

SENIOR NUTRITION NEWSLETTER

Nutrition Information, Recipes, and Resources for Seniors



Washington
State Department of
Agriculture

SUMMER 2025

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**In Summer,
Washingtonians
get to experience
15-16 hours of
daylight per day!**

It's the perfect time to
do something you love
in the sunshine!



Stay Active and Safe: Prevent Falls

The long days and sunshine brought by summer can help inspire many people to get moving! If you find that you have more energy and motivation to be up and about this summer, we want to help equip you with the tools to be safe and prevent falls. Below, we'll provide some facts about falls in older adults as well as resources about fall prevention.

Did you know: The Washington State Department of Health (DOH) publishes an abundance of information about falls in the older adult population. The resources shared in this newsletter all come from the DOH! doh.wa.gov/you-and-your-family/injury-and-violence-prevention/older-adult-falls

The most important message related to falls in older adult populations is:

Falls are preventable.

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Days to Celebrate

JULY

National Blueberry Month

- 4** Independence Day
- 14** National Mac & Cheese Day
- 30** International Day of Friendship

AUGUST

- 3** National Watermelon Day
- 6** Farmworker Appreciation Day
- 15** National Relaxation Day
- 31** Eat Outside Day

SEPTEMBER

- 7** Grandparents Day
- 22** First Day of Fall

5 Ways to Prevent Falls:

1. Keep moving. Maintenance of balance and strength are key to fall prevention. All across Washington, you can incorporate evidence-based fall prevention classes and exercises into your routine. Some examples include Tai Chi, Tai Ji Quan, the Otago exercise program, and the EnhanceFitness program. Learn about these programs and more by scanning the QR code or going to: doh.wa.gov/you-and-your-family/injury-and-violence-prevention/older-adult-falls/evidence-based-exercise-classes. You can also check out your local senior center or community center to see if they offer any classes specific to fall prevention.



2. Get your vision and hearing checked each year. Our eyes and ears are extremely important in helping us judge distances, see hazards, and maintain balance.
3. Talk to your healthcare provider. Inform them if you've fallen recently and review your medications to make sure side effects aren't increasing your risk of falls.
4. Talk to your family and/or the people with whom you live. It's important to have a plan in place for notifying people if you take a fall.
5. Keep your home safe. Remove trip hazards like cords and furniture. Increase lighting in dark spaces. Install grab bars in areas like the bathroom.

Try these balance exercises at home!

1 MARCH IN PLACE

Purpose: To improve strength

1. Raise one knee in front of you, no further than to hip level.
2. Slowly lower leg back down to the starting position.
3. Repeat with other leg.
4. Repeat up to 10 times, alternating each leg.

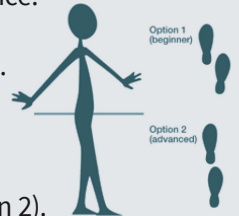


2 HEEL-TO-TOE STAND

Purpose: To improve standing balance

Goal: To balance without the bar

1. Stand near the bar for support, if needed.
2. Hold arms out to sides for balance.
3. Place one foot slightly in front of the other (see Option 1).
OR Place one foot directly in front of the other. The heel of the front foot should touch the toes of the back foot (see Option 2).
4. Stay in this position for 30 seconds.



3 PUSH UPS

Purpose: To strengthen arms, shoulder, and back

1. Stand facing the wall or bar with hands at shoulder height and shoulder-width apart.
2. Keep back straight. Lower your body to the wall or bar.
3. Return to start position.
4. Repeat 8 to 10 times.



4 TOE STANDS

Purpose: To strengthen leg muscles

1. Stand tall with feet parallel while holding onto the bar.
2. Continue holding on as you raise your body up onto your toes.
3. Slowly lower your body to the starting position.
4. Repeat up to 8 to 10 times.



5 STANDING ON ONE LEG

Purpose: To strengthen and improve standing balance

Goal: To balance without the bar

1. Stand tall beside the bar with feet shoulder-width apart. (Hold on if necessary.)
2. Raise one knee in front of you, no further than to hip level, keeping the toes up.
3. Hold for up to 10 seconds and lower.
4. Repeat with other foot. Continue alternating sides, adding repetitions as strength increases.



Use this checklist to identify and remove hazards at home that increase the risk of falls:

Shoes:

- ☐ Wear low-heeled, non-skid, supportive shoes that can be firmly fastened.

Floors:

- ☐ Remove throw rugs and secure loose carpets.
- ☐ Keep walkways clear of clutter.
- ☐ Tape cords & wires next to the wall so you don't trip over them.

Steps and Stairways:

- ☐ Fix loose handrails or have new ones installed on both sides of the stairs.
- ☐ Fix loose or uneven steps.
- ☐ Make sure stairways have good lighting.
- ☐ Place light switches at the top and bottom of the stairs.
- ☐ Paint the top edge of steps a contrasting color to make them easier to see.

Bathroom:

- ☐ Place a nonskid rug in front of your tub or shower.
- ☐ Install wall bars inside the shower or tub, and next to the toilet.
- ☐ Use a shower chair and a handheld showerhead.
- ☐ Use a nonskid bathmat or adhesive strips in the tub or shower.



Living room/Bedroom/Kitchen:

- ☐ Use furniture that is easy to get in and out of.
- ☐ Rearrange the room to create clear walking spaces.
- ☐ Keep frequently used items within easy reach.
- ☐ Keep a phone and light/flashlight within reach on the bedside table.
- ☐ Install night lights.
- ☐ Keep the floor clear of bedding on all sides.

Summer is the high season for farming in Washington. From June through September, farmers all across our state are working hard to get us the food we need. Below is just a short list of some of the jobs that farmers do:

- *Planting seeds*
- *Weeding*
- *Pest management*
- *Infrastructure maintenance and repairs*
- *Harvesting crops (sometimes, many thousands of pounds a day.)*
- *Washing, packing, and weighing food to be sold*
- *Managing a farmstand or other direct-farm sales relationships*
- *Delivering their products to customers*

Maybe you are a farmer, or were a farmer, or have neighbors or family members who are farmers. Be sure to say an extra big "Thank You" this summer for the work they do. 🍷

Thank You, Farmers!



Summer Walk Bingo

Here is a BINGO card for you to take on a walk around your neighborhood, a stroll in the park, or even just a relaxing afternoon sitting outside. Can you get 5 in a row in one outing? Can you fill the entire card by the end of summer? Cut or tear along the dotted lines to play on the go! 🌿



B	I	N	G	O
A neighbor's garden	Someone jogging	A bird that is perched (not flying)	Public garbage or recycling bins	A reusable water bottle
A flower you don't know the name of	A construction project	A cloud in the sky	An animal making a noise	A street sign that starts with a vowel
A squirrel	A garden vegetable ready to harvest	FREE	A dog on a leash	Sprinklers that are on
A fallen leaf.	A bird that is flying	A flower you do know the name of	A fire hydrant	An insect
A wave from a stranger	A crosswalk	A sunrise or a sunset	A parked pickup truck	Someone wearing a sun hat

Recipe of the Season

Colorful veggies, black beans, and pasta make this salad healthy, flavorful, and filling. Make it several hours ahead and let it chill in the refrigerator for a quick summer dinner. Can be made vegetarian by simply leaving out the chicken!

Chicken Pasta Salad

Ingredients:

- 2 cups cooked small pasta
- 1 1/2 cups canned chicken, drained
- 1 cup diced bell pepper
- 1/2 cup sliced green onion
- 1 cup shredded yellow squash
- 1/2 cup canned corn kernels, low-sodium, drained
- 1/2 cup frozen peas, thawed
- 1 can (15 ounces) black beans, low-sodium, rinsed and drained
- 1/2 cup fat-free Italian dressing

Directions:

1. Wash hands with soap and water.
2. Cook pasta according to package directions, drain; rinse.
3. Combine first eight ingredients (pasta through black beans) in a large bowl.
4. Toss gently with salad dressing.
5. Chill for several hours to blend flavors.

Nutrition Facts

Servings per recipe: 7	
Amount Per Serving	
Calories	236
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	22 mg
Sodium	493 mg
Carbohydrates	30 g
Dietary Fiber	7 g
Total Sugars	4 g
Added Sugars Incl.	0 g
Protein	19 g
Vitamin D	0 mcg
Calcium	48 mg
Iron	3 mg
Potassium	426 mg

Looking for more great recipes to try? USDA's MyPlate Kitchen has hundreds of healthy, budget-friendly recipes at myplate.gov/myplate-kitchen



Washington
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Food Assistance

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agr.wa.gov/services/food-access