



NEWS

*Nutrition Education
with Seniors!*

Fall 2024 | HealthierLiving.HHSA@sdcounty.ca.gov | www.HealthierLivingSD.org | 858-495-5500

Stay Steady this Fall: Tips for Fall Prevention

As we embrace the cooler weather and changing colors of fall, it's also a time to be mindful of our safety, especially when it comes to preventing falls. The shorter days and darker evenings can make it harder to see potential



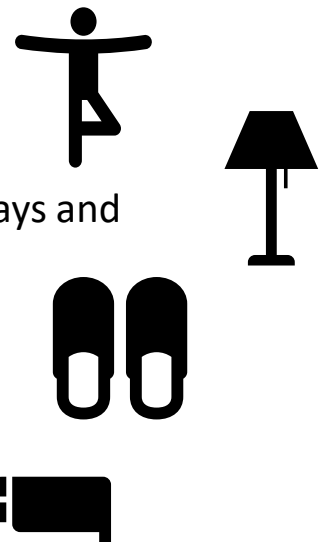
hazards, increasing the risk of falls, particularly inside the home.

During this time of year, when we're more likely to stay indoors and face changing weather conditions, it's crucial to take proactive steps to prevent falls. Fortunately, there are many ways to reduce these risks and keep ourselves safe. Simple lifestyle changes, like improving balance through regular exercise, maintaining good nutrition for stronger muscles and bones, and making small adjustments to our home environment, can make a big difference. Keeping walkways well-lit, removing tripping hazards, and adding handrails in key areas are practical steps toward a safer season. This fall, let's prioritize safety and well-being to stay steady with every step we take.

My Commitment Fall Prevention

To reduce my risks of falls, I will:

- Practice daily balance and strength exercises
- Improve lighting throughout the home, especially in hallways and staircases.
- Secure or remove rugs and other tripping hazards.
- Clear clutter from walkways and frequently used areas
- Wear non-slip, supportive footwear that fits well
- Get sufficient sleep each night to stay alert





NEWS

Nutrition Education
with Seniors!

Fall 2024 | HealthierLiving.HHSA@sdcounty.ca.gov | www.HealthierLivingSD.org | 858-495-5500

Eat Healthfully This Fall

San Diego offers a wide variety of fresh produce! In-season produce is often cheaper and at its peak of nutrition. Here's what's in-season this Fall:



Spaghetti Squash



Carrots



Beets



Radish



Broccoli



Pomegranate

Fall Prevention Review: Fill in the Blank

Let's explore key Fall Prevention Facts and fill in the blanks with the right words or phrases to enhance your safety this season.

1. Studies have found that 30-50% of falls for older adults are due to _____.
2. Wear sturdy _____ with a good grip to avoid slips.
3. Non-slip pads can be placed at the _____ of rugs to keep them in place.
4. One way to prevent falls is by regular _____ checkups.
5. Consistently keep a _____ or medical alert system within reach in case of fall.

Word Bank

- A. Footwear C. Phone E. Rugs and carpets
B. Corners D. Vision



Chef Tip: No Waste Pumpkin Seeds

Don't miss out on the nutrient-packed seeds in your fall decorations and jack-o'-lanterns! These easy-to-roast seeds are rich in zinc and phosphorus, supporting bone health, and magnesium for muscle function and balance. **Make your own seedy snacks with these three simple steps:**

Step 1: Scoop seeds from your pumpkin and rinse under cold water, removing pulp.

Step 2: Toss with olive oil, salt, and any spices you like.

Step 3: Spread on a baking sheet and roast at 300°F for 20-30 mins, stirring occasionally, until golden brown.



Answer Key: 1) E 2) A 3) B 4) D 5) C



NEWS

*Nutrition Education
with Seniors!*

Fall 2024 | HealthierLiving.HHSA@sdcounty.ca.gov | www.HealthierLivingSD.org | 858-495-5500

Know Your Label: Unsaturated Fats

Reading food labels can help us make healthier choices, especially when it comes to fats. You may notice that the "total fat" is not equal to the "saturated fat" listed—so where are the other fats? They are unsaturated fats, known as the "good" fats because they support both heart and brain health. Unsaturated fats may be listed as "monounsaturated" and "polyunsaturated" on the label, or you can use this equation to find them:

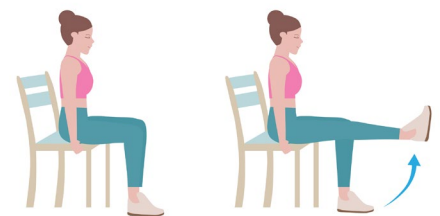


$$\text{Total fat} - \text{Saturated Fat} = \text{Unsaturated Fat.}$$

These healthy fats, which are found in foods like olive oil, nuts, fatty fish, and seeds, help reduce inflammation, lower bad cholesterol, and improve cognitive function. For older adults, brain health is crucial for balance and coordination, which are key to preventing falls. By supporting nerve cell function and reducing inflammation, unsaturated fats help keep your mind sharp and your body steady. Next time you're shopping, look for food rich in these beneficial fats to support your health from head to toe!

Knee Strengthening Exercise

Strong knees are crucial for fall prevention because they help maintain balance, stability and mobility. In addition, strong knees allow for better reaction to sudden movements or loss of balance, enabling quick adjustments that help prevent trips or falls. In the case of a fall, strong knees help reduce the likelihood of an injury. To strengthen your knees, try this simple exercise! Sitting in a chair, straighten your knee by tightening up the muscle on the top surface of your thigh and raising your foot. If you are up for it, make circles with your toes going one way, and then the other. As your knee strengthens, see if you can build up to holding your leg out for 30 seconds. Count out loud and remember to breathe.



Strong knees are crucial for fall prevention because they help maintain balance, stability and mobility. In addition, strong knees allow for better reaction to sudden movements or loss of balance, enabling quick adjustments that help prevent trips or falls. In the case of a fall, strong knees help reduce the likelihood of an injury. To strengthen your knees, try this simple exercise! Sitting in a chair, straighten your knee by tightening up the muscle on the top surface of your thigh and raising your foot. If you are up for it, make circles with your toes going one way, and then the other. As your knee strengthens, see if you can build up to holding your leg out for 30 seconds. Count out loud and remember to breathe.



NEWS

*Nutrition Education
with Seniors!*

Fall 2024 | HealthierLiving.HHSA@sdcounty.ca.gov | www.HealthierLivingSD.org | 858-495-5500

Group Spotlight

In September 2024, Escondido's Park Avenue Community Center launched a Spanish-language Tai Chi cohort led by bilingual instructor George Estrada. With 25 participants, the program enhances balance, flexibility, and fall prevention for older adults while building community. Find classes near you at healthierlivingsd.org.



Resource Spotlight: Fall Prevention Kits

The County of San Diego Health and Human Services Agency, Aging & Independence Services is providing **FREE** fall prevention kits to qualifying participants. Each kit contains a variety of home safety products, assistive devices, and other tools to encourage healthy aging, by preventing falls, as well as fall-related injuries. For more information, please call **(858) 495-5500**, and visit www.BIT.LY/DAH2SD to apply.



Roasted Spaghetti Squash

Serves 4 | 50 minutes | *Source: Eat Well 101*

Ingredients:

- 1 small spaghetti squash, cut in half and seeds removed
- 2 tablespoons melted butter
- Juice of 1 lemon
- 1/4 cup vegetable stock (optional)
- 4 cloves garlic, finely minced
- 1 teaspoon Italian seasoning
- 1/4 cup finely minced parsley or basil
- Salt and black pepper to taste
- 1/4 cup shredded parmesan cheese

Directions:

- Preheat oven to 375°F. Pierce spaghetti squash and bake for 1 hour until tender. Let cool, then halve, remove seeds, and scrape into strands with a fork. Set aside.
- Sauté butter and garlic over medium-low heat. Add Italian seasoning, lemon juice, vegetable stock, and salt. Simmer for 2 minutes.
- Toss squash strands in the sauce, add parmesan, parsley, and adjust seasoning.

