago and Milwaukee, as an employee of the Stouffer restaurant chain. She grew up in Collinwood, and went to St. Paul's school and Collinwood High, where she so impressed the HomeEc teacher that she received a recommendation which gained her employment with Stouffer's.

After 35 years away, Betty spurned the Florida retirement route and came back to Cleveland, her 7 siblings, and 35 nieces, nephews, and grandniece-nephews who are scattered around northeast Ohio.

Look for Betty doing jigsaw puzzles, at exercise class, and on the bus trips.

Dom Piunno, #834, grew up in University Heights, attended Gesu and Heights High, and after working a few different jobs became a carpenter, and followed that trade until he retired, working on the construction of many homes around the Cleveland area. As a person who enjoys being outdoors, such work was natural.

He and his wife lived in Lyndhurst, where they raised 5 children, and he now has 8 grandchildren whom he sees regularly. Dom's avocation is as a musician, playing the trumpet and drumming. He had played for affairs at the Villa, before taking up residence, with Ed Cifani, among others. Ed's happy to be here, and we're happy to have him.

### Observant Exerciser Reaps Goodies

How did you like the St. Patrick's Day and Easter decorations? How about the brick colored benches on the patio? All these nice things come to us through the thoughtfulness and generous effort of one of our residents, Lou Allevato, #215, who procured them from the merchants at Richmond Mall. During his forays to the mall for exercise and shopping, Lou realized that the mall was doing extensive remodeling and that these various items would be available.

Not being one to pass up an opportunity, Lou asked if he could have them for our use and enjoyment. When told that he could, Lou contacted his nephew, Joe Strano, who helped with the moving job. As a result of their generosity and that of the Richmond Mall stores, life at Villa Serena is just a little bit nicer. A big **Thank You** to all involved.

**Osteoporosis Walk '99**, Saturday, May 8, 8:30 AM, at Ursuline College in Pepper Pike. For details, call 216-556-0391 or see Pauline.

### M Is For The Million Things...

"God could not be everywhere and therefore He made mothers." - *Jewish Proverb*

"The heart of a mother is a deep abyss at the bottom of which you will always find forgiveness." - *Balzac*

"The mother's heart is the child's school-room." - *Henry Ward Beecher*

"Youth fades, love droops, the leaves of friendship fall; A mother's secret hope outlives them all." - *Oliver Wendell Holmes*

"I remember my mother's prayers and they have always followed me. They have clung to me all my life." - *Abraham Lincoln*

"My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual, and physical education I received from her." - *George Washington*

# The villa

Villa Serena

## Voice

May 1, 1999

Volume XXXII  
Number 5

**S**pring the time for awakening, the joy of hearing the birds singing, that's what May is all about.

In May the Villa Serena gardeners are prowling their plots and volunteers are (bless them!) cleaning, edging and planting the lovely Villa flower beds. How fortunate we are for the five acres of green we live on and the patio where we sit and enjoy nature or visit with neighbors.

What a lovely month for Mothers Day! Our memories turn back to tiny faces and little hands holding home-made cards up to mom. May 9th we celebrate the women who mothered us – the moms, grandmothers, aunts and sisters and our daughters and daughters-in-law too. And, let's face it, a lot of us were moms ourselves, and didn't we have a pretty good time?

Let us not forget the men and women who have given their lives to our wonderful country. Memorial day we honor them all and our prayers continue for those around the world protecting the freedom we treasure.

Wonderful programs are planned for this "Merrie Month of May" Big winners are expected again at **Brown Bag Bingo Thursday, May 27th**. Bring your lunch and enjoy our coffee and dessert – Bingo starts at 1 PM.

**Wally Maxima** will present a program for all to enjoy on **May 14th**. Part dance and part audience participation with songs and instruments, Wally brings us his fifty years of night club and Big Band experience. Welcome back Wally! Our Birthday and Anniversary dinner will be **May 21st** with a return visit from Villa favorites **Bob and Shelly Orlandi**. And, of course, these two music programs come with the wonderful dinner prepared by kitchen staff with help from our loyal volunteers.

On Tuesday, **May 18th** be in the Red Room at The Villa for a wonderful program - **That's Entertainment** at 7:30 PM. Six East Side ladies, together twenty-two years, will present nostalgic song and dance music. Great fun for all so plan to be there!

Villa Serena  
Senior Citizens  
Center  
6800  
Mayfield Rd.  
Mayfield Hts.,  
Ohio 44124  
440-449-3977  
Cathy Jaspersen,  
Administrator  
Mike Ward  
Editor  
Genevieve  
Devney  
Editor Emeritus  
Staff  
Josephine  
Andrews  
Naomi Carle  
Bertha  
Morehart  
Dorothy Penkava  
Mary Weir  
Gene Zachary



MOTHER'S DAY