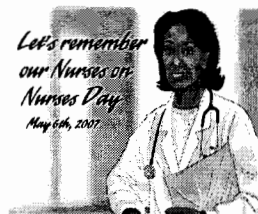




Today's News

TODAY CENTER
FOR ADULTS



National Nurses Week ~ MAY 6-12, 2007

TRENDS

- The aging population increases demands for nurses, and the need for long-term caregivers continues to grow.
- Advances in medical science have allowed those with debilitating and terminal conditions to live longer, increasing needs for nursing skills.
- Health care cost containment initiatives and the increasing importance of managed care in the U.S. health care delivery system have had a great impact on the work environment of nurses. Just like professionals in other areas where "downsizing" has occurred in recent years, today's nurse is part of a leaner staff doing more work.
- At the same time, nurses are moving into new positions – nurse practitioners and physician's assistants, for example.
- The U.S. Bureau of Labor Statistics reported in 2004 that registered nurses top the list of the 10 occupations with the largest projected job growth in the years 2002 to 2012. (Source: American Nurses Association)

WHEN

National Nurses Day is always celebrated May 6 and opens National Nurses Week, May 6-12. In 2007, National Nurses Day falls on Sunday.

The week-long celebration accommodates the variety of schedules nurses are required to work. National Nurses Week concludes on the birth date of Florence Nightingale.

CELEBRATION

National Nurses Day recognizes the contributions and commitment nurses make to quality health care in America.

It celebrates the 2.7 million licensed registered nurses (RNs) in the United States; approximately 2.2 million of them are employed as RNs.

In addition, 700,000 licensed practical nurses (LPNs), 600,000 Home Health Aides, and 1.4 million nurses' aides comprise the field of nursing. (Sources: American Nurses Association, U.S. Dept. of Labor)

HISTORY

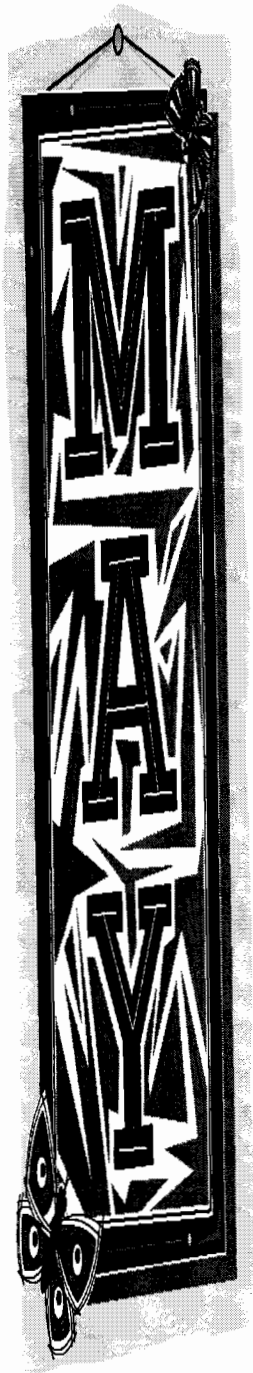
In 1953 an official with the U.S. Department of Health, Education and Welfare proposed that then-President Eisenhower proclaim a "Nurses Day," although he did not sign it. Other attempts at establishing a day recognizing nurses were not successful, however President Nixon proclaimed a National Nurse Week in 1974.

In 1982, a joint congressional resolution designated May 6 as National Recognition Day for Nurses. In 1991, the celebration was expanded to National Nurses Week (May 6-12) to accommodate the varied schedules of America's nurses.

RECOGNITION & APPRECIATION!

We, of the Today Center for Adults, want to recognize the contributions of our Program Nurse, Michele Kirk, RN, and express appreciation for all she does! HAPPY NURSES DAY!





SPRING HIKERS KNOW...APRIL SHOWERS BRING MAY FLOWERS

When May rolls around, hikers head for the hills to view Mother Nature's beauty. It is the beginning of the wildflower show.

For early Spring hikes, look at the ground. The short stem wildflowers blossom first and you'll enjoy lots of flowering ground covers first. Long-stemmed flowers require more growing time and are seen later in the Spring.

Nature's parade begins when the earth is warm enough to promote growth. Warmth leads the

change from a ground covered with last year's dead leaves to the appearance of the first flowing plants just as the snow melts. They include bitter root, twin leaf, and trilliums, followed by phlox. You don't need to know their scientific names. Just see and enjoy.

But if you revel in the beauty of the forest floor don't forget to look up, for there you'll see such flowering trees as the dogwood and red bud. There are many others, and their colorful show is free.

Can't quite make it out to the forest? You can plant your own wildflowers that will bloom year after year.

Jack-in-the-Pulpit plants flower in April through June. New England Asters are beautiful, easy to grow prairie plants prized for their masses of pink to purple flowers with bright yellow centers. They flower in fall.

Many wild flower seeds are available at easy-wildflowers.com.

CELEBRATING MOTHERS' DAY ~ SUNDAY, MAY 13

A child of any age can celebrate Mother's Day in ways ranging from the buying of carnations, the giving of a box of candy, or the writing of a simple card. Honoring a mother may include the gift of a lunch at a popular restaurant or a loving visit to the cemetery.

Whatever way you chose to honor your mother, be assured that the honoring of mothers has been a practice of the ages.

Early Mother's Day celebrations are said to have occurred in ancient Greece when ceremonies honored Rhea, the mother of the gods.

In the 1600's, England began celebrating "Mothering Sunday." It began as a day when servants, who lived and worked in the great mansions, were allowed to return home and spend time with their mothers.

In the United States, Mother's Day was suggested early on by Julia Ward Howe. She would hold Mother's Day meetings in Boston with the day dedicated to peace.

In 1907, Anna Jarvis began her bid to establish a national Mother's Day to honor her mother who had worked to improve health conditions in Appalachia. She persuaded the members of her deceased mother's church in West Virginia to celebrate Mother's Day on the anniversary of her mother's death. It was the second Sunday of May.

President Woodrow Wilson, in 1914, made the official proclamation that Mother's Day was to be a national holiday to be held each year on the second Sunday of May. This year, Mother's Day falls on May 14. Let us all use that day to honor our mothers living or the memories of our mothers deceased.



Test May Detect Dementia

A new, noninvasive test that can determine mental decline in elderly people was recently described at the International Conference on Alzheimer's Disease and Related Disorders held in Madrid, Spain. It is superior to other forms of testing, including verbal scores.

The electroencephalogram-based tech-

nology, known in its new application as BIS-AD, involves a sensor placed on the patient's forehead, which monitors brain activity.

The standard BIS is used to monitor consciousness during surgery. It ensures that over-medication does not occur.

New Treatment for COPD

Until now, only smoking cessation and oxygen therapy were known to improve survival rates for chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.

Recently, a two-drug combination

(salmeterol and fluticasone propionate) has been found to reduce deaths from COPD by a significant 17.5 percent.

The study was presented to the American College of Chest Physicians.

Climate Increases Gout Risk

High temperatures and high humidity both increase the risk of experiencing a recurrent gout attack, according to the American College of Rheumatology.

Temperatures from 87 to 105 degrees increased risk. A similar

magnitude of increased risk was found when the humidity increased from 64 to 77 percent.



Morel Mushrooms:

A Delicacy for Today or for the Future

There's more than one way to cook a mushroom, but there's only one great way.

That said, I point out there are many recipes for morels, and I have never found a bad one, but breading and frying is still my favorite way to go.

Morels have no fat and one medium mushroom has about five calories but frying and breading add both, of course.

The best way I have found for turning morels into a not-to-be-forgotten gastronomical delight is simply to fry them (halved, or quartered lengthwise) with a good breading. While they are frying, they should be flattened softly into the bottom of the skillet with a spatula. Each side, of course, should be treated equally. The pieces should be well-browned in plenty of cooking agent, but not burned. Caps and stems of morels are hollow. Stems are eaten.

My breading consists of equal parts of good crackers rolled very fine and mixed with an equal part of flour and a trace of cornmeal. Dip half a mushroom or pieces in a mixture of egg and milk (equal parts), then roll in the cracker-meal mix and fry in real butter.

Big morels may be stuffed and many recipes are available that call for crab meat, spinach, and onion mixtures. They can also be baked with pasta or vegetable, then served with cream sauces.

They can also liven up stuffings, gravies, soups, or veggies. I've never found a veggie dish that did not improve (especially a creamed dish) when cooked with morels.

Mushrooms are usually not quite as tasty after being frozen, but if breaded, half-fried before freezing, they can easily be thawed and re-fried. I bread and half-fry them before freezing on a cookie sheet, then store them frozen in bags or airtight jars. They will keep nicely for years.

You can also dry morels and keep them at room temperature in their dried form. When you are ready to eat, soak them to revive and cook. They can be dried with a food dryer, or threaded on a string and suspended in a low-heat oven before being stored in freezer bags or jars. If they are dried well, there is no need for freezing.

Military honors

The sound of Taps to echo across the world

World War II veteran Tom Day says U.S. Marines guard the gates of heaven and, if you're knocking on the door while live Taps is playing, the Marines let you in. If they hear a recording, you have to wait in line.

This year, on May 19, the Marines at heaven's gate are going to hear a mighty sound, thanks in part to Day, a Marine bugler.



May 19 is Armed Forces Day and at 11 a.m. local time, brass players around the world will sound the 24 notes of Taps from every military cemetery and memorial worldwide. Dubbed EchoTaps Worldwide, the playing of Taps will flow across the North American continent, beginning in the East, and ending in Hawaii.

The tribute to America's service men and women is part of Tom Day's ongoing effort to make Americans aware that veterans are eligible for military honors at their funerals. In 2000, Congress said that every vet-

The story of Taps: 24-notes that stir hearts

The traditional military day is studded with 25 bugle calls that regulate the lives of soldiers from rising to sleep, but few bugle calls are as famous as the last one of the day, and none as storied.

The stirring, mournful 24-notes of Taps say goodnight to the troops in life and wish them farewell in death.

One of the most enduring myths about Taps is that the tune was found in the pocket of a fallen Confederate soldier. But, according to bugle historian Jari A. Villanueva, this tale, repeated in newspaper columns for decades, is not true.

Villanueva's research shows that Taps was an inspired edit of an older bugle call, the Scott Tattoo, used in the 1830s to call the men to quarters at night. The editor was Union Civil War General Daniel Butterfield. In 1862, Butterfield, who did not like the 'Lights

Out' bugle call and wanted something soothing, called his bugler Oliver Willcox Norton to his tent and had him play a new tune. This tune, soon to be called Taps, was then picked up quickly by other buglers.

Taps was officially adopted for use in military funerals in 1891. In 2000, Congress said all veterans could have military honors, including Taps, played at their funerals, if their families wished.

The unofficial lyrics:

*Day is done, gone the sun,
From the hills, from the lake,
From the sky.
All is well, safely rest,
God is nigh.*

Bugle calls on the Web:

bands.army.mil/music/bugle/

eran's family could have military honors at their loved one's funeral if they wanted it. The problem was there weren't enough buglers to play Taps for everyone. Veterans were having funerals where a recording of Taps was played. Not good enough, Day thought, and he founded an organization called Bugles Across America.

Day sent out a call for players of all horns, including trumpets, coronets or bugles, to volunteer to play Taps for veterans. Today the organization's 5,000 volunteers serve 1,000 funerals a month.

The success of the organization led to EchoTaps Worldwide, being done in cooperation with the Department of Veterans Affairs. On May 19, if you visit a military cemetery, you'll be able to hear the worldwide echo of Taps.

Anyone who can sound Taps on a brass instrument can volunteer.

On the Web:

buglesacrossamerica.org

Cinco de Mayo ~ May 5

Everyone loves a party, and the celebration of Cinco de Mayo, brings revelers from all over the U.S. Celebrated on May 5, it marks the 1862 Battle of Puebla where Mexican forces under General Zaragoza defeated Napoleon III's French Army. This ended European domination of Mexico.

Originating in Mex-



ico, Cinco de Mayo celebrations spread first to the U.S. across the Rio Grande. But with the dispersion of Hispanic culture throughout the

United States, the feast of Cinco de Mayo is enjoyed widely.

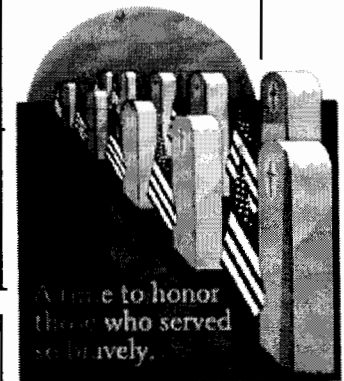
Most celebrations focus on food, music, and dancing. The historic significance is not forgotten as Cinco de Mayo celebrates Hispanic heritage and freedom, but the celebration is contagious. Today all ethnic groups participate.

May-07

ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CABBAGE ROLLS BUTTERED POTATOES BABY CARROTS ANGEL FOOD CAKE	2 HOT DOG ON BUN BAKED BEANS COLESLAW DICED PEARS	3 MEATLOAF OVEN BROWN POTATOES BRUSSEL SPROUTS APRICOT HALVES	4 CREAM OF TOMATO SOUP GRILLED CHEESE SANDWICH CUCUMBER SALAD DICED PEACHES
	9:15 HANGMAN 10:30 COLOR PG. 10:30 YOUR CHOICE 1:45 DICE GAME 1:45 DISNEY MUSIC 3:00 BOARD GAME	9:15 KICK BALL 10:30 DISNEY COLLAGE 10:30 CUT AND PASTE 1:45 MOTHER'S DAY CRAFT 1:45 MAKE NOISE 3:00 PUZZLES	9:15 ABC GAME 10:30 HIDDEN TREASURE 10:30 PIRATE'S TREASURE 1:45 YOUR CHOICE 1:45 TAKE BETS 3:00 UNO	9:15 CURRENT NEWS 10:00 BIBLE STUDY 10:00 MOVIE / DERBY HAT 1:45 UNO 1:45 MICKEY'S STORY 3:00 ROLL OUT
7 COUNTRY FRIED STEAK BUTTERED POTATOES ITALIAN MIXED VEGETABLES RICE PUDDING 9:15 PARACHUTE FUN 10:30 FANCY FAIRIES 10:30 FAIRY CRAFTS 1:45 BIRD FEEDERS 1:45 BASKETBALL FUN 3:00 WHAT'S THAT	8 SMOKED SAUSAGE OVEN BROWNED POTATOES SCALLOPED CABBAGE STRAWBERRIES/BANANA'S 9:15 REMINISCE 10:30 COLOR PG. 10:30 DINSEY BABIES 1:45 FLORAL CRAFT 1:45 YOUR CHOICE 3:00 DICE GAME	9 CUBE STEAK BAKED POTATO GREEN BEANS CHERRY CAKE 9:15 BALL TOSS 10:30 GARDEN COLLAGE 10:30 GROW A GARDEN 1:45 YOUR CHOICE 1:45 BALL TOSS 3:00 PUZZLES	10 HAM & CHEESE SANDWICH POTATO WEDGES TOMATO & LETTUCE LEMON BAR 9:15 CURRENT NEWS 10:30 BINGO 10:30 MUSIC 1:45 DICE GAME 1:45 HIGH ROLLERS 3:00 THAT'S FUNNY	11 CUP OF SOUP TUNA SALAD OR COTTAGE CHEESE FRUIT PLATE 9:15 NOODLE BALL 10:30 ENCHANTED ROSE 10:30 ROSE GARDEN 1:45 SPRING CRAFT 1:45 KICK BALL 3:00 PUZZLES
14 VEGETABLE SOUP HOT HAM & CHEESE ON RYE PICKLES FRESH FRUIT 9:15 ABC GAME 10:30 FLAG DAY 10:30 CREATE A FLAG 1:45 POKA DOT MILK 1:45 DOTTED ICE 3:00 LOOK HERE	15 HAMBURGER STROGANOFF NOODLES CALF. MIX VEGETABLES ICE CREAM 9:15 KICK BALL 10:30 DALMATIAN TREAT 10:30 DALMATIAN PUPPY 1:45 SPECIAL DESIGN 1:45 PUPPY SNACKS 3:00 ROLL OUT	16 PORK CHOPS WITH GRAVY WHIPPED POTATOES GREEN BEANS LEMON BAR 9:15 OUTBURST 10:30 MICKEY HAT 10:30 HEY MICKEY 1:45 TINKERBELL PG. 1:45 COLOR PAGE 3:00 UNO	17 STUFFED PEPPERS BUTTERED POTATOES COTTAGE CHEESE CANTALOUPE 9:15 BASKET BALL 10:30 PEBBLE TURTLE 10:30 PEBBLE NECKLACE 1:45 NTL GEO FILM 10:30 NATURE STORY 3:00 COLOR PG.	18 HOT DOG ON BUN BAKED BEANS COLESLAW FRESH FRUIT AND COOKIE 9:15 REMINISCE 10:00 BIBLE STUDY 10:00 DISNEY MOVIE 1:45 JUST FOR MOM 1:45 NOODLE BALL 3:00 PUZZLES
21 SMOKED SAUSAGE MACARONI AND CHEESE STEWED TOMATOES FRUIT CUP 9:15 HANGMAN 10:30 SCRAP BOOK 10:30 DINSEY BOOK 1:45 BASKET CHIMES 1:45 SIMON SAY'S 3:00 PUZZLE TIME	22 COUNTRY FRIED STEAK WHIPPED POTATOES WINTER MIXED VEGETABLES DICED PEACHED 9:15 PARACHUTE FUN 10:30 BUTTERFLIES CRAFT 10:30 SEBASTIAN CRAFT 1:45 COOKING CLASS 1:45 SEBASTIAN MUSIC 3:00 SEEK AND FIND	23 BAKED HAM AUGRATIN POTATOES CALF. MIXED VEGETABLES DICED PEARS 9:15 ABC GAME 10:30 MONTHLY BIRTHDAY PARTY AND BINGO 1:45 DICE GAME 1:45 BOWLING 3:00 THAT'S FUNNY	24 CHICKEN STRIPS CRISS CROSS POTATOES GREEN BEANS ICE CREAM 9:15 KICK BALL 10:30 MAGIC MIRROR 10:30 MIRROR, MIRROR 1:45 UNO 1:45 STORY TIME 3:00 BOARD GAMES	25 CREAM OF BROCCOLI SOUP CRACKERS BOLOGNA & CHEESE SAND. CHOCOLATE BROWNIE 9:15 OUTBURST 10:30 ROSS TOSS GAME 10:30 CINDERELLA'S CASTLE 1:45 SPECIAL PINS 1:45 CINDERELLA PAGE 3:00 HIGH ROLLER'S
28 CLOSED TO OBSERVE MEMORIAL DAY	29 CABBAGE ROLLS BUTTERED POTATOES BABY CARROTS ANGEL FOOD CAKE 9:15 CURRENT NEWS 10:30 BALLOON VOLLEY 10:30 FISH FOR NEMO 1:45 ROLL'EM HIGH 1:45 NUMBER GAME 3:00 THAT'S FUNNY	30 HOT DOG ON BUN BAKED BEANS COLESLAW DICED PEARS 9:15 NOODLE BALL 10:30 ROLL'EM OUT 10:30 JELLY FISH CRAFT 1:45 FUNNY MONKEY 1:45 FREE ART TIME 3:00 UNO	31 MEATLOAF OVEN BROWN POTATOES BRUSSEL SPROUTS APRICOT HALVES 9:15 OUTBURST 10:30 TWEET TWEET TREAT 10:30 WHERE'S NEMO 1:45 SEEK AND FIND 1:45 SNACK TIME 3:00 LOOK HERE	

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MEMORIAL DAY
May 28, 2007

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[We're on the Web!]

www.co.greene.oh.us/adultcare.htm

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