



Meals on Wheels Gazette

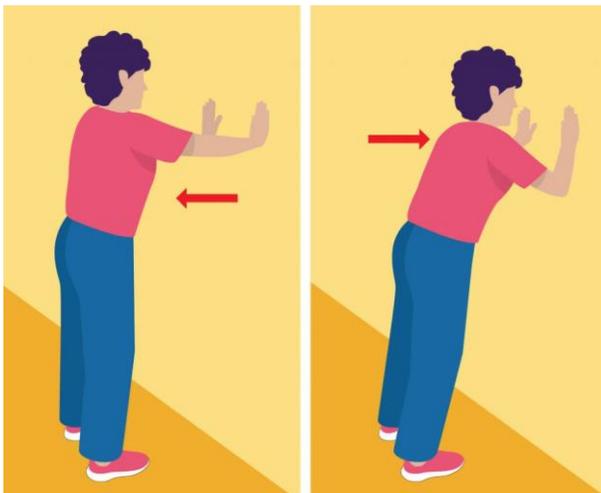
October 2020

"Autumn Days are Here Again!"

Well its official, Summer has come to an end and Autumn has made its appearance. The air is crisp, the leaves are falling, and there are pumpkins everywhere! Take a moment to enjoy the cool fresh air and the beauty of the changing leaves. Autumn is the time to really focus on ways to stay healthy during the coming winter months. Here are a few tips on ways to keep your body happy and healthy:

- ❖ Vitamin D intake is very important especially during the winter months. The sun provides most of our Vitamin D for us, so if you don't get enough natural Vitamin D, talk to your doctor about a supplement. This could help boost your immune system and help keep seasonal depression at a low.
- ❖ Eat foods that are rich in Vitamin D: Egg yolks, seafood, cheese, healthy grains, and foods fortified with Vitamin D such as milk, orange juice, soy milk, and cereal. These are all great sources of Vitamin D.
- ❖ Be sure to keep up on your intake of foods high in Vitamin C. Vitamin C will assist in helping fight off the common cold and the flu. Try eating oranges, bell peppers, strawberries, broccoli, tomatoes, kale, and snow peas!
- ❖ Stay Hydrated! No matter what season it is you should try to drink plenty of water every day. Staying hydrated and drinking water helps keep your temperature normal, it helps with brain function, assists with preventing and relieving headaches, and helps reduce stress!

Wall Push-Ups



Do you have a wall in your home? Well that's all you need for this strength training exercise!

Here's how:

Be sure to choose a wall that has no decorations, pictures, windows or doors and stand an arm's length away from the wall. Slightly lean forward with your palms flat on the wall, at the height and width of your shoulders. Keep your feet planted flat on the floor as you slowly bring your body towards the wall and bend at the elbows. Gently push yourself back so that your arms are straight. Do 20 of these or as many as you can do.

www.lifeline.ca

The Meals on Wheels Gazette is a monthly publication of the Broome County Office for Aging. If you have any questions, please call 607-778-6205. The nutrition program is sponsored by the U.S Administration on Aging, New York State Office for Aging, and Broome County Office for Aging.

Warm up this Fall with this yummy pumpkin oatmeal recipe!



Pumpkin Oatmeal



Ingredients:

- ❖ 1 cup of rolled oats
- ❖ 1 ½ cups of milk of your choice (can use water or a mixture of both)
- ❖ 2 tablespoons of maple syrup – plus additional to taste
- ❖ 1/2 teaspoon of ground cinnamon*
- ❖ 1/4 teaspoon of ground ginger*
- ❖ 1/8 teaspoon of ground allspice *
- ❖ 1/8 teaspoon of ground nutmeg*
- ❖ 1/2 cup of canned pumpkin puree – NOT pumpkin pie filling
- ❖ 1/4 teaspoon of kosher salt

Can substitute spices for 1 teaspoon of pumpkin pie spice

Topping Options:

- ❖ Fresh Fruit (ex. apple slices, bananas, blueberries)
- ❖ Greek Yogurt
- ❖ Toasted nuts or seeds (ex. pecans or walnuts)
- ❖ Dried Fruit



Instructions:

1. In a large microwave safe bowl (larger than you think you need, the oats will bubble up), add the oats and milk or water. Microwave on high for 2 minutes or until the oats are cooked through.
2. Stir in the pumpkin, maple syrup, spices and salt. Adjust spices to taste and serve with desired toppings.

www.wellplated.com

Halloween Facts:

- The first Jack O'Lanterns were made from turnips.
- 50% of children prefer chocolate candy on Halloween than other candy.
- The Guinness World Record for heaviest pumpkin was 2,624.6 lbs.
- Ireland is believed to be the birth place of Halloween.
- Boston, Massachusetts holds the world record for the most Jack O'Lanterns lit at once. (30,128)
- Candy corn was originally called chicken feed.
- Trick-or-Treating has existed since medieval times!

www.factretriever.com

HALLOWEEN

word search



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



CANDYCORN
CAT
GHOST
HALLOWEEN
MONSTER
MUMMY
PUMPKIN
SPIDERWEB
VAMPIRE
WITCH