



SERVICE COORDINATION NEWS

Haggerty (Traditional Irish Dish)

Source: exported from Mastercook



- 3 each medium potatoes
1 large onion
2 tablespoons bacon fat
1/2 cup grated cheddar cheese
Salt & pepper to taste



Wash and peel potatoes and cut into paper thin slices. Pat dry with towel. Cut onion into paper thin slices. Heat half of the bacon fat in a heavy frying pan and fill the pan with alternate layers of potatoes, onions, and cheese, finishing with potatoes. Sprinkle each layer with salt and pepper. Dot the final layer with remaining bacon fat. Cook over moderate heat until potatoes are almost tender. Turn the Haggerty carefully onto a plate and then carefully slide it back into the pan and continue cooking until done. To serve, cut into wedges and serve with a dollop of sour cream. Makes 6 servings.

Why people throw salt over their shoulders when they spill it and other salt trivia

Have you ever asked yourself: What is the meaning of salt? Probably not many people have. But the history of salt and what it has symbolized to mankind through the ages is quite colorful.

Salt has served as purifier and preservative of food. In the Roman Catholic Church, salt completed the purification that washed away original sin. Salt is therefore a symbol of redemption of the soul and in so being allows for the attainment of wisdom and enlightenment. For this reason, the Romans presented newborns with salt to symbolize the passing of wisdom.



Hospitality has also been long linked with salt. The sharing of bread and salt was a promise made to a guest that no harm would come to him or her while in the care of the host. Salt, which never gets stale or spoils, represents this bond and promise between host and guest. Spilling salt, then, represented the breaking of the bond in the heavens. Throwing a bit of the salt over your shoulder averted any risk by tossing the matter toward the evil spirits who, it was believed, lurked behind the person who did the spilling.

A famous general in France, who had fought valiantly in many battles, died of fright when someone spilled salt on him on October 10, 1716.

--adapted from History of Food, by Maguelonne Toussaint-Samat

Pass the corned beef and cabbage, and where did all of those snakes go?

St. Patrick's Day is celebrated on March 17. In much of the world it is treated as a day of drinking and revelry. However, until the 1970s there was a mandate that ordered pubs closed on March 17 in Ireland. Here are some interesting facts about St. Patrick's Day:

Have you ever heard the story of St. Patrick driving the snakes out of Ireland?

St. Patrick was supposed to have stood up on a hilltop and raised a wooden staff and driven all of the snakes from Ireland. Well, here's the scoop. There were never any snakes in Ireland. The whole story is a metaphor that represents the transformation that took place in Ireland when Christianity triumphed over pagan religions that were the earlier traditions of that land.

And what about corned beef and cabbage?

Well, it used to be that after going to church on March 17, Irishmen and women then feasted on a traditional meal of Irish bacon and cabbage. Where's the corned beef? Well, that tradition started in New York when Irish immigrants started eating corned beef rather than the Irish bacon because corned beef was cheaper.

Shamrocks, or three-leafed clovers also known as "seamroys" by the Celts, were sacred plants in ancient Ireland that symbolized the rebirth of spring. Some people believe that St. Patrick used the shamrock as a symbol of the trinity in Christianity, but there's no proof of that. Eventually the shamrock came to be a symbol of nationalism over English rule and later was adopted as the national emblem of the country.

And leprechauns?

Well, they probably originated in Celtic folklore with the belief in fairies. They were known as "lobaircin," meaning a small bodied fellow. They were not major players in the folklore, they were mostly responsible for repairing other fairies' shoes and dabbling in trickery. They were known to be a bit cantankerous. And they have nothing to do with St. Patrick's Day, but most people think they do. The version most people know of leprechauns and associate with St. Patrick's Day is the one that Walt Disney brought about in the 50's of a cute little cheerful guy. But this is a completely American idea.



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."

GOOD NUTRITION: IT'S A WAY OF LIFE

*"I have trouble chewing."
"Food just doesn't taste the same."
"I'm just not that hungry anymore."*

Sound familiar? These are some of the common reasons older people stop eating right. And that's a problem because food provides energy and nutrients everyone needs to stay healthy. Nutrients include proteins, carbohydrates, fats, vitamins, minerals, and water. As you grow older, you may need less energy from what you eat. But, you still need just as many of the nutrients in food.

What Should I Eat?

Choose many different healthy foods. Pick those that are lower in cholesterol and fat, especially saturated fat (mostly in foods that come from animals) and trans fatty acids (found in some processed foods, margarines, and shortenings). Avoid "empty calories" as much as you can. These are foods and drinks with lots of calories, but not many nutrients—for example, chips, cookies, sodas, and alcohol. Most packaged foods have the calorie counts listed on the labels.

How Much Should I Eat?

The Dietary Guidelines from the U.S. Department of Agriculture (USDA) encourage people to eat a suggested amount from five major food groups every day. If you can't do that, at least try to eat something from each group each day. Lower fat choices are best. Make sure you include vegetables, fruits, and whole-grain foods.

The Dietary Guidelines suggest:

Grains—5-10 oz.; some choices are: one roll, slice of bread, or a small muffin, ½ cup of cooked rice or pasta, or about 1 cup (1 oz.) of ready-to-eat cereal.

Vegetables—2 to 3 ½ cups with a variety of colors and types of vegetables

Fruits—1 ½ to 2 ½ cups

Milk, yogurt, and cheese—3 cups of milk: 1 cup of yogurt equals 1 cup of milk, 1 ½ to 2 ounces of cheese equals 1 cup of milk, or 1 cup of cottage cheese equals ½ cup of milk.

Meat, poultry, fish, dry beans, eggs, and nuts—5 to 7 ounces of lean meat, poultry, or fish: ¼ cup of cooked beans or tofu, 1 egg, ½ ounce of nut or seeds, or 1 tablespoon of peanut butter—each can count as 1 ounce of meat.

Are You Less Interested in Food?

With age your sense of taste and sense of smell may change. This affects how foods taste and they may seem to have lost flavor, but are probably the same.

Some medicines can change your sense of taste or make you feel less hungry. Maybe you have slowed down a bit, so your body needs fewer calories. Maybe chewing is difficult because your dentures need to be adjusted or your teeth or gums need to be checked. You might want to pick softer foods to eat.

What about Food Safety?

Because your sense of taste and smell may not work as well as you get older, you may not always be able to tell if foods have gone bad. You might want to date foods in your refrigerator to keep yourself from eating foods that are not longer fresh. If in doubt, throw it out.

Older people should be very careful with certain kinds of foods that need to be well cooked to prevent disease. For example, be sure to fully cook eggs, pork, fish, shellfish, poultry, and hot dogs.

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GOOD NUTRITION: IT'S A WAY OF LIFE

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Confused About What to Eat?

The USDA Dietary Guidelines suggest how much the "average" older person needs to eat. But, how does "average" match your needs? For example, maybe you have high cholesterol and need to keep a close eye on how much fat you eat. Or, possibly you have a food allergy or diabetes. Then you should check with your doctor or a dietitian. They can help you plan meals that will include the healthy foods you need without the foods you should not eat.

The federal government has three websites with information on nutrition:

www.nutrition.gov

www.healthierus.gov

www.mypyramid.gov

For more information about health, exercise, and aging, contact the National Institute on Aging Information Center—800-222-2225—or visit www.nihseniorhealth.gov. --adapted from *Bound for Your Good Health-A Collection of Age Pages*, National Institute on Aging

March . . .

National Nutrition Month®. To educate consumers about the importance of good nutrition by providing the latest practical information on how simple it can be to eat healthfully. For more information, browse: www.eatright.org.

Red Cross Month. To make the public aware of Red Cross services in local areas. For more information, browse www.redcross.org.

National Peanut Month. One serving of peanuts is a good source of protein, Vitamin E, Niacin, Folate, Phosphorus and Magnesium. Peanuts are naturally cholesterol-free and low in saturated fat. For more information, browse www.nationalpeanutboard.org.

St. Patrick's Day. March 17. To commemorate the patron saint of Ireland, Bishop Patrick (A.D. 389-461) who left his home in the Severn Valley, England and introduced Christianity into Ireland. Shamrocks are worn because Patrick used its three leaves to explain the Trinity.

National Write a Letter of Appreciation Week, March 1-7. Do you know someone who deserves a special thank-you? Take the time to show your appreciation with a letter.

Celebrate Your Name Week, March 6-12. Who would you be without your name? Learn what your name means and whom you were named after, explore your family's roots, and embrace your unique identity.

Newspaper in Education Week, March 7-11. The first full school week of March. Print may be dying, but newspapers are still a vital source of information about our community and our world. Highlight the benefits of using newspapers in the classroom as "living textbooks" that can help teach our children.

American Chocolate Week, March 20-26. The third week of March is for enjoying all the wonders of chocolate. Brownies, anyone?

A green banner with white text. At the top, it says "MARCH Birthstones" with "Birthstones" underlined. Below that, it says "Aquamarine and Bloodstone meaning Courage". At the bottom, it says "Flowers" underlined, followed by "Daffodil and Jonquil". A yellow daffodil flower is on the left side of the banner.

MARCH
Birthstones
Aquamarine and Bloodstone
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