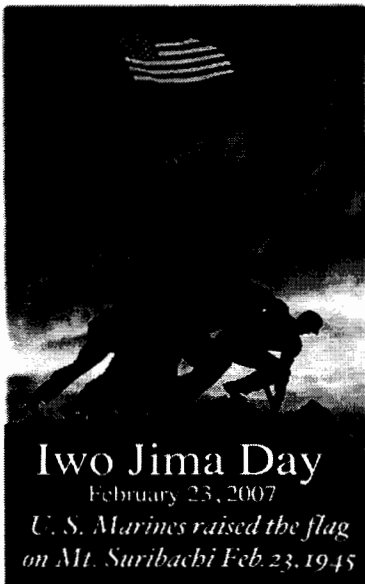


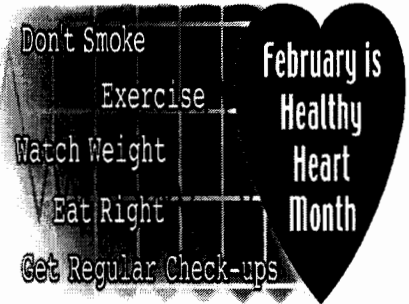
Today's News

TODAY CENTER FOR ADULTS

February, 2007



February is American Heart Month: Here's How to Protect Your Heart



2007 Greene County Observed Holidays: Offices Closed

President's Day
Monday, February 19

Memorial Day
Monday, May 28

Independence Day
Wednesday, July 4

Labor Day
Monday, September 3

Veteran's Day
Monday, November 12

Thanksgiving & Day
After
Thursday, November 22
Friday, November 23

Christmas Eve & Day
Monday, December 24
Tuesday, December 25

Now is the time to take stock of how you're treating the most important organ in your body. Check this information and see how you are applying it to your daily life.

* Your heart is a muscle. The stronger it is, the better it will work for you. It needs to be exercised, which means regular activity like walking, running, or lifting weights.

* Like any organ of your body, the heart won't serve you well if it's surrounded by fat. Working toward a satisfactory body weight will help your heart do its job.

* Fill your refrigerator with fruits, vegetables, lean meats,

and poultry. Keep whole grain products on hand as well as heart-friendly oils such as canola and olive oil.

* Your heart won't work at all if it gets plugged up. A lump of cholesterol will do it, which means you'll be wise to skip the fatty foods. And a blood clot will do it. Check with your doctors to see if an aspirin a day can keep your blood flowing freely.

* Hearts object to being excited all the time. Anger, stress, and the burden of carrying a grudge make it work harder. Do yourself a favor. Mend your fences, and channel your anger into produc-

tive action. Plan your work, then work on your plan so you're not stressed.

* Don't use tobacco. Talk to your doctor about the best ways to quit smoking.

* High blood pressure can be a heart breaker. Limiting salt and drinking a glass of orange juice each day can keep blood pressure at normal levels.

If your doctor has prescribed medication for your hypertension, be sure to take it every day.





Groundhog Day is a Cross-Quarter Day

Not only is February 2 the day Punxsutawney Phil predicts whether winter will last longer, it is also the first cross-quarter day of 2007.

A cross-quarter day is one that falls approximately midpoint between the major seasonal divisions of the year. These seasons are marked by the natural occurrences of the solstices and equinoxes, which divide the year into

quarters. Cross-quarter days are the midpoint between the solstices and equinoxes.

Groundhog Day is the cross-quarter holiday between the Winter Solstice and the Vernal Equinox. Sharing the honor of first cross-quarter day are such celebrations as Candlemas and St. Brigid's Day. In olden times, this cross-quarter day was known as Imbolc or Imbolog. It marked a time to celebrate surviving halfway through winter. If the weather was fair on Imbolog, the second half of winter

would be harsh. If the weather was overcast or stormy, the rest of winter would be mild.

On this year's Groundhog Day in Punxsutawney, Pennsylvania, the 121st trek to Gobbler's Knob is scheduled as everyone eagerly anticipates Phil's appearance. Three days of festivities mark the event including crowning the Groundhog King and Queen, a scavenger hunt, ice sculpting, a metal arts competition, a Pancake Breakfast, and a Woodchuck Whittle Show.

Mardi Gras!

February 20, 2007

New Orleans, still recovering and rebuilding from Hurricane Katrina, once again turns her heart to her special season *Mardi Gras*. It wants the world to know that she is a strong city with a strong tradition.

New Orleans *Mardi Gras* is often touted as the greatest free show on earth. Parades, masked balls, and other celebrations abound during Day (this year February 20), the

Approximately 60 Krewes decorated floats from which bead trinkets are thrown. Rex, Zulu, the biggest attractions. Another Barkus which is made up of hun-

The beads flung from *Mardi Gras* in the Crescent City. shapes and the vivid colors amaze ors being purple, green, gold, blue, can find the beads still festooning time of year.

The doubloons are coin-shaped objects made of aluminum, silver, bronze, and even plastic. These bear the Krewes' insignia on one side and the parades theme on the reverse. They were introduced by the Krewes of Rex in 1960 and are highly prized as collectors items.



(carnival clubs) march with gaily necklaces, doubloons, and other Bacchus, and Endymion are among favorite is the Mystic Krewes of dreds of costumed dogs.

floats are a major attraction of The beads come in all size and the eye with the most popular colored, and pink. It has been said you the numerous oak trees at any

Snapshots of America

Many developed countries are not growing. The U.S. is getting bigger and more colorful but is still uncrowded. According to the U.S. Census Bureau:

* The U.S. is the third most populous country on earth but still has fewer than 5 percent of the world's people.

* Eighty percent of the U.S. population lives in one of the top five metropolitan areas, which are New York, Los Angeles, Chicago, Dallas-Fort Worth, and Philadelphia.

* For every 1,000 Americans: 568 live in the state where they were born; 455 are employed, 405 are married, 173 speak a language other than English, 159 have no health insurance, 122 are 65 or older, 5 are in the active-duty military, and 1 is in kindergarten.

* In 1970, 4.7 percent of the population was born outside the U.S. In 2000, counting illegal immigrants, 14.6 percent were born outside. That's just under the 1890 figure of 14.8 percent.

* According to the Bureau of Labor Statistics, American employees use less vacation time than Europeans. Americans take 3.9 weeks. In Italy, Britain, and Germany, workers take four. In France, it's five weeks.

* The five occupations scheduled to grow the most by 2014 are postsecondary teachers, home health aides, computer-software engineers, medical assistants, and preschool teachers.

* Americans have gained four to eight hours of free time per week since 1965. Time spent exer-

cising has doubled. Men watch TV three hours 28 minutes a day, women for two hours, 41 minutes.

* The Americans Use of Time Project shows a 20 percent drop in hours spent grooming over the past 20 years, possibly because of the easing of business dress codes. Women spend two hours more per week on grooming than men do.

* At 10 p.m., 12 percent of us are doing household chores or working late; 47 percent are enjoying their free time, and everyone else has gone to bed.

* Some 35 percent of adult Americans are registered voters and always vote; 20 percent vote sometimes, and 45 percent never vote.

Black History Month: Bayard Rustin, Unknown Hero of the Civil Rights

Bayard Rustin was one of the most critical figures in the struggle for African-American liberty.

From an early age, Bayard Rustin dedicated his life to social causes. Mentored by black labor organizer A. Philip Randolph, he first worked in the trade union movement. It was in the late 1940s that he found his calling, initiating one of the first Freedom Rides through the South to protest segregation. He became a key figure in encouraging the desegregation of the armed forces.

Rustin was an important advisor to a young Martin Luther King Jr. on how to conduct an effective civil rights protest in Montgomery, Ala. Rustin's greatest achievement was organizing the 1963 March on Washington, immortalized by King's "I Have a Dream" speech.

He saw the civil rights movement not as a protest against America, but as a way for America to live up to its own principles. Rustin emphasized not what white Americans owed blacks but what blacks could contribute to a truly equal and integrated America. He said, "Black people are not seeking anything from anyone. They are seeking to become full-fledged citizens." The simplicity of that statement is as impressive as its moral clarity.



FEBRUARY 19, A DAY TO HONOR ALL U.S. PRESIDENTS

February 22nd is the birthday of George Washington, Father of Our Country. A few days before the birthday of George is the birth anniversary of Abraham Lincoln (February 12), who preserved the union and abolished slavery. This year the birthdays are celebrated together on Monday, February 19.

When you look at the list of U.S. presidents, you will find that all are he-



roic men who deserve to be honored. The list includes early presidents who helped

to establish the nation such as John Adams and Thomas Jefferson. More easily remembered are famous 20th century presidents Franklin Roosevelt, John F. Kennedy, and Ronald Reagan.

Present usage often regards Presidents Day as a day to honor all former presidents of the U.S. Officially, however, the federal holiday is still called Washington's Birthday.

FOOD OF THE MONTH: Decide Which One 'Suits You to a Tea'

As you study teas on the supermarket shelf, you may be surprised to know that all teas come from the Camellia sinensis plant, a warm-weather evergreen. How fresh leaves are processed and their length of contact with oxygen determine the resulting type of tea.

Oxidation gives the leaves their distinctive color. Green tea is not oxidized. The leaves are steamed, rolled, and dried. Black tea is oxidized for two to four hours, and Oolong tea falls somewhere in between.

According to the Tea Associa-

tion of the USA, herbal teas aren't from the Camellia sinensis plant and are not linked with research on the health benefits of traditional teas.

Tea is one of the most healthful beverages. It's fat-free and calorie-free. Tea is rich in flavonoids and pow-



erful antioxidants that help to prevent chronic diseases such as heart disease and cancer, as shown in studies at the Antioxidants Research Laboratory of the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University. Green and black teas have the most antioxidants.

The American Dietetic Association notes that a certain number of flavonoids in tea are lost during the decaffeination process, so decaffeinated teas are somewhat less beneficial than regular brews.

Super-Healthy Valentine Chocolates

This chocolate really is good for your sweetie. Mars' CocaVia chocolates have plant sterols and coca flavonols. They contain just 150 calories.

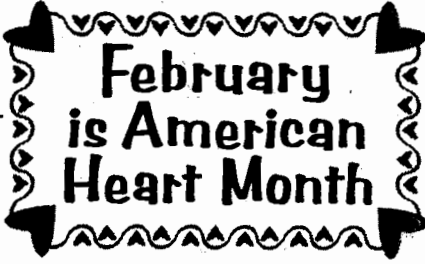

The sterols interfere with absorption of cholesterol and may promote elimination of cholesterol from the body.

The coca flavonols improve blood flow and circulation, especially in patients with cardiovascular disease.

Flavonols are also found in other foods, but the chocolate is more appropriate for Valentine's Day.

FEB. 07

ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
			<p>1</p> <p>HOT DOG ON BUN BAKED BEANS CREAMY COLE SLAW PEACHES</p> <p>9:15 ABC GAME 10:30 NOODLE BALL 10:30 CUPID MAGNET 1:45 VALENTINE MAT 1:45 VALENTINE COLLAGE 3:00 PUZZLES</p>	<p>2</p> <p>HAM & BEANS W/MUFFIN FRIED POTATOS PICKLED BEETS CHOCOLATE BROWNIE</p> <p>9:15 BALL TOSS 10:00 BIBLE STUDY 10:00 NTL GEO FILM 1:45 SWEET HEART CAL. 1:45 GROUND HOG 'S DAY 3:00 UNO</p>
<p>5</p> <p>CHEESE RAVIOLI WITH MEAT SAUCE ITALIAN MIXED VEGETABLES AMBROSIA</p> <p>9:15 HANGMAN 10:30 BALLOON TOSS 10:30 VALENTINE GARLAND 1:45 BOUNCING HEART 1:45 COLOR PG. 3:00 WHAT'S THAT</p>	<p>6</p> <p>SCALLOPED CHICKEN MASHED POTATOES/GRAVY SLICED CARROTS COTTAGE CHEESE/PLUMS</p> <p>9:15 ABC GAME 10:30 BINGO 10:30 FUNNY VIDEO 1:45 SPECIAL VAL. CARD 1:45 BALL TOSS 3:00 DICE GAME</p>	<p>7</p> <p>CHEESY HAM & POTATO CASSEROLE CAULIFLOWER SLICED PEACHES</p> <p>9:15 CURRENT NEWS 10:30 PARACHUTE FUN 10:30 VALENTINE CROWN 1:45 VALENTINE KEEPSAKE 1:45 VALENTINE DESIGN 3:00 LOOK HERE</p>	<p>8</p> <p>VEGETABLE SOUP REUBEN SANDWICH SLICED PICKLES GRAPES</p> <p>9:15 OUTBURST 10:30 BALL TOSS 10:30 SWEET HEART FAN 1:45 VALENTINE TREAT 1:45 TREE OF HEARTS 3:00 THAT'S FUNNY</p>	<p>9</p> <p>SAUSAGE GRAVY/BISCUIT FRIED APPLES GELATIN WITH MANDARIN ORANGES</p> <p>9:15 REMINISCE 10:30 KICK BALL 10:30 ABE'S PAGE 1:45 HISTORY PAGE 1:45 COUNTRY MUSIC 3:00 PUZZLES</p>
<p>12</p> <p>CREAM OF TOMATO SOUP GRILLED CHEESE SANDWICH PICKLES BUTTERSCOTCH PUDDING</p> <p>9:15 CURRENT NEWS 10:30 VALENTINE CRAFT 10:30 VALENTINE BAGS 1:45 SPECIAL SWEETHEART 1:45 VALENTINE CARDS 3:00 UNO</p>	<p>13</p> <p>PORK CHOPS MASHED POTATOES/GRAVY BROCCOLI COOKIES</p> <p>9:15 PHYS. FUN 10:30 I LOVE LUCY FILM 10:30 HAND AND HEART 1:45 VALENTINE CATIPILLER 1:45 MAKING COOKIES 3:00 SEEK AND FIND</p>	<p>14</p> <p>HOAGIE STEAK ON BUN POTATO WEDGES TOSSED SALAD SLICED PEACHES</p> <p>9:15 REMINISCE 10:30 VALENTINE PARTY AND GAMES 1:45 DICE GAME 1:45 BULLEYE GAME 3:00 COLOR PAGE</p>	<p>15</p> <p>BEEF AND NOODLES ITALIAN MIXED VEGETABLES COTTAGE CHEESE LEMON BAR</p> <p>9:15 ABC GAME 10:30 HEART CRAFT 10:30 HEALTHY HEART 1:45 COOKING MUFFINS 1:45 PLAYDOUGH FUN 3:00 GO FISH</p>	<p>16</p> <p>SMOKED SAUSAGE BUTTERED POTATOES CABBAGE FRUITED GELATIN</p> <p>9:15 BALL TOSS 10:00 BIBLE STUDY 10:00 YOUR CHOICE 1:45 SOCIAL EVENT 1:45 REMINISCE 3:00 ROLL OUT</p>
<p>19</p> <p>CLOSED FOR THE OBSERVANCE OF PRESIDENT'S DAY</p>	<p>20</p> <p>BAKED CHICKEN SCALLOPED POTATOES ORIENTAL VEGETABLES FRUIT CUP</p> <p>9:15 ABC GAME 10:30 BALLOON VOLLEY 10:30 BEV'S CRAFT 1:45 DICE GAME 1:45 CAR RACE 3:00 THAT'S FUNNY</p>	<p>21</p> <p>TUNE AND NOODLE CASSEROLE SCANDINAVIAN VEGETABLES CHERRY DELIGHT</p> <p>9:15 KICK BALL 10:30 COLOR PAGE 10:30 BUTTERFLY HEARTS 1:45 JELLO JIGGLERS 1:45 YOUR CHOICE 3:00 UNO</p>	<p>22</p> <p>CREAMED CHIP BEEF OVER TOAST BABY CARROTS FRUIT CUP</p> <p>9:15 OUTBURST 10:30 BALLOON TOSS 10:30 FINGER PUPPET 1:45 COOKING CLASS 1:45 COLOR PAGE 3:00 PUZZLES</p>	<p>23</p> <p>CUBE STEAK BAKED POTATO CUCUMBER SALAD PEACH COBBLER</p> <p>9:15 NOODLE BALL 10:30 MONTHLY BIRTHDAY AND BINGO 1:45 DICE GAME 1:45 PUZZLES 3:00 COLOR PAGE</p>
<p>26</p> <p>SALISBURY STEAK MASHED POTATO/GRAVY SPINACH CHERRY CHIP CAKE</p> <p>9:15 PHYS. FUN 10:30 FREE ART 10:30 CHENILLE STICK DOLL 1:45 LET'S ROLL 1:45 HOT POTATO 3:00 LET'S TALK</p>	<p>27</p> <p>LASAGNA GARLIC TOAST ITALIAN MIXED VEGETABLES BUTTERSCOTCH PUDDING</p> <p>9:15 OUTBURTS 10:30 NOODLE BALL 10:30 TOOTHY PUPPET 1:45 TOOTH FAIRY CHAT 1:45 TOOTH VISOR 3:00 SEEK AND FIND</p>	<p>28</p> <p>FISH NUGGETS MACARONI AND CHEESE STEWED TOMATOES FRUITED GELATIN</p> <p>9:15 ABC GAME 10:30 YOUR CHOICE 10:30 MAKING ICE CREAM 1:45 SPECIAL TREAT 1:45 ICE CREAM SOCIAL 3:00 THAT'S FUNNY</p>		

The Today Center For Adults is non-discrimatory in services and employment. Under sponsorship of the Board of Greene County Commissioners, the Today Center is also funded in part by the Ohio Department of Aging through the Area Agency on Aging PSA2; Ohio Department of Job & Family Services through the Greene County Department of Job & Family Services; MR/DD; Ohio Department of Education Child & Adult Food Program; private fees; contributions; and fund-raising.

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

[We're on the Web!]

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

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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

Nancy Spitler

Program Specialist

Melodee Bass, PC, MT-BC

Social Services Coordinator

Michele Kirk, RN

Program Nurse

Brenda Reynolds

Environmental

Services



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Richard Perales, President

Ralph C. Harper, V. President

Alan Anderson

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