

TODAY CENTER FOR ADULTS

# TODAY'S NEWS



2008

## You Could be an Angel on August 22 "Be an Angel Day"

Ever been asked, "Be an angel and ..." followed by a small request like fetching a book or walking the dog? Maybe you were an angel in a grade school Christmas play.

On August 22, you could play that role again by participating in "Be An Angel Day". This special day encourages everyone to do a good deed for someone else.

The event was originated in 1993 by Jayne Howard Feldman, who says she was inspired by angels, but the event is not necessarily religious.

Participation can be individual or as part of a group. The kindness can be large or small. You may choose to be identified or you can be anonymous.

Ideas for good deeds range from doing a favor for a friend to writing a letter to an elderly relative or taking extra cans of food to a food bank.

The best idea could be doing a service for a friend or acquaintance who may need a boost right now. You may never know how much your caring will mean to a man or woman dealing with grief or a crisis.

Children are ideal to be involved in "Be An Angel Day". They love to dress up and as angels can entertain the elderly or visit a children's hospital with goody bags. (Take pictures.) Or your children could collect pet food to donate to the Humane Society or to a pet shelter.

How about taking food to new neighbors or baking a cake for them to ease the difficulty of moving?

Don't forget the gift of service. Many elderly relatives or neighbors need help with their yards and household repairs. Others would appreciate transportation to the grocery store or help in running errands. You could use this day to contribute to their well being.

Whatever way you choose to lift your wings, someone's day will be better and that is a blessing for any day.



## Newsletter Publication to be Suspended

Collective county-wide efforts are being implemented to reduce spending and weather the downturn we all are experiencing in the economy. Steps to reduce spending include suspending the publishing of newsletters

or other non-mandatory printing expenses. Thus, this issue will be the last mailed newsletter. However, you will still be able to access monthly menus and weekly activity calendars via the internet at our website

[www.co.greene.oh.us/TodayCenter](http://www.co.greene.oh.us/TodayCenter)





**Slow Down, Live Longer, and Save Gas**

Driving the speed limit is always recommended, but if traffic allows, you'll save gas on the highway if you drive slower.

Driving 60 mph uses 9 percent less gas than driving at 70 mph. Going 50 mph can save up to 15 percent.

Avoiding a stop is another smart move. When there is no traffic immediately behind your car, you can stop accelerating and let the car's momentum take it up to a red light. It could turn green by then. Starting from a full stop takes more gasoline than starting while the car is still rolling.

## Reducing the Risk of Alzheimer's Disease

Here's some good news: A daily dose of caffeine blocks the effects of high cholesterol that scientists have linked to Alzheimer's disease.

A University of North Dakota School of Medicine study shows that just one cup of coffee a day is protective, but three cups are much better. The study was reported by the *Bio/ Med Journal of Neuroin-*

*flammation.*

Previous studies show that cholesterol breaks down the Blood-Brain Barrier or BBB, which can then no longer protect the nervous system from damage caused by blood borne contamination. BBB leakage occurs in disorders such as Alzheimer's disease.

What you drink does make a difference. That includes the recom-

mended one to two glasses of red wine each day, according to the Mount Sinai School of Medicine in New York City.

People who drink fruit and vegetable juices more than three times a week might be doing best of all. The doctors say they have a 76 percent reduction in Alzheimer's disease risk.

## For a Better Hay Fever Season Treat Fall Allergies Before Symptoms Begin

In some cases, hay fever is a minor nuisance. But if your symptoms are more persistent, they can make you miserable. They affect your work and your enjoyment of leisure activities. Finding the right treatment makes a big difference in how you will feel.

Weed pollen is the main cause of allergies in the late summer and early fall. Depending on where you live, the weeds will include ragweed, sagebrush, pigweed, tumbleweed and cocklebur.

Ragweed is the number one offender, say doctors at Allergy and Asthma Care of New York. One plant can produce a billion pollen grains.

Generally, people wait to treat allergy symptoms until they start. But the best way to get relief is

to treat symptoms before they show up. Allergists at the National Jewish Medical & Research Center in Denver say that if you know your symptoms begin in late August, start your medication before that time and increase your dosage as the season progresses.

Though fall allergies can be triggered by allergens from another season, the result is the same.

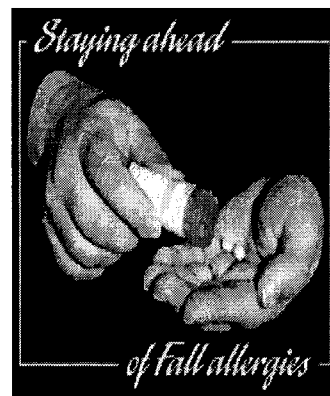
For runny nose and sneezing: Ask your doctor for a prescription nasal corticosteroid. Over-the-counter antihistamines like Claritin can also help.

For itchy, watery eyes: Prescription eye drops can stabilize the cells in the eyes that react to allergens and the drops can be used with other treatments.

For nasal and sinus congestion: Over-the-counter

decongestants can help. If not appropriate for your medical condition, see your doctor.

Some allergy sufferers think their antihistamines are losing strength as the season progresses. Actually, their allergy is progressing and they need more medication or need to add another.



## Let's go to the (County) Fair!

State fairs may have more than a million people in attendance during their run and the big-name entertainers are great. But you only rarely see anyone you know.

Huge international fairs bring the world together to celebrate technology and business connections. There's a lot to see, but there are many years between them.

The county fair could be the most entertaining event in easy driving distance, and it has features you won't experience at the big shows.

Walk through the

fairgrounds with someone who has lived in the county for a long time. Their history comes to life as they stop to talk to one person after another and are hailed by people a few tents away.

Even if you only lived in the county for a few years, you will see people you know. The fair brings opportunities to get the inside stories on county matters and a chance to catch up with acquaintances you haven't seen for a while.

You can have your dinner served by ladies of your church, some of

whom you know to be great cooks. Or you might share a table with new-found friends and support a different church or civic group at the same time.

County fairs may not have as many games and carnival rides, but they have more than enough to please your kids. And teenage boys and girls still get to ogle each other.

You'll find trustworthy vendors in the commercial building and maybe some familiar names on exhibits. Visit your county fair and you could have an enlightening time.



GREENE COUNTY  
FAIR  
JULY 27-AUGUST 2

## The lowly cauliflower has gained respect, devotees

Though cauliflower is native to Asian countries, it made its way to North America in the late 1600s. Two hundred years later, Mark Twain called it "a cabbage with a college education!"

Cauliflower is so smart it can grow by the light of the full moon almost as well as during the day. It's sometimes called the "moon crop."

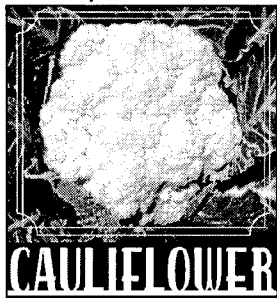
People who eat cauliflower are smart too. At the Foundation for Preventive Oncology in New York, they say it is one of the best healing foods you can buy, especially when it's eaten raw.

The carotenoids in cauliflower make it a powerful defender against cataracts.

Its sulforaphane helps prevent cancer by increasing production of enzymes that sweep toxins out of the body before they can damage cells and make them cancerous.

### Food of the Month

*Delicious, nutritious*



Its other cancer-fighter, I3C, works as an anti-estrogen. It reduces harmful estrogen levels that can cause tumor growth in the colon, breast, and prostate.

But cauliflower does more than fight cancer and protect the eyes. It's rich in vitamin C and folate, nutrients that keep the immune system working well.

Just three florets of uncooked cauliflower can supply two-thirds of your daily value for vitamin C.

### Cauliflower gratin with ham

Divide a 2 pound cauliflower into florets. Cook in salt water 5 or 6 minutes. Drain it and run cold water over it.

Carefully brown 3 tablespoons of bread crumbs in 1/2 tablespoon butter and set aside.

In a small pan, melt 2 tablespoons butter. Add 2 tablespoons flour, blend. Cook 1 minute, then add 3/4 cup milk, 3/4 cup chicken broth, a bay leaf, and a clove of garlic. Stir and simmer 8 to 10 minutes. Remove bay leaf, garlic.

Cut florets to similar sizes. Put in a buttered baking dish, salt and pepper. Pour sauce on florets. Tear 1 ounce thin ham slices apart and scatter on it.

Top with a cup of shredded cheddar. Bake 30 minutes at 400 degrees. Let stand 30 minutes before serving.

## HEALTH IN THE NEWS

### TAKING A HYPERTENSION DRUG AT NIGHT

When you go to bed at night, your blood pressure should fall. If it doesn't happen, you have an increased risk of cardiovascular problems and you are classified as a "nondipper."

Researchers have now found that taking blood pressure medicine at night, rather than in the morning, may produce the normal night time decrease in blood pressure, a dip of at least 10 percent.

Research published in the American Journal of Kidney Diseases indicates that night medication can protect nondippers from heart and kidney disease.

###

### BETTER SLEEP IN ICU

Hospitals' Intensive Care Units are for the sickest patients. While they

need sleep and rest in order to heal, the activity and noise level in ICUs is not conducive to sleep.

Critical care doctors and nurses are paying more attention to the problem of interrupted sleep. Many hospitals now try to schedule multiple types of care to a single visit. Some provide sleep masks, back rubs, and dim lighting.

###

### BIG RISK IN REDUCING INSULIN

A study by the Joslin Diabetes Center in Boston showed that 30 percent of women with Type 1 diabetes were restricting the amount of insulin they took at least some of the time. Their goal was to prevent weight gain.

The team followed women in the study for 11 years and noted any deaths

or complications from the disease. They found that those who reported cutting back on insulin had a three-fold higher risk of dying early in life, on average at age 45. Complications included foot problems and kidney disease.

###

### NEW TESTS FOR SLEEP APNEA

Rather than spend a night in a sleep lab, the American Academy of Sleep Medicine recommends home apnea testing for patients age 18 to 65. Testing devices are small. They measure air flow, respiratory effort and blood oxygen levels.

## Be Determined to get Moving and Stay Active

Everyone knows that exercise can benefit the heart, waistline and even the mind.

But there's a real problem between what we know and what we do. More than 60 percent of American adults don't exercise regularly, and many admit that they don't exer-

cise at all. Here is a plan to help you get started.

¥ Walk or exercise in the morning. By evening, you may feel psychologically exhausted. Morning exercise can be invigorating, making you more effective during the day, not weaker.

¥ Get serious. Promise yourself to do

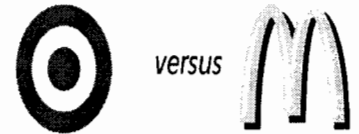
something specific three times a week.

¥ Don't let a life change throw you off course. Beware of a new job, an addition to the family or another life change.

## Logo tournament

What should you consider when trying to come up with a symbol for your company? One panel of experts from *Fortune Magazine* says the best corporate icons are instantly recognizable but also convey trust, loyalty and superiority.

Here were the winners in the last round of Fortune's recent logo smack-down:



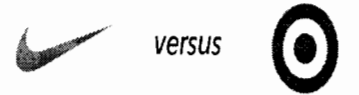
And the winner...

Target: "Witty simplicity overtakes relentlessness"



And the winner...

The Nike Swoosh. While the subtle movement of GE's logo is cool, the swoosh needs no help from type.



And the winner...

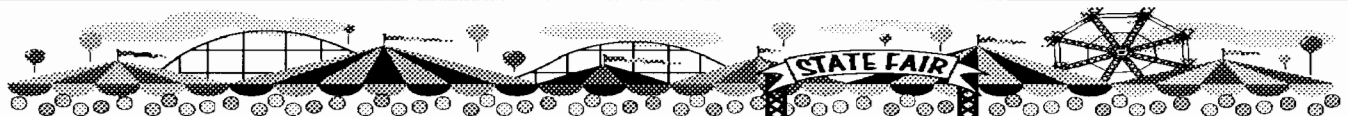
Target: The judges thought target was more distinct.



# AUGUST, 2008

# ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> CUP OF SOUP TUNA SALAD/COTTAGE CHEESE FRUIT PLATE VANILLA PUDDING 9:15 HANGMAN <b>10:00 BIBLE STUDY</b> <b>10:00 SHOW TIME</b> 1:45 ROLL-EM 3:00 WHAT'S THAT <b>NO MRDD</b>
<b>4</b> VEGETABLE SOUP HAM & CHEESE ON RYE PICKLES BROWNIE 9:15 CURRENT NEWS 10:30 BOWLING 10:30 GO FOR THE PIN 1:45 HOT POTATOE 1:45 TATER RACE 3:00 BALL TOSS	<b>5</b> HAMBURGER STROGANOFF NOODLES CAL. MIX VEGETABLES ICE CREAM 9:15 BALLOON TOSS 10:30 MOVIE AND POPCORN 10:30 COLOR PAGE 1:45 EGG RACE 1:45 HOLD ON TIGHT 3:00 SEEK AND FIND	<b>6</b> PORK CHOPS WHIPPED POTATOES/GRAVY GREEN BEANS LEMON PIE 9:15 ABC GAME 10:30 WIN THE TORCH 10:30 RING TOSS 1:45 OLYMPIC CRAFT 1:45 MEDAL AWARDS 3:00 ROLL OUT	<b>7</b> STUFFED PEPPERS BUTTERED POTATOES COTTAGE CHEESE CANTALOE 9:15 HANGMAN <b>10:30 MEN'S GROUP</b> 10:30 WHAT'S MY SPORT 1:45 SOCIAL HOUR 1:45 SPECIAL TREAT 3:00 UNO	<b>8</b> SLOPPY JOE ON BUN POTATO SALAD SLICED PICKLES FRESH FRUIT AND COOKIE 9:15 REMINSCING 10:30 BASKETBALL 10:30 SHOOT THE HOOP 1:45 OUTBURST 1:45 AWARD TIME 3:00 DICE GAME
<b>11</b> FISH NUGGET MACARONI & CHEESE STEWED TOMATOES FRUIT CUP 9:15 PARACHUTE FUN 10:30 TUG-A-WAR 10:30 PULL-UM 1:45 FLUFFY TREAT 1:45 SNACK TIME 3:00 TROUBLE	<b>12</b> COUNTRY FRIED STEAK WHIPPED POTATOES WINTER MIXED VEG. CHILLED PEARS 9:15 HANGMAN <b>10:30 BINGO</b> 10:30 COLOR THIS 1:45 BULLS - EYE 1:45 HIT THE SPOT 3:00 THAT'S PUZZLING	<b>13</b> HAM AUGRATIN POTATOES CALIFORNIA MIXED VEG. CHILLED PEACHES 9:15 BALLOON TOSS 10:30 DROP THE HAT 10:30 HAT GAME 1:45 ROLL'EM HIGH 1:45 LET'S ROLL 3:00 SEEK AND FIND	<b>14</b> CHICKEN STRIPS CRISS CROSS POTATOES GREEN BEANS ICE CREAM 9:15 CURRENT NEWS 10:30 RING TOSS 10:30 TIP THE BOTTLE 1:45 SEE AND SAY 1:45 ANIMAL SOUNDS 3:00 WHAT'S UP	<b>15</b> CREAM OF BROCCOLI SOUP BOLOGNA & CHEESE SAND. TOMATO/LETTUCE CHOCOLATE BROWNIE 9:15 ABC GAME <b>10:00 BIBLE STUDY</b> <b>10:00 NTL GEO FILM</b> 1:45 KAREOKE 1:45 LET'S SING 3:00 BOARD GAMES
<b>18</b> HAMBURGE ON BUN FRENCH FRIES RELISH CONDIMENTS FRESH FRUIT 9:15 BALLOON TOSS <b>10:30 WOMEN'S GROUP</b> 10:30 CLOWN FACE 1:45 BOZO GAME 1:45 BALL DROP 3:00 LOOK HERE	<b>19</b> CABBAGE ROLLS BUTTERED POTATOES SEASONED CARROTS GRAPES 9:15 REMINSCING 10:30 SNOW CONE CRAFT 10:30 ICE CHIP ART <b>1:45 COOKING CLASS</b> 1:45 COLOR CLOWN 3:00 MAKE ME LAUGH	<b>20</b> HOT DOG ON BUN BAKED BEANS COLE SLAW DICED PEARS 9:15 PARACHUTE FUN <b>10:00 MONTHLY BIRTHDAY PARTY AND BINGO</b> 1:45 DUCK POND 1:45 RUBBER DUCKIE 3:00 WHAT'S UP	<b>21</b> MEATLOAF OVEN BROWN POTATOES BRUSSEL SPROUTS APRICOT HALVES 9:15 ABC GAME 10:30 FIND THE CLOWN 10:30 PIN THE NOSE 1:45 WHAT'S MY JOB 1:45 WHEEL - SPIN 3:00 THAT'S PUZZLING	<b>22</b> CREAM OF TOMATO SOUP GRILLED CHEESE SANDWICH CUCUMBER SALAD CHILLED PEACHES 9:15 CURRENT NEWS 10:30 CLOWN FRIEND 10:30 CLOWN CRAFT 1:45 HANGMAN 1:45 CIRCUS CLOWN 3:00 SEEK AND FIND
<b>25</b> COUNTRY FRIED STEAK BUTTERED POTATOES ITALIAN MIXED VEG. RICE PUDDING 9:15 HANGMAN 10:30 APPLE TREE 10:30 TREE DÉCOR. 1:45 MAKING CARDS 1:45 FILL IN 3:00 SEEK AND FIND	<b>26</b> SMOKED SAUSAGE OVEN BROWN POTATOES SCALLOPED CABBAGE STRAWBERRIES/BANANAS 9:15 ABC GAME 10:30 SCHOOL DAY ART 10:30 SCHOOL PICTURE 1:45 GAME OF CHOICE 1:45 LET'S CHAT 3:00 THAT'S PUZZLING	<b>27</b> CUBE STEAK WHIPPED POTATOES GREEN BEANS APPLESAUCE 9:15 REMINSCING 10:30 NOODLE BALL 10:30 SCHOOL YARD 1:45 HIGH ROLLERS 1:45 MUSIC TIME 3:00 WHAT'S UP	<b>28</b> HAM & CHEESE SANDWICH POTATO WEDGES SLICED TOMATOES/LETTUCE LEMON BAR 9:15 BALL TOSS 10:30 LAST MAN STANDING 10:30 WHO'S LAST 1:45 ICE CREAM SOCIAL 1:45 OUTBURST 3:00 MAKE ME LAUGH	<b>29</b> CUP OF SOUP TUNA SALAD/COTTAGE CHEESE FRUIT PLATE VANILLA PUDDING 9:15 PARACHUTE FUN 10:30 SCHOOL BUS 10:30 BUS CRAFT 1:45 SUMMER TALK 1:45 BASKETBALL 3:00 FUN TIME



## Today Center For Adults

711 Dayton-Xenia Road  
Xenia, Ohio 45385

Phone: 937-562-7590

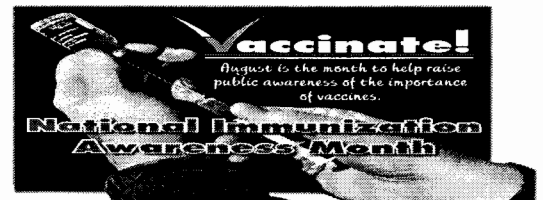
Fax: 937-562-7593

E-mail: [todaycenter@co.greene.oh.us](mailto:todaycenter@co.greene.oh.us)



**[ We're on the Web! ]**

[www.co.greene.oh.us/  
todaycenter.htm](http://www.co.greene.oh.us/todaycenter.htm)



The Today Center for Adults is a non-discriminatory in services and employment. Owned and operated by the Board of Greene County Commissioners, the Today Center for Adults is funded in part by various local, state and federal funding programs including, but not limited to: ComCare, Ohio Home Care, Partners In Care/Greene County Council on Aging Senior Services Levy; PASSPORT, Greene County MR/DD, Title XX and the Veterans Administration. Private fees, contributions and fund-raising are additional means of financial support.

## Today Center For Adults Team Directory

Denise R. Percival, NHA  
Administrator

Patricia Lane  
Activity Coordinator

Jerry Diane Channels

Beverly Green

Sheila Jackson

Brenda Mueller

Activity Assistants

Melodee Bass, PC, MT-BC  
Social Services Coordinator

Michele Kirk, RN  
Program Nurse

Brenda Reynolds  
Environmental  
Services



The Today Center For Adults is owned and operated under auspice of the Greene County Board of Commissioners.

Ralph C. Harper, President

Alan Anderson, V. President

Richard Perales

Today's News is a publication created, printed and distributed by the Today Center For Adults

# AUGUST