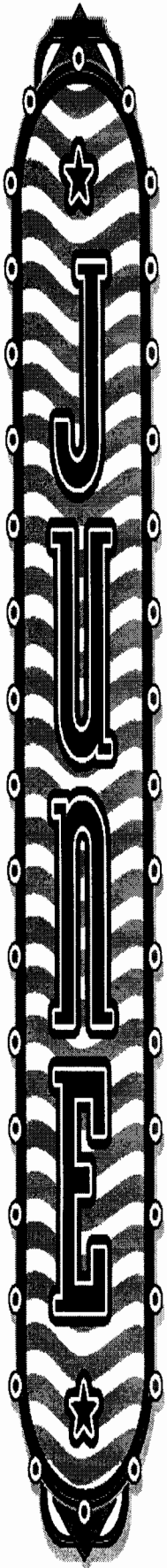
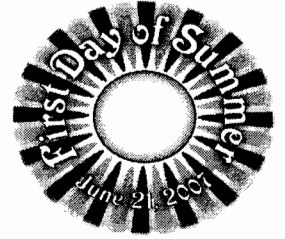


Today's News



It's June...Be Ready for the Sunny Days of Summer

After a chilly spring, we welcome summer and the warming rays of the sun. They put us in an upbeat frame of mind. But like many things we enjoy, too much can be harmful.

When it comes to the sun, it doesn't take much to qualify as too much. The sun's ultraviolet A (UVA) and ultraviolet B (UVB) rays can lead to wrinkles and skin cancer.

If you have fair skin, red hair, or blonde hair, you are particularly susceptible to sun damage. And if you work or play outside, you have to be very careful to avoid overexposure.

The best plan is to set a time for your outdoor activities in the morning before 10 a.m. or in the late afternoon after 4 p.m. when the sun's rays are not as strong as they are at mid-day.

Do what you can to shade your skin. Sit under an umbrella, or wear a big hat, a long-sleeved shirt, and long pants.

Whenever you will be outdoors for more than a few minutes, whether the day is sunny or cloudy, be sure to protect your skin with sunscreen.

Most products have a sun protection factor (SPF) of 15 to 25. The lighter your

skin is, the higher your protection factor should be. When shopping for a sunscreen, look for one that protects against both UVA and UVB rays.

Tanning booths often claim they use "harmless" UVA rays. While UVA rays take longer to damage the skin, they go deeper into the skin than UVBs and cause significant damage over time.

If you want the look of a suntan, check out the wide array of skin bronzers and tanning creams available in drug stores and supermarkets.

Cosmetology Services Schedule to Change

The cosmetology services offered to participants of the Today Center for Adults via Greenwood Manor will be available on Thursday and Friday each week beginning June 14, a change from the current schedule of Tuesday and Wednesday.

Variations of the schedule may occur in the event of a holiday or unavailability of the li-

censed cosmetologist.

There is a wide array of cosmetology services available to both men and women. Need a hair trim or cut? A wash and set? A permanent? A new color? A beard trim?

Services may be set up to reoccur weekly, semi-monthly, monthly, etc. or appointments can be made as needed.



Today's News

Happy Father's Day!



When we say the words Father's Day, many pictures of fathers can flash in front of our eyes.

Perhaps the scene is a father holding on to his daughter's bike as she weaves down the sidewalk the first time. Or maybe the view is that of a teenage boy, his father beside him, driving the car around the block as he takes a step toward getting his license. A father walking his daughter down the aisle, a father

showing his children how to catch a ball, a father tenderly holding a child in tears. These are glimpses of the fathers that we honor on June 17,

They come in many guises. Fathers can be natural fathers, stepfathers, or fathers by adoption. We may not call them by the name father, but refer to them as pa, papa, padre, dad, or daddy. But however they came into our lives and whatever we call them, we

know how special they are.

That is why June 17 is a perfect time to do something nice for fathers. To take the time to tell them how much we appreciate them and how dear we hold them in our hearts.

If our fathers are no longer living, we can leaf through our memories and our photograph albums bringing them back into our lives for a few precious moments.

FLAG DAY HONORS OUR FLAG AND OUR TROOPS

JUNE 14

June 14, 2007, is designated as Flag Day, that special day we honor our country's symbol. With our troops serving in Iraq and other war-torn countries, the flag flying high has become a symbol of support for our military men and women.

Our Star-Spangled Banner is an emblem of liberty and sovereignty. It gives hope to our country and to all other countries that desire freedom.

The National Flag Day Foundation of Waubeka, Wis., continues its yearly observance with a ceremony that includes the raising of the flag, singing the national anthem, and the reciting of the Pledge of Allegiance. There is a musical salute to the Armed Forces, a military flyover, and a parade.

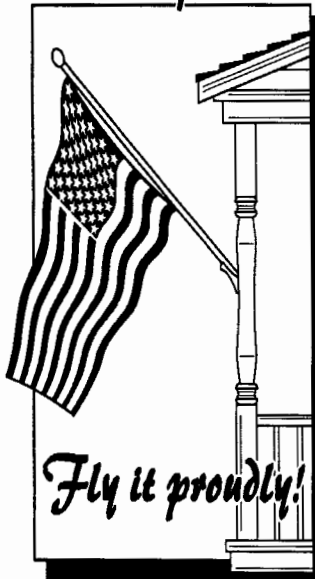
When Kentucky and Vermont were admitted to the Union, the flag had 15 stripes and 15 stars, one for each state. However, as more states were being considered for admission, Navy Capt. Samuel Reid suggested that the stripes be returned to 13 for the original colonies and a star for each state.

Our present flag has a background of 13 horizontal stripes and 50 stars. The 13 stripes represent the original 13 colonies and the 50 stars represent our 50 proud states.

The last four states to be admitted and to receive their star were Arizona, New Mexico, Alaska, and Hawaii.

The colors of the flag are endowed with their own special meaning. Red is said to represent hardiness and valor, white to represent purity and innocence, and blue to represent vigilance, perseverance, and justice.

FLAG DAY, June 14



Spinach, the big-time cancer fighter, has many benefits

Popeye the Sailor Man smoked a pipe. Lucky for him, he also ate lots of spinach.

We can only hope he downed the juice as well. Of all the vegetable juices, spinach juice is said to be the best for the prevention of cancer cell formation.

Spinach also boasts an extraordinarily high vitamin C content. It is rich in riboflavin, vitamin A, folate, magnesium, potassium, and vitamins E, B6, and thiamin.

Like other greens, it shrinks a lot when it's cooked. A pound of leaves can be reduced to about a cup. The water can be added to soups.



**Food of
the Month**

A treat for your heart, the folate and vitamin B6 in spinach helps to control homocysteine levels. Studies at Tufts University in Boston and the Framing Heart Study show that high homocysteine levels are a big heart attack risk. Microwaved spinach, they say, is your best bet for managing homocysteine.

Eating spinach and other dark leafy greens throughout your life will protect your eyes from age-related macular degeneration in later life. A study by the Massachusetts Eye and Ear Infirmary in Boston compared the diets of people with macular degeneration and an equal number of people who did not. They found that people who ate more

vegetables, particularly spinach and collard greens, were 43 percent less likely to have macular degeneration.

Experts say antioxidants in spinach and other dark greens neutralize tissue-damaging free radicals before they harm the macular region of the eye.

Spinach Souffle Dinner

Grease a 1-quart casserole dish, sprinkle with 4 teaspoons dry bread crumbs and set aside. In a bowl or blender, combine 1 cup cream style cottage cheese and 3 eggs. Add 1 1/2 cup shredded cheese, 1/2 cup flour, 1/4 cup butter, 1/4 teaspoon onion salt, and 1/8 teaspoon lemon zest. Add 5 ounces of frozen, thawed and drained chopped spinach and put in the casserole dish. Bake at 350 degrees for about an hour.

June Marks the Start of Berry Season

One of the nice things of June is that it's the beginning of the wild berry season. That translates into pies, jam, wine, and strawberry shortcake.

It starts with wild strawberries around Memorial Day but certainly by the time June takes its bow. After that, the timing of wild berries and fruits continues its march across the calendar and into fall. It would be difficult to find a better scenario for cooks, bakers, and little old winemakers.

The timetable for wild berries and fruits will be somewhat later in the north. If you love picking berries, you can

take notes on when your favorites ripen.

Black raspberries generally follow the wild strawberries. Falling into line as summer progresses are dewberries, blackberries, choke cherries, red raspberries, and (as a last hurrah of the summer berry season) elderberries.

Actually, the term berry pickin' is a bit of a misnomer. Lots of berries aren't really picked. They are sort-of twirled off the cane. You place the palm of your hand under the cluster of berries (or a single). The thumb and index finger of your other hand twirl them off and allow

them to fall into your palm. Then you can place them into your pail.

You can make a pail from a two-pound coffee can. Attach a heavy wire that can hook over your belt. This allows you to hold a prickly cane with one hand and twirl with the other. When berries are ripe and firm, rinse them in cool tap water, but guard against washing away natural juices of those that are dead-ripe and juicy.



Today's News

Tending Plants Can Improve Your Health and Mood

If you have a small patch of earth, a patio or balcony where a flower pot can stand, or a windowsill, you have an opportunity to improve your health.

The American Horticultural Therapy Association tells of such benefits as lower blood pressure, lifting of depression or mood, faster wound healing, and increased bone density that tending plants or a garden can bring.

They say human beings have a genetic-based evolutionary need for plants being around them. Increasingly, health care centers and hospitals have incorpo-

rated green spaces, gardens, and indoor plants into their buildings.

But you don't have to go to a hospital to reap the benefits. Working with flowers and plants can be more attractive to people than walking on a treadmill or doing therapy.

At Gardening for Good in Westport, Mass., they recommend focusing on the smells, colors, and textures of leaves and flowers. Specific plants have specific benefits. Peppermint is energizing and reviving. Lavender is calming. Pansies bring brightness after the winter.

Coleus has foli-

age of brilliant green, magenta, and purple. Touching its leaves is calming. Rosemary does well on a windowsill, and you can enjoy the fragrance that stays on your hands.

Experts recommend starting small if you haven't had a garden before. A container garden can keep you engaged while tending it, and you won't be overwhelmed with the work a large vegetable garden will bring.

Some say just the rhythm of seasonal plants and knowing when they will bloom is very satisfying.



Health In The News: New Test Designates ICDs

Many who have implantable cardiac defibrillators (ICDs) in their chests have never experienced heart arrhythmia, but doctors conclude that the defibrillators are worth having.

Now, a noninvasive exam called T-wave alternans (TWA) holds the promise for identify-

ing which patients need the device and which may safely delay or avoid defibrillator implantation.

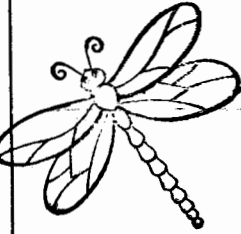
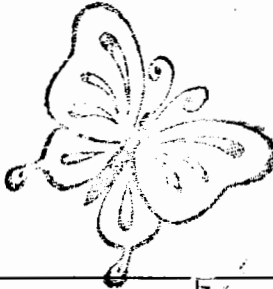
The TWA test detects a subtle beat-to-beat variation in an electrocardiogram while the patient walks on a treadmill or rides a stationary bike.

Studies by test maker Cambridge Heart show that those who test negative with the TWA may do as well with medication as with a defibrillator.



Jun-07

ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CREAM OF TOMATO SOUP GRILLED CHEESE SANDWICH CUCUMBER SALAD DICED PEACHES 9:15 ABC GAME 10:00 BIBLE STUDY 10:00 MOVIE 1:45 ROLL'EM 1:45 MAKE NOISE 3:00 PUZZLES
				4 COUNTRY FRIED STEAK BUTTERED POTATOES ITALIAN MIXED VEGETABLES RICE PUDDING 9:15 HANGMAN 10:30 ICE CREAM CONE 10:30 DECORATE A FISH 1:45 DICE GAME 1:45 RING TOSS 3:00 UNO
11 VEGETABLE SOUP HOT HAM & CHEESE ON RYE PICKLES FRESH FRUIT 9:15 ABC GAME 10:30 FISHING GAME 10:30 OCEAN SMELLS 1:45 CROSSWORD PUZZLE 1:45 SURFING MUSIC 3:00 SEEK AND FIND	12 HAMBURGER STROGANOFF NOODLES CALF. MIX VEGETABLES ICE CREAM 9:15 REMINISCE 10:30 TIE DYE FUN 10:30 BEACH SMELLS 1:45 SMOOTHIES 1:45 TASTE THIS 3:00 LOOK HERE	13 PORK CHOPS WITH GRAVY WHIPPED POTATOES GREEN BEANS LEMON BAR 9:15 BALLOON VOLLEY 10:30 COFFEE CUP COASTER 10:30 FATHER'S DAY CRAFT 1:45 FILL IN THE BLANK 1:45 POPCICLES 3:00 PUZZLE FUN	14 STUFFED PEPPERS BUTTERED POTATOES COTTAGE CHEESE CANTALOUPE 9:15 CURRENT NEWS 10:30 EAGLE CRAFT 10:30 FLAG ART 1:45 MOVIE TRIVIA 1:45 CAR RACE 3:00 HIGH ROLLERS	15 HOT DOG ON BUN BAKED BEANS COLESLAW FRESH FRUIT AND COOKIE 9:15 HANGMAN 10:00 BIBLE STUDY 10:00 MUSIC 1:45 DICE GAME 1:45 BALL TOSS 3:00 OUTBURST
18 SMOKED SAUSAGE MACARONI AND CHEESE STEWED TOMATOES FRUIT CUP 9:15 BALL TOSS 10:30 FISHERMAN PAGE 10:30 BEACH POSTER 1:45 FINISH THIS LINE 1:45 BOWLING 3:00 THAT'S FUNNY	19 COUNTRY FRIED STEAK WHIPPED POTATOES WINTER MIXED VEGETABLES DICED PEACHED 9:15 OUTBURST 10:30 SUMMER MOBILE 10:30 VEGGIE DIP 1:45 COOKING CLASS 1:45 SNACK TIME 3:00 HIGH ROLLER	20 BAKED HAM AUGRATIN POTATOES CALF. MIXED VEGETABLES DICED PEARS 9:15 PARACHUTE FUN 10:30 MONTHLY BIRTHDAY PARTY AND BINGO 1:45 SUMMER CRAFT 1:45 COLOR PAGE 3:00 LOOK HERE	21 CHICKEN STRIPS CRISS CROSS POTATOES GREEN BEANS ICE CREAM 9:15 ABC GAME 10:30 SUMMER SHOE FUN 10:30 FLIP FLOPS 1:45 DICE GAME 1:45 TURTLE BOOK 3:00 UNO	22 CREAM OF BROCCOLI SOUP CRACKERS BOLOGNA & CHEESE SAND. CHOCOLATE BROWNIE 9:15 KICK BALL 10:30 ANT BEAD PIN 10:30 SIMON SAYS 1:45 HANGMAN 1:45 FRIENDSHIP TALK 3:00 BOARD GAME
25 HAMBURGER ON BUN FRENCH FRIES RELISH CONDIMENTS FRUIT CUP 9:15 REMINISCE 10:30 SAIL BOAT 10:30 PUDDING TREAT 1:45 SUMMER SNACK 1:45 LET'S TALK 3:00 ROLL OUT	26 CABBAGE ROLLS BUTTERED POTATOES BABY CARROTS ANGEL FOOD CAKE 9:15 NOODLE BALL 10:30 MAKING A FLAG 10:30 PICTURE IN BOTTLE 1:45 CROSSWORD PUZZLE 1:45 STORY TIME 3:00 COLOR PG.	27 HOT DOG ON BUN BAKED BEANS COLESLAW DICED PEARS 9:15 CURRENT NEWS 10:30 PARACHUTE FUN 10:30 MUSICAL ISLAND 1:45 SEARCH AND FIND 1:45 BASKETBALL 3:00 THAT'S FUNNY	28 MEATLOAF OVEN BROWN POTATOES BRUSSEL SPROUTS APRICOT HALVES 9:15 BALLOON TOSS 10:30 FIRE WORKS PICTURE 10:30 WINDSOCK CRAFT 1:45 FILL IN THE BLANK 1:45 BASEBALL FUN 3:00 PUZZLES	29 CREAM OF TOMATO SOUP GRILLED CHEESE SANDWICH CUCUMBER SALAD DICED PEACHES 9:15 ABC GAME 10:30 AMERICAN IDOL 10:30 MUSIC 1:45 SWEET TREAT 1:45 ROOTBEER FLOAT 3:00 SEEK AND FIND

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[We're on the Web!]

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