

As the amount of sunshine decreases and temperatures drop, many people experience feelings of depression and sluggishness. Appetite cravings might change to dense foods high in carbohydrates and calories, and physical activity tends to decline. All of this can lead to lower energy levels. Many of these symptoms, which can negatively affect health, are common in seasonal affective disorder, a type of depression related to the changing seasons.

Let's take a look at some healthy living tips for older adults that will help them break out of this cycle during the fall.

### 1. EXERCISE

Keep your body in motion during fall and winter months. This can include household chores as well as indoor workouts. Walking is great cardiovascular exercise. If the weather does not permit walking outside, there are indoor cardio routines for seniors to try. Consult with your physician before beginning any exercise program.

### 2. EAT SEASONALLY

While some fresh produce will disappear from the grocery store as winter approaches, there are still plenty of nutrient-rich fruits and vegetables from which to choose. The Upside lists some fall favorite produce and ways to prepare and eat them. It includes:

*Winter squash | Beets | Figs | Apples | Leeks | Carrots | Dark leafy greens*

Sweet potatoes contain fiber and vitamins A, C, B6, and manganese. Cruciferous vegetables like Brussels sprouts and cabbage are also rich in vitamins and minerals. Be mindful of the tendency to take in too many additional calories through snacking during the fall. Delish offers several healthy fall soup recipes.

Seniors need to stay hydrated even as the weather cools, even though they may feel less thirsty. Every cell in the human body needs water to work properly. Herbal tea on cold days counts toward fluid intake, as does vegetable or fruit juices.

### 3. SPICE THINGS UP

If a senior is craving more flavor in his or her fall food selection, spices can be good for a person's health as well as their taste buds, according to Johns Hopkins Medicine. Here are some of the benefits:

- Cinnamon lowers blood sugar, and may provide heart-healthy benefits by reducing cholesterol and triglyceride levels.
- Turmeric has been linked to reducing inflammation, pain, and swelling in people with arthritis.
- Studies have shown that garlic may keep blood vessels flexible and reduce cholesterol and triglycerides.
- Cayenne eases pain and restricts the growth of ulcer-causing bacteria.

### 4. GET ENOUGH VITAMIN D

Vitamin D helps maintain strong bones and muscles, and is manufactured in the body through sunlight. As the amount of sunlight decreases in the fall, other food sources for the vitamin may need to be found. Below are some of these food sources:

*White mushrooms | Salmon, herring, sardines, tuna | Milk or orange juice fortified with Vitamin D | Fortified cereals*

### 5. DON'T TAKE UNNECESSARY RISKS

Seniors need to be prepared for colder weather, so as to minimize the need to expose themselves to the cold and potentially hazardous conditions. Their home should be well-stocked with supplies, including food and medications. This would include non-perishables like water, candles, fresh batteries, and extra blankets.

### 6. KEEP WARM

When seniors go outside in cold weather, they should dress in loose layers of clothing that trap warm air between the layers. Wearing a waterproof coat or jacket if it is raining or snowing is beneficial, too. Illnesses like diabetes can inhibit blood flow that would normally provide warmth, and thyroid conditions can also make it hard to maintain normal body temperature. And some prescriptions or over-the-counter medications can effect body heat. Talk to a physician about all the medications and supplements being taken. Stay inside on windy days which can quickly lower body temperature.

### 7. MINIMIZE EXPOSURE TO COVID-19 AND THE FLU

Has the senior had his or her flu vaccine? Even while there is great concern surrounding COVID-19, a flu shot is something that senior adults should not omit. Flu and COVID-19 prevention is much the same, which means limiting contact with others, frequent handwashing, and, in the case of COVID-19, wearing masks when in public.

### 8. CONTINUE TO MANAGE CHRONIC CONDITIONS

Seniors should not neglect chronic conditions like heart disease, diabetes, chronic obstructive pulmonary disease, high blood pressure, and dementia during fall and winter months. Pneumonia is especially harmful during colder weather, especially in seniors with chronic conditions. Older adults need to monitor their health, take their medications correctly, and stay in contact with their physician.

### 9. STAY POSITIVE

Physical health is tied to emotional and mental health. Staying engaged with hobbies and interests and connected with family and friends are great healthy living tips that encourage and energize seniors to maintain their physical health. Also, studies have linked positive thinking to better protection from the inflammatory effects of stress and the energy needed to maintain a healthier lifestyle. Older adults should be encouraged to focus on the good things in their lives, stay connected with people they love, and turn off the news from time to time to listen to music, read a book, or call to chat with a friend or family member.

Article: [bethesdahealth.org](https://www.bethesdahealth.org)

## THE VILLAGE OF BEDFORD WALK

JES | PRIME SENIOR LIVING



## FEATURED ARTICLE



### Autumn In Missouri

Missouri is blessed with a great variety of trees, shrubs, and woody vines. In autumn, their leaves turn color at different times, so Missourians enjoy a fall color season that may last six to eight weeks. It progresses in phases. Sassafras, sumac, and Virginia creeper are some of the earliest to change, beginning in mid-September. By late September, black gum, bittersweet, and dogwood are turning.

The peak of fall color in Missouri is usually around mid-October. This is when maples, ashes, hickories, and oaks are at the height of their fall display. Normally by late October, the colors are fading and the leaves are dropping from the trees. Fall color is usually finished by the middle of November.

The progression of color change usually starts earliest in northern and western Missouri and moves southward and eastward across the state. Generally, the color change is predictable, but it can vary from year to year. Predicting the peak of fall color can be difficult. Much depends on the weather: during fall, but also during the entire growing season.

MDC's Fall Color Reports usually begin in the second half of September (whenever colors start to appear) and wrap up around the middle of November, when most of the leaves have fallen or turned to brown. Where's The Best Place?

You can enjoy Missouri's fall color almost anywhere.

For spectacular vistas, choose routes along rivers with views of forested bluffs, and along ridges with sweeping scenes of forested landscapes.

On a smaller scale, drive on back roads, hike, or take a float trip under a colorful forest canopy on a clear, blue-sky day. Visit MDC Conservation Areas and Missouri State Parks.

Even treeless areas, such as prairies and roadsides, display beautiful shades of gold, copper, purple, olive, and auburn with autumn wildflowers, shrubs, and curing, rustling grasses.

If you can't get out of town, enjoy places with mature trees, such as older neighborhoods, parks, and even cemeteries.

Find events on your route!

The Missouri Division of Tourism's online calendar is packed with events happening all across Missouri. You're sure to find fun things to do along your scenic fall color trips.

Article: [MO Dept of Conservation](https://www.mo.gov)

## OCTOBER BIRTHDAYS!

Katie Lampitt	2nd	George Hoey	22nd	Opal Orrinderf	28th
Mandy Manderino	3rd	Orin Mock	22nd	Bob Young	28th
Diane Larkin	6th	Paul Sundet	23rd	Alan Woody	28th
James Straub	15th	Jo Higgins	26th	Jane Thompson	31st
Marian Hildgedick	16th	Terrace Patrick	27th		

SUN	MON	TUES	WED	THUR	FRI	SAT		
<b>1</b> <b>3:00 p.m.</b> Afternoon Show: <i>The Greatest Showman</i>	<b>2</b> <b>HAPPY BIRTHDAY Katie Lampitt!</b> <b>8:15 a.m.</b> Water Aerobics <b>8:45 a.m.</b> Water Aerobics <b>10:00 a.m.</b> Chair Yoga <b>12:30 p.m.</b> Hand & Foot <b>RL</b> <b>2:00 p.m.</b> Coloring Class: Relax & Unwind <b>3:00 p.m.</b> BINGO <b>4:00 p.m.</b> Writing Club	<b>3</b> <b>HAPPY BIRTHDAY Mandy Manderino!</b> <b>10:00 a.m.</b> Crafts Class <b>12:30 p.m.</b> Euchre <b>RL</b> <b>2:00 p.m.</b> Tech Tuesday <b>3:00 p.m.</b> Fiber Arts	<b>4</b> <b>8:45 a.m.</b> Walkabout <b>10:00 a.m.</b> Fitness Class with EmpowerMe <b>10:00 a.m.</b> Weekly Shopping Trip: <b>Walmart</b> <b>10:30 a.m.</b> Resident Council Meeting <b>12:30 p.m.</b> Bridge <b>RL</b> <b>2:00 p.m.</b> Vaccine Clinic <b>3:00 p.m.</b> BINGO	<b>5</b> <b>8:45 a.m.</b> Chair Yoga <b>10:00 a.m.</b> Chair Yoga <b>12:30 p.m.</b> Euchre & Dominoes <b>RL</b> <b>12:30 p.m.</b> Brain Games <b>3:00 p.m.</b> Resolution Meeting <b>4:00 p.m.</b> Resident Challenge: Charades	<b>6</b> <b>HAPPY BIRTHDAY Diane Larkin!</b> <i>Nail Care Available by Appt</i> <b>8:45 a.m.</b> Water Aerobics <b>9:00 a.m.</b> Coffee & Conversation (with donuts!) <b>9:15 a.m.</b> Water Aerobics <b>10:00 a.m.</b> Tai Chi <b>12:30 p.m.</b> Hand & Foot <b>RL</b> <b>2:00 p.m.</b> Pumpkin Painting in Courtyard	<b>7</b> <b>10:00 a.m.</b> BINGO <b>10:30 a.m.</b> Day Trip: Wenwood Winery <b>12:30 p.m.</b> Game: <i>What's In The Bag?</i> with Bev <b>3:00 p.m.</b> Movie: <i>Steel Magnolias</i>		
<b>8</b> <b>2:00 p.m.</b> Hymn Sing in Piano Lounge (Harvest & Nation) <b>3:00 p.m.</b> Afternoon Show: <i>Goosebumps</i>	<b>9</b> <b>8:15 a.m.</b> Water Aerobics <b>8:45 a.m.</b> Water Aerobics <b>10:00 a.m.</b> Chair Yoga <b>12:30 p.m.</b> Hand & Foot <b>RL</b> <b>2:00 p.m.</b> Coloring Class: Relax & Unwind <b>2:30 p.m.</b> Spirited Singers Performance in the Piano Lounge <b>3:15 p.m.*</b> BINGO (*special time)	<b>10</b> <b>10:00 a.m.</b> Crafts Class <b>12:30 p.m.</b> Euchre <b>RL</b> <b>2:00 p.m.</b> Trivia Tuesday <b>3:00 p.m.</b> Fiber Arts <b>3:00 p.m.</b> Line Dancing Class with CeCe <b>4:00 p.m.</b> BUNCO	<b>11</b> <b>8:45 a.m.</b> Walkabout <b>10:00 a.m.</b> Fitness Class with EmpowerMe <b>12:30 p.m.</b> Bridge <b>RL</b> <b>1:00 p.m.</b> Weekly Shopping Trip: <b>Target</b> <b>3:00 p.m.</b> BINGO <b>4:00 p.m.</b> Social Fundraiser: <i>It's Fall Ya'll! Chili Cookoff</i>	<b>12</b> <b>8:45 a.m.</b> Chair Yoga <b>10:00 a.m.</b> Chair Yoga <b>12:30 p.m.</b> Euchre & Dominoes <b>RL</b> <b>12:30 p.m.</b> Brain Games <b>3:00 p.m.</b> Movie: <i>Springsteen On Broadway</i> <b>5:00 p.m.</b> Dinner Club: <b>SMOKE &amp; FIRE</b>	<b>13</b> <b>8:45 a.m.</b> Water Aerobics <b>9:00 a.m.</b> Coffee & Conversation (with donuts!) <b>9:15 a.m.</b> Water Aerobics <b>10:00 a.m.</b> Tai Chi <b>12:15 p.m.</b> Day Trip: MO State Penitentiary Tour (Jefferson City) and Central Dairy <b>12:30 p.m.</b> Hand & Foot <b>RL</b>	<b>14</b> <b>10:00 a.m.</b> BINGO <b>12:30 p.m.</b> Game: <i>Spooky Movie Game</i> with Bev <b>3:00 p.m.</b> Non-Denominational Worship Service & Communion		
<b>15</b> <b>HAPPY BIRTHDAY James Straub!</b> <b>3:00 p.m.</b> Afternoon Show: Alfred Hitchcock's <i>Psycho</i>	<b>16</b> <b>HAPPY BIRTHDAY Marian Hildgedick!</b> <b>8:15 a.m.</b> Water Aerobics <b>8:45 a.m.</b> Water Aerobics <b>10:00 a.m.</b> Chair Yoga <b>12:30 p.m.</b> Hand & Foot <b>RL</b> <b>2:00 p.m.</b> Coloring Class: Relax & Unwind <b>3:00 p.m.</b> BINGO <b>4:00 p.m.</b> Writing Club	<b>17</b> <b>10:00 a.m.</b> Crafts Class <b>12:30 p.m.</b> Euchre <b>RL</b> <b>2:00 p.m.</b> Tech Tuesday <b>3:00 p.m.</b> Fiber Arts <b>3:00 p.m.</b> Line Dancing Class with CeCe	<b>18</b> <b>8:45 a.m.</b> Walkabout <b>10:00 a.m.</b> Fitness Class with EmpowerMe <b>12:30 p.m.</b> Bridge <b>RL</b> <b>1:00 p.m.</b> Weekly Shopping Trip: <b>ALDI</b> <b>3:00 p.m.</b> BINGO	<b>19</b> <i>Columbia Foot Care in Salon</i> <b>8:45 a.m.</b> Chair Yoga <b>10:00 a.m.</b> Chair Yoga <b>12:30 p.m.</b> Euchre & Dominoes <b>RL</b> <b>12:30 p.m.</b> Brain Games <b>3:00 p.m.</b> Movie: <i>Whitney Houston: I Wanna Dance With Somebody</i> <b>4:00 p.m.</b> Wine Club	<b>20</b> <b>8:45 a.m.</b> Water Aerobics <b>9:00 a.m.</b> Coffee & Conversation (with donuts!) <b>9:00 a.m.</b> Day Trip: Hermann, MO <b>9:15 a.m.</b> Water Aerobics <b>10:00 a.m.</b> Tai Chi <b>12:30 p.m.</b> Hand & Foot <b>RL</b>	<b>21</b> <b>10:00 a.m.</b> BINGO <b>11:00 a.m.</b> Mizzou Homecoming Game in the Billiards Room. <i>Wear your black and gold!</i>		
<b>Spirit Week / MIZZOU HOMECOMING</b>								
<b>MAD FOR PLAID MONDAY</b>		<b>Tacky Tuesday</b> (wear mismatched)		<b>HUMP DAY, HAT DAY</b>		<b>EVERYTHING DENIM DAY</b>		
<b>22</b> <b>HAPPY BIRTHDAY George Hoey &amp; Orin Mock!</b> <b>3:00 p.m.</b> Afternoon Show: <i>Hocus Pocus</i>	<b>23</b> <b>HAPPY BIRTHDAY Paul Sundet!</b> <b>8:15 a.m.</b> Water Aerobics <b>8:45 a.m.</b> Water Aerobics <b>9:00 a.m.</b> <i>Photo contest entries due</i> <b>10:00 a.m.</b> Chair Yoga <b>12:30 p.m.</b> Hand & Foot <b>RL</b> <b>2:00 p.m.</b> Coloring Class: Relax & Unwind <b>3:00 p.m.</b> BINGO <b>3:00 p.m.</b> Volunteers stuff Boo Bags for Boys & Girls Club	<b>24</b> <b>10:00 a.m.</b> Crafts Class <b>12:30 p.m.</b> Euchre <b>RL</b> <b>2:00 p.m.</b> Trivia Tuesday <b>3:00 p.m.</b> Fiber Arts <b>3:00 p.m.</b> Line Dancing Class with CeCe <b>4:00 p.m.</b> BUNCO	<b>25</b> <b>9:00 a.m.</b> Boo Bag delivery (volunteers) to Boys & Girls Club <b>10:00 a.m.</b> Fitness Class with EmpowerMe <b>10:00 a.m.</b> Photo Contest: Fall Foliage <b>12:30 p.m.</b> Bridge <b>RL</b> <b>1:00 p.m.</b> Weekly Shopping Trip: <b>Marshalls</b> <b>3:00 p.m.</b> BINGO <b>4:00 p.m.</b> Social Hour: <i>Birthdays &amp; Boos!</i>	<b>26</b> <b>HAPPY BIRTHDAY Jo Higgins!</b> <i>Massage Therapist Available by Appt</i> <b>10:00 a.m.</b> Chair Yoga <b>12:30 p.m.</b> Brain Games <b>12:30 p.m.</b> Euchre & Dominoes <b>RL</b> <b>3:00 p.m.</b> Movie: <i>It's Complicated</i> <b>5:00 p.m.</b> Dinner Club: <b>Casa Maria's MEXICAN CANTINA</b>	<b>27</b> <b>HAPPY BIRTHDAY Terrace Patrick!</b> <b>8:45 a.m.</b> Water Aerobics <b>9:00 a.m.</b> Coffee & Conversation (with donuts!) <b>9:15 a.m.</b> Water Aerobics <b>10:00 a.m.</b> Tai Chi <b>12:30 p.m.</b> Hand & Foot <b>RL</b> <b>1:00 p.m.</b> Walking Club: Stephen's Lake <b>3:00 p.m.</b> Board Game Challenge <b>4:00 p.m.</b> Live Music with Harry in the Piano Lounge	<b>28</b> <b>HAPPY BIRTHDAY Opal Orringerderf, Bob Young &amp; Alan Woody!</b> <b>10:00 a.m.</b> BINGO <b>12:30 p.m.</b> Game: D'Ice Breakers <b>3:00 p.m.</b> Non-Denominational Worship Service & Communion		
<b>29</b> <b>3:00 p.m.</b> Afternoon Show: <i>Ghostbusters</i>	<b>30</b> <b>8:15 a.m.</b> Water Aerobics <b>8:45 a.m.</b> Water Aerobics <b>10:00 a.m.</b> Chair Yoga <b>12:30 p.m.</b> Hand & Foot <b>RL</b> <b>2:00 p.m.</b> Coloring Class: Relax & Unwind <b>2:00 p.m.</b> Carrie Conklin Piano Performance <b>3:00 p.m.</b> BINGO <b>3:30 p.m.</b> Audio Interview with the Author <b>4:00 p.m.</b> Book Club	<b>31</b> <b>HAPPY BIRTHDAY Jane Thompson!</b> <b>10:00 a.m.</b> Halloween Door Dec Contest Judging <b>12:30 p.m.</b> Euchre <b>RL</b> <b>2:00 p.m.</b> <i>Pet Costume Parade and Pictures in the Lobby</i> <b>3:00 p.m.</b> Line Dancing Class with CeCe <b>4:00 p.m.</b> Costume Contest in the Courtyard (Bring Your Own Boos!)	<b>NOTES:</b> = Boo Bag stuffing benefiting the Boys & Girls Club begins/ends <b>RL</b> = Resident Led Event = Trash Day = Recycle Day <i>Hair stylist available by appointment every Monday</i>				<h1 style="text-align:center;">OCTOBER 2023</h1>	