



Healthy Halloween

Here are tips for having a healthier Halloween with your family:

Serve a nutritious meal before trick-or-treating or going to a Halloween party.

Incorporate fruits and vegetables into your party menu. For instance, dip celery sticks in nut butter and provide chocolate chips and unsweetened coconut flakes as toppings.

Make fun edible decorations, such as oranges decorated like jack-o'-lanterns.

Make movement part of the fun. Wear costumes on a family walk, consider a Monster Mash dance party, play zombie tag, have a pumpkin toss.

Skip the juices and sodas. Healthier drinks to consider: a pumpkin milkshake or smoothie or a green juice (call it a witch's brew or zombie drink).

If you're handing out treats, consider giving non-edible ones, including glow sticks, balls, stickers, slime, or friendship bracelets.

BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month. An estimated 1 in 8 women will develop the disease in her lifetime. Lifestyle factors to reduce your risk of breast cancer include maintaining a health weight, exercising regularly, and limiting alcohol consumption. Self-exams and regular screenings are also recommended.

Women ages 40 to 49: Talk with your doctor about when to start getting mammograms and how often to get them.

Women ages 50 to 74: Get mammograms every 2 years.

Talk with your doctor to decide if you need them more often.

More info: www.health.gov

HAPI meals

Sweet Acorn Squash

Ingredients

- 2 acorn squash
- 1/2 cup orange juice
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg

Instructions

- Put each squash in the microwave. Heat for 1 1/2 minutes on high. This will soften the squash, and make it easier to cut.
- Cut each squash in half. Remove the seeds and loosen fibers in the middle.
- Place the squash on an ungreased baking pan. The cut side of the squash should be face-up, and the uncut part of the squash should touch the pan.
- Pour 2 tablespoons of juice into each half of the squash. Spread it evenly on the inside of each squash.
- Bake at 400 degrees for 30 to 45 minutes, until tender. 6. Season with cinnamon and nutmeg, and serve. Enjoy!

Recipe adapted from www.myplate.gov

wise words

"It isn't where you came from. It's where you're going that counts."

—ELLA FITZGERALD

inside
Village
Green

Thanks to Ms. Olga Yracheta, who kept in touch with residents last month.

Congratulations to our September raffle winner, Andrea Ramirez, on winning a \$25 gift card!

Durante el mes de septiembre, nuestra coordinadora virtual, Olga Yracheta, se mantuvo en contacto con los residentes y realizó una rifa por una tarjeta de regalo de \$ 25. ¡Felicitaciones a nuestra ganadora del sorteo, Andrea Ramirez!

Fall Door Decorating

Contest: Share the fall season spirit at Village Green by decorating your door.



A resident panel and your Resident Services Coordinator will be selecting the winner for a fall goodie basket prize! The winner will demonstrate true season spirit, creativity and detail. Have fun and show your neighbors how you and your family celebrate the season. May the best door win!

¡Comparte el espíritu de la temporada de otoño en Village Green entrando a nuestro Concurso de Decoración de Puertas esta temporada! Un panel de residentes y su Coordinadora de Servicios para Residentes seleccionarán al ganador para recibir una canasta de temporada como premio. El ganador demostrará el verdadero espíritu de la temporada, creatividad y detalles. Diviértete y enseña como celebran la temporada de otoño en tu hogar. ¡Que gane la mejor puerta!

Health Literacy Month: We will have health and nutrition courses focusing on different topics each Wednesday in October! Learn to use pumpkin seeds, find out about applying for WIC, and more. Everyone is welcome to join! Check your calendar for more.

¡En observancia del Mes de la Alfabetización en Salud, tendremos cursos de Salud y Nutrición enfocados en diferentes temas cada miércoles de octubre! Desde aprender a usar semillas de calabaza hasta ayudar a las familias a solicitar WIC, ¡todos son bienvenidos! Consulte su calendario de actividades para obtener más información.

Welcome Message from Valeria Cuevas: My name is Valeria Cuevas and I am excited to introduce myself as your new Resident Services Coordinator at Village Green.

I have a Bachelor's in Nutrition and Food Science and am working towards earning my credentials as a Registered Dietitian.



I love to learn new things that will be beneficial to everyday life. I have a general knowledge of various topics like cooking, exercise science, effective leadership styles, and community resources. My favorite hobby is working out while listening to podcasts. I really believe in having more positive days than bad days, and keeping an optimistic approach tends to work for me.

I'm excited to share any knowledge I can provide for you, as well as learning from each of you in this journey. Please come and say hello at the activity center Tuesdays to Fridays in October; check out the monthly calendar of activities for a detailed schedule. I look forward to meeting you!

Mi nombre es Valeria Cuevas y me emociona presentarme con ustedes como su nueva Coordinadora de Servicios para Residentes en Village Green. Cuento con una licenciatura en nutrición y ciencias de los alimentos y actualmente estoy trabajando para obtener mi licencia como dietista registrada. En mi tiempo libre, me encanta aprender cosas nuevas que sean de beneficio para la vida cotidiana. Tengo un conocimiento general de varios temas como cocina, ciencias del ejercicio, estilos de liderazgo efectivos, recursos comunitarios y más. Mi pasatiempo favorito es hacer ejercicio mientras escucho podcasts. Soy creyente en tener más días buenos que malos, y el mantener un enfoque optimista tiende a funcionar para mí en el día a día.

Estoy emocionada de compartir cualquier conocimiento que pueda brindarles, así como de aprender de cada uno de ustedes en esta nueva experiencia. Los invito a pasar a saludarme al centro de actividades de martes a viernes en este mes de octubre. Pueden consultar el calendario de actividades del mes para obtener un horario detallado. ¡Espero conocerlos pronto!

