

Dinner at Villa Serena

September 15

Roast Chicken or Fish
Potato
Vegetable
Dessert

Chicken \$8.00, Fish \$7.00

September 22

Short Ribs of Beef or Fish
Potato & vegetable
Special Beverage
Dessert

Beef \$8.00, Fish \$7.00

September 28

Open Beef Brisket Sandwich, Potatoes & Gravy
Dessert \$5.00



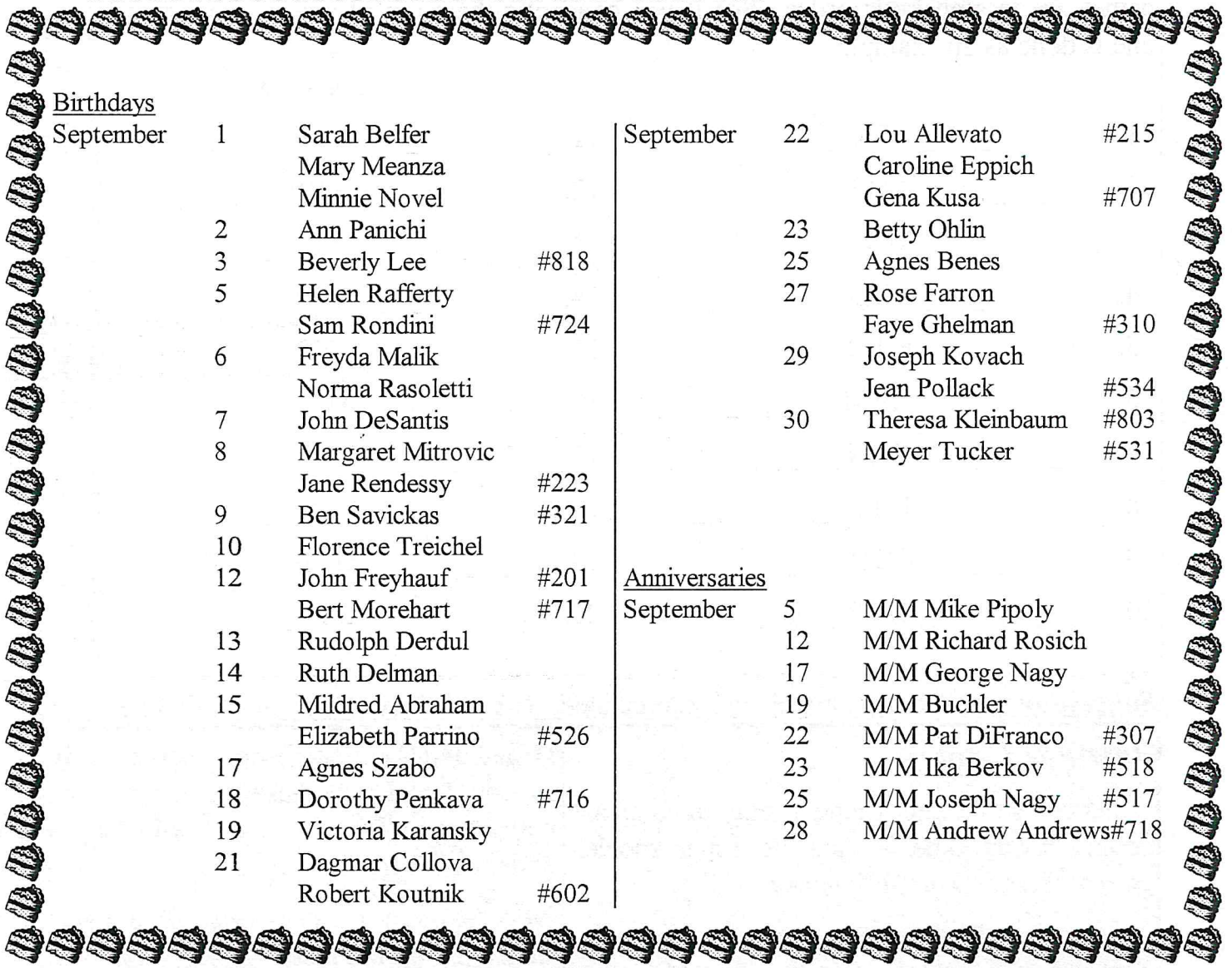
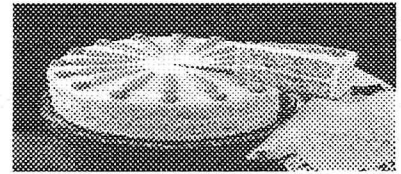
St. Francis Foundation

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
				1
4 Labor Day Office Closed No Mail	5 3:30 Rosary 7:00 Game Night	6 6:00 Bocci	7 10:00 Stay Well Nurse	8
11 9:00 Bocci 9:30 Ceramics 6:30 Cards	12 3:30 Rosary 7:00 Game Night	13 9:00 Sewing 2:00 Exercise NOTE NEW TIME 6:00 Bocci	14 10:00 Stay Well Nurse 6:30 Program	15 2:00 Mass 5:00 Dinner 6:30 Music & Dance
18 9:00 Bocci 9:30 Ceramics 6:30 Cards	19 3:30 Rosary 7:00 Game Night	20 9:00 Sewing 2:00 Exercise 6:00 Bocci	21 10:00 Stay Well Nurse	22 Fall Begins 5:00 Dinner 6:30 Music & dance
25 9:00 Bocci 9:30 Ceramics 6:30 Cards	26 3:30 Rosary 7:00 Game Night	27 6:00 Bocci	28 10:00 Stay Well Nurse 12:00 Luncheon 1:00 Bingo	29 Sundown- Rosh Hashanah

Birthdays and Anniversaries September 2000



Birthdays

September	1	Sarah Belfer Mary Meanza Minnie Novel		September	22	Lou Allevato Caroline Eppich Gena Kusa	#215 #707
	2	Ann Panichi			23	Betty Ohlin	
	3	Beverly Lee	#818		25	Agnes Benes	
	5	Helen Rafferty Sam Rondini	#724		27	Rose Farron Faye Ghelman	#310
	6	Freyda Malik Norma Rasoletti			29	Joseph Kovach Jean Pollack	#534
	7	John DeSantis			30	Theresa Kleinbaum Meyer Tucker	#803 #531
	8	Margaret Mitrovic Jane Rendessy	#223				
	9	Ben Savickas	#321				
	10	Florence Treichel					
	12	John Freyhauf Bert Morehart	#201 #717				
	13	Rudolph Derdul					
	14	Ruth Delman					
	15	Mildred Abraham Elizabeth Parrino	#526				
	17	Agnes Szabo					
	18	Dorothy Penkava	#716				
	19	Victoria Karansky					
	21	Dagmar Collova Robert Koutnik	#602				

Anniversaries

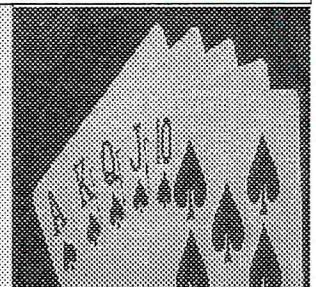
September	5	M/M Mike Pipoly	
	12	M/M Richard Rosich	
	17	M/M George Nagy	
	19	M/M Buchler	
	22	M/M Pat DiFranco	#307
	23	M/M Ika Berkov	#518
	25	M/M Joseph Nagy	#517
	28	M/M Andrew Andrews	#718

Fall Activities Resume Cathy tells us that September brings the return of some of the favorite indoor activities. Scrumptious dinners (see the back page) and sewing, ceramics, and exercise sessions (see the next page for the Calendar of events. *Enjoy!*)

Be sure the office has your current telephone number and car license number on file.

Monday Night Pinochle

<u>July 31</u>		<u>August 7</u>		<u>August 14</u>	
Marcy Stianche	601 2.00	Gert Pierce	578 2.00	Vickie Karansky	619 2.50
Howard Barnes	521 1.50	Agnes Puro	572 1.00	Anne Panichi	577 2.00
Vera Kozak	519 1.00	Laila Nagy	542 1.00	Agnes Puro	569 1.75
Stella Benjamin	512 1.00	Maria Stoll	532 1.00	Mitzi Weber	535 1.50



Camouflaged Creatures

Each of the three letter words below forms part of the name of an animal. The empty dashes represent the remaining letters in the creatures names. The animals' names are in alphabetic order. See if you can bring them out of hiding. The first one is done as an example

- | | | <i>Answers</i> |
|-----|---------------|-----------------|
| 1. | ___ TEA ___ | 11. ___ POT ___ |
| 2. | ___ LOP ___ | 12. ___ YEN ___ |
| 3. | ___ MAD ___ | 13. ___ PAR ___ |
| 4. | ___ BOO ___ | 14. ___ TOP ___ |
| 5. | ___ R I B ___ | 15. ___ AND ___ |
| 6. | ___ HAM ___ | 16. ___ ANT ___ |
| 7. | ___ PAN ___ | 17. ___ CUP ___ |
| 8. | ___ H I P ___ | 18. ___ COO ___ |
| 9. | ___ COD ___ | 19. ___ MAN ___ |
| 10. | ___ HOP ___ | 20. ___ LOT ___ |

Answers; 1. Anteater 2. Antelope 3. Armadillo 4. Baboon 5. Caribou 6. Chameleon 7. Chimpanzee 8. Chipmunk 9. Crocodile 10. Grasshopper 11. Hippopotamus 12. Hyena 13. Leopard 14. Octopus 15. Panda 16. Panther 17. Porcupine 18. Raccoon 19. Salamander 20. Sloth

Suggestions for this page are always appreciated. Let me know what you would like. - Ed.

Just For Laughs...

America is a large friendly dog in a small room. Every time it wags its tail it knocks over a chair. - *Arnold Toynbee*

In America there are two classes of travel - first and with children. - *Robert Benchley*

On Thanksgiving Day all over America, families sit down to dinner at the same moment - halftime. - *Anon*

I loathe people who keep dogs. They are cowards who haven't got the guts to bite people themselves. - *Strindberg*

People on horses look better than they are, people in cars look worse. - *Marya Mannes*

Cats are intended to teach us that not everything in nature has a function. - *G. Keillor*

Groundhog Day has been observed only once in Los Angeles because when the groundhog came out of its hole, it was killed by a mud slide. - *Johnny Carson*

Never go to a doctor whose office plants have died. - *Erma Bombeck*

I suppose one has a greater sense of intellectual degradation after an interview with a doctor than from any other human experience. - *Alice James*

A young doctor means a new graveyard. - *German Adage*

People who take cold baths never have rheumatism, but they have cold baths. - *Anon*

Before undergoing a surgical operation, arrange your temporal affairs. You may live. - *Ambrose Bierce*

Meridia Senior Circle Trip, September

Departure is from the Mayfield United Methodist Church in Mayfield Village. For a reservation call 216-430-8432, with names, addresses, and phone numbers for each person you wish to accompany you.



Pittsburgh's Cultural Side, Pittsburgh, Pa.

Friday, September 8, 2000, 7 AM to 9 PM

Cost, 52\$ per person. Motorcoach, tour of the world-renowned Nationality Rooms, where each room exemplifies the old-world culture of that particular nation; tour of the Frick Art and Historical Center that includes Clayton, a Victorian home displaying affluent family life, the Car & Carriage Museum, and the Frick Art Museum. Lunch is at Duranti's Restaurant, where the surroundings are complimented with Old World charm. All taxes and gratuities are included.

Reservation deadline is August 25.

Coming in October:

"The Sound of Music," Carousel Dinner Theater, Akron, Wednesday, October 4, 8:00 AM to 6:30 PM. Cost, \$51 per person. Motorcoach, tour of historic St. Bernard Church, lunch and the musical show. All taxes and gratuities.

Reservation Deadline is September 20.

The Cuyahoga Valley Scenic Railroad, Peninsula, Ohio, Monday, October 16, 8:30 AM to 4:30 PM. Cost, \$46 per person. Motorcoach, ride on the Scenic Railroad that will take you on a round-trip journey through the heart of the Cuyahoga Valley National Recreation Area. Travel to the historic Village of Peninsula to explore the antique and specialty shops, lunch at the historic G.A.R. Hall, originally a meeting place for Civil War veterans. Taxes and tips.

Reservation deadline is September 29.

From Creamettes

Di'Sicilia Sausage Bake In Italian, *al forno*, baked



Makes 6 to 8 servings

- 1 lb. rigatoni, cooked as directed
- 1 20-oz. package Italian sausage links sliced into 1 inch pieces
- 2 26 oz. jars pasta sauce, your variety
- 1 15 oz. container ricotta cheese
- 4 cups shredded mozzarella cheese
- ½ cup grated Parmesan cheese
- 2 eggs

Preheat oven to 350°. In a large skillet, over medium heat, brown sausage; pour off fat. Add pasta sauce; heat. In a medium bowl combine ricotta, 1 cup mozzarella, Parmesan, and eggs. On the bottom of a 13 x 9 inch baking dish, spread 1 cup pasta sauce mixture. Top with half *each* of the rigatoni, ricotta mixture, and pasta sauce mixture. Sprinkle with remaining mozzarella. Repeat layering, ending with pasta sauce mixture. Bake 45 minutes or until hot and bubbly. Let stand 15 minutes. Garnish as desired.

Creamettes also suggests rotini, radiatore, and penne rigate as substitute pastas, and Johnsonville Sausage, Classico Sauce, and Sorrento cheese brands.

Bon appetit!

Hillcrest Senior Circle and Gardens of Western Reserve Assisted Living Residence present a forum on September 20 at the hospital auditorium. **Healthy**, health tips from a staff physician, **Wealthy**, market tips from financial consultant Richard Keller, and **Wise**, estate planning from senior advisor Nancy Mahoney. Refreshments, **Reservations at 216-430-8432**

Once By The Pacific

The shattered water made a misty din.
Great waves looked over others coming in,
And thought of doing something to the shore
That water never did to land before.
The clouds were low and hairy in the skies,
Like locks blown forward in the gleam of eyes.
You could not tell, and yet it looked as if
The shore was lucky in being backed by cliff,
The cliff in being backed by continent;
It looked as if a night of dark intent
Was coming, and not only a night, an age.
Someone had better be prepared for rage.
There would be more than ocean-water broken
Before God's last *Put out the Light* was spoken.

- Robert Frost

AARP 55 Alive Driving Course

Refine existing skills and develop defensive driving habits. Call for info **216-430-8432**

Health Exchange

A free health information series presented by the Cleveland Clinic Health System resumes in September. Programs are held at 7:00 PM at the Mandel Jewish Community Center Stonehill Auditorium, 26001 South Woodland Rd., Beachwood. Reservations are required; call 216-444-9090

Tuesday, September 5 'Podiatry Update'

Topics: Bunions, Hammer Toes, and Corns
Diabetes and Foot Care
Pediatric Podiatry

Thursday, September 21 'The Athlete's Foot'

Topics: Anatomy of the Foot: An Overview
Sports Injuries
Prevention of Injuries and Rehab

September Screenings Dates and Times TBA

Foot Screening
Blood Glucose Screening

Muscle Loss Found to Speed Aging

Read this if you're wondering whether or not to join the exercise classes, or just want to engage in a program of regular exercise on your own. The *Journal of Longevity*, a magazine devoted to topics of good health for seniors, recently considered the topic of muscle loss. It's conclusion: muscle loss is not inevitable or irreversible. Some points:

"Use it or lose it" takes on new meaning in light of research which shows that the progressive loss of muscle begins with those least used, the ones needed for the most intense and rapid activities, such as heavy lifting and running. This degeneration continues until even your balance is threatened. This unsteadiness is being blamed for falls which result in fractures.

The value of strength training exercise is indisputable. One study done with men and women from 87 to 101 years old used pulleys and cable to strengthen arms and legs for eight weeks. The increase in strength averaged 175%! In another study, where one group of older women exercised and the other did not, those that did not experienced loss of bone and muscle mass, while the others increased their average strength to that of women 15 to 20 years younger.

Medical researchers have found that certain herbs and amino acids can contribute to help your body build and repair muscles, fight fatigue, and increase your energy level. Half of the population over 60 do not consume enough protein. Barley is cited for its ability to promote natural tissue repair.

It's never too late to begin to rejuvenate your muscles and physical strength. Start slowly with a simple group of weight-training exercises, and soon you will feel much stronger and have greater endurance.

Hillcrest Hospital 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 12, at 4:00 PM, hospital cafeteria, home style meat loaf, whipped potatoes w/gravy, and green beans, door prizes, bingo, or entertainment. Cost, \$3.50 All meals include a salad, side dishes, beverage and dessert. Tickets at the hospital cashier, in the Hillcrest Atrium Lobby 9:00-3:30 weekdays.

Free Healthcare Lectures. Wednesday, September 13, at DeJohn Community Center, 6306 Marsol Rd., "*Older Adult Assessment*," Marianne Presutto, MSN, CNP, Coordinator, Older Adult Assessment Program, Euclid Hospital. Free refreshments at 9:30 AM, lecture from 10:00 to 11:00. Reservations required in advance. Please call **216-430-8432**.

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. Tuesday, September 26, at 2:00 P.M., "Forces of Nature" starring Sandra Bullock and Ben Affleck, rated PG-13, 1 hr. 46 min., in the Hillcrest Hospital Ross Auditorium, (Lower Level). Movie, popcorn, and soft drinks are free. Reservations at **216-430-8432**.

Thanks to Karla Lindsey

From St. Francis of Assisi's Bulletin

The reception of the Eucharist is a dynamic event that has several purposes and several effects, each of which has a dimension that connects us with heaven. Because the Eucharist unites us more closely with Christ, it also unites us more closely to all those who are one with Him. The Eucharist is the bread that makes us all into one body, the Body of Christ, the Church. This is the body that will take its final form in heaven, when all those who shared the life of Christ will be together with Him forever.

The Eucharist as a sacrifice joins us with Jesus' death on the cross. The significance of the cross does not lie in the brutal fact of Christ's suffering and death, as if the Father's justice could be appeased by the painfulness of what His Son experienced. The significance of the cross lies in its expression of the love of Christ for His Father, of His faithfulness to His Father's will. Christ was loving and faithful from the first moment of His human existence. He persisted in love and faithfulness throughout His early life in Nazareth, throughout the efforts and frustrations of His public ministry, even to the point of accepting death as a criminal rather than backing away from His mission. In His sacrifice of Himself on the cross, He was submitting His will to that of His heavenly Father. Jesus gave obedience to God to make up for the disobedience of all humankind. Our redemption is to be found in His faithfulness and love.

A faithful churchgoer was near death, so his family called for the priest. As the priest stood by the bed, the man's condition seemed to deteriorate. The man motioned for a pad and pencil, scribbled a few words, and died. The padre put the note in his pocket, intending to use the man's last words in his funeral eulogy. When he read the note later, he found that it said, "You're standing on my oxygen tube."

The villa

Villa Serena

Voice

September, 2000

Volume XXXIII
Number 9

September, with its “days dwindling down to a precious few”, still has promise of good weather and the anticipation of Autumn glories.

The season begins at Villa Serena with our favorite classes and culinary and musical delights; and this fall is no exception!

In September, we at the Villa encourage our residents and members to bring a non-member guest to any class or dinner program offered and, if your guest will join by October 31st, you will receive a ticket for one free dinner at Villa Serena and two free bingo cards for Brown Bag Bingo! You can't go wrong with an offer like this, and your friends will be able to enjoy activities with you! Be sure to let the office know when your guest is with you.

Thursday evening **September 14th** at 6:30 The Area Agency on Aging will present a **short play**, “Mrs. Johnson and Her Advocate Angel”. The theme is communicating with your physician and other health care issues. There will be a presentation

following the play and a question and answer period. Great reviews on this production so don't miss it.

Mike Jacobs will return with his great sound **September 15th** to start the Villa Serena season on the right note. Mike is a great favorite of all of us and it promises to be a fine evening.

You might hear a polka or two when we celebrate the harvest season with an Octoberfest **September 22nd**. **Billy Kaye and The Sunshine Boys** return to The Villa in Octoberfest attire with some guaranteed peppy, toe-tapping tunes. A specialty at dinner that evening will be the beverage the Germanic countries are most known for. This will be one good time you don't want to miss so reserve your tickets soon.

Plan to be at **Brown Bag Bingo** on **September 28th** for a great afternoon of Bingo and a bonus of a great Villa luncheon. We will prepare a hot brisket of beef sandwich with mashed potatoes and serve dessert and beverage too. The cost is \$5.00 but be sure to reserve a ticket in advance. See you there!

St. Francis Foundation and
Villa Serena
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Autumn Begins