

Today's News



April, 2007

March is National Colorectal Cancer Awareness Month

Colorectal cancer is largely preventable through screening, which can find colon growths called polyps that can be removed before they turn into cancer. Screening can also detect cancer early when it is easier to treat and cure.

Screening for colorectal cancer is recommended for all adults ages 50 and older, although screening may start at younger ages for individuals who are at high risk for colon cancer. The frequency of screening is based on an individual's risk for colorectal cancer and the type of screening test that is used.

An individual is considered to be at high

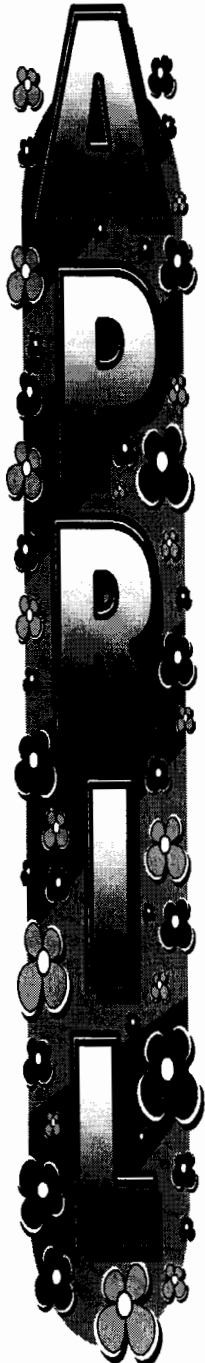
risk for colorectal cancer if he or she has had colorectal cancer before or has a history of polyps, has a family member who has had colorectal cancer or a history of polyps, or has a personal history of inflammatory bowel disease, including Crohn's Disease and ulcerative colitis. In addition, risk for colorectal cancer increases with age. It is important to encourage patients who were screened before entering Medicare to continue with screening at clinically appropriate intervals.

Medicare Covers Screening Tests

Medicare covers the following screening tests to detect colorectal

cancer early, when it is most treatable, and to identify people at high risk for developing this type of cancer:

- Fecal Occult Blood Test (FOBT)—Medicare covers both guaiac and immunoassay tests, but Medicare will only pay for one FOBT each year
- Colonoscopy—Medicare covers every 10 years for normal risk; more frequently for high risk persons
- Sigmoidoscopy—Medicare covers every 4 years
- Barium Enema—Medicare covers every 4 years for normal risk; every 2 years for high risk



2007

Welcoming the Butterflies

The monarch butterflies are returning from Texas or Mexico to more northern climes. To attract them and other butterflies to your yard, you need to provide them with food and water.

Only a few plants provide both food for the caterpillar and nectar for the adults. Plant groups that can be used for both include asters, cherry, clover, marigold, milkweed, Queen Anne's lace, and thistle.

If monarch butterflies are your favorite, be sure to have milkweed growing in your yard. It's the only plant monarch caterpillars can eat. The poisonous milkweed also provides its natural defense. The monarch, either in its caterpillar or butterfly stage, needs no camouflage. Predators know it's a poisonous snack!

Black swallowtail butterflies like fennel and parsley. Birch and elm trees attract mourning cloak, white admiral, and question mark butterflies.

Some butterflies are attracted to mud puddles where they get both moisture and nutrients. To create your own mud puddle, place a bird bath top or glass baking dish on the ground. Fill one-quarter of it with sand or mud and water.

Good annuals for attracting butterflies include cosmos, lantana, nicotiana, petunia, and zinnia.



Eggs Make Easter Traditions



The North American Easter egg hunt can be exciting for kids of all ages. That includes little kids hoping for their share of the candy and big kids who think they'll find eggs stuffed with money and other rewards.

Easter bunnies are nice, but it's the eggs that surprise you, even crack you up with laughter. One of the greatest Easter traditions comes from the America's Southwest and Mexico. Cascarones! They are blown eggs that are dyed, painted, and filled with confetti. Families spend Easter cooking and making merry

while the children and adults plot to crack cascarones over unsuspecting heads. By evening, big cascarone fights leave floors and grounds covered with colorful and sparkling confetti.

It takes time to clean up after a cascarone fight, but the task is more pleasant than cleaning up after egg-cracking competitions in Greece. After Greek Orthodox Easter, people use the pointed ends of eggs to crack on the heads of their opponents. It can get pretty messy because they use raw eggs.

In Austria, decorating

eggs is an art. Austrians boil eggs and then turn them into creations of pattern, color, and texture. The eggs are sometimes scratched with a decorative pattern that reveals the white shell. Sugar eggs are decorated with frosting.



Get Plants Ready For A New Year

Simple annual care will help your perennial plants thrive for another year:

- * Remove old mulch and winter debris with a fan rake to get rid of disease or pest larvae that may have formed over winter. Be gentle to avoid damaging emerging plants.

- * Cultivate around the root ball of each plant with a

hand cultivator. Add one inch of compost around the root ball. If the garden is five years old or more, add sand, limestone, or sulfur if necessary.

- * Cut a trench between the garden and the lawn. Use a shovel to cut down deep enough to sever grass roots. Discard the grass and roots and add the remaining dirt to the garden.

- * Divide established plants that are four years old or older. Use a garden fork to loosen the root ball and lift the plant out. Insert two garden forks back to back through the middle of the root ball. Pull them apart to separate the plant. Replant and add mulch to help maintain moisture and discourage weeds.



The More You Understand

There is one purpose to life and one only: to bear witness to and understand as much as possible of the complexity of the world - its beauty, its mysteries, its

riddles.

The more you understand, the more you look, the greater is your enjoyment of life and your sense of peace.

That's all there is to it. If an activity is not grounded in "to love" or "to learn," it does not have

value.

~Anne Rice





Check These Tornado Precautions: 'Tis the Season

Spring is tornado season in the Midwest but did you know that tornadoes have been reported in every state and they can occur at any time of the year?

When you hear that a National Weather Service WATCH is in effect, it means conditions are right for a tornado. Changing weather such as thunderstorms should put you on guard. A WARNING means a tornado has been spotted.

Check your portable radio and replace batteries if necessary so you can get information if the lights go out.

If you are inside, go to a safe place to protect yourself from flying glass. Stay away from windows and don't open them. If you hear a tornado approaching, get under a workbench or sturdy table. Protect your head and neck.

If you are in a car or a mobile home, go to the basement of a sturdy building. If there is none nearby, lie flat in a low spot where wind and debris will blow above you.

Tornadoes come from severe thunderstorms, which can produce a lot of rain. If you see water rising and coming toward you while you are in a low spot, move to another spot.

Avoid places with wide-span roofs, such as auditoriums, cafeterias, and shopping malls. Wide roofs provide less protection than roofs over smaller rooms.

Arbor Day: April 27

April is the perfect time of year to plant a tree. If you have thought about adding a shady spot to your yard, the time is right. Before very long, your new tree will be a windbreak that will help to save heating and cooling costs.

A new tree will do more than add to your property value. It will clean the air, reduce noise, and create privacy.

If your place is already shady, a maple, hemlock, or yew will do well there. If it's sunny, trees like white birch and most pines that require full sun will thrive there.

When positioning a shade tree, consider where you want the shadow to fall during the hottest time of the year and the time of day you require shade. Sometimes people want their windows shaded from the morning sun that comes from the east. Or it could be more important for them to shade a patio or living room windows from sun that comes from the west.

THIS ARBOR DAY



PLANT A TREE!

First Presidential Dollar Coin is Released

The U.S. Mint has unveiled designs for its newest additions: dollar coins that will feature deceased presidents on a rotating basis, similar to the popular state quarters.

The gold-colored George Washington coin is the first to be released. Like the Sacagawea dollar, the coins are slightly larger

than the quarter.

The American Numismatic Association predicts that the coins will be popular with collectors, but are unlikely to become a means of commerce. The dollar bill is too convenient.

The front of the coin shows a new portrait of George Washington, along with his years

of presidency, and the denomination. The coin is 9.2 percent larger than the quarter.

The back of the coin will not change during the series. It shows the Statue of Liberty as it appears on the 2001 New York quarter. \$1 appears for the first time on a circulated U.S. coin.

Easter is chocolate time: Eat dark chocolate, but not too much

Few foods have the tasty and magical history that chocolate has.

In the Aztec culture, creation of the cocoa plant on earth was attributed to Quetzalcoatl, who they believed descended from heaven carrying a cocoa tree from paradise. Cocoa was combined with spices to make a frothy drink. (They didn't have sugar.)

Today, chocolate's allure lies in its sweet or bittersweet taste, but chemical reactions are at work.

Chocolate stimulates the secretion of endorphins, which produce a pleasurable sensation, and serotonin, which acts as an anti-depressant.

Chocolate does more than please the taste buds and make people feel good.

Food of the Month



It's packed with polyphenol antioxidants that reduce the risk of heart disease. Antioxidants in raw cocoa can dilate blood vessels, a healthful effect, and raise HDL (good) cholesterol levels.

Researchers in Italy have found that eating dark chocolate can help to control diabetes by increasing the body's ability to metabolize sugar. Chocolate is also high in potassium, magnesium, and vitamins B1, B2, D, and

E. (But it's very high in fat and calories.)

Chocolate Cheesecake

On a baking sheet, toast 2/3 cup chopped almonds at 350 degrees for 3 to 4 minutes. Cool, then grind to fine in a food proces-

sor. Combine 1 1/4 cups crushed vanilla wafers, the ground almonds, and 1/3 cup melted butter. Press onto a springform pan. Bake 8 minutes, then cool.

Melt 8 oz. bittersweet chocolate in a double boiler and set aside.

In a bowl, beat 8 ounces softened cream cheese until smooth, gradually adding 1 cup sugar, 3 eggs, 1 cup sour cream, 1/4 cup almond-flavored liqueur, and a little salt and blend. Divide the batter in half. Add melted chocolate to half of the batter and pour it into the crust to make one layer.

Put remaining batter on top for the second layer. Bake at 325 degrees for 50-60 min. Let it stand in the turned-off oven for 1/2 hour more.

Cool, move from pan, and chill for at least 8 hours before serving.

Get Ahead by Staying Sharp: Resting the Brain More Important Than Resting the Body

More than 70 percent of American adults and 85 percent of teens don't get enough sleep to be sharp the next day, according to scientists at Harvard Medical School.

They say part of the problem is we are so used to being sleep deprived that we have become adept at coping with the condition. We don't realize that the purpose of sleep may be more to rest the mind than to rest the

body.

Sleep helps consolidate memory, improve judgment, promote learning and concentration, boost mood, speed reaction time, and sharpen problem solving and accuracy.

To get more sleep, researchers suggest getting to bed half an hour earlier. If you can arrange a brief nap in the afternoon, it can help. They advise against sleeping late on weekends because

it could disrupt your circadian rhythm, making it harder later to get a full night's rest.

The American Time Use survey shows that the main reason for lost sleep is work. But when you lose sleep, you could be 12 percent less productive the next day.

If mental sharpness is important to you, get a good night's sleep.

Type 2 and the 'Good Fats'

Eating nutritionally balanced meals is important for people with type 2 diabetes. Consuming the right amount of "good fats" is a part of eating the right portions from each food group.

Doctors at Johns Hopkins Medical Centers recommend eating 1 oz. of walnuts every day to get healthy fats.

Walnuts contributed even more when fish rich in omega-3s, like tuna and salmon, were on the menu.

Apr-07

ACTIVITIES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| 2 HAMBURGER ON BUN FRENCH FRIES RELISH CONDIMENTS FRUIT CUP 9:15 ABC GAME 10:30 COLOR PG. 10:30 EASTER WREATH 1:45 HANGMAN 1:45 DICE GAME 3:00 PUZZLES | 3 CABBAGE ROLLS BUTTERED POTATOES BABY CARROTS ANGEL FOOD CAKE 9:15 KICKBALL 10:30 BUNNY EARS 10:30 BUNNY NECKLACE 1:45 BOOK MARKERS 1:45 SIMON SAYS 3:00 COLOR PG. | 4 HOT DOG ON BUN BAKED BEANS COLESLAW DICED PEARS 9:15 OUTBURST 10:30 EASTER BASKET 10:30 EASTER CRAFT 1:45 YOUR CHOICE 1:45 COLOR PG. 3:00 UNO | 5 MEATLOAF OVEN BROWN POTATOES BRUSSEL SPROUTS APRICOT HALVES 9:15 NOODLE BALL 10:30 EASTER PARTY AND GAMES 1:45 WORD SEARCH 1:45 LET'S MAKE MUSIC 3:00 WHAT'S THAT | 6 CREAM OF TOMATO SOUP GRILLED CHEESE SANDWICH CUCUMBER SALAD DICED PEACHES 9:15 CURRENT NEWS 10:00 BIBLE STUDY 10:00 SPRING MOVIE 1:45 WATER VOLCANO 1:45 STORY TIME 3:00 HIGH ROLLERS |
| 9 COUNTRY FRIED STEAK BUTTERED POTATOES ITALIAN MIXED VEGETABLES RICE PUDDING 9:15 PARACHUTE FUN 10:30 FREE ART 10:30 APRIL SHOWERS 1:45 SPRING PINS 1:45 BALL TOSS 3:00 LOOK HERE | 10 SMOKED SAUSAGE OVEN BROWNEED POTATOES SCALLOPED CABBAGE STRAWBERRIES/BANANA'S 9:15 REMINISCE 10:30 SPRING KICK 10:30 PAPER BUTTERFLIES 1:45 OUTBURST 1:45 COLORING PG. 3:00 DICE GAME | 11 CUBE STEAK BAKED POTATO GREEN BEANS CHERRY CAKE 9:15 BALL TOSS 10:30 APRIL FLOWERS 10:30 MUSIC 1:45 CHUTS AND LADDERS 1:45 DICE GAME 3:00 PUZZLES | 12 HAM & CHEESE SANDWICH POTATO WEDGES TOMATO & LETTUCE LEMON BAR 9:15 ABC GAME 10:30 BINGO 10:30 MUSIC 1:45 PICTURE FRAME ART 1:45 PLAY DOUGH FUN 3:00 UNO | 13 CUP OF SOUP TUNA SALAD OR COTTAGE CHEESE FRUIT PLATE 9:15 BALLOON VOLLEY 10:30 HOT POTATO 10:30 FREE ART 1:45 BEAN BAG TOSS 1:45 SMELL THIS 3:00 WHAT'S THAT |
| 16 VEGETABLE SOUP HOT HAM & CHEESE ON RYE PICKLES FRESH FRUIT 9:15 NOODLE BALL 10:30 RAINBOW 10:30 DARTS 1:45 PICK THE RIGHT CUP 1:45 PUZZLE FUN 3:00 SEEK AND FIND | 17 HAMBURGER STROGANOFF NOODLES CALF. MIX VEGETABLES ICE CREAM 9:15 ABC GAME 10:30 MUSIC CLASS 10:30 SING ALONG 1:45 MAKE A KITE 1:45 FREE ART 3:00 YOUR CHOICE | 18 PORK CHOPS WITH GRAVY WHIPPED POTATOES GREEN BEANS LEMON BAR 9:15 HANGMAN 10:30 LET'S FLY A KITE 10:30 NUMBER GAME 1:45 SPRING NECKLACE 1:45 BASKETBALL 3:00 ROLL OUT | 19 STUFFED PEPPERS BUTTERED POTATOES COTTAGE CHEESE CANTALOUPE 9:15 PARACHUTE FUN 10:30 RAINY DAY WRITING 10:30 SENSORY STIM. 1:45 MEASURE THE WIND 1:45 DICE GAME 3:00 PUZZLES | 20 HOT DOG ON BUN BAKED BEANS COLESLAW FRESH FRUIT AND COOKIE 9:15 CURRENT NEWS 10:00 BIBLE STUDY 10:00 COLOR PG. 1:45 GUESS WHO? 1:45 STORY TIME 3:00 UNO |
| 23 SMOKED SAUSAGE MACARONI AND CHEESE STEWED TOMATOES FRUIT CUP 9:15 KICKBALL 10:30 PAPER PLATE BUNNY 10:30 CONE BUNNY 1:45 OLYMPICS INFO. 1:45 PLAY DOUGH FUN 3:00 COLOR PG. | 24 COUNTRY FRIED STEAK WHIPPED POTATOES WINTER MIXED VEGETABLES DICED PEACHED 9:15 OUTBURST 10:30 BOWLING 10:30 SUNFLOWER POPS 1:45 COOKING CLASS 1:45 BALL TOSS 3:00 DICE GAME | 25 BAKED HAM AUGRATIN POTATOES CALF. MIXED VEGETABLES DICED PEARS 9:15 WHAT'S UP 10:30 MONTHLY BIRTHDAY PARTY AND BINGO 1:45 PICTONARY 1:45 FREE ART 3:00 PUZZLES | 26 CHICKEN STRIPS CRISS CROSS POTATOES GREEN BEANS ICE CREAM 9:15 KICK BALL 10:30 SING ALONG 10:30 YOUR CHOICE 1:45 SEE PLANTS DRINK 1:45 STORY TIME 3:00 THAT'S FUNNY | 27 CREAM OF BROCCOLI SOUP CRACKERS BOLOGNA & CHEESE SAND. CHOCOLATE BROWNIE 9:15 ABC GAME 10:30 SPRING BONNET 10:30 TASTE THIS 1:45 SPRING GARDEN 1:45 DICE GAME 3:00 BOARD GAME |
| 30 HAMBURGER ON BUN FRENCH FRIES RELISH CONDIMENTS FRUIT CUP 9:15 NOODLE BALL 10:30 DOOR HANGER 10:30 AT THE MOVIES 1:45 COLOR PG. 1:45 PUZZLE FUN 3:00 YOUR CHOICE |  <h2 style="font-family: cursive;">HAPPY EASTER</h2> | | | |

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[We're on the Web!]

www.co.greene.oh.us/adultcare.htm

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