



New Potato Salad

Onions and spices give this very low-sodium dish plenty of zip.

Ingredients:

- 16 (5 cups) small new potatoes
- 2 Tbsp olive oil
- 1/4 cup green onions, chopped
- 1/4 tsp black pepper
- 1 tsp dill weed, dried

Directions:

1. Thoroughly clean potatoes with vegetable brush and water.
2. Boil potatoes for 20 minutes or until tender.
3. Drain and cool potatoes for 20 minutes.
4. Cut potatoes into fourths and mix with olive oil, onions, and spices.
5. Refrigerate and serve. Makes 5 one cup servings.

--adapted from www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/ktb_recipebk.pdf

In honor of Mother's Day...things my mother taught me

1. My mother taught me about ANTICIPATION...
"Just wait until your father gets home."

2. My mother taught me about RECEIVING...
"You are going to get it when we get home!"

3. My mother taught me to MEET A CHALLENGE...
"What were you thinking? Answer me when I talk to you! Don't talk back to me!"

4. My mother taught me LOGIC...
"If you fall out of that swing and break your neck, you're not going to the store with me."

5. My mother taught me MEDICAL SCIENCE...
"If you don't stop crossing your eyes, they are going to freeze that way."

6. My mother taught me to THINK AHEAD...
"If you don't pass your spelling test, you'll never get a good job."

7. My mother taught me ESP...
"Put your sweater on; don't you think I know when you're cold?"

8. My mother taught me HUMOR...
"When that lawn mower cuts off your toes, don't come running to me."

9. My mother taught me how to BECOME AN ADULT...
"If you don't eat your vegetables, you'll never grow up."

10. My mother taught me about GENETICS...
"You're just like your father."

11. My mother taught me about my ROOTS...
"Do you think you were born in a barn?"

12. My mother taught me about WISDOM OF AGE...
"When you get to be my age, you will understand."

13. And my all-time favorite...JUSTICE...
"One day you'll have kids, and I hope they turn out just like you...Then you'll see what it's like." —as told on AhaJokes.com



SERVICE COORDINATION NEWS

May is Older Americans Month

Each May is observed nationwide as **Older Americans Month**. Together with **Senior Citizens Day** (the third Tuesday in May - May 17 this year), Older Americans Month is a celebration of the contributions our older citizens have made to society and a chance for communities to give back and recognize the accomplishments of their elders. It is also a time to promote aging actively and encourage everyone, regardless of age, to live life to the fullest. For more information about Older Americans Month, visit The Ohio Department of Aging website at www.aging.ohio.gov/oam

Older Ohioans - Connecting Communities



Memorial Day: a solemn occasion

Memorial Day began in the 19th century as "Decoration Day." Citizens were urged to decorate the graves of soldiers who'd died in the Civil War. After World War I, Decoration Day expanded to include ceremonies honoring the dead in all of America's wars

Decoration Day became Memorial Day officially in 1967. In 1968 the Uniform Holidays Act established it as one of three holidays (including Veteran's Day and George Washington's birthday, now called President's Day) celebrated on a Monday to create a convenient three-day weekend. Memorial Day is now observed on the last Monday in May.

One tradition of Memorial Day is the wearing of poppies. The custom is generally credited to Moina Michael, a former teacher at the University of Georgia, who was working for the YMCA Overseas War Secretaries at the end of World War I.

She was inspired by reading the poem "In Flanders Fields," by Canadian poet and doctor John McCrae. The poem's opening lines read:

"In Flanders Fields, the poppies blow
Between the crosses, row on row . . ."

During the Overseas War Secretaries' annual conference held in New York City in 1918, shortly before the signing of the armistice ending the war, grateful delegates gave Michael \$10 in recognition of her help with the conference. She spent the money on 25 red silk poppies to hand out to participants (or she may have used the money on materials to make the poppies herself.)

The poppy became a national symbol of remembrance, and two years later the American Legion adopted it at its own conference. Poppies have symbolized the day ever since.

How to recognize and treat burn injuries

Burns can be painful—and serious. It's all a matter of degree. To know how to treat a burn, and when to call a doctor, first learn to distinguish the different types of burns:

- **First degree.** Only the outer layer of skin is damaged. The skin is red, with some swelling and pain. This is the least serious type of burn and can be treated with first aid.
- **Second degree.** The first layer of skin has been burned through, and the layer underneath is red and splotchy. Blisters may develop, along with swelling.
- **Third degree.** The most serious type of burn, affecting all layers of skin and possibly causing permanent damage to tissues and even bones. Skin may appear either charred and black, or white and dry.

For third-degree burns, immediate medical attention is needed. Don't remove burned clothing or soak in water, but cover the area with a cool, wet sterile cloth or bandage. If possible, raise the burned area of the body above the level of the heart.

With first-degree burns, or second-degree burns that don't cover more than 3 inches of skin, hold the burned area under cool—but not cold—running water for about 15 minutes. Don't put ice on the burn. Wrap the wound in a loose dressing of sterile gauze, keeping air and pressure off the burn. Don't break any blisters that form. The patient can take over-the-counter medications such as aspirin, ibuprofen, or acetaminophen for pain.

Keep an eye out for increased redness, swelling, or oozing, and call a doctor if any of these signs of infection develop.

May is....

National High Blood Pressure Education

Month theme of "Adherence to Treatment" notes the importance of hypertensive patients in adhering to prescribed treatment regimens -which include lifestyle (diet, physical activity) and medication.

National Salad Month. Created to raise awareness of the importance of eating at least five servings of vegetables and fruits a day.

National Arthritis Month. To increase awareness of the more than 100 forms of arthritis and related diseases and increase the support of the nearly 66 million Americans with arthritis.

May 8 is Mother's Day. This is the 100th anniversary of its first observation in 1907.

May 21 is Armed Forces Day. A day to salute all of the men and women in all branches of the service who protect our country. The first Armed Forces Day was celebrated on May 20, 1950.

May 30 is Memorial Day. Also called Decoration Day, an occasion to honor those who have served and gave their lives for freedom and country. It is also a time to remember loved ones who have passed away.

May 17 is Senior Citizens Day.

May 16 - 27 is Area Agency on Aging District 7 Senior Art Show. Show held at the Greer Museum on the campus of University of Rio Grande. For more information call 1-800-582-7277.

Take a quick mental workout

If your brain needs a little exercise, try stretching it with some of these brain teasers:

1. Can you move one of the numbers in the following equation to make it correct?

$$62 - 63 = 1$$

2. What's significant about the numbers in this series?

8 5 4 9 1 7 6 10 3 2 0

3. Fred's mother had three children by three different fathers. One child is named April; another is named May. What's the name of the third child?

Answers:

1. $2^6 - 63 = 1$ ($2 \times 2 \times 2 \times 2 \times 2 = 64$)

2. They're in alphabetical order.

3. The third child is named Fred.

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."

MAY
Birthstones
Emerald meaning
Love and Success
Flowers
Lily of the Valley and
Hawthorn