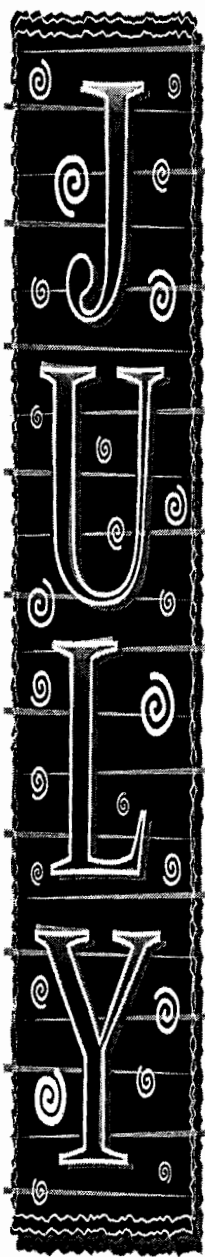


TODAY CENTER FOR ADULTS

# TODAY'S NEWS

## Happy Birthday America! July 4



July 4, 2007, marks 231 years since the 1776 signing of the Declaration of Independence. It marks 230 years since the first celebration of Independence Day in 1777.

Before the Declaration, 13 colonies existed under the rule of England's King George III. There had been growing unrest, particularly because the King levied taxes on the colonists, who had no political representation to the King or Parliament.

When unrest became open rebellion, King George sent in troops.

In 1774, the colo-

nies sent delegates to Philadelphia for the First Continental Congress. After trying to work out differences with England, the colonies formed the Second Continental Congress in May of 1776. The delegates determined that further negotiations with England were hopeless.

On June 28, 1776, Thomas Jefferson presented the first draft of the Declaration of Independence to congress.

On July 4, after various changes, nine colonies voted in favor of the Declaration. Pennsylvania and South

Carolina voted against it, Delaware was undecided, and New York abstained. But the Declaration was approved.

John Hancock, president of the Continental Congress, was the first to sign the Declaration of Independence. It is said that he signed his name "with a great flourish" so "King George can read that without spectacles!"

By the 1800s, parades, picnics, and fireworks were firmly established as part of America's Independence Day traditions.



### Other July Birthdays

2—Richard Petty, Race Car Driver, 1937

4—Neil Simon, Playwright, 1927

6—Merv Griffin, TV Host, 1925

7—Ringo Starr, Singer, 1940

9—Tom Hanks, Actor, 1956

10—Arlo Guthrie, Singer, 1947

11—Giorgio Armani, Fashion Designer, 1936

17—Phyllis Diller, Actress, 1917

18—John Glenn, Astronaut, 1921

21—Robin Williams, Comedian, 1952

22—Danny Glover, Actor, 1947

26—Mick Jagger, Singer, 1943

## Health: Staying Hydrated



Even though, thirst is the body's way of indicating it needs more fluids, sometimes, you're not thirsty even as dehydration begins.

Even if you don't feel thirsty, these situations increase the need for fluids:

- \* During exercise. For an hour of light exercise, 2 to 3 cups of fluids are recommended.

- \* When it's hot. You naturally lose

more fluid and require higher intake.

- \* If you are constipated. Fluid helps your body eliminate waste.

- \* If you are prone to urinary tract infections or kidney stones. Adding more fluids to your diet may prevent urinary tract infections and stone formation.

- \* When you are sick. Fever, vomiting, and diarrhea can cause rapid dehydration, a very serious

condition.

If you don't often feel thirsty, check the color of your urine. If it's darker than usual, you need more fluids.

Researchers at Tufts University say people over age 50 need eight 6 ounce servings of liquid per day rather than 8 ounce servings.



### Do You Know Poison When You See It?

With 80 percent of the U.S. population sensitive to poison ivy, poison oak, and poison sumac, it's wise to be able to identify the plants.

- \* Poison ivy: Three pointed leaves with smooth or toothed edges. It grows on the ground or as a vine.

- \* Poison Oak. Three shiny leaves that resemble the leaves of an oak tree.

- \* Poison sumac. Has 7 to 13 slim leaves on each stalk. Produces berries, has red veins, and is like a shrub or small tree.



### Health Savings Accounts in 2007

The amount employees can contribute to a health savings account is now \$2,850 for self-only coverage or \$5,650 for family coverage.

Your contribution is made with pre-tax dollars and can grow tax-deferred until you use it to pay deductibles and other medical expenses not covered by high-

deductible health insurance policies. The minimum deductible this year is \$1,100 for self-only coverage and \$2,200 for families.

## July is National Grilling Month: Be Safe!

The National Fire Protection Agency reports that about 1,000 structure fires and 3,400 outdoor fires were caused by barbecue grills in one recent year.

It's important to realize that safe grilling begins before the cooking starts.

With gas grills, check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking. If you suspect a leak, put soapy water on the area and watch for bubbles to discover where it is.

Never use a match to check for a gas leak, and never light the grill until the leak is fixed.

Position any grill on a level surface that is at least three feet away from other objects, including the house and shrubs or bushes. Keep children and pets away from the cooking area.

When you are ready to barbecue, protect yourself with a heavy apron and oven mitts that fit well over your forearm.

When the party is over, store the grill outside and away

from the house. Make sure the valves are turned off.

For charcoal grills, use only starter fluids designed for that purpose. Never use gasoline. If the fire is slow, add dry kindling. Don't add more liquid starter or you could cause a flash fire.

Remember to soak the coals with water before you put them in the trash.

Never use a barbecue grill indoors or in an unventilated space. It's a fire hazard and could cause carbon monoxide poisoning.



## 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

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

### Food of the Month

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.

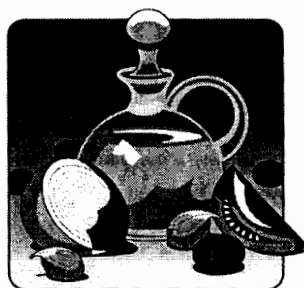
To keep olive oil fresh and its protective compounds intact, store it in the refrigerator or a dark, cool place.

### 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.



## For Best Vegetables, Harvest at the Right Time



The rows are straight. The weeds are pulled. But do you know when to pick your produce?

Pick vegetables that are grown for their shoot and leaves when they are young. Lettuce, spinach, and asparagus can become tough in texture if left to grow too long.

Keep leafy vegetables that form heads, like iceberg lettuce or cabbage, in the ground until their heads form. Gently squeeze the heads. If the head is firm, the vegetable is ready. Boston lettuce

is an exception. It tastes best when the heads are still slightly loose.

Pull spring-sown carrot, beet, and radish roots anytime they are big enough to eat. Leave midsummer sowings of root crops in the ground to grow full size to eat through autumn and winter. Potatoes can be harvested at any time.

Pick summer squash, okra, and beans as soon as they are big enough to eat and before the seeds are hard and ripe. Most peas are ready as soon as they have filled out their pods.

Snowpeas are ready when the peas just barely bulge within their flat pods.

Check the first few ears of corn by peeling back the husks and pressing your fingernails into a kernel. If the ear is ripe, the juice will be milky, not starchy or watery.

Pick unopened flowers that are the edible parts of broccoli and cauliflower before the flowers open.

And what about the onion? This is the easiest vegetable to harvest. It is edible at any stage of growth.

## Enlarge Your Family, Include Friends

For a growing number of Americans, the definition of family reaches beyond blood relations.

In many ways, friends have become the new family. They understand you, celebrate with you, and provide the kind of emotional support

that humans need. When families are distant, friends are present. If there are no living relatives or there's an estrangement, friends play an even more central role.

Sociologists say there is evidence that family ties are not what they used to

be. It's difficult to find three generations in one location. Even when family lives nearby, you have more in common with people who are closer to your own age. They know you in ways your family does not.

# Jul-07

# ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> COUNTRY FRIED STEAK BUTTERED POTATOES ITALIAN MIXED VEGETABLES RICE PUDDING 9:15 ABC GAME 10:30 PATRIOTIC WREATH 10:30 PATRIOTIC BANNER 1:45 ICE CREAM CAKE 1:45 COLOR PAGE 3:00 WHAT'S THAT	<b>3</b> SMOKED SAUSAGE OVEN BROWNED POTATOES SCALLOPED CABBAGE STRAWBERRIES/BANANAS 9:15 PARACHUTE FUN 10:30 MIGHTY EAGLE 10:30 EAGLE CRAFT 1:45 ICE CREAM SOCIAL 1:45 NEAT TREAT 3:00 UNO	<b>4</b>  <b>CLOSED DUE TO INDEPENDENCE DAY</b> 	<b>5</b> HAM & CHEESE SANDWICH POTATO WEDGES SL. TOMATO AND LETTUCE LEMON BAR 9:15 CURRENT NEWS 10:30 ICE CREAM CONE 10:30 COLOR PAGE 1:45 SEEK & FIND PUZZLE 1:45 SHOOT SOME HOOPS 3:00 HIGH ROLLERS	<b>6</b> TUNA SALAD OR COTTAGE CHEESE FRUIT PLATE 9:15 BALLOON VOLLEY <b>10:00 BIBLE STUDY</b> 10:00 MOVIE 1:45 MAC DAY 1:45 BALLOON TOSS 3:00 PUZZLES
<b>9</b> VEGETABLE SOUP HOT HAM & CHEESE ON RYE PICKLES FRESH FRUIT 9:15 REMINISCE 10:30 PINWHEEL CRAFT 10:30 PATRIOTIC PINWHEEL 1:45 SUGAR COOKIE DAY 1:45 STORY TIME 3:00 LOOK HERE	<b>10</b> HAMBURGER STROGANOFF NOODLES CALF. MIX VEGETABLES ICE CREAM 9:15 HANGMAN 10:30 SING ALONG 10:30 PATRIOTIC BOARD 1:45 MAKING FRUIT SALAD 1:45 RNG TOSS 3:00 SEEK AND FIND	<b>11</b> PORK CHOPS WITH GRAVY WHIPPED POTATOES GREEN BEANS LEMON BAR 9:15 NOODLE BALL 10:30 SPIDERS 10:30 SALAD POSTER 1:45 DICE GAME 1:45 BASKET BALL 3:00 ROLL OUT	<b>12</b> STUFFED PEPPERS BUTTERED POTATOES COTTAGE CHEESE CANTALOUPE 9:15 ABC GAME <b>10:30 BINGO</b> 10:30 MUSIC 1:45 BEACH CRAFT 1:45 LET'S RACE 3:00 COLOR PAGE	<b>13</b> HOT DOG ON BUN BAKED BEANS COLESLAW FRESH FRUIT AND COOKIE 9:15 CURRENT NEWS 10:30 MOSAIC PICTURE 10:30 SMELL THIS 1:45 FILL IN THE BLANKS 1:45 SING ALONG 3:00 THAT'S FUNNY
<b>16</b> SMOKED SAUSAGE MACARONI AND CHEESE STEWED TOMATOES FRUIT CUP 9:15 PARACHUTE FUN 10:30 GO FISH 10:30 WIND CHIME CRAFT 1:45 POPCORN & MOVIE 1:45 SPECIAL TREAT 3:00 BOARD GAME	<b>17</b> COUNTRY FRIED STEAK WHIPPED POTATOES WINTER MIXED VEGETABLE DICED PEACHED 9:15 ABC GAME 10:30 PATRIOTIC NECKLACE 10:30 COUNTRY COLOR PG. 1:45 NTL GEO FILM 1:45 NUMBERS 3:00 LOOK HERE	<b>18</b> BAKED HAM AUGRATIN POTATOES CALF. MIXED VEGETABLES DICED PEARS 9:15 BALLOON TOSS 10:30 BANANA TREAT 10:30 FROZEN BANANA 1:45 SNACK TIME 1:45 SOCIAL FUN 3:00 WHAT'S THAT	<b>19</b> CHICKEN STRIPS CRISS CROSS POTATOES GREEN BEANS ICE CREAM 9:15 OUTBURST 10:30 FREE ART 10:30 SCALLOP SHELL 1:45 MOVIE TRIVIA 1:45 ROLL'EM 3:00 PUZZLES	<b>20</b> CREAM OF BROCCOLI SOUP CRACKERS BOLOGNA & CHEESE SAND. CHOCOLATE BROWNIE 9:15 HANGMAN <b>10:00 BIBLE STUDY</b> 10:00 COLOR PAGE 1:45 MOON CRAFT 1:45 IT'S PUZZLING 3:00 HIGH ROLLERS
<b>23</b> HAMBURGER ON BUN FRENCH FRIES RELISH CONDIMENTS FRUIT CUP 9:15 CURRENT NEWS 10:30 BEAUTIFUL DAY 10:30 TEDDY TRIO 1:45 PAPER QUILTS 1:45 YOUR CHOICE 3:00 OUTBURST	<b>24</b> CABBAGE ROLLS BUTTERED POTATOES BABY CARROTS ANGEL FOOD CAKE 9:15 NOODLE BALL 10:30 SOCK HOP 10:30 TIDE SCENE 1:45 COOKING CLASS 1:45 COLOR PAGE 3:00 THAT'S FUNNY	<b>25</b> HOT DOG ON BUN BAKED BEANS COLESLAW DICED PEARS 9:15 REMINISCE <b>10:30 MONTHLY BIRTHDAY PARTY AND BINGO</b> 1:45 DOG DAYS PUZZLE 1:45 DOG DAYS COLORS 3:00 CHAT WITH ME	<b>26</b> MEATLOAF OVEN BROWNED POTATOES BRUSSEL SPROUT APRICOT HALVES 9:15 KICK BALL 10:30 FIRECRACKER PASS 10:30 CARD BOARD BADGES 1:45 ALPHABET GAME 1:45 FAIR MUSIC 3:00 UNO	<b>27</b> CREAM OF TOMATO SOUP GRILLED CHEESE SANDWICH CUCUMBER SALAD DICED PEACHES 9:15 ABC GAME 10:30 COLORFUL MATS 10:30 PLACEMAT CRAFT 1:45 FARKLE 1:45 CHAT AND SNACK 3:00 ROLL OUT
<b>30</b> COUNTRY FRIED STEAK BUTTERED POTATOES ITALIAN MIXED VEGETABLES RICE PUDDING 9:15 HANGMAN 10:30 NOODLE BALL 10:30 PICTURE THIS 1:45 CROSSWORD PUZZLE 1:45 BALL TOSS 3:00 THAT'S FUNNY	<b>31</b> SMOKED SAUSAGE OVEN BROWNED POTATOES SCALLOPED CABBAGE STRAWBERRIES/BANANA'S 9:15 BALL TOSS 10:30 DOOR CRAFT 10:30 DECORATE A DOOR 1:45 FILL IN THE BLANKS 1:45 WHAT'S THAT 3:00 LOOK HERE			

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

[www.co.greene.oh.us/adultcare.htm](http://www.co.greene.oh.us/adultcare.htm)

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