

# MARCH

## Today's News

March, 2008

### March is Colorectal Cancer Awareness Month

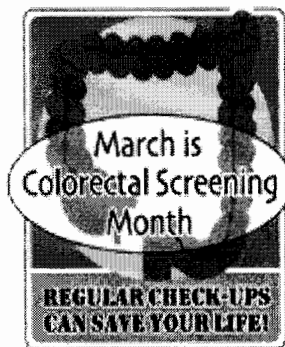
One Type of Cancer is Preventable, Predictable and Treatable

It's a scary word. Cancer can seem to strike out of the blue. But one type, colon cancer, is predictable, preventable and treatable.

\* To predict it, consider how you eat. The western style diet is high in fat, calories, meat, and sugar. Fats may reach the colon in an undigested form where they can produce substances that damage the colon lining.

The western diet has high concentrations of meat. That may lead to constipation, which is a factor in colon cancer.

As with almost any disease, smoking is a risk. It transports carcinogens to the colon. And



studies show the polyps of smokers are larger.

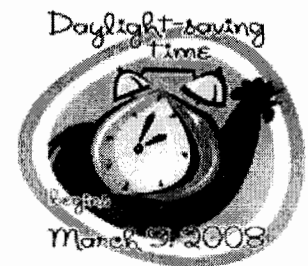
\* To keep your colon healthy, eat the same foods that are good

for your heart including fruits, vegetables, lean meat in smaller quantities, and plenty of whole grains and other foods with a high fiber content.

\* If you approaching age 50 or are beyond that point, schedule a colon cancer screening. By age 50, one in four people have colon polyps which could become cancerous, according to the National Foundation for Cancer Research.

\* Polyp removal is an easy procedure which can often be done at the same time as a colonoscopy.

### TODAY CENTER FOR ADULTS



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

Retailers are beginning to love St. Patrick's Day. 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 consum-

ers 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. There will be more than 100 varieties. It ranks St. Patrick's Day as its ninth-most popu-

lar 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!"



## March 25 is Pecan Day

Native American tribes depended on them in the fall and French cooks made them famous with their pecan pralines.

The pecan is a native variation of the hickory tree and is an American tree that grows wild from Iowa to Texas. Beginning in the 1700s, harvesting the pecan became a major cash crop that gave birth to a major industry. During the 1800s, the pecan became so popular that the wild pecan harvest in San Antonio was said to be more valuable than popular row crops like cotton.

These days, the pecan industry is honored with Pecan Day, March 25, the anniversary of George Washing-

ton's first planting of pecan trees around 1775 at his home at Mount Vernon, Virginia.



Washington was 43 years old when he planted his pecan trees and, when he died at age 67, it is likely that he had seen the trees produce fruit. Pecan trees require five years before they produce the first nut but do not produce abundantly until they are 20 years old. When they finally reach maturity, a pecan tree can yield 500 pounds of nuts each year. Some of Washington's pecan trees are still living at his home in Mount Vernon., Virginia.

Pecan is an Algonquin word used to describe "all nuts requiring a stone to crack."

## Health News: Watch Your Mouth

It's not just what comes out of your mouth that is important. It's also what is in it.

The American Dental Association reports that many consumers aren't even aware of oral cancer of the mouth and throat, even though it causes twice as many deaths as cervical cancer.

Only half of all people who are diagnosed survive for five years, ac-

cording to the American Cancer Society. The death rate is high because oral cancer often isn't diagnosed early enough, making treatment less effective.

A five-minute checkup by a doctor or dentist could save many lives. What they (and you) should look for:

\* Patches of white, red or mixed white and red. Feel for sore

places on the lips, roof of the mouth, cheeks, and gums.

- \* A sore on the lip or in the mouth that doesn't heal.
- \* Bleeding in the mouth.
- \* Loose teeth.
- \* Difficulty or pain when swallowing.
- \* A lump in the neck.
- \* Continuing earache.

## Nutrition in the News: Top 10 Unhealthy Foods

Here are 10 of the worst foods you can eat, and their caloric and fat content.

1. Burger King Double Whopper With Cheese: 1061 calories; 69 grams of fat
2. KFC Chicken and Biscuit Bowl: 870 calories; 44 grams of fat
3. Starbucks Venti Mocha Frappuccino Blended Coffee: 500 calories; 17 grams of fat
4. Pizza Hut 6 inch Personal Pan Meat Lover's Pizza: 890 calories; 49 grams of fat
5. Krispy Kreme Glazed Kreme Filled Doughnut: 340 calories; 20 grams of fat
6. 7-Eleven X-treme Gulp Soda: 600 calories; 0.3 grams of fat
7. McDonald's Supersize Fries: 610 calories; 29 grams of fat
8. Deep-fried Twinkie: 425 calories; 28 grams of fat
9. Baskin-Robbins Chocolate Milkshake: 990 calories; 40 grams of fat
10. Applebee's Sizzling Apple Pie with Ice Cream: 1086 calories; 56 grams of fat

(Reprinted from qualityhealth.com)

## Food of the Month: Quiche Makes a Hearty, Healthy Sunday Brunch

When a quiche comes to mind, you may think of a delicate French egg-custard pie.

But, the French didn't create it. Quiche was a hearty meal that originated with the tough guys in the medieval kingdom of Lothringen ruled by Germany.

The word comes from the German "Kuchen" meaning cake. It consisted of a pastry shell or bread dough stuffed with egg cream custard and lots of smoked bacon. It satisfied the hungry men and women.

Frenchmen later added cheese and onions and gave their quiches the surnames of Lorraine and Alsacienne.

The British served quiche to American service men and women during World War II, but some GIs thought their versions were not manly fare.

Now, served as breakfast or lunch, quiche can have many ingredients such as ham, seafood bits, broccoli, a variety of cheeses, and several spices to round out its flavor.

Quiche is now enjoyed by new generations of diners. They appreciate its many flavors and its many health benefits. The eggs, cheese, and bacon are loaded with protein. The cheese has plenty of calcium, and the tomatoes and spinach give it a nutritional boost.

### A Quiche for All Seasons

In a large mixing bowl, whisk five large eggs until smooth and blended.

Add 1/3 cup of cream or half and half, and 1/2 cup of crisp bacon pieces (seven slices).

Add 1/3 cup of diced toma-

atoes, 1/3 cup of chives, 10 spinach leaves cut into small pieces, and 1 cup of shredded sharp cheddar cheese.

Season with 1/4 teaspoon of garlic buds, eight dashes of salt, freshly-ground pepper, and 1/4 teaspoon of nutmeg.

Stir the ingredients until they are well mixed and place in a nine-inch deep dish pie crust, previously prepared from a family recipe or purchased at the store.

Bake at 375 degrees for about 45 minutes or until the crust is brown and its custard is solid.

Cut like any pie and serve at any meal. The entree can be accompanied by a cup of seasonal fruit or a spinach, nut, and fruit salad.

## Sleep Well, Live Longer

Doctors at the Sleep Health Centers in Boston report a study that shows getting less than six hours of sleep a night increases the risk of dying. During the next eight years of the study, dying of heart-related diseases increased by 110 percent. That's more than double.

It makes sense, they say. When

you sleep, your blood pressure drops, your heart rate drops, and the heart doesn't have to work as much.

The optimum sleep time reported was six to nine hours.

Sleeping more than nine hours a night was also risky. It increased the risk of death from noncardiovascular causes by the same percentage.

## Statins May Delay Alzheimer's

A brain tissue study of deceased Alzheimer's patients by the University of Washington showed fewer of the tangles and plaques in the tissue of patients who had taken statins.

The authors conclude, however, that statins are more likely to help prevent the disease in certain individuals than in others.

## A Drug Combo for Diabetics

Diabetes can cause heart attack, stroke, kidney failure and blindness. By giving patients a fixed-dose of the ACE inhibitor perindopril (Aceon) plus indapamide (Lozol), doctors can dramatically reduce the risk of these complications even if the patient doesn't have high blood pressure.

The multinational study was done for the ADVANCE Collaborative Group and reported in The Lancet.

It shows that diabetes may be under-medicated. Patients who are not hypertensive are not given blood pressure medication. As a result, patients who might benefit from the drug combo don't receive it.

## Brain Food

Columbia University Medical Center reports that the risk of Alzheimer's disease and other dementia can be reduced by 40 percent if your diet is rich in fruits, nuts, legumes, whole grains, fish, and olive oil.

Risk will be reduced by 76 percent if you drink fruit or vegetable juice three times a week.

## How to Get an Early Start for Your Garden

While snow still may be swirling in many locations, it's time to be thinking about the blooms of spring, the veggies of summer, and the harvest of fall.

March is the perfect time for starting seedlings in window planters, small greenhouses, or even under plant lights in the basement or garage. By now, seed packets are on the shelves of your local discount stores, lumberyards, and hardware stores. Or they can be ordered from companies that sell by catalog or on the Internet.

It usually takes about six weeks to two months for seeds to become strong enough plants to be set outside in pots or a garden. Novice gardeners

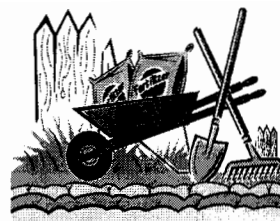
should consult a plant-growing guide from a local library or visit [thegardenhelper.com](http://thegardenhelper.com).

It is also important to know what plants will grow in your vegetable garden soil. Some plants require alkaline soil while others require acidic soil.

The seeds may be started in prepared starter pots made of compressed peat and filled with a proper soil mixture, or they can be planted in small plastic pots left over from last year's commercially-purchased bedding plants.

Those planted outside in miniature plastic greenhouses should not be started until most daily lows are above the freezing point. When plant-

ing indoors under plant lights, follow the directions on the packaging of the plant lights or in growing guides.



The Internet provides an abundance of advice on vegetables and flowers. Two good places to start online are [www.pallensmith.com](http://www.pallensmith.com) or [www.plantea.com/seedstart.htm](http://www.plantea.com/seedstart.htm).

All in all, you can enjoy the fruits of your labors when you start the process from scratch, not to mention the significant amount of money you save by not buying commercially grown bedding plants.



## 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.

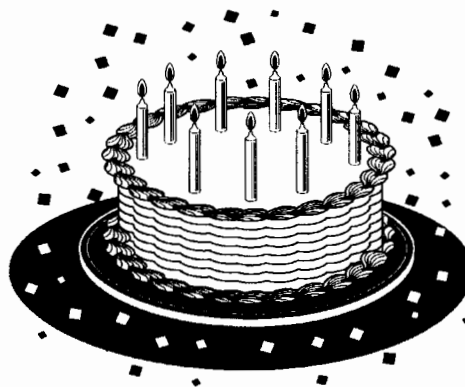
In 2005, the devastating hurricane season left millions of people displaced and homeless. The American Red Cross network of more than 800 chapters and thousands of volunteers helped to provide food, shelter, counseling, and care. Over time, the Red Cross helped more than a million Gulf Coast families.

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.

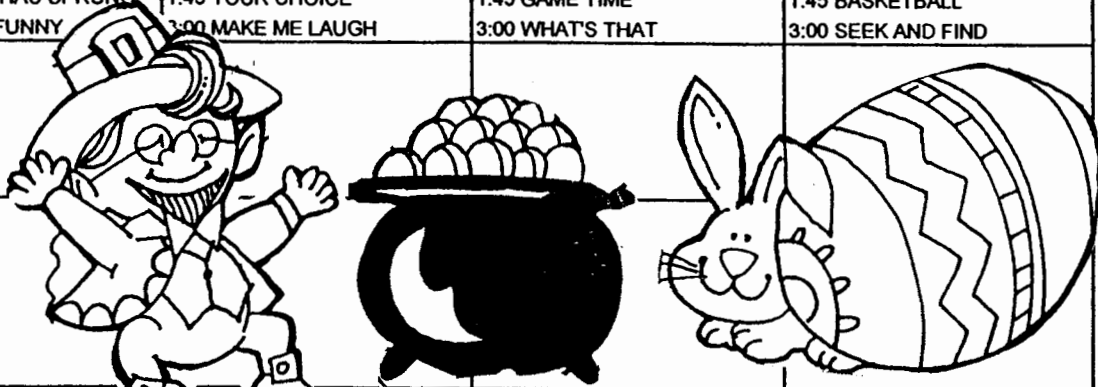
## March Celebrity Birthdays

- |   |  |
|---|--|
| 01—Robert Conrad, Actor (1935)          | 22—Bob Costas, Sportscaster (1952)     |
| 08—Kathy Ireland, Model (1963)          | 24—Bob Mackie, Costume Designer (1940) |
| 09—Mickey Gilley, Singer (1936)         | 26—Leeza Gibbons, TV Hostess (1957)    |
| 10—Carrie Underwood, Singer (1983)      | 28—Reba McIntire, Singer (1954)        |
| 11—Sam Donaldson, Journalist (1934)     | 29—Kurt Thomas, Gymnast (1956)         |
| 13—Charo, Singer/Actress (1951)         | 30—Nora Jones, Singer (1979)           |
| 16—Chuck Woolery, Game Show Host (1942) | 31—Herb Alpert, Musician (1935)        |
| 18—Queen Latifah, Actress (1970)        |  |



# Mar-08

# ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> SPAGHETTI & MEAT SAUCE ITALIAN VEGETABLES GARLIC TOAST AMBROSIA 9:15 CURRENT NEWS 10:30 PARACHUTE FUN 10:30 MUSIC 1:45 TROUBLE 1:45 BALL TOSS 3:00 WHAT'S THAT	<b>4</b> VEGETABLE SOUP REUBEN SANDWICH SLICED PICKLES GRAPES 9:15 ABC GAME 10:30 HANGMAN 10:30 SENS. STIM. 1:45 ROLL'EM 1:45 THROW OUT 3:00 MAKE ME LAUGH	<b>5</b> CHESSY HAM & POTATO CASSEROLE BUTTERED CAULIFLOWER DICED PEACHES 9:15 BALLOON TOSS 10:30 MARCH CAL. 10:30 COLOR PAGE 1:45 CLAY CREATION 1:45 SIMON SAYS 3:00 THAT'S PUZZLING	<b>6</b> SCALLOPED CHICKEN WHIPPED POTATOES COTTAGE CHEESE MANDARIN ORANGES 9:15 OUTBURST 10:30 MARCH PICTURE 10:30 SHOW TIME 1:45 FAME FEMALES 1:45 THAT'S FUNNY 3:00 SEEK AND FIND	<b>7</b> SAUSAGE GRAVY ON BISCUIT FRIED APPLES CHERRY GELATIN 9:15 CURRENT NEWS 10:00 BIBLE STUDY 10:00 AT THE MOVIES 1:45 ROLL OUT 1:45 STORY TIME 3:00 LOOK HERE
<b>10</b> PIZZA OR RAVIOLI TOSSED SALAD/HOT VEG. GARLIC TOAST FRUITED GELATIN 9:15 BALLOON TOSS 10:30 RAIN GAME 10:30 IRISH CROWN 1:45 FLASH CARDS 1:45 YOUR CHOICE 3:00 THAT'S FUNNY	<b>11</b> PORK CHOP WHIPPED POTATOES BUTTERED BROCCOLI COOKIE 9:15 REMINSCING 10:30 LUCKY PIN 10:30 SING ALONG 1:45 MUSIC QUIZ 1:45 COLOR PAGE 3:00 LOOK HERE	<b>12</b> HOAGIE STEAK SANDWICH POTATO WEDGES TOSSED SALAD DICED PEACHES 9:15 CURRENT NEWS 10:00 BINGO 10:00 MUSIC 1:45 NAME SIX 1:45 BALL TOSS 3:00 ROLL'EM	<b>13</b> BEEF & NOODLES ITALIAN MIX VEGETABLES COTTAGE CHEESE LEMON BAR 9:15 ABC GAME 10:30 BANNER TOGETHER 10:30 LUCKY CHARM 1:45 CUT AND GLUE 1:45 MAKE MUSIC 3:00 CARD GAME	<b>14</b> SMOKED SAUSAGE BUTTERED POTATOES BUTTERED GABBAGE BREAD PUDDING 9:15 OUTBURST 10:30 CAKE WALK 10:30 FREE ART 1:45 WHAT AM I? 1:45 ROLL'EM 3:00 WHAT'S THAT
<b>17</b> HAMBURGER ON BUN FRENCH FRIES RELISH CONDIMENTS MANDARIN ORANGES 9:15 ABC GAME 10:30 HOT POTATO 10:30 BALL TOSS 1:45 ST. PATRICK PARTY AND FUN 3:00 SEEK AND FIND	<b>18</b> BBQ CHICKEN SCALLOPED POTATOES ORIENTAL MIX VEGETABLES FRUIT CUP 9:15 CURRENT NEWS 10:30 EGG HATCH 10:30 RAINY DAY ART 1:45 REC'S AND PARKS 1:45 MUSIC 3:00 WHAT'S THAT	<b>19</b> TUNE & NOODLE CASSEROLE SCANDINAVIAN VEGETABLES CHERRY DELIGHT 9:15 OUTBURST 10:30 BUNNY TOSS 10:30 BOWLING 1:45 MUSIC ENTERTAINMENT BY WAYNE 3:00 LOOK HERE	<b>20</b> CREAM CHIP BEEF OVER TOAST BABY CARROTS FRUIT CUP 9:15 REMINSCING 10:30 MEN'S GROUP 10:30 YOUR CHOICE 1:45 CREATIVE COLOR 1:45 MAKE NOISE 3:00 THAT'S FUNNY	<b>21</b> CUBE STEAK WHIPPED POTATOES CUCUMBER SALAD PEACH COBBLER 9:15 BALLOON TOSS 10:00 BIBLE STUDY 10:00 NTL GEO FILM 1:45 YOUR CHOICE 1:45 TOSS ACROSS 3:00 MAKE ME LAUGH
<b>24</b> SALISBURY STEAK WITH GRAVY WHIPPED POTATOES SPINACH 9:15 REMINSCING 10:30 GAME DAY 10:30 BOWLING 1:00 ENTERTAINMENT BY STRING BENDERS 3:00 LOOK HERE	<b>25</b> LASAGNA GARLIC TOAST ITALIAN MIX VEGETABLES BUTTERSCOTCH PUDDING 9:15 BALLOON TOSS 10:30 SPRING ART 10:30 CREATIVE ART 1:45 SEARCH AND FIND 1:45 SPRING HAS SPRUNG 3:00 THAT'S FUNNY	<b>26</b> FISH NUGGETS MACARONI AND CHEESE STEWED TOMATOES FRUITED GELATIN 9:15 ABC GAME 10:30 NOODLE BALL 10:30 GO FISH 1:45 SNACK AND CHAT 1:45 YOUR CHOICE 3:00 MAKE ME LAUGH	<b>27</b> CORN DOGS BAKED BEANS CREAMY COLE SLAW DICED PEACHES 9:15 CURRENT NEWS 10:00 MONTHLY BIRTHDAY PARTY AND BINGO 1:45 FLOWER PLANTING 1:45 GAME TIME 3:00 WHAT'S THAT	<b>28</b> HAM AND BEANS FRIED POTATOES PICKLED BEETS CHOCOLATE BROWNIE 9:15 OUTBURST 10:30 WOMEN'S GROUP 10:30 RAINBOW ART 1:45 BOWLING 1:45 BASKETBALL 3:00 SEEK AND FIND
<b>31</b> SPAGHETTI & MEAT SAUCE ITALIAN MIXED VEGETABLE GARLIC TOAST AMBROSIA 9:15 OUTBURST 10:30 SPRING ART 10:30 WINDOW ART 1:45 SPRING FLOWERS 1:45 GAME OF CHOICE 3:00 WHAT'S THAT				

## Today Center For Adults

711 Dayton-Xenia Road  
Xenia, Ohio 45385

Phone: 937-562-7590

Fax: 937-562-7593

E-mail: [todaycenter@co.greene.oh.us](mailto:todaycenter@co.greene.oh.us)



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

[www.co.greene.oh.us/  
todaycenter.htm](http://www.co.greene.oh.us/todaycenter.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 various local, state and federal funding programs including, but not limited to: ComCare, Ohio Home Care, Partners In Care/Greene County Council on Aging Senior Services Levy; PASSPORT, Greene County MR/DD, Title XX and the Veterans Administration. Private fees, contributions and fund-raising are additional means of financial support.

## Today Center For Adults Team Directory

Denise R. Percival, NHA

Administrator

Patricia Lane

Activity Coordinator

Jerry Diane Channels

Beverly Green

Sheila Jackson

Brenda Mueller

Activity Assistants

Vacant

Program Specialist

Melodee Bass, PC, MT-BC

Social Services Coordinator

Michele Kirk, RN

Program Nurse

Brenda Reynolds

Environmental

Services



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

Ralph C. Harper, President

Alan Anderson, V. President

Richard Perales

Today's News is a publication created, printed and distributed by the Today Center For Adults

