Assisting Hands® Home Care

Hand in Hand

eNewsletter

Read online at www.assistinghands.com/newsletter

SEPTEMBER/OCTOBER 2024



Golden years, golden leaves: Seniors embrace fall with seasonal fun

In most parts of the country, fall is a time of transition. Summer fades into the crisp embrace of autumn. For seniors, this time can be particularly special. The cooler weather often brings a sense of renewal, encouraging outdoor activities that were perhaps too strenuous during the summer heat. It's a great time for walks in the park, getting out and taking in the sights of the season, participating in community events, and more.

The month of September is also recognized as Healthy Aging Month – a time to focus on the positive aspects of growing older. It encourages seniors to adopt healthier habits, whether through better nutrition, regular physical activity, or mental wellness practices. The awareness month serves as a reminder that aging can be a time of growth, joy, and continued vitality.

The crisp fall air and colorful foliage make autumn an ideal time for seniors to engage in outdoor activities. Whether it's taking a stroll through a local park, visiting a pumpkin patch with family, or enjoying a scenic drive, getting outside can boost both physical and mental

continued on page 2

health. Walking is a low-impact exercise that promotes cardiovascular health, and being in nature can reduce stress and is proven to improve mood.

Fall is also harvest season, bringing an abundance of fresh, nutritious produce. Take advantage of this by visiting a local farmer's market for seasonal vegetables like squash, sweet potatoes, and Brussels sprouts, which are rich in vitamins and antioxidants. Apples, a fall favorite, are not only delicious but also high in fiber, which supports digestive health. Cooking with fresh, seasonal ingredients not only supports healthy eating, but also brings a sense of connection to the season and all its bounty.

Many communities host fall festivals, Halloween events, and other gatherings that provide chances for seniors to engage with others. These events can be especially meaningful for those who enjoy reminiscing about past traditions, or wish to create new ones with family and friends.

In essence, fall offers a chance for seniors to embrace the changing season, both in nature and in life, with a focus on wellness, community, and the joys of aging gracefully. Fill these months with rich experiences by blending outdoor activities, healthy eating, staying social, and a focus on well-being. It's a time to celebrate the beauty of the season and the joys of living well in the later years of our lives.

Facts and Figures:
Breast cancer

October is recognized as Breast Cancer Awareness Month. The following statistics and facts emphasize the importance of awareness, early detection, and research in the fight against breast cancer.

- Breast cancer is the most common cancer among women worldwide, accounting for about 1 in 8 women in the U.S. who will develop it during their lifetime.
- In women, breast cancer is the second leading cause of cancer death after lung cancer.
- Recent data shows that approximately 264,000 new cases of invasive breast cancer are diagnosed in women in the U.S. each year, along with 42,000 deaths.
- The 5-year relative survival rate for breast cancer has improved significantly, with an overall rate of 90% due to early detection and treatment advancements.
- The importance of regular mammograms can help detect breast cancer early when it is most treatable. Women aged 50 to 74 are encouraged to have mammograms every 2 years. While mammograms are crucial, self-exams and being aware of changes in breast tissue can help in early detection.

Take Control of Your Health:
6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**

Stay safe with these tips!



1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

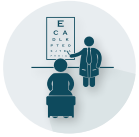
Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To learn more, visit ncoa.org/FallsPrevention.

www.facebook.com/NCOAging | www.twitter.com/NCOAging
ncoa.org | @NCOAging | ©2023 | All Rights Reserved.
ncoa national council on aging

Just for Fun: AUTUMN SEARCH

APPLES
AUTUMN
BIRDS
BLANKET
BONFIRE
CHANGING
CIDER
COLORFUL
COY
CROW
DECIDUOUS
EQUINOX
FLANNEL
FOLIAGE
FROST
HARVEST
HAYRIDE
JACKET
LEAVES
MIGRATE
ORCHARDS
PUMPKIN
QUILT
RAKE
RUSTLING
SCARECROW
SEASON
SPIDER
SQUASH
SQUIRREL
SUNFLOWER
SWEATER
TREES
VEGETABLES
WHEELBARROW

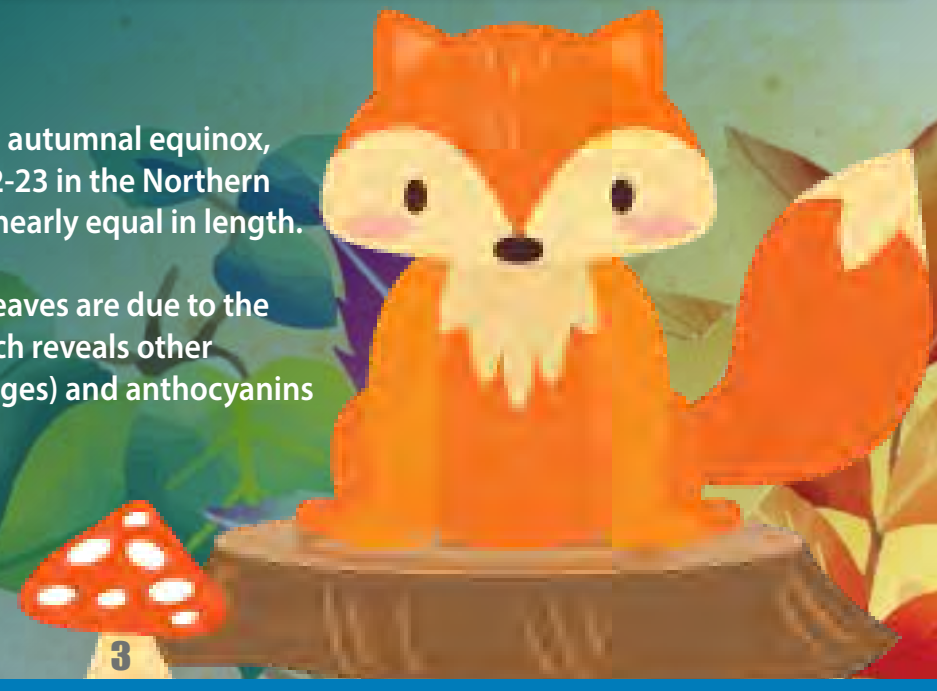
Q	L	W	E	J	M	E	D	I	R	Y	A	H	K	Z	B	N	U	T	C	V	P
H	N	P	G	I	B	T	S	C	U	E	T	S	O	R	F	D	R	O	S	A	M
R	B	S	A	Z	D	E	P	Q	N	J	W	I	V	G	X	T	L	E	K	F	H
Y	Q	U	I	L	T	K	J	F	U	B	H	O	A	E	C	O	L	Q	D	B	S
A	K	X	L	C	V	N	R	E	D	I	P	S	L	M	R	B	H	U	Z	I	F
V	W	D	O	E	J	A	P	B	G	Z	R	Q	H	F	A	S	M	I	T	Y	C
M	O	G	F	T	W	L	E	V	S	N	B	R	U	T	N	I	A	N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

Fun fall facts:

– Autumnal Equinox: Autumn begins with the autumnal equinox, which typically occurs around September 22-23 in the Northern Hemisphere. On this day, day and night are nearly equal in length.

– Changing Leaves: The vibrant colors of fall leaves are due to the breakdown of chlorophyll in the leaves, which reveals other pigments like carotenoids (yellows and oranges) and anthocyanins (reds and purples).

– Oktoberfest, a famous beer festival, originated in Germany and traditionally starts in late September, celebrating Bavarian culture.



Simply Delicious



Spicy Black Bean Chicken Enchiladas with Pumpkin Sour Cream Sauce

Prep Time: 20 min. ***Cook Time:*** 30 min. ***Yield:*** 12 servings

Ingredients

For pumpkin sour cream sauce:

- 1 (15 ounces) can pumpkin puree
- 1 (14.5 ounce) can tomato sauce
- 1/2 cup low fat sour cream
- 1/3 cup water or low sodium chicken broth
- 2 cloves of garlic, minced
- 3 tablespoons chili powder (I used McCormick chili powder, which is mild)
- 2 teaspoons cumin
- 1/2 teaspoon red cayenne pepper (use less or omit if you don't like spicy things)
- Freshly ground salt and pepper, to taste

For filling:

- 1 teaspoon olive oil
- 1/2 white onion, diced
- 1 jalapeño, seeded and minced
- 2 garlic cloves, minced
- 2-3 cups cooked and shredded chicken breast
- 1 (15 ounce) can of black beans, rinsed and drained
- Freshly ground salt and pepper
- 12 soft corn tortillas (you can also use 6 inch flour tortillas)
- 2 cups shredded Mexican or colby jack cheese

Directions

- Begin by making the pumpkin sour cream sauce: In your food processor or blender combine pumpkin puree, tomato sauce, sour cream, water/broth, garlic, chili powder, cumin and cayenne; puree until smooth. You can also do this in a large bowl. Taste and season with salt and pepper.
- Preheat oven to 350 degrees F. Spray 9x13 baking dish with nonstick cooking spray and add 3/4 cup of pumpkin sauce to the bottom; use a spatula to spread out evenly. Set pan aside.
- Place shredded chicken in large bowl and add 3/4 cup of the pumpkin-sour cream sauce to it. Set aside.
- Next make the filling: Heat large non-stick pan over medium heat and add olive oil. Add onion, jalapeno and minced garlic and cook 3-5 minutes or until onions begin to soften.
- Remove from heat and transfer into the bowl with the chicken, then add in the black beans and 1 cup of the pumpkin sauce. Stir to coat the filling.
- Next warm tortillas in microwave for about 20 seconds so they are easier to roll. You can splash a little water on them before microwaving to make them more pliable. Then, place about 1/4 cup mixture on each tortilla. Sprinkle 1 tablespoon of cheese in each tortilla. Roll each tortilla and place seam side down in baking pan. Pour remaining pumpkin sauce on top of all the tortillas and then sprinkle remaining 1 1/4 cup cheese on top.
- Bake for 20-30 minutes until cheese is melted and edges of tortillas begin to turn golden brown. Top with sour cream, avocado, or cilantro. Makes 6 servings -- about 2 enchiladas each (12 total).



Homemade Pumpkin Spice Latte

Prep Time: 5 min. ***Cook Time:*** 5 min. ***Yield:*** 1 servings

Ingredients

- 2 shots espresso (or sub 1/2 cup hot freshly brewed coffee but I prefer espresso)
- 1 cup milk of choice, preferably a milk that froths well (we love oat milk)
- 3 tablespoons pumpkin puree
- 1-2 tablespoons maple syrup, to sweeten
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- Whipped cream for topping (optional but recommended)

Directions

- Pour milk into a small pot and heat over medium-low heat until it is hot and almost simmering, but do not boil the milk.
- Make your espresso and pour it into a large mug or glass mason jar. Add pumpkin puree, maple syrup, pumpkin pie spice and vanilla and stir until well combined.
- Use a milk frother to froth your milk for about 30 seconds or until foamy, then pour into the mug on top of the pumpkin espresso mixture. Reserve the extra foam, and spoon it on top.
- Feel free to top with whipped cream if you wanna get a little fancy. Sprinkle with a little extra pumpkin spice or cinnamon.

– courtesy of ambitiouskitchen.com

©2024 Assisting Hands® Home Care, Nampa, Idaho 83687. All Rights Reserved.