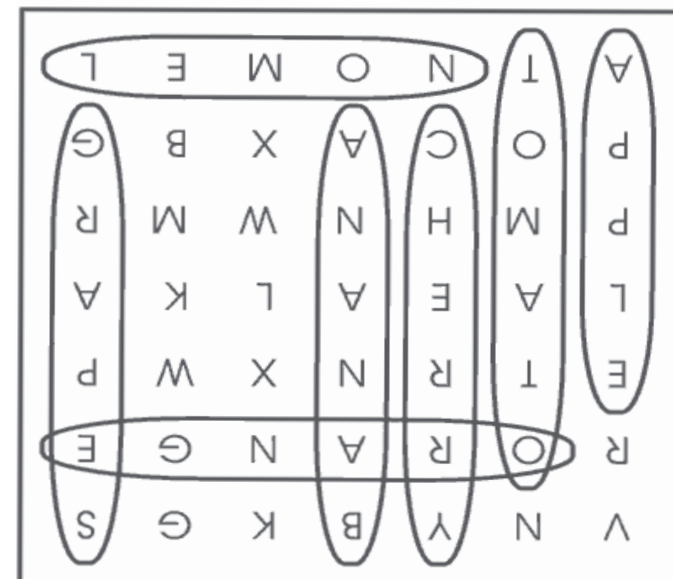




CAN YOU FIND THE GIVEN FRUIT NAMES, HIDDEN INSIDE THE GRID?



- Apple
- Banana
- Cherry
- Grapes
- Lemon
- Orange
- Tomato



ANSWERS

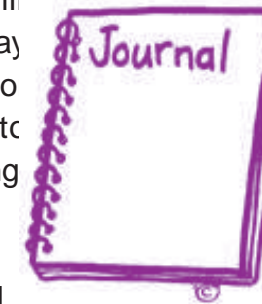
DAILY STEPS TO GOOD HEALTH

- **Be tobacco free.** For tips on how to quit, go to: <http://www.ahrq.gov/path/tobacco.htm> or visit <http://www.smokefree.gov>. To talk to someone about how to be tobacco free, call the National Quitline: 1-800-QUITNOW.
- **Be physically active.** If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week. Walking briskly, mowing the lawn, dancing, swimming, and bicycling are just a few examples of moderate physical activity.
- **Eat a healthy diet.** Focus on fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Include lean meats, poultry, fish, beans, eggs, and nuts. Eat foods low in saturated fats, trans fats, cholesterol, salt, and added sugars.
- **Stay at a healthy weight.** Balance the calories you take in from food and drink with the calories you burn off by your activities. Check with your doctor if you start to gain or lose weight.
- **If you drink alcohol, drink only in moderation.** Have no more than two drinks a day if you are 65 or younger. If you are older than 65, have no more than one drink a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

Source: [www.hhs.gov](http://www.hhs.gov)

EXERCISE YOUR BRAIN FOR INSPIRATION

You can't turn on creativity like starting a car, but you can't always sit around and wait for inspiration to strike either. You have to cultivate creativity on an ongoing basis. Here are some ideas:



- **Keep a journal.** Record ideas as soon as they come to you by keeping a notebook close at hand all the time. A real notebook, not a digital one, is best, allowing you to make sketches and drawings, but anything that lets you capture your thoughts will work. When you need to charge up your creativity, search your notebook for ideas and examples.

- **Relax your mind.** Give your subconscious a chance to work by turning your brain off from time to time. Don't focus on work or solving problems constantly. Take time to exercise and relax, and give yourself permission to think about other things. A tired mind won't generate fresh ideas.

- **Turn problems around.** Switch gears by looking for the opposite of what you want. Exploring how you could make a bad situation worse can sometimes tell you what not to do. Looking for a bad idea may lead you to a good one.

- **Combine random elements.** Try this exercise: Look at two items on your desk right now and figure out a way to put them together. A clock radio and a coffee mug, for instance, could be turned

into a coffee mug with a clock on it (maybe at the bottom). This won't necessarily generate a useful idea, but it will train your mind to see different possibilities.

- **Recruit a partner.** With another person involved, you're not limited to your own experience and perspective. Bounce ideas off another person—someone you're comfortable with, but someone who will challenge you when necessary.

Just for Giggles

A SOLEMN DUTY

A young minister was asked to hold a graveside funeral service for a homeless man with no family or friends. The funeral was to be at a new cemetery out in the country, and this man was the first to be laid to rest there.

The minister had trouble finding the location, but after driving country roads for an hour he spotted a backhoe, an open pit, and two workers eating lunch. He parked and introduced himself as a minister, and he asked the two workers to accompany him while he performed this sacred duty. In the pit he saw the metal covering of the casket, and he performed a brief but sincere funeral service.

When he was done, the minister thanked the workers and started walking back to his car.

Over his shoulder he heard one of the workers say, "I never saw anything like that before, and I've been putting in septic systems for 20 years."

## Just for Giggles

### DOES THIS DEAL SMELL BAD TO YOU?

A real estate agent was showing a home to a young couple. "Now, I'm going to be honest," she said. "This house has some disadvantages and some advantages."

"What are the disadvantages?" asked the husband.

"Down the street to the west, there's a waste processing facility. And a few blocks away to the east, there's a factory that makes organic fertilizer."

"What are the advantages?" asked the wife.

"You can always tell which way the wind is blowing."



**Service Coordination** is a service of the Area Agency on Aging District 7, Inc. under the direction of the Ohio Department of Aging. The **Area Agency on Aging District 7, Inc.** serves Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton Counties. For assistance from the Area Agency on Aging District 7, Inc., please call 1-800-582-7277.

For information on **Ohio Medicaid** programs or to report suspected Medicaid fraud, you may call the Ohio Medicaid Consumer Hotline: 1-800-324-8680 or 614-466-6742.

The **Ombudsman** program can handle your concerns about areas such as elder abuse, client care, consumer rights, etc. For more information, call 1-800-582-7277.

*"Services provided on a non-discriminatory basis."*

## Perfect Lemonade Recipe

### Ingredients



- 1 cup sugar (can reduce to 3/4 cup)
- 1 cup water (for the simple syrup)
- 1 cup lemon juice
- 3 to 4 cups cold water (to dilute)

### Method

1 Make simple syrup by heating the sugar and water in a small saucepan until the sugar is dissolved completely.

2 While the sugar is dissolving, use a juicer to extract the juice from 4 to 6 lemons, enough for one cup of juice.

3 Add the juice and the sugar water to a pitcher. Add 3 to 4 cups of cold water, more or less to the desired strength. Refrigerate 30 to 40 minutes. If the lemonade is a little sweet for your taste, add a little more straight lemon juice to it.

Serve with ice, sliced lemons.

Serves 6.

## AUGUST

### Birthstones

**Peridot** is the August birthstone. Pronounced 'pear-e-dough', this **light yellow-green** birthstone protects against envy, fear and irritation.

As a healing stone, the peridot empowers the wearer to use their inner powers to understand their situation, returning them to their rightful path.

**Flowers** August: Gladiolas or Poppy

## SNACKS THAT WON'T UNDERMINE YOUR DIET

You're hungry, but you're trying to lose some weight and snacks are a bad idea. Right?

Actually, a healthy snack can support your diet by making you less likely to binge at your next scheduled meal. Better yet, you don't have to limit yourself to endless snacks of carrots and rice cakes. Here are some ideas for satisfying, low-calorie hunger stoppers:

- Sliced bananas and fresh raspberries (1 cup)
- Air-popped popcorn (3½ cups)
- Peanuts (2 tablespoons)
- Olives (5)
- Hummus (1/4 cup, with 4 carrot sticks)

From Mayo Clinic's website come these suggestions for quick, healthy meals when you don't have time for anything elaborate:

- Toast half of a whole-wheat English muffin and top it with a slice of Canadian bacon, a slice of tomato, and a slice of low-fat American cheese, and microwave it until the cheese has melted.
- Spread half of a small cinnamon-raisin bagel with one tablespoon of part-skim ricotta cheese and top it with a few thin slices of apple.
- Take one flour tortilla (6 inches) and sprinkle two tablespoons of shredded low-fat cheddar cheese or Monterey Jack. Microwave until the cheese melts, and cut the tortilla like a pie.

Eat with salsa.

## AUGUST is....

**Children's Vision and Learning Month.** A campaign by the American Foundation for Vision Awareness to encourage parents to have children's vision checked before the start of the school year.

**Psoriasis Awareness Month.** Twenty percent of people with psoriasis report being discriminated against in public swimming pools, although the disease is not contagious. For information, go to the National Psoriasis Foundation website, [www.psoriasis.org](http://www.psoriasis.org).

**National Water Quality Month.** Drinking plenty of water is essential to your health, especially on hot summer days. Water plays a vital role in our body's well-being, and maintaining the cleanliness and quality of our drinking water is an ongoing concern. For more information on water quality, go to the Water Quality Information Center website.

**Cataract Awareness Month.** More than half of all Americans develop cataracts by age 80. The good news is, cataracts are one of the most curable forms of vision loss. Find out more at the American Academy of Ophthalmic Executives Web site, [www.aao.org](http://www.aao.org)