



SERVICE COORDINATION NEWS

MARCH WORD SEARCH

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

MARCH
ST PATRICK
LUCK
RAINBOW
GREEN
IRISH
LEPRECHAUN
GOLD
CLOVER
IRELAND

March is National Nutrition Month

March is National Nutrition Month. It is sponsored by the American Dietetic Association, whose goals are to raise awareness about the importance of good nutrition and promote the dietetics field.

Food Holidays During March

There are many different food holidays during the month of March. Some include National Banana Cream Pie Day on March 2nd, National Potato Chip Day on March 14th and National Lemon Chiffon Cake Day on March 29th. For the most part, these days celebrate food that is quite unhealthy. Considering that March is National Nutrition Month, you may prefer to enjoy these holidays in moderation or skip them all together.

Nutrition that Nurtures: Healthy Eating from the Inside Out

What sounds better, restrictive dieting or nourishing yourself for lasting health? Think about it. There are so many diets out there based on restriction. People diet to get healthier. It's no wonder "healthy" has a negative connotation. But dieting and health are not synonymous. Healthy eating is all about taste, pleasure, and satisfaction! If this approach is more your speed, learn how you can nurture yourself and manage your weight at the same time.

First and foremost, you need to be ready for change. It's important to understand that "nothing changes until you do." If you want something different, you have to actually do something different. Write down some changes you think you need to make to eat healthier. Then think of one easy (and I mean easy) thing you can do about it.

Here's an example. Many people order take out because it keeps them from having to cook and grocery shop, which saves them time. Suppose you order a pizza and usually eat 3-4 slices. Here are some simple changes that can make a huge difference:

- Start with a salad and light dressing and after you finish it put one to two slices of pizza on your plate – enjoy every bite!
- Order veggies on your pizza instead of high fat meats.
- Replace the mozzarella on half with feta cheese (if available).
- Make your meal last at least 30 minutes.

If you think you can achieve one or more of these changes, you'll cut the calories and fat in half! You'll also meet your veggie quota for the day.

This is nurturing because you aren't asking yourself to dramatically change everything at once. Notice, pizza is still on the menu and you're still saving time. You're also making a dramatic change with seemingly little effort. Your dinner still tastes good and satisfies you. You simply balanced it out with a salad, healthy substitutions, and portion control. There's always time to tackle additional changes, which you'll be more likely to do if you can succeed at easy ones first. Make your list. Choose a change. Do it. It's that easy – and it's nurturing!



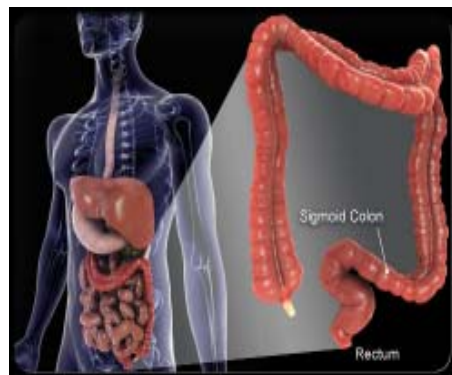
Source: Rebecca Scritchfield, MA, RD, ACSM HFS, a Washington, D.C. based dietitian and weight management expert. Together with Bernie Salazar, at-home winner of The Biggest Loser, she co-created "The Nurture Principles" – Five mantras to help people change their lives and find wellness within.

National Colorectal Cancer Awareness Month - March

Globally, cancer of the colon and rectum is the third leading cause of cancer in males and the fourth leading cause of cancer in females. The frequency of colorectal cancer varies around the world. It is common in the Western world, and is rare in Asia and Africa. In countries where the people have adopted western diets, the incidence of colorectal cancer is increasing.

Colon Cancer At A Glance

- Colorectal cancer is a malignant tumor arising from the inner wall of the large intestine.
- Colorectal cancer is the third leading cause of cancer in males, fourth in females in the U.S.
- Risk factors for colorectal cancer include heredity, colon polyps, and long standing ulcerative colitis.
- Most colorectal cancers develop from polyps. Removal of colon polyps can prevent colorectal cancer.
- Colon polyps and early cancer can have no symptoms. Therefore regular screening is important.
- Diagnosis of colorectal cancer can be made by barium enema or by colonoscopy with biopsy confirmation of cancer tissue.
- Treatment of colorectal cancer depends on the location, size, and extent of cancer spread, as well as the age and health of the patient.
- Surgery is the most common treatment for colorectal cancer.



MARCH 2010

Birthstone for March

Birthstone: Aquamarine/Aquamarina



Folklore, Legend, and Healing Properties: Since early times, aquamarine has been believed to endow the wearer with foresight, courage, and happiness. It is said to

increase intelligence and make one youthful. As a healing stone, it is said to be effective as a treatment for anxiety and in the Middle Ages it was thought that aquamarine would reduce the effect of poisons.

A legend says that sailors wore aquamarine gemstones to keep them safe and prevent seasickness.

Flower for March

March Birth Flower

The daffodil is the March birth flower. Daffodils have the flower meaning of rebirth, respect, regard and unrequited love. The daffodil is one of the first flowers of spring, therefore it is a symbol of rebirth. The March birth flower, daffodil, is the common English name for all narcissus plants.



The name daffodil is a derivative of affodell, which is a variant of asphodel. The Latin name for the daffodil is narcissus. Narcissus are also referred to as jonquils in North America. The March birth flower is poisonous if eaten. The daffodil is the emblem of Wales and is worn on St. David's Day. For spring flowers the daffodil is one of the best bulbs to plant. As the daffodil is one of the first flowers of spring, it has the flower meaning of hope.

Daffodil commonly refers to narcissus with large trumpets, but may be used for all types of narcissus. The March birth flower daffodil that is commonly known, is yellow with a sweet fragrance. It is native to the Mediterranean, but has been cultivated all over the world as a decorative plant. The daffodil is a perennial grown from a bulb. It can reach heights of two feet. The daffodil is a dependable spring flower and a favorite for its long life and colorful blooms. In England the daffodil birth flower is known as the lent lily because it blooms during lent.

Happiness is catching

If you want to be happy, try getting close to other happy people. Happiness isn't just an experience or choice, reports a study in the *British Medical Journal*. It depends on how happy those directly and indirectly connected to you are, and requires close proximity in order to spread. For instance, if you have a happy friend who lives within a mile of you, you're 25 percent more likely to be happy yourself, the researchers say. Proximity is key: A person is 42 percent more likely to be happy if a friend who is happy lives less than half a mile away. The effect declines the farther away a happy friend is.

Grins and Giggles

It's good to be thorough—sometimes

A couple arrives at an auto dealership to pick up their car after a tune-up. They're told the keys have been accidentally locked inside.

At the service department, they find a mechanic working feverishly to unlock the driver's side door.

As the husband watches from the passenger's side, he tries the door handle and discovers that it's unlocked.

"Hey," he calls to the mechanic, "It's open!"

"I know," the young guy replies. "I already got that side."

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."

March is . . .

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National Colorectal Cancer Awareness Month

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Alexandria, VA 22314
(800) 227-2732
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info@preventcancer.org
www.preventcancer.org/colorectal
Materials available
Contact: Sherry Noziglia

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National Nutrition Month®

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(312) 899-4739 Fax
nnm@eatright.org
www.eatright.org/cps/rde/xchg/ada/hs.xsl/NNM_2007_home.htm
Materials available
Contact: Knowledge Center

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National Patient Safety Awareness Week

National Patient Safety Foundation
268 Summer Street, 6th Floor
Boston, MA 02210
(617) 391-9900
(617) 391-9999 Fax
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www.npsf.org/hp/psaw/
Materials available
Contact: Rachel Crow

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National Problem Gambling Awareness Week

National Council on Problem Gambling
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npcg@ncpgambling.org
www.ncpgaw.org
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