



SERVICE COORDINATION NEWS

CRISPY OVEN-FRIED CHICKEN

Ingredients:

- 1/2 cup skim milk or buttermilk
1 tsp. poultry seasoning
1 cup cornflakes, crumbled
1 1/2 Tablespoons onion powder
1 1/2 Tablespoons garlic powder
2 teaspoons black pepper
2 teaspoons dried hot pepper, crushed
1 teaspoon ginger, ground
8 pieces chicken, skinless (4 breasts, 4 drumsticks)
1 teaspoon vegetable oil (use to grease baking pan)
a few shakes paprika

Makes 6 servings-1/2 breast or 2 small drumsticks.

--from Keep the Beat--Heart Healthy Recipes from the National Heart, Lung and Blood Institute

Directions:

- 1. Preheat oven to 350° F.
2. Add 1/2 teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs and place in plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Evenly space chicken on greased baking pan.
8. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an added 30-40 minutes or until meat can be easily pulled away from bone with fork. Drumsticks may require less baking time than breasts. (Do not turn chicken during baking.) Crumbs will form crispy "skin."

A BUMPER CROP OF SPAGHETTI

In the 1950s, spaghetti was considered an exotic food in many parts of the world, and that held true in the United Kingdom. On April 1, 1957, the BBC ran a story about the Swiss Spaghetti Harvest, much to the surprise of many of its viewers. The show was narrated by distinguished BBC broadcaster Richard Dimbleby and showed realistic film footage of Swiss farm workers harvesting strands of noodles from spaghetti trees. The segment went on to report that because of an exceptionally mild winter--and the fact that the pesky spaghetti weevil had been subdued--the Swiss were experiencing a bumper crop of spaghetti that year. During the broadcast, the narrator remarked

that many people were baffled at how each strand of spaghetti could be grown to exactly the same length. But he explained it was merely the result of a long line of dedicated farmers and their hard work. The broadcast wrapped up with this sentiment: "For those who love this dish, there's nothing like real, homegrown spaghetti."

The show was an April Fools' hoax. But later, hundreds of viewers called the BBC wanting to know where they could find spaghetti saplings so they could try growing it themselves.

The BBC's reply: Place a sprig of spaghetti in a tomato tin and hope for the best.

"THOUGHT FOR THE DAY" . . . QUOTES

"Don't spend your precious time asking, 'Why isn't the world a better place?' It will only be time wasted. The question to ask is, 'How can I make it better?'" To that there is an answer."

by Nubia J.

"The past does not have to be your prison. You have a voice in your destiny. You have a say in your life. You have a choice in the path you take."

by Steve Maraboli

PREVENTING FALLS AND FRACTURES

A simple fall can change your life. Just ask any of the thousands of older men and women who fall each year and break (also called fracture) a bone.

Getting older can bring lots of changes. Sight, hearing, muscle strength, coordination and reflexes aren't what they once were. Balance can be affected by diabetes and heart disease, or by problems with your circulation, thyroid, or nervous system. Some medicines can cause dizziness. Any of these things can make a fall more likely.

Then there's osteoporosis—a disease that makes bones thin and likely to break easily. Osteoporosis is a major reason for broken bones in women past menopause. It also affects older men. When your bones are fragile, even a minor fall can cause one or more bones to break. Although people with osteoporosis must be very careful to avoid falls, all of us need to take extra care as we get older.

A broken bone may not sound so terrible. After all, it will heal, right? But as we get older, a break can be the start of more serious problems. The good news is that there are simple things you can do to help prevent most falls.

Take the Right Steps

Falls and accidents seldom "just happen." The more you take care of your overall health and well-being, the more likely you'll be to lower your chances of falling. Here are a few hints:

Ask your doctor about a special test—called a bone mineral density test—that tells how strong your bones are. If need be, your doctor can prescribe new medications that will help make your bones stronger and harder to break.

Talk with your doctor and plan an exercise program that is right for you. Regular exercise helps keep you strong and improves muscle tone. It also helps keep your joints, tendons, and ligaments flexible. Mild weight-bearing exercise—such as walking, climbing stairs—may even slow bone loss from osteoporosis.

Have your vision and hearing tested often. Even small changes in sight and hearing can make you less stable. So, for example, if your doctor orders new eyeglasses, take time to get used to them, and always wear them when you should, or if you need a hearing aid, be sure

it fits well.

Find out about the possible side effects of medicines you take. Some medicines might affect your coordination or balance. If so, ask your doctor or pharmacist what you can do to lessen your chance of falling.

Limit the amount of alcohol you drink. Even a small amount can affect your balance and reflexes.

Always stand up slowly after eating, lying down, or resting. Getting up too quickly can cause your blood pressure to drop, which can make you feel faint.

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PREVENTING FALLS AND FRACTURES - (continued)

- Don't let your home get too cold or too hot. It can make you dizzy. In the summer—if your home is not air-conditioned—keep cool with an electric fan, drink lots of liquids, and limit exercise. In the winter, keep the nighttime temperature at 65° F or warmer.

- Use a cane, walking stick, or walker to help you feel steadier when you walk. This is very important when you're walking in areas you don't know well or in places where the walkways are uneven. And be very careful when walking on wet or icy surfaces. They can be very slippery!

- Wear rubber-soled, low-heeled shoes that fully support your feet. Wearing only socks or shoes with smooth soles on stairs or waxed floors can be unsafe.

- Hold the handrails when you use the stairs. If you must carry something while you're going up or down, hold it in one hand and use the handrail with the other.

- Don't take chances. Stay away from a freshly washed floor. And don't stand on a chair or table to reach something that's too high—use a "reach stick" instead. Reach sticks are special grabbing tools that you can buy at many hardware or most medical supply stores. -
-adapted from *Bound for Your Good Health: A Collection of Age Pages*, National Institute on Aging



Just for Giggles Help wanted?

A woman approached the manager of a large department store.

"Excuse me, are you planning on hiring any extra help?" she asked.

"I'm sorry, we're not," the manager replied politely. "We already have all the staff we need."

"Good," said the woman. "Then would you mind finding someone to wait on me?"

APRIL
Birthstones
Diamond and White Sapphire meaning Innocence
Flowers
Daisy and Sweet Pea

ABOUT SENIOR CENTERS

The senior center serves as a community focal point for older residents. They are places where older adults can come together for services and activities and to learn new things. Centers respond to the diverse needs and interests of their members and strive to enhance their dignity, support their independence and encourage their involvement in the community.

Senior centers typically provide nutrition, recreation, social and educational services. They also provide aging-related information and referral. Typical senior center services include:

- Health and wellness programs;
- Arts and crafts, and performing arts;
- Intergenerational programs;
- Employment assistance;
- Community action and social networking opportunities;
- Transportation services;
- Volunteer and educational opportunities;
- Financial assistance;
- Meal and nutrition programs; and
- Leisure travel.

Many centers are adding new programs such as fitness activities and computer training to meet the needs and interests of a new generation of seniors. People who participate in senior center activities are as diverse as the communities in which they reside. Visit a senior center near you! -adapted from www.goldenbuckeye.com/families



National Humor Month. Initiated in 1976 by humorist Larry Wilde to increase understanding of the therapeutic roles laughter and humor play in our health and in our work environments. Benefits of laughing include lower blood pressure, improved brain functioning, lower stress, elevated mood, and higher productivity. For information about the health benefits of humor, visit www.laughtergood.com.

Injury Prevention Month. To learn about preventing orthopedic injuries and conditions. For more information, browse www.aaos.org.

National Poetry Month. To pay tribute to the great legacies and ongoing achievements of American poets and the vital place poetry holds in American culture. For more information, go to www.poets.org.

Thomas Jefferson Day. April 13.
To honor the birth of our nation's third president.

Earth Day. April 22. To draw attention to accelerating the transition to renewable energy worldwide. For more information, go to www.earthday.net.

