



SERVICE COORDINATION NEWS

OATMEAL AND TOMATO SOUP

A quick and cheap soup, using basics in your cupboards. Makes 4 servings. Printed from Allrecipes, Submitted by Heather Buchanan



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| 1 onion, chopped | In a skillet, saute onion and garlic in butter, until onion becomes tender and begins to brown. |
| 2 cloves crushed garlic | |
| 3 1/2 T. margarine | |
| 1 (14.5 oz.) can stewed tomatoes | Add undrained tomatoes, water, salt and pepper. Bring to a simmer. |
| 4 cups water | |
| salt and pepper to taste | While soup is simmering, toast rolled oats in a heavy bottomed sauce pan, stirring until they are brown. Stir in oats to soup and cook for about 6 to 10 minutes, and then serve. |
| 3/4 c. rolled oats | |

Why eat your vegetables?

Mother always said, "Eat your vegetables." The problem is that too many of us still aren't listening to her. According to the Centers for Disease Control and Prevention, only 26 percent of U.S. adults eat three or more servings of vegetables a day, although current recommendations call for four to five servings. The benefits are significant: Eating the right kind of vegetables in the appropriate quantities can cut one's risk of diabetes, heart disease, kidney failure, and other serious illnesses.

What kinds of vegetables should you be eating? Well, all kinds, but here's what you're getting:

- **Fiber.** Beans and other high-fiber vegetables fill the stomach, reducing your cravings for more food while reducing cholesterol levels and improving digestion and regularity.
- **Potassium.** Tomatoes, sweet potatoes, spinach, and winter squash improve blood pressure. They may also reduce the risk of kidney stones and bone loss.
- **Vitamin A.** Carrots, pumpkin, kale, collard greens, and other veggies enhance the health of eyes and skin. Beta-carotene and other carotenoids cut one's risk of macular degeneration, cataracts, coronary artery disease, and stomach cancer.
- **Folates.** Asparagus, black-eyed peas, spinach, and other folates consumed during pregnancy help prevent birth defects, especially to the spinal cord, and help the body form red blood cells.



Stay warm and safe: Tips for using space heaters

Heating your home in the winter months shouldn't be dangerous. But accidents with space heaters can cause disaster. Avoid becoming another grim statistic with these precautions:



- **Buy a reliable heater.** Look for the label stating that your space heater has been approved by an independent testing laboratory and meets safety standards. Choose models with safety features like an automatic switch that turns off the heater if it tips over.

- **Give it plenty of space.** Place your space heater at least three feet away from anything that might catch fire—furniture, draperies, newspapers, etc. Also keep it clear of sinks, tubs, or any other sources of water that might lead to an electric shock.



- **Check your cords.** Don't use equipment with cords that are frayed or damaged in any way, and don't plug your heater into an extension cord. Be sure not to overload your circuits.

- **Maintain your smoke detectors.** Your house or apartment should have working detectors or smoke and carbon monoxide. Test them thoroughly and frequently.

- **Don't leave your heater unattended.** Turn it off when you go out.

Quotes:

The arithmetic of life does not always have a logical answer.

—Inshirah Abdur-Rauf

Statistics are no substitute for judgment.

—Henry Clay

The hardest arithmetic to master is that which enables us to count our blessings.

—Eric Hoffer

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."

Hypothermia and the Older Adult

Many winter dangers face us as we age: ice, snow, breathing problems caused by cold air, and the danger of breaking a bone if we fall from slippery outdoor conditions. It is very important to include hypothermia in these dangers. Hypothermia is a severe drop in body temperature, often caused by staying in a cool place for too long. If hypothermia is not treated quickly, it could be deadly.

A normal body temperature is 98.6 degrees. However, for the elderly, a body temperature of 96 degrees could be dangerous. Even though it does not seem like a large difference, the lower temperature could cause an irregular heartbeat leading to heart problems and death.



How can you tell if someone has hypothermia? Watch for these conditions:

- * Confusion or sleepiness
- * Slowed, slurred speech
- * Shallow breathing
- * Weak pulse or low blood pressure
- * A change in behavior or a change in how they look during cold weather
- * A lot of shivering or no shivering
- * Stiffness in the arms or legs
- * Poor control over body movements or slow reactions

What can you do? If you think someone could have hypothermia, take his or her temperature. If the temperature does not rise above 96 degrees, call for help. This person must be seen by a physician. Most hospitals will have a thermometer that can

read very low body temperatures and will begin warming the person's body from the inside out.

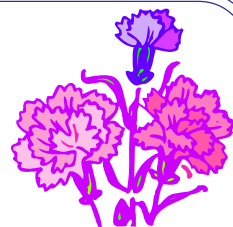
While waiting for help to arrive, you can keep the person warm and dry. Wrap the person in blankets, coats, towels - whatever you may have available. Your own body can serve as warmth. Lie close, but be gentle. Rubbing the skin of an older adult can make problems worse because his/her skin is thinner and could easily be torn or injured by vigorous rubbing.

It is easy to get cold while outside, especially on a very windy day, but it is also important to stay warm while inside a building. Older adults in nursing facilities or even in their own homes may have problems keeping warm because of medications, difficulty dressing or simply, the fluctuating temperature of the building. Even an indoor temperature of 60 to 65 degrees can lead to illness.

Set the thermostat for at least 68 to 70 degrees. Remember to check the forecast for very cold or very windy weather. On these days, it might be best to remain indoors. If a person must venture outside, be sure he's wearing a hat and gloves and has layers of warm clothing on. - Stay Warm!

Source: "Hypothermia: A Cold Weather Hazard." (August 2001) National Institute on Aging, U.S. Department of Health and Human Services, National Institutes of Health at www.nia.nih.gov. Author: Lisa Marie Gibson, Ohio State University.

JANUARY
Birthstone: Garnet
Meaning: Constancy
Flower: Carnation,
Snowdrop



Just for Giggles



Pretty doggone intelligent

Bridget was standing in the deli section of a grocery store when she saw a German shepherd dog trot up to the counter and snag a number for service. When his number came, the dog barked once, and pointed with his nose to indicate that he wanted some turkey.

"How much?" asked the man behind the counter.

The dog barked once. "One pound?" the attendant asked, and the dog wagged his tail.

Bridget watched as the dog also ordered a pound of Swiss cheese and a quart of potato salad. Strapped to its neck was a small change purse, and the attendant came out to take the appropriate amount of money out. Then the dog took the bag between his teeth and left the store.

Intrigued, Bridget followed the dog down the street until it came to a house, where it pushed the doorbell with his nose. The door opened, and an elderly man let the dog in.

Bridget went up to the door and rang the bell. When the gentleman came to the door, she said, "I hope you don't mind, but I had to tell you I think that's the smartest dog I've ever seen!"

The man shook his head. "Not really. He always forgets his key."

Mankind's greatest achievements have come about by talking, and its greatest failures by not talking.
—Stephen Hawking

January 2011 is

National Bath Safety Month. It takes only a few unguarded moments for a bathroom-related accident to cause serious injury or even death. Small children and the elderly are especially at risk. Don't leave children alone in the bathtub for any reason, and install grab bars for the safety of everyone.

National Blood Donor Month. Spearheaded by the American Association of Blood Banks in conjunction with the American Red Cross and America's Blood Center, the goal of National Blood Donor Month is to ensure that supplies of donated blood remain at safe levels in hospitals and emergency rooms around the country.

National Hot Tea Month. Isn't a cold month like January the perfect time for a nice cup of hot tea? Especially when you're striving to keep your New Year's resolution to lose some weight. Some studies have suggested that tea (green tea, specifically) may promote weight loss by increasing the amount of energy spent by the body. But whatever type of tea you drink, enjoy it.

Rising Star Month. Dedicated to urging people to reach for the stars by designing a personal life plan. Celebrate your past successes and look toward your future in yearlong building blocks. Go to risingstarmonth.info for ideas and support.

New Years Day, Jan. 1. A day to make a few resolutions, watch some football, and recover from the previous night's parties.

Stephen Foster Memorial Day, Jan 13. A federal observance celebrating the life of composer Stephen Foster, who wrote such songs as "Camptown Races," "O! Susanna," and "My Old Kentucky Home."

Martin Luther King Jr. Day, Jan. 17. Commemorating the birthday of civil rights leader Martin Luther King Jr., born Jan. 15, 1929.