

So let's call this issue a starting point...

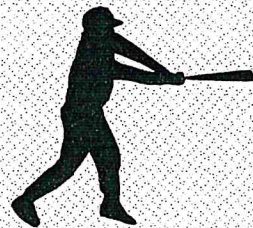
There are more things coming that we're planning on, such as puzzles and games; the recipes that you submitted to Andrea (there weren't enough for a separate book, but we can do them here in the Villa Voice); we're going to do a review of the history of this place from the 1960's to the present; we would like to highlight our birthdays, particularly the big ones (65, 70, 75, etc.), and perhaps make note of the oldest residents in actual age, and in length of residence (has anyone been here longer than 24 years?); we're going to try to have a calendar of events of which you will have a copy, rather than having to refer to bulletin boards around the building, and we will make note of things going on in Mayfield Heights and other nearby communities that we think might be of interest to our readers. As mentioned in the intro on the first two pages, we do want to know if you have any suggestions for things that interest you, or if you have any comments or criticisms about what you have seen so far, or, if you would like to make a submission of your own; we're flexible. You can use the space which we have left below in any way you see fit, and return it to the Villa Voice editorial office, which is right next to the room with the vending machines, or put it under the door of Apt. 713. Our thanks in advance for any thoughts you may have in those directions. —Your Editor

Let us know what you're thinking: how would you like to see this newsletter improved? Have you any suggestions, or questions you would like to have answered? Would you like to submit an item that we could consider for publication? Should we look into a different area from those we have mentioned? Give us your comments or criticisms (you won't hurt our feelings). Make it anonymous if you prefer.

Your Name _____ Apt.# _____ Birthday ____ / ____ (____)
Save for future use if you wish. Mo. /Day (Year)

Sports

Baseball, 2019, an Historic Season of Hits and Misses



For the second time in three years, major league baseball set a record for the home runs in one season, 6,776, topping the previous record by more than 10%. Not surprisingly, there was also a new record for strikeouts, with a staggering 42,823. HR's and K's (S.O.'s) go hand in hand, which was first demonstrated by Babe Ruth, who almost invented the home run, and who had 714 of them, along with 1,330 strikeouts.

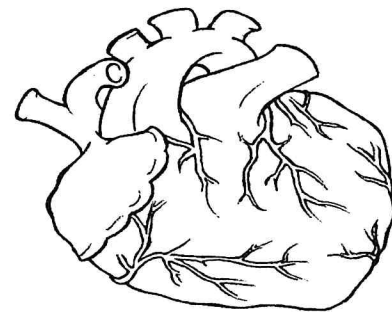
Our own Cleveland Indians hit a team record with 223, but there were so many hit in both leagues that that record was *less* than the *average* for the 30 teams in the majors. The Minnesota Twins set the team season record with 307, but were swept in the playoffs by the New York Yankees, who had 306 this year. *Live by the sword, etc.*

The previous season record for one team was 267 by the Yankees in 2018, and this year's Yankees set a record with 14 of their players hitting 10 or more each. The New York Mets' Pete Alonso became the first rookie since 1900 to lead the majors in HR's, and he was also the only player to hit 50+ this year, which shows that this season, while setting records, was not like the steroid era of twenty some years back, when the artificially pumped-up players were hitting 60 to 70 per year.

For the Indians, Shane Bieber led the pitchers with 15 wins, 214 innings pitched, and 259 strikeouts, third in the majors. Francisco Lindor led the batters with 598 at bats, and 170 hits, while second to Carlos Santana in home runs and runs scored. The team won more than 90 games for the fourth consecutive time, which was only the second time in their history they did that. With all the injuries to key players this year, we think they did a heckuva job to accomplish what they did.

From the American Heart Association

Live life better with *Life's Seven Simple Steps*. This list has been developed to help fulfill the hope that we all have to live a long, productive, and healthy life



1. Manage blood pressure. High blood pressure is a major risk factor for heart disease and stroke. Check the schedule and have your blood pressure monitored here at *VS* once a month, every month.
2. Control cholesterol. High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and/or stroke.
3. Reduce blood sugar. Most of the food that we eat is turned into blood sugar (glucose), which our bodies use for energy. Over time, *high* levels of glucose can damage your heart, kidneys, eyes, and nerves.
4. Get Active. Physical activity increases your length and quality of life.
5. Eat better. A healthy diet is one of your best weapons for fighting cardiovascular disease*.
6. Lose weight. When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels, and skeleton.
7. Stop smoking. Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is one of the best things you can do for your heart's health..

*Cardiovascular includes diseases of the blood vessels, coronary arteries, heart rhythm problems, heart infections, and congenital heart defects.

Autumn

Perhaps we have an idea for a group activity bus trip. A feature article by Susan Glaser in the PD forecast that the annual color change in the trees' foliage will be rather late this year, with the peak period coming near the end of this month. If you traveled south, you would see that the change comes later (North Carolina gets it about two weeks later than we do.) But, whenever it does happen, it has always surprised us that so many people seem to think that it is necessary to travel long distances to be able to appreciate the fall colors. Ms. Glaser, who wrote the article, talks about going, in Ohio, to Hocking Hills, East Harbor, Mount Gilead, or Stonelick, none of which, we can assure you, are anywhere near to Mayfield Heights.

But the fact is that we are, in Northeast Ohio, in the midst of millions of deciduous trees that have billions of leaves that change color at this time of year. Our own favorite place to see this annual spectacle is about twenty minutes from here. We are just a mile from the Chagrin River Valley, which, to our mind, annually puts on a miniature show that is comparable in quality to what one might expect to see in the Finger Lakes region of upstate New York, and without four or five hours of travel time.

To view our display at its height, you would simply turn right out of our front drive, and follow Mayfield to the light at the bottom of the hill, which is Chagrin River Rd., Ohio Rt. 174. Turn left and follow it, and, shortly after crossing Wilson Mills Rd., you will soon be in the Chagrin River Reservation of the MetroParks System. You will head north on River Rd. for a couple of miles, and go on past

Squire's Castle, and the next road you will come to will be Chardon Rd., U.S. Rt. 6.

Proceed just a bit farther, keeping your eyes looking right (east) and you will soon realize that you are now on a ridge overlooking the valley, and a couple of breaks in the roadside trees and bushes will present themselves, where you will have, from this elevated vista, a clear view of miles of the valley, a display of the river curling below you, and the trees and their leaves whose colors are like an artist's palette of brilliant scarlet, gold, bronze and green. Of course, you remembered to bring your camera so that you can snap your fill of pictures, which will verify what you will want to tell your friends about a little known natural treasure which lies almost on our doorstep.

We believe this would be a nice way to spend an hour or two, lift your spirits if you are a nature lover, and heighten your enjoyment of this most colorful season.

Free Notary Public Services Available for Residents and Their Relatives

I will notarize pension verifications, powers of attorney, car titles and other such documents for Villa Serena residents. Call me at 440-605-0670.



Mike Ward, Apt. 713.



Villa Serena Offers Weekly Art Classes

Cat McB, Villa Serena's answer to Ansel Adams, has begun a series of classes covering various aspects of art work for individual students.

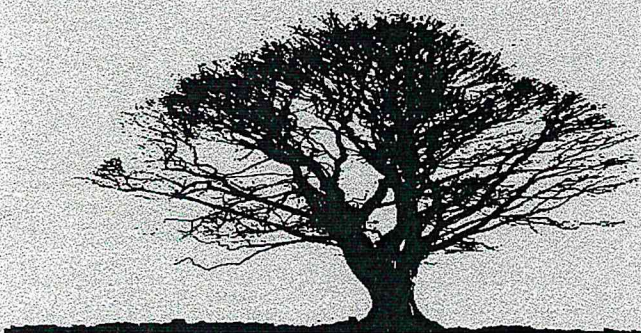
To date, these classes, held on Thursdays from 2 to 4 P.M. at the tables in the area outside the dining room, have proven to be a major attraction for residents who are looking for some kind of a break from afternoon TV programs, and who appreciate the wide diversity of subjects.

Cat tells us that attendance has steadily increased over the weeks the class has been held, with, recently, as many as 25 people attending who are ready to exercise their inner *artiste* under her direction.

The fact that there is a ready number of students and a particularly well qualified teacher here at our humble abode is a rare bit of serendipity, indeed.

Our teacher comes with an extensive pedigree; 45 years of hands on involvement in such areas as photography, watercolor and pen and ink, acrylics, scrimshaw, and art carving in rare natural materials. Her work has attracted collectors from Maine to Florida, and also England, Australia, and Africa. Her love of nature and her desire to explore its limitless variety has led her to travel widely, and has supplied her with a background which is particularly well-suited to the task of sharing all of that with those who are fortunate enough to attend these Thursday afternoon sessions.

Think you might want to try your hand?



BINGO!

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***Dollars! Pounds Sterling! Francs! Lira!
Pesos! Zlotys! Euros!***

Call it what you will, it's money, cash, moola, cabbage, bucks, dinero, and it's just right there for you to win at our ever popular Bingo! game, which is entering its winter schedule now that we are into October.

Here's how it will look:

Games are Tuesdays and Saturdays

Doors open for card sales at 5:30

Early-Bird games are at 5:45

10 Bingo games begin at 6:30

Games are held in the Cafeteria

Please note: Early-Bird is 3 quick games @ 0.50¢ per sheet.

Come one, come all, meet your friends and neighbors. *You* might be the next winner!

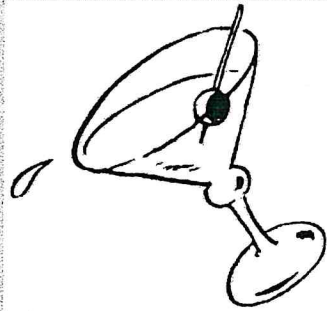
— *Thanks to Sandy for this info*

Time Change, First Week of November

Be sure to set your clocks back one hour before you retire on Saturday, November 2nd.



R-E-M-O-R-S-E



THE cocktail is a pleasant drink;
It's mid and harmless— I don't think.
When you've had one, you call for two,
And then you don't care what you do.
Last night I hoisted twenty-three
Of those arrangements into me.
My wealth increased, I swelled with pride,
I was pickled, primed and ossified.
R-E-M-O-R-S-E

THOSE dry martinis did the work for me;
Last night at twelve I felt immense;
Today I feel like thirty cents.
At four I sought my whirling bed,
At eight I woke with such a head!
It is no time for mirth or laughter—
The cold gray dawn of the morning after.
IF ever I want to sign the pledge,
It's the morning after I've had an edge;
When I've been full of the oil of joy
And fancied I was a sporty boy.
The world was one kaleidoscope
Of purple bliss, transcendent hope.
But now I'm feeling mighty blue—
Three cheers for the W.C.T.U.!

R-E-M-O-R-S-E

THE water wagon is the place for me;
I think that somewhere in the game,
I wept and told my maiden name.
My eyes are bleared, my coppers hot;
I try to eat, but I can not;
It is no time for mirth or laughter—
The cold gray dawn of the morning after.

—George Ade

One Critic's Favorite All-Time TV Programs



Mara Reinstein of the *Sunday Parade Magazine*, lists her 20 top choices among TV shows. Like all such lists, it's open to argument (where are Sid Caesar and Jackie Gleason?), but take a look and see what *you* think of her selections.

Here they are in chronological order with their dates and the number of Emmy Awards each show won.

<u>Program</u>	<u>Dates</u>	<u>Wins</u>
I Love Lucy	51-57	4
The Carol Burnett Show	67-78	25
Mary Tyler Moore	70-77	29
All in the Family	71-79	22
M*A*S*H	72-83	14
Saturday Night Live	75-	67
Taxi	78-83	18
Hill Street Blues	81-87	26
Cheers	82-93	28
NYPD Blue	93-05	20
The Simpsons	89-	33
Friends	94-04	6
ER	94-09	23
The West Wing	99-06	26
The Sopranos	99-07	21
30 Rock	06-13	16
Mad Men	07-15	16
A Modern Family	09-	22
Game of Thrones	11-19	47
Veep	12-19	47

Obviously, if you don't pay for a lot of premium channels (which we don't), you're not going to see a lot of Ms. Reinstein's favorites, and maybe she's too young to remember Sgt. Bilko, but *NO SEINFELD?*

DO YOU DRINK ENOUGH WATER?

The answer to this question is, in too many cases, almost certainly "NO!" One problem is that as we age, we tend to lose our sense of thirst. Our bodies are 60% water. It's the main ingredient of our blood, which keeps our brains, heart, kidneys, and other organs functioning. How much do we need? Generally, men should aim for about 16 eight ounce glasses a day, and women for about 11, although you may need a bit more or less depending on your size and activity level, and the weather. If this sounds like a lot, all water found in foods and other beverages counts toward your total. (Editor's note: the easy way to check for yourself, which is the way that professionals use, is by taking note of the color of your urine. It should be a very light yellow; if it is clear, you might be a bit overhydrated; if it is a rich, golden color, get a large glass right now! One down side is that if you are sufficiently hydrated, you may find yourself using the bathroom frequently, but that's a small price to pay for the health benefits you will receive from an improved regime of hydration. Here are a few of those benefits:

PREVENT A HEADACHE

Dehydration can cause a headache, and drinking up may cure one.

PAMPER YOUR HEART

Proper hydration increases the volume of blood in your body, which means fewer heartbeats to transfer blood around your body, so it's less taxing on the heart muscle.

FIGHT A FEVER

When you're sick with, for instance, the flu, drinking plenty of water can limit the rise of your body temperature, when taken in conjunction with fever-reducing medicine.

CURB YOUR APPETITE

Drinking water before a meal can make you begin to feel full without any calories and prevent overeating.

BOOST YOUR MOOD

Experts aren't quite sure why, but research suggests that people who are well-hydrated tend to be in better moods.



HEALTHY FLUSH

Ample water helps insure that your digestive tract has enough fluid to effectively eliminate waste.

KEEP YOUR COOL

Staying hydrated helps you sweat more, which is essential for cooling your body down on hot days or after exercise, and can help you avoid a heat stroke, as well.

UP YOUR GAME

Hydrated runners tend to be faster than dehydrated ones, and feel better afterwards, too, possibly because they eliminate lactic acid more quickly.

All in all, not bad, don't you think?

(Thanks to Consumer Reports Magazine)

(continued from front page)

they felt, was too similar to that of their big time venture. The implication was clear; they were in New York, and we were in Cleveland, and where did pipsqueaks such as us get the nerve to copy their title. This led to a happy ending when a small bit of research showed us that we had been publishing *longer* than they had, and we informed them of that, and suggested, graciously, that perhaps *they* should drop *their* title. We never heard from them again.

When your editor arrived here in 1996, the person handling the process of putting out this newsletter was Genevieve Devney, a pint-sized ball of energy who lived on the seventh floor but never took the elevator! She had, in fact, been doing the *Voice* for 18 years, on an old mimeograph machine. You might remember such things from school; all the ink was an odd shade of purple. Gen could do that because she was a wonderful typist—you couldn't correct mistakes on a mimeograph system so you had better get things right the first time, or else, and she did.

In 1997, the new Administrator, Cathy Jaspersen, brought the *Voice* into the 20th by purchasing a computer and transferring the task to an automated system. The problem was that Gen had no intention to learn computers—they weren't omnipresent then as they are now, and Cathy didn't have the time or the desire to do it herself. She learned that your editor had a modicum of computer skill, so she offered the job to him, and although he is a terrible typist, computers allow one to correct errors before designating a task as finished, so he accepted, and has had it since. Let's hope the relationship remains a happy one.

There were a lot of people who were instrumental in getting this effort off the ground and who are due our gratitude. To Maria Monroe and the *VV* staff, thanks for the space for our editorial office, in the room south of the vending machines (note the chair with the Browns' emblem on it!).

Our friends, the members of the St. Francis Foundation gave us all possible encouragement and support through the long gestation and labor pains, especially when we were a bit depressed by the great amount of new *stuff* we had to learn. Surely, the first among equals was our pal, Seana Dailey. The editorial board met recently and in a unanimous vote bestowed the title "Guardian Angel of the Villa Voice" upon Seana, and we are well aware of our debt to her. The same is true of how we feel about Linton Sharpnack, Tom Pitrone, Andrea Redhead, Carlo Alvarez, and the entire Board of Directors. We hope that we can be worthy of the confidence you have given us. Lastly, thanks to two fine young gentlemen, Masters Conor and Jameson Dailey, who kept themselves busy and let our progress go on unabated. Of course, thanks to our readers. *Enjoy!*

October 2019							Calendarpedia Your source for calendars
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30	1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31	1	2	

October — 14 Columbus Day

31 Halloween

The *villa* Voice

Villa Serena

October, 2019

Volume 19
Number 1

Aaannd ... we're back! To say it's by popular request might be an overstatement, but we're going to do our best to put out a product that you, the reader, will enjoy. We thought a lot about what to name it, but *The New Villa Voice* was too reminiscent of the *New Coke*, if you remember what a disaster that was, and *Son of Villa Voice*, *Villa Voice, the Sequel*, *Villa Voice, Part II*, *Return of The Villa Voice*, and such like sounded too much like movie titles. So, we'll just stick with what worked before.

For everyone, but especially for our newer tenants, we want to assure you that we hope you will find it to your liking, but if you have a criticism, by all means let us know; we can be flexible. After you've read this edition, turn to the back page and if you wish, express your opinion. You needn't sign it unless you want to, but we definitely want to hear from you.

So, what can you expect to see in the coming months? As you might imagine, at least at first it will be much the same as it was

(the older tenants can tell what that was like and you'll see some of it as you read this). We will have some pencil fun puzzles, some sports and other trivia that we think will interest you, we'll have excerpts from some of the newspapers and magazines that we get to see, such as *Consumer Reports*, the *Smithsonian*, the *VFW* and *American Legion* magazines, among others, and such topics as your health, guarding against fraud that is perpetrated on seniors, tips on shopping frugally, events of interest here at home and in nearby locations, information for veterans, safety tips such as the one from the *AARP* in this issue, and more.

The Voice, which is our shorthand for "The Villa Voice," has been published here at *VS*, our shorthand for Villa Serena, for quite a long time; so long, in fact, that at one time we received a letter from New York, from the offices of *The Village Voice*, a paper that is published in the Greenwich Village section of downtown New York, informing us that we should change the title of the *Voice*, which, (see next page >)

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