

ATASCOCITA *Forest*

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Understanding Cholesterol For Healthy Living

Balancing "Good" and "Bad" Cholesterol

Cholesterol is found in hamburger, steak, chicken, fish, and just about every other animal-based food. It's also a natural substance created by the liver which has both health benefits and health risks.

David Joseph, M.D., a Texas -based family practitioner, says people seeking to lower their levels of "bad" cholesterol—called low density lipoprotein (LDL)—can begin by eating less food sources that contain LDL.

The three main food sources of LDL in your diet are saturated fat, which is a type of fat found mostly in foods that come from animals; trans fat, found mostly in foods made with hydrogenated oils and fats—such as stick margarine, crackers, and french fries; and cholesterol, which comes only from animal products.

"Cutting your intake of these food sources could help to lower your cholesterol levels," says Dr. Joseph. "Some foods, such as whole grains and whole-wheat products, and nuts such as walnuts, almonds, and brazil nuts, may have a healthy effect on blood cholesterol levels."

Instead of animal-based foods like hydrogenated oils and fats, Dr. Joseph suggests considering things like omega-3 fatty acids, which are found in fatty fish like tuna, salmon or mackerel, as well as fish oil supplements, flaxseeds and flaxseed oil.



September is National Cholesterol Awareness Month

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P-4 Constable Dispatch..... 281-376-3472

Humble ISD Police (Schools)..... 281-641-7900

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Non-Emergency Number 281-852-2181

Harris County Animal Control 281-999-3191

Texas Poison Control Center 800-222-1222

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SCHOOLS

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Website www.humble.k12.tx.us

Whispering Pines Elementary..... 281-641-2500

Humble Middle School..... 281-641-4170

Humble High School 281-641-6300

NEWSLETTER INFORMATION

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WHAT DOES IT DO?

Like traditional neighborhood crime watches, your awareness reported to the police can help solve crimes or even prevent a terrorist attack.

WEB SITE:

iwatchharriscounty.com



SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to AFCAnewsletter@gmail.com.

Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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Alzheimer's Association Walk to End Alzheimer's®

Engages And Inspires Northwest Houston

The Alzheimer's Association is inviting Northwest Houston residents to unite in a movement to reclaim the future for millions by participating in the Alzheimer's Association Walk to End Alzheimer's. Vintage Park, 114 Vintage Park Blvd., Houston, TX 77070 will be the site of Walk on September 22 at 7:30 a.m.

Walk to End Alzheimer's is more than a walk. It is an experience for about 1000 participants in Northwest Houston who will learn about Alzheimer's disease and how to get involved with this critical cause, from advocacy opportunities, the latest in Alzheimer's research and clinical trial enrollment to support programs and services. Each walker will also join in a meaningful ceremony to honor those affected by Alzheimer's disease.

Alzheimer's disease is a growing epidemic and is now the nation's sixth-leading cause of death. As baby boomers age, the number of individuals living with Alzheimer's disease will rapidly escalate, increasing well beyond today's estimated 5.4 million Americans living with Alzheimer's. In addition to the 5K/3.1 miles, participants will enjoy a fun welcoming ceremony and warm up accompanied by a DJ and a special tribute to those who have experienced or are experiencing Alzheimer's. Start or join a team today at alz.org/walk

There has never been a greater need for citizens in the Northwest

Houston area to join in the fight against Alzheimer's disease by participating in Walk to End Alzheimer's." said Kiri Cook Soprano, an Alzheimer's Association Outreach Coordinator. "Funds raised will provide care and support services to the 340,000 residents of Texas living with Alzheimer's, while also contributing to advancing critically needed research."

ABOUT THE ALZHEIMER'S ASSOCIATION WALK TO END ALZHEIMER'S:

The Alzheimer's Association Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Since 1989, the Alzheimer's Association mobilized millions of Americans in the Alzheimer's Association Memory Walk®; now the Alzheimer's Association is continuing to lead the way with Walk to End Alzheimer's. Together, we can end Alzheimer's – the nation's sixth-leading cause of death.

ABOUT THE ALZHEIMER'S ASSOCIATION:

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.



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I 2 3, Come Volunteer With Me!

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VOLUNTEERS AND INTERNS NEEDED.

Heart to Heart Hospice is looking for awesome, loving, and caring volunteers to help with several programs.

PATIENT CARE VOLUNTEERS

Have you ever felt like your calling or passion in life is to work with terminally ill patients? If so we have a volunteer opportunity working with patients and their families approaching the end of life.

With just a couple of hours a week, you can really make a difference in the life of our terminally ill patients and their loved ones. Many enjoy to sit outside in the fresh air or in their room and share stories about their life. Others are more hands on and enjoy reading, puzzles, watch football/basketball games or play other games, like Bingo and Dominos.

ADMINISTRATIVE VOLUNTEER

The administrative volunteer serves as an integral member of the Hospice interdisciplinary team in our office in the Greenspoint



(near I45 and the Beltway) area. Office support volunteers perform duties such as, filing, copying, answering the telephone, mail-outs, and inventory control of medical supplies.

Volunteers are crucial for these programs to succeed!

Volunteers must be reliable, motivated, and flexible. Training will be provided. (Qualifies for In Service Credits) Background check will be required. There is no charge for this.

Get involved and be a blessing to someone by taking advantage of this wonderful opportunity. Please leave your name and telephone number.

FOR MORE INFORMATION PLEASE CALL:

Heart to Heart Hospice

Leanne Crowe, Volunteer Coordinator

281-731-3156

Or email me at h2hhospiceg@yahoo.com

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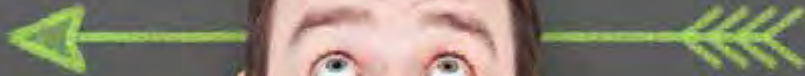
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