

Dinner at Villa Serena

May 9

Beef short Ribs or fish

Vegetable

Potato

Dessert and Beverage

Beef \$8.50 ...Fish \$7.50

May 30

Appetizer

Pork Ribs or Chicken

Sweet Potato & cole slaw

Dessert and beverage

Ribs \$9.00 Chicken \$8.50



St. Francis Foundation

Villa Voice 6800 Mayfield Road
Mayfield Heights, Ohio 44124

DATED MATERIAL—PLEASE DELIVER

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| Sunday, May 11 <i>Mother's Day</i> | | | 1 Staywell Nurse | 2 |
| 5 Cinco de Mayo 1:00 Ceramics 6:00 Cards | 6 3:30 Rosary 7:00 Game Night | 7 9:00 Sewing 1:30 Exercise | 8 | 9 5:00 Dinner 6:30 Program |
| 12 1:00 Ceramics 6:00 Cards | 13 3:30 Rosary 7:00 Game Night | 14 1:30 Exercise | 15 2:00 Staywell Nurse | 16 2:00 Mass |
| 19 6:00 Cards | 20 3:30 Rosary 7:00 Game Night | 21 6:30 Program | 22 Brown Bag Bingo 12:00 Lunch | 23 |
| 26 Memorial Day Office Closed | 27 | 28 | 29 | 30 5:00 Dinner 6:30 Program |

From Veterans' Health Magazine

VA Offers Phone Service for Your Medical Questions



Do you have questions about symptoms you're experiencing or medicine you're taking? If so, and your VA hospital is closed for the day, call the VA TeleNurse Program at **1-888-838-6446**.

VA TeleNurse answers medical-related and administrative inquiries. Staffed by registered nurses, the service is available from 4 P.M. to 8 A.M. on Monday through Thursday and from 4 P.M. on Friday through 8 A.M. on Monday. You can get your questions answered in the comfort of your home. Though you can't schedule an appointment, you can cancel an existing appointment or ask for a reminder of the time and date of your next one.

"We get lots of calls from people who have questions about symptoms they, or a loved one, are experiencing," says Charlene Marbury, registered nurse, who operates the program from VA's Dayton campus. "We don't diagnose, but we offer advice on what to do."

Now They Tell Us!

When is a tax deadline not a tax deadline? When you have a refund coming back to you. So says the Plain Dealer on April 14, the day before what everyone thought to be the traditional IRS final filing day in order to avoid the late penalty. You can get a refund sent back to you if you file any time within *three years*. That's not much help this year, but it's something to keep in mind for the future



The Gum-Gatherer

There overtook me and drew me in
To his downhill early morning stride,
And set me five miles on my road
Better than if he had had me ride,
A man with a swinging bag for load
And half the bag wound round his hand.
We talked like barking above the din
Of water we walked along beside.
And for my telling him where I'd been
And where I lived in mountain land
To be coming home the way I was,
He told me a little about himself.
He came from higher up in the pass
Where the grist of the new-becoming brooks
Is blocks split off the mountain mass—
And hopeless grist enough it looks
Ever to grind to soil for grass.
(The way it is will do for moss.)
There he had built his stolen shack.
It had to be a stolen shack
Because of the fears of fire and loss
That trouble the sleep of lumber folk:
Visions of half the world burned black
And the sun shrunken yellow in smoke.
We know who when they came to town
Bring berries under the wagon seat,
Or a basket of eggs between their feet;
What this man brought in a cotton sack
Was gum, the gum of the mountain spruce.
He showed me lumps of the scented stuff
Like uncut jewels, dull and rough.
It comes to market golden brown;
But turns to pink between your teeth.

I told him this is a pleasant life,
To set your breast to the bark of trees
That all your days are dim beneath,
And reaching up with a little knife,
To loosen the resin and take it down
And bring it to market when you please.

Robert Frost

From "Home For The Holidays," from the VFW

Candy Cane Cookies



- 1 cup sugar
- 1 cup margarine or butter, softened
- ½ cup milk
- 1 tsp vanilla
- 1 tsp peppermint extract
- 1 egg
- 3½ cups all purpose flour
- 1 tsp baking powder
- ¼ tsp salt
- ½ tsp red food coloring
- 2 tsps hard peppermint candy, finely crushed
- 2 tblsps sugar

In a large bowl, mix together 1 cup of sugar, margarine or butter, milk, vanilla, peppermint extract, and egg. Stir in flour, baking powder and salt. Divide dough in half and add food coloring into half of dough. Cover and refrigerate at least 4 hours.

Preheat oven to 375 degrees.

Stir together peppermint candy and 2 tblsps sugar; set aside.

For each candy cane, shape 1 teaspoon of dough from each dough half into 4-inch ropes by rolling back and forth on floured surface. Place 1 red and 1 white rope side by side; press together lightly and twist to create a candy cane. Place on a non-greased cookie sheet and bake 9 to 12 minutes or until set and very light brown. Immediately sprinkle candy mixture over cookies. Remove from cookie sheet and cool completely.

Yields about 50 cookies.

Bon Appetit

Drug Smarts



Doctors do the prescribing, but it's up to you to take charge of the details.

Take 'em all Only the hardiest bacteria survive the first few days of an antibiotic treatment. But if you quit before the infection is completely eliminated, those surviving bacteria will be fruitful and multiply. Not only that, but you'll be contributing to a serious public health hazard—the rise of antibiotic resistant strains of bacteria. One other way to be part of the solution: Don't push your doctor to give you unnecessary antibiotics. Half of the antibiotics humans are prescribed for colds, coughs, and other viral infections, which aren't helped by antibiotics.

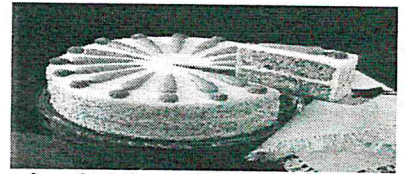
Get medicine out of the cabinet Drugs should be stored in a cool dry place. Ironically, one of the worst places to keep medicine is in the medicine cabinet. "Bathrooms and cabinets tend to be the moistest spots in the house," says Diana J. Mason, RN, Ph.D., and editor-in-chief of "The American Journal of Nursing," "A better place for medicines is inside a dresser drawer." If you have young grandchildren who visit, make sure you pick the top dresser drawer and that the child-safety cap is always secure. A chilling one third of all accidental prescription drug poisonings in children involve a grandparent's medication. Red stickers with the nationwide poison control hotline number— **800-222-1222**— are available by sending a SASE to Council on Family Health, Emergency Stickers, 1150 Connecticut Avenue, NW, Suite 1200-B, Washington, D. C., 20036.

Switch, don't fight Maybe you can't tolerate a drug that other people thrive on. Or maybe a drug that helped a friend gives you hives. Most drugs have possible alternatives. If you're having problems, talk it over with your doctor.

Next: Timing is Everything

Birthdays and Anniversaries

May 2003



Birthdays

| | | | |
|-----|----|--------------------|------|
| May | 1 | Tony Destro | |
| | 2 | Louis Balasz | #218 |
| | 5 | Elizabeth Gladys | #605 |
| | 6 | Minnie DelNostro | #719 |
| | | Ruth Morton | |
| | 7 | Marie Alvarez | #406 |
| | 8 | Jennie Marvin | #401 |
| | 9 | Laura Hanes | |
| | 10 | Larissa Kuznetsova | #717 |
| | 11 | Irene Lane | #726 |
| | | Anna Miller | |
| | | George Zedlar | #421 |
| | 12 | Minnie Downey | #306 |
| | 13 | Jennie Cellura | #317 |
| | 16 | Julius Rasoletti | |
| | 17 | Shirley Vallee | |
| | 19 | Dee Preston | #804 |
| | 20 | Julia Balasz | #218 |

| | | |
|----|----------------|------|
| 22 | Helen Armenti | #620 |
| | Rita DiLauro | #430 |
| 25 | Eugene Krantz | #322 |
| 26 | Cecile Arlen | |
| | Julia Rehack | #212 |
| 30 | Robert O'Brien | #802 |

Anniversaries

| | | | |
|-----|----|-----------------------|------|
| May | 13 | M/M Andrew Furey | #618 |
| | 16 | M/M Julius Rasoletti | |
| | 21 | M/M Stanley Caplinsky | |
| | 24 | M/M John Hruska | |
| | 25 | M/M Joseph Arcuri | |
| | 27 | M/M Howard J. Lee | #818 |

Bocci Returns



Anyone interested in playing bocci on the Villa Serena courts should plan to attend the organization meeting which will be held on Friday, May 16, in the lobby.

Membership requirements, schedule, and teams will be discussed.

1st Annual Villa Serena Bridge Tournament



If you are interested in playing tournament bridge with other residents, please contact David at **216-832-5529**. Play will be Monday, May 12, from 1 to 4 P.M. and there is a \$1.00 entrance fee. Prizes T. B. A.

Volunteers Needed for Gardening and Lawn Care Activities



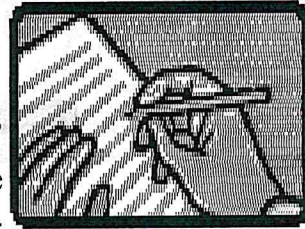
Got a green thumb? You're needed to help keep our home looking good. If you would be willing to donate a few hours of effort on the horticultural front, please contact Cathy.

Monday Night Pinochle

| <u>March 17</u> | <u>March 24</u> | <u>March 31</u> | <u>April 7</u> |
|---------------------------|--------------------------|--------------------------|--------------------------|
| Carmen Cortese 588 2.25 | Marie Kavalunas 647 2.50 | Ted Turlik 586 2.50 | Connie Nicolosi 590 2.50 |
| Rosemary Valenti 537 2.00 | Agnes Puro 554 2.00 | Stella Benjamin 555 2.00 | Marcy Stianche 580 2.00 |
| George Seidel 534 1.25 | Carmen Cortese 537 1.75 | Laila Nagy 552 1.50 | Laila Nagy 570 1.50 |
| Stella Benjamin 517 1.00 | Vera Kozak 529 1.25 | John Ondak 538 1.00 | Ted Turlik 542 1.00 |

Catchwords

After you “catch” on, you should be able to “catch” the answers to each of the definitions on the left in one of the Catchwords on the right. Each Catchword contains a definition’s answer spelled out in order, although not necessarily in consecutive letters.



Example: The answer to “small wagon,” cart, is in “charity” **ChARiTy**

- | | |
|-----------------------|---------------|
| 1. Hourglass filler | A. FILIBUSTER |
| 2. Stain or blemish | B. SOOTHSAYER |
| 3. Different | C. GRAPEFRUIT |
| 4. Shopper’s reminder | D. BEWILDERED |
| 5. Season of renewal | E. TABLECLOTH |
| 6. Garden activity | F. HELICOPTER |
| 7. Equipment | G. SHOESTRING |
| 8. Walk or trot | H. SALAMANDER |
| 9. Run off to marry | I. SEPARATING |
| 10. Door joint | J. ATTRACTIVE |
| 11. Vestige | K. VEGETARIAN |
| 12. Lawn Headache | L. HARBINGER |

Answers

Answers: 1. H SALamaNDer 2. E taBLecloTh 3. B soOTHSayER
 4. A fILibusTer 5. I SePaRatING 6. G sHOEstRING 7. K veGEtARian
 8. C GrApefruIT 9. F hELicOPtEr 10. L HarBinger 11. J. atTRActive
 12. D beWildErED

Just For Laughs...

A bad review is like baking a cake with all the best ingredients and having someone sit on it.— *Danielle Steel*

Criticism is prejudice made plausible.— *H. L. Mencken*

I am sitting in the smallest room in the house. I have your review in front of me. Soon it will be behind me.— *Max Reger*

Quotations are a columnist’s bullpen. Stealing someone else’s words frequently spares the embarrassment of eating your own.— *Peter Anderson*

It is better to be quotable than to be honest.—

Tom Stoppard.

This isn’t much of a quote book if I’m in it.— *Richard Dowd*

Every time a friend succeeds, I die a little.— *Gore Vidal*

The goal of all inanimate objects is to resist man and ultimately to defeat him.— *Russell Baker*

Cleaning anything involves making something else dirty, but anything can get dirty without something else getting clean.— *Lawrence J. Peter*

The world is divided into two classes— invalids and nurses.— *James McNeill Whistler*

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, beverage. Tickets at the hospital cashier, on a first come, first served basis, in the Hillcrest Atrium Lobby 9:00-3:30 weekdays. Tuesday, May 20, Veal Parmesan, Penne Pasta/Sauce, Squash Medley, Chocolate Layer Cake. *Bingo Sponsored by HCR Manor-Care, Mayfield Heights.*

Free Healthcare Lectures. Free refreshments at 9:30 AM, lecture from 10:00 to 11:00. Reservations required in advance. Wednesday, May 14, "Volunteer Opportunities in Your Community" Barbara Kornuc, Community Marketing Coordinator, Outlook Pointe at Sagamore Hills. Call **440-449-6223**.

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**.

Matinee Movies. in the Hillcrest Hospital Ross Auditorium, (Lower Level). Movie, popcorn, and soft drinks are free. Reservations at **440-449-6223**. Tuesday, May 27. *We Were Soldiers*, Starring Mel Gibson; rated R, 2 hrs. 18 mins.

Thanks to Karla Lindsey

From the St. Francis of Assisi Bulletin

Many contemplating abortion believe they have no other choice. We listen to them, we understand their sense of isolation and despair. We must strive to know their hearts.

We renew our offer of assistance to anyone considering abortion. If you are overwhelmed by the decision that you face, if you cannot afford medical care, if you are homeless or feel helpless, whatever your needs are, we will help you. The Church and her ministries, inspired by the words and example of Jesus Christ, will help you with compassion and without condemnation.

Roe v. Wade has left a trail of broken hearts. Through Project Rachel and other ministries we will continue to help the broken-hearted. Those who resort to abortion out of a sense of desperation, often find the cruel reality of abortion too hard to bear. But it is too difficult only in a world without God and, therefore, without hope. We must reach those hearts and give them hope.

Roe v. Wade cannot stand as the law of this great nation, a nation founded on the self-evident truth that all people are created with an inalienable right to life. We are committed, no matter how long it may take, no matter the sacrifices required, to bringing about a reversal of this tragic Supreme Court decision. We will speak out on the sanctity of each and every human life wherever it is threatened, from conception to natural death, and we urge all people of good will to do likewise. For as Pope John Paul II reminds us, "It is impossible to further the common good without acknowledging and defending the right to life, upon which all other rights are founded."

I was thinking about how people seem to read the Bible a whole lot more as they get older. Then it dawned on me... they're cramming for their final exam.

This month we celebrate the M's: May Day, Mothers Day and Memorial Day.

Long ago young girls wove flowers in their hair and then danced around the May Pole, weaving colorful streamers down the flower topped pole. Today's young people must be too sophisticated for this old fete.

On Mothers Day we honor not just mothers but all who mothered us. Sometimes this was a grandmother, aunt or sister. Though the years were full of trials and tribulations, there were good times, laughter and love. Our children now hand down to their children and grandchildren those same memory making times.

Memorial Day we have always honored the many men and women who have served our country in the armed services. Regrettably, this year we add another war and more men and women whose lives have been lost serving America. Our prayers go out to all who are spread around the world this Memorial Day.

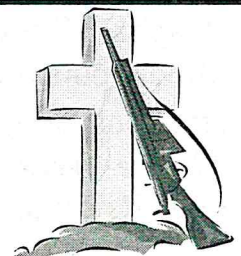
Two fine dinners are planned for this month. **The Silvertones** will return **May 9th** for another wonderful evening of dancing following a standard terrific Villa Serena dinner. This group, once known as The Euclid Senior Band, is a group of Older Adults that play the old tunes with the fervor of a teenager. Be sure you don't miss it.

Our final program this year will be **May 30th** when **Mike Jacobs** and his band present their grand dance music program we all love and there couldn't be a finer "closing number". This will be our birthday and anniversary dinner with ribs or chicken—the Villa Specialty!

Dale Arvay and Marla Mock return for an evening of light piano and flute music **May 21**. We've enjoyed them for several years and welcome them once again.

Brown Bag Bingo will be on **May 22nd** this month. As always, we will provide the coffee and dessert and you bring your lunch at 12:30. You need to bring your own luck however, See you there!

St. Francis Foundation &
Order Italian Sons and Daughters of America
Howard I. Chesler
Senior Center
At
Villa Serena
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
Mary Ann King
Lucy Morgan
Dorothy Penkava
Gene Zachary



MEMORIAL