

*Dinner at Villa Serena*

**September 17**

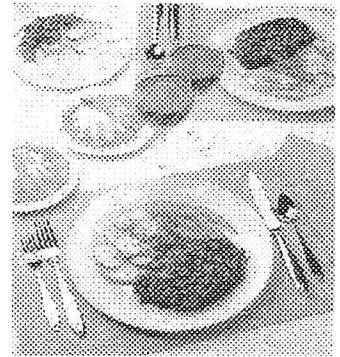
**Chicken Cutlet or Fish**

**Potato**

**Vegetable**

**Dessert**

**Chicken \$8.00, Fish \$7.00**



**September 24**

**Short Ribs of Beef or Fish**

**Potato**

**Vegetables**


**Dessert**

**Beef \$8,00, Fish \$7.00**

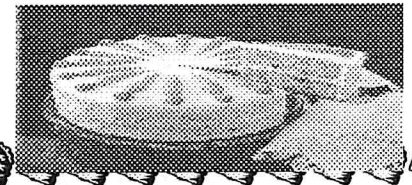
*St. Francis Foundation*

**Villa Voice** 6800 Mayfield Road  
Mayfield Heights, Ohio 44124

Non-Profit Organization  
U.S. Postage Paid  
Cleveland, Ohio  
Permit No.  
175

Monday	Tuesday	Wednesday	Thursday	Friday
September 12, Sunday Grandparents' Day		1 6:30 Bocci	2 V.J. Day – 1945 10:00 Stay Well Nurse	3
6 Labor Day Office Closed	7 3:30 Rosary 7:00 Game Night	8 6:30 Bocci	9 10:00 Stay Well Nurse	10 Sundown – Rosh Hoshanah Begins
13 9:30 Bocci 9:30 Ceramics 6:30 Cards	14 3:30 Rosary 7:00 Game Night	15 9:00-1:00 Sewing 1:30 Exercise 6:30 Bocci	16 10:00 Stay Well Nurse	17 2:00 Mass 5:00 Dinner 6:30 Program
20 Yom Kippur 9:30 Bocci 9:30 Ceramics 6:30 Cards	21 3:30 Rosary 7:00 Game Night	22 9:00-1:00 Sewing 1:30 Exercise 6:30 Bocci	23 10:00 Stay Well Nurse 12:00 Brown Bag Lunch 1:30 Bingo Autumn Begins 	24 5:00 Dinner 6:30 Program
27 9:30 Bocci 9:30 Ceramics 6:30 Cards	28 3:30 Rosary 7:00 Game Night	29 9:00-1:00 Sewing 1:30 Exercise 6:30 Bocci	30 10:00 Stay Well Nurse 6:30 Music Program	

# Birthdays and Anniversaries September 1999



## Birthdays

September	1	Sarah Belfer	
		Mary Meanza	
		Minnie Novel	
	2	Ann Panichi	
	3	Beverly Lee	#818
		Helen Reinbrecht	#527
	5	Eleanor Rafferty	
		Sam Rondini	#724
	6	Norma Rasoletti	
	7	John DeSantis	
	8	Margaret Mitrovic	
		Jane Rendessy	#223
	9	Ben Savickas	#321
	10	Florence Treichel	
	12	John Freyhauf	#201
		Bert Morehart	#717
	13	Rudolph Derdul	
	14	Ruth Delman	
	15	Mildred Abraham	
		Phyllis Agresta	
		Elizabeth Parrino	#526
	17	Agnes Szabo	
	18	Dorothy Penkava	#716
	19	Victoria Karansky	
	20	Thelma Lilje	#821

September	21	Dagmar Collova	
		Robert Koutnik	#602
	22	Lou Allevato	#215
		Caroline Eppich	
		Gena Kusa	#707
	23	Betty Ohlin	
	25	Agnes Benes	
	27	Rose Farron	
		Faye Ghelman	#310
	29	Joseph Kovach	
		Jean Pollack	#534
	30	Margaret Parise	
		Meyer Tucker	#531

## Anniversaries

September	4	M/M Walter Wallace	
	5	M/M Mike Pipoly	
	12	M/M Richard Rosich	
	17	M/M George Nagy	
	19	M/M Irv Buchler	
	20	M/M Tony Insana	
	23	M/M Ika Berkov	#528
	25	M/M Joseph Nagy	#517
	28	M/M Andrew Andrews	#718

## Fall Activities Resume

FALL FITNESS begins Wednesday, Sept 15, at 1:30 P.M. in the Red/Blue Room. Instructor Sue D'Amore has lots of new "toys" to make fitness fun and effective. ALL levels of fitness are WELCOME. Each participant is encouraged to do what is comfortable for her or him. Your increased health and well-being begin when you walk through the door!



SEWING CLASS begins the same day at 9:00 A.M. in the Dining Room. Instructor Sally Kinney has lots of fabric and lots of projects in mind. She hopes for a big turnout of eager stitchers.



Sally says "My hope is that we'll inspire each other to get our projects under way ... and to finish them."

CERAMICS CLASS will be held on Mondays starting at 9:30 in the Activities Room. Ellie says "It's time to start thinking of - can you believe- *Christmas!* If you can 'paint by numbers', you'll find ceramics are fun."



## Wednesday Night Cards

Anyone interested in a fun-filled session with the pasteboards on Wednesday evenings should contact Jennie here at Villa Serena at 461-4447. Pinochle lovers, give her a call!

P B M L A L A R G U M E N T P  
 I D A E L P E R C E E J S R R  
 P N S I A T A S M I U U O A A  
 J E T P L N E B N R H S S N C  
 T U E N D I E V I U E T O S T  
 F R R R A R P S L C O I E T I  
 E O U Y S D D E U E T C H C C  
 R U R O E I N T N A W E T I E  
 E N R E C N O E M A S T U D Y  
 H S R T M R R M F T L F R R R  
 D C I U W A U O D E L T T E S  
 A O N O T S N S T E D I Y V W  
 N P M E F E T W G T A W U A E  
 D E L I B E R A T E A L I G A  
 N O D R A P L L Y L Y T U D R

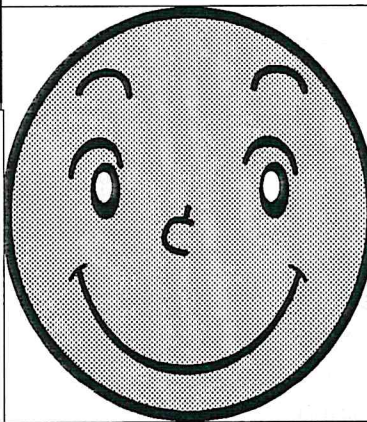
Word Search Puzzles

Find the words from the word list below each puzzle, and indicate which letters have been used. When you have found all the words, the leftover letters will spell another, related word. Words are found running up, down, backward, and diagonally.

R R E L K N I R P S S K R A P  
 C E O P I H O N E E R G E O L  
 M T T H O O E A S A R R B S A  
 S O T A T L S N D D U O E G N  
 S D N S W O S P I T E W D N T  
 S U E T N O L U R H N E S I E  
 R E M E H U R U O A S R W V E  
 O Z P M S S N R M I I N A A T  
 S I I H E B M U A E R R U H A  
 S L U R S R L R K H I U I S V  
 I I Q E S C C A O E R C X E I  
 C T E W H L R U D F K O N U T  
 S R E O U T S I D E I W L R L  
 T E O M M E A D O W A N I O U  
 P F P P H T R A E L P M U R C

Adhere, argument, attorney, bail, bench, case, counsel, court, deal, defendant, deliberateduty, ethic, foreman, grand, guilt, issue, jurisdiction, jury, justice, laws, lawyer, legal, master, members, paper, pardon, peers, penalty, plead, practice, prosecutor, return, scope, stay, study, summation, swear, true, truth, twelve, verdict, wait, women

SOLUTION \_\_\_\_\_



Beds, blade clump, color, crop, crumple, cultivate, dark, earth, equipment, fertilize, green, grower, harrow, house, lawn, lots, luxurious, meadow, months, mower, mulch, nurture, outside, parks, plant, plush, prairie, rake, roots, scissors, season, seeds, sewn, shavings, slope, sprinkler, summer, sunshine, sweep, thick, thin, trees, trim, uniform, varied, water, weeds

SOLUTION \_\_\_\_\_

*Communion Service is held every Sunday at 11:00 A.M. C'mon down!*

**Just For Laughs...**

'Tis more blessed to give than receive; for example, wedding presents. — *H. L. Mencken*

Monogamy is based on the theory that when a man finds a brand of beer exactly to his taste he should at once give up his job and go to work in the brewery. — *Geo. Jean Nathan*

A wife lasts only for the length of your marriage, but an ex-wife is there *for the rest of your life*. — *Jim Samuels*

When a girl marries, she exchanges the attentions of many men for the inattention of one. — *Helen Rowland*

The most happy marriage I can imagine to myself would be the union of a deaf man to a blind woman. — *Samuel Taylor Coleridge*

The trouble with some women is that they get all excited about nothing, and then marry him. — *Cher*

Honesty has ruined more marriages than infidelity. — *Charles McCabe*

Bachelors should be heavily taxed. It is not fair that some men should be happier than others. — *Oscar Wilde*

Eighty per cent of married men cheat in America. The rest cheat in Europe. — *Jackie Mason*

If you are looking for a kindly, well-to-do older gentleman who is no longer interested in sex, take out an ad in *The Wall Street Journal*. — *Abigail Van Buren*

## Food and Drug Interactions

*A bulletin from the National Consumers League, in cooperation with the U.S. Food and Drug Administration, states that drugs "have powerful ingredients... and diet and lifestyle can sometimes have a significant impact on a drug's ability to work... This may make them less effective or may cause dangerous side effects or other problems. ...Make sure your doctor and pharmacist know about every drug you are taking, including nonprescription drugs and any dietary supplements such as vitamins, minerals, and herbs... remember that many drugs interact with other drugs and may cause serious medical conditions."*

This month, we begin the subject of **cardiovascular disorders.**

There are numerous medications used to treat cardiovascular disorders such as high blood pressure, angina, irregular heart beat, and high cholesterol. These drugs are often used in combination to enhance their effectiveness. Some classes of drugs can treat several conditions. For, example, beta blockers can be used to treat high blood pressure, angina, and irregular heart beats. Check with your doctor or pharmacist if you have questions on any of your medications. Some of the major cardiovascular drug classes are:



*Diuretics*, sometimes called "water pills," help eliminate water, sodium, and chloride from the body. There are different types of diuretics.

Examples include furosemide (Lasix), triamterene/hydrochlorothiazide (Dyazide, Maxide), hydrochlorodiazide (Hydrodiuril), triamterene (Dyrenium), bumetamide (Bumex), and Metolazone (Zaroxolyn).

*Interactions:* Food: Diuretics vary in their interactions with food and specific nutrients. Some diuretics cause loss of potassium, calcium, and magnesium. Triamterene, on the other hand, is known as a "potassium-sparing" diuretic. It blocks the kidneys' excretion of potassium, which can cause hyperkalemia (increased potassium). Excess potassium may result in irregular heartbeat and heart palpitations. When taking triamterene, avoid eating large amounts of potassium-rich foods such as bananas, oranges, and green leafy vegetables, or salt substitutes that contain potassium. (Continued in October)

There were three birthdays omitted last issue; sorry, *mea culpa*, Belated Happy Birthday!!  
Elena Levin, #616, Aug. 16; Helen Fena, #808, Aug. 17; Charles Kozak, #416, Aug. 31.

### Senior Circle Offers Social Trips

The Meridia Hospital System Calendar of Events notes these upcoming trips. Only Senior Circle members and their guests are eligible. Departure is from Mayfield United Methodist Church in Mayfield Village. For all reservations, call 216-692-8820.

**Mackinac Island, Kewadin Casino, and Frankenmuth, MI.** Monday, September 13, 6:30 AM to Wednesday, September 15, 11:30 PM. \$284 per person, double occupancy (includes \$70 in casino coin). features carriage tour, Grand Buffet, two nights lodg-

ing, two continental breakfasts, family style chicken dinner, baggage handling, all taxes and gratuities. **Reservations by Friday, August 27.**

**Carousel Dinner Theater, "The King and I."** Wednesday, September 29, 7:30 AM to 6:30 PM. \$49 per person. Shop for fall fruits, vegetables, and flowers, lunch and stage presentation at the theater. **Reservations by Friday, September 10.**



- Karla Lindsey

## Hillcrest Hospital Offers Senior Services

The Meridia Senior Circle of Care has a wide variety of services available to us by calling **440-449-4804**.

**Healthcare Counselors** to help you with your bills. This service is free and available to seniors. Call for appointment.

**Senior Circle Supper Club.** Third Tuesday of every month. Tuesday, September 28, at 4:00 PM, hospital cafeteria, Meat Loaf, door prizes, bingo, or entertainment. Cost, \$3.50. Tickets at the hospital cashier, in the Hillcrest Atrium Lobby 9:00-3:30 weekdays.

**Matinee Movies.** Thursday, September 30, at 2:00 PM, "*Forrest Gump*," starring Tom Hanks PG, 2 hrs. 22 min., in the Ross Auditorium. Movies, popcorn, and soft drinks are free. Reservations at **216-430-8432**.

**Free Healthcare Lectures.** Wednesday, September 8, at DeJohn Community Center, 6306 Marsol Rd., *Incontinence: A Hidden Epidemic*, lecturer: Julian Gordon, M.D.. Free refreshments at 9:30 AM, lecture from 10:00 to 11:00. Reservations required in advance. Please call **216-430-8432**.

**Health Exchange.** A free health information series presented by the Cleveland Clinic Health System. At Mandel Jewish Community Center Auditorium, 26001 South Woodland Rd. Monday, September 27, 7:00 P.M., "*Breast Health*." Reservations at **216-444-9090**.

*Thanks to Karla Lindsey*

## Transportation Services Phone Numbers

Schnurmann-Luther Service Center

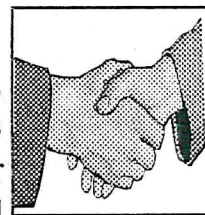
Noon time meals 440-461-3622

Hillcrest Hospital Transit 216-797-4014

RTA Paratransit Service 216-781-1110

## Stella Benjamin, Ben Pinzone Are New Serenians

Stella Benjamin, #523, moved in on July 1st, and is rapidly learning to enjoy our lovely home. She was raised



in the coal mining hills of Pennsylvania, and moved to Cleveland in time for WWII, which she spent working at Willard Storage Battery (a regular Rosie the Riveter). In 1946, she was married at St. Aloysius, and moved to E. Cleveland to start a family which eventually grew to 5 children – three girls and two boys-, 10 grandchildren, and eight great grandchildren with another on the way. Four families are in the area, and one son, an Air Force retiree, lives in Las Vegas. She loves an excuse to visit there! One adventurous granddaughter lives in Alaska.

Stella loves to read, and is looking forward to the fall bingo, pinochle, and exercise classes. Her highly regarded cooking features Slovak specialties and Christmas cookies. Welcome, Stella!

Ben Pinzone, #824, joined us August 14. It was a natural: his brother lives right down the hall. Ben was born in Cleveland, and went to Charles Dickens, Alexander Hamilton, and John Adams. After moving from the Kinsman area, he lived in Cleveland Heights, across the street from Dorothy Fuldheim, where he raised his two daughters, then in Maple Heights, and finally in Mayfield Heights for six years before coming to live here. Ben was, at different times, a hairdresser, for 17 years, and an electronics technician who made and installed large dish TV antennas.

He likes arts and crafts, and has made some nice decoupage pieces. Now if he could just get his carpeting! Hi, Ben.

## September Song

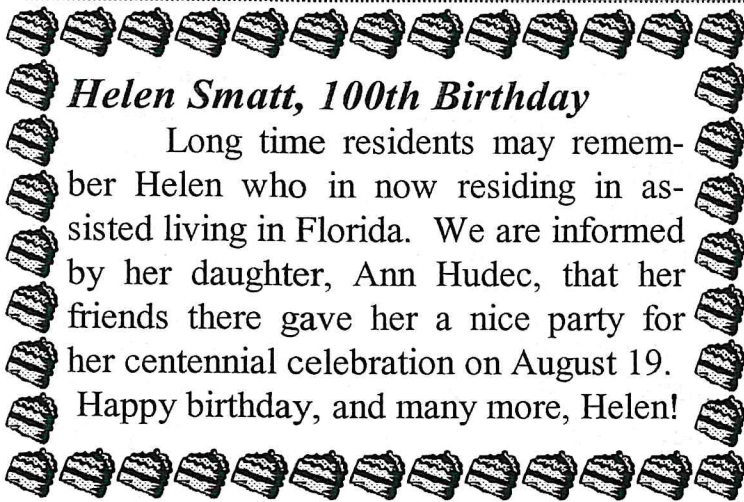
When I was a young man courting the girls,  
I played me a waiting game.  
If a maid would refuse me with tossing curls,  
I'd let the old earth take a couple of whirls,  
While I plied her with tears in lieu of pearls,  
And as time came around she came my way;  
As time came around she came.

But it's a long, long while from May to December,  
But the days grow short when you reach September.  
When the autumn weather turns the leave to flame,  
One hasn't got time for the waiting game.

Oh, the days dwindle down to a precious few -  
September, November,

And these few precious days, I'll spend with you,  
These golden days, I'll spend with you.

- From Kurt Weill and Maxwell Anderson's  
"Knickerbocker Holiday"



### Helen Smatt, 100th Birthday

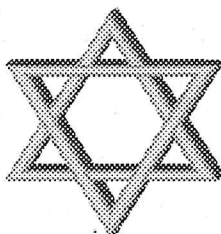
Long time residents may remember Helen who is now residing in assisted living in Florida. We are informed by her daughter, Ann Hudec, that her friends there gave her a nice party for her centennial celebration on August 19.

Happy birthday, and many more, Helen!

### Jewish High Holy Days This Month

The Jewish holy season begins this month at sundown on the evening of September 10, Rosh Hashanah, and continues through to the evening of September 20, Yom Kippur, the Day of Atonement. Best wishes for our Jewish friends from the administration of Villa Serena and the staff of the *Villa Voice*.

**Shalom!**



### From St. Francis of Assisi's Bulletin

Aging is part of God's plan for us. It is the final stage of our journey to the Father's house. It is both a *gift* and a *task*. Modern life, dominated as it is by haste, agitation, and, often, neurosis, is a distracted life which tries, at all cost, to avoid the fundamental questions about the vocation, dignity, and destiny of the human person and our global human family.

The presence of so many older persons in our modern world needs to be seen and accepted as a gift, a human spiritual potential that can enrich profoundly our human family. Because of their experience, their contribution to making our society more human is indispensable. Out of their rich store of faith and wisdom, forged in the heat of day, the elderly can offer insights both old and new, grounded as they are in the fertile soil of their long life.

*The good Lord didn't create anything without a purpose, but the fly comes mighty close.* - Mark Twain

God's invitations to life are many and persistent. Often such messages are accompanied by tension and fear as we realize that costly change is inevitable if we listen and respond to God.

*Comments on love by young children:*

- Love will find you even if you try to hide from it. I have been trying to hide from it since I was five, but girls keep finding me.
- I'm not rushing into love; I'm finding fourth grade hard enough.
- I think you're supposed to get shot with an arrow or something, but the rest of it isn't supposed to be so painful.

However just your words, you spoil everything when you speak with anger.

# The villa

## Voice

September, 1999

Volume XXXII  
Number 9

**N**ow that the hot, muggy summer is just a memory, it's time to ask ourselves if all the fun things that were planned for summer have been accomplished. If not, can we squeeze them into the remaining weeks before rainy cold weather?

September at the Villa means we will once again see many of the friends we missed during the summer lull. We welcome the many new faces that have come to live at Villa Serena and also those added to our membership. A smile and a friendly "hello, glad to see you again!" would be a wonderful gesture.

Put on a pound or two and want some exercise? Need to express yourself artistically with sewing or ceramics? How about relaxing with bingo or a card game? Dinner and music suits you better? We've got just the ticket – the full array of Villa Serena activities.

The season's starter is an old favorite, **Mike Jacobs** and his band will return **September 17th** with that wonderful sound from days gone by. Just a few gentlemen making a

truly **BIG BAND** sound. This will be our birthday and anniversary dinner. All those July and August birthdays and anniversary's are invited to celebrate in September. Plan to be at the Villa Serena to dance and listen to **Valerie and Anthony Rolando on September 24th**. Anthony has won medals in world competition and is a U.S. champion accordion player and Valerie's lovely voice accompanies him. They are great entertainers and we're glad to have them back. Dinner is at 5 o'clock and merry music at 6:30.

**Thursday, September 30th Dale Arvay** returns to Villa Serena with **Marla Mock** to present an evening of 30's, 40's and other popular tunes at 6:30 P.M. Dale on the piano and Marla the vocalist and flute player are quite popular East-side musicians so plan to be there.

Our first-of-the-season **Brown Bag Bingo** will be **Thursday September 23rd**. This could be your lucky afternoon so don't miss it. Cards are still only \$2.00 each or 3 for \$5.00 with lunch at noon and bingo at 1:30. And, of course, the Villa provides the coffee and dessert.

St. Francis Foundation and  
Villa Serena  
Senior Citizens  
Center  
6800  
Mayfield Rd.

Mayfield Hts.,  
Ohio 44124

440-449-3977

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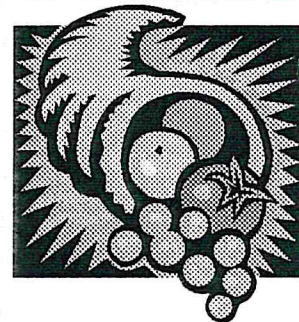
Carole Clay

Bert Morehart

Dorothy Penkava

Mary Weir

Gene Zaohary



Fall Harvest Time