### Volunteers Needed

We are in need of volunteers to deliver meals to home-bound senior citizens in your neighborhoods. Once per week or as a substitute to fit your schedule.

Mileage reimbursement is available.

**Current Openings:**

**Substitutes**

Contact: Mary Ann McCarthy  518-824-8824

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**Newsletters are available online at:**

www.warrencountyny.gov/ofa/newsletters.php

Or contact the office at (518)761-6347 to be added to our mailing list.
HALT!!!

Hungry?  We all get hungry!  NY Connects provides options for food resources such as food pantries, nutrition education, and SNAP.

Angry?  We all get angry!  NY Connects provides options for someone to talk with or a mental health counselor.

Lonely?  We all get lonely!  NY Connects provides options for social get-togethers, Friendly Visitors, congregate meal sites, and support groups.

Tired?  We all get tired!  NY Connects provides options for health care.

Call us at NY Connects:  1-866-805-3931; your call can be confidential or anonymous.  We are here to provide linkage to services & supports for YOU 😊

Please join us for our Brunch Meeting 10am-12 on Tuesday, September 12

Come to NY Connects Washington, Warren, and Hamilton Counties Long Term Care Council’s Brunch Meeting at The Glen at Hiland Meadows. Your meeting is open to community members. To reserve your space, contact Kathy McLaughlin, LTCC Secretary at 1-866-805-3931 or mclaughlink@warrencountyny.gov. Reservations due by September 6.
to our Volunteers celebrating in SEPTEMBER!

Dave Thompson ..........5
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Susan Herlihy.............12
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School Savvy- IEPs and Rights in Education
Professional educators will discuss options available in the community for families of children with disabilities navigate the public school system.

September 21 @ 5:30 pm - 7:00 pm
Warrensburg Richards Library, 36 Elm St
Warrensburg, NY 12885

SAIL FALL POTLUCK LUNCHEON
$4 for non-members/Free for Members
RSVP: For further information, please call SAIL at (518)792-3537.
September 22 @ 12 NOON-2PM 71 Glenwood Ave, Queensbury, NY 12804

NY Connects has expanded!

NY Connects of Warren-Hamilton Counties Office for the Aging is now partnering with NY Connects Specialist James Swanson at the local Independent Living Center - SAIL.

We welcome James and look forward to introducing him to you as Kathy and Susan continue to do outreach and education in the year ahead for NY Connects!

Please call NY Connects at 1-866-805-3931 to schedule a presentation about the many long term care services and supports available for people of all ages for your community group ...there is no charge for this service we provide for you.
Glens Falls MEMORY CAFÉ

Join Us
The 3rd Wednesday of Every Month
10:30-12PM
September 20th
October 18th

Relax, Socialize & Have Fun
Refreshments & Conversation

For more info contact
Kym Hance
a (518) 888-5368 or khance@alz.org

WHERE WE MEET:
The Queensbury Senior Center

This program is supported by The Queensbury Senior Center and grants from the Goldberg Foundation and the New York State Department of Health.
What is high cholesterol?
Cholesterol is a waxy, fat-like substance that your body needs. But, when you have too much in your blood, it can build up on the walls of your arteries. This can lead to heart disease and stroke—leading causes of death in the United States.

What are the signs and symptoms?
High cholesterol itself does not have symptoms. Many people do not know that their cholesterol level is high. That’s why it’s important to schedule regular visits with your doctor. Be sure to ask about having your cholesterol tested.

Are you at risk?
About one in every six adult Americans has high cholesterol. Anyone, including children, can develop it. Several factors that are beyond your control can increase your risk. These include your age, sex, and heredity. But, there are some risk factors that you can change. Examples include eating an unhealthy diet, being overweight, and not getting enough exercise.

Can it be prevented? You can take several steps to maintain a normal cholesterol level:

- **Eat a healthy diet.**
  - Eat a diet low in saturated and trans fat. Choose lean meats, poultry, fish and low-fat dairy products. Include heart healthy fats, also known as omega-3 fats. Good choices for heart healthy fats include: salmon, tuna, flaxseed, walnuts and avocados. Liquid oils at room temperature such as olive, canola or soybean oils are heart healthy fat alternatives.
  - Limit the amount of cholesterol in your diet. Egg yolks, fatty meats, whole milk, cheese and shrimp are all high in cholesterol.
  - Get enough fiber in your diet. Foods high in fiber can help reduce the risk for heart disease. Fruits and vegetables are low in calories and have plenty of dietary fiber. Whole grains such as whole-grain bread, brown rice and oatmeal are also good sources of fiber.
  - Plan more meatless meals. Eat meals with plant-based protein such as beans, lentils and soy based foods.

- **Maintain a healthy weight.** Being overweight can increase your cholesterol level. Losing weight can help lower your LDL (bad) cholesterol and total cholesterol level, and raise your HDL (good) cholesterol level. CDC’s Healthy Weight Web site includes information and tools to help you lose weight. http://www.cdc.gov/healthyweight/

- **Exercise regularly.** Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol. You should try to be physically active for 2 hours and 30 minutes (150 minutes) each week. Visit CDC’s Physical Activity Web site for more information on being active.

- **Don’t smoke.** CDC’s Office on Smoking and Health Web site has information on quitting smoking. http://www.cdc.gov/tobacco
Marinated Vegetable Salad

The vibrant colors and flavors of this salad add pizzazz to any meal.

Serves: 4; 1/2 cup per serving

Ingredients

Salad
1 cup grape tomatoes, halved
1/2 cup chopped unpeeled cucumber (English, or hot house, preferred)
1/4 cup chopped red bell pepper
1/4 cup chopped red onion
1/4 cup chopped fresh basil
1/4 cup shredded reduced-fat four-cheese Italian blend

Dressing
2 tablespoons plain rice vinegar
1 1/2 teaspoons sugar
1/2 teaspoon olive oil (extra-virgin preferred)
1 small garlic clove, minced

Cooking Instructions

In a medium bowl, stir together the salad ingredients. In a small bowl, whisk together the dressing ingredients. Pour over the salad. Toss lightly to coat. For peak flavor, cover and refrigerate for 30 minutes to 1 hour before serving.

Cook's Tip - If the Italian cheese blend isn't available, you can use low-fat mozzarella cheese. You'll miss out on a pleasant smoky flavor, however. Recipe adopted By: American Heart Association

Japanese Beef Stir-Fry

“Tender beef strips are quickly stir-fried with crisp and colorful vegetables to make this delicious restaurant-style dinner in your own kitchen.”

Prep 30 m  Cook 15 m  Ready In 45 m

Ingredients

2 pounds boneless beef sirloin or beef top round steaks (3/4” thick)
3 tablespoons cornstarch
1 (10.5 ounce) can Campbell's(R) Condensed Beef Broth
1/2 cup soy sauce
2 tablespoons sugar
2 tablespoons vegetable oil

Directions


Recipe adopted By: Allrecipes