



SERVICE COORDINATION NEWS

Potatoes O'Brien

- 2 tablespoons margarine
- 2 tablespoons flour
- 1 1/2 cups nonfat milk
- 1 cup cheese, grated
- 1 teaspoon salt
- pepper to taste
- 1/2 small onion, chopped
- 4 medium-sized potatoes, boiled and diced



Melt margarine in medium saucepan, add flour and stir until flour is mixed. Add milk slowly, stirring continually. Cook until mixture is thickened and smooth; add cheese, salt and pepper, and continue stirring until cheese is melted. Add onion. Place a layer of diced potatoes in a baking dish, then a layer of sauce. Repeat alternately until all are used. Bake 30 minutes at 350 degrees F. Makes 5 to 6 servings.

*Note: This recipe can be heated in a double boiler on the stove-top. Or heat it in the microwave until the mixture is hot throughout. Stir several times during cooking if you heat it in the microwave.

Trivia Questions on Romance

1. Why was the fourth finger of the hand chosen as the "ring finger"?
2. What is the difference between a gift and a present?
3. What are the meanings of different color roses?
4. What is the significance of wedding cakes, flower girls and rice at weddings?
5. What is the origin of the tradition of the groom carrying the bride over the threshold?
6. What does it mean when you put a stamp on an envelope upside-down?

ANSWERS

1. Because it was believed that a vein in that finger was connected directly with the heart.
2. A gift is something the recipient wants. A present is something the giver wants the recipient to have.
3. Red = love; Pink = friendship; Yellow = respect; White = purity.
4. All are fertility symbols.
5. In ancient times, Romulus, the founder of Rome, sought brides for his bachelor warriors. When the neighboring Sabines refused to give up their daughters, Romulus invited the Sabine families to a feast. On cue, the Roman soldiers abducted the young women. So, this symbolic abduction is what the groom practices today.
6. "I love you."

Is it just a headache—or a migraine?

For most people, a headache is a minor annoyance, easily vanquished with a few painkillers. But for the 28 million Americans who suffer from migraines, the headache can be devastating: a throbbing pain that can last anywhere from a few hours to three days, and usually striking at least once a month.

The exact causes aren't fully known, but migraines appear to be related to enlargement and contraction of the brain's blood vessels, and they have a hereditary component. Migraines can cause abdominal pain, nausea, and vomiting.

Some migraines are preceded by "auras." About 20 percent of migraine sufferers report warning signs before the attack's onset: distorted vision, bright flashing lights in a zigzag pattern, or a blind spot. Warning signs also include fatigue and drowsiness, irritability, extremes of emotion, and cravings for sweet or salty foods.

Not certain if you're having a migraine or just a really bad headache? Watch for these symptoms:

- **Pain.** A migraine may be moderate to severe and is usually limited to one side of the head, though it may switch sides (and in about one-third of cases, a migraine can attack both sides of the head). The pain is typically described as pounding or pulsing.
- **Light.** Migraine sufferers are usually more sensitive to bright light than other people.
- **Physical activity.** Pain usually gets worse with common physical activities like walking up stairs.
- **Stomach ailments.** As noted above, migraines can cause vomiting, diarrhea, and loss of appetite.

If you do suffer from migraine attacks, various treatments are available. Acetaminophen, aspirin, and non-steroidal anti-inflammatory drugs like ibuprofen can alleviate pain. Biofeedback relaxation techniques, ice packs, and acupuncture have also proven effective. If one is able to sleep, that usually helps.

In general, a healthy lifestyle that includes good nutrition, lots of fluids, and sufficient sleep and exercise can go a long way toward preventing migraines from striking.

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."

New hope for preventing Alzheimer's disease

Scientists searching for causes of and cures for Alzheimer's disease may have discovered a source of protection. A Scandinavian study of 271 people ages 65-79 tested blood levels for a marker of vitamin B12, as well as an amino acid called homocysteine. At the beginning of the study, none of the participants showed any signs of dementia. Over the following seven years, 17 participants were diagnosed with Alzheimer's. The researchers found that study subjects with slightly elevated levels of homocysteine had an increased risk (16 percent) of developing the disease, while those with slightly more of the B12 marker (which is associated with lower levels of homocysteine) reduced their risk of Alzheimer's by 2 percent.

Vitamin B12 can be found in eggs, fish, poultry, and other meats, and is best consumed through a balanced diet, not vitamin supplements. Scientists caution that more study is needed, but they note that vitamin B12 is likely to play a role in preventing the onset of Alzheimer's.

Happiness held is the seed;
happiness shared is the flower."

-Unknown.

FEBRUARY

Birthstone: Amethyst

Flower: Violet or Primrose

According to the Gregorian calendar, February is the second month of the year, and also the shortest month.

Don't become a real 'road warrior'

Is road rage a medical condition? Some therapists think so. They call it "intermittent explosive disorder," and group it with other kinds of angry outbursts that include threats and aggressive actions out of proportion to their cause.

Whether it's a psychiatric illness or just a bad temper, road rage can ruin your journey. Being on the receiving end of it is unpleasant, but being a perpetrator is dangerous to you and other drivers. If you tend to drive very aggressively, making rude gestures and honking loudly at others on the road, you may need to get a grip.

Try some of these techniques to stay calm and safe at the wheel:

- **Get enough sleep.** Fatigue makes most of us irritable and more likely to lose control of our emotions. Make sure you're taking enough time to get a good night's sleep on a regular basis, and you'll be more relaxed throughout your drive and the rest of your day.
- **Plan your trip.** A quick trip to the store can trigger a road rage incident if you're in a rush because you need to get somewhere else in a hurry. Take a few minutes to figure out how much time you really need, and decide on the route that will get you to your destination with minimal stress.
- **Listen to relaxing music.** Loud, throbbing rock music can elevate your feelings. It may not be an actual cause of road rage, but listening to something quiet and calming will probably help you deal with bumps in the road more easily.
- **Loosen up.** Don't tense your whole body when you drive. Keep your arms and shoulders loose. Remember to breathe deeply and evenly to stay focused.
- **Don't take things personally.** Other drivers may not drive as fast as you'd like, or don't hit the gas instantly when the light turns green, but they're probably not intentionally trying to slow you down. Keep some perspective on what happens to you on the road, and don't assume they're all out to get you.

Run these important checks to keep your car running

You rely on your car for transportation, safety, and style. You'll get none of that if you don't take care of your vehicle.

Keep your vehicle running smoothly by regularly checking these important components:

- **Oil.** Have this changed every 3,000 miles, and check the level in your engine every week or two.
- **Tires.** Have them rotated every 6,000 miles, and check their alignment and balance once a year. Check their pressure at least once a month (and don't forget the spare tire in your trunk).
- **Air filters.** Change your air filter every 15,000 miles to keep clean air flowing through your engine.
- **Fuel filters.** Once a year replace your fuel filters so your carburetor or fuel-injection system doesn't get clogged.
- **Brakes.** Have a mechanic look at your brake pads and other components once a year.
- **Windshield wipers.** Check these every time you get your oil changed, or every six to 16 months.
- **Engine coolant.** Have this replaced once a year. Dirty coolant fluids can allow rust particles to build up and cause trouble for your cooling system.
- **Battery.** Most batteries will last three years or so without requiring maintenance or replacement, but have it looked at when you get your oil changed to be sure nothing is loose or corroded.

Quotes:

Safety is understanding; it is an attitude of mind. It is not necessarily a simple following of rules or directions.

—Garry Richards

It is not because things are dangerous that we do not dare. It is because we do dare not that things are dangerous.

—Seneca

February is.....

American Heart Month. Heart disease is the leading killer of men and women in the United States and worldwide, according to the Mayo Clinic website. In the U.S., heart disease is responsible for 40 percent of all deaths—more than all forms of cancer combined. But many forms of heart disease can be prevented or treated with healthy lifestyle choices and diet and exercise.

Black History Month. An annual celebration of achievements by black Americans, and a time for recognizing the central role of African-Americans in U.S. history. The theme of Black History Month for 2011 is "African-Americans and the Civil War."

National Grapefruit Month. Grapefruit is an excellent source of many nutrients that contribute to a healthy diet. It's a good source of vitamin C, it helps lower cholesterol, and the pink and red varieties contain the beneficial antioxidant lycopene.

Library Lovers' Month. Check out a book (or a video or CD) and celebrate the value of libraries everywhere. Support your local library, whether it's public, private, or school-based.

National Freedom Day, Feb. 1. Commemorating the signing of the 13th Amendment outlawing slavery on Feb. 1, 1865, by President Abraham Lincoln.

Groundhog Day, Feb. 2. The annual prognostication. Read more about this custom's medieval roots on page 15.

Boy Scouts Day, Feb. 8. The 101st anniversary of the founding of the Boy Scouts of America in 1910.

Valentine's Day, Feb. 14. Spread a little love and romance today—and all year.

Presidents Day, Feb. 21. Remember the birthdays of two of our greatest presidents, George Washington (Feb. 22, 1732) and Abraham Lincoln (Feb. 12, 1809).