

Celebrate Thanksgiving With Five Grains of Corn

The Pilgrims and their benefactors from Massasoit's tribe feasted for several days at the first Thanksgiving. It was a time of plenty, but the days before that harvest were far different. Five grains of corn was the daily ration during that desperate time.

Legend says that the Pilgrims placed five grains of corn beside each plate on Thanksgiving Day so they wouldn't forget.

The corn also reminded them of difficult days on the tiny Mayflower and of a time when there were only seven

healthy colonists to care for the sick.



Some people follow that custom today. They say each grain of corn has a special significance. The first reminds us to be thankful because the earth is good and our land is free.

The second acknowledges Indians who befriended the Pilgrims and helped them survive their first winter.

The third stands for our own courage and how it helps us to do great things for others and for ourselves.

The fourth is to give thanks to the Pilgrims who came to the New World and established a land of religious freedom.

The fifth stands for our gratitude which leads to joy. That joy leads us to a renewed commitment to family and country.

Veterans Day: The 11th hour of the 11th day of the 11th month

Nov. 11, 1918, is recognized as the end of the world's first global conflict, World War I. In 1938, November 11 was named Armistice Day in recognition of those who served.

Then came World War II and the greatest mobilization of armed forces in history. After that, American forces fought in Korea. So in 1954, the 83rd Congress changed Armistice Day to Veterans

Day to honor all who served.

Veterans Day National Committee services are held at Arlington Memorial Amphitheater. It is built around the Tomb of the Unknown Soldier at Arlington National Cemetery, property that once belonged to General Robert E. Lee.

At 11 a.m., a color guard representing all military services honors the Unknown Sol-



dier with "Present Arms," the laying of a Presidential wreath, and the playing of "Taps."

Though these services are held at Arlington, the primary focus of Veterans Day is on veterans who are alive and with us today. They are honored with parades and speeches.

To all veterans, we sincerely say, "Thank you. We will not forget."

Time to Review Your Medicare Part D Plan

In September, HHS Secretary Mike Leavitt announced that more than 90 percent of Medicare beneficiaries in a stand-alone Part D prescription drug plan will have access to at least one plan with lower premiums in 2008. The annual open enrollment period for Medicare Part D prescription drug coverage is November 15 to December 31 each year. This is the time when beneficiaries may enroll in Part D or switch to a different plan if they are already enrolled. Coverage or changes are effective January 1.

In every state, beneficiaries will have access to at least one prescription drug plan with premiums of less than \$20 per



month, and a choice of at least five plans with premiums of \$25 a month. The national monthly premium for the basic Medicare drug benefit in 2008 is projected to average roughly \$25.

Beneficiaries who want to review their current coverage and options available to them can access information from many sources, including the following:

- Ohio Senior Health Insurance Information Program (OSHIIP) — 1-800-686-1578 or www.ohioinsurance.gov
- Medicare — 1-800-MEDICARE (1-800-633-4227) or www.medicare.gov

- www.cms.hhs.gov/center/openenrollment.asp for the list of national stand-alone prescription drug plans and state specific fact sheets
- Notice of coverage changes from current plan by 10/31/07
- Medicare & You 2008 handbook mailed in October

EXTRA HELP AVAILABLE FOR MEDICARE PART D COSTS

There is extra help available for Medicare Part D monthly premiums, annual deductibles and prescription co-pays through the Social Security Administration. Applicants must provide informa-

tion about income and assets to determine eligibility. For more information or to apply, visit www.ssa.gov/pubs/10505.htm or call 1-800-772-1213.

Medicare Check Up Days

The Ohio Senior Health Insurance Information Program (OSHIIP) is the state's lead agency for Part D information and enrollment assistance. Through the end of this year, OSHIIP is planning a series of Medicare Check-Up Days in each of Ohio's 88 counties. These

events will provide information about recent Medicare changes and comparison of various Part D plans. Events scheduled after November 15 will include individual enrollment assistance.



Greene County Medicare
Check-Up Day
November 28
11:00 a.m.
Until
6:00 p.m.
OSU Extension Office

COPD and the Great American Smokeout (Nov. 15)

People worry about getting heart disease or Alzheimer's, but not about chronic obstructive pulmonary disease (COPD).

Lung cancer is deadlier, but COPD is far more common. Some 13 million Americans have it, nearly 40 times as many as have lung cancer, according to the American Lung Association. It's the fourth leading cause of death in the U.S. and includes chronic bronchitis and emphysema.

In 2000, for the first time, COPD killed more women than men.



By 2020, it may be the third leading cause of death in the U.S.

The disease isn't curable, but it is largely preventable. About 85 percent of all cases in the U.S. are triggered by smoking.

It's one reason that the Nov. 15 Great American Smokeout is so important. Those

who stop smoking in the early stages get increased lung function for many years.

Early diagnosis is critical. By the time shortness of breath occurs,

the illness has been progressing for a decade or more.

COPD victims have treatment options. Inhaled steroids that reduce inflammation are now the most common treatment before lung-volume reduction surgery.

Exercise helps. Doctors at the University of Nebraska Medical Center say building endurance increases lung function.

New medications called PDE4 inhibitors are in clinical trials. They fight inflammation and slow the progress of the disease. Compounds in testing called retinoids can help damaged lung tissue grow back.

B Vitamins Called Important in Preserving Memory

Though the role of vitamins in preserving memory is unclear, researchers know that vitamins B 12, folate, and B 6, are crucial for normal brain function.

A recent report in Neuro-psychology shows that healthy people with a genetic predisposition to Alzheimer's disease (AD) do better on memory tests if they

have adequate levels of vitamin B 12 than if they have low levels. The finding suggests that nutritional and genetic factors interact in cognitive function.

A Swedish study of people aged 75 screened participants for dementia, depression, or a genetic variant that increases the risk of AD.

Later, a battery of memory tests were taken. On that morning, researchers drew blood samples to measure levels of vitamin B 12 and folate. People with low levels of vitamin B 12 did worse on the memory tests.

Poultry and fortified cereals are good sources of folate, and vitamins B 12 and B 6.

Number of Retail Clinics Grows

Supermarket and drug store customers are pleased by "convenience-care" clinics. There are about 500 in the U.S. where patients can get faster and less-expensive care than at a doctor's office. More clinics are opening. Wal-Mart expects to have 2,000 clinics in stores.

Clinics are staffed by nurse practitioners who can treat many common ailments. Patients often have colds, strep throat, ear infections, and urinary tract infections. Insurance companies, busy doctors, and people without health insurance like the clinics.



FOOD OF THE MONTH: NUTS

Get nuts! They're playing a new role in today's health

If you want to prevent diabetes and keep your heart healthy, try nuts.

Studies by the University of Toronto's St. Michael's Hospital show that some nuts have a large potential for cholesterol reduction. The researchers compared the effect of a diet rich in fiber, soy products, and almonds with Mevacor, the statin drug.

The diet reduced bad cholesterol by 28.6 percent, compared with 30.9 percent with the statin. Included in the diet were oat-bran cereal, soy milk, strawberries, oat bread, fruit, almonds, tofu, barley, and vegetables.

In the U.S., the Food and Drug Administration has ruled that packages

Food of the Month



of walnuts, almonds, peanuts, pistachios, pecans, and hazelnuts may state on their labels that "scientific evidence suggests but does not prove that eating 1.5 ounces a day may reduce the risk of heart disease if part of a healthy diet."

Each nut has its own virtues. Walnuts are an excellent source of heart-healthy omega-3 oils. Almonds are high in vitamin E.

Doctors reporting in the *Journal of the American Medical Association* say nuts may reduce your risk of diabetes. Diets high in unsaturated fat from nuts appear to lower risk of

type 2 diabetes.

In the 16-year study of 84,000 nurses, those who reported eating five or more 1-ounce servings of nuts per week were 27 percent less likely to develop diabetes than those who didn't eat nuts. Those who ate a tablespoon of peanut butter five times a week had a 21 percent lower risk.

Almond/Cereal Snack Mix

Preheat oven to 300 and coat a pan with no-stick spray. In a large bowl, combine 1 egg white, 1 1/2 t Cajun seasoning, 1 t Worcestershire sauce, 1/2 t garlic powder, 1 t water. Mix thoroughly. Add 2 cups wheat cereal squares and 1 1/2 c whole almonds. Bake 30 minutes or until golden.

Your Guilt-Free Thanksgiving Dinner

While overeating for one day won't destroy your healthy diet, weight watchers may feel a tinge of guilt as they overindulge while giving thanks.

If you're the cook, these easy ways to reduce fat content will make your dinner healthier while not sacrificing flavor.

* Instead of basting the turkey with fat, rub a little olive oil on it when you place it in the oven. Later, baste with defatted chicken stock combined with apple juice.

* Take most of the fat out of the gravy. Pour the juice and drippings into a large plastic cup. With a gravy ladle, skim most of the fat off. You should



be able to skim off 80 or 90 percent of it, and your gravy will still have a rich flavor.

* For recipes that call for

cream, substitute nonfat evaporated milk. You won't notice the difference in your pumpkin pie.

* Put skim milk in mashed potatoes instead of whole milk and skip the butter. Your guests will put gravy on them anyway, and the flavor comes from the gravy.

* If your dressing calls for a lot of butter, moisten it with stock and some olive oil. If you add onions and celery, no one will notice the difference.

* Offer more colorful vegetable dishes with the main course and more fresh fruit on the dessert table.



NOV. 07

ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>CORN DOGS BAKED BEANS CREAMY COLE SLAW DICED PEACHES</p>	<p>2</p> <p>HAM & BEANS CORN MUFFIN PICKLED BEETS CHOCOLATE BROWNIE</p>
			<p>9:15 ABC GAME 10:30 RING TOSS 10:30 LEAF FIND 1:45 HARVEST BOARD 1:45 BALLOON TOSS 3:00 LOOK HERE</p>	<p>9:15 BALL TOSS 10:00 BIBLE STUDY 10:00 AT THE MOVIES 1:45 HARVEST GARLAND 1:45 KICK BALL 3:00 PUZZLES</p>
<p>5</p> <p>SPAGHETTI W MEATSAUCE ITALIAN MIXED VEGETABLES GARLIC BREAD AMBROSIA</p>	<p>6</p> <p>VEGETABLE SOUP REUBEN SANDWICH SLICED PICKLES GRAPES</p>	<p>7</p> <p>CHEESY HAM & POTATO CASSEROLE CAULIFLOWER DICED PEACHES</p>	<p>8</p> <p>SCALLOPED CHICKEN WHIPPED POTATOES CARROTS / COTTAGE CHEESE MANDARIN ORANGES</p>	<p>9</p> <p>SAUSAGE GRAVY ON BISCUIT FRIED APPLES CHERRY GELATIN</p>
<p>9:15 NOODLE BALL 10:30 GAME DAY 10:30 LET'S PREPARE 1:45 WHAT AM I? 1:45 SIMON SAYS 3:00 WHAT'S THAT</p>	<p>9:15 ABC GAME 10:30 PUMKIN CRAFT 10:30 STUFFED PUMPKIN 1:45 SPEED BOAT RACING 1:45 BASKETBALL 3:00 UNO</p>	<p>9:15 PARACHUTE FUN 10:30 BINGO 10:30 GET BUSY 1:45 PLATE SHAKERS 1:45 TURKEY SHOOT 3:00 HIGH ROLLERS</p>	<p>9:15 CURRENT NEWS 10:30 PERKY TURKEY 10:30 TURKEY ART 1:45 PUZZLE FUN 1:45 TURKEY FRIEND 3:00 SEEK AND FIND</p>	<p>9:15 OUTBURST 10:30 PUPPET ART 10:30 COLOR PAGE 1:45 CARD MAKING 1:45 LET'S ROLL 3:00 MAKE ME LAUGH</p>
<p>12</p> <p>CLOSED DUE TO VETERAN'S DAY</p>	<p>13</p> <p>PORK CHOP WHIPPED POTATOES BROCCOLI COOKIE</p>	<p>14</p> <p>HOAGIE STEAK ON BUN POTATO WEDGES SALAD DICED PEARS</p>	<p>15</p> <p>BEEF & NOODLES ITALIAN MIX VEGETABLES COTTAGE CHEESE LEMON BAR</p>	<p>16</p> <p>SMOKED SAUSAGE BUTTERED POTATOES BUTTERED CABBAGE BREAD PUDDING</p>
	<p>9:15 NOODLE BALL 10:30 PUMPKIN PIE 10:30 LET'S BAKE 1:45 SOCIAL EVENT 1:45 BASKETBALL 3:00 SHAKE UP</p>	<p>9:15 REMINISCE 10:30 VOLLEYBALL 10:30 TURKEY WREATH 1:45 PILGRIM CRAFT 1:45 YOUR CHOICE 3:00 SEEK AND FIND</p>	<p>9:15 BALLOON TOSS 10:30 PAPER TURKEY CRAFT 10:30 MAKE A PUZZLE 1:45 DICE GAME 1:45 STORY TIME 3:00 WHAT'S THIS</p>	<p>9:15 CURRENT NEWS 10:00 BIBLE STUDY 10:00 MOVIE AND POPCORN 1:45 FRIENDSHIP CRAFT 1:45 MUSIC TIME 3:00 LOOK HERE</p>
<p>19</p> <p>HAMBURGER ON BUN FRENCH FRIES RELISH CONDIMENTS MANDARIN ORANGES</p>	<p>20</p> <p>BBQ CHICKEN SCALLOPED POTATOES ORIENTAL MIX VEGETABLE FRUIT CUP</p>	<p>21</p> <p>TUNA & NOODLE CASSEROLE SCANDINAVIAN VEGETABLES CHERRY DELIGHT</p>	<p>22</p> <p>CLOSED DUE TO THANKSGIVING HOLIDAY</p>	<p>23</p> <p>CLOSED DUE TO THANKSGIVING HOLIDAY</p>
<p>9:15 ABC GAME 10:30 PICTONARY 10:30 TURKEY FEAST 1:45 BAKING CAKE 1:45 STORY TIME 3:00 PUZZLE FUN</p>	<p>9:15 PARACHUTE FUN 10:30 MONTHLY BIRTHDAY PARTY AND BINGO 1:00 REC'S. AND PARKS 1:00 COLOR PAGE 3:00 LOOK HERE</p>	<p>9:15 HANGMAN 10:30 HOLIDAY PLATE 10:30 FIT FOR A KING 1:45 NTL GEO FILM 1:45 SEARCH AND FIND 3:00 WHAT'S THAT</p>		
<p>26</p> <p>SALISBURY STEAK / GRAVY WHIPPED POTATOES SPINACH CHERRY CHIP CAKE</p>	<p>27</p> <p>LASAGNA GARLIC BREAD ITALIAN MIX VEGETABLES BUTTERSOTCH PUDDING</p>	<p>28</p> <p>FISH NUGGETS MACARONI & CHEESE STEWED TOMATOES FRUITED GELATIN</p>	<p>29</p> <p>CORN DOGS BAKED BEANS CREAMY COLE SLAW DICED PEACHES</p>	<p>30</p> <p>HAM AND BEANS CORN MUFFIN PICKLED BEETS CHOCOLATE BROWNIE</p>
<p>9:15 HANGMAN 10:30 APPLE NECKLACE 10:30 SNOOPY DAY 1:45 UNO FUN 1:45 CHARLIE BROWN FUN 3:00 CARD GAME</p>	<p>9:15 BALLOON TOSS 10:30 YOUR CHOICE 10:30 MATCHING GAME 1:45 PINE CONE WREATH 1:45 PLAY BALL 3:00 SEEK AND FIND</p>	<p>9:15 CURRENT NEWS 10:30 FREE ART 10:30 LEAF PRINTS 1:45 COASTER MAKING 1:45 GAME OF CHOICE 3:00 DICE GAME</p>	<p>9:15 NOODLE BALL 10:30 SNOWFLAKES 10:30 SCARECROW FRIEND 1:45 WHOSE THAT? 1:45 DISNEY MUSIC 3:00 ROLL OUT</p>	<p>9:15 ABC GAME 10:30 PICTONARY 10:30 FREE ART 1:45 CRAFT FUN 1:45 LET'S HAVE FUN 3:00 MAKE ME LAUGH</p>

MAMA'S BOYZ

WWW.MAMASBOYZ.COM

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[We're on the Web!]

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

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