

Today's News

TODAY CENTER FOR ADULTS

AUGUST, 2007



'Hey, Let's Go to the Fair!'

Cotton candy, fresh lemonade shakeups, and games on the midway mark the month of August and the traditional state fairs.

Small children try to pry loose of their parents' hands as they tug their way toward the chickens, rabbits, pigs, and lambs that entice them. Adults gravitate to exhibits and shows.

But state fairs have evolved somewhat as the rural crowds have been replaced to an extent by city-dwellers used to a faster pace. But from city or country, the midway rides and grandstand races and shows appeal to all.

Many fairs have

added attractions in order to please the younger crowd. Rock-climbing walls, skateboard painting contests, and Harry Potter exhibits share space with Ferris wheels and shooting galleries.

While country music is still represented in state fair shows, popular youth bands will take their turn on stage.

Food remains the same with elephant ears and hot dogs abounding, yet there is a greater variety. One craze has been to find out how many foods can be deep-fried, including candy bars, Twinkies, and even ice cream. Yet next to these cholesterol-clogging stands, one will

find kiosks that sell smoothies, yogurt, and fruit to the health conscious. Ethnic foods have found their way to the fair.

Regional specialties abound at state fairs. The Vermont State Fair demonstrates how to make maple syrup and offers maple cotton candy and maple donuts. The California State Fair judges regional wines. At the Wisconsin State Fair, cheese competitions rule the day.

Hitting the road for a state fair can make for a fun-filled day with plenty of surprises. The Ohio State Fair opens August 1 and runs through August 12. Make plans to visit!

August Facts

Flower: Gladiolas

Colors: Orange & Red

Birthstone: Sardonyx
(alternate—Peridot or Olivine)

Name Origin: In the old Roman calendars, this month was called Sextilis

because it was the sixth month. At first, August had 29 days, and then for a while, 30 days. This month was eventually named after the ruler Augustus Caesar, Julius Caesar's nephew. The Senate honored Augustus by naming this month for him,

although he was born in September. He considered the sixth month to be lucky. Augustus took one day from February, adding it to August so that this month would have 31 days, the same as July that honored his uncle, Julius Caesar.



NUTRITION CORNER

Greens are the biggest bargains for flavor and health

Like everyone else, you have read it in many directions for good health: Eat plenty of dark, leafy greens. But what are they, and what do you do with them first?

They include kale, Swiss chard, (the queen of all greens), dandelion greens, beet greens, mustard greens, spinach, and turnip greens. But unless you live in the South, you've probably done little more with greens than sprinkle spinach on a salad.

If that's the case, you're missing out on wonderful side dishes and main dishes.

We won't dwell on the health benefits because they've been so widely documented, from their huge vitamin and

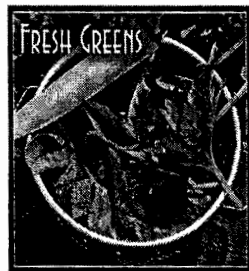
mineral content to those very important phytochemicals. They are important for cancer prevention.

In parts of the world, where vegetarianism is a way of life, people meet their daily calcium needs not by drinking milk but by eating greens.

To cook any kind of greens, clean them well, cut them up, and boil for about 4 minutes. Even better, put them in the microwave for a couple of minutes. For large-leafed greens like Swiss chard, run a sharp knife alongside the

stem and center rib, separating the leaf from the stem.

Sautéing in olive oil and with garlic cloves and red-pepper flakes is also recommended.



Try this delicious recipe.

Creamed Swiss chard with onions

In a large no-stick skillet over medium heat, warm 1 teaspoon of olive oil. Add 1 medium onion, sliced.

Cook stirring frequently for 5 to 6 minutes or until softened.

Add 1 pound of Swiss chard, cut into bite-size pieces. Cover and cook for 3 to 4 minutes, or until the chard starts to wilt.

Sprinkle with 1 tablespoon of all-purpose flour and gradually add 1 cup of canned evaporated skim milk.

Cook 2 to 3 minutes or until the sauce thickens. Add 2 teaspoons grated Parmesan cheese and a sprinkle of ground nutmeg. Stir to mix.

Makes 4 servings.

The Most Common Eating Disorder: Bingeing

Researchers at Harvard have found that binge-eating disorder (BED) is more common than anorexia and bulimia nervosa combined. It's the most common eating disorder in the United States.

Binge eating is defined as single bursts of uncontrolled eating that last less than two hours and occur at least twice a week. Because of its association with obesity, it is a major public health problem. About 30 percent of cases are male.

Symptoms may go back to childhood, where cases begin as early as age 8. In his new book, *The Good Eater: The True Story of One Man's Struggle With Binge Eating Disorder*, Ron Saxon says secret eating and unexplained weight gain are symptoms of BED. Evenings are when binge eaters most often lose control.

Saxon left his career as a model when pressure to be thin was too much. Previously, he was able to hide the disorder,

but then he gained almost 120 pounds.

The condition has no proven cause, but is linked with depression and anxiety. Therapy, particularly cognitive behavioral therapy, (nacbt.org) can help.

SPORTS NEWS ... NBA Wants Fewer Fouls, More Points, Faster Play

The National Basketball Association says that, more than any other decision referees make, foul calls have the biggest impact on the overall pace of play. They want fewer calls.

Some fouls cause a change in ball possession, others force coaches to remove top scorers and adopt a more conservative strategy. More importantly, they stop the clock and can create long

breaks for free-throw attempts, which breaks the rhythm of the game.

A current grading systems for refs, adopted in 2004, is supposed to encourage teams to play a more fluid style of basketball with less brute physical contact, more fast breaks, fewer fouls, and higher scoring.

The grading system includes notes on everything

from the referees' accuracy to their professionalism and athletic appearance. It helps determine which refs are selected to work in playoffs, where they can earn as much as \$100,000 on top of their regular salaries.

Over the last three seasons, compared to the previous three, total scoring rose by six points per game. There is no proof that fewer fouls increased the TV ratings for NBA teams.

These Athletes are Big Players ... For Charity

Many big name athletes are giving back. Their charitable foundations and campaigns support kids, health, and other favorite causes. Among the most generous for 2005 (last year for which figures are available) were:

Tiger Woods Foundation with over \$81 million in assets makes grants for the health and welfare of children and for its own learning center in California.

Lance Armstrong Foundation with over \$33 million in as-

sets holds many fund-raisers and makes grants to a variety of cancer causes.

Andre Agassi's Charitable Foundation with over \$23 million in assets focuses on recreation and education for low-income and at-risk children.

Dikembe Mutombo Foundation (Houston Rockets) with about \$8 million in assets built a 300-bed hospital in his native Congo.

Billy Andrade-Brad Faxon

Charities with \$3 million in assets supported the American Red Cross and Katrina relief.

Peyton Manning (Indianapolis Colts) Foundation with \$1.5 million in assets gives grants to causes for at-risk youths.

Other athletes who have foundations with more than \$1 million in assets include David Toms, Sergei Fedorov, Brian Griese, Andrew Roddick, and Brett Favre.

In The World of Sports ... Olympic Sunshine

Chinese scientists say they can make sure it doesn't rain during the August 2008 Olympics.

They will seed clouds with silver iodide to make it rain a day or so before the Olympics. That way, they say, the air will be clear before the events begin.

Though the U.S. National Academy of Science says cloud-seeding is too weak to produce very good results, China often seeds clouds to help bring rain to drought-plagued parts of the country.

Forced rain also clears the air of pollution. Beijing's air pollution is among Asia's worst.

City officials ruled that polluting companies must shut down during the Olympics.



IN THE TRAVEL NEWS ...

Vacation home sales set record: Who is buying?

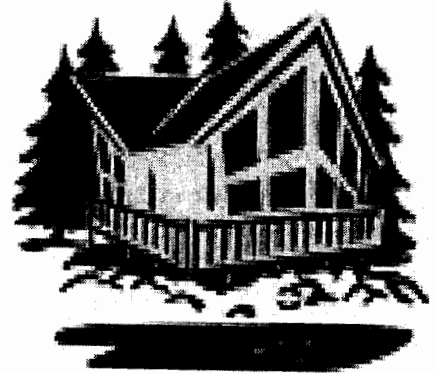
Vacation home sales rose 4.7 percent in 2006, with 1.07 million sold, according to the National Association of Realtors.

The typical buyer of one of the 1.07 million vacation homes sold in 2006 was 44 years old with a median household income of

\$102,000.

That typical buyer was purchasing a home for a family retreat (79 percent) in the country (29 percent). Vacation home purchases were overwhelmingly single-family detached homes (67 percent), located a median of about 215 miles from the primary residence.

Investment home sales were down in 2006, according to the survey.



Paying for VIP Status at Theme Parks

Want to skip the long lines at favorite rides and get the best seats at theme park shows? If you're willing to pay for the VIP treatment, you can. Park operators are pushing exclusive tours, that can add \$200 to the price of a ticket.

Six Flags' VIP tours cost \$199 to \$249 (including basic ticket price) at their 12 theme parks for its "concierge-level" service. Busch Entertainment

says its tour offerings at SeaWorld and Busch Gardens, from one-hour tours to full-day "adventure" outings, have surged in popularity.

Most theme parks now offer VIP tours. They could be worth the price if it's a one-time experience and especially if you go during the most popular times of the year.

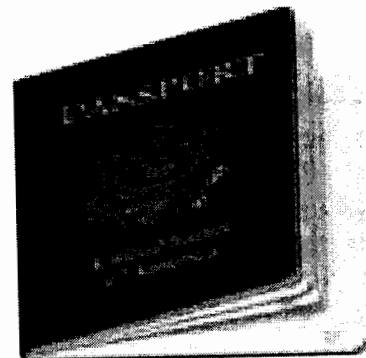


Faster Passports

Because of the big increase in passport applications, the State Department can take up to 10 weeks to issue a new passport.

Private passport expeditors can often get a passport processed the same day or slightly longer. Depending on how fast you need the docu-

ments, it costs up to \$75 extra, according to CIBT, one of the largest expeditors. Visit americanpassport.com or travel.state.gov for information.



Dividing Perennials

The crisp temperatures of September and October are just around the corner. You'll notice some changes by the end of August. The cooler temperatures could lure you outdoors making this the perfect time to check your perennials and decide whether they should be divided.

Asters, chrysanthemums, and hostas should be divided at least once every three years. Astilbe, daylilies, iris, lupines, primrose, and Ori-

ental Poppies should be split every three to four years. If you've noticed a decline in the number of size of blooms, or if the center of a stand begins to die out, it's definitely time to divide.

Clusters of plants made up of several individually rooted plants are easy to separate. Just dig them up and carefully pull apart small sections of plants by hand.

You can successfully divide hostas without digging

them up. Just select part of the plant that is near the edge. Cut down with a sharp shovel, and lift out the separated section. Be sure you get enough root, and the new plant will thrive.

As with all newly divided plants, it's important to replant them immediately and water them well. In fact, it's a good idea to have the new location dug out before separating the plant.

Clumping perennials can choke one another out.

Natural Disasters: Are You Ready?

Sometimes Mother Nature gives us advance warning. Sometimes she doesn't. Regardless of how much time, if any, you have to react to a hurricane, tornado, or flood, there are things you can do to prepare.

It's easy to pass off on preparation, thinking that you always have some food and something to drink on hand. And at least one of your flashlights will probably work.

Don't take an interruption in electrical power or water supply lightly. Take time

now to have a disaster plan in place. Here is what your survival kit should include:

- * Non-perishable food.

Canned goods and a manual can opener are basic. Dried foods like pasta will work if you have a portable cooking device such as a camp stove or outdoor grill.

- * A first aid kit with bandages, tape, antibiotic ointment, and aspirin or ibuprofen could prevent infection and treat headaches or pain.

- * A battery operated radio will keep you informed

about rescue operations, and flashlights will help you find your way around. Stock extra batteries.

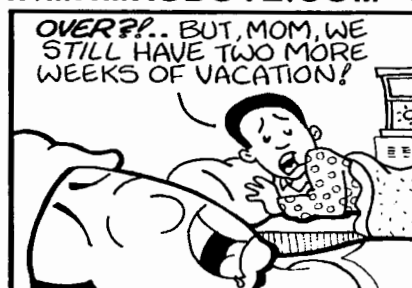
- * A battery-operated charger for your cellphone will keep it working if your landline goes out.

- * State Farm Insurance recommends having your homeowner's policy numbers in your emergency kit.

- * Have a couple of hundred dollars in the house in case bank machines don't work.

- * Know how to shut off utilities.

MAMA'S BOYZ WWW.MAMASBOYZ.COM JERRY CRAFT



Plantar Fasciitis: What Causes Heel Pain, What Cures It

A number of things can cause a searing pain when you step on your heel. Doctors first rule out a pinched nerve in your back, ankle, or foot, a stress fracture, or inflammatory arthritis.

In most cases, the pain is caused by inflammation of the fibrous tissue that runs along the bottom of the foot, the plantar fascia. Excessive weight can cause it. Other factors include:

- * Shoes with soles that are thin, lack shock absorption, have poor arch support, or have 2 inch or higher heels. Switching from regularly wearing high heels to flatter shoes increases strain on

tissues around the heel.

- * Overloading your feet. Regularly standing in one spot for long periods of time increases risk, as does lifting heavy objects. Making a sudden change in the amount of weight-bearing activities you do, such as walking more on vacation, increases risk, according to researchers at the Mayo Clinic.

- * An abnormal walking pattern that interferes with distribution of weight stresses the plantar fascia, as does having flat feet or high arches.

What to do for plantar fasciitis:

In addition to losing ex-

cess weight, do some stretches to reduce pain. Stretch several times a day by standing away from a wall and leaning toward it.

Soaking only your heel in cold water may help. Or apply a cloth-covered ice or gel pack for 15 minutes, especially after an activity.

Wear low- to medium-heeled shoes with good support and shock absorption. Avoid going barefoot.

It could take weeks or months for the small tears in the fascia to heal. Nonprescription pain relievers can help.

Health in the News ... Lung Scans for Smokers

In the U.S., only 16 percent of lung cancer cases are detected in Stage 1, when tumors are still confined to the lung. After that, most cases are terminal.

A new study shows that screening smokers for lung cancer with computerized chest scans can save lives. People whose lung tumors were de-

tected early by CT scan and promptly removed had an estimated 10-year survival rate of 92 percent, far better than the 5 percent who live that long after the disease has spread beyond the lungs.

DID YOU KNOW?

The nation spends \$2 trillion annually on healthcare or about 16 percent of its gross national product. This comes to nearly \$6,300 per person. At the current rate of spending, expenditures for healthcare will approach \$4 trillion by 2015.

New Resuscitation Technique

When a person "dies" of a heart attack, it is assumed that if not resuscitated within minutes, his heart and brain cells have died from lack of oxygen. New studies at the University of Pennsylvania, however, show that the cells actually live for several hours after the attack. It is the sudden

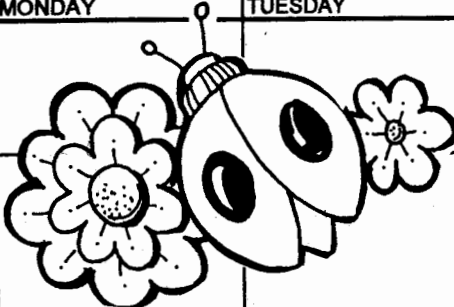
infusion of oxygen given in emergency rooms that makes the cells die.

Instead of flooding the heart muscle with oxygen, researchers say the heart should be given a gradual infusion of oxygen. With gradual infusion, they were able to save 80 percent of patients.

Patients were put on a heart-lung bypass machine to maintain circulation to the brain until the heart could be safely restarted. Lowering body temperature by injecting a mixture of salt and ice to cool the blood also slows cell death.

AUG. 07

ACTIVITIES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
|  | | 1 CUBE STEAK BAKED POTATO GREEN BEANS CHERRY CHIP CAKE | 2 HAM & CHEESE SANDWICH POTATO WEDGES SL. TOMATO AND LETTUCE LEMON BAR | 3 CUP OF SOUP TUNA SALAD OR COTTAGE CHEESE FRUIT PLATE |
| | | 9:15 ABC GAME 10:30 RING TOSS 10:30 CLOWN MASK 1:45 PAPER PLATE CLOWN 1:45 COLOR PAGE 3:00 HIGH ROLLER | 9:15 CURRENT NEWS 10:30 CLOWN MASK 1:45 COOKING CLASS MAKING CORN DOGS 3:00 PUZZLES NO M.R.D.D. | 9:15 HANGMAN 10:30 WATERMELON CRAFT 1:45 WATERMELON SNACK 3:00 CARD GAMES NO M.R.D.D. |
| 6 VEGETABLE SOUP HOT HAM & CHEESE ON RYE PICKLES FRESH FRUIT 9:15 NOODLE BALL 10:30 DISNEY MOVIE 10:30 FROG CRAFT 1:45 DICE GAME 1:45 FUNNY FILL - IN 3:00 LOOK HERE | 7 HAMBURGER STROGANOFF NOODLES CALF. MIX VEGETABLES ICE CREAM 9:15 CURRENT NEWS 10:30 HAT TOSS 10:30 COLOR PAGE 1:45 CERAMIC ART 1:45 ROLL'EM 3:00 LET'S TALK | 8 PORK CHOPS WITH GRAVY WHIPPED POTATOES GREEN BEANS LEMON BAR 9:15 KICK BALL 10:30 BINGO 10:30 MUSIC 1:45 FREE AS A BUTTERFLY 1:45 BALLOON TOSS 3:00 ROLL OUT | 9 STUFFED PEPPERS BUTTERED POTATOES COTTAGE CHEESE CANTALOUPE 9:15 REMINISCE 10:30 SIMON 10:30 LET'S MAKE THIS 1:45 WHAT A PEACH 1:45 IT'S PUZZLING 3:00 THAT'S FUNNY | 10 HOT DOG ON BUN BAKED BEANS COLESLAW FRESH FRUIT AND COOKIE 9:15 ABC GAME 10:30 CAKE WALK 10:30 APPLE SUN CATHER 1:45 KOOL- AID FUN 1:45 APPLE CRISP SNACK 3:00 YOUR CHOICE |
| 13 SMOKED SAUSAGE MACARONI AND CHEESE STEWED TOMATOES FRUIT CUP 9:15 HANGMAN 10:30 BOWLING 10:30 MOUSE CRAFT 1:45 PICTONARY 1:45 BEST OF TEN 3:00 PUZZLES | 14 COUNTRY FRIED STEAK WHIPPED POTATOES WINTER MIXED VEGETABLE DICED PEACHED 9:15 PARACHUTE FUN 10:30 OUTDOOR PICTURE 10:30 STAR SHIP 1:45 BIRD FEEDERS 1:45 MAKE ME LAUGH 3:00 UNO | 15 BAKED HAM AUGRATIN POTATOES CALF. MIXED VEGETABLES DICED PEARS 9:15 CURRENT NEWS 10:30 MAKE NOISE 10:30 KAZOO BAND 1:45 VACATION FUN 1:45 YOUR CHOICE 3:00 WHAT'S THIS | 16 CHICKEN STRIPS CRISS CROSS POTATOES GREEN BEANS ICE CREAM 9:15 ABC GAME 10:30 FREE ART 10:30 SPRAY PAINT 1:45 YOUR CHOICE 1:45 I'VE GOT A WORD 3:00 HIGH ROLLER | 17 CREAM OF BROCCOLI SOUP CRACKERS BOLOGNA & CHEESE SAND. CHOCOLATE BROWNIE 9:15 OUTBURST 10:00 BIBLE STUDY 10:00 MOVIE & COLOR PG. 1:45 POTATOE CHIP DAY 1:45 WIZARD OF OZ MUSIC 3:00 SEEK AND FIND |
| 20 HAMBURGER ON BUN FRENCH FRIES RELISH CONDIMENTS FRUIT CUP 9:15 BALL TOSS 10:30 OCTOPUS CRAFT 10:30 PAPER AIRPLANE 1:45 CATNIP 1:45 MAKE NOISE 3:00 CARD GAMES | 21 CABBAGE ROLLS BUTTERED POTATOES BABY CARROTS ANGEL FOOD CAKE 9:15 ABC GAME 10:30 KENNY ROGERS DAY 10:30 PAPER FLOWERS 1:45 PAINT A VASE 1:45 BASKETBALL 3:00 PUZZLES | 22 HOT DOG ON BUN BAKED BEANS COLESLAW DICED PEARS 9:15 BALLOON VOLLEY 10:30 BE AN ANGEL 10:30 MAKE PUPPY CHOW 1:45 COOKING CLASS 1:45 SNACK & MUSIC 3:00 YOUR CHOICE | 23 MEATLOAF OVEN BROWNED POTATOES BRUSSEL SPROUT APRICOT HALVES 9:15 HANGMAN 10:30 MONTHLY BIRTHDAY PARTY AND BINGO 1:45 FLYING DOVES 1:45 NUMBER GAME 3:00 WHAT'S THIS | 24 CREAM OF TOMATO SOUP GRILLED CHEESE SANDWICH CUCUMBER SALAD DICED PEACHES 9:15 PARACHUTE FUN 10:30 COLOR PAGE 10:30 CANDYLAND GAME 1:45 DICE GAME 1:45 OUTBURST 3:00 ROLL OUT |
| 27 COUNTRY FRIED STEAK BUTTERED POTATOES ITALIAN MIXED VEGETABLES RICE PUDDING 9:15 CURRENT NEWS 10:30 MUSIC OF THE 50'S 10:30 SING ALONG 1:45 NTL. DOG DAY PART-1 1:45 COLORING PAGE 3:00 SEEK AND FIND | 28 SMOKED SAUSAGE OVEN BROWNED POTATOES SCALLOPED CABBAGE STRAWBERRIES/BANANA'S 9:15 HANGMAN 10:30 ART WORK 10:30 SAIL BOAT CRAFT 1:45 DICE GAME 1:45 SIMON SAYS 3:00 THAT'S FUNNY | 29 CUBE STEAK BAKED POTATO GREEN BEANS CHERRY CHIP CAKE 9:15 OUTBURST 10:30 MAKE A CHOICE 10:30 PAPER STREAMS 1:45 NTL. DOG DAY PART-2 1:45 LETS MAKE MUSIC 3:00 LOOK HERE | 30 HAM & CHEESE SANDWICH POTATO WEDGES SL. TOMATO & LETTUCE LEMON BAR 9:15 KICK BALL 10:30 PICTONARY 10:30 FARM ANIMALS 1:45 MAKING SUN CATCHERS 1:45 TELL ME A STORY 3:00 CARD GAMES | 31 CUP OF SOUP TUNA SALAD OR COTTAGE CHEESE FRUIT PLATE 9:15 CURRENT NEWS 10:30 THE CATS MEOW 10:30 NUMBER GAME 1:45 LISTEN TO THIS 1:45 BALL TOSS 3:00 LET'S TALK |

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[We're on the Web!]

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

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