



# Happy New Year

Find and circle all of the words that are hidden in the grid.

The remaining letters spell the name of a popular location for celebrating New Years Eve.

S E I B A B N E W Y E A R S E V E Y  
G C H A M P A G N E T Y I M N S T T  
E N S S U E T H C D A N C E D R H R  
S Q I N F E T O O D M U A Y O E I A  
E F C G F I N A S L S U E R F K R P  
D H E F N F R R R R I A S E D A T S  
A I U S E I A S E B R D N I E M Y K  
R B B T T E S M T I E S A F C E F R  
A M T A Y I A N N O R L A Y E S I O  
P I S W L E V R O E F T E E M I R W  
N D E A R L E I N I H J V C B O S E  
D N E T R V O N T E T E A S E N T R  
A I S W I A A O R I N A S N R O H I  
Y G Y E O B I T N T E I R R U K C F  
O H W I N E I T S S K S I O H A T S  
N T Y L I M A F N O I S A C C O R T  
E T S A E F S N O I T U L O S E R Y  
S R E Z I T E P P A Y F R I E N D S

APPETIZERS  
BABIES  
BALLOONS  
BANNERS  
BUFFET  
CELEBRATE  
CHAMPAGNE  
CONFETTI  
DANCE  
DAY ONE

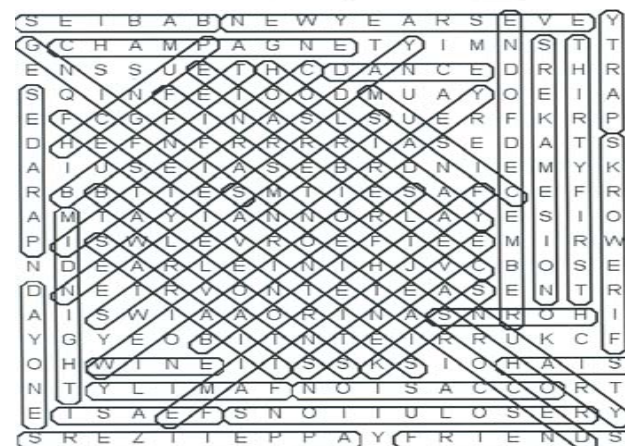
DECORATIONS  
END OF DECEMBER  
EVENTS  
FAMILY  
FATHER TIME  
FEAST  
FESTIVITIES  
FIREWORKS  
FIRST OF JANUARY  
FRIENDS

HATS  
HOLIDAY  
HORNS  
KISS  
MIDNIGHT  
MUSIC  
NEW YEARS DAY  
NEW YEARS EVE  
NOISEMAKERS  
OCCASION

PARADES  
PARTY  
PUNCH  
RESOLUTIONS  
SINGING  
STREAMERS  
THIRTY FIRST  
TIARAS  
WINE  
YEAR IN REVIEW

## Happy New Year

This is the solution to the puzzle located here.



## SERVICE COORDINATION NEWS

### January is National Glaucoma Awareness Month

**January** is National Glaucoma Awareness Month. Glaucoma is an eye disease that affects mainly adults over the age of 50, especially African Americans, persons with diabetes, those who are very nearsighted or have had damage to the eye. Simply put, the fluid that circulates through the eye and normally drains off through a mesh of tissues starts to build up in the eye and does not drain off as would normally happen. This increased fluid pressure damages the optic nerve leading to vision loss and blindness if not treated. Glaucoma can be chronic - happening gradually over time or acute with symptoms occurring suddenly.

#### Symptoms

With chronic glaucoma, vision loss is gradual and may not be noticed until the loss is substantial. Peripheral vision is lost first and can progress to tunnel vision, and if not treated, to complete vision loss. Acute glaucoma occurs suddenly, with very significant changes in vision. Vision will be blurred, there will be rings or halos around lights especially at night. Acute glaucoma can also cause pain in the eye along with headache, and sometimes nausea and vomiting.

#### Diagnosis and Prevention

There is no way to prevent glaucoma before it happens, but with early detection vision loss can be minimized. Regular eye exams are recommended for all adults over the age of forty.

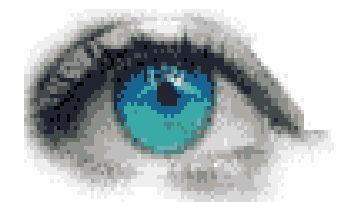
The eye exam should include tonometry, (the exam where a puff of air hits your open eye), dilation of the pupil for visual examination of the optic nerve, and checking for vision loss with an eye chart.

#### Treatment

Chronic glaucoma is usually treated with eye drops that help to reduce the fluid pressure in the eye. If the eye drops are not effective, a new laser surgery can be done which helps to open the drainage system for the fluid and help reduce the pressure. Acute Glaucoma is treated with laser surgery also, the outcome being drainage of the fluid. With both types of glaucoma eye drops may be needed for the rest of one's life.

#### Outcomes

With prompt diagnosis and treatment vision loss can be kept to a minimum. It is imperative that all adults, especially with risk factors or a family history have a yearly eye exam. Evaluation for chronic glaucoma is a standard part of every eye exam. Symptoms of acute glaucoma should be considered an emergency medical problem and you should seek treatment as soon as possible.





## STAY WARM AND SAFE: TIPS FOR USING SPACE HEATERS

Heating your home in the winter months shouldn't be dangerous. But accidents with space heaters can cause disaster. Avoid becoming another grim statistic with these precautions:

- **Buy a reliable heater.** Look for the label stating that your space heater has been approved by an independent testing laboratory and meets safety standards. Choose models with safety features like an automatic switch that turns off the heater if it tips over.
- **Give it plenty of space.** Place your space heater at least three feet away from anything that might catch fire—furniture, draperies, newspapers, etc. Also keep it clear of sinks, tubs, or any other sources of water that might lead to an electric shock.
- **Check your cords.** Don't use equipment with cords that are frayed or damaged in any way, and don't plug your heater into an extension cord. Be sure not to overload your circuits.
- **Maintain your smoke detectors.** Your house or apartment should have working detectors for smoke and carbon monoxide. Test them thoroughly and frequently.
- **Don't leave your heater unattended.** Turn it off when you go out.

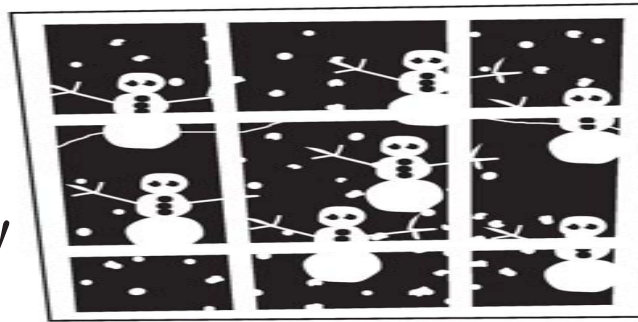
**Service Coordination** is a service of the Area Agency on Aging District 7, Inc. under the direction of the Ohio Department of Aging. The **Area Agency on Aging District 7, Inc.** serves Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton Counties. For assistance from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

Let  
it  
Snow!



### JANUARY 2010

#### Birthstone for January

##### Garnet

Stimulates life force, (and negates stubbornness).

- **Spiritual:** Helps to stabilize the connection between the spiritual and the physical. Brings spirituality to relationships. Helps in the transition from romantic love to a deeper spiritual commitment to each other.
- **Friendship and Relationships:** This stone enhances charisma, making you very emotionally and physically attractive to other people because it brings out all your assets.
- **Sparks Creativity:** Enhances and Awakens the "inner fire" of creativity. Can help get the creative juices flowing if they feel "blocked".
- **Luck:** Garnets are lucky stones: lucky for love, lucky for success, and lucky for goals.
- **Business:** Helps us become more motivated, productive and achievement oriented.
- **Protection:** Noted for its powerful protective energy. Carried by ancient soldiers for protection. The stone was set in shields, buckles, and other items worn by Crusaders.
- **Romantic:** A passionate gemstone that inspires love and mutual attraction.



#### Flower for January

##### Carnation

- Red - Worldly Desires and Approval
- Purple - Unpredictable and Opposing
- Pink - Symbol of Mother's Day
- White - True and Pure Love



## COLD WEATHER WARNING: AVOID THESE EXTREME DANGERS

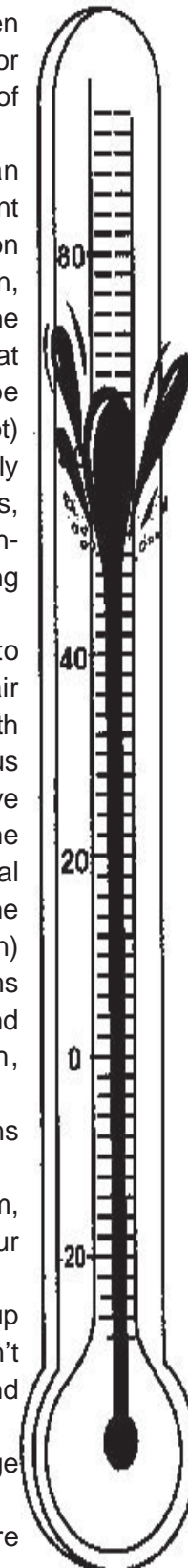
During the winter months, keeping toasty warm is more than just a matter of comfort—when you're outdoors, it can be a matter of life or death. Watch out for these two hazards of freezing weather:

- **Frostbite.** Freezing of body tissues can cause permanent loss of feeling and movement in affected areas and may require amputation of the affected limb. A less serious condition, frostnip, can usually be reversed by rubbing the affected areas to warm them, but don't do that for frostbite victims. Their limbs need to be heated quickly with blankets and warm (not hot) water, preferably in a hospital. Frostbite usually affects the nose, ears, cheeks, chin, fingers, or toes. Symptoms include white or grayish-yellow skin, numbness, and a firm, waxy feeling when touching the affected skin.

- **Hypothermia.** Loss of body heat due to prolonged exposure to the cold can impair movement and rational thinking. Someone with severe hypothermia may appear unconscious or even dead, but CPR can keep the victim alive until medical aid arrives. If you must move the victim, handle him or her gently. If medical attention isn't immediately available, warm the center of the body first (chest, neck, and groin) with an electric blanket if available. Symptoms of hypothermia include extreme shivering and exhaustion, confusion, slurred speech, memory loss, and extreme drowsiness.

Always take these common-sense precautions when going outdoors in cold weather:

- **Dress in layers.** Clothing should be warm, loose, and dry, made of cotton or wool. Your top layer should be waterproof.
- **Cover your critical areas.** You can lose up to 40 percent of your body heat if you don't adequately cover your head, face, hands, and feet.
- **Stay dry.** If you get wet, dry off or change clothes immediately.
- **Keep moving.** You'll keep warmer if you're walking or staying active.



## January is . . .

1 - 31

### Glaucoma Awareness Month

Prevent Blindness America  
211 West Wacker Drive, Suite 1700  
Chicago, IL 60606  
(800) 331-2020  
(312) 363-6001  
(847) 843-8458 Fax  
[info@preventblindness.org](mailto:info@preventblindness.org)  
[preventblindness.org/news/observe.html](http://preventblindness.org/news/observe.html)  
Contact: PBA Consumer and Patient Hotline

1 - 31

### National Birth Defects Prevention Month

National Birth Defects Prevention Network  
14781 Memorial Drive, #1561  
Houston, TX 77079  
[nbdpn@nbdpn.org](mailto:nbdpn@nbdpn.org)  
[www.nbdpn.org/current/resources/bdpm2010.html](http://www.nbdpn.org/current/resources/bdpm2010.html)

1 - 31

### Thyroid Awareness Month

American Association of Clinical Endocrinologists  
245 Riverside Avenue, Suite 200  
Jacksonville, FL 32202  
(904) 353-7878 x147  
(904) 353-8185 Fax  
[gwillis@ace.com](mailto:gwillis@ace.com)  
[www.ace.com](http://www.ace.com)  
Materials available  
Contact: Greg Willis

#### Top 10 things people should know about thyroid disorders

- 1 - As many as 27 million Americans may be affected by thyroid disorders, although more than half remain undiagnosed.
- 2 - Thyroid disorders are more common amongst women.
- 3 - Thyroid disorders tends to run in families.
- 4 - Fatigue is a common complaint for under and over active thyroid conditions.
- 5 - TSH testing is the most useful test for thyroid screening.
- 6 - Regular check ups are the key to successfully managing a malfunctioning thyroid gland.
- 7 - Changing formulations and dosage that affect thyroid hormone levels should be followed by retesting.
- 8 - Do not change your dose of thyroid medication without guidance from your physician.
- 9 - Thyroid conditions in pregnancy warrant close attention.
- 10 - Thyroid cancer is one of the fastest growing cancers in America and one of the most curable.

Source: [www.Thyroidawareness.com](http://www.Thyroidawareness.com)