

VILLA VOICE
6800 Mayfield Road
Mayfield Hts., Ohio
44124

NON-PROFIT ORG.
U.S. POSTAGE
PAID
Cleveland, Ohio
Permit No. 175

FRIDAY, NOVEMBER 10th

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

\$6.00 per person
6.50 short ribs

HAPPY
THANKSGIVING
TO ALL

THURSDAY, NOVEMBER 16th

THANKSGIVING DINNER

"TOM TURKEY" is the star
with all the trimmings
added in

and a special dessert,
"of course"

\$7.50 per person



To Your Health

by Dr. Daniel Hall, Medical Director

Healthy Feet Are Vital to Overall Good Health

"Doc, when my feet hurt, my whole body hurts. You've got to do something to help me." This remark was made to me by a patient early in my medical career, and I have never forgotten it or the importance of healthy feet to one's well-being.

Most foot problems are caused by disease, wear and tear, ill-fitting or poorly designed shoes, poor circulation, or improperly trimmed toenails.

Corns and Calluses

These painful disorders are caused by pressure over bony areas. Corns and calluses press upon sensitive nerves, giving pain. A practitioner will determine the cause of the corns and calluses and prescribe treatment. Treatment may involve the removal of the dead skin. You should not do this yourself but have it done by an expert. Pads or better fitting shoes will help prevent the recurrence of these disorders.

There are over-the-counter medications that destroy the corns and calluses. However, they do not treat the underlying causes of the corns and calluses. If you have **diabetes** or **poor circulation**, it may be harmful to you if you try to treat yourself for corns and calluses. Visit the proper professional for an evaluation and treatment if you are having these problems.

Plantar Warts

Plantar warts occur on the soles of the feet, away from pressure

points. At times, these lesions are painful, and they may spread. Often, it feels as though you were walking on a pebble or stone when you have plantar warts. Although there are over-the-counter preparations intended to treat these warts, they seldom cure the problem. A visit to a practitioner, experienced in the treatment of plantar warts, is recommended.

Bunions

A bunion occurs when the big toe points laterally toward the other toes. This displacement allows for pressure on the bony prominence. This pressure results in painful, swollen tissues over the area. Widened shoes may relieve the pain, or pads may be used to ease the pressure on the tender areas. However, at times, one may need soaks, injections, or surgery to cure this troublesome condition.

Hammertoes

A hammertoe is a toe that is bent upwards at one of the joints. The condition seems to be genetic. A hammertoe is usually caused by shortened tendons. Because the toe is bent, ill-fitting shoes will rub against the toe, producing pain. Proper-fitting shoes will help ease the condition. However, surgery may be needed to correct extreme conditions.

Spurs

A spur is a calcium growth on the bones of the foot. It is caused by strain on the foot muscles, and it is aggravated by prolonged standing, poorly-fitted shoes, and excess

weight. A spur may give pain. The treatment for a spur involves the use of proper shoes, heel pads or cups, injections, and surgery.

Some diabetics may have a decreased awareness of pain due to nerve damage from the disease. Therefore, regular foot inspections are necessary to make sure that shoes are not rubbing the feet and there are no nails or tacks to cause injuries.

Here are some helpful hints for keeping the feet healthy:

- Avoid prolonged exposure to cold and wetness.
- Avoid long periods of sitting or resting.
- No smoking, particularly if you have decreased circulation or a disease that affects circulation.
- Do not sit with your legs crossed for prolonged periods.
- Walk. It helps increase circulation.
- Gentle massage and warm water baths help circulation.
- Make a special effort to buy comfortable, well-fitting shoes.
- If you have impaired circulation or diabetes, have your feet checked regularly.

Take good care of your feet and you take care of your whole self. The old saying that if your feet hurt, you hurt all over is not far from the truth. Considering the number of miles a person walks and runs in a lifetime, you wonder why we neglect our feet until they start giving us trouble. ■

References:

- 1) Orthopedics, —Principles—and—Their—Application, 4th Edition, Volume 2, Samuel L. Turek.
- 2) "Foot Care for Older People," Age—

LINE DANCING

Line dancing is so popular now. Everyone is doing it. Come on down and join the fun. Once you learn a few basic steps, you are all set. Otherwise, come and watch and cheer us on.

See you some Monday?

Beth Parnin

* * * * *

WHERE IS IT?

There is a group of men in Cleveland who have made some proud news that has reached every part of the country, west coast, east coast, north and south. Well, I decided to wear an Indian pin in their honor. My family wanted to buy me a T shirt designating the Tribe, but I chose the pin. Something funny happened with the pin and that's the reason I decided to share this with you.

I removed the pin every night and put it on the dresser so I wouldn't carelessly toss it in the laundry. One morning it was missing. Looking in the kitchen, over all the floors, chairs and such but it was nowhere to be found. I decided to forget about it and was sure that it would turn up when I wasn't even thinking about it.

One day I was planning on going out and knew that I should get ready. While combing my hair, I turned my head to the left and screamed! The Indian pin was attached to my right ear

Where is it (continued)

lobe. I can't believe it but apparently I put it on instead of my earring! Now I have two pins and wear them at the same time -- two unusual earrings!

I can't believe that happened but it did. Believe me.

Josephine Gentile

* * * * *

CIRCLE YOUR CALENDAR

A trip is planned to Ogleby Park to see the Christmas Lighting Display and Laser Show. The trip will be on Thursday, December 28.

Christmas rush will be over and you can just relax and enjoy the day. The day will include lunch at Ogleby Park and that should be a treat.

Be sure to sign up in the office as soon as possible so you will not be left out. This should be a great experience. We will see you on December 28th for a day of fun.

The total cost is \$48.00.

SIGN UP NOW!!!

* * * * *

Our sympathy to the family and friends of Sophie Kelley. Sophie recently passed away. May she rest in peace.

* * * * *

"RAGTIME" PATTI BARONE

As usual, she had us all in stitches with her hilarious tales of happenings in her life.

You probably could call it the "Ragtime" Pattie/Howard Chesler show! Their banter back and forth is a show in itself.

Everyone enjoyed singing the golden oldies songs that we all remember because our mother's sang them to us - SURE SHE DID!

NEW YEAR'S EVE PARTY

No, it's not too early to think about it because we'll be so busy with Christmas decorations and celebrations and shopping.

Our Second Annual New Year's Eve party will be on Sunday, December 31st, of course.

Plans are not settled just yet but the party will be limited to RESIDENTS ONLY. Also, there will be a cut-off at 75 people. The cost will probably be \$7.00, as it was last year. It's a BYOB affair, with all the mixes furnished.

Such a good time was had by all who attended last year, it would be wise to sign up early so you don't miss out. Come join your neighbors and friends.

Carole Clay

* * * * *

MONDAY PINOCHLE WINNERS

| | | |
|--------------------|-----|--------|
| Oct. 2 | | |
| Ruby Jacobs | 569 | \$2.00 |
| Howard Barnes | 569 | 2.00 |
| Carl Schock | 545 | 1.00 |
| Marcy Stianche | 527 | 1.00 |
| Oct. 9 | | |
| Ed Mack | 555 | 2.00 |
| Domenic Vaccarelli | 500 | 1.25 |
| Thelma Olson | 490 | 1.00 |
| Oct. 16 | | |
| Vic DiBartolo | 597 | 2.00 |
| Ruby Jacobs | 586 | 1.75 |
| Thelma Olson | 550 | 1.25 |
| Agnes Puro | 521 | 1.00 |
| Oct. 23 | | |
| Jenny Cellura | 520 | 2.00 |
| Howard Barnes | 516 | 1.75 |
| Marcy Stianche | 514 | 1.25 |
| Thelma Olson | 510 | 1.00 |

Why not join the group on Monday evenings for some fun? The dates for November are the 1st and the 15th.

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JOE FRANK - CURRENT EVENTS

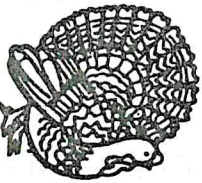
Again on Wednesday, November 29, at 7:00 P.M., Joe Frank will bring you the news and his versions and comments. He is a very interesting speaker so why not come and join the group? You will not be disappointed.

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On Friday, November 3rd at 3:00 Father Fridrich will be here to conduct communion services. He will also anoint the sick. Please join us for this service.

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|-------------------------------------|--------------------|---|-----------------------------------|
| 6 9:30-12:00 Ceramics 11:30-12:30 Dancing | 7 1 - 2 Exercise 3:30 Rosary | 1 9 - 1 Sewing | 2 | 3 3:00 Communion |
| 6:30 Pinochle | 7:00 Game night | 8 9 - 1 Sewing | 9 | 10 5:00 Dinner 6:30 Program |
| 13 9:30-12:00 Ceramics 11:30-12:30 Dancing | 14 1 - 2 Exercise 3:30 Rosary | 15 9 - 1 Sewing | 16 5:00 Dinner 6:30 Program | 17 |
| 6:30 Pinochle | 7:00 Game night | 7:00 Cards | 23  | 24 |
| 20 | 21 | 22 | 23 | 24 |
| ALL ACTIVITIES CANCELED THIS WEEK. | | | | |
| 27 9:30-12:00 Ceramics 11:30-12:30 Dancing | 28 1 - 2 Exercise 3:30 Rosary | 29 9 - 1 Sewing | 30 <u>SPECIAL EVENTS</u> Friday, 10th, 5:00 Dinner 6:30 Dance | 5:00 Dinner 6:30 Music |
| 6:30 Pinochle | 7:00 Game night | 7:00 Joe Frank | Thursday, 16th, | |

LAUGH A LITTLE - IT SURE HELPS US!

I nearly ran over a pedestrian a few minutes ago - and I do believe he was from Miami. "How did you know that? said his friend.

"Well when he reached the sidewalk I heard him say something about the sun and the beach".

* * * * *

To heck with marrying a girl who makes biscuits like her mother - I want to marry one who makes dough like her father.

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Wife: What happened to that booklet that came the other day in the mail on how to live to be 100??

Hubby: Oh, that thing. "After reading it, I decided to burn it before your mother got hold of it."

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Above a drugstore fountain the sign reads:

"Our soda jerks are licensed fizzicians".

* * * * *

A man who gives in when he is right is probably a married one.

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Inflation Item: One of the most expensive vehicles to operate these days is a grocery cart.

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The pastor had just finished typing the church bulletin when he realized that he had left something out. He found a space and squeezed the information in.

On Sunday, parishioners read the following announcement in the bulletin: "Mary Jo Howell and John Ford will be married next Saturday at 10:00 A.M. Devotions for the Poor Souls will take place on Sunday at 2:00 P.M.

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Men's hair has three basic styles, Parted, unparted and departed.

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When you feel dog tired, it may be because you have growled all day.

If you sow a little kindness, you will soon reap, a crop of friends.

* * * * *

Father to young son: "They're called the opposite sex because if you want to do anything, they want to do the opposite."

* * * * *

Tact is the ability to close your mouth before somebody else wants to close it.

* * * * *

 villa serena
GOES Las Vegas

ITINERARY FOR A GLORIOUS LAS VEGAS TRIP A LA VILLA SERENA STYLE

FEBRUARY 5th THROUGH FEBRUARY 9th, 1996

FIVE DAYS - FOUR NIGHTS

DEPARTURE - FEB. 5th - CLEVELAND 10:00 A.M. - ARRIVE VEGAS 11:30 A.M.
RETURN - FEB. 9th - VEGAS 2:00 P.M. ARRIVE CLEVELAND 8:45 P.M.
HOTEL - BALLY'S GRAND (our favorite place to stay)

TRIP INCLUDES:

FOUR BREAKFASTS - FOUR DINNERS

JUBILEE SHOW AT BALLY'S - OR OTHER PERFORMER APPEARING
ADDITIONAL SHOWS TO BE ANNOUNCED

\$25.00 IN MATCH MONEY TO USE AT BALLY'S CASINO

ALL TRANSPORTATION TO AND FROM AIRPORTS, TAXES,
GRATUITIES & BAGGAGE HANDLING.

COST FOR THIS ALL INCLUSIVE TRIP WILL BE - - - - - \$ 669.00 per person

A DEPOSIT OF \$250.00 PER PERSON WILL BE REQUIRED AT THE TIME OF YOUR
RESERVATION - PRESENTLY ONLY 40 RESERVATIONS ARE AVAILABLE -
IF RESERVATIONS ARE TIMELY RECEIVED, WE WILL BE ABLE TO OBTAIN
MORE SPACES.

DO NOT DELAY - - - - - DON'T GET SHUT OUT!

FOR MORE INFORMATION CALL MR. CHESLER OR MARY AT 241-5454

SEWING CLASS - A FEW CHANGES

Starting in November our sewing class will begin meeting on Wednesday instead of Tuesday. With the demise of the Craft Class, this move helps balance the Villa Serena calendar for each week.

Perhaps the change of day will allow more of you to participate. This is such a great class - we have enjoyed sharing each other's projects and most of all the pleasure of knowing each other. If it's about sewing, we do it. No project is too unusual (so far). Do you believe that we even made a cover for a bongo drum! Honest! Come join the fun. See you on Wednesday.

Sally Kinney

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EXERCISE CLASS NEWS

With the cooler air surrounding us we need to take precautions to maintain our wellness. If your doctor approves, make sure that you get the flu shot. This is the last month to get them. Make sure that you remain active throughout the colder months. Walk at the malls, come to our exercise class, go out whenever you can - just keep moving.

Beth Parnin

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GOOD NUTRITION

One way to get those needed vitamins is to eat correctly. For example the bags of prepared salad with the lettuce already cut up have been a great benefit to many. According to the University of Kentucky's research, these bags of pre-cut veggies and salads stay fresh longer and are a good source of vitamin C and beta carotene. All this and convenience too. Be a smart shopper.

Beth Parnin

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WEDNESDAY PINOCHLE WINNERS

The winners on October 4th, were Bill Dilley, Rachel Stegh, Carl Schock, Howard Barnes, Rose Schock and Jennie Cellura.

Winners on October 18 were Evelyn DeFlorentis, Carl Schock, Jennie Cellura, Bill Dilly, Mary Blasko and Thelma Olson.

The dates for November are the 1st and the 15th. See you then.

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SICK LIST

Sorry to say that we have several people on the sick list. We want to wish them well and hurry back.

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BIRTHDAY-ANNIVERSARIES

It was brought to our attention that we did not have our usual monthly dance during the month of October, and knowing how much dances are enjoyed by everyone, we have planned one for this month.

We will celebrate birthdays and anniversaries at our dinner and after dinner join with us in welcoming back our very special new friend and fabulous musician and singer, RICH D'AMATO. We know you have all heard him here at the Villa Serena. His music sounds like a full blown orchestra and his voice will enthrall you. As always, this is certainly don't miss evening at the Villa.

MAKE SURE YOU NOTIFY US IN ADVANCE IF YOU ARE GOING TO BE CELEBRATING YOUR VERY SPECIAL DAY SO THAT WE CAN GIVE YOU THE DINNER DISCOUNT!!!

MARK IT ON YOUR CALENDARS NOW! FRIDAY, NOVEMBER 10th.

We know you all like to do the "Chicken Dance" too, but in honor of the month of the turkey, we will rename it the "Turkey Dance". So, come join us, we'll have lots of fun!!!!

DANCE!!

DANCE!!

DANCE!!



OUR CARD PARTIES

As everyone knows, the Villa Serena sponsors a card party every other Wednesday night when anyone can come to play any card game of their choice and have the opportunity to have a wonderful evening of playing cards, socializing and having fun. Card playing is a favorite pastime for so many people.

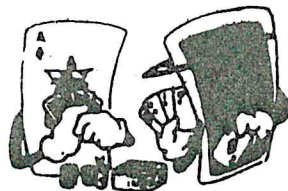
Jennie Cellura together with Marcella Stianche are always on hand to help make it a delightful time. They also have door prizes at every Card Party.

It doesn't take you far away from home, the elevator is right at your fingertips for those of you who live at the Villa Serena and what a nice relaxing time to be with your friends. It certainly beats just sitting around "doin' nothing" or watching the "boob tube" sometimes.

Won't you give some thought to and join in on the card parties. There'll be an ice cream sundae for everyone attending the next card party. Be sure to come or you will lose out!!!!!!!

We certainly want to express our very sincere thanks to Evelyn DeFlorentis who had previously volunteered for our card parties for her kindness. Ill health prevents her from continuing and we want to wish her well.

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CARD PARTY

COLD WEATHER JUST AHEAD!!!!!!

With cold weather just ahead. Here are some energy saving tips which will help all us conserve energy and utility bills in all areas.

1. Keep your windows closed. If your apartment should become overheated, report it to the office.
2. On sunny days, open the curtains and shades to let the sun help heat the apartment.
3. Report all plumbing leaks immediately and conserve the use of hot water. You can conserve hot water by washing full loads of clothes rather than small loads at one time.
4. Conserve the use of cooking equipment and small appliances. **TURN OFF LIGHTS, TELEVISIONS, IRONS AND OTHER APPLIANCES** when not in use and **ESPECIALLY WHEN YOU LEAVE YOUR APARTMENT.**
5. Stoves are not for heating. They are only for cooking.
6. Do not block air outlets or returns with furniture, curtains or other items.

We truly need your help. Utility bills in all apartment buildings today are becoming a very serious problem with higher bills every month.

You can really help us by conserving water, electricity and heat wherever possible. YOUR COOPERATION IS SO VERY MUCH NEEDED!!!

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NOVEMBER ALREADY!!!!!!

And just you remember this, "54" shopping days 'til Christmas. Well, now just forget that I have even mentioned Christmas. Let's just concentrate on this beautiful month.

A quiet time between the busy summer months and the coming winter months, when the great outdoors changes from that very luscious green grass and beautiful flowers to that lovely "snowy white" snow. Yes, I said "snowy white" because it is a very gorgeous sight when you are inside looking out. It is only bad when you are out in it.

It is truly the time to count our blessings. Just to be alive and healthy enjoying so much freedom, love, friendship, fun, good times, family and good living. All of these blessings and many more are gifts of a most loving Father.

Anyway cheer up!! You could have been born - a turkey - chances are by now you would be long gone, or a snowdrift that melted into the earth - or a fish - which ended up in a fish fry or even a cloud which long ago faded into nothing. But, thank the dear Lord you were born a beautiful, wonderful child of His. We're all very thankful that we were -- how about you????

Enjoy the days to come.

* * * * *



SOMETHING TO THINK ABOUT!!

This new day is given to us,
uncluttered, fresh and clean.

Yesterday's troubles are in
the past,
tomorrow's may never be seen;

God has granted us this new day
to do with as we will;

Let's fill it with kindness and
happiness, love, joy and
good will!!!

* * * * *

IT'S TIME TO VOTE IN OUR COMMUNITY

PLEASE DO NOT FORGET!!!!!!

TUESDAY, NOVEMBER 7th is the day
to exercise your right to vote.

It is so very important to do
this. Take the time to be a very
loyal American. We fought for
this right. Each vote counts.

Too many of us are becoming very
lacksadaisical and uninterested
in voting because they have be-
come disenchanted with some of
our elected officials.

We have many very dedicated
individuals who are running for
various offices who deserve your
support. There are many tax
issues on the ballot this year
which will affect each and every-
one of us and you must voice
your opinion.

* * * * *

| | | | | |
|--|-------|-------------------------|-------|-----------------|
| B I N G O | | | | |
| COME | PLAY | BINGO | WITH | US!! |
| ON | TUES. | AND | ON | SAT. |
| WE | START | TO | PLAY | AT 7:00 P.M. |
| OLD | GAMES | NEW | GAMES | AND |
| PRO- GRESSIVE | GAMES | \$ \$ \$ \$ \$ \$ | FUN! | FUN! |
| WE'D LOVE TO HAVE YOU AND YOU AND YOU JOIN US!! | | | | |

GLOOMY NOVEMBER YOU SAY!!!!!!

NOT AT ALL!!! - Years ago November
was considered only as a month of
no sunshine, no butterflies, no
bees, no fruits, no flowers, no
flowers and no birds. But nowadays
November is no longer considered
a "GLOOMY" month especially in our
U.S.A. where there are exciting
football contests, family dinners
and so many other festivities that
serve as prelude to the even gayer
Christmas holiday season.

SO, enjoy the month of November.
It's a good month!!!!!!

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BIRTHDAYS AND ANNIVERSARIES

NOVEMBER 1995

NOVEMBER

| | | |
|----|-------------------------|-----|
| 1 | Mary Ann Tobin | 514 |
| 2 | Romeo Casciato | 413 |
| | Magdalene Strache | 401 |
| 5 | Jack Higgins | 420 |
| 10 | Mary Weimer | 608 |
| 13 | Jennie Iannetta | 731 |
| 16 | Ann Jeannette Gallagher | 523 |
| 20 | Dorothy Mullen | 720 |
| 22 | Irene Doyle | 219 |
| 26 | Jean Earl | 421 |
| 27 | Michael Turocy | 217 |
| 28 | Mary Amling | 532 |
| | Elisa Raines | 213 |
| 30 | Ida Caruso | 613 |

Happy Birthday

ANNIVERSARIES

NOVEMBER

| | | |
|----|----------------------------|-----|
| 14 | Mr. & Mrs. Albert McMunn | 818 |
| 16 | Mr. & Mrs. Martin Laro | |
| 17 | Mr. & Mrs. John Naletelich | |
| 18 | Mr. & Mrs. Morris Berlin | |
| 23 | Mr. & Mrs. Eugene Kleinman | |
| 24 | Mr. & Mrs. Sam Garbo | |
| 27 | Mr. & Mrs. James Norton | |

Happy Anniversary

NOVEMBER

| | | |
|----|--------------------|------------------|
| 4 | Sophie Robbins | |
| 9 | June Misconin | |
| | Theresa Yacobucci | |
| | Virginia Ganch | Grace Barber |
| 10 | Philomena Barbitta | |
| | Aldy Regalbuto | |
| 11 | Nate Cohen | |
| 12 | Morris Wulken | |
| 13 | Dorothy Scheibel | |
| 14 | Irma Robertson | |
| | George Metzger | |
| 16 | Mary Secura | |
| | Clarina Rosa | |
| | Anna DiMarco | - 100 Years Youn |
| 18 | Lillian Hruska | |
| | Mary Turos | |
| 20 | Sally Berlin | |
| | Loretta M. Hick | |
| 21 | Catherine Haggerty | |
| | Tony Gentile | |
| 23 | Marjorie Andrews | |
| | Tony Insana | |
| 24 | Marianna Skarnus | |
| | Miriam Joseph | |
| 25 | Helen Simon | |
| 27 | Phillip Mirenda | |
| | Frank Heinrich | |
| 28 | Nancy Baker | |
| | Emil Wierber | |
| 29 | Eleanor Petti | |
| 30 | Betty Teachout | |
| 19 | Marie DeGeorge | |

Happy Birthday

T H E V I L L A V O I C E

Volume XXVIII

NOVEMBER, 1995

Volume 11

THE VILLA SERENA SENIOR
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* * * * *

COUNT THE BLESSINGS WE HAVE!

YES, we will "count the blessings" we have. That is just what our yearly celebration of Thanksgiving Day has come to mean to all of us.

The special time we all come together regardless of who or what we are to be as "one family", to offer our prayers as one family, to enjoy dinner as one family and to celebrate as one family.

(cont'd to next column)

COUNT THE BLESSINGS (cont'd)

We may express our feelings on this one day of the year, but it would be so wonderful if we would come together to express our thanks in some small way each day of our lives.

This year, the Thanksgiving dinner and celebration at the Villa Serena will be no different than it has been for the past 27 years and that is to repeat again, "we will come together as one family" to count our blessings and welcome in the holiday season.

THE DATE IS THURSDAY, NOVEMBER 16th!!

We will first gobble up poor old "Tom Turkey" who will have given up his life in order that we might enjoy a mighty feast, eat too much, and then we will adjourn to the Red and Blue Rooms to complete this beautiful evening with some very meaningful songs and music sung and played for us in keeping with the very meaning of Thanksgiving. The entertainment will certainly give a special kind of joy and uplifting to each one of us, we guarantee.

Come join with us in ushering in this season of joy.

Purchase your tickets early. Dinner and the entire evening of entertainment will be only \$7.50 per person.

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The Villa Voice

November 1995

