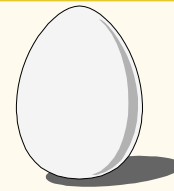




SERVICE COORDINATION NEWS

How'd you like your eggs?



May is national egg month. Here are some facts and numbers about eggs from the American Egg Board:

- ❑ Hens require 24 to 26 hours to produce an egg. After 30 minutes, the process starts again.
- ❑ An egg shell has as many as 17,000 pores over its surface.
- ❑ Eggs age more in one day at room temperature than they do in a refrigerator in a week.
- ❑ About 240 million laying hens produce approximately 5.5 billion dozen eggs per year in the United States.
- ❑ To tell whether an egg is hard cooked or raw, spin it. If it spins with no problems, then it is hard cooked. If it wobbles, it is raw.
- ❑ Yolk color depends on the diet of the hen. Marigold petals as food additives for hens can make the yolks darker yellow.
- ❑ Occasionally, a hen will produce double-yolked eggs throughout her egg-laying career.

—adapted from the American Egg Board

Ancient prescription

Live in rooms full of light.
 Avoid heavy food.
 Be moderate in the drinking of wine.
 Take massage, baths, exercise, and gymnastics.
 Fight insomnia with gentle rocking or the sound of running water.
 Change surroundings and take long journeys.
 Strictly avoid frightening ideas.
 Indulge in cheerful conversation and amusements.
 Listen to music.

—Aulus Cornelius Celsus, ca. 25 B.C.—ca. 50 A.D.

Five Bean Salad

National Salad Month and National Vinegar Month are both observed in May. This recipe from www.versatilevinegar.org is great for that backyard picnic on Memorial Day.

Ingredients:

- 1 can (16 oz.) Green beans
- 1 can (16 oz.) Wax beans
- 1 can (16 oz.) Garbanzo or Lima beans
- 1 can (16 oz.) Kidney beans
- 1 can (16 oz.) Peas
- 1/2 cup chopped Cauliflower
- 1/2 cup chopped Celery
- 1/2 cup chopped Onion
- 1/2 cup chopped Green pepper
- 1/4 cup chopped Pimento
- 1 1/2 cup Sugar
- 1/2 tsp. Paprika
- 1 cup Cider or White Distilled Vinegar
- 1/2 cup Salad oil

Directions:

1. Drain beans and peas; place in a large bowl.
2. Add cauliflower, celery, onion, green pepper and pimento.
3. In a small bowl, combine sugar, paprika, vinegar and oil.
4. Pour over vegetables; mix well.
5. Cover and refrigerate for 12 hours or longer.

Makes 2 1/2 quarts.



May is Older Americans Month, a great time to bring attention to the issues that affect older adults and create community-wide opportunities to help older Americans improve their quality of life. This year's theme is "Living Today For a Better Tomorrow," and we, as a nation, must work together to give older adults the tools they need to make healthy decisions.

By 2030, one in every five Americans will be age 65 or older. Although the risk of disease increases with advancing age, poor health is not an inevitable consequence of aging. Many illnesses, disabilities and even death associated with chronic disease are preventable.

Nearly 40% of deaths in America can be attributed to poor health habits such as lack of physical exercise, poor eating habits and smoking. Older Americans can prevent or control chronic disease by adopting healthy habits such as exercising regularly, maintaining a healthy diet and ceasing tobacco use.

The benefits of regular physical activity include weight control; healthy bones, muscles and joints; arthritis relief; reduced symptoms of anxiety and depression; and more. Exercise does not have to be strenuous and is safe for people of all age groups. In fact, it's healthier to exercise than eliminate it altogether. Older Americans can greatly benefit from a regular exercise routine that includes strength, balance, stretching and endurance exercises.

In addition to a regular exercise routine, good nutrition is vital in maintaining good health. Improving older Americans' diets can reduce the occurrence of chronic diseases, but most older adults over age 65 do not maintain a healthy diet. Reducing saturated fats and eating a balanced diet of fruits, vegetables, and grains can help out older Americans on the right track to staying healthy.

Tobacco use increases the risk of heart disease and cancer and is the single most preventable cause of death in the United States. Older adults who stop smoking will gain immediate and long-term health benefits.

Source: www.aoa.gov

Healthy Aging: Keeping Mentally Fit as You Age

Today, thoughts of aging gracefully have been replaced by efforts to age successfully. As we age and look forward to longer life expectancies than past generations, we strive to age with good health. How do we do this? By eating nutritiously. Limiting alcohol. Keeping physically active. Staying connected with our friends and family. Seeking medical treatment when necessary. These are the right steps toward healthy aging. And with good health, we can enjoy life and pursue new dreams and endeavors as we age.

Good health includes both physical and mental well-being. And the two go hand in hand. A healthy mind contributes to a healthy body. The mind, like the body, benefits from low blood pressure, low cholesterol, nourishing food, a healthy weight, and physical activity.

There are many healthy lifestyle choices we can make to keep our bodies healthy and avoid illness and disability. There are additional steps we can take to help preserve healthy minds.

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."

What changes in mental abilities can we expect as we age? What's normal?

As we age, we can expect certain changes in our bodies and minds. We may not see and hear as well as we did in our 20s. We may not be able to remember recent events or details as well or as quickly as we did in our 30s. Beginning in our 30s, our brain's weight, the network of nerves, and its blood flow begin to decrease. Our brains adapt, however, and grow new patterns of nerve endings.

While certain changes in our mental abilities are inevitable as we age, much remains the same. We retain our intellect. Our ability to change and be flexible remains. Old dogs can learn new tricks. We just might need a little more time. We keep our ability to grow intellectually and emotionally.

What can I do to keep my mind healthy?

For the last several years, new research has emerged that shows there are many things we can do to keep our minds healthy. Many of the same things we do to keep our bodies healthy contribute to healthy minds. Physical activity and a diet that helps lower cholesterol levels and blood pressure also helps to keep our minds healthy by allowing our bodies to deliver oxygen-rich blood to our brains. In addition, activities that stimulate our minds, like crossword puzzles, reading, writing, and learning new things, help to keep our brains healthy. Staying engaged with the people around us and our communities plays an equally big part in staying mentally fit.

Source: Geriatric Mental Health Foundation (301) 654-7850
www.GMHFOonline.org



Decoration Day:

Evolution of a solemn occasion

To many Americans, Memorial Day is nothing more than a three-day weekend heralding summer and featuring the Indianapolis 500. Its origins, of course, are more sober and poignant.

It was called "Decoration Day" at first, because its purpose was to inspire citizens to decorate the grave of soldiers who'd died in the Civil War. The first Decoration Day was observed on May 5, 1866, in Waterloo, N.Y. (That town was named the official birthplace of Memorial Day by President Lyndon Johnson in 1966.) On May 30, 1868, by proclamation of Gen. John A. Logan, the commander of a veterans association called the Grand Army of the Republic, another Decoration Day took place. Five thousand volunteers decorated some 20,000 graves in Arlington National Cemetery in Virginia. This inspired local observances in many cities and towns across America over the following years.

After World War I, Decoration Day began to include ceremonies honoring the dead in all U.S. wars. Though the term "Memorial Day" was first used in the early 1880s, it wasn't until after World War II that the name became more common. In 1967 a federal law officially identified it as Memorial Day, and in 1968 the Uniform Holidays Bill established it as one of three holidays (including Veteran's Day and George Washington's birthday, now called President's Day) placed on the calendar to create a convenient three-day weekend. Memorial Day is observed on the last Monday in May.

MAY

Mental Health Month. Mental Health America is launching the **Live Your Life WellSM** campaign, designed to help people better manage stress and major life challenges by taking actions to preserve and strengthen their mental health. For more information, browse www.liveyourlifewell.org or call 1-800-969-6642.



May 10-16, 2009

Coordinated by the Office on Women's

Health (Department of Health & Human Services), the theme of the 2009 National Women's Health Week is "It's Your Time." Go to www.womenshealth.gov/whw/

Mother's Day, May 10. Observed the second Sunday of May, by proclamation of President Woodrow Wilson in 1914.

Memorial Day, May 25. Remembering those who gave all for their country...

