

Fiber

Fiber is a carbohydrate that cannot be broken down within our bodies, therefore we dispose of it in our output naturally. A diet rich in fiber can help keep us regulated (not constipated), bulk up stools, regulate blood glucose (blood sugar) levels, lower cholesterol, and provide us with much needed energy. The recommended daily intake of fiber is 25-30 grams/day. Foods high in fiber include beans, whole grains, berries, and **apples!**



October 27 is APPLE DAY

Apples are an easy-to-find fruit in Southeast Idaho during the Fall months. Local pumpkin patches will often offer fresh pressed cider and apple products. Applesauce and apple butter are quick and easy to prepare, and offer tons of fiber and vitamin C (1 medium sized apple = 4 grams of fiber and about 15% of daily recommended vitamin C intake).

Apple Sauce

- 4 apples of your choice, peeled, cored, and cubed
- ½ cup sugar (or sugar substitute)
- ½ cup water
- 1 tsp ground cinnamon

Place all ingredients in a medium-size pot and simmer for 15-20 min. Mash with a potato masher to desired consistency. Enjoy!

Apple Butter or Pumpkin Butter

- 6 medium sized apples (**or 2 cups of pumpkin**) of your choice, peeled, cored, and cubed
- ⅓ cup brown sugar
- 2 tsp ground cinnamon
- 1 tsp salt

Place all ingredients into a medium sized pot and simmer on medium-low for 30 min or until apples/pumpkins are tender. Smash with a potato masher to desired consistency.

- * Serve sauce or butter on top of ice cream, toast, cottage cheese, melted brie, etc
- * Rather than using a pot, a slow cooker can also be used at "low" setting for 8-9 hours
- * Store apple/pumpkin butter in an airtight container for up to 10 days or freeze up to 9 months!



SENIOR NUTRITION NEWSLETTER

Nutrition Information, Recipes, and Resources for Seniors



Washington
State Department of
Agriculture

SUMMER 2026

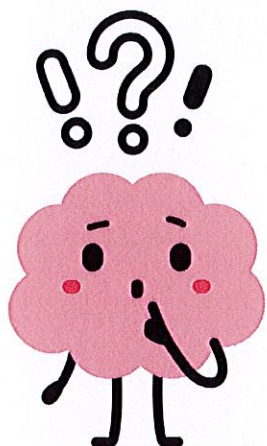
VOLUME 8, ISSUE 1

Welcome back, Summer! This newsletter's main topic is all about our brain, what it does for us, and how we can keep it as healthy as possible.



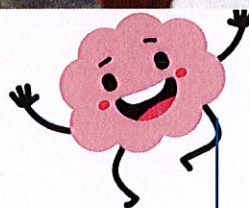
Thank You, Brain

It would be impossible to list all the incredible and important things that our brains do for us. Many people spend their entire lives studying the functions of the brain, and yet there is still so much we don't know. However, after decades of research, there are many things about the brain that we do know, including proven ways to keep our brains as healthy as possible for as long as possible.



Read on to learn about a few of the many, many things our brains do for us!

CONTINUED ON PAGE 2



Days to Celebrate

JULY

- 3 Eat Your Beans Day
- 8 Blueberry Day
- 19 World Cup Final Match

AUGUST

- 2 National Farmers Market Week
- 6 Farmworker Appreciation Day
- 21 Senior Citizens Day

SEPTEMBER

Healthy Aging Month

- 4 National Food Bank Day
- 14 National Food is Medicine Day

Store memories

Think back to a memory that made you happy recently. Maybe you held your grandchild, shared a nice exchange with a food bank volunteer, or won in your favorite card game. Our ability to hold onto memories is all thanks to our brain, and specifically a part of our brain called the hippocampus. Making memories is such a special part of being human.

Communicate with one another

We are naturally very social creatures who depend greatly on our ability to communicate in order to survive. And, we have our brains to thank for allowing us to communicate! This includes facial expressions, hand gestures, body language, and verbal language. Did you know that over 50% of our communication with one another actually occurs through our body language? When someone is smiling at us, no matter what language they speak, our brains help us interpret their smile as a communication signal of friendliness.

Process and use our senses

Do you know what the five senses are? They are sight, hearing, taste, smell, and touch. Humans rely on these senses to interact with our surroundings and keep us safe. Each of these senses relies on the brain to do its job.

Our eyes, ears, and nose are directly connected to our brain, while our tongue and touch communicate with our brain through nerves and sensory receptors. Some people may be born without one or more senses, while others may lose a sense during their life. Our brains adapt, and so do our societies! That's why we have developed Braille, so that people who are blind can read, and sign language,

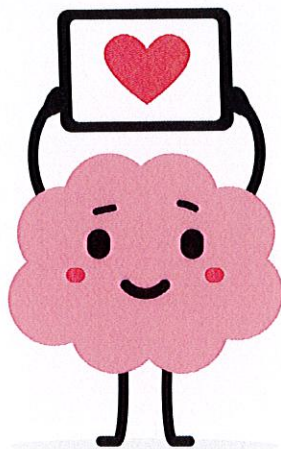


so that people who are deaf can still talk. We are so resilient!

Feel and process emotion

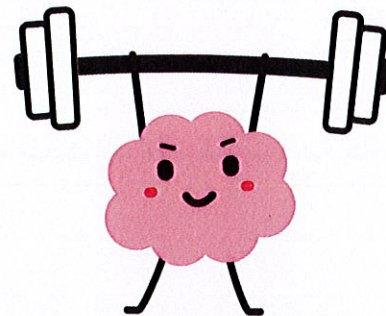
Emotions have been studied since the days of the great philosopher, Plato. There are six core types of emotions universal to humans: happiness, sadness, disgust, fear, surprise, and anger. Within these, we can experience numerous more emotional states, such as grief, love, jealousy, embarrassment, boredom, and awe. Emotions

are complex, and they are all tied back to our amazing brain. The part of the brain called the amygdala is responsible for emotional processing, although many other parts of the brain work together to respond as the emotion is being processed. Some people try not to feel their emotions, but we're here to tell you that being emotional means being human! It's healthy and natural to express emotion. 🌱



Taking Care of Our Brain

So, what can we do to keep all of these amazing functions of our brain working for as long as possible? The answer is: A LOT! Below are some of the most studied ways that older adults can take care of their most precious organ.



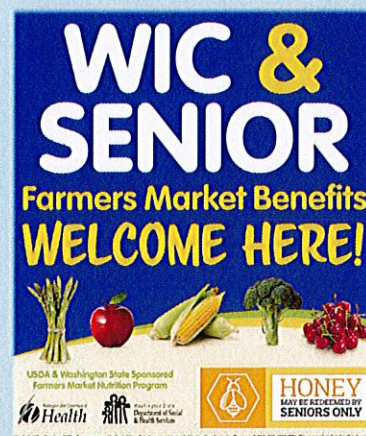
Quality Sleep: There's a reason humans spend one-third of their lives sleeping. It is a crucial time for our bodies and brain to recharge and detox. You should aim for 7-9 hours of sleep each night. If you have problems sleeping (millions of people do!), some things that could help are: calming your brain by taking deep breaths and listening to soothing sounds, setting a regular sleep schedule for yourself, and putting away screens at least one hour before bed.

Regular Exercise: Physical activity is one of the most powerful tools to take care of our brain. Exercise helps send more oxygen to our brain, while also releasing important enzymes (proteins) that protect the brain from aging. Exercise is also highly effective at improving your sleep, so it's a win-win for brain health. If you are able, an easy, free, and low-barrier form of exercise that is also very effective is walking.

A Healthy Diet: We recognize that eating healthy can be a big challenge, especially when healthy foods are so expensive and you never know what will be available at your food bank. Whenever possible, choose to eat foods that are high in fiber (broccoli, spinach, lentils, chickpeas, berries, pears, oatmeal), antioxidants (berries), protein (fish, beans, eggs), and healthy fats (walnuts, almonds, pumpkin seeds).

Maintain Social Connections: We are social creatures and we require social connections to stay healthy and keep our brains sharp. Studies show that maintaining friendships and community later in life can help reduce brain decline and depression. Do you have a community that you're part of? Are you a member of your local senior center? Don't hesitate to reach out to a food bank employee to ask how you can get more connected to your community.

Keep Your Brain Challenged: Just like our bodies, our brains need exercise, too! It is so important to keep our brains engaged in our daily lives, processing information, and learning new things. There are many ways to exercise our brains, which can start by waking up each morning and writing down what day it is and one thing you are grateful for. Other activities include doing puzzles, solving Sudoku or Crosswords, knitting, playing music, gardening, or practicing yoga. When is the last time you learned something new? Let's make summer 2026 the summer you try new things! 🌱



Buy Local Through the Senior Farmers Market Nutrition Program

Your local farmers market is filled with locally grown foods that support brain health, and the Senior Farmers Market Nutrition Program (SFMNP) can help your dollars go further!

If you've already applied and your benefits are active, you have until October 31st to spend them. If you'd like to learn more and apply, scan the QR code or go to:

dshs.wa.gov/altsa/home-and-community-services/senior-farmers-market-nutrition-program.



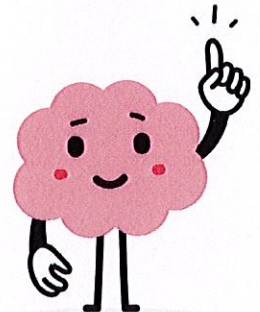
Word Search



Let's exercise our brains!

Can you find all the hidden words in the Word Search below? Words can be found horizontally, vertically, diagonally, and even backward!

AMYGDALA	LANGUAGE
ANTIOXIDANTS	MEMORY
BRAIN	ORGAN
COMMUNICATION	PROTEIN
COMMUNITY	SIGHT
EMOTIONS	SLEEP
EXERCISE	SMELL
FIBER	TASTE
FRIENDSHIPS	TOUCH
HEALTHY	WAI KING
HEARING	
HIPPOCAMPUS	
HYDRATION	



Recipe of the Season

Brain-Boosting Oatmeal Breakfast Bowl

Ingredients:

1 Serving

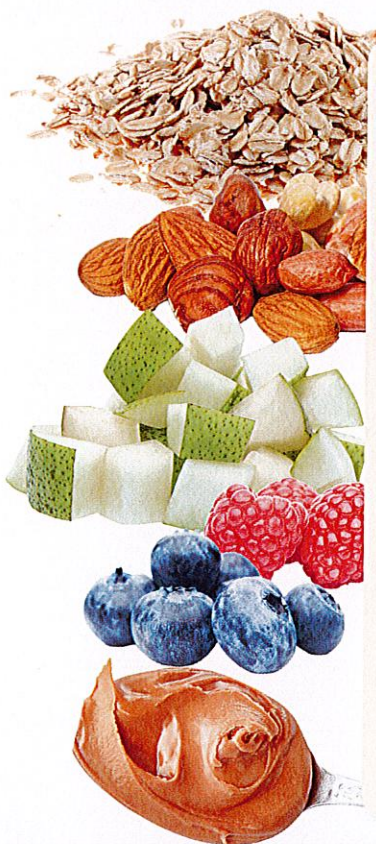
- ½ cup oats (quick oats or old-fashioned)
- 1 cup water or milk (any type)
- 1 spoonful peanut butter
- ¼ cup nuts and seeds (any type)
- Fruit of choice (see "Additional Notes" below)
- Pinch of cinnamon

Directions:

1. Combine: In a microwave-safe bowl, mix the oats and water (or milk) together.
2. Cook: Microwave on high for 60 seconds, then stir, and microwave for an additional 30 seconds if needed. Or, cook in a small pot over medium heat for 3-5 minutes. Or, boil water in a kettle and pour onto oats, stir, cover, and let sit for 1 minute.
3. Top and Stir: Add in the peanut butter, nuts/seeds, fruit of choice, and pinch of cinnamon. Stir together and enjoy warm.

Additional Notes:

- Use less water or milk if you want your oatmeal to be thicker.
- Fruit options include anything that is available to you! Oatmeal goes great with sliced bananas, cubed apples or pears, berries (fresh or dried), and canned peaches.
- If you don't have fruit, try adding applesauce, jam, or yogurt instead.



Washington
State Department of
Agriculture

Food Assistance

Phone: (360) 725-5640

Email: foodassistance@agr.wa.gov

On the internet at:

agr.wa.gov/services/food-access

Healthy Living 101:

Fall 2026

Join Healthy City, USA this fall for a series designed to support the general population. Classes will be held in person at 1001 N 7th Ave. Pocatello, ID 83201 and online. A light lunch is provided to those who are registered for in-person. Let's take charge of your health!



Tuesday, October 6th 12:00PM-1:00PM

Pillars of Prevention

What are the pillars, reducing risks of chronic disease, and SMART goals



Tuesday, October 13th 12:00PM-1:00PM

Nourishing Yourself & Your Family

Ensure the whole family is getting what they need nutritionally



Tuesday, October 20th 12:00PM-1:00PM

Motion is Lotion

How exercise and movement can empower you and your health



Tuesday, October 27th 12:00PM-1:00PM

Healthy Whole Self

Tying it all together, your health moving forward

Register for in person or Zoom!



QUESTIONS?

 208-239-1955

 info@portneufhealthtrust.org

portneufhealthtrust.org/healthy-living-education/



GINNY THOMAS

HEALTHY AGING SYMPOSIUM

What Matters to Me: Shared Decisions in Health and Healing

Your Voice Matters!

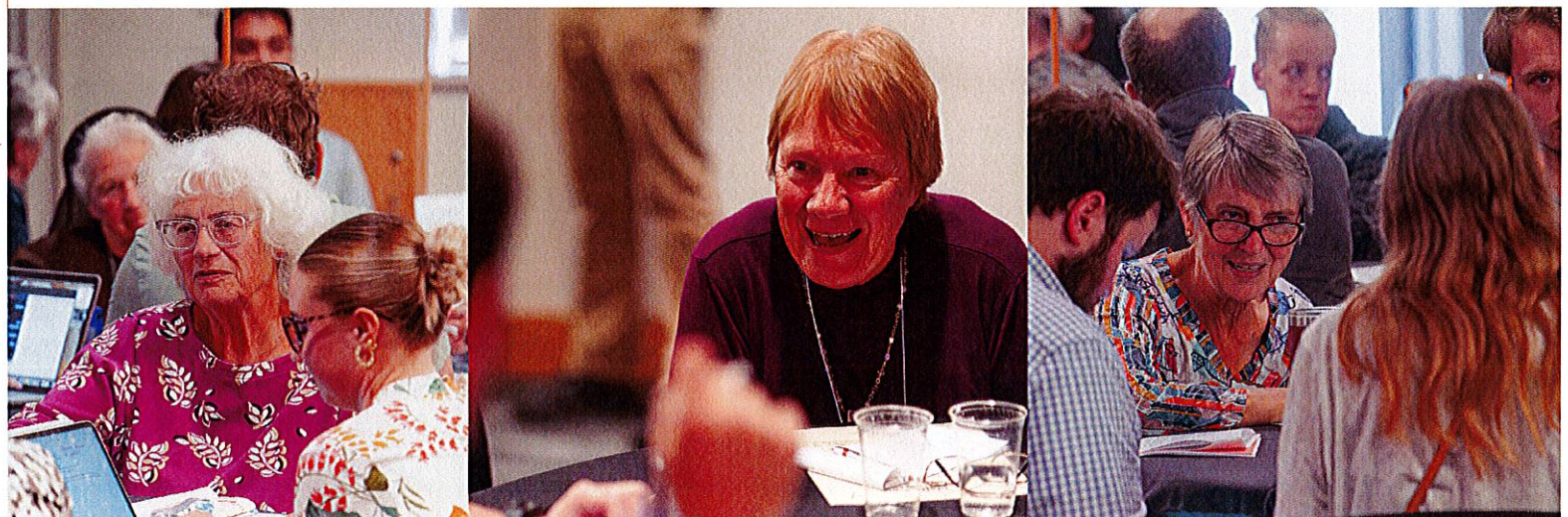
Join the Idaho Area Health Education Center, AARP, and the Kasiska Division of Health Sciences for a community event. Engage with healthcare students to explore how to communicate what matters most in your senior years to both family and healthcare providers.

October 7, 2026 1:30 - 5 PM

*Woodriver Room, Student Union Building
Idaho State University*

Register Today: www.isu.edu/healthconf

Email us for more information at: idahoahhec@isu.edu





Second SATURDAY

BINGO

OCTOBER 10

DOORS OPEN
NOON

BINGO STARTS AT
1:00PM



FOOD AND
DRINKS AVAILABLE
FOR PURCHASE

PACKETS
\$10

50/50
RAFFLE

BONUS
GAMES



HALLOWEEN THEME



**MUST BE 18
TO PLAY**

CASH ONLY

Proceeds Benefit the
Senior Activity Center



For More Info Call Adam 208-360-7121



SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you may save money on your car insurance!*

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-way and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE IS A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

DATE & TIME

**Friday, October 23, 2026
8:45 AM - 4:00 PM**

LOCATION

**Senior Activity Center
427 N 6th Avenue
Pocatello, Idaho 83201**

REGISTER ONLINE

AARP.info/c47178

OR CALL TO REGISTER

208-589-9186

NOTES

Course Fee: Cash or check only if paying at course.
Eat at the SAC for a \$6.00 donation or make other arrangements.

COST

\$20 for AARP members
\$25 for non-members

TO FIND ADDITIONAL COURSES

Visit **aarp.org/drive**
or call **1-877-846-3299**

*Upon completion, you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.



SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you may save money on your auto insurance!*

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-way and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE IS A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

DATE & TIME

**Friday, October 23, 2026
8:45 AM - 4:00 PM**

LOCATION

**Senior Activity Center
427 N 6th Avenue
Pocatello, Idaho 83201**

REGISTER

Ann Jensen, (208) 589-9186

NOTES

**Course Fee: Cash or check only.
Lunch: Eat at the SAC for a \$6.00 donation or make other arrangements.**

COST

\$20 for AARP members
\$25 for non-members

TO FIND ADDITIONAL COURSES

Visit **aarp.org/driving36**
or call **1-888-773-7160**

*Upon completion, you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.



HALLOWEEN SPIRIT WEEK

MONDAY

26

DOOR DECORATING

Sign up for a door with Corina.
Space Limited.



TUESDAY

27

COOKIE DECORATING

During Lunch



WEDNESDAY

28

WEAR YOUR BEST ORANGE & BLACK ATTIRE.



THURSDAY

29

COMFY DAY

Wear your APPROPRIATE
Pajamas or Loungewear.



FRIDAY

30

COSTUME CONTEST

Dining Room 11:00AM

🎃 Gather 🎃 Costume Parade 🎃 Prizes
🎃 "Ghoul"ash 🎃





"Not every day is good, but there is something good in every day."

~Unknown

Toilet Talk

October 2026

Healthy Nails Mean Healthier Fingers and Toes

Be they sharp, bitten or polished to perfection, your nails serve a variety of purposes. They act as coverings for the tips of your fingers and toes by shielding nerves, blood vessels and bones from injury and infection.

Nails also help us get a grip on things and perform tasks like typing, opening cans and scratching an itch. They also enhance our sense of touch.

"Nails serve a variety of functions," says Thomas Stringer, MD, MS, a board-certified dermatologist at MedStar Georgetown University Hospital and an assistant professor at Georgetown University School of Medicine. "For starters, they protect the very tips of our fingers and toes, because the bones of our fingers and toes are very close to the skin.

Take a look at your fingernails. Nails are made of keratin, which is a hard, rigid protein similar to the claws, hooves and horns of other animals. In fact, scientists think human nails evolved from the claws and talons of our ancestors who needed them for climbing trees, grabbing branches and performing tasks necessary for survival.

Unlike wild animals, humans aren't likely to rely on rough rocks and hard ground to keep their nails trimmed and healthy.

Most of us know it's up to us to keep our nails trimmed and neat.

Nail hygiene can range from indulging in a luxurious pedicure at a salon to using nail tools at home. Some folks see the salon route as a tried-and-true maintenance strategy, with the only tricky part being picking nail polish color combinations. For those who choose the do-it-yourself nail clipper

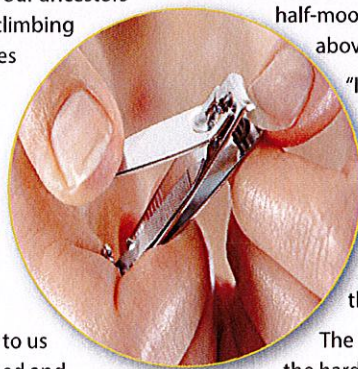
route, the tricky part might be twisting down to reach your toenails.

But nails are more than just cosmetic features and keeping them trimmed isn't just for show. Nails are intricate biological structures that provide insights



into our overall health and serve critical protective functions, Stringer says.

When he's evaluating a patient's nails, Stringer pays close attention to key features like the nail folds, or the skin around your fingernails and toenails. He also looks at the cuticle, which is the thin, clear strip of skin at the bottom of the nail and above the nailfold. And he looks at the "lunula," the pink or pale half-moon on the nail plate above the cuticle.



"I want to see a healthy nail fold and a nice cuticle," Stringer says. "I don't want to see any inflammation or swelling around that nail fold."

The nail plate itself — the hard surface we often paint or trim — should also be smooth and evenly colored, Stringer says, noting he looks for a uniform sort of "pink tone" throughout the nail. Variations in color, including yellowing, white spots, thickening or unusual pigmentation, may signal underlying health issues like psoriasis, nutrient deficiencies, or even heart, kidney or liver problems.

"Far and away, the most common nail disorder we see is just plain old nail fungus," Stringer says. "Anytime we see kind of a thickening of the nails, or a lifting of the nails, it could suggest nail fungus."

Ingrown nails are the most common and easily preventable issue that drive people to seek care. And if left untreated, ingrown nails can lead to more serious complications, especially for people with diabetes or circulation problems.

If your nails are out of sorts, it's important to talk to your health care provider. They can send a clipping of the abnormally growing toenail or fingernail to a lab for analysis. "A lot of the times there will actually be no fungus growing in an abnormal nail; that'll lead us to look for other possible causes of what could be going on," Stringer says.

For example, it could be something associated with your gait, shoes or the way you walk. "A lot of folks wear shoes that are a little too small for them, and that results in the toes rubbing either alongside the top of the shoe or along the side of the shoe," he says. "Over time, this creates slower growth of the nail, and that too can appear yellow."

To learn more, visit www.aad.org.

SOLVE

TTTT years years	HEAD HEAD HEAD HEAD
XQQQQQME	G O O D

Excuse Me - Good Looking

Forty Years - Forehead