

PREVENTATIVE SERVICES: STUDY RESULTS RELEASED

According to a study released on August 8, 2007, by Partnership for Prevention, increasing the use of five preventative services would **save more than 100,000 lives every year.**

The study found serious deficiencies in the use of preventative care for Americans and particularly in racial and ethnic populations.

The study findings:

***45,000** additional lives would be saved if we increased to 90% the number of adults who take aspirin daily to prevent heart disease. Fewer than half of American adults take aspirin preventively.

***42,000** additional lives would be saved each year if we increased to 90% the number of smokers who are advised by a health professional to quit and offered medication or other assistance. Only 28% of smokers receive such services.

***14,000** additional lives would be saved each year if we increased to 90% the number of adults age 50 and older who are up to date with colorec-

tal cancer screening. Fewer than 50% are up to date.

***12,000** additional lives would be saved each year if we increased to 90% the number of adults 50 and older were immunized against influenza annually. Today, 37% of adults have had an annual flu vaccination.

***4,000** additional lives would be saved each year if we increased to 90% the women age 40 and older who have been screened for breast cancer in the past two years. Currently, 67% of women have been screened in the past two years.

***30,000** cases of pelvic inflammatory disease would be prevented each year if we increased to 90% the portion of sexually active young women who have been screened for Chlamydia infection. Today, 40% are being screened annually.

According to the report, African Americans, Asian Americans and Hispanic Americans all use preventative services at lower rates than White, Non-Hispanic Americans.

The report documents that:

***If the 42% of African Americans, age 50 and older who are up to date with recommended screening for colorectal cancer increased to 90%, 1,800 additional lives would be saved annually.**

***Despite higher screen rates among African Americans for colorectal and breast cancer compared to Asian and Hispanic Americans, increased screening would have a larger impact on their health as they have higher mortality for these diseases.**

***Asian Americans have the lowest utilization of any group for aspirin use as well as breast, cervical and colorectal cancer screening.**

***Hispanic Americans have lower utilization compared to Non-Hispanic White and African Americans for 10 of the 11 preventative services analyzed.**

This report demonstrates the need to strengthen US health systems by investing in preventing disease, rather than only a sick care system.

Source: *Bywords in Health, Vol. 15, No. 3, A Newsletter of the Miami Valley Health Improvement Council*

Living Longer

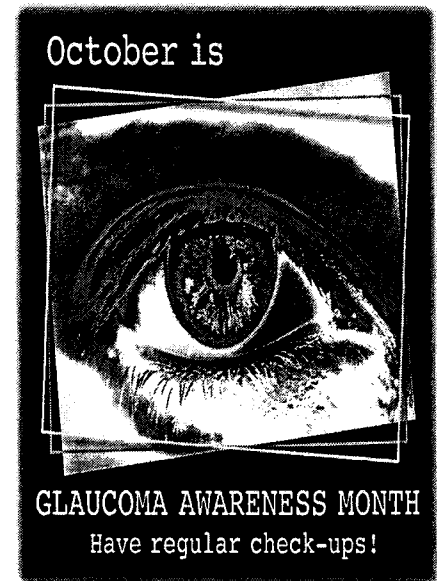
According to the National Center for Health Statistics, US Department of Health and Human Services, today an infant can expect to live to about 77 years of age on average. In 1900, one could expect to live for 49 years on average. A century ago, a 55 year old person could have expected to live another 18 years on average. Today individuals who are 65 years of age will also survive on average an additional 18 years.

The percentage of the population that is elderly (65 and older) and the near elderly (55 to 64) is markedly increasing. By the year 2020, together these two

groups of Americans will number almost 100 million people. The diseases and health concerns these groups will face include: about 45% will have hypertension; about 1/3 will be functionally health impaired; about 25% will have difficulty walking a 1/4 mile and another 25% will have difficulty walking up to 10 steps. Other common conditions are diabetes and arthritis.

Statistically speaking, we're going to live longer. However, our functional status and remaining fit into old age is a concern.

Source: www.cdc.gov/nchs



Which states are the "oldest" and "youngest"?

The median age for the U.S. (at which half the people are younger and half are older) is 36.4 years, says the U.S. Census. The median ages for the individual states are:

Maine, 41. It's 40 in Vermont, W. Virginia, and Montana. States averaging 39 are Pennsylvania, Florida, New Hampshire, Connecticut, North Dakota, and

Wyoming. In their 38th year are people in Iowa, Hawaii, Rhode Island, Massachusetts, and New Jersey.

People averaging age 37 live in Delaware, Wisconsin, Ohio, Kentucky, New York, Alabama, Missouri, Tennessee, Virginia, Maryland, South Carolina, Arkansas, Oregon, and South Dakota.

At age 36 are Michigan,

Minnesota, Washington, Oklahoma, Nebraska, New Mexico, North Carolina, Indiana, and Kansas. At 35 are Illinois, Mississippi, Louisiana, and Nevada. At 34 are Colorado, Idaho, Arizona, California, and Georgia. People in Alaska and Texas average 33 years, and in Utah it's 28.

Blood Type and Lung Cancer

An analysis of data from a Danish study shows that inflammation factors are stronger predictors of lung cancer mortality in individuals with blood type O than those with other blood types. The study assessed the long-term outcomes of 3,346 men that were followed for 16 years. The average age was 63. Of these, 170 subjects died from lung cancer, 84% with type O, 70%

with type A, and 16% with type B/AB. High salt level diet, long-term occupational dust exposure, and heavy alcohol use (more than 10 wine drinks per week) each increased the risk of lung cancer in men with type O blood by more than two-fold. By contrast, in men with blood type A, only total tobacco use and increasing age were linked to lung cancer death. With

types B and AB, increasing age and long-term occupational dust exposure were risk factors for lung cancer mortality.

These findings suggest that blood type strongly affects whether various lifestyle factors impact the risk of lung cancer mortality.

Source: *European Respiratory Journal*, June 27, 2007; *Bywords in Health*, Vol. 15, No. 3.

FLU IS COMING: TIME TO VACCINATE

Health officials have worked to predict which strains of flu virus are most likely to cause widespread illness in 2006. These strains are contained in the vaccine for this year, the strains you will build immunity to after getting the shot.

The immunization usually works to prevent the flu, but its effectiveness in part depends on your general health. Illness and age can influence its effectiveness. People over 50 may have less of an immune response to the vaccine.

Even so, if you do get the flu, the vaccine will provide impor-

tant protection and prevent a severe case. The shot will prevent prolonged illness, hospitalizations, pneumonia, and death.

It's impossible for the flu shot to give you influenza. Some people experience a mild fever, and fatigue soon after receiving the vaccine. The symptoms are caused by the body's immune system, which is producing antibodies.

The Today Center will make available flu shots to participants as soon as vaccine is available.



Fun Facts for October

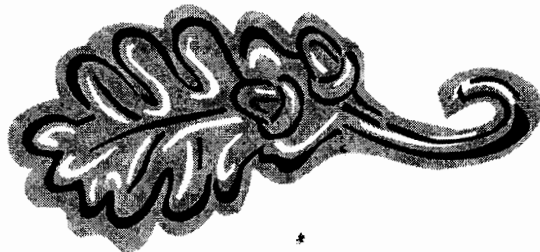
Flower: Calendula; Cosmos

Colors: White and Yellow

Birthstone: Opal (Hope)

Holidays:

Columbus Day
(Observed)—10/8
(Traditional)—10/12
Halloween—10/31



Hallmark Days:

Sweetest Day—10/20

Full Moon: Friday, 10/26

Thought of the Month:

Gratitude is the heart's memory

National Healthcare Environmental Services Week Celebrated September 9-15

The week of September 9-15 honored the Environmental Services staff members who do so much throughout the year to serve the consumers of healthcare facilities throughout the nation. These skilled professionals play a vital role in the success of an operation every day.

Using the theme, "Environmental Services: Our team does it all!" recognized the combined efforts of a team of individuals committed to doing their best in the areas of maintenance, house-keeping and laundry functions. By carrying out each job with care, whether it's big or small, Environmental Services make us grateful

for their part on the team that does it all.

The Today Center for Adults celebrated and honored the contributions of our own Brenda Reynolds as well as the Environmental Services Team of Greenwood Manor during their special week.

Food of the Month: Apples

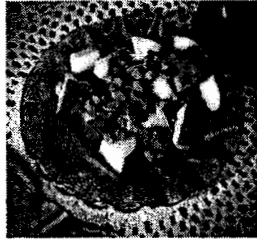
Eating apples protects your memory, heart, and more

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.

National Healthcare Food Service Week—October 1-7

Healthcare food service workers play an integral role in helping the people who use and work at their facilities stay well nourished and healthy. And, National Healthcare Food Service Week is the perfect time to highlight the efforts and contributions of

our Greenwood Manor food service team.

First celebrated by Illinois in 1985, Congress has since declared National Healthcare Food Service Week a national event that takes place each year during the

first week of October.

In recognition of their efforts, the Today Center salutes each member of the Greenwood Manor food service team.

Thanks for all you do, all the year through!

Recipe Corner: Quick and Easy Pumpkin Cupcakes

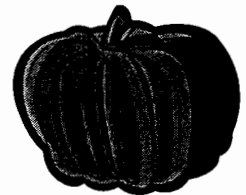
Ingredients:

1 pkg (18.25 oz) spice cake mix
1 can (15 oz) Pure Pumpkin
3 large eggs
1/3 cup vegetable oil
1/3 cup water
1 (16 oz) container prepared cream cheese or vanilla frosting

Directions:

Preheat oven to 350 degrees
Paper-line or grease 24 muffin cups
Blend cake mix, pumpkin, eggs, oil and water in large mixer bowl until moistened. Beat on medium speed for 2 minutes. Pour batter into prepared muffin cups, filling 3/4 full. Bake for 18 to 23 minutes or until wooden pick inserted in center

comes out clean. Cool in pans on wire racks for 10 minutes; remove to wire racks to cool completely. Spread cupcakes with frosting.



OCT. 07

ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SALISBURY STEAK / GRAVY WHIPPED POTATOES SPINACH CHERRY CHIP CAKE 9:15 NOODLE BALL 10:30 FALL ANIMALS 10:30 PUMKIN FACE 1:45 OWL CRAFT 1:45 BALL TOSS 3:00 LOOK HERE	2 LASAGNA GARLIC BREAD ITALIAN MIX VEGETABLES BUTTERSCOTCH PUDDING 9:15 HANGMAN 10:30 CREATE A PUMKIN 10:30 PUMKIN WREATH 1:45 DICE GAME 1:45 SING ALONG 3:00 FARKLE	3 FISH NUGGETS MACARONI & CHEESE STEWED TOMATOES FRUITED GELATIN 9:15 PARACHUTE FUN 10:30 COLOR PAGE 10:30 FALL WALK 1:45 REMINISCE 1:45 COLOR THIS 3:00 MAKE ME LAUGH	4 CORN DOGS BAKED BEANS CREAMY COLE SLAW DICED PEACHES 9:15 BALL TOSS 10:30 FEATHER FRIENDS 10:30 SPIDER WEB 1:45 YOUR CHOICE 1:45 PICK ONE 3:00 CARD GAMES	5 HAM & BEANS CORN MUFFIN PICKLED BEETS CHOCOLATE BROWNIE 9:15 ABC GAME 10:00 BIBLE STUDY 10:00 AT THE MOVIES 1:45 FREE ART 1:45 KICK THE PUMKIN 3:00 WHAT'S THAT
8 SPAGHETTI/MEATSAUCE ITALIAN MIXED VEGETABLES GARLIC BREAD AMBROSIA 9:15 BALL TOSS 10:30 HALLOWEEN PIN 1:45 LETS BAKE 3:00 DICE GAME NO MRDD	9 VEGTABLE SOUP REUBEN SANDWICH SLICED PICKLES GRAPES 9:15 CURRENT NEWS 10:30 PUDDING POPS 10:30 MAKE A TREAT 1:45 SOCIAL EVENT 1:45 LET'S CHAT 3:00 LOOK HERE	10 CHEESY HAM & POTATO CASSEROLE CAULIFLOWER DICED PEACHES 9:15 NOODLE BALL 10:30 BINGO 10:30 COLOR PAGE 1:45 BIG EYES 1:45 AUTUMN LEAVES 3:00 SEEK AND FIND	11 SCALLOPED CHICKEN WHIPPED POTATOES CARROTS / COTTAGE CHEESE MANDARIN ORANGES 9:15 OUTBURST 10:30 FALL WREATH 10:30 FALL TREE 1:45 BIRD FEEDERS 1:45 BASKETBALL 3:00 DICE GAME	12 SAUSAGE GRAVY ON BISCUIT FRIED APPLES CHERRY GELATIN 9:15 PARACHUTE FUN 10:30 COLOR PAGE 10:30 PUMKINS ON THE FENCE 1:45 FUNNY FILL-INS 1:45 HANDS OF TIME 3:00 PUZZLES
15 PIZZA OR RAVIOLI SALAD OR HOT VEGETABLE GARLIC TOAST FRUITED GELATIN 9:15 ABC GAME 10:30 CAKE WALK 10:30 WALK THE LINE 1:45 FALL LEAVES CRAFT 1:45 FIND THE GHOST 3:00 CARD GAMES	16 PORK CHOP WHIPPED POTATOES BROCCOLI COOKIE 9:15 BALLOON TOSS 10:30 PUMKIN ART 10:30 PUMKIN FUN 1:45 NTL GEO FLIM 1:45 COLOR PAGE 3:00 LOOK HERE	17 HOAGIE STEAK ON BUN POTATO WEDGES SALAD DICED PEARS 9:15 HANGMAN 10:30 PUMKIN GHOST 10:30 GOBLINS ON A STRING 1:45 LEAF BOOK MARKER 1:45 HIGH ROLLER 3:00 MAKE ME LAUGH	18 BEEF & NOODLES ITALIAN MIX VEGETABLES COTTAGE CHEESE LEMON BAR 9:15 PARACHUTE FUN 10:30 PIZZA FUN 10:30 BAKE IT 1:45 CROW ART 1:45 CAT IN THE HAT 3:00 DICE GAME	19 SMOKED SAUSAGE BUTTERED POTATOES BUTTERED CABBAGE BREAD PUDDING 9:15 CURRENT NEWS 10:00 BIBLE STUDY 10:00 MOVIE AND POPCORN 1:45 IT'S PUZZLING 1:45 FLYING WITCH 3:00 SEEK AND FIND
22 HAMBURGER ON BUN FRENCH FRIES RELISH CONDIMENTS MANDARIN ORANGES 9:15 NOODLE BALL 10:30 SPIDER FRIENDS 10:30 FALL PICTURE ART 1:45 NUMBER GAME 1:45 DICE GAMES 3:00 WHAT'S THAT	23 BBQ CHICKEN SCALLOPED POTATOES ORIENTAL MIX VEGETABLE FRUIT CUP 9:15 REMINISCE 10:30 PUPPET FUN 10:30 BLACK CAT 1:45 RUB A DESIGN 1:45 MOVE AND GROOVE 3:00 THAT'S PUZZLING	24 TUNA & NOODLE CASSEROLE SCANDINAVIAN VEGETABLES CHERRY DELIGHT 9:15 OUTBURST 10:30 STAND UP WITCH 10:30 WITCH COOKING 1:45 MONTHLY BAKING 1:45 WITCH COLOR WITCH 3:00 DICE GAMES	25 CREAMED CHIPPED BEEF OVER TOAST BABY CARROTS FRUIT CUP 9:15 ABC GAME 10:30 MONTHLY BIRTHDAY PARTY AND BINGO 1:45 OUTBURST 1:45 LET'S DANCE 3:00 LOOK HERE	26 CUBE STEAK WHIPPED POTATOES CUCUMBER SALAD PEACH COBBLER 9:15 HANGMAN 10:30 GHOST WIND SOCK 10:30 ART FUN 1:45 LITTLE WITCH GAME 1:45 PICTONARY 3:00 CARD GAMES
29 SALISBURY STEAK / GRAVY WHIPPED POTATOES SPINACH CHERRY CHIP CAKE 9:15 CURRENT NEWS 10:30 BAT FRIENDS 10:30 SCARECROW ART 1:45 HALLOWEEN STORY 1:45 HALLOWEEN ART 3:00 YOU PICK ONE	30 LASAGNA GARLIC BREAD ITALIAN MIX VEGETABLES BUTTERSCOTCH PUDDING 9:15 OUTBURST 10:30 CHANGING LEAVES 10:30 LEAVES OF FALL 1:45 ROLL'EM 1:45 SLEEPY HALLOW TELL 3:00 SEEK AND FIND	31 FISH NUGGETS MACARONI & CHEESE STEWED TOMATOES FRUITED GELATIN 9:15 HALLOWEEN ABC GAME 10:30 HALLOWEEN PARTY AND SPOOKY HOUSE 1:45 SPOOKY MOVIE 1:45 LIGHTS OUT 3:00 PUZZLES		

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[We're on the Web!]

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

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