

# Today's News



TODAY CENTER  
FOR ADULTS

May, 2008

## Memorial Day

### How to make remembrance a personal matter

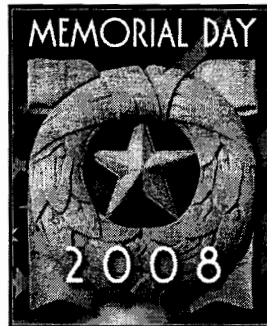
Do you know someone personally who made the ultimate sacrifice? Maybe it was in the "great war" or in Korea. Maybe it was in Iraq or Afghanistan. Or your remembrance could be based on the fact that, over time, thousands of young men and women have died defending our way of life.

Whatever the circumstance, Memorial Day is a time to pay our national debt of honor. It can only be done by individuals. When honoring America's war dead, we preserve the memory of their sacrifice now and for future generations.

There are many ways to honor and remember. Pausing for a few moments of silence to think of them is one way that is available to all. Passing on stories that recall the lives and service of those we knew is another.

Attending commemorative services is one of the most visible ways to pay tribute. Placing flags at grave sites, marching in parades and wearing Buddy Poppies are other examples.

Today, Memorial Day is as relevant as it ever was as we honor those who have died in Iraq and Afghanistan.



## National Nurses Week May 6-12

National Nurses Week begins on Tuesday, May 6 and extends through May 12. However, Tuesday, May 6, is specifically designated as Nurses Day.

This special week provides a time for nurses to celebrate their unique profession. As one says, it is a time to celebrate a "lifelong passion of caring that is precious, intelligent, knowing and giving." More than 2.6 million U.S. nurses should be celebrating on May 6.

For patients and consumers, it is a time to honor the outstanding efforts of nurses everywhere, efforts that strengthen the health of the nation. We need to specifically remember them on this day and wish a "Happy Nurses Day" to any that we encounter.

We SALUTE our own Michele Kirk, RN!

## Mother's Day Sunday, May 11

The influence of mothers is legendary. It's obvious that none of us would be here if we hadn't had a mother. But some things mothers do are less obvious and have an enhancing effect on our lives. It would be easy to think that mothers of years past had more time to spend with their children. The truth is that their tasks were so physically demanding, and they had to be so involved in family-raising chores, they had little time for anything else. It was their work ethic, their honesty, and their straightforward caring for their children that counted most. Today's mothers pass on the same qualities to the next generation.

Because May is the month of Mother's Day, we want to offer special thanks to all mothers for their nurturing influence and presence. HAPPY MOTHERS DAY!

## Exercise Takes the Edge off of Chronic Pain

Doctors at the Mayo Clinic say that when you are in pain, exercise is probably the last thing on your mind. But it could be more important than you think.

Regular exercise is a versatile weapon in the fight against chronic pain. It may seem difficult to start, but your body will thank you, say the Mayo people. What exercise can do:

- \* It increases endorphins, which are the body's natural pain relievers.

- \* Exercise builds strength,

which takes the load off bones and cartilage.

- \* It increases flexibility when you exercise. That means joints are able to move through their full range of motion and are less likely to ache or be painful.

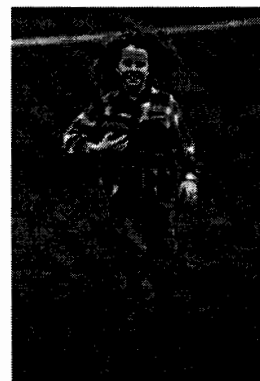
- \* It increases your energy level and gives you the strength to cope with life and with pain.

- \* It helps you maintain a healthy weight and contributes to better sleep.

- \* It enhances your mood and gives a sense of well-being. You

look better and have the confidence to continue.

- \* Exercise protects the heart.



## Do Your Part to Help Pharmacies Get it Right

Pharmacists are busy. They may have half a dozen people waiting for their medications, people calling on the telephone with questions, and customers walking up to ask about over-the-counter medicines.

To help them, there are technicians who prepare the medicine labels and bottles and work the cash register.

With all the activity, it's no

wonder that a mistake could be made. It's understandable, but a mistake could cause serious problems. What can you do?

- \* Take responsibility for your prescription. Know what the doctor ordered, what the dosage is and what effect you should notice. Ask the doctor to read the prescription to you and spell it out.

- \* Write down the name of the medication, the strength and the

dosage.

- \* Each time you have it filled or refilled, check to see if it's the right medicine, the right strength and the right dosage instructions.

- \* If you have a question, ask to see the pharmacist before you leave the store. Say you didn't think it was what the doctor ordered or that the dosage is different.

## Staying Well: Brain Games on the Internet

If you want to perk up your gray matter without buying Nintendo or MindFit software, visit [www.pogo.com](http://www.pogo.com).

Dr. Maurice Ramirez, an expert on the subject, says adults are learning constantly, but they must be engaged and drawn into the learning experience. They respond

best to games that blend logic, discovery, planning and thought.

Pogo's players love Poppit!, Word Whomp and casino games. There is no charge.



# May-08

# ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> MEATLOAF OVEN BROWN POTATOES BRUSSEL SPROUTS APRICOT HALVES	<b>2</b> CREAM OF TOMATO SOUP GRILLED CHEESE SANDWICH CUCUMBER SALAD CHILLED PEACHES
			9:15 CURRENT NEWS 10:30 MAY CALENDER 10:30 FREE ART 1:45 NATURE WALK 1:45 BALL TOSS 3:00 WHAT'S THAT	9:15 BALLOON TOSS <b>10:00 BIBLE STUDY</b> <b>10:00 AT THE MOVIES</b> 1:45 MAKING NOISE 1:45 MUSIC 3:00 ROLL OUT
<b>5</b> COUNTRY FRIED STEAK BUTTERED POTATOES ITALIAN MIXED VEG. RICE PUDDING	<b>6</b> SMOKED SAUSAGE OVEN BROWN POTATOES SCALLOPED CABBAGE STRAWBERRIES/BANANAS	<b>7</b> CUBE STEAK WHIPPED POTATOES/GRAVY GREEN BEANS APPLESAUCE	<b>8</b> HAM & CHEESE SANDWICH POTATO WEDGES SLICED TOMATOES/LETTUCE LEMON BAR	<b>9</b> CUP OF SOUP TUNA SALAD/COTTAGE CHEESE FRUIT PLATE VANILLA PUDDING
9:15 ABC GAME 10:30 NOODLE BALL 10:30 WATER COLOR 1:45 PUZZLES 1:45 BASKETBALL 3:00 TROUBLE	9:15 PARACHUTE FUN 10:30 MOTHERS HAT 10:30 SENS. STIM. 1:45 YOU CHOOSE 1:45 MUSIC TIME 3:00 FARKLE	9:15 OUTBURST 10:30 BALLOON TOSS 10:30 SHOW TIME 1:45 GAMES 1:45 BALL TOSS 3:00 THAT'S FUNNY	9:15 NOODLE BALL 10:30 BIRD HOUSE 10:30 MAKING MUFFINS 1:45 CARD CRAFT 1:45 SOCIAL EVENTS 3:00 SEEK AND FIND	9:15 CURRENT NEWS <b>10:30 TROOP ITEMS</b> 10:30 FLOWERS FOR MOM 1:45 MOTHERS PIN 1:45 YOUR CHOICE 3:00 UNO
<b>12</b> VEGETABLE SOUP HAM & CHEESE ON RYE PICKLES BROWNIE	<b>13</b> HAMBURGER STROGANOFF NOODLES CAL. MIX VEGETABLES ICE CREAM	<b>14</b> PORK CHOPS WHIPPED POTATOES/GRAVY GREEN BEANS LEMON PIE	<b>15</b> STUFFED PEPPERS BUTTERED POTATOES COTTAGE CHEESE CANTALOPE	<b>16</b> HOT DOG ON BUN BAKED BEANS COLE SLAW FRESH FRUIT AND COOKIE
9:15 PARACHUTE FUN 10:30 CATERPILLER CRAFT 10:30 FLORAL BOUQUET 1:45 YOUR CHOICE 1:45 ROLL'EM 3:00 NUMBER GAME	9:15 OUTBURST <b>10:00 BINGO</b> 10:00 GAME TIME 1:45 FREE ART 1:45 TOSS AROUND 3:00 LOOK HERE	9:15 NOODLE BALL 10:30 BALLOON VOLLEY 10:30 YOU PICK 1:45 NTL GEO FILM 1:45 SING ALONG 3:00 THAT'S PUZZLING	9:15 CURRENT NEWS <b>10:30 WOMENS GROUP</b> 10:30 BOWLING 1:45 OUTBURST 1:45 BALLOON TOSS 3:00 MAKE ME LAUGH	9:15 ABC GAME <b>10:00 BIBLE STUDY</b> <b>10:00 NTL GEO FILM</b> 1:45 ROLL'EM 1:45 COLOR PAGE 3:00 TROUBLE
<b>19</b> SMOKED SAUSAGE MACARONI & CHEESE ITALIAN MIXED VEG. FRUIT CUP	<b>20</b> COUNTRY FRIED STEAK WHIPPED POTATOES WINTER MIXED VEG. CHILLED PEARS	<b>21</b> HAM AUGRATIN POTATOES CALIFORNIA MIXED VEG. CHILLED PEACHES	<b>22</b> CHICKEN STRIPS CRISS CROSS POTATOES GREEN BEANS ICE CREAM	<b>23</b> CREAM OF BROCCOLI SOUP BOLOGNA & CHEESE SAND. TOMATO/LETTUCE CHOCOLATE BROWNIE
9:15 OUTBURST 10:30 LADY BUG CRAFT 10:30 MOTHERS FAN 1:45 LET'S FISH 1:45 PIC AND SAY 3:00 UNO	9:15 NOODLE BALL 10:30 COOKING CLASS 10:30 FLORAL ART 1:45 DICE GAME 1:45 MUSIC TIME 3:00 TROUBLE	9:15 CURRENT NEWS <b>10:00 MONTHLY BIRTHDAY PARTY AND BINGO</b> 1:45 VEGGIE GARDEN 1:45 LET'S MAKE NOISE 3:00 SEEK AND FIND	9:15 ABC GAME 10:30 ART WITH BEV 10:30 EARTH DAY ART 1:45 HIDDEN PICTURE 1:45 EARTH DAY FUN 3:00 LOOK HERE	9:15 PARACHUTE FUN 10:30 LAST MAN STANDING 10:30 HUMMING BIRD 1:45 COLOR PAGE 1:45 DICE GAME 3:00 WHAT'S UP
<b>26</b> <b>CLOSED FOR MEMORIAL DAY</b>	<b>27</b> CABBAGE ROLLS BUTTERED POTATOES SEASONED CARROTS GRAPES	<b>28</b> HOT DOG ON BUN BAKED BEANS COLE SLAW DICED PEARS	<b>29</b> MEATLOAF OVEN BROWN POTATOES BRUSSEL SPROUTS APRICOT HALVES	<b>30</b> CREAM OF TOMATO SOUP GRILLED CHEESE SANDWICH CUCUMBER SALAD CHILLED PEACHES
	9:15 CURRENT NEWS 10:30 VOLLEY BALL 10:30 LADY BUG FRIENDS 1:45 TROUBLE 1:45 MATCHING GAME 3:00 ROLL OUT	9:15 ABC GAME 10:30 FILL THE BLANK 10:30 HOT TOMATO 1:45 NUMBERS 1:45 MUSIC 3:00 WHAT'S THAT	9:15 PARACHUTE FUN 10:30 PICTURE FRAME 10:30 CATERPILLER FRIEND 1:45 SUMMER TALK 1:45 STORY TIME 3:00 TROUBLE	9:15 OUTBURST 10:30 WHO'S LINE IS IT 10:30 SPRING TREAT MIX 1:45 MYSTERY GAME 1:45 BASKETBALL 3:00 THAT'S PUZZLING

The Today Center For Adults is non-discriminatory in services and employment. Under ownership of the Board of Greene County Commissioners, the Today Center is funded in part by various local, state and federal funding programs including, but not limited to: ComCare, Ohio Disability Waiver, Partners In Care (Greene County Senior Services Levy), PASSPORT, Senior Adults In Leisure (MR/DD), Title XX and Veterans Administration. Private fees, contributions and fund-raising are additional means of financial support.

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[ We're on the Web! ]

[www.co.greene.oh.us/  
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