

CARLIN SENIOR CENTER



From the Director

Dear Carlin Senior Center Members,

Wow, School is already back in session and summer is winding down. We received a new talking books cassette from the Library of Congress so if you enjoy utilizing that please stop by and sign out the device or enjoy it while you are visiting the Center.

The Carlin Clinic will be offering free Blood Glucose and Blood Pressure checks to you on the 1st and 3rd Wednesdays in September, Be sure to stop before lunch to get accurate readings!

Thank you,
Barbi Meyers



**VISITORS
COMING**

HOMEBOUND MEALS

Please let us know by 9:30 a.m. if you want to cancel your homebound meal. 😊

Happenings

Tuesday, September 19th will be another *Carlin Cruise*. Let Crystal know if you would like to join!

If you are interested in Thursdays trip to town please sign up by Tuesday as space is limited. Thank you!

Wednesday, September 13th Access to Healthcare will be visiting from 12-2. Get connected to Free Medicare Counseling, local resource information, and Application assistance.

Catholic Charities will be here to administer Vaccines in September. Tentatively scheduled for September 25th, 1 pm - 3 pm. The date may change due to availability. Flu, High Dose Flu, Pneumonia, Shingles, RSV and Covid Vaccines will be offered.

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REMEMBER YOUR NUTRITION

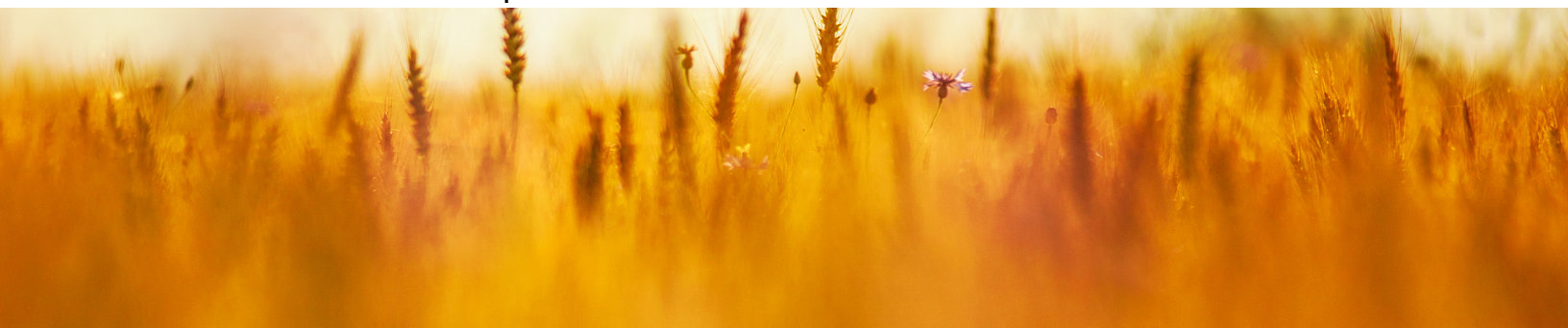
SEPTEMBER IS CHOLESTEROL EDUCATION MONTH



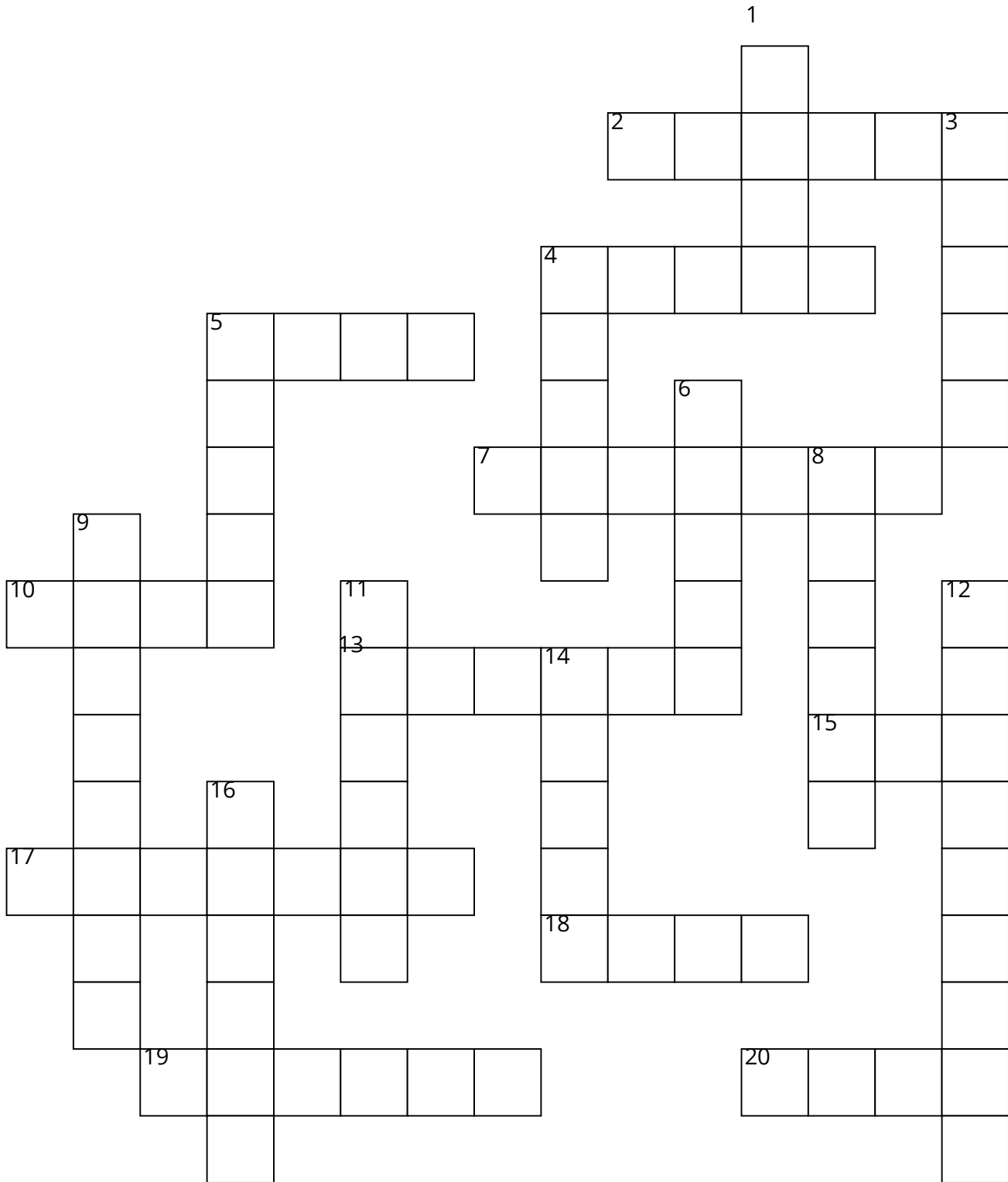
Adding these foods to your diet can help lower LDL Cholesterol. Some foods deliver soluble fiber, which binds cholesterol and its precursors in the digestive system and drags them out of the body before they get into circulation. Other foods give you polyunsaturated fats, which directly lower LDL. And some foods contain plant sterols and stanols, which block the body from absorbing cholesterol.

- **Oats:** Having a bowl of oatmeal or cold oat-based cereal like Cheerios for breakfast gives you 1-2 grams of soluble fiber. Add a banana or some strawberries for another half-gram. Nutrition guidelines recommend getting 20-35 grams of fiber a day, with at least 5-10 grams coming from soluble fiber. (The average American gets about half that amount.)
- **Barley and Other Whole Grains:** Like oats and oat bran, barley and other whole grains can help lower the risk of heart disease, mainly via the soluble fiber they deliver.
- **Beans (Legumes):** Beans are especially rich in soluble fiber. They also take a while for the body to digest, so you feel full for longer after a meal. With so many choices, from navy, kidney, lentils, garbanzos, black-eyed peas, and beyond, and so many ways to prepare them, beans are a very versatile food.
- **Nuts:** Studies show that eating almonds, walnuts, peanuts, and other nuts is good for the heart. Eating 2 ounces of nuts a day can slightly lower LDL, on the order of 5%. Nuts also have additional nutrients that protect the heart in other ways.
- **Vegetable Oils:** Using liquid vegetable oils such as canola, sunflower, safflower, and others in place of butter, lard, or shortening when cooking or at the table helps lower LDL.
- **Apples, Grapes, Strawberries, Citrus Fruits:** These fruits are rich in pectin, a type of soluble fiber that lowers LDL.
- **Fatty Fish:** Eating fish 2-3 times a week can lower LDL in two ways: by replacing meat, which has LDL-boosting saturated fats, and by delivering LDL-lowering omega-3 fats. Omega-3s reduce triglycerides in the bloodstream and protect the heart by helping prevent the onset of abnormal heart rhythms.
- **Fiber Supplements:** Two teaspoons a day of psyllium, which is found in Metamucil and other bulk-forming laxatives, provide about 4 grams of soluble fiber.

<https://www.health.harvard.edu/heart->



SEPTEMBER



By Jimmy and Evelyn Johnson - www.qets.com

SEPTEMBER

ACROSS

- 2** Grows from the stem or branch of a tree
- 4** Juice pressed out of apples
- 5** Flames produced by burning
- 7** Day on which most people do not work
- 10** Piece of outer clothing with long sleeves
- 13** Causing a cool feeling
- 15** Picture of a particular area of the earth or sky
- 17** One who loves his or her country
- 18** Water that falls from the sky
- 19** Certain part of the year that is marked by a particular condition or activity
- 20** Woody plant with long trunk and many branches

DOWN

- 1** Tool with long handle and row of teeth
- 3** Cloth worn around the neck, head, or shoulders
- 4** Quality of light as our eyes see it
- 5** Light covering of ice crystals
- 6** Having a great amount of wind
- 8** Season between summer and winter
- 9** Oval ball used in an American team game
- 11** Place of learning
- 12** Ninth month of the year
- 14** Hard work or effort
- 16** Journey from place to place