

Today's News



New Year's Resolutions: How to Make Them, Keep Them

"New Year's is the only holiday that celebrates the passage of time. Perhaps that's why, as the initial seconds of the year tick away, we become introspective. Inevitably, that introspection turns to thoughts of self-improvement and the annual ritual of making resolutions!"

These words by Gary Ryan Blair, a consultant and coach, describe how we come to make resolutions. Studies show these to be the top 10 resolutions, though not necessarily in this order.

* More than half of Americans resolve to spend more time with family and friends.

* Regular exercise is high on almost everyone's list. It keeps you

healthy, makes you look and feel better.

* Losing weight. To achieve it, set reasonable goals and stay focused on your program.

* Quitting smoking. With many aids now available it is more possible.

* Enjoying life more has become a popular resolution.

* Many people resolve to stop drinking.

* Millions of Americans resolve to get control of their finances this year.

* Doing more volunteer work is on many people's list.

* Learning something new, like a language, computer skills, reading books, or taking a course.

It's one of the easiest reso-

lutions to keep.

* Getting organized is on just about everyone's top ten.

Researchers at the University of Washington who have studied the subject for 20 years or more, say this is what you should do in order to keep your resolutions.

1. Have a strong initial commitment to make a change. (Don't just jot down some nice things and expect it to make a difference.)

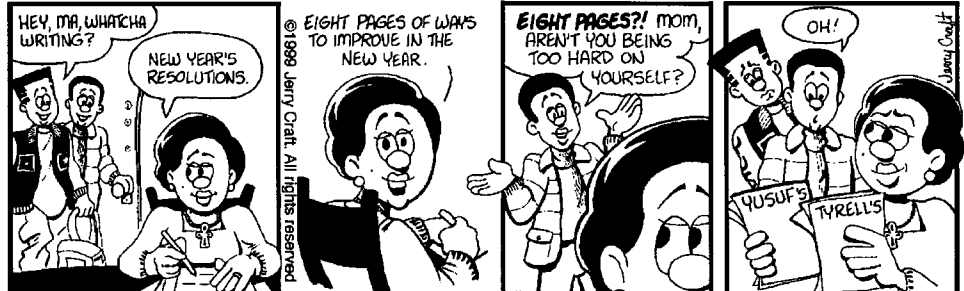
2. Develop coping strategies to deal with problems that will come up.

3. Keep track of your progress. The more monitoring you do and feedback you get, the better you will do.

REMINDER:
The Business Office of Greenwood Manor will be closed as follows in observance of January holidays.
*Tuesday, January 1
New Year's Day
*Monday, January 21
Martin Luther King, Jr. Day



MAMA'S BOYZ [HTTP://WWW.MAMASBOYZ.COM](http://www.mamasboyz.com) BY JERRY CRAFT



A Tribute to Activity Professionals!

National Activity Professionals Week—January 21-26, 2007

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

Thank you for all your creativity. The participants are thankful.

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

Thank you for helping them with meals. They need you!

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

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

Thank you for giving all of your self.

Thank you for filling the participant'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 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 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 without you!

We salute the activity professionals of the Today Center. They are:

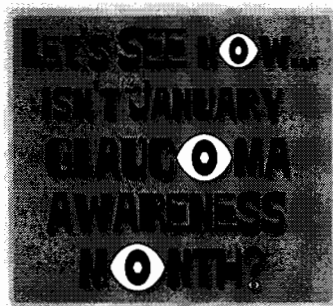
Patty Lane, Activity Coordinator

Jerry Diane Channels, Activity Assistant

Beverly Green, Activity Assistant

Sheila Jackson, Activity Assistant

Brenda Mueller, Activity Assistant



A simple test can save your sight!

YOUR HEALTH...

Be Aware of MRSA Infection Risk, But Don't Panic

New statistics show that an estimated 94,000 people developed methicillin-resistant staphylococcus aureus (MRSA) infections in 2005. Most were patients in hospitals and nursing homes.

At the same time, 14,000 people contracted the same or a different strain in the community, say researchers for the Centers for Disease Control.

Since the early 1990s, doctors have seen increasing numbers of cases in the community, probably because of a growing resistance to antibiotics. Some antibiotics, however, still cure MRSA infections when used along with other treatments.

Doctors recommend taking common-sense precautions to prevent MRSA and any other infection.

- * Keep hands clean by washing frequently or using hand sanitizers.
- * Cover skin abrasions or cuts with a clean, dry bandage to prevent infection until the wound is healed.
- * Don't share soap or towels that have come in contact with skin.
- * Keep hands away from the nose.

* Watch for what seems to be a spider bite or pimple that doesn't heal. If it becomes red and swollen or pus is present, see a doctor immediately.

Rev. Martin Luther King Jr. Birthday Observance: Remember why January 21 is a Holiday

Everyone loves a holiday, but sometimes we don't remember why a certain day is so important.

January 21 is more than a day that creates a three-day weekend. And its primary purpose is not to give us extra time to sleep, catch up on chores, or go shopping.

Rather, it is a holiday so we can honor a man who spent most of his life trying to show people that each of us, no matter where we come from or what we look like, has value and dignity.

It is more than 40 years since Martin Luther King, Jr. began his work of trying to teach people that we are all one people, all created equal. Still there are people who may not have heard that.

"Diversity" is a word we use often today, but it's just another word for reality. And the reality is we are not just white or just black. Who we are goes beyond what we look like. Those who are called "white" can be part Irish, Dutch, American Indian, German, Scot, or part anything else. Those who are

"I have a dream..."



**"Honoring a Martyr for Peace"
Dr. Martin Luther King Jr.
January 15, 1929 - April 4, 1968**

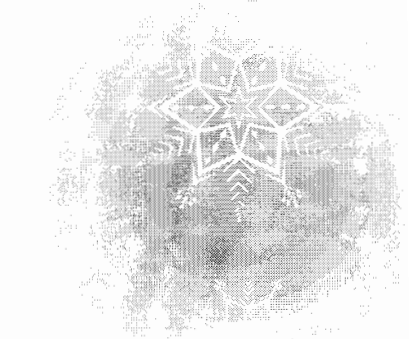
called "black" can be part African, Italian, Canadian, French, Spanish, or any other nationality. We can all be male or female, educated or uneducated, conservative or liberal.

One of the things Dr. King wanted us to know is that all of us are a little bit of what someone else is, and everyone is a little bit of what we are.

In 1964, Dr. King won the Nobel Peace Prize for his efforts to help us all live together in peace.

On this holiday, we should all take time to remember Dr. King's life and his work. We should think about what can be done to honor it.

January 21 is a holiday for a very important reason.



GO BUCKEYES!

Cabbage has become a New Year's tradition

Cabbage, the plainest Jane of the New Year foods, actually comes from a very colorful plant family.

Brassica oleracea has been cultivated and selectively changed for thousands of years. Today, the cabbage family includes the green, crinkly leafed kale, white cauliflower, green broccoli, and tiny green brussels sprouts. There are a number of forms of cabbage itself, from the white to light green standard cabbage to the savories which come in white, red, green, and brown.

According to the University of Florida extension service, cabbage is relatively low in calories, but it was popular with early civilizations since it grows quickly (about three months)

and tolerates cool temperatures very well. In cooler climates it can be planted in summer and fall. It is a good source of potassium, and vitamins A and C.



Cabbage is one of many foods popular for cooking on New Years. You'll find it part of the menu in Europe, including Germany, Croatia, Bosnia, and many parts of the United States.

New Year's Day Cabbage Soup

Tear a medium head of cabbage into 2-inch pieces and set aside. Braise a half pound of quarter-inch beef cubes (chuck or shoulder) in a skillet with a

small amount of canola oil.




Place 2 10-ounce cans of beef broth in a large crockpot and add 1 can of carrot juice, one half teaspoon of sugar, 1 teaspoon cinnamon, one half teaspoon ground cloves, one half teaspoon ground ginger, 1 cup of sliced carrots, 1 cup of celery, 1 teaspoon celery seed, 1 cup of coarsely-chopped onions, and salt and pepper to taste.

Add the braised meat (in some recipes ham or sausage may be substituted) and cabbage and cook in your crockpot's high setting for 3 hours, stirring occasionally. Reduce temperature and warm.

Accompanied by crackers or your favorite bread, cabbage soup makes for a robust meal on a cold winter's day.

JAN. 08

ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 HAPPY NEW YEAR CLOSED DUE TO THE HOLIDAY	2 CHEESY HAM & POTATO CASSEROLE BUTTERED CAULIFLOWER DICED PEACHES	3 SCALLOPED CHICKEN WHIPPED POTATOES COTTAGE CHEESE MANDARIN ORANGES	4 SAUSAGE GRAVY ON BISCUIT FRIED APPLES CHERRY GELATIN
		9:15 NOODLE BALL 10:30 JANUARY CAL. 10:30 FROSTY 1:45 SEEK AND FIND PUZZLE 1:45 MUSIC 3:00 LOOK HERE	9:15 ABC GAME 10:30 SNOWY SAM 10:30 SNOWFLAKES 1:45 BY THE NUMBERS 1:45 BASKETBALL 3:00 CARD GAME	9:15 CURRENT NEWS 10:00 BIBLE STUDY 10:00 AT THE MOVIES 1:45 UNO 1:45 BALLOON TOSS 3:00 ROLL OUT
7 PIZZA OR RAVIOLI TOSSED SALAD/HOT VEG. GARLIC TOAST FRUITED GELATIN 9:15 BALL TOSS 10:30 WINTER MITTENS 10:30 SNOWMAN MAGNET 1:45 ROLL -EM 1:45 DICE GAME 3:00 SEEK AND FIND	8 PORK CHOP WHIPPED POTATOES BUTTERED BROCCOLI COOKIE 9:15 PARACHUTE FUN 10:30 CHINESE PAPER ART 10:30 WINTER FRIENDS 1:45 REC'S AND PARKS 1:45 MUSIC 3:00 UNO	9 HOAGIE STEAK ON BUN POTATO WEDGES TOSSED SALAD DICED PEARS 9:15 ABC GAME 10:30 BINGO 10:30 YOUR CHOICE 1:45 PAPER PENGUIN 1:45 I SPY 3:00 HIGH ROLLERS	10 BEEF & NOODLES ITALIAN MIX VEGETABLES COTTAGE CHEESE LEMON BAR 9:15 NOODLE BALL 10:30 PEACEFUL DOVE 10:30 WINTER WONDERLAND 1:45 FREE ART 1:45 PASS THE SNOWMAN 3:00 MAKE ME LAUGH	11 SMOKED SAUSAGE BUTTERED POTATOES BUTTERED CABBAGE BREAD PUDDING 9:15 OUTBURST 10:30 WOMENS GROUP 10:30 SNOWY FRIENDS 1:45 SEEK AND FIND 1:45 SING ALONG 3:00 FARKLE
14 HAMBURGER ON BUN FRENCH FRIES RELISH CONDIMENTS MANDARIN ORANGES 9:15 BALLOON VOLLEY 10:30 WINTER SCENE 10:30 WINTER MATCH GAME 1:45 ROLL -EM 1:45 DICE GAME 3:00 WHAT'S THAT	15 BBQ CHICKEN SCALLOPED POTATOES ORIENTAL MIX VEGETABLE FRUIT CUP 9:15 HANGMAN 10:30 GOOD LUCK ART 10:30 SNOWMAN BOWLING 1:45 WINTER ART 1:45 STORY TIME 3:00 THAT'S PUZZLING	16 TUNA & NOODLE CASSEROLE SCANDINAVIAN VEGETABLES CHERRY DELIGHT 9:15 OUTBURST 10:30 NOISE MAKERS 10:30 BOWLING 1:45 BOARD GAME 1:45 SHOW AND TELL 3:00 UNO	17 CREAM CHIP BEEF OVER TOAST BABY CARROTS FRUIT CUP 9:15 CURRENT NEWS 10:30 NOODLE BALL 10:30 WINTER COLLAGE 1:45 WINTER ART 1:45 BALL TOSS 3:00 SHAKE UP	18 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 YOUR CHOICE 1:45 SOCIAL TIME 3:00 LOOK HERE
21 CLOSED DUE TO MARTIN LUTHER KING JR. 	22 LASAGNA GARLIC TOAST ORIENTAL MIX VEGETABLE BUTTERSCOTCH PUDDING 9:15 OUTBURST 10:30 BOWLING 10:30 POLAR BEAR ART 1:45 CREATIVE ART 1:45 STORY TIME 3:00 LOOK HERE	23 FISH NUGGETS MACARONI & CHEESE STEWED TOMATOES FRUITED GELATIN 9:15 PARACHUTE FUN 10:30 FEEDERS 10:30 SNOWMAN SNACK 1:45 COOKING CLASS 1:45 WINTER FRIENDS 3:00 THAT'S FUNNY	24 CORN DOGS BAKED BEANS CREAMY COLE SLAW DICED PEACHES 9:15 BALLOON TOSS 10:30 MONTHLY BIRTHDAY PARTY AND BINGO 1:45 FLASH CARDS 1:45 BASKETBALL 3:00 PUZZLES	25 HAM AND BEANS FRIED POTATOES CORN MUFFIN/PICKLED BEETS CHOCOLATE BROWNIE 9:15 HANGMAN 10:30 FREE ART 10:30 SNOWMAN 1:45 WINTER TREATS 1:45 SIMON SAYS 3:00 CARD GAMES
28 SPAGHETTI & MEATSAUCE ITALIAN MIXED VEGETABLES GARLIC TOAST AMBROSIA 9:15 ABC GAME 10:30 SNOWMAN CRAFT 10:30 ANGEL PUPPETS 1:45 REMINSING 1:45 LET'S GET CREATIVE 3:00 SHAKE UP	29 VEGETABLE SOUP REUBEN SANDWICH SLICED PICKLES GRAPES 9:15 BALLOON VOLLEY 10:30 PICTURE FRAME 10:30 PENGUIN FRIEND 1:45 FEBURARY CAL. 1:45 MUSIC TIME 3:00 THAT'S PUZZLING	30 CHEESY HAM & POTATO CASSEROLE CAULIFLOWER DICED PEACHES 9:15 CURRENT NEWS 10:30 NOODLE BALL 10:30 MUSIC 1:45 SPECIAL HEARTS 1:45 BALL TOSS 3:00 SEEK AND FIND	31 SCALLOPED CHICKEN MASHED POTATOES CARROTS/COTTAGE CHEESE MANDARIN ORANGES 9:15 HANGMAN 10:30 MEN'S GROUP 10:30 GAME TIME 1:45 ALL RED 1:45 DICE GAME 3:00 UNO	

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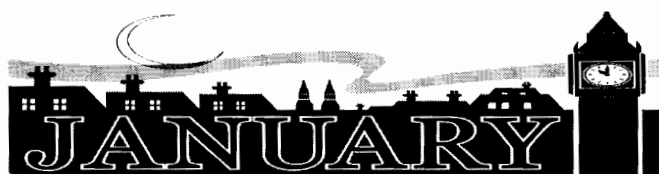
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[We're on the Web!]

[www.co.greene.oh.us/
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