



SERVICE COORDINATION NEWS

Best Chicken Salad

Ingredients:

- 1 (5 oz.) can chunk chicken, drained and flaked
- 2 tablespoons creamy salad dressing
- 1 teaspoon sweet pickle relish
- 1 large apple, cored and diced
- 1 cup chopped pecans
- 1/2 stalk celery, chopped (optional)
- 2/3 cup raisins
- salt and pepper to taste



Directions:

In a large bowl, mix chicken, creamy salad dressing, pickle relish, apple, pecans, celery, and raisins. Season with salt and pepper. Chill until serving. Makes 6 servings.

A Roadside Mystery

A man was walking alongside the road when he saw a car come swishing by and ran over a rabbit that was hopping across the road.

The man was surprised when the car pulled over and a man got out carrying an aerosol spray can. The driver proceeded to walk back to the rabbit, leaned over and sprayed the entire contents of the can onto the rabbit.

To the observer's great surprise, suddenly the rabbit twitched, and slowly pulled itself from the road, shaking itself as if to wake up. Then the rabbit began to make its way down the road, but after a few hops, it turned around and waved. Then the rabbit turned back to its path but it stopped again

after a few steps and turned around once more and began waving wildly. The rabbit continued in this way until he disappeared over the horizon.

Befuddled and scratching his head, the observer watched as the man who had sprayed the rabbit tossed the can alongside the road and got into his car and drove away. Curious, the observer walked to the can and picked it up. The label read: For hair restoration and permanent wave.

As retold from *Good Clean Jokes*, by Anna Kostick, Charles Foxgrover and Michael J. Pellowski.

Quotes

- Never give up. - Anonymous
- Don't sweat the small stuff. - Richard Carlson
- Live with passion. - Anthony Robbins
- Don't dream it, be it. - Rocky Horror Picture Show

Knowledge

By the time you're 80 years old, you've learned everything. You only have to remember it.

-George Burns

How to stay healthy

Dr. Andrew Weil is famous for his health and nutritional advice. Weil recently told CNN producer Kelley Colihan that he received only about 30 minutes of nutritional training when he was in medical school. He recommended the following general tips for healthy living:

- * **Eat a diet that's rich in fresh, organic foods.** Weil says the consumption of fruits and vegetables helps protect from many chronic diseases.
- * **Eat a colorful diet.** Weil says that it's important to ask yourself if you've covered your colors. Have you eaten your greens, reds, yellows, purples, etc? This will help keep the focus on a healthy variety of fruits and vegetables.
- * **Take a good multivitamin.** Even if you are a healthy eater, it's difficult to have an optimal diet every day. That's why Weil recommends taking a multivitamin, not to replace healthy eating, but to make sure if you miss something in your diet inadvertently, you will still get it through your supplement.
- * **Women should pay attention to bone health early.** Waiting until you're older is not a good idea, Weil says. Bone health is the result of what you eat and exercise habits in your teens, 20s and 30s.
- * **Men should watch their diets in regard to prostate cancer.** That means getting away from animal-based foods and high-fat diets and eating a diet rich in fruits, vegetables, omega-3s. Cooked tomatoes could be especially important, he says, because they are a source of lycopene, which is protective. More soy foods are also recommended.
- * **If you suffer from hypertension, then you will want to reduce the amount of processed and refined foods you consume,** and increase intake of fruits and vegetables, which will deliver more potassium and have a relaxant effect on blood vessels.
- * **Make sure you get enough Vitamin D.** New research shows that Vitamin D has important protecting effects, but that people are getting less of it from sun exposure because of sunscreens.

10 Tips on How to Stay Healthy

- Tip 1. Eat a Nutritious Breakfast** After a long nights sleep it is important to refuel. It will help you do better in school. Some ideas for quick, healthy breakfast: Peanut butter on toasted whole-grain bread, Yogurt with fruit, Cheese slices on toast, and Fruit on cereals.
- Tip 2. Eat a variety of foods.** Your body needs nutrients and many different vitamins and minerals from a variety of foods. Balancing food choices from the Food Guide Pyramid and checking nutrition labels will help you to get the nutrients you need.
- Tip 3. Get moving....don't be a couch potato.** Walk, bike or jog when going somewhere. Climb stairs instead of taking an escalator. Try to do something active for a total of 30 minutes every day.
- Tip 4. Participate in activities you enjoy.** Always start with warm-ups to get the muscles going. Do 20 minutes of an aerobic activity followed by activities that will make you stronger like push-ups or sit-ups.
- Tip 5. Choose healthy snacks.** It is wise to choose snacks from different food groups. Some choices would be: graham crackers, an apple or celery sticks with peanut butter and raisins.
- Tip 6. Include whole grains and fiber in your diet.** Try breads such as whole-wheat, bagels and pita. Spaghetti and oatmeal are also good choices.
- Tip 7. Participate in physical activities at school.** This would include physical education and sports. It will make you feel good about yourself.
- Tip 8. Drink plenty of water.** Your body is 65% water. That shows how important water is to your body. Make sure you drink a total of 8 glasses of water each day. That can include the water from foods such as fruits.
- Tip 9. Include others in your activities.** Take a dog for a walk. Walk or workout with a friend.
- Tip 10. Having FUN is important.** Try new things, this can be in activities or food. Never be afraid to try....who knows you might just like it. And your body will thank you in the end.

How a Little Imagination Changed the Way We Shop

A little story about imagination.



Before supermarkets existed as we know them, going to the grocery store used to be a totally different experience. In the old days, customers walked in and told a clerk what they wanted. Then the clerk set to the task of compiling the order for the customer.

Clarence Saunders made his living as a grocery store clerk in a small Southern town. He had never made more than \$20 a week.

One day he stood in line at a cafeteria carrying a tray, waiting to select his food. Clarence Saunders had always seemed like an ordinary man—nothing in him so far had indicated that he had any unusual abilities.

But that day, as he stood in line, something happened. In his mind two ideas collided. His imagination took off and he took the “self-help” idea of the cafeteria and applied it to a grocery store—and thus was born the Piggly-Wiggly chain of grocery stores.

Clarence Saunders, the \$20 a week clerk became a millionaire. And grocery shopping was forever changed.—adapted from *The Law of Success in Sixteen Lessons*, by Napoleon Hill

June	
Birthstones	Flowers
 <p>Pearl, Moonstone, Alexandrite meaning Health and Longevity</p>	 <p>Rose and Honeysuckle</p>

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.

Quotes

Any man can be a father, but it takes someone special to be a dad.
—Anne Geddes

The bond that links your true family is not one of blood, but of respect and joy in each other’s life.
—Richard Bach

Cat and Dog Weather Lore

- When a cat sneezes, it is a sign of rain.
- When cats snore, foul weather will follow.
- Cats with their tails up and their fur apparently electrified indicate approaching wind — or a dog.
- The unusual howling of dogs portends a storm.
- When dogs eat grass, it will be rainy.
- If dogs roll on the ground and scratch, it is a sign of rain. --adapted from *Old Farmer's Almanac*

“Services provided on a non-discriminatory basis.”

Tidbits about Father’s Day gift

Father’s Day is June 19 this year, and the 65 million fathers in the United States (give or take a few million) will bask in familial attention and be showered with gifts—mostly neckties.

So where did neckties come from? The earliest known version dates back to 210 B.C., when the Chinese emperor Shih Huang Ti was buried in the ancient Chinese capital Tian. The 7,500 terra cotta warriors built to guard him in the afterlife all wore neck cloths, for reasons unknown.

Similarly, the Roman emperor Trajan erected a marble column in 113 A.D. commemorating a military victory; the 2,500 soldiers depicted all wore some form of cloth neck covering.

The modern necktie evolved from the small, knotted neckerchiefs worn by Croatian mercenaries working for the French in the Thirty Years’ War. The word cravat derives from a combination of the French “Croate” and the Croatians’ own name for themselves, “Hrvati.”

With the rise of the business class in the 19th century, demand grew for neckware that was durable, comfortable, and easy to tie.

In 1926, a New York tie maker named Jesse Langsdorf developed a technique that improved the tie’s elasticity, which allowed it to more easily revert to its original shape. The “Langsdorf” became the most common form of necktie.

Since then, ties have widened as far as 4.5 inches and thinned to 3 inches (or skinnier) depending on the current style, but they seem to be here to stay.

June is.....

Adopt-A-Cat Month. Sponsored by American Humane (www.americanhumane.org), which reminds us that having a pet can help reduce blood pressure and prevent heart disease, among other benefits.

National Safety Month. Each June, the National Safety Council encourages businesses to get involved and participate in National Safety Month. Each week has a separate theme; themes this year include prescription drug overdose prevention, teen driving safety, and preventing overexertion at home and at work.

Fresh Fruit and Vegetable Month. Fruits and veggies are essential to good health, reducing your risk of heart disease, high blood pressure, Type 2 diabetes, and certain forms of cancer. Generally low in calories and high in fiber, fruits and vegetables can help you control your weight.

National Aphasia Awareness Month. Aphasia is an acquired communication disorder that impairs a person’s ability to speak and understand others. People with aphasia have difficulty speaking, understanding other people, reading, and writing. Find out more at the National Aphasia Association Web site, www.aphasia.org



Be gentle first with yourself.
- Lama Yeshe