

◆ APPLE CORE ◆

409-892-4455 | 409-722-7782

NUTRITION & SERVICES FOR SENIORS

October 2018



OCTOBER INSPIRATION

"I hope I can be the Autumn leaf, who looked at the sky and lived. And when it was time to leave, gracefully it knew life was a gift." -Dodinksy

"Autumn shows us how beautiful it is to let things go."

"Everyone must take time to sit and watch the leaves turn." -Elizabeth Lawrence

"I'm so happy I live in a world where there are Octobers." - Anne of Green Gables

"Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale." -Lauren DeStefano

"My sorrow, when she's here with me, thinks these dark days of autumn rain are beautiful as days can be; she the bare, the withered tree; she walks the sodden pasture lane." -Robert Frost



Celebrate Eat Better, Eat Together Month With Congregate Dining

October is National Eat Better, Eat Together Month and what better way to take action than to join a Congregate Dining Program?

For information on our Congregate Dining Programs please call 409.892.4455.
Congregate programs have the following benefits for people who participate:



Sense of Community - People who regularly participate in congregare meals feel a sense of community and connection with their peers. Research shows that people at any age are much more fulfilled when they are part of a group.

Decrease of Alzheimer's and Dementia - Socializing as little as 30 minutes per day has been shown to increase brain health and cognitive ability that decreases the likelihood of brain diseases such as Alzheimer's and dementia. It's the old adage of use it or lose it.

Purpose - Seniors with a sense of purpose are happier, more fulfilled and healthier. Congregate meals give seniors a daily activity to look forward to. The social interaction provides an environment where peer to peer interaction takes place that leads to seniors becoming emotionally vested in the group. Seniors are able to contribute to other people's lives on an individual and group basis leading to a great sense of purpose.

Positive Relationships Leading to Happiness - Healthy relationships formed during congregare meal times have been proven to decrease stress and loneliness. Negative emotions such as stress have been linked to high instances of sickness and disease because they cause the body to release cortisol that eventually breaks down the immune system. Stress has been directly linked to high blood pressure, heart disease, stroke and type 2 diabetes.

Healthy Nutrition - Many seniors suffer from malnutrition because of unhealthy, unbalanced meals. Congregate meal plans are always hot and nutritious and meet nutritional standards. Seniors who come for the great conversation and activities will also get a well-balanced and great tasting meal.

Decrease in Stress - Congregate meal programs provide participants with a sense of structure that leads to a reduction in stress. Seniors tend to thrive on routine and structure. The best life for an elderly person is one that is predictable and stable. Seniors who live in unpredictable environments live in fear and are far more insecure. Fear and insecurity cause elevated levels of stress that is deadly to emotional and physical well-being. When stress is reduced the body's systems function better, particularly the immune system.



NSS Fall BBQ Baked Potato Fundraiser

October 25, 2018

Order deadline is
Monday, October 22nd!

Call Lottie
(409) 892-4455

**PLACE ORDERS NOW
\$8 / each**

Includes BBQ Chip Beef,
Butter, Cheese and Sour
Cream on the side



NSS Fall Pie and Cookie Fundraiser

November 21, 2018

Fresh Baked 10" Pies - \$10 / ea.

Cookies - \$8 / dozen



**PLACE AN ORDER
409.892.4455**

HALLOWEEN PUNS A Frightfully Batty List

Q: What kind of music did the mummies play at the Halloween party?
A: Wrap!

Don't go trick-or-treating with any vampires this Halloween - they can be a real pain in the neck!

Q: Why did the witch turn someone into a ROAD?
A: She forgot to use spell check!

Halloween candy is yummy and all, but don't forget to save room for "I scream."

Q: What is Dracula's second favorite holiday after Halloween?
A: Fangs-giving!

No matter what costumes they wear, when the Halloween candy comes out, everyone is a goblin! (Get it - Goblin?)

Q: Why didn't the ghost dance at the Halloween party?
A: Because he had no BODY to dance with!

Q: Why did the ghost have to leave the Halloween party early?
A: He couldn't handle his BOOS!

Q: What kind of beans did the monsters put in their spooky Halloween chili?
A: Human beans!

Cemeteries are always popular on Halloween. You might say people are dying to get in!



Celebrate National Caramel Month with this Simple Recipe

INGREDIENTS:

- 1 1/2 sticks butter
- 1/2 cup sugar
- 3 tablespoons light corn syrup
- 14 oz. sweetened condensed milk
- wax paper
- OPTIONAL: Coarse sea salt, 1/2 teaspoon vanilla (see note)



INSTRUCTIONS:

- In a medium sauce pan, add butter and sugar and stir over medium heat until melted.
- Stir in corn syrup and condensed milk
- Bring to a boil and then decrease to simmer 7-10 minutes or until mixture achieves golden brown color, stirring constantly.
- Pour caramel into a foil-lined 8x8 inch pan and allow to cool completely. Sprinkle with coarse salt if desired.
- When completely cooled (1-2 hours), cut into squares and wrap in wax paper.

Note: Makes about 20-30 caramels depending on how large you cut them. For additional richness and flavor, you can stir in 1/2 teaspoon vanilla after removing the caramel from the heat and before pouring it into your prepared pan. Sprinkle coarse sea salt on top of caramels for a boost of rich, salted caramel flavor!

Tips to Boost Your Nutritional Health



Stick to healthy fats. Choose healthy fats found in seeds, nuts, avocados, fatty fish, and vegetable oils rather than saturated fats and trans fats.



Drink up. Water, of course. To stay hydrated, drink a lot of water and non-caffeinated beverages. Eat foods with high water content (like soups, cucumbers, grapes and melons) unless instructed otherwise by your doctor.



Opt for whole grains. These fiber- and nutrient-rich foods will help your digestion and protect your heart. Choose brown rice, whole grain cereals, and whole wheat bread instead of white bread and refined grains.



"Rough up" your diet. Include a variety of high-fiber foods every day, such as raw fruits and vegetables and whole grains. These foods help cut down on constipation; provide the vitamins, minerals, fiber and nutrients that you need for healthy aging; help maintain your weight; and reduce your risk of heart problems. If you're not sure you're getting enough fiber, talk to your doctor about supplements.



Pack in protein. Power your body with lean proteins like beans, eggs, chicken, fish, lean meats and nuts.



Remember that calcium is critical. Everyone needs calcium to protect bone health, but seniors should really bone up on calcium-rich foods like low-fat dairy products. A calcium supplement, usually paired with vitamin D — its partner in bone building — can also help you get what you need.



Shop for B12. As an older adult, you should also look for foods, like cereals, that are fortified with vitamin B12. Because of the body's decreased ability to absorb B12, getting more through diet and supplements will ensure that you meet your requirements.

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