



GET READY FOR FLU SEASON

Flu season is here again and, because many people remember the vaccine shortage the country experienced in years past, officials encourage everyone to get vaccinated against the disease as soon as possible.

Influenza is a contagious respiratory disease caused by a virus that attacks the nose, throat and lungs. Symptoms include fever, dry cough, sore throat, headache, extreme tiredness, nasal congestion and body aches. These symptoms come on quickly and can incapacitate a person for a number of days.

People most at risk from complications due to influenza include children aged 6-23 months, adults 65 and older, people with chronic medical conditions, pregnant women, residents of nursing homes and long-term care facilities, direct patient care workers and out-of-home caregivers and household contacts of children under 6 months old. The very young and very old, plus those with chronic health conditions, are most likely to be hospitalized for or die from the flu.

In addition to vaccination, common-sense can reduce your risk of contracting or spreading the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze and dispose of the tissue afterward.
- Wash your hands or use an alcohol-based hand cleaner. Frequent cleaning of your hands is the best way to rid yourself of germs.
- If you get the flu, stay home to avoid exposing others.
- Call your health care provider or local health department for vaccine availability.



Special points of interest:

- *Dec 1—Rosa Parks Day: Anniversary of her arrest in 1955 for refusing to give up her seat and move to the back of the bus in Montgomery, AL*
- *Dec 7—Pearl Harbor Remembrance Day: In 1941, at 7:55 a.m., the Japanese attack on Pearl Harbor brought the U.S. into World War II*
- *Dec 17—Wright Brothers Day: By Presidential Proclamation, anniversary of the first powered flight by Orville and Wilbur Wright in 1903.*
- *Dec 20—Louisiana Purchase Day: More than a million square miles of the Louisiana Territory purchased from the French for about \$20 per square mile in 1803.*
- *Dec 21—Humbug Day: A day for all those preparing for Christmas to vent their frustrations. Twelve "humbugs" allowed, according to Wellcat Holidays of Lebanon, PA.*
- *Dec 21—Pilgrim's Landing Anniversary: In 1620, the Mayflower landed near Plymouth, Mass.*

Goodbye Nancy!

After 7 1/2 years of service, Nancy (Spitler) Wrede will depart from the Today Center upon the completion of her shift on Friday, December 7. Recently married and re-located, the everyday 40 minute commute holds no appeal in the Winter months ahead (especially at \$3 gas prices!). We will miss Nancy tremendously! Please join us in wishing her well in future endeavors!

2008 Holiday Schedule

The Today Center For Adults will be closed in observation of holidays as follows during 2008:

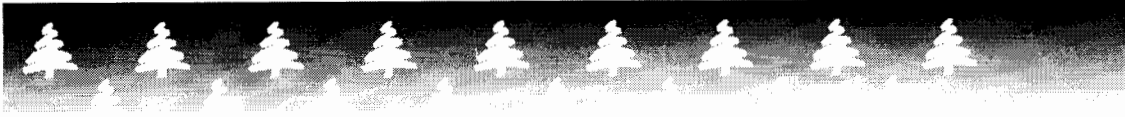
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|--------------------------|-----------------------|
| • New Year's Day | Tuesday, January 1 |
| • Martin Luther King Day | Monday, January 21 |
| • President's Day | Monday, February 18 |
| • Memorial Day | Monday, May 26 |
| • Independence Day | Friday, July 4 |
| • Labor Day | Monday, September 1 |
| • Veteran's Day | Tuesday, November 11 |
| • Thanksgiving Day | Thursday, November 27 |
| • Day After Thanksgiving | Friday, November 28 |
| • Christmas | Thursday, December 25 |



*Additional dates may be scheduled at the discretion of the Board of Commissioners



Merry Christmas to all!



Santa's Gift

Santa has a gift for you all wrapped in paper bright.

Inside's a treasure you can't guess, but it's certain to delight.

You can use it every week and day. It's practical, that's true.

It's yours to keep or give away, and there's still more left for you.

His treasure's made of several things like everything worthwhile.

Attached you'll find no hidden strings

to make it not-your-style.

Santa had a lot of joy, with that he did begin. The little elf shared love of work, and tossed a good part in.

With joy and work they made a start, their treasure to contrive.

They added peace and loving heart and packed in "glad to be alive."

The treasure now was near complete, but still some things did lack.

So they found some fun and "glad to greet,"

and put them in the pack.

They tied it up with wide green twine, Santa and his aide.

Clear through the paper it did shine (and not a cent they'd paid).

So take it now and do believe, that it will surely do great wonders on this Christmas Eve, and all the new year through.

~Anonymous

The Lighter Side: It Wasn't Wine

Just before Christmas, the children brought gifts for their teacher. The florist's son brought flowers. The candy-store owner's daughter gave the teacher a pretty box of candy.

The liquor-store owner's son brought up a big, heavy box. The teacher lifted it up and noticed that it was leaking a little bit. She touched a drop of the liquid with her finger and tasted it.

"Is it wine?" She asked.

"No," said the little boy, "it's a puppy!"

What is Christmas? It is tenderness for the past, courage for the present, hope for the future. It is a fervent wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace.

~Agnes M. Pharo

Work of Christmas Begins

When the song of angels is stilled,

When the star in the sky is gone,

When the kings and princes are departed,

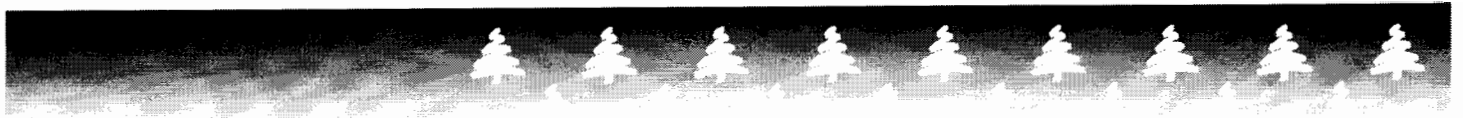
When the shepherds are back with their flocks,

The work of Christmas begins:

- To find the lost
- To heal the broken
- To feed the hungry
- To release the prisoner
- To rebuild peace among brothers
- To make music for all to hear.

~Howard Thurman





Christmas Music for Everyone

Christmas carols are beautiful, but sometimes we want to celebrate Christmas with songs that are sentimental or just fun.

The rollicking "Jingle Bells," written as a Thanksgiving song, was created by James Pierpont in 1857. He had no idea that it would become popular.

The sentimental favorite, "White Christmas," was written by Irving Berlin in 1940. Introduced in 1942, it was a song of peace in a time of war. Bing Crosby's rendition is still famous.

In 1934, Eddie Cantor almost declined to record "Santa Claus is Coming to Town" because he thought it was too much of a kiddie song.

"Rudolph the Red-Nosed Reindeer" was written by Johnny Marks for a

Christmas book given as a promotional item to Montgomery Ward Christmas shoppers in 1939. Gene Autry sang it.

More recently, a modern style of Christmas music has produced new classics, including:

"I saw Mama Kissing Santa Claus," was composed and first sung by Reba McEntire. At the time, she was a little-known gospel singer.

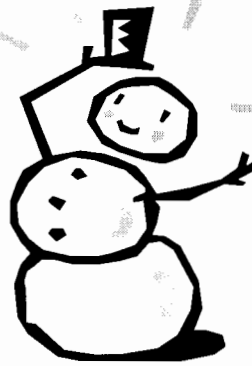
"Jingle Bell Rock" composed and sung by Bobby Helms is another holiday classic. Helms died in 1997.

"Grandma Got Run Over by a Reindeer" was com-

posed and sung by Randy Brooks in 1977. The hit song was also recorded in 1984 by Elmo & Patsy.

"Santa Baby," with words and music by Joan Javits, is a hit as sung by Eartha Kitt. Others who have recorded the song are Patti Labelle, Vanessa Williams, and Gregory Hines.

"Rocking around the Christmas Tree" was composed by Johnny Marks. Sung by Brenda Lee and others, it continues to be a holiday treat.



"Tis the Season...For Stress

For many, the holidays can bring feelings of stress, depression, loss and loneliness. Increased demands on time, fatigue, financial pressure and separation from loved ones can evoke stress responses such as headaches, excessive drinking, over-eating, difficulty sleeping and depression. Holiday stress is also a particular problem for family members who care for an elderly loved one.

Holiday blues can usually be avoided or minimized:
*Set manageable goals and prioritize

activities.

*Try not to compare this year with holidays from the past.

*Enjoy free or low-cost activities such as checking out local holiday displays, window shopping or playing with children.

*Avoid alcohol.

*Celebrate in a new way or with different people.

*Spend time with supportive and caring people.

*Take time out for yourself.



Enjoying a Healthy Holiday Season

With the holidays upon us, the opportunities to impact your health, both the good and the bad, are plentiful. While parties and gatherings are part of the fun, it's important to commit to minimizing the damage to your health. Here are a few hints to help you avoid complications related to the weight gain and stress so often associated with the holiday season:

*Follow the old saying, "Eat the best of what there is, not all of what there is." Reduce your portion sizes and eat slowly, making it possible to taste more options and savor each bite.

*Drink lots of water throughout the day. It suppresses the appetite and is something everyone should do year round.

*Watch out for the after-dinner trap. Snacks can pose more of a problem than meals. The calories add up.

*Eat healthy, nutritious foods. Avoid getting into the fast-food routine because you're busy.

*Use salt, saturated fat and alcohol in moderation.

*Don't let your stress level get out of hand. Exercise is a wonderful way to manage the extra demands of the holi-

days; 30 minutes, three times a week is generally recommended.

*Don't forget to schedule some "down time" for yourself. Relaxation helps reduce stress and increases overall well being.

*Remember that balance, variety and moderation apply to holiday celebrations as well as to most other things in life; so don't be too hard on yourself if you slip up. Keep good intentions, spend time with family and friends and enjoy the holidays.



DEC. 07

ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SPAGHETTI & MEATSAUCE ITALIAN MIXED VEGETABLES GARLIC TOAST AMBROSIA 9:15 NOODLE BALL 10:30 CHRISTMAS TREE ART 10:30 GLITTER STAR 1:45 CHRISTMAS GARLAND 1:45 BALLOON TOSS 3:00 LOOK HERE	4 VEGETABLE SOUP REUBEN SANDWICH SLICED PICKLES GRAPES 9:15 ABC GAME 10:30 CHRISTMAS BELLS 10:30 CANDY MOUSE 1:45 CHRISTMAS COOKIES 1:45 SING ALONG 3:00 UNO	5 CHEESY HAM & POTATO CASSEROLE BUTTERED CAULIFLOWER DICED PEACHES 9:15 PARACHUTE FUN 10:30 12-DAY'S OF X-MAS 10:30 CHRISTMAS CRAFT 1:45 CHRISTMAS ELVES 1:45 COLOR PAGE 3:00 ROLL OUT	6 SCALLOPED CHICKEN WHIPPED POTATOES COTTAGE CHEESE MANDARIN ORANGES 9:15 CURRENT NEWS 10:30 CHRISTMAS STOCKINGS 10:30 READY FOR X-MAS 1:45 CANDY CANE CRAFT 1:45 SIMON SAYS 3:00 WHAT'S THAT	7 SAUSAGE GRAVY ON BISCUIT FRIED APPLES CHERRY GELATIN 9:15 BALL TOSS 10:00 BIBLE STUDY 10:00 AT THE MOVIES 1:45 ROLL OUT 1:45 SOCK TOSS 3:00 PUZZLES
10 PIZZA OR RAVIOLI TOSSED SALAD/HOT VEG. GARLIC TOAST FRUITED GELATIN 9:15 HANGMAN 10:30 TREE DECORATION 10:30 REINDEER CRAFT 1:45 CHRISTMAS TRIVIA 1:45 REINDEER TOSS 3:00 HIGH ROLLERS	11 PORK CHOP WHIPPED POTATOES BUTTERED BROCCOLI COOKIE 9:15 NOODLE BALL 10:30 BINGO 10:30 YOUR CHOICE 1:45 DICE GAME 1:45 FREE ART 3:00 MAKE ME LAUGH	12 HOAGIE STEAK ON BUN POTATO WEDGES TOSSED SALAD DICED PEARS 9:15 BALLOON VOLLEY 10:30 MOVEABLE REINDEER 10:30 X-MAS TREE PART-1 1:45 GINGERBREAD MAN 1:45 BASKETBALL 3:00 SEEK AND FIND	13 BEEF & NOODLES ITALIAN MIX VEGETABLES COTTAGE CHEESE LEMON BAR 9:15 ABC GAME 10:30 LETTER TO SANTA 10:30 X-MAS TREE PART-2 1:45 SLEEPY SANTA 1:45 PASS SANTA 3:00 CARD GAME	14 SMOKED SAUSAGE BUTTERED POTATOES BUTTERED CABBAGE BREAD PUDDING 9:15 OUTBURST 10:30 NOODLE BALL 10:30 ROCKIN SANTA 1:45 REC'S AND PARKS 1:45 YOUR CHOICE 3:00 FARKLE
17 HAMBURGER ON BUN FRENCH FRIES RELISH CONDIMENTS MANDARIN ORANGES 9:15 PARCHUTE FUN 10:30 SANTA'S HELPER 10:30 SANTA'S BAG 1:45 FREE ART 1:45 WHERE'S FROSTY 3:00 WHAT'S THAT	18 BBQ CHICKEN SCALLOPED POTATOES ORIENTAL MIX VEGETABLE FRUIT CUP 9:15 BALLOON TOSS 10:30 COOKING CLASS 10:30 CHRISTMAS COOKIES 1:45 HIGH ROLLERS 1:45 SOCIAL HOUR 3:00 THAT'S PUZZLING	19 TUNA & NOODLE CASSEROLE SCANDINAVIAN VEGETABLES CHERRY DELIGHT 9:15 CURRENT NEWS 10:30 MONTHLY BIRTHDAY PARTY AND BINGO 1:45 REINDEER TREAT 1:45 CHRISTMAS MUSIC 3:00 UNO	20 CREAM CHIP BEEF OVER TOAST BABY CARROTS FRUIT CUP 9:15 NOODLE BALL 10:30 MAGIC KEY 10:30 CHRISTMAS LIST 1:45 CHRISTMAS WREATH 1:45 SILENT NIGHT 3:00 SHAKE UP	21 CUBE STEAK BAKED POTATO/SOUR CREAM CUCUMBER SALAD PEACH COBBLER 9:15 ABC GAME 10:00 BIBLE STUDY 10:00 MOVIE AND POPCORN 1:45 EGGNOG TASTE 1:45 CHRISTMAS STORY 3:00 LOOK HERE
24 CLOSED DUE TO THE HOLIDAY	25 CLOSED DUE TO HOLIDAY HAVE A MERRY CHRISTMAS !	26 FISH NUGGETS MACARONI & CHEESE STEWED TOMATOES FRUITED GELATIN 9:15 HANGMAN 10:30 GAME OF CHOICE 1:45 SHOW TIME 3:00 ROLL OUT NO MRDD	27 CORN DOGS BAKED BEANS CREAMY COLE SLAW DICED PEACHES 9:15 CURRENT NEWS 10:30 SNOW FLAKE ART 1:45 NOODLE BALL 3:00 MAKE ME LAUGH NO MRDD	28 HAM AND BEANS FRIED POTATOES CORN MUFFIN/PICKLED BEETS CHOCOLATE BROWNIE 9:15 ABC GAME 10:30 SNOWMEN FRIENDS 1:45 WINTER GARDEN 3:00 SEEK AND FIND NO MRDD
31 SPAGHETTI & MEATSAUCE ITALIAN MIXED VEGETABLES GARLIC TOAST AMBROSIA 9:15 REMINISCE 10:30 NEW YRS. EVE PARTY 1:45 VOLLEY BALL 3:00 CARD GAME NO MRDD	CLOSED TUESDAY DUE TO THE HOLIDAY HAVE A HAPPY AND SAFE NEW YEAR !			



Especially during the holidays, fruitcake has many fans. Really.

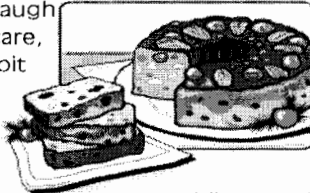
Question: Why is a fruitcake like history? Answer: Because they are both filled with dates!

Oh, yeah, go ahead and laugh at the fruitcake, but take care, because you are having a bit of a joke at the expense of a treat that has sustained travelers and delighted children for a thousand years.

Because of the ongoing social disdain for the fruitcake, there are lots of fruitcake pretenders out there, like wimpy yellow cakes with a few candied cherries. This is not a fruitcake.

Fruitcakes are at the decadent end of the cake family, and they are easy to recognize. First, they are soaked with an alcohol such as rum, whiskey, bourbon,

Food of the Month



or a flavored liqueur. Second, fruitcakes are dense, moist, heavy concoctions filled with (surprise) fruit and nuts. This is not diet food. One puny ounce usually has about 100 calories.

Third, a fruitcake must be aged for at least four weeks in an airtight container while the cake soaks up its liquor. A fruitcake that is soaked with liquor every four weeks can last for years, according to *What's Cooking America* by Linda Stradley (Falcon Books).

Legend has it that Queen Victoria waited a year to eat her fruitcake because it demonstrated restraint to her subjects. At least that is what she said.

If you dare to risk a social blacklist, you'll find lovely fruitcake recipes in old cookbooks and online. But here are some tips for great fruitcakes:

* You don't have to use candied fruit. Fresh and dried fruit work well.

* Store your cake in a tin with powdered sugar. Wrap it in liquor-soaked cloth.

* Fruitcakes freeze well, but they won't mellow after you freeze them. Age them first.

* Soak fresh fruit and nuts in liquor overnight. Use the liquid in your cake.

* You can be creative with your fruit choices (as long as the fruits are the weight the recipe calls for).

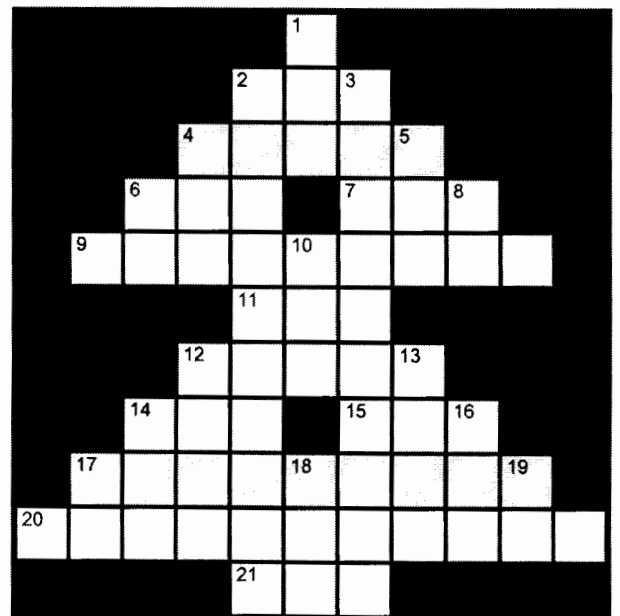
* To get the fruitcake shine, use a sugar-syrup glaze.



Our Wish To You

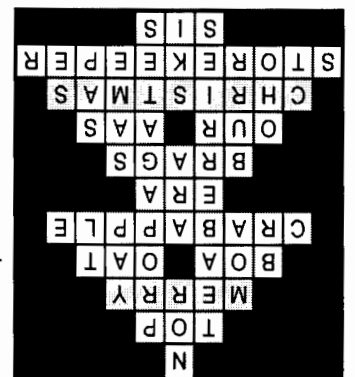
- Across
- 2 Toy
 - 4 Happy holiday, with 17A
 - 6 ___ constrictor
 - 7 ___ grass
 - 9 Flowering tree
 - 11 Victorian, for one
 - 12 Boasts
 - 14 "___ Gang"
 - 15 Small batteries
 - 17 Happy holiday, with 4A
 - 20 Merchant
 - 21 ___ boom bah!

- Down
- 1 "___ any drop to drink": Coleridge
 - 2 Source of winter green and oil
 - 3 Spreads
 - 4 Extinct bird
 - 5 Big, fat mouth
 - 6 Internet domain for Brazil
 - 8 Atomic number 81
 - 10 Coach Parseghian
 - 12 Vice president under Jefferson
 - 13 "___ here"



- 14 Exclamation of surprise
- 16 Deplete
- 17 Constitution State: Abbr.
- 18 Schuss, e.g.
- 19 Dir.

The headline is a clue to the answer in the diagonal.



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[We're on the Web!]

[www.co.greene.oh.us/
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