

Dinner at Villa Serena

November 8

Beef Brisket or Fish

Potato

Vegetable

Dessert

Beef \$8.50 Fish \$7.50



November 22

Thanksgiving turkey dinner
with all the trimmings.

Dessert

\$8.50

St. Francis Foundation

Villa Voice 6800 Mayfield Road
Mayfield Heights, Ohio 44124

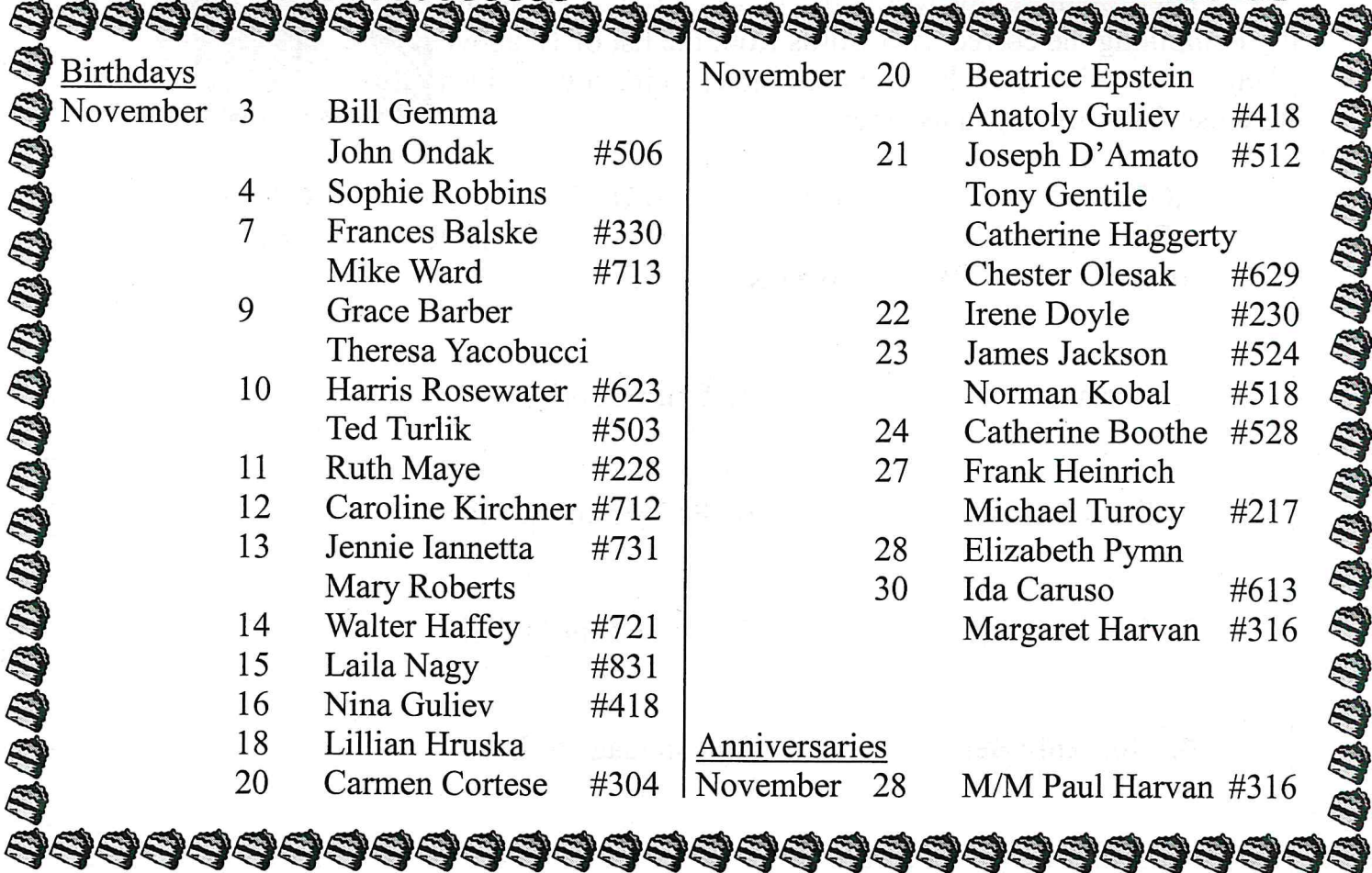
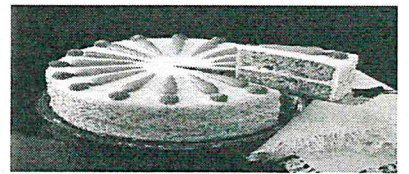
DATED MATERIAL—PLEASE DELIVER

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Cleveland, Ohio
Permit No.
175

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 1:00 Ceramics 6:00 Cards	5 Election Day 3:30 Rosary 7:00 Game Night	6 9:00 Sewing	7 2:00 Staywell Nurse	8
11 Veterans' Day 1:00 Wellness Reiki and Massage 6:00 Cards	12 3:30 Rosary 7:00 Game Night	13	14	15 2:00 Mass
18 6:00 Cards	19 11:30—12 Noon Mobile Post Office 3:30 Rosary 7:00 Game Night	20 1:30 Exercise	21 2:00 Staywell Nurse	22 5:00 Dinner 6:30 Program
25 6:00 Cards	26 3:30 Rosary 7:00 Game Night	27	28 Thanksgiving	29 Hanukkah Begins at Sundown

Birthdays and Anniversaries

November 2002



Birthdays

November 3 Bill Gemma
 John Ondak #506
 4 Sophie Robbins
 7 Frances Balske #330
 Mike Ward #713
 9 Grace Barber
 Theresa Yacobucci
 10 Harris Rosewater #623
 Ted Turlik #503
 11 Ruth Maye #228
 12 Caroline Kirchner #712
 13 Jennie Iannetta #731
 Mary Roberts
 14 Walter Haffey #721
 15 Laila Nagy #831
 16 Nina Guliev #418
 18 Lillian Hruska
 20 Carmen Cortese #304

November 20 Beatrice Epstein
 Anatoly Guliev #418
 21 Joseph D'Amato #512
 Tony Gentile
 Catherine Haggerty
 Chester Olesak #629
 22 Irene Doyle #230
 23 James Jackson #524
 Norman Kobal #518
 24 Catherine Boothe #528
 27 Frank Heinrich
 Michael Turocy #217
 28 Elizabeth Pymn
 30 Ida Caruso #613
 Margaret Harvan #316

Anniversaries

November 28 M/M Paul Harvan #316

Important Area Phone Numbers

Hillcrest Hospital Community Medical Transit:
216-797-4014

RTA Paratransit Service:
216-781-1110

Hillcrest Meals-On-Wheels:
440-449-3551

Schnurmann-Luther Service Center, noontime meal and transit, **440-461-3622**

Villa Serena Offers

U. S. Post Office on Wheels

The Postal Service will bring the mobile substation to the front door on Tuesday, October 19, from 11:30 to Noon.

Services include:

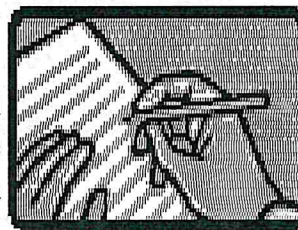
- * Stamps
- * Packages
- * Priority Mail



Monday Night Pinochle

<u>September 30</u>	<u>October 7</u>	<u>October 14</u>	<u>October 21</u>
Marcy Stianche 577 250	Marie Kavalunas 590 2.00	Jack Wells 566 2.25	Marcy Stianche 559 2.50
Mary Welker 573 2.00	Rina Colacci 552 1.75	Marcy Stianche 566 2.25	Ted Turlik 525 2.00
Stella Benjamin 564 1.75	Ernie Fioritto 549 1.25	Jennie Cellura 547 1.75	Mamie Damanti 516 1.50
Ernie Fioritto 562 1.25	Jack Wells 501 1.00	Sam Fratantonio 517 1.25	Rosemary Valenti 510 1.00
			Jennie Cellura 497 1.00

Combine 'n' Define



Each of the eight words defined below can be found by combining the correct two words from the list of 16 above them. You will use each word only once, so it's a good idea to cross them off as you use them.

AGE	AN	BALL	BREW	DON	GARB
GEL	HE	IN	OW	PAR	SAT
SIDE	SNOW	WALK	YELL		

- | | |
|-------------------|-------------------------|
| 1. Trash | 5. Shiny Fabric |
| 2. Sunny Color | 6. Pedestrian's Surface |
| 3. Excuse | 7. Wintertime "missile" |
| 4. Heavenly Being | 8. Language of Israel |

Answers

Answers:

1. Garbage 2. Yellow 3. Pardon 4. Angel 5. Satin
6. Sidewalk 7. Snowball 8. Hebrew

Just For Laughs...

You appeal to a small group of confused people.— *Message in a fortune cookie*

Ignore previous fortune cookie. — *Message in a fortune cookie*

The length of a film should be directly related to the endurance of the human bladder.— *Alfred Hitchcock*

When Elizabeth Taylor meets a man she takes him and squeezes the life out of him and then throws away the pulp.— *Eddie Fisher's mother*

They used to photograph Shirley Temple through gauze. They should photograph me

through linoleum.— *Tallulah Bankhead*

Clark Gable's ears make him look like a taxicab with the doors open.— *Howard Hughes*

I saw the sequel to the movie *Clones*, and guess what? It was the same movie. *Jim Samuels*

Now that I'm over sixty, I'm veering toward respectability.— *Shelley Winters*

The human race is faced with a cruel choice: work or daytime television.— *Anon*

Television is democracy at its ugliest.— *Paddy Chayevsky*

Imitation is the sincerest form of television.— *Fred Allen*

Drug Smarts

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



Be Curious "Before you leave your doctor's office, know what your condition is and how the drug will help you," says Janice Douglas, M.D., chief of the division of hypertension at Case Western Reserve University School of Medicine. "Don't let the doctor say, 'Okay, you have high blood pressure, so let's get you on this medication.'" Know what your numbers are and what you are trying to achieve. Only by knowing that you're aiming for, say, a blood pressure level below 140/90 or an LDL cholesterol level of under 100, will you know if the drug is working for you.

Don't Play Doctor The pharmaceutical industry has done much to develop drug therapies that can help us live longer and better lives. Painstaking research has gone into determining the dosage and effectiveness of every prescription medicine. Make sure when you leave the doctor's office or the pharmacist's counter that you understand the instructions completely: whether to take one pill or two, whether once, twice, or three times a day. If the medicine doesn't seem to be working or if you're developing side effects, always consult your doctor. You should never tinker with the dosage on your own. The instructions are there for a reason: to be followed.

Share Your Life Story When you first meet with your doctor, discuss any and all health conditions you may have, chronic as well as acute, and reveal every medication you are taking, including nonprescription medicines, nutritional supplements, herbal products, and vitamins. You'll get better treatment if the doctor has a complete picture of your health and habits.

Next Month: *Watch the Clock and Open Up to Your Dentist.*

From the AARP Bulletin

New Airline Discounts Restrictive

By Barbara Basler



Travelers looking for traditional senior discounts at major airlines this fall will find these discounts have vanished, replaced by new and more restrictive offers.

But airlines insist that older Americans can still find bargain ticket prices because generally, airfares remain deeply discounted.

"Today, airfares throughout the industry are the lowest they've been in 15 years," says Kurt Ebenhoch, a spokesman for Northwest Airlines.

US Airways was the first to drop the 10% senior discount on standard fares in July, followed by American, Continental, Delta, Northwest, and United. The airlines, except for Delta, also dropped their senior coupon ticket books, though the carriers will honor unredeemed coupons.

So, what's left for older travelers? United, Continental, Northwest, and American have a new senior offer-- a 10% discount for people 65 and older if they book tickets 14 days in advance and include a Saturday stay. The tickets are good for 180 days. US Airways also has new fares for people 65 and older.

The airlines have raised the qualifying age from 62 to 65. They have eliminated the savings for those who are flying on short notice. Call the airlines to learn more about the latest offers. The AARP Savers Fare continues with US Airways, based on special zones of travel in the US, Canada and the Caribbean. For more info or reservations, call (866) 886-2277, toll free.

Going For Water

The well was dry besides the door,
And so we went with pail and can
Across the fields behind the house
To seek the brook if it still ran;

Not loth to have excuse to go,
Because the autumn eve was fair
(Though chill), because the fields were ours,
And by the brook the woods were there.

We ran as if to meet the moon
That slowly dawned beneath the trees,
The barren boughs without the leaves,
Without the birds, without the breeze.

But once within the wood, we paused
Like gnomes that hid us from the moon,
Ready to run to hiding new
With laughter when she found us soon.

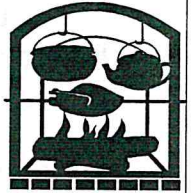
Each laid on other a staying hand
To listen ere we dared to look,
And in the hush we joined to make
We heard, we knew we heard the brook.

A note as from a single place,
A slender tinkling fall that made
Now drops that floated on the pool
Like pearls, and now a silver blade.

MANY THANKS to Hillcrest area merchants who so generously donated gift certificates as prizes for Halloween costumes awarded at our recent dinner. We urge residents and Senior Center members to patronize the following businesses: **Bucca di Beppo Restaurant, Tops Market, Walgreens Drug Stores, Fox and Hound Restaurant, Bob Evans Restaurants, John Robert's Hair Studio and Spa, and Panera Bread.** Your generosity is much appreciated.

From "Home For The Holidays", published by the V. F. W.

Stuffed Eggplant



2 Eggplants (1½ lbs.)
4 tsps. Olive oil, plus more for sauteing onions
salt and ground pepper to taste
5½ oz. Mozzarella cheese
3½ oz. Prosciutto (or cooked ham)
2 oz. Onion
3 eggs
½ cup heavy whipping cream
¼ cup, plus 1 tbsp. Grated Parmesan
4 tsps. Melted butter

Preheat oven to 400°. Cut and discard ends from the eggplants, then wash and cut in half lengthwise. Make little crosscuts in the pulp; sprinkle with salt and pepper and brush with olive oil. Bake for 20 minutes. Coarsely chop the mozzarella and prosciutto and set aside. Thinly slice the onion and saute briefly with a dash of oil and a pinch of salt.

Remove eggplants from oven and carefully scoop out most of the pulp, leaving about ¼ inch still attached to the skin. Beat eggs, add in cream, and allow the mixture to thicken in a double boiler until creamy. Add salt and pepper to taste. Blend this mixture with the pulp of the eggplant, prosciutto, mozzarella, sauteed onion, ¼ cup of the Parmesan cheese and salt and pepper to taste.

Fill the eggplant boats with mixture and place in an ovenproof pan. Drizzle the eggplants with melted butter and sprinkle with the remaining tablespoon of Parmesan. Bake for 10 minutes; serve warm.

Bon appetit!

Hillcrest Hospital Senior Services

The Meridia Senior Circle of Care 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, in the Hillcrest Atrium Lobby 9:00-3:30 weekdays. All meals include salad, roll, and vegetable. Tuesday, November 19, Carved Pork Loin, Whipped Potatoes with Gravy, Escalloped Apples, Vegetable Medley, Tossed Salad, Sweet Potato Pie. ***Bingo sponsored by Home Instead.***

Free Healthcare Lectures.

Free refreshments at 9:30 AM, lecture from 10:00 to 11:00. Reservations required in advance. Wednesday, November 13, "*When the Magic Pill Is Not So Magic; Cause, Treatment, and Hope for Erectile Dysfunction*," Fred Levine, M.D.. Call **440-449-6223**.

Senior Fitness Programs.

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, November 12, "*(Disney's) The Kid*", with Bruce Willis and Lily Tomlin, PG, 1 Hr. 44 Min.

Thanks to Karla Lindsey

From the St. Francis of Assisi Bulletin

It is true that most people find it easier to give than to receive. Some people, and especially those who have a great need to be needed by others, find it particularly difficult to receive, whether it is a compliment, a gift, a gesture, or a service. The ability to receive graciously is an art, which has the value of benefiting both giver and receiver. The true receiver is open to accept what is offered in a spirit of gratitude, being grateful for both the act itself and the concern shown behind it. Acceptance involves humility. The proud person can receive, but he is liable to see the gift as something that enhances his status. The humble person accepts in a way that enhances the giver. Humility and simplicity in the receiver are more likely to make the giver feel good and this can have the effect of enlarging the giver's spirit of generosity even further.

As we age, it is likely that there will be some tasks that we may need help to accomplish. The more intimate the task, the more difficult it can be to receive help. However, if the art has been practiced in easier things, then when the more difficult situations arise, there will be a greater facility to accept the necessary help.

They say money talks; mine always says "Goodbye." // Money: the stuff you use when all your credit cards are maxed out. // Double your money: fold it over once and put it back in your pocket. // They say money can't buy you true happiness. It can, however, put you in a good bargaining position. // As for money buying happiness, do you really think a guy with \$250 million is happier than a guy with \$200 million? // When money talks, nobody notices if it uses good grammar. // I've got enough money saved for the rest of my life, unless I want to buy something.

Better to bite tongue than to eat words.

The cooler shorter days of November mark the beginning of the holiday season. These are the times we gather with friends and family to celebrate our many blessings. We begin special shopping for holiday cooking not only Thanksgiving but, for some, Hanukkah.

There are so many things to be thankful for and we sometimes take them for granted. This holiday remember your family, friends and neighbors as well as our nations leaders and those serving in the armed services. Remember that the happiest people are the those who are grateful.

In the following months we will have volunteer students from a local Christian high school serving at our dinners. They are looking forward to working with older adults and we of course look forward to their help and their fresh young faces.

Our Birthday and Anniversary dinner this month will be celebrated **November 8** when we welcome

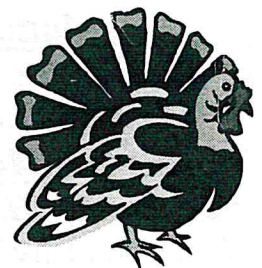
back **The Frank Cardone Trio**. Frank's group has a fine blend of musical instruments that put out a great sound. Join your friends and neighbors that evening for a delightful meal and music program.

On Monday evening **November 11th** at 6 P.M. be in the Music Room for Dan Buttolph's well known program "**I Remember Old Radio**". Dan has brought this delightful evening of reminiscences to senior centers in the Cleveland area for over twelve years. This program will take you 'way back so don't miss it.

We finally got our big winner at **Brown Bag Bingo** so we are back to 57 numbers again. Bring your lunch and try your luck on **November 14th**. We look forward to seeing you there.

Our traditional Thanksgiving dinner will be **November 22** with a complete turkey dinner and all the special trimmings. Welcome **Nathan Longnecker**, a professional pianist who will present an evening of light music and song.

St. Francis Foundation and
Villa Serena
Senior Citizens
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THANKS-
GIVING