

September: Healthy Aging Month

Healthy Aging Month is observed during the month of September. This observance raises awareness on the physical and mental health of older adults and serves as a reminder that as we age, our minds and bodies change. It is important to maintain a healthy lifestyle to help deal with those changes and to help prevent some common age-related health problems.

You can take a proactive approach to aging by adopting healthy habits and behaviors, managing existing health conditions, and staying connected to your community. Consider practicing

the tips below to help you stay active and independent as you age.

Eat and Drink Healthy. Dietary needs may change as you age. A healthy eating plan includes nutritious foods that are low in cholesterol, fat, and artificial ingredients. You should also drink plenty of liquids, especially water, to stay hydrated. Eat nutrient dense foods like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Move More, Sit Less. Staying active can help you prevent, delay, and manage chronic diseases, improve balance and stamina, reduce the risk of falling,

and improve brain health. Aim for moderate physical activity, like walking, at least 150 minutes a week (22-30 minutes a day) and muscle strengthening activities, like carrying groceries, at least 2 days a week. Always consult with your doctor before starting a new exercise regimen.

Get Regular Checkups. It is vital to go to the doctor for regular health screenings for healthy aging. Regular checkups help doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels. In some cases, regular checkups have been linked to improved quality of life and feelings of wellness.

Be Aware of Changes in Brain Health. Everyone's brain changes as they age, but dementia is not a normal part of aging. There are a variety of healthy behaviors that can be done to reduce age-related cognitive decline or manage dementia. Engaging in social and intellectually stimulating activities, getting enough sleep, and not smoking are a few actions you can take. See your doctor if you have questions about memory or brain health.



Fun Fact:

The Harvest Moon is the name given to the full moon that occurs closest to the autumnal equinox, which is usually in September. The name comes from the time before electricity when farmers relied on the moon's light to harvest their crops late into the night. The Harvest Moon is particularly bright and rises early, sometimes appearing to rise at nearly the same time for several nights in a row. This is because the moon's orbit is at its minimum angle relative to Earth's horizon around the autumnal equinox, causing it to rise faster than usual.

The moon's light is also filtered as it travels through more of the Earth's atmosphere, giving it an orange color.

The best time to view the Harvest Moon is just before sunrise.





For more information on diabetes, or to make an appointment, call your Weeks primary care provider at 603-788-5095.

The Diabetes Support Group monthly newsletter is produced by Weeks Medical Center Registered Nurse and Diabetes Care and Education Specialist, Ashley Clauss. If you have any questions regarding the Diabetes Support Group, contact Ashley at 603-788-5659. Not only is this support group for patients with diabetes, but also their family, caregiver, and support person. All are welcome. We are always looking for new members!



Next Meeting... Please Join Us

Our next meeting will be on Tuesday, September 24, 2024, from 7:00pm - 8:00pm. This meeting will be located in the Hospital Board Room. Join us for our guest speaker, Michele Lovell, APRN, Palliative Care.

RECIPE OF THE MONTH

Dark Chocolate Zucchini Bread Snack Squares

If you've got a chocolate craving, try these naturally sweetened dark chocolate zucchini bread snack squares! Moist and rich, these brownie-like treats are a great dessert for people with diabetes. Plus, you can easily customize this recipe to your favorite flavors!

INGREDIENTS

- 1/4 cup sunflower or avacodo oil
- 1 1/2 cup whole wheat pastry flour
- 1/3 cup unsweetened cocoa powder (packed)
- 3/4 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp Sea Salt
- 1 1/2 cup mashed fully ripened bananas
- 2 large eggs
- 1 1/2 tsp pure vanilla extract
- 2 tsp grated orange zest
- 1 large zucchini (coarsely grated, not drained)

DIRECTIONS

1. Preheat the oven to 350 degrees F. Brush a 9- by 13-inch baking pan with 1/2 teaspoon of the oil. Line just the bottom of the pan with parchment paper.
2. In a medium mixing bowl, whisk together the flour, cocoa powder, baking powder, baking soda, and salt.
3. In a large bowl, whisk together the mashed bananas, eggs, the remaining 1/4 cup oil, the vanilla, and orange zest until well combined. Add the dry mixture and stir until just combined. Add the zucchini and stir until evenly combined.
4. Spread the batter evenly into the prepared pan. Bake until springy to the touch, about 35 to 38 minutes.
5. Cool completely in the pan on a rack. Cut into 15 squares and serve at room temperature. Store in an airtight container in the refrigerator for up to 1 week or in the freezer for up to 3 months.



NUTRITION FACTS

Servings Per Recipe: 15, Serving Size: 1 square, Calories 110, Total Fat 5g, Satfat 0.9g, Cholesterol 25mg, Sodium 150mg, Total Carbohydrated 16g, Dietary Fiber 3g, Total Sugars 3g, Protein 3g, Potassium 210mg, Phosphorous 105mg.

<https://diabetesfoodhub.org/recipes/dark-chocolate-zucchini-bread-snack-squares#recipe-steps-section>



Weeks Medical Center

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