

# TODAY'S NEWS

## March is American Red Cross Month

Ever since Clara Barton founded the organization in 1881, the American Red Cross has provided aid and disaster relief to millions of individuals.

From conducting blood drives and arranging family communications and other forms of support for our troops to providing relief for victims of

natural disasters, the Red Cross carries out its emergency response services around the globe.

In 2005, the devastating hurricane season left millions of people displaced and homeless. The American



Red Cross network of more than 800 chapters and thousands of volunteers helped to pro-

vide food, shelter, counseling, and care. Over time, the Red Cross helped more than a million Gulf Coast families.

By donating their time and energy to serve others, American Red Cross volunteers demonstrate the compassion and generosity for which Americans are known. Their service paves the way to a brighter future for our citizens and for people around the world.

We honor the American Red Cross in March, American Red Cross Month.

## MARCH IS SOCIAL SERVICES MONTH

During the month of March, we recognize the contributions of our Social Services Coordinator, Melodee Bass. Melodee is a licensed professional counselor as well as a licensed music therapist. She utilizes both in her role at the Today Center.

Melodee has primary responsibility for

marketing to, and enrolling, new participants; monitoring social service plans; providing community information and referral services; conducting discharge planning and other similar social service duties.

Please join us in recognizing her contributions during this special month!

*Daylight saving-time begins March 11*

Set your clock ahead one hour by 2 a.m. on Sunday



## During the Day and Evening We are Dietary Sleepwalkers

One Cornell University professor says many of us are dietary sleepwalking. It's like we're in a nutritional trance. We just eat whatever happens to be there without giving it a thought.

In his book, *Mindless Eating: Why We Eat More Than We Think* (Bantam), Professor Brian Wansink, director of the Cornell Food and Brand Lab, explains the psychology behind it all.

He writes about the "tablescape." How attractively food is arranged, how close it is to us, and how the room is lighted all affect how long we linger at the table and how much we will eat. Wansink recommends using smaller plates. With snacks, he says people using large bowls take half again as much as those using smaller bowls.

If there is more variety, people will eat more. He recommends the rule of two, taking only two foods from a buffet at any one time. Refill as often as you want, but by taking just two foods each time, you'll eat less.

When dining with others, the enjoyable atmosphere can cause you to eat up to 40 percent more. One tip: At a party, don't start eating until the last person at the table starts. Or go back to the rule of two.

Wansink says it's best to avoid huge packages of snacks. He says half the food you buy in huge quantities will be gone in a week. If you want that 5 pound barrel of snacks, divide it into small plastic bags so you won't be eating a huge quantity at once.

Want to slim down over time? Forget starving yourself. The professor says that if you cut 200 calories a day, you will be 20 pounds lighter in one year without ever feeling hungry.

### Eating apples protects your memory, heart, and more

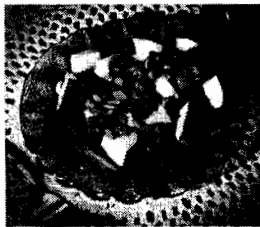
Chalk up another victory for Mom's "apple a day" advice.

While medical researchers spend their lives making discoveries that will improve our health, sometimes they discover that good food can be great medicine.

When it comes to apples, the good news gets better all the time. Apples can preserve memory and help to prevent asthma, cancer, diabetes, and heart disease.

Researchers at the University of Massachusetts Lowell say the big news about apples right now is its possible ability to keep Alzheimer's disease away. Apples can increase production of the neurotransmitter acetylcholine, resulting in improved memory. Neurotransmitters

are also vital for good health throughout the body. The UMass study mostly used apple juice.



Apples are the best source of quercetin, an antioxidant that protects brain cells against oxidative stress. This is a tissue-damaging process associated with Alzheimer's disease.

Drinking two cups of apple juice or eating three apples a day boosts production of quercetin. C.Y. Lee, professor and chairman of the Department of Food Science & Technology at Cornell University, says apples are among the best choices for fighting Alzheimer's.

Lee says people should eat more apples, especially fresh ones. Red Delicious has a very high antioxidant content. Be sure to eat the skin. It can have 6 times more antioxidants than the flesh.

Apples are well-known cancer fighters and heart protectors. They reduce risk of diabetes, asthma, and tooth loss.

#### **No-fuss apple-nut salad**

Set out salad bowls for the number of salads you will make. Cut apples (with skins) into small chunks and drop into each bowl. Add chopped walnuts and tiny marshmallows. Mix.

In a separate bowl or large cup, slightly thin fat-free mayo with a little milk and sweeten to taste with sugar or sweetener. Mix well, then pour onto the individual salads. Serve immediately.

## **Early Detection of Kidney Disease is Vital: March is National Kidney Month**

Every day your kidneys go about their work of removing excess fluid and waste from your blood. You probably never think about them. But you should.

In addition to filtering waste, the kidneys have several important jobs to do. Consider this: They produce the two hormones needed to make red blood cells and regulate blood pressure, and they produce the active form of vitamin D, which helps maintain calcium for bones and other body functions.

At your regular checkup, ask your doctor about a blood test to measure your kidney function. Early detection of a problem is very important.

Each kidney has millions of tiny nephrons that act as filters. Beginning about age 40, a natural loss of nephrons occurs, but because there are so many, that doesn't cause problems unless other factors are present. If you have high blood pressure, diabetes, or both, some nephrons will lose their ability to filter blood.

In addition to controlling diabetes and blood pressure, you can protect your kidneys with these steps.

\* If you regularly take over-the-counter painkillers, especially for a long period of time, check with your doctor. The doctor may be able to recommend a safer alternative.

\* Get treatment for strep throat. When streptococcus invades the kidneys of adults, it can lead to kidney problems and kidney failure in some cases.

\* Know what's in "natural herb supplements." Some substances can work like prescription drugs. Patients taking blood thinners should know that garlic, ginger, ginko biloba, and ginseng all contain natural anti-coagulants. They could cause internal bleeding in people taking blood thinners.

## **This Stent Disappears**

Abbott Laboratories' bio-absorbable stent reduces some of the risks associated with metal and drug-coated stents.

It's rigid enough to widen an artery but begins to dissolve after a year. By then, the blood vessel has reshaped itself and can stay open without a prop, say doctors testing the stent in New Zealand.

## **New Test Reduces Number of Breast Biopsies**

Doctors in the U.S. perform more than a million breast biopsies every year. The results come back normal eight times out of 10. A new technology has now been developed that could greatly reduce the number of biopsies doctors feel they must do. Reported by the Radiological Society of North America, a new procedure called elasticity imaging involves no needles or scalpels. Yet it is very good at telling the difference between benign lumps, which are softer, and cancerous growths, which are harder. Elasticity imaging can easily tell the difference between the two. To a patient, an ordinary ultrasound and an elastogram, which requires only a few seconds more, feel the same. The technology is not yet available for general use. After international trials now taking place, however, it could eliminate the need for many thousands of biopsies.

## He's 'everybody's' Saint Patrick

Every year when March 17 rolls around, the "wearing of the green" is the order of the day. Both Irish and non-Irish celebrate St. Patrick's Day.

Most revelers know the often-told stories of St. Pat. The Patron Saint of Ireland, he explained the Blessed Trinity using a shamrock, and he drove the snakes out of Ireland (of course the debate goes on about whether there were snakes in Ireland).

But do you know some of the more obscure facts and stories about Saint Patrick that you can share during your own celebration?

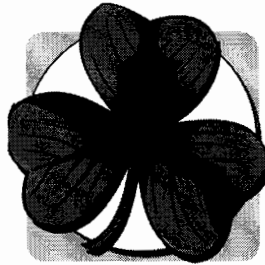
- \* He is also the Patron Saint of Nigeria. Nigeria was evangelized primarily by Irish clergy and the people took St. Patrick to their hearts.

- \* He left behind some writings. His own words may be read, either in the original Latin or in English translation, in his spiritual autobiographical "Confession." This piece is a unique peek at the man behind the legend. His famous prayer "St. Patrick's Breast Plate" may date to a later period.

- \* Though Scotland has often been set as the birthplace of Patrick, England, Wales, and a portion of France also lay claim. Many places also claim to be the burial spot of the famous saint. One such tradition says that he is buried in the same grave as St. Bridget and St. Columba at Downpatrick, County Down in Ireland.

- \* If you would like your toast to be different on St. Patrick's Day, you can drink to Maewyn Succat (believed to be his real name) or to Patricius or Patrizio as he was also known.

So on March 17 be sure to wish everyone a "Happy Saint Patrick's Day" either in English or the Gaelic "La Fheile Padraig Sona Duit."



## Get on the (Green) Bandwagon: Celebrate St. Patrick's Day

Retailers are beginning to love St. Patrick's Day. They're selling more than green beer and bagels. You could get a St. Pat's T shirt, a green hat, green socks (for the more conservative), a CD of Irish music, or a cookbook of traditional Irish meals.

Driving the interest is the large number of non-Irish celebrating the holiday. About 110 million consumers will mark St. Patrick's Day this year by doing such things as wearing the green at work or dining at an Irish pub.

Kansas City, Mo.-based Hallmark Cards has offered St. Patrick's Day cards for many years. This year there will be more than 100 varieties. It ranks St. Patrick's Day as its ninth-most popular day. Valentine's Day and Mother's Day rank first and second. Hallmark sales are best in Boston with its large concentration of Irish Americans. It's where one of the first American celebrations was held in 1737.

One reason it has become so popular: St. Patrick's Day gives people a chance to have a good time at parades, at work, and at evening celebrations. Remember that old saying, "Everybody's Irish on St. Patrick's Day!"

Just for fun-  
wear something  
green on  
March 17  
  
Everybody's  
Irish on  
St. Patrick's Day!

# MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Happy St. Patrick's Day</i></p>			<b>1</b> SCALLOPED CHICKEN/GRAVY MASHED POTATOES SLICED CARROTS COTTAGE CHEESE/PLUMS	<b>2</b> SAUSAGE CRAVY/BISCUIT FRIED APPLES GELATIN WITH MANDARIN ORANGES
			9:15 BALL TOSS 10:30 MEMORY GAME 10:30 FISH PUPPET 1:45 UNO 1:45 COUNTRY MUSIC 3:00 YOUR CHOICE	9:15 OUTBURST 10:30 PENCIL TOPPERS 1:15 MUSIC ENTERTAINMENT 3:00 UNO  <b>NO MRDÓ</b>
<b>5</b> TOMATO SOUP GRILLED CHEESE SANDWICH PICKLES BUTTERSCOTCH PUDDING 9:15 ABC GAME <b>10:30 BINGO</b> 10:30 COLOR PG. 1:45 BIRD FEEDERS 1:45 BALL TOSS 3:00 HIGH RIDERS	<b>6</b> PORK CHOPS MASHED POTATOES/GRAVY BROCCOLI COOKIES 9:15 NOODLE BALL 10:30 PARACHUTE FUN 10:30 BOWLING 1:45 PICTURE FRAME 1:45 DICE GAME 3:00 THAT'S FUNNY	<b>7</b> HOAGIE STEAK ON BUN POTATO WEDGES TOSSED SALAD SLICED PEARS 9:15 CURRENT NEWS 10:30 BOUNCING SHAMROCK 10:30 ST. PAT'S HEADBAND 1:45 YOUR CHOICE 1:45 COLOR PG. 3:00 DICE GAME	<b>8</b> BEEF AND NOODLES ITALIAN MIXED VEGETABLES COTTAGE CHEESE LEMON BAR 9:15 PHYS. FUN 10:30 NOODLE BALL 10:30 LEAPIN LEPRECHAUN 1:45 PUZZLES 1:45 FREE ART 3:00 SEEK AND FIND	<b>9</b> SMOKED SAUSAGE BUTTERED POTATOES CABBAGE FRUITED GELATIN 9:15 REMINISCE 10:30 COLOR PG. 10:30 SCIENCE TIME 1:45 DICE GAME 1:45 LET'S MAKE NOISE 3:00 WHAT'S THAT
<b>12</b> CABBAGE ROLLS BUTTERED POTATOES CHILLED PEARS 9:15 NOODLE BALL 10:30 JOHNNY APPLESEED 10:30 SHAMROCK ART 1:45 DICE GAME 1:45 SHOW AND TELL 3:00 PUZZLES	<b>13</b> BAKED CHICKEN SCALLOPED POTATOES ORIENTAL VEGETABLES FRUIT CUP 9:15 PARACHUTE FUN 10:30 FREE ART 10:30 LEPRECHAUN GAME 1:45 GLITTERY SHAMROCK 1:45 UNO 3:00 LOOK HERE	<b>14</b> TUNE AND NOODLE CASSEROLE SCANDINAVIAN VEGETABLES CHERRY DELIGHT 9:15 ABC GAME 10:30 POT OF GOLD ART 10:30 LEPRECHAUN WHEEL 1:45 BY THE NUMBERS 1:45 COOKIE TIME 3:00 COLOR PG.	<b>15</b> CREAMED CHIP BEEF OVER TOAST BABY CARROTS FRUIT CUP 9:15 CURRENT NEWS <b>10:30 ST. PATRICK'S PARTY            AND GAMES</b> 1:45 IRISH SHAMROCK FUN 1:45 MATCHING GAME 3:00 UNO	<b>16</b> CUBE STEAK BAKED POTATO CUCUMBER SALAD PEACH COBBLER 9:15 BALL TOSS <b>10:00 BIBLE STUDY</b> 10:00 SHOW TIME 1:45 YOUR CHOICE 1:45 NOODLE BALL 3:00 BOARD GAME
<b>19</b> SALISBURY STEAK/GRAVY MASHED POTATOES SPINACH CHERRY CHIP CAKE 9:15 ABC GAME 10:30 BUZZING BEES 10:30 COLOR PG. 1:45 ROLL'EM OUT 1:45 READING TIME 3:00 PUZZLES	<b>20</b> LASAGNA GARLIC TOAST ITALIAN MIX VEGETABLES BUTTERSCOTCH PUDDING 9:15 KICK BALL 10:30 IRISH POTATO PUPPET 10:30 SPRING TIME BABIES 1:45 IT'S PUZZLING 1:45 SMELL THIS 3:00 SEEK AND FIND	<b>21</b> FISH NUGGETS MAC AND CHEESE STEWED TOMATOES FRUITED GELATIN 9:15 OUTBURST 10:30 SPRING COLLAGE 10:30 SPRING BEGINS 1:45 COOKING CLASS 1:45 PLAYDOUGH FUN 3:00 UNO	<b>22</b> HOT DOG ON BUN BAKED BEANS COLE SLAW PEACHES 9:15 CURRENT NEWS <b>10:30 MONTHLY BIRTHDAY            PARTY AND BINGO</b> 1:45 SPRING FLOWERS 1:45 GOOD LUCK SYMBOLS 3:00 ROLL OUT	<b>23</b> HAM AND BEANS FRIED POTATOES CORN BREAD BROWNIE 9:15 PARACHUTE FUN 10:30 BALLOON VOLLEY 10:30 SPRING KITE 1:45 DICE GAME 1:45 PICTURE FRAME 3:00 COLOR PG.
<b>26</b> CHEESE RAVIOLI WITH MEATSAUCE ITALIAN MIXED VEGETABLES AMBROSIA 9:15 KICK BALL 10:30 DRAGONFLY FUN 10:30 UMBRELLA CRAFT 1:45 OUTBURST 1:45 HIGH ROLL'EM 3:00 THAT'S FUNNY	<b>27</b> VEGETABLE SOUP REUBEN SANDWICH SLICED PICKLES GRAPES 9:15 CURRENT NEWS 10:30 NOODLE BALL 10:30 SPRING TIME BOOK 1:45 YOUR CHOICE 1:45 COLOR PG. 3:00 DICE GAME	<b>28</b> HAM CHEESY POTATO CASSEROLE CAULIFLOWER SLICED PEACHES 9:15 ABC GAME 10:30 FLYING FRIENDS 10:30 SPRING FLOWERS 1:45 NTL GEO FILM 1:45 MAKING NOISE 3:00 YOUR CHOICE	<b>29</b> SCALLOPED CHICKEN MASHED POTATOES SLICED CARROTS CHILLED PEARS 9:15 REMINISCE 10:30 LET'S GET HOPPING 10:30 LET'S GET FROGGY 1:45 GLIMMERING GARDEN 1:45 CLASSIC MUSIC 3:00 PUZZLES	<b>30</b> SAUSAGE GRAVY/BISCUIT FRIED APPLES GELATIN WITH MANDARIN ORANGES 9:15 NOODLE BALL 10:30 FREE ART 10:30 CLOUDS 1:45 PLANTING FLOWERS 1:45 CALENDAR CHANGE 3:00 UNO

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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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