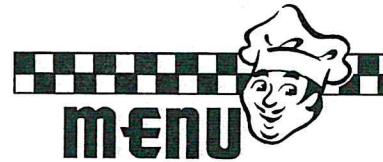


Dinner at Villa Serena



Friday, October 17

Pork Chops or Fish

Potatoes

Vegetables

Dessert

Pork Chops, \$8.50; Fish, \$7.50

Entertainment: The Frank Cardone Trio

Thursday, October 23, at Noon

Brown Bag Bingo

St. Francis Foundation

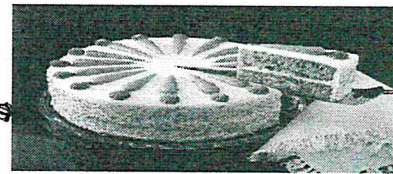
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Mayfield Heights, Ohio 44124

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Monday	Tuesday	Wednesday	Thursday	Friday
Sunday Oct. 26 Standard Time Returns Set clocks back 1 hour		1 9:00 - 1:00 Sewing	2	3
6 Yom Kippur 1:00 Ceramics 6:00 Pinochle	7 3:30 Rosary 7:00 Game Night	8 9:00 - 1:00 Sewing 1:30 Exercise	9	10
13 Columbus Day 1:00 Ceramics 6:00 Pinochle	14 Post Office on Wheels 11:30 to Noon 3:30 Rosary 7:00 Game Night	15 9:00 - 1:00 Sewing 1:30 Exercise	16 2:00 Staywell Nurse	17 2:00 Mass 5:00 Dinner 6:30 Program
20 1:00 Ceramics 6:00 Pinochle	21 3:30 Rosary 7:00 Game Night	22 9:00—1:00 Sewing 1:30 Exercise	23 12:00 Brown Bag Bingo	24
27 1:00 Ceramics 6:00 Pinochle	28 3:30 Rosary 7:00 Game Night	29 9:00—1:00 Sewing 1:30 Exercise	30	31 Halloween

Birthdays and Anniversaries October 2003



Birthdays

October	2	Rachel Goodman	
	4	Enza Pagana	
	8	Keith Nelson	#430
	10	Therese Buettner	#504
		Antoinette Sorco	
		Anton Udovec	#711
		Rose Valenti	
	11	Anna Mackey	#309
	12	Katherine Cefaratti	#426
		Mildred Linek	
		Elroy Primuth	
	14	Mildred Ornstein	#310
	15	Emily Tomas	
		Lawrence Urbanek	
	16	Erica Weiss	
	17	Bea Zimmerman	

October	18	Helen Evans	
	19	Marilyn Greenberg	
	21	Betty Montgomery	
		Shirley Wasserman	
	23	Mary Mofitt	
		Marian Wainblat	
	24	Virginia Mierke	#821
	28	Andrew Furey	#618
		John Wilson	#709
	29	Laszlo Szabo	#701

Anniversaries

October	7	M/M Filippo Pagano
	27	M/M Jerry Cellura #317

In view of the recent power outage, here are Red Cross Emergency Food Supply Tips

Have a supply of food and water for each person for three days. If power is out, you will not be able to cook food or open cans, except for pop-top lids. *Do not use refrigerated food if power has been off more than 18-24 hours.*

Items to store:

- ◆ Small cans of meat and fish
- ◆ Small cans of soup and fruits
- ◆ Crackers and granola bars (low fat, salt)
- ◆ Dry Cereal
- ◆ Bread

- ◆ Ready-to-eat canned puddings
- ◆ Canned, bottled, or boxed juice
- ◆ Nuts
- ◆ Low fat peanut butter and jelly
- ◆ Dried fruit: raisins, prunes, apricots
- ◆ Instant breakfast drinks
- ◆ Dry or shelf pack milk
- ◆ Paper plates, plastic utensils, napkins
- ◆ Bottled water, 6 quarts per person

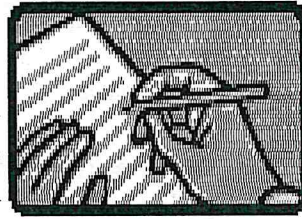
Of course, pay attention to any special dietary needs when planning purchases.

Monday Night Pinochle

<u>August 25</u>		<u>September 1</u>		<u>September 8</u>		<u>September 15</u>	
Stella Benjamin	564 2.50	Marcy Stianche	568 2.25	Stella Benjamin	564 2.50	Howard Barnes	539 2.
Carmen Cortese	555 2.00	Helen Syroth	547 2.00	George Seidel	558 2.00	Stella Benjamin	512 2.
George Seidel	549 1.50	Stella Benjamin	546 1.25	Carmen Cortese	546 1.50	Mary Welker	509 1.
Laila Nagy	540 1.00	Carmen Cortese	525 1.00	Jennie Cellura	514 1.00	Nancy Menage	505 1.00
				Howard Barnes	513 1.00	Marie Kavalunas	505 1.00

Leapfrogs

Leapfrogs are pairs of words that are formed in this way: when the first letter of the first word is moved to the end of that word, it becomes the second word. *Example: car and arc are leapfrogs.*



Using the definitions below, can you find all ten leapfrogs?

- | | | |
|-----------------------------|-------|-------------------------------|
| 1. That girl | _____ | “For ___ a jolly good fellow” |
| 2. Actor Gibson | _____ | Shade giver |
| 3. _____ Beta Kappa | _____ | Fashionable: slang |
| 4. Wise man | _____ | Eons |
| 5. Shaquille’s group: abbr. | _____ | Forbid |
| 6. Sweet potato | _____ | Actress Irving |
| 7. Steered the car | _____ | Wandered |
| 8. Flank | _____ | Fateful day for Caesar |
| 9. Juicy fruit | _____ | Wyatt of the Old West |
| 10. Male duck | _____ | Gathered leaves |

Answers

Answers:

1. She 2. Mel 3. Phi 4. Sage 5. NBA
6. Yam 7. Drove 8. Side 9. Pear 10. Drake

Just For Laughs...

The trouble with using experience as a guide is that the final exam often comes first and then the lesson.— *Anon*

Consistency requires you to be as ignorant today as you were a year ago. — *Bernard Berenson*

Correct me if I’m wrong, but hasn’t the fine line between sanity and madness grown finer? — *George Price*

The nail that sticks up gets hammered down.— *Japanese Proverb*

If you want a place in the sun, prepare to put up with a few blisters.— *Abigail Van Buren*

Do Not Disturb signs should be written in the language of the hotel maids.— *Tim Bedore*

What ought to be done to the man who invented the celebrating of anniversaries? Mere killing would be too light.— *Mark Twain*

Never put off until tomorrow what you can do the day after tomorrow.— *Mark Twain*

Propaganda is the art of persuading others of what you don’t believe yourself.— *Abba Eban*

Never believe anything until it has been officially denied.— *Claude Cockburn*

There are only two ways of telling the complete truth — anonymously and posthumously.— *Thomas Sowell*

Drug Smarts

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



Get Special Discounts A program called Together Rx became available in June 2002. For Medicare enrollees with no drug coverage and incomes of up to \$28,000 (\$38,000 for couples), the program offers discounts on products from such top drug companies as Abbott Laboratories; AstraZeneca; Aventis Pharmaceuticals, Inc.; Bristol-Myers Squibb Company; GlaxoSmithKline; Janssen Pharmaceutica Products, L. P.; Novartis; and Ortho-McNeill Pharmaceutical, Inc. There is no cost to enroll. **800-865-7211; www.together-rx.com.** For incomes under \$18,000 (\$24,000 for couples), and no prescription drug coverage Pfizer and Lilly offer discount cards. 30 day supplies are available at nominal fees. Pfizer is at **800-717-6005, www.pfizerforliving.com,** Lilly is at **877-795-4559, www.lillyanswers.com.**

More than two dozen states have programs to help the needy cover drug costs. If you're enrolled in an AARP health insurance plan, you have free access to its Prescription Savings Service, which offers discounts on drugs through the mail or at 46,000 pharmacies. If you don't have an AARP-sponsored policy, you can buy an identical service called Member Choice, **800-439-4457, www.aarppharmacy.com.**

Next: Go Generic

The Wood-Pile

Out walking in the frozen swamp one gray day,
I paused and said, "I will turn back from here.
No, I will go on farther— and we shall see."
The hard snow held me, save where now and then
One foot went through. The view was all in lines
Straight up and down of tall slim trees
Too much alike to mark or name a place by
So as to say for certain I was here
Or somewhere else: I was just far from home.
A small bird flew before me. He was careful
To put a tree between us when he lighted,
And say no word to tell me who he was
Who was so foolish as to think what *he* thought.
He thought that I was after him for a feather—
The white one in his tail; like one who takes
Everything said as personal to himself.
One flight out sideways would have undeceived him.
And then there was a pile of wood for which
I forgot him and let his little fear
Carry him off the way I might have gone,
Without so much as wishing him good-night,
He went behind it to make his last stand.
It was a cord of maple, cut and split
And piled— and measured four by four by eight.
And not another like it could I see.
No runner tracks in this year's snow looped near it.
And it was older sure than this year's cutting.
Or even last year's or the year's before.
The wood was gray and the bark warping off it
And the pile somewhat shrunken. Clematis
Had wound strings round and round it like a bundle.
What held it though, on one side was a tree
Still growing, and on one a stake and prop,
These latter about to fall. I thought that only
Someone who lived in turning to fresh tasks
Could so forget his handiwork on which
He spent himself, the labor of his ax,
And leave it there far from a useful fireplace
To warm the frozen swamp as best it could
With the slow smokeless burning of decay.

Robert Frost

Villa Serena Offers

U. S. Post Office on Wheels

The Postal Service will bring the mobile substation to the front door on Tuesday, October 14, from 11:30 to Noon.

Services include:

- * Stamps
- * Packages
- * Priority Mail



New Focus on Older Drivers

The September, 2003 *AARP Bulletin* contains several articles on the greater attention that is being paid by states to the potential for problems posed by older drivers. Statistics seem to indicate that older drivers *are not* a hazard to others, but some political pressure is being brought to encourage mandatory retesting as drivers age.

While no one wants to lose that treasured degree of independence, it is surely a good idea to make (or have made for you) a frank evaluation of your ability as a driver. You should at least be aware of the fact that night vision is the first thing to go. You just can't see as well at night anymore. Also be aware that a policeman who feels that your driving is impaired can force you into being retested in order to retain your license. *It's the law!*

The addition of Fran Balske to our masthead reminds me of the debt of gratitude that I owe to all the wonderful folks on our staff who volunteer their time to see that *The Voice* is produced, collated, folded, delivered, and mailed on time each month, and to Sally who does such a great job of updating the birthdays and anniversaries. My sincere thanks to you all. — *Ed*

From:

Summertime Cooking, published by the VFW



**Log Cabin
Beer Stew**

- 3 tbsps. oil
- 2 large onions, chopped
- 1 tbsps. sweet paprika
- 2 lbs. lean stewing beef,
cut into 1½ inch cubes
- 3 tbsps. all-purpose flour
- salt and pepper to taste
- ½ tsp. crushed dried marjoram
- 1 tbsps. minced fresh parsley
- 1½ cups beer
- 1 tsp. gravy darkener (optional)
- 2 cups beef broth
- 1 cup raw potato cubes
- 4 medium carrots, cut in chunks
- ½ small turnip, cut in chunks
- 1 clove garlic, peeled and crushed
- 1 tsp. caraway seeds
- 1 bag cooked egg noodles
- 2 tbsps. butter

Use a large oven proof casserole dish or Dutch oven with a cover. Preheat oven to 350 degrees.

Heat oil over medium heat and add onions, allowing them to cook slowly to a golden color. Sprinkle paprika on top and cook another 3 minutes over low heat.

Dredge beef in flour lightly seasoned with salt and pepper. Increase the heat of the onions, add beef and brown. Remove heat and add remaining ingredients, except noodles, stirring to combine. Cover, place in the preheated oven and cook until beef is tender, 1½ to 2 hours.

Mix egg noodles with butter, and serve stew over them.

Bon Appetit

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, dessert, and beverage. Tickets at the hospital cashier, on a first come, first served basis, in the Hillcrest Atrium Lobby 9:00-3:30 weekdays. **Tuesday, October 21,** Tossed Salad, Veal Parmesan, Penne Pasta w/ Sauce, Squash Medley, and Apple Pie. ***Bingo*** sponsored by *Homewood Services at Richmond Heights.*

Free Healthcare Lectures.

Free refreshments at 9:30 AM, lecture from 10:00 to 11:00. At Ross C. DeJohn Community Center, 6306 Marsol Rd. Reservations required in advance. **Wednesday, October 8,** "Hearing Loss and Advancements in Hearing Aids," Screening with Video Otoscope, See Your Own Eardrum. Carol Snyderwine, MS, CCC-A, Site Supervisor, Rehab Therapies, South Pointe Hospital **Reservations at 1-877-390-1732.**

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.**

Line Dancing. Tuesday, October 28, 2:00 PM. Hillcrest Hospital Atrium, Ross Auditoriums A & B, no fee. **Call 1-877-390-1732.**
Thanks to Karla Lindsey

From the St. Francis of Assisi Bulletin

Praying For Others

I flip on a switch without a thought as to how electricity works. Prayer is even more reliable. I may not be able to explain how or why prayer works, but all I need to know is that indeed it does work.

Prayer works wonders. When I pray for the well-being of those I love, I am affirming the presence and power of God at work within them and in their lives.

Prayer serves to calm my thoughts and center me on the truths of God's presence. As I support my loved ones in prayer, I feel a soul-to-soul, heart-to-heart connection with them. Because of my heart-felt empathy for my loved ones, I may try to take on their problems even when they are capable of taking care of them on their own. And in reality, they are never alone, for God is with them.

So I close my eyes and pray for all those who are such blessings in my life. In prayer, I am in touch with the infinite peace and wisdom of God, which brings me to the realization that divine love enfolds those precious people at all times.

Because God is the abundant source of our strength and guidance, my loved ones and I are capable. We have everything we need to meet every situation with confidence.

When we can truly release our cares and worries into the hands of God and trust in God's wisdom and plan for our life and the lives of those we love, we lift the burden of worries from our shoulders. Letting go and "letting God" can calm our spirits and give us inner peace and strength.

Little Jimmie asked his grandmother how old she was. Grandma answered that was 39 and holding. Said Jimmie, "And old would you be if you let go?" 2

I hope this finds all of you in good spirits. Autumn has arrived and with it harvest time. A very wise person once said that “you can only reap what you sow.” What does this really mean in terms of our daily lives? Let me take a stab at it.

We all know that the most rewarding things in life are the result of hard work and dedication. If we want something badly enough, we can find a way to acquire or accomplish it. Effort is an essential part of achieving anything in life. The saying, “no pain, no gain” tells us that those worthwhile goals we seek to attain come with a cost attached to them. Are we willing to pay the price?

When we get disappointed that things don’t turn out the way we want them to, we need to evaluate whether we gave it our best shot. If we do our best each day, we surely will feel good about ourselves. When our head hits the pillow at day’s end, we can more readily accept what the day has dealt us.

Learning to accept life’s burdens and challenges is by no means an easy task. Each of us being more readily prepared for life’s challenges is something we could all work at.

On a closing note, I would like to add that I will be on vacation until October 14, 2003. I have full confidence that the building will be left in competent hands, but should anything untoward happen, I ask, please, for your patience and understanding with my staff until I return.

~~~~~  
A glance at the calendar shows that our next dinner party will be on Friday, October 17, followed by an entertaining evening with an old favorite, the Frank Cardone Trio. On Thursday, October 23, at noon, we will have fun with another Brown Bag Bingo. You bring the lunch and we’ll supply the dessert and coffee. Who knows? You might even win!

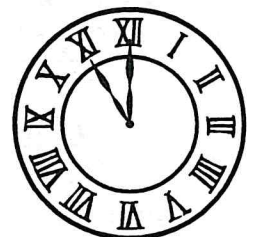
Don’t forget; the time changes on October 26.

Talk to you later— *Charlie*

St. Francis Foundation &  
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Howard I. Chesler  
Senior Center

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