

# Today's News



JANUARY, 2007

## HAPPY NEW YEAR TO ONE AND ALL!

At the end of the 1990s, we saw the birth (and death) of a bizarre mass market industry that offered one extraordinary product: The future.

You surely remember the fortune-telling, future-reading "friends" that populated late night television offering to tell you anything (except the amount of your next telephone bill).

After a \$400 million-a-year psychic spree, the mass market fortune telling business dried up by 1998.

Was it because, suddenly, people were less interested in the future?

No. In 1998, people were very interested in the future. And they still are today.

Now on the eve of a new year, we can pick up our new, empty appointment books, and wonder at its mystery: What new successes, challenges, joys, and sorrows we will have during this new year?

Right now, we propose to give you for free what it used to cost you \$4.99 a minute to find out. Ready?

Now put your hands on your television set and we'll read your future.

You're going to meet people that will help you achieve your goals.

- You're going to

help someone else.

- Something you didn't do today is going to haunt you tomorrow.
- Something you did today will make all the difference tomorrow.
- Someone you love will love you back.

We see the future and it is yours. You make it yourself by how you work, what you love, where you put your faith, how you use your treasure.

Thank you all for your support, love, and faith during 2006.

In 2007, we see success, prosperity, and joy. Let's make it so.

### TIPS TO ACHIEVE SUCCESSFUL RESOLUTIONS

Word your number one resolution carefully. Instead of saying you are going to relax more, say you are going to explore different ways of relaxing. You are likely to fulfill the resolution by experimenting with techniques.

Make a written plan. For relaxing, you might plan to surf the Internet for different techniques. Make a list of all you find and try a new one each month.

Columnist Ann Landers came up with a big list of "good" resolutions, a few of which you might like to try, such as:

\* Lighten up. Ask yourself, "Will it matter a week from today? Or next year?"

\* Be a friend, we need each other.

\* Don't discourage a beginner.

\* Walk tall and smile more.

\* Don't be afraid to say, "I love you."

\* Don't give up your principles.



## **HEALTH IN THE NEWS**

### **CDC Recommends AIDS Testing for People Age 13 to 64**

Federal health officials are recommending that testing for the AIDS virus should be offered to everyone in every hospital, doctor's office, and clinic to speed diagnosis and help curb the AIDS epidemic.

The Centers for Disease Control and Prevention's recommendations are not binding, but designed to make AIDS testing as routine as tests for high blood pressure, cholesterol, and diabetes.

About 1 million people in the US are HIV-positive, but 250,000 of them have not been diagnosed. Timothy Mastro of the CDC says, "We think that the quarter of a million people who don't know their infection status account for 70 percent of sexually transmitted infections."

### **Whooping Cough Vaccine**

Whooping cough (pertussis) is a highly contagious bacterial infection of the respiratory tract. A person can get pertussis over and over again in a lifetime.

Infants and small children may have life-threatening complications. Adolescents and adults have less severe cases. But for them, the cough can last for months and can be so severe it can break ribs.

Adolescents and adults under age 65 should get a one-time dose of the recently developed pertussis vaccine. Because of the recent resurgence of the illness, immunization is important.

### **New Class of Diabetes Drugs**

A new type of diabetes drug becomes active only when blood sugar rises. It doesn't cause dangerous drops in sugar levels that can occur with insulin or other diabetes treatments.

The Food and Drug Administration has approved Merck's Januvia, the first in a new class of diabetes drugs. When blood sugar rises after a patient eats, hormones normally bring blood sugar levels down. In diabetics, however, the hormones are inactivated by the DPP-4 enzyme. Januvia blocks the action of DPP-4.

The cost will be \$4.86 per daily pill to treat type 2.

## **After a Big Meal, Take a Walk to Fight Fat**

Doctors have discovered that about four hours after a fatty meal, our arteries look like those of a person with heart disease. They temporarily lose their ability to expand for increased blood flow.

Investigators at Indiana University recommend waiting an hour or two after the meal, then getting a little exercise to

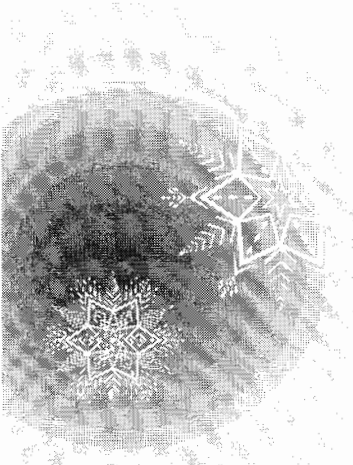
help reverse the possible damage to your arteries. The good part of it is, you don't have to go to the gym or do anything strenuous. Taking a walk will do.

Janet P. Wallace, a professor of kinesiology and lead investigator for the study, says the post-meal period sets up the environment for the artery to be unhealthy. That is

what can lead to heart disease and insulin resistance.

Exercise, however does great things. It is very effective in counteracting the effects of a high-fat meal, according to Wallace.

The study results were published in the September issue of the European Journal of Applied Physiology.



# JAN. 07

# ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> CLOSED FOR THE OBSERVANCE OF NEW YEARS DAY	<b>2</b> SCALLOPED CHICKEN MASHED POTATOES/GRAVY SLICED CARROTS COTTAGE CHEESE/PLUMS	<b>3</b> CHEESY HAM & POTATO CASSEROLE CAULIFLOWER SLICED PEACHES	<b>4</b> VEGETABLE SOUP REUBEN SANDMICH SLICED PICKLES GRAPES	<b>5</b> SAUSAGE GRAVY/BISCUIT FRIED APPLES GELATIN WITH MANDARIN ORANGES
	9:15 REMINISCE 10:30 SNOWFLAKES 10:30 MUSIC (S) 1:45 CANDYLAND 1:45 WINDOW ART (S) 3:00 PUZZLES	9:15 BALL TOSS 10:30 COOKIE CUTTER DECO. 10:30 WINTER FUN (S) 1:45 CHIT CHAT 1:45 PUZZLE TIME (S) 3:00 WHAT'S THAT	9:15 ABC GAME 10:30 COTTON SNOWMAN 10:30 PASS THE BALL (S) 1:45 SNOWBIRD ART 1:45 DICE GAME (S) 3:00 UNO	9:15 CURRENT NEWS <b>10:00 BIBLE STUDY</b> 10:00 COMEDY FILM (S) 1:45 SUNSET 1:45 FREE ART (S) 3:00 DICE GAME
<b>8</b> CREAM OF TOMATO SOUP GRILLED CHEESE SANDWICH PICKLES BUTTERSCOTCH PUDDING 9:15 KICK BALL 10:30 BOWLING 10:30 WHAT'S THIS (S) 1:45 HIGH ROLLER 1:45 CARD GAME (S) 3:00 COLOR PG.	<b>9</b> PORK CHOPS MASHED POTATOES/GRAVY BROCCOLI COOKIES 9:15 ABC GAME 10:30 HOT POTATOE 10:30 COMEDY FILM (S) 1:45 ANGEL DOLL 1:45 BALL TOSS (S) 3:00 THAT'S FUNNY	<b>10</b> HOAGIE STEAK ON BUN POTATO WEDGES TOSSED SALAD SLICED PEARS 9:15 PHYS. FUN 10:30 PICTURES CUBES 10:30 WINTER COLLAGE (S) 1:45 TISSUE STAIN GLASS 1:45 READING TIME (S) 3:00 LOOK HERE	<b>11</b> BEEF AND NOODLES ITALIAN MIXED VEGETABLES COTTAGE CHEESE LEMON BAR 9:15 CURRENT NEWS 10:30 MUSICAL CHAIRS 10:30 WINTER COLLAGE (S) 1:45 ICICLE FUN 1:45 DICE GAME (S) 3:00 GO FISH	<b>12</b> SMOKE SAUSAGE BUTTERED POTATOES CABBAGE FRUITED GELATIN 9:15 BALL TOSS <b>10:30 BINGO</b> 10:30 MUSIC (S) 1:45 MARTIN L. KING HISTORY 1:45 COLOR PG. 3:00 ROLL OUT
<b>15</b> CLOSED FOR THE OBSERVANCE OF MARTIN LUTHER KING DAY 	<b>16</b> BAKED CHICKEN SCALLOPED POTATOES ORIENTAL VEGETABLES FRUIT CUP 9:15 CURRENT NEWS 10:30 NOODLE BALL 10:30 BALL TOSS (S) 1:45 PAPER CUT OUTS 1:45 STORY TIME (S) 3:00 NUMBER GAME	<b>17</b> TUNA AND NOODLE CASSEROLE SCANDINAVIAN VEGETABLES CHERRY DELIGHT 9:15 KICK BALL 10:30 RAINBOW LOLLIPOP 10:30 ICE FISHING (S) 1:45 NTL GEO FILM 1:45 THAT'S FUNNY (S) 3:00 UNO	<b>18</b> CREAMED CHIP BEEF OVER TOAST BABY CARROTS FRUIT CUP 9:15 ABC GAME 10:30 PAPER CONES 10:30 MUSIC FILM (S) 1:45 OUTBURST 1:45 BASKET BALL (S) 3:00 THAT'S FUNNY	<b>19</b> CUBE STEAK BAKED POTATO CUCUMBER SALAD PEACH COBBLER 9:15 BALL TOSS <b>10:00 BIBLE STUDY</b> 10:00 READING TIME (S) 1:45 QUICKIE QUACKS 1:45 COLOR PG. (S) 3:00 PUZZLES
<b>22</b> SALISBURY STEAK MASHED POTATO/GRAVY SPINACH CHERRY CHIP CAKE 9:15 ABC GAME 10:30 FISHING GAME 10:30 KRISPY SNOWMAN (S) 1:45 WINTER COLLAGE 1:45 DICE GAME (S) 3:00 SEEK AND FIND	<b>23</b> LASAGNA GARLIC TOAST ITALIAN MIXED VEGETABLES BUTTERSCOTCH PUDDING 9:15 PHYS. FUN 10:30 MAGIC GARLAND 10:30 SNOW FLAKE (S) 1:45 NORTH STAR 1:45 WHAT'S THAT (S) 3:00 DICE GAME	<b>24</b> FISH NUGGETS MACARONI AND CHEESE STEWED TOMATOES FRUITED GELATIN 9:15 OUTBURST 10:30 COLOR PG. 10:30 THAT'S FUNNY (S) 1:45 COOKING CLASS 1:45 MOVING BOARD GAME 3:00 GO FISH	<b>25</b> HOT DOG ON BUN BAKED BEANS CREAMY COLE SLAW PEACHES 9:15 HANGMAN <b>10:30 MONTHLY BIRTHDAY PARTY AND BINGO</b> 1:45 SNOW STORM 1:45 NOSE KNOWS (S) 3:00 COLOR PG.	<b>26</b> HAM & BEANS W/MUFFIN FRIED POTATOS PICKLED BEETS CHOCOLATE BROWNIE 9:15 CURRENT NEWS 10:30 MOVE AND SHOUT 10:30 FILM YOUR CHOICE (S) 1:45 SNOW TREE 1:45 COLOR PG. 3:00 UNO
<b>29</b> CHEESE RAVIOLI W/ MEAT SAUCE ITALIAN MIXED VEGETABLES AMBROSIA 9:15 OUTBURST 10:30 PARACHUTE FUN 10:30 NTL GEO FILM (S) 1:45 GO FISH 1:45 PICTURE FIND (S) 3:00 HIGH ROLLER	<b>30</b> SCALLOPED CHICKEN MASHED POTATO/GRAVY SLICED CARROTS COTTAGE CHEESE/PLUMS 9:15 ABC GAME 10:30 SHOW AND TELL 10:30 READING TIME (S) 1:45 SCAVENGER HUNT 1:45 BALL DARTS (S) 3:00 COLOR PG.	<b>31</b> CHEESY HAM & POTATO CASSEROLE CAULIFLOWER SLICED PEACHES 9:15 CURRENT NEWS 10:30 POPCORN & MOVIE 10:30 SING ALONG (S) 1:45 SEEK AND FIND 1:45 THE RACE IS ON (S) 3:00 THAT'S FUNNY		

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; Greene County Council on Aging; private fees; contributions; and fund-raising.

## The King Day of Service: A Day ON, Not a Day OFF

Martin Luther King Jr. Day, January 15, was first celebrated in 1986. But many who wished to honor King wanted his day to be more than a play-filled holiday.

They wanted it to represent all that King stood for including brotherhood, nonviolence, and reconciliation.

In 1994, Senator Harris Wofford and Congressman John Lewis co-authored the King Holiday and Service Act, which was signed into law by President Bill Clinton. This Act was to encourage people of all races to volunteer in some way on this day.

The King Day of Service is a way to show an understanding and regard for the teachings of King by trying

to solve social problems.

Americans of every age and background can become involved in a project to help their community.



One can join an organized service project, volunteer at a school, church, or local shelter, or help repair a roof, shovel snow, cook a meal, or go to the grocery store for a neighbor.

In 2006, the Philadelphia region hosted the largest King Day of Service boasting some 50,000 volunteers and 600 service projects. Volunteers, numbered at 2500, gathered at Martin Luther King High School and constructed a "House in a Box" that was trucked to Lafayette, La., and given to a family left homeless by Hurricane Katrina.

In Washington, D.C., more than 400 volunteers performed a variety of services for 170 homeless families.

Want to help others but don't know how? Visit [mlkday.gov](http://mlkday.gov) for information on a list of projects (by state) that are planned in Martin Luther King, Jr.'s name for 2007. Volunteer!

*"It is not the level of prosperity that makes for happiness but the kinship of heart to heart and the way we look at the world. Both attitudes are within our power. so that a person is happy so long as he chooses to be happy. and no one can stop him."*

-Alexander Solzhenitsyn

## January Celebrity Birthdays

- 1, Kathleen Wilkins, first baby boomer, 1946.
- 2, Brian Boucher, hockey player, 1977.
- 3, Mel Gibson, actor and director, 1956.
- 5, Diane Keaton, Oscar for Annie Hall, 1946.
- 6, Lou Holtz, football coach, 1937.

- 7, Nicholas Cage, movie actor, 1964.
- 9, Sergio Garcia, pro golfer, 1980.
- 10, George Foreman, boxer, 1949.
- 11, Naomi Judd, singer, 1946.
- 12, Rush Limbaugh, talk-show host, 1951



- 14, Julian Bond, Legislator, 1940.
- 17, Muhammad Ali, boxing champion, 1942.
- 18, Kevin Costner, actor, 1955.
- 19, Dolly Parton, singer, 1946.
- 21, Jack Nicklaus,

- champion pro golfer, 1940.
- 23, Mariska Hargitay, actress, Law & Order SVU, 1964.
- 26, Wayne Gretzky, champion hockey player, 1961.
- 28, Elijah Wood, actor, Lord of the Rings, 1981.

## **A Tribute to Activity Professionals!**

National Activity Professionals Week—January 21-26, 2007

**Thank You! (Dedicated to Amy Shade, Activity Coordinator & Sheila Jackson, Assistant)**

**Thank you** for all that you do to improve the quality of life for those who matter the most, your residents! They appreciate it!

**Thank you** for all your creativity. The residents are thankful.

**Thank you** for the extra effort you put in to each day.

**Thank you** for helping out in the dining rooms for meal programs. They need you! The nursing staff does appreciate it!

**Thank you** for all the special trips and community events. They love being a part of the community.

**Thank you** for all the effort you put into your volunteer program, it definitely does not happen with out you!

**Thank you** for smiling even when you don't feel like it.

**Thank you** for spending time with those residents who can not come out of their rooms. They especially appreciate the pet visits.

**Thank you** for a great survey. It takes your entire team and a dynamic program.

**Thank you** for giving all of your self.

**Thank you** for filling the resident's days with meaningful activities.

**Thank you** for pushing so hard to get extra special programs approved. The extra effort paid off!

**Thank you** for all the extra hours you put into planning and implementing elaborate events. It was appreciated!

**Thank you** for attending seminars and association meetings, even when sometimes you have to use vacation days.

**Thank you** for supporting other activity professionals.

**Thank you** for taking a chance and trying something new.

**Thank you** for dressing up for all those holidays.

**Thank you** for all the hugs and love you give to them.

**Thank you** for developing all the children's programs.

**Thank you** for all the spiritual programs, because it means more to them at this point in their life.

But most of all **Thank You** for dedicating your life to this very special profession, Activity Professionals! We can't imagine any facility with out you!

by Sandra Stimson, Executive Director  
Alternative Solutions in Long Term Care

Thanks Today Center Activity Professionals! Patty, Bev, Brenda, Diane & Sheila

### **We Are Activity Professionals**

by Sandra Stimson CALA, ADC, CDP

**We Are Activity Professionals!**

Big hearts, huge bright smiles and enormous compassion,  
Creative, innovative and dynamic personalities.  
We are blessed to have found this profession!

**We Are Activity Professionals!**

We don't know how to say "no"! We aim to please at personal sacrifice.

Long days, hectic schedules and stressful events.  
We love all of this!

**We Are Activity Professionals!**

Regulatory changes, tougher surveys and changing populations.  
As a group like no other, we evolve, learn and adapt.

We are a tough group and can handle this like no other profession!

**We Are Activity Professionals!**

They say, "I could never do what you do" and you know what,  
They are right!  
"They, could never do all that you do!"

**We Are Activity Professionals!**

Phones ringing, many interruptions and endless demands.  
But we demand more ourselves and ask for little in return.  
No one can handle all that we do in one day!

**We Are Activity Professionals!**

Humanity, compassion, humor and strong moral work ethics,  
We are the memory creators and the heart of every community.  
We are the photo albums filled with new memories!

**We Are Activity Professionals!**

## Today Center For Adults

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

[www.co.greene.oh.us/adultcare.htm](http://www.co.greene.oh.us/adultcare.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 the Ohio Department of Aging through the Area Agency on Aging, PSA2; Ohio Department of Job and Family Services through the Greene County Department of Job and Family Services; Greene County Board of MR/DD; Greene County Council on Aging; private fees; contributions and fund-raising.

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

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