

Halloween Riddles

1. How do you mend a broken jack-o-lantern?
2. Why didn't the skeleton dance at the party?
3. Why don't mummies take vacations?
4. Why do witches use brooms to fly?
5. What did one ghost say to another ghost?
6. What do you call someone who poisons a person's cornflakes?
7. What kind of streets do zombies like best?
8. What does a vampire never order in a restaurant?
9. What do birds give out on Halloween night?
10. What is a vampire's favorite mode of transportation?

- A Dead ends
B Do you believe in people?
C Tweets
D A cereal killer
E A blood vessel
F With a pumpkin patch
G A stake sandwich
H Because vacuum cleaners are too heavy
I He had no body to dance with
J They're afraid they'll relax and unwind

ANSWERS

1F; 2I; 3J; 4H; 5B; 6D; 7A; 8G; 9C; 10E

Small Bites Add Up

Before you reach into that Halloween stash, you might want to review the caloric implications. These are the calorie counts for typical bite-sized candies:

20 pieces of candy corn	100
1 Hershey's Kiss	25
1 mini Tootsie Roll	25
1 mini bite-size candy bar (Snickers, Milky Way, Butterfingers etc.)	55
1 Fun Size M&M packet - Plain or Peanut	90
1 mini Reese's Peanut Butter Cup	33

Tortilla Soup

2 28-oz. cans plum tomatoes, chopped
3 small-medium zucchini, cubed
2 small-medium yellow squash, sliced
3 medium onions or 2 large onions, chopped
1 cup of cilantro, chopped
8 cups chicken broth
8 oz. tortilla chips (about half a bag)
Mozzarella cheese (to taste)

Put the tomatoes (including liquid from the cans), vegetables, and cilantro in a large soup pot; add broth and enough water to fill the rest of the pot. Bring to boil and reduce to simmer — add chips — and cook for half an hour. To serve, crumble a few fresh chips into soup and top with grated mozzarella cheese. Serves 8.

Sit Down to Eat



Area Agency on Aging District 7, Inc.

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Assistance. Advocacy. Answers on Aging.

October 2010

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SERVICE COORDINATION NEWS



Taking Care of Yourself Warning Signs of Breast Cancer

Not all breast cancer is found through mammography. The most common symptoms of breast cancer are a change in the look or feel of the breast, a change in the look or feel of the nipple and nipple discharge. Look for:

- ✓ Lump, hard knot or thickening
- ✓ Swelling, warmth, redness or darkening
- ✓ Change in the size or shape of the breast
- ✓ Dimpling or puckering of the skin
- ✓ Itchy, scaly sore or rash on the nipple
- ✓ Pulling in of your nipple or other parts of the breast
- ✓ Nipple discharge that starts suddenly
- ✓ New pain in one spot that doesn't go away



If you have any of these symptoms, you should discuss them with your health care provider right away. Although for most people these changes will turn out to be benign (not cancer), the only way to know for sure is to see your provider.

October is **National Breast Cancer Awareness Month**. Take control of your breast health by practicing regular self-breast examinations, getting mammograms as recommended, scheduling regular visits with your physician for breast care, and learning about breast health.

Source: Susan G. Komen for the Cure® www.komen.org; Centers for Disease Control and Prevention

Note – Tylenol Safety

Tylenol is known to be toxic to the liver at high doses. However, it is important to understand that it only causes liver failure when more than the *recommended daily dose* is taken. Tylenol is considered safe, even in patients with liver disease, as long as it is taken only as directed and in appropriate doses.

Inspiration

*Do not judge each day by the harvest you reap,
but by the seeds you plant.*
~ Robert Louis Stevenson

Haunted Houses

Haunted houses are a \$300 million a year business, with more than 3,000 throughout North America. Detroit is considered the Haunted House Capital of America because it boasts nearly 60 of them, more than any other area in the United States. Typically, haunted houses open the month before Halloween, with attendance doubling every weekend up to the 31st, while some haunted houses operate year round.



Fact or Fiction

Can you tell which of these statements are true or false?

1. Coconut milk can be used as a substitute for blood plasma. T F
2. A "liger" is a half ton, 10-foot-tall cat that is a cross between a lion and a tiger. T F
3. Charlie Chaplin once lost a Charlie Chaplin look-alike contest. T F
4. The first product scanned by a UPC barcode reader was Wrigley's gum. T F
5. The skin of a polar bear is white. T F

Answer Key: 1T; 2T; 3T; 4T (Juicy Fruit); 5F (it's black).

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."

The Start of the Stooges

If it weren't for some no-show acrobats, the Three Stooges would never have existed. According to Joan Howard Maurer (Moe's daughter), author of *The Three Stooges Scrapbook*, vaudeville performer and master of ceremonies Ted Healy was performing in a Brooklyn theater in 1922. He had an argument with his German acrobatic act, and they walked out. Desperate, he asked two of his boyhood pals in the audience to join him on stage. Brothers Moe and Shemp Howard complied, and the three of them started ad libbing comic routines, much to the delight of the audience. The three performed together for several years, when Shemp decided he wanted to pursue a solo movie career. Ted, Moe, and Shemp asked Larry Fine, who was performing in a comic musical act at the time, to replace Shemp. At first Larry wasn't sure that he wanted to do pure comedy, but when the nightclub where he was working closed down, Fine went to the theater where the Stooges were appearing. They saw him standing in the wings and pulled him out on stage, where he joined in the improvised comedy to great success. Shemp went on to Hollywood — where he appeared in movies with Abbott and Costello, W.C. Fields, and John Wayne — and Larry and Moe were later joined by another Howard brother, Jerome, or "Curly." The Stooges broke away from Healy in 1934 over money issues and Healy's drinking problems. In 1946, Curly suffered a stroke, which prevented him from continuing to work, and Shemp rejoined the Stooges until he died in 1955. Other performers, notably Joe Besser and Joe DeRita, became Stooges over the years. But when Moe died, that was the end of the Three Stooges. In all, the Three Stooges had a 50-year career with more than 200 short films, feature films, and cameo appearances.



Indian Corn

Multicolored ears of dried corn often decorate doors and tables during the fall. Known as Indian corn, these varieties hark back to Native American crops of small, knobby ears of corn with red, yellow, blue, and black kernels. The Indians roasted some of the fresh corn and ate it, but much of it was dried and pounded into meal for cornbread or cornmeal mush. Today, most people eat white and yellow corn developed by horticulturists, but colorful varieties of corn are still grown in the American Southwest and in Central and South America. In recent years, horticulturists have developed miniature versions of Indian corn, primarily for decorative use in bouquets and fall arrangements.



An Hour a Day

The American Academy of Orthopaedic Surgeons said three out of four American school children are not getting enough exercise each day, contributing to obesity and poor bone health. Kids need at least 35 to 60 minutes of walking or other exercise each day. "Bones grow in size and strength during childhood," the academy said. "The bone mass you gain through physical activity while you're young helps determine your skeletal health throughout life. The academy offers these tips to get your kids moving:

- Choose fun, year-round activities.
- Join kids for a bike ride, a ball game, or long walk.
- Use physical activity as a reward, such as a family canoe trip or berry-picking.
- Make exercise part of the daily routine, with chores such as raking the leaves or walking the dog.
- Schedule physical activities in 10 to 15 minute blocks throughout the day.
- Designate indoor areas for physical activity.
- Give physically active-oriented toys and gifts.



OCTOBER is....

Adopt-a-Shelter-Dog Month. Sponsored by the American Society for the Prevention of Cruelty to Animals to promote the adoption of dogs from local shelters. For more information, including a photo contest, go to www.aspca.org/adoption/adopt-a-shelter-dog-month.

Domestic Violence Awareness Month.

Created by the National Coalition Against Domestic Violence, the first Domestic Violence Awareness Month was observed back in 1987. Its purpose encompasses mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence. Find out what you can do by visiting www.ncadv.org.

National Breast Cancer Awareness Month.

Created by the National Breast Cancer Awareness Month (NBCAM) organization to promote breast cancer awareness, share information on the disease, and provide greater access to screening services. Go to www.nbcam.org/index.cfm for more information.

Crime Prevention Month. Established in 1984 by the National Crime Prevention Council to promote awareness of important issues such as victimization, volunteerism, and creating safer, more caring communities.

OCTOBER Birthstone for October

Opal is the October birthstone gem. White opal has a white or light body color with flashes of many colors. Black opal has a black, dark blue, dark green or gray body color with vivid flashes of color such as red, pink and bright green.



Flowers for October

October's flowers are Cosmos
Description: A single flower atop a delicate, sometimes hairy stem.
Colors: white, red, pink, brown, orange, yellow, purple
Season: Summer to Fall

