



Upcoming Wellness Programs



TELEPHONE Chronic Pain Self-Management

Wednesdays from January 13th - February 17th • 1:30 pm - 2:30 pm

Pre-Registration by December 30th is Required

Call 1-800-582-7277 or e-mail info@aaa7.org

TELEPHONE Diabetes Self-Management Program

Tuesdays from January 26th - March 9th • 1:30 pm - 2:30 pm

Pre-Registration by January 12th is Required

Call 1-800-582-7277 or e-mail info@aaa7.org

Classes are free, but pre-registration is required. Open to anyone over age 60 who reside in one of the following counties: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto or Vinton.

Grandma's Best Gingerbread

- $\frac{1}{2}$ cup shortening ▪ $\frac{1}{2}$ cup sugar ▪ 1 egg, beaten ▪ $2\frac{1}{2}$ cups all-purpose flour
- $1\frac{1}{2}$ teaspoons baking soda ▪ 1 teaspoon cinnamon ▪ 1 teaspoon ginger
- $\frac{1}{2}$ teaspoon cloves ▪ $\frac{1}{2}$ teaspoon salt ▪ 1 cup molasses ▪ 1 cup hot water
- Cream shortening and sugar.
- Add beaten egg.
- Measure and sift dry ingredients.
- Add flour mixture to shortening mixture alternately with liquids a small amount at a time.
- Beat after each addition until smooth.
- Bake in 9"x9"x2" greased pan at 350 degrees 40 to 45 minutes.



The main concern in any home is safety. With a little planning, falls and back injuries can be prevented. Answer True or False to the questions below.

1. *A person with Alzheimer's, even in the early stages, will have subtle changes in walking ability that will become more severe as time goes on. T F*
2. *Changes in balance and coordination combined with poor memory can make it difficult for a person with Alzheimer's to both get from one place to another and avoid hazardous objects at the same time. T F*
3. *Just a short amount of exercise will not help reduce the risk of falls. T F*
4. *It is not important to provide appropriate footwear and review medications to reduce falls T F*
5. *Women fall more often than men and account for three-quarters of all hip fractures. T F*
6. *If the person cannot move or use the injured limb, keep it from moving. Do not straighten a deformed arm or leg. T F*
7. *A little attention to the safest way to move your body—and the person in your care—will keep you from unnecessary injury. T F*
8. *Use your legs instead of your back to do most of the work—leg muscles are stronger than back muscles. T F*
9. *When you learn how to move, control and balance your own body, it's easier to control and help or move another person. T F*
10. *To help prevent neck and back pain, do not smoke because smoking and nicotine cause your spine to age faster than normal T F*

KEY: 1. T 2. T 3. F 4. F 5. T 6. T 7. T 8. T 9. T 10. T