

◆ APPLE CORE ◆

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NUTRITION & SERVICES FOR SENIORS

October 2019



Why are ghosts bad at lying?
BECAUSE YOU CAN SEE RIGHT THROUGH THEM!

What do you do when 50 zombies surround your house?
HOPE IT'S HALLOWEEN!

Why didn't the skeleton want to go to school?
HIS HEART WASN'T IN IT.

Why didn't the skeleton go to the ball?
BECAUSE HE HAD NO BODY TO GO WITH.

What do you call a fat pumpkin?
A PLUMPKIN!

What room does a ghost not need?
A LIVING ROOM!

What do ghosts eat for supper?
SPOOKETI

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HAPPY HALLOWEEN

Enjoy these Halloween fun facts!!



Halloween originated in **IRELAND!**



According to legend, if you see a spider on Halloween, it's actually the spirit of a loved one watching you.



Michael Myers' mask is actually a William Shatner mask!



The first Jack O Lanterns were actually made from turnips.

October is Healthy Lung Month

5 Ways To Keep Your Lungs Healthy



Don't smoke or stop smoking.



Prevent infections by consuming plenty of water and vegetables.



Avoid exposure to pollutants such as secondhand smoke.



Breathe deeply for 2-5 minutes to increase vital capacity.



Exercise to breathe harder.



HALLOWEEN WORD SEARCH

WORDS

HALLOWEEN
OCTOBER
SPOOKY
SCARY
GHOST
VAMPIRE
WITCH
ZOMBIE
MONSTER
CANDY
PUMPKIN
SPIDER

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

HALLOWEEN SAFETY TIPS FOR SENIORS

Check the lights. The last thing you want is to realize that your porch light is out when Halloween rolls around. This could not only deter trick-or-treaters, but also invite a criminal element. Before the holiday, check all of the lights around your entryways to make sure they're working properly, and replace any bulbs that have burned out. You may also want to take this opportunity to upgrade to brighter lighting or even consider installing motion-sensor floodlights on your property for increased safety year-round.

Use the peephole. Before you answer the bell, it's imperative that you check the peephole to see who is standing outside your door. If it's a group of teens or a lone adult, you might want to keep the door closed for the sake of safety.

Make it social. Seniors that live alone may be understandably concerned about opening the door to strangers on Halloween. For this reason, it may be wise, not to mention more fun, to hand out candy with a friend or relative. Invite someone over or simply go to a family member's house for the evening to play it safe. For elderly with dementia, the ringing doorbell can be a source of confusion and anxiety, as can all the masked visitors. In such cases, it's probably best to take elderly loved ones to a family home or to a social event where they won't be disturbed by the hallmarks of the holiday, or at least they'll have trusted individuals around to help them cope.

Put out a sign. Turning off the lights is the traditional signal that a household has run out of candy and does not want trick-or-treaters, but a dark house could also serve as a target for vandals or other criminals. Instead, leave lights on indoors and out, whether you're at home or away for the night, and place a sign outside informing visitors that you have no more candy, or simply leave a bowl of candy on the porch.

Consider safety hazards. If you plan to hand out candy, you'll want to make sure that all walkways (inside and out) are clear of obstacles and clearly lit. For one thing, you want to avoid tripping or slipping hazards that could impede your progress to the door. However, you also want to make sure that kids coming to your door aren't going to catch their costumes on fire when brushing past paper bag lanterns or lit pumpkins. This ensures a fun and safe Halloween for all.

HALLOWEEN WORD SCRAMBLE

Unscramble the Halloween words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

OYPKSO

--	--	--	--	--	--

LABCK

--	--	--	--	--

OLSETENK

--	--	--	--	--	--	--	--

NTHAEDU EUHOS

--	--	--	--	--	--	--

--	--	--	--	--

ATHPNOM

--	--	--	--	--	--

RIMG EPERAR

--	--	--	--

--	--	--	--	--	--

AUONDLCR

--	--	--	--	--	--	--

What is a witch's favorite food?

--	--	--	--	--	--	--



Caramel-Toffee Apple Dip



INGREDIENTS

- 1 carton (12 ounces) whipped cream cheese
- 1-1/4 cups caramel apple dip
- 1 package (8 ounces) milk chocolate English toffee bits
- Apple wedges

DIRECTIONS

Spread cream cheese into a serving dish. Layer with apple dip and sprinkle with toffee bits. Serve with apple wedges.