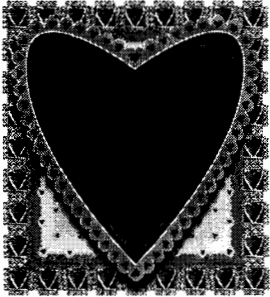


**TODAY
CENTER FOR
ADULTS**

Today's News

FEBRUARY

2008



February is American Heart Month: Choices You Make Today Could Boost Your Heart Health Right Now

We know what we're supposed to be writing: Exercise, eat right, don't smoke, and check our blood pressure.

There are a lot of scary statistics that prove this advice to be correct. But you've already heard them all. Maybe the numbers convinced you to make changes in your life. Maybe not.

In either case, thinking small about heart health does make a difference, and it doesn't take much time or effort. You can do it today or tomorrow.

* Eat an apple or a pear instead of a donut. Fruit tastes good. You'll be less likely to gain weight, which would make your heart work harder.

* Walk with the

dog or the kids instead of watching television. You'll enjoy it, and new studies show that the condition of your arteries improves immediately, not just in years to come.

* Do something you really want to do instead of lighting a cigarette. Every cigarette counts. Your blood pressure bounces up every time you light one.

* Park farther away from the store instead of right in front of it. That little walk is good for your heart.

* Order broiled fish instead of batter fried. A meal high in saturated fat causes arteries to stiffen right away.

* Check your waist-to-hip ratio. Search for waist-to-hip

ratio on the Web. There are several easy sites that let you enter your numbers. They tell you whether you need to improve.

* Women, check the American Heart Association's GoRedForWomen.org or call (888) MY-HEART for information about lowering your personal risk.

Whether you are in your 20s, 40s, or 60s, it's important to take care of your heart. Sometimes, just taking the small steps makes a big difference.

It's never too soon or too late to start.



✓ Eat a proper diet ✓ Exercise regularly ✓ Don't smoke
✓ Watch your weight ✓ Get regular checkups

HEALTH NEWS

Getting Rid of Household Germs Can Help You Avoid Colds, and More

The word is out about hand washing. If you do it right and often, you can get rid of bacteria that could make you sick. But attacking germs where you pick them up makes it less likely you'll get them on your hands in the first place.

In the kitchen: Sink handles, sinks, and counters are the biggest offenders. Clean sinks, sink drains, and counters with antibacterial soap at least once a day. Wash your sponge in the dishwasher to kill germs.

Fresh vegetables and fruits: They may carry salmonella, campylobacter, or E. coli, say microbiologists at New York University. Rinse them thoroughly.

In the laundry: Add bleach to a load of white clothes that includes underwear. It kills virtually all of the germs on underwear so they don't spread. Move the load immediately to the dryer and dry at a high temperature.

In the bathroom: Use a disinfecting cleaner on the bathtub weekly. If someone with a skin infection uses the tub, wash it with bleach right away so you don't pick up the germs.

Shared devices: Use antibacterial cleaner frequently on telephones, TV remotes, door handles, and shared keyboards, especially if someone in the household has an illness.

Caffeine May Protect Memory in Women

A recent study shows that drinking coffee may protect women's ability to think and remember, especially as they grow older. Reported in the Journal of the American Medical Association, those who drank more than three cups of coffee per day (or the equivalent in tea) had less decline in memory over time

than those who drank one cup or less.



The benefits increased with age with coffee drinkers being 30 percent less likely to have a decline in memory at age 65 and 70 percent less likely at age 80 and beyond.

The research did not show the same effect in men. They may metabolize caffeine differently.

Cell Therapy for Bad Knees

Harvesting a problem knee's cartilage cells could soon result in a patient growing healthy new cartilage. It's possible with Carticel technology.

The procedure includes sending a piece of cartilage harvested by biopsy

through a process that enables it to grow new cells. The doctor places a patch over the damaged area of cartilage. Then the cultured cells are injected in liquid form beneath the patch, where they can grow into new cartilage.

The Carticel system is

offered by Genzyme, a Massachusetts biotech firm.

NEWS

**February is National Black History Month
Settling the West and Working as Cowboys**

During National Black History Month, we think of African-Americans who were scientists, inventors, doctors, and political leaders.

But one group and its history has been neglected: the facts and legends of black cowboys who helped drive great herds of cattle to market. They helped to settle the West.

By the start of the Civil War in 1861, Texas had more than 4 million head of cattle. When the war ended, ranching with its dependence on cowboys became the main industry. Up to one-quarter of all cowboys were black.

Because cowboys depended on each other, there was little discrimination. The demands of the trail included dangerous snakes and wolves, treacherous rivers and mountains, and the threat of attack from Native Americans.

One black cowboy, Nate Love (known as Deadwood Dick), summed up the cowboy trail code. "There a man's work was to be done, and a man's life to be lived, and when death was to be met, he met it like a man."

Historians say while the trail was treacherous, life in cattle market towns like Dodge City was worse. Thieves, rustlers, and

gunslingers were everywhere, but almost none were black.

By 1890, railroads rendered long drives unnecessary. Some cowboys then worked as broncobusters. Others, like Bill Pickett, put their skills to use in rodeos and vaudeville.

As the West opened up, one-sixth or more of those moving there were black or mixed-race people. They helped to settle the country.

Their story is an exciting part of American history.



Valentines Day is Not What it Used to be: It's Better

Sweethearts, candy makers and florists love February 14, Valentine's Day. In recent times, couples in love exchanged cards or gifts. The celebration actually originated in 5th Century Rome.

Hundreds of years before the first Valentine's Day, the Romans practiced pagan ceremonies in mid-February commemorating young men's rite of passage to manhood. The celebration honored the god Lupercus. The Christian church wanted to do away with the pagan festival.

To replace Lupercus, the church looked for a suitable patron saint of love to

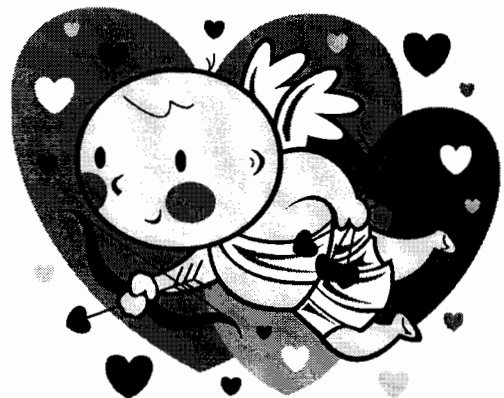
take his place. They found an appropriate choice in Bishop Valentine. Against the wishes of Emperor Claudius, the bishop had allowed Claudius' soldiers to be married. In AD 270 Valentine was beheaded by Emperor Claudius.

The first true Valentine card was sent in 1415 by Charles, Duke of Orleans, to his wife. Charles was imprisoned in the Tower of London at the time.

Cupid, another symbol of the holiday, became associated with love because he was the son of Venus, the Roman god of love and beauty. Cupid often appears on Valentine

cards.

In our time, Valentine cards abound. Kids send them to classmates. Sweethearts send sentimental or funny cards to each other, and just about anyone can send a Valentine that is friendly or humorous to a friend, relative, or co-worker.



HAPPY VALENTINE'S DAY!



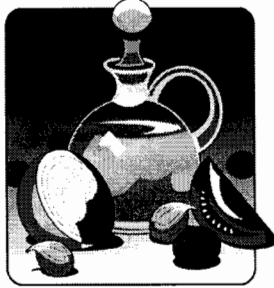
He called it 'liquid gold; we call it olive oil

Few foods have the foundation in history that olive oil has. Homer called it "liquid gold." Greek athletes rubbed it over their bodies. It was used as medicine, food, and cosmetic. Olive branches are still emblems of peace.

Today, the venerated olive is playing a major role in the area of health. Until recently, it was valued primarily for its monounsaturated fat, which makes blood cholesterol and blood pressure go down. And olive oil strengthens omega-3 fatty acid's anti-inflammatory effects.

New research reported by the American Institute for Cancer Research

Food of the Month



shows that many of olive oil's health benefits also come from the more than 30 plant compounds it contains. Its antioxidants and anti-inflammatories promote heart health.

Additionally, olive oil contains compounds that increase enzymes, which block development of cancer cells and increase their rate of self-destruction.

All types of olive oil provide monounsaturated fat, but to get the highest levels of protective plant compounds, extra virgin or virgin oil are the best.

Light olive and pure olive oil are lighter in flavor and color but not in fat or calorie content. They

have fewer phytochemicals and fewer of protective qualities. Extra virgin or virgin have more.

To keep olive oil fresh and its protective compounds intact, store it in the refrigerator or a dark, cool place.

Lemon-rosemary olive oil dressing

Place a sprig of fresh rosemary and a small clove of garlic on a cutting board and crush with the side of a heavy knife. Put the rosemary, garlic, and a 1" by 1/2" strip of lemon rind in a clean bottle with a tight-fitting cap.

Pour 3/4 cup extra virgin olive oil and 1/4 cup fresh lemon juice into the bottle. Cap the bottle and shake well. Refrigerate if not using right away. Lasts about one week in the fridge.

Shake before serving. Put on vegetables, fish, seafood, pasta, or salads.

Heart Disease and Stroke Statistics

According to the American Heart Association, about 1.2 million Americans were likely to experience a first or recurrent heart attack in 2007. About 452,000 of those were expected to die. The single leading cause of death in the United States is coronary heart disease. Sudden cardiac death claims an estimated 325,000 lives annually out-of-hospital or in hospital emergency rooms.

Stroke

The third leading cause of death in the United States is stroke, claiming about 150,000 lives annually. About 6 out of every 10 stroke deaths are women. Each year, about 700,000 people suffer from a stroke, leaving about 5.7 million stroke survivors in the U.S. today. Of the stroke survivors, many of them live with stroke-related disabilities.

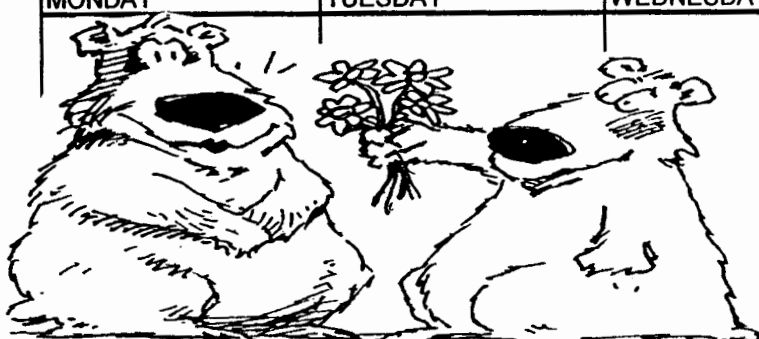


High Blood Pressure

High blood pressure can be controlled with proper treatment even though 95 percent of high blood pressure cases are from unknown causes. High blood pressure in adults older than 20 has risen to more than 72 million.



FEB. 08

ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>Happy Valentine's Day</p>	<p>1 SMOKED SAUSAGE BUTTERED POTATOES BUTTERED CABBAGE BREAD PUDDING 9:15 CURRENT NEWS 10:00 BIBLE STUDY 10:00 AT THE MOVIES 1:45 LET'S PLAY 1:45 MUSIC 3:00 DICE GAME</p>
<p>4 HAMBURGER ON BUN FRENCH FRIES RELISH CONDIMENTS MANDARIN ORANGES 9:15 BALL TOSS 10:30 VAL. LOVE BIRDS 10:30 DECO. HEARTS 1:45 DICE GAME 1:45 MUSIC 3:00 WHAT'S THAT</p>	<p>5 BBQ CHICKEN SCALLOPED POTATOES ORIENTAL MIX VEGETABLE FRUIT CUP 9:15 OUTBURST 10:30 GAME DAY 10:30 NECKLACE HEART 1:45 BOX OF HEARTS 1:45 VALENTINE WORDS 3:00 UNO</p>	<p>6 TUNA & NOODLE CASSEROLE SCANDINAVIAN VEGETABLES CHERRY DELIGHT 9:15 ABC GAME 10:30 HEARTS OF FLOWERS 10:30 FELT HEARTS 1:45 SNACK AND CHAT 1:45 VALENTINE STORY 3:00 MAKE ME LAUGH</p>	<p>7 CREAM CHIP BEEF OVER TOAST BABY CARROTS FRUIT CUP 9:15 NOODLE BALL 10:30 LITTLE HOUSE 10:30 HEART CROWN 1:45 ROLL OUT 1:45 BALL TOSS 3:00 CARD GAME</p>	<p>8 CUBE STEAK WHIPPED POTATOES CUCUMBER SALAD PEACH COBBLER 9:15 BALLOON VOLLEY 10:30 WOMENS GROUP 10:30 COLOR PAGE 1:45 BOARD GAMES 1:45 LET'S TALK 3:00 SEEK AND FIND</p>
<p>11 SALISBURY STEAK W/GRAVY WHIPPED POTATOES SPINACH 9:15 PARACHUTE FUN 10:30 VALENTINE FRIENDS 10:30 HEART TOS 1:45 VALENTINE BAGS 1:45 SPECIAL VALENTINE 3:00 HIGH ROLLER</p>	<p>12 LASAGNA GARLIC TOAST ITALIAN MIX VEGETABLES BUTTERSCOTCH PUDDING 9:15 REMINSCING 10:30 BINGO 10:30 MUSIC 1:45 LINCOLN CABIN 1:45 LET'S ROLL 3:00 THAT'S PUZZLING</p>	<p>13 FISH NUGGETS MACARONI & CHEESE STEWED TOMATOES FRUITED GELATIN 9:15 BALLOON TOSS 10:30 BUTTERFLY OF LOVE 10:30 LACY HEART 1:45 WORD SEARCH 1:45 BALL TOSS 3:00 UNO</p>	<p>14 CORN DOGS BAKED BEANS CREAMY COLE SLAW DICED PEACHES 9:15 CURRENT NEWS 10:30 VALENTINE PARTY FUN 1:45 BLAST OFF 1:45 SPARKEL FUN 3:00 SHAKE UP</p> 	<p>15 HAM AND BEANS FRIED POTATOES PICKLED BEETS CHOCOLATE BROWNIE 9:15 ABC GAME 10:00 BIBLE STUDY 10:00 NTL GEO FILM 1:00 PARKS AND RECS. 1:00 YOUR CHOICE 3:00 LOOK HERE</p>
<p>18 CLOSED FOR PRESIDENT'S DAY</p> 	<p>19 VEGTABLE SOUP REUBEN SANDWICH SLICED PICKLES GRAPES 9:15 NOODLE BALL 10:30 FREE ART 10:30 PERFECT PICTURE 1:45 COOKING CLASS 1:45 MATCH THIS 3:00 CARD GAMES</p>	<p>20 CHEESY HAM & POTATO CASSEROLE CAULIFLOWER DICED PEACHES 9:15 CURRENT NEWS 10:30 MONTHLY BIRTHDAY PARTY AND BINGO 1:45 COLOR PAGE 1:45 MUSIC 3:00 SEEK AND FIND</p>	<p>21 SCALLOPED CHICKEN MASHED POTATOES CARROTS/COTTAGE CHEESE MANDARIN ORANGES 9:15 ABC GAME 10:30 MEN'S GROUP 10:30 NOODLE GAME 1:45 YOUR CHOICE 1:45 TOSS AND CATCH 3:00 THAT'S FUNNY</p>	<p>22 SAUSAGE GRAVY ON BISCUIT FRIED APPLES CHERRY GELATIN 9:15 OUTBURST 10:30 CHERRY TREE 10:30 LET'S ROLL 1:45 WASHINGTON FACTS 1:45 NUMBER UP 3:00 THAT'S PUZZLING</p>
<p>25 PIZZA OR RAVIOLI TOSSED SALAD/HOT VEG. GARLIC TOAST FRUITED GELATIN 9:15 ABC GAME 10:30 PAPER PENQUIN 10:30 HOT POTATO 1:45 BY THE NUMBER 1:45 BALLOON PASS 3:00 WHAT'S THAT</p>	<p>26 PORK CHOP WHIPPED POTATOES BUTTERED BROCCOLI COOKIE CURRENT NEWS 10:30 LAST MAN STANDING 10:30 STORY TIME 1:45 COLOR PAGE 1:45 WINTER FRIEND 3:00 THAT'S FUNNY</p>	<p>27 HOAGIE STEAK SANDWICH POTATO WEDGES TOSSED SALAD DICED PEARS 9:15 PARACHUTE FUN 10:30 MUSIC AND DANCE ENTERTAINMENT 1:45 PAPER ART 1:45 LET'S READ 3:00 ROLL'EM</p>	<p>28 BEEF & NOODLES ITALIAN MIX VEGETABLES COTTAGE CHEESE LEMON BAR 9:15 BALLOON TOSS 10:30 OUTBURST 10:30 GAME TIME 1:45 UNO 1:45 BALL TOSS 3:00 LOOK HERE</p>	<p>29 SMOKED SAUSAGE BUTTERED POTATOES BUTTERED CABBAGE BREAD PUDDING 9:15 NOODLE BALL 10:30 FREE ART 10:30 MATCHING GAME 1:45 LUCKY CHARM 1:45 DISNEY TUNES 3:00 CARD GAME</p>

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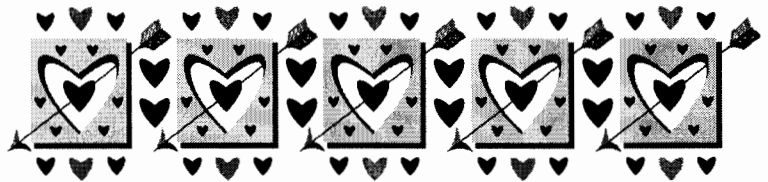
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[We're on the Web!]

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