



Tips for Seniors this September and October:

## Embrace the *Beauty of Autumn*

As summer slowly gives way to crisp mornings and colorful leaves in most of the country, September and October offer a wonderful opportunity to enjoy the best of the autumn season. For many seniors, this time of year brings a chance to celebrate traditions, enjoy nature's beauty, and prepare for the cooler months ahead.

One of the highlights of fall is the changing scenery. A simple walk outdoors can become a breathtaking experience for both you and your caregiver as the trees turn brilliant shades of red, orange, and gold. If mobility is a challenge, even sitting by a window or taking a short drive can offer the same sense of peace and connection to nature. Fresh air and gentle movement are great for both physical and emotional health.

Autumn also means harvest season. Farmers' markets and grocery stores are full of seasonal favorites like apples, squash, and pumpkins. These foods aren't just delicious— they're also full of vitamins and nutrients that can support healthy aging. Consider making a warm bowl of homemade soup, baking a simple apple crisp, or trying a new pumpkin recipe to celebrate the flavors of the season. Cooking together with family or friends can also turn mealtime into a joyful social activity.

September is also Healthy Aging Month, a perfect reminder that staying active, socially engaged, and mindful of wellness is important at any age. Whether it's joining a book club, taking up a new hobby, or setting aside time for

gentle exercise, small steps can make a big difference in overall well-being. Fall can also be a good time to refresh routines – perhaps setting new goals for the last part of the year or revisiting old interests that bring joy and purpose.

October, on the other hand, brings awareness to breast cancer and the importance of preventive screenings. For women– and men too – it's a good time to check in with healthcare providers about recommended screenings and to encourage friends and loved ones to do the same.

As the days grow shorter, many seniors find it helpful to plan activities that add light and warmth to daily life. Listening to favorite music, working on puzzles, or decorating with seasonal touches like pumpkins and autumn wreaths can lift the spirit. For those who enjoy crafts, knitting a cozy scarf or making homemade decorations can be both fun and rewarding.

Fall is also a time of community. Local libraries, senior centers, and community groups often host seasonal events – from craft fairs to fall festivals– that provide opportunities to meet new people and stay socially connected. Volunteering is another meaningful way to spend time; many organizations welcome an extra set of hands during the holiday season. Giving back not only supports others but can also

bring a renewed sense of purpose.

And of course, autumn wouldn't be complete without its holidays. From Thanksgiving dinners to neighborhood Halloween events, these traditions bring people together across generations. Even small gestures, like handing out candy to trick-or-treaters or baking a pie for a family gathering, help keep seniors involved in the joys of the season. A phone call, a handwritten note, or a shared meal can brighten both your day and someone else's.

As the leaves change and the air turns cooler, these months remind us to slow down, savor the beauty around us, and take good care of ourselves. With a little planning and a lot of gratitude, autumn can be one of the most rewarding times of the year.

## OCTOBER IS Breast Cancer *Awareness* Month

This Breast Cancer Awareness Month, we gently remind our cherished seniors that regular mammograms are an important part of staying healthy. Early detection offers peace of mind – and more time for life's special moments.

# September is Falls Prevention Awareness Month

## Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Talk with your health care provider about medication side effects

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors

Stand up slowly to avoid dizziness

Do strength and balance exercises

Get your vision and hearing checked regularly

Use a cane or walker if you need more stability

Learn more about reducing your risk of falling at [www.nia.nih.gov/falls-prevention](http://www.nia.nih.gov/falls-prevention).





# Just For Fun: HARVEST WORD SEARCH

APPLE ORCHARD  
PUMPKIN PATCH  
CORN MAZE  
SQUASH VINE  
HAYRIDE ADVENTURE  
PINE CONE  
VINEYARD GRAPES  
GOURD CARVING  
WHEAT FIELD  
PEAR TREE  
HARVEST MOON  
SCARECROW BUILDING  
TRACTOR RIDE  
BARN PARTY  
SILO STORAGE  
FARM FRIEND  
CROP GATHERING  
BUSHEL BUCKET  
AUTUMN BOUNTY  
FALL YIELD

X	D	O	A	J	J	S	S	I	L	O	S	T	O	R	A	G	E	Q	U
X	K	F	P	J	N	B	A	R	N	P	A	R	T	Y	N	W	A	Y	S
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G	O	P	E	E	W	I	N	R	H	U	L	R	H	U	D	A	N	W	R
X	S	R	O	H	A	Y	R	I	D	E	A	D	V	E	N	T	U	R	E
S	J	A	R	A	P	C	C	D	D	C	L	W	H	A	R	F	C	F	C
Q	F	S	C	R	V	E	U	Q	D	P	Q	B	Y	F	U	I	R	A	R
G	A	W	H	V	O	M	A	R	M	Z	I	H	U	P	A	E	O	L	O
Q	R	Z	A	E	P	S	U	R	J	S	C	N	K	C	B	L	P	L	W
E	M	T	R	S	E	O	T	L	T	T	Q	M	E	A	K	D	G	Y	B
A	E	A	D	T	G	M	U	A	A	R	E	U	S	C	L	E	A	I	U
Z	R	N	X	M	Y	S	M	P	X	L	E	V	A	V	O	O	T	E	I
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V	P	J	V	I	N	E	Y	A	R	D	G	R	A	P	E	S	N	I	R



The word **harvest** means “autumn” in Old English – a true celebration of the season’s abundance.

**Fall harvest** brings cozy traditions like apple picking, pumpkin patches, and corn mazes.

Around the world, **harvest festivals** are a time to give thanks for nature’s gifts and gather with community.

From root veggies to golden grains, the fall harvest fills our tables with **warmth and comfort**.



## Orecchiette with Broccoli Rabe

Prep Time: 20 mins; Cook Time: 20 mins; Serves 4

### Ingredients

- 3 Plant-Based Italian Sausages or regular, if desired
- Extra-virgin olive oil
- 1½ bunches broccoli rabe
- 8 ounces dry orecchiette pasta
- 4 garlic cloves, sliced
- ¼ cup dry white wine
- ⅓ cup grated parmesan cheese
- 1 tablespoon lemon juice, plus 1 teaspoon zest
- ¼ to ½ teaspoon red pepper flakes
- Sea salt and freshly ground black pepper
- 2 caramelized onions
- 8 oil-packed sun-dried tomatoes, chopped
- ⅓ cup pine nuts

### Directions

- Break the sausages into small pieces. Heat a cast-iron skillet to medium, brush plant-based with ½ teaspoon of olive oil and cook until well-browned. Remove and set aside.
- Trim ½ inch off the ends of the broccoli rabe. Prepare a large pot of salted boiling water. Drop the broccoli rabe into the boiling water and boil for 2 minutes. Scoop out the broccoli rabe, reserving the boiling water. Drain and place onto a clean kitchen towel. Pat dry and chop into 1-inch pieces.
- Bring the pot of water back to a boil, add more salt, and cook the pasta according to package directions or until al dente. Reserve ½ cup of the starchy pasta water.
- When the pasta has about a minute left, heat 1 table-

spoon of olive oil in a large skillet over medium heat. Add the garlic and broccoli rabe and cook for 30 seconds. Add the wine, cook for 30 seconds, then use a slotted spoon to scoop the pasta directly from the pasta pot into the skillet.

- Add the reserved pasta water, cheese, lemon juice, zest, red pepper flakes, ½ teaspoon salt, and freshly ground pepper and stir to combine. Stir in the cooked sausage, caramelized onions, sun-dried tomatoes, and top with the pine nuts. Season to taste and serve.

## Apple Crumble

Prep Time: 10 mins;

Cook Time: 33 mins;

Serves 6

### Ingredients

#### Spiced apple filling

- 5 apples, peeled and cut into 1-inch pieces
- 1 tablespoon apple cider vinegar
- 2 tablespoons water
- 1 teaspoon cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon nutmeg
- Pinch of sea salt

#### Topping

- ½ cup almond flour
- ⅓ cup all-purpose flour
- ⅓ cup whole rolled oats
- ⅓ cup crushed walnuts
- ⅓ cup brown sugar or coconut sugar
- ⅓ cup melted coconut oil
- ½ teaspoon cinnamon
- Heaping ¼ teaspoon sea salt
- 1 teaspoon water, if needed

### Instructions

- Preheat oven to 400°F; grease an 8x8-in. baking dish.
- Make the filling: Combine the apples, apple cider vinegar, and water in a saucepan and simmer over very low heat, covered, stirring occasionally (making sure the apples don't burn on the bottom of the pan) for 15 minutes.
- Uncover, stir, and add the cinnamon, ginger, nutmeg, and salt and stir again. The apples should be tender, and the juices should be thick.
- Make the topping: In a food processor, place the flours, oats, walnuts, sugar, coconut oil, cinnamon, and salt and pulse until crumbly. Add the water if needed.
- Scoop the apple filling into the baking dish and sprinkle with the topping. Bake for 18 to 22 minutes or until lightly crisp on top.



– courtesy of [loveandlemons.com](http://loveandlemons.com)