



MENU NOTES - AUGUST 2017

Have you ever heard any health claims about wine or other alcoholic beverages? One question leads to another, how much? How often? Is it good for me? The following facts or what we now know about alcohol and health.

Red wine and heart disease

You may have heard that red wine could have heart protecting benefits. This information is confusing because professionals do not know what it is about drinking red wine that may have beneficial effects. Red wine contains resveratrol, a compound in grape skins that is associated with an increase in high density lipoprotein (HDL) cholesterol. The American Heart Association has no specific recommendations regarding red wine consumption and heart disease, but research is continuing to help solve the mystery.

Alcohol and cardiovascular disease

Moderate alcohol consumption is associated with a significant reduction in coronary heart disease risk, but it is important to know that the use of alcohol is not recommended as therapy or treatment. Alcohol can raise total triglyceride levels, and excessive alcohol consumption can increase the risk of stroke. Studies have also found that risk of both heart attack and stroke are significantly increased during the 24 hour period after even moderate alcohol consumption. The American Heart Association continues to recommend that working with a physician, increasing physical activity, losing weight if overweight and following a healthy diet are the primary ways to lower cholesterol.

The American Heart Association recommends the following: "If you drink alcohol, do so in moderation. This means an average of one to two drinks per day for men and one drink per day for women. (A drink is one 12 oz beer, 4 oz of wine, 1.5 oz of 80-proof spirits, or 1 oz of 100-proof spirits.)"

Alcohol and cancer

Does drinking alcohol cause cancer? According to the American Cancer Society, evidence shows that drinking alcohol increases the risk of liver, colon, rectal, breast, mouth, pharynx, larynx and esophageal cancers. It is possible that it also increases the risk of pancreatic cancer. The ACS recommends the same as the American Heart Association: they encourage people who do not drink not to start. For those who do drink, they suggest limiting alcohol intake to no more than one drink per day for women, and two drinks per day for men.

RONA MARTIYAN, MS, RD, LDN

COUNCIL CORNER

AUGUST 2017

The County Fair is coming up fast, August 5 - 12! Howard County is celebrating 72 years of success. The County Fair showcases the efforts of many dedicated people of all ages who have helped nourish and grow the event over the years. Our Howard County Fair has grown to become the best in Maryland. We all look forward to this wonderful family oriented community event. Hope you are planning to attend. Senior Day is Tuesday, August 8 (free admission all day for age 62 and over.)

The Council is proud to introduce **Hillmuth Auto Care** as the "Platinum" business sponsorship for the Center's Pickle Ball & Pilsner event. Hillmuth Auto Care is a local trusted and experienced auto repair and maintenance service. The Pickle Ball & Pilsner event will be held on September 29, from 6pm to 9pm at the Center. We are looking forward to many entrants competing and the support of excited attendees. Please put it on your calendar.



Hillmuth Auto Care
hillmuth.com

FRIDAY, SEPTEMBER 29 - 6-9 PM
GARY J. ARTHUR COMMUNITY CENTER



FOR INFORMATION OR TO REGISTER CALL 410.313-5440

Enjoy an evening of Pickle Ball,
Live Music & Pilsner

Admission Only: \$20

Open to players of all levels and spectators 21 and over. 6 courts will be in action and equipment is provided. Players will be divided by self selected ability level. Enjoy an evening of fun, exercise and socializing. Pre-registration is strongly suggested but not required. Fee includes play time, 2 drinks, live music and refreshments.



WESTERN HOWARD COUNTY
Senior Council



Proceeds from this
event benefit
Western Howard
County Senior
Council, a 501c3
Organization

WESTERN HOWARD COUNTY
Senior Council



COMING SOON

Truck or Treat! We continue planning for our participation in the County event, Truck or Treat. We welcome volunteers to help out the Council for this event. Truck or Treat drew several hundred families to our Gary J. Arthur Community Center last year. Many little children and their parents explored the large vehicles that the county uses to keep us secure and safe. The county vehicle operators had a great time also.



NEXT MEETING

Our next Senior Council meeting will be on Tuesday, September 12 at 1 pm at the center. Think about joining us!