



**Real food. Real community. Real well-being together.**

September 2026

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**Welcome** to the **September Peas and Carrots!** As we step into the cooler months, it's the perfect time to talk about something that helps keep all of us moving safely and confidently: **fall prevention.**

Just like the change in seasons, our bodies and surroundings change too. Sometimes that means a slippery floor, a dim hallway, or simply feeling a little off balance.

**The good news?** Small, everyday choices can make a big difference in staying steady on your feet. This month, we'll share simple tips, smart habits, and helpful reminders to keep you strong, safe, and fall free as we head into autumn. Let's make this season one of confidence, balance, and wellness—one step at a time.



**Indiana Bureau of Better Aging**  
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# Autumn Harvest Smoothie Recipe

Here is how to blend your ingredients into a perfect Autumn Harvest Smoothie.

### Prep Time

5 minutes

### Ingredients

- 1 cup low-fat milk or fortified almond milk
- 1 small apple (peeled and chopped)
- 1/2 cup pumpkin puree (plain)
- 1/2 banana
- 1/2 tsp cinnamon
- 1–2 tbsp oat flour or rolled oats (optional for thickness)

### Instructions

**Load blender:** Add the liquid milk first.

**Add solids:** Drop in the apple, pumpkin, banana, cinnamon, and oats.

**Blend:** Run on high for **60 seconds** until completely smooth.

### Pro Tips

**Ice:** Add 3-4 ice cubes if your fruit isn't frozen.

**Texture:** High-powered blenders handle raw apple best. If your blender struggles, grate the apple first.

### Healthy Topping Ideas

**Crunchy texture:** Sprinkle **1 tablespoon of chia seeds** or pumpkin seeds (pepitas) on top.

**Warm spice:** Add a tiny pinch of **ground nutmeg** or ginger alongside the cinnamon.

**Nutty flavor:** Drizzle **1 tablespoon of almond butter** over the surface before serving.

### Ways to Adjust Sweetness

**Naturally sweeter:** Use a **fully brown-spotted banana** or swap the milk for vanilla almond milk.

**Rich sweetness:** Blend in

**1 teaspoon of pure maple syrup** or honey to lean into the autumn flavor.

**Sugar-free boost:** Add **1-2 drops of liquid stevia** or a splash of vanilla extract.

Here is the estimated **nutritional breakdown**, based on data from the USDA Food Data Central. These figures include the optional **rolled oats** (1.5 tablespoons) and are broken down by your two liquid options.

| Nutrient      | Low Fat Milk (1%) | Unsweetened Almond Milk |
|---------------|-------------------|-------------------------|
| Calories      | 286 Kcal          | 214 Kcal                |
| Protein       | 11.8 g            | 4.6 g                   |
| Total Carbs   | 56.5 g            | 45.5 g                  |
| Dietary Fiber | 8.4 g             | 8.4 g                   |
| Total Fat     | 3.4 g             | 3.5 g                   |

### Nutritional Highlights

**High Fiber:** Packing **8.4 grams** of fiber, this smoothie meets nearly **30%** of your daily recommended intake, keeping you full longer.

**Vitamin Booster:** The pumpkin puree provides a massive dose of **Vitamin A**, while your choice of milk adds essential **Calcium and Vitamin D**.



# Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| H | A | N | D | R | A | I | L | X | M | O | M |
| A | B | T | U | L | E | R | U | G | P | C | S |
| Z | L | A | L | U | X | M | N | V | T | L | P |
| L | I | G | H | T | I | N | G | S | I | U | I |
| C | N | A | R | A | E | L | C | R | O | T | L |
| S | D | S | P | X | A | S | W | C | N | T | L |
| T | N | X | A | A | N | B | D | M | O | E | S |
| A | E | N | F | O | K | L | L | L | L | R | O |
| I | S | D | I | V | I | S | I | O | N | F | K |
| R | S | T | E | C | N | A | L | A | B | A | A |
| S | C | N | W | A | L | K | W | A | Y | S | C |
| A | W | A | R | E | N | E | S | S | C | V | E |

- ACTIONS

AWARENESS

BALANCE

CLEARANCE

CLUTTER

HANDRAIL
- LIGHTING

RUG

SPILLS

STAIRS

VISION

WALKWAYS

## No Falling! A Fun Safety Check-In

1. Which home safety improvement most directly helps an older adult maintain better **BALANCE** and prevent falls?
  - A. Using heavier furniture
  - B. Installing secure **HANDRAILS**
  - C. Adding decorative **RUGS**
  - D. Lowering **LIGHTING** levels
2. Which factor is most important for preventing trips on **WALKWAYS** and **STAIRS** in an elderly person's home?
  - A. Increasing **CLUTTER** for convenience
  - B. Allowing **SPILLS** to dry naturally
  - C. Keeping areas well **LIGHTED** and **CLEAR** of obstacles
  - D. Placing **BLINDNESS** warning signs
3. Which nutrient is most important for maintaining strong bones and reducing fall related fractures?
  - A. Vitamin C
  - B. Calcium
  - C. Sodium
  - D. Iron
4. Which dietary habit best supports **STABILITY** and **BALANCE** by preventing dizziness and weakness?
  - A. Skipping breakfast
  - B. Eating high sugar snacks
  - C. Staying well hydrated throughout the day
  - D. Avoiding protein rich foods

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| H | A | N | D | R | A | I | L | X | M | O | M |
| A | B | T | U | L | E | R | U | G | P | C | S |
| Z | L | A | L | U | X | M | N | V | T | L | P |
| L | I | G | H | T | I | N | G | S | I | U | I |
| G | N | A | R | A | E | L | G | R | O | T | L |
| S | D | S | P | X | A | S | W | C | N | T | L |
| T | N | X | A | A | N | B | D | M | O | E | S |
| A | E | N | F | O | K | L | L | L | L | R | O |
| I | S | D | I | V | I | S | I | O | N | F | K |
| R | S | T | E | C | N | A | L | A | B | A | A |
| S | C | N | W | A | L | K | W | A | Y | S | C |
| A | W | A | R | E | N | E | S | S | C | V | E |

### No Falling! A Fun Safety Check-In



### Answer Key

1. Correct Answer B
2. Correct Answer C
3. Correct Answer B
4. Correct Answer C

## Fall Prevention Facts and Happenings

Falls are a leading cause of injury and death among Hoosier older adults—but many are preventable. In 2024, Indiana recorded 709 fall-related deaths among residents aged 65+, along with 14,420 hospitalizations and 80,926 emergency visits—a figure topping \$1.8 billion in charges. The risk escalates with age: adults 85+ face nearly double the rate of ED visits and hospital stays compared to those aged 65–74. [Older Adult Falls in Indiana](#)

The Indiana Department of Health (IDOH) actively addresses this crisis through evidence-based initiatives. Two noteworthy programs are:

**STEADI Toolkit:** A CDC-developed framework for healthcare providers to screen, assess, and manage older adults' fall risks with tools such as functional assessments, medication reviews, and educational materials. [Trauma System/Injury Prevention: Falls Prevention](#) **Stepping On** (Wisconsin Institute for Healthy Aging): A 7-week community workshop focused on balance, strength, hazard recognition, and confidence-building. [Microsoft Word - Stepping On](#)

Additional efforts include Tai Chi classes for balance improvement, and collaboration with the University of Indianapolis to enhance reach and efficacy. Locally, organizations like IU Health and Fishers Health Department offer fall-prevention programs involving home safety assessments, assistive device provisioning, and physical therapy referrals. [Fall Prevention Program - Fishers Health Department](#)

The University of Indianapolis (UIndy) Center for Aging & Community is a key player, offering the evidence-based **Stepping On** workshops—seven-week sessions designed to build strength, improve balance, recognize home hazards, and foster confidence—backed by state partnerships with Anthem and the Indiana Department of Health. [One wrong step: why fall prevention must be a public health priority](#)

# Community Corner

## FALLS PREVENTION SUMMIT

Together we can prevent falls, together we can save lives.



**HOOSIER**  
FALLS PREVENTION  
COALITION

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**September 22, 2026**  
MARK YOUR CALENDAR!



**10 AM- 3 PM**  
Registration starts at 9:30 AM



**UNIVERSITY OF INDIANAPOLIS**  
1400 Campus Drive  
Indianapolis, IN 46227



Lunch provided by:  
**Careforth & AARP Indiana**



Participate in an interactive room to discover real life fall risks.  
*Sponsored by Independent Living*

**Questions?**  
Email the Hoosier Falls Prevention Coalition at:  
[cac.falls.prevention.coalition@uindy.edu](mailto:cac.falls.prevention.coalition@uindy.edu)



Join professionals, caregivers, and community partners for a day of education, partnership and practical strategies to reduce falls and improve safety for older adults.

Connect with local resources and organizations..



Can't make it to Indianapolis?  
The Falls Prevention Summit will be available via streaming at locations around the state.

Contact the Hoosier Falls Prevention Coalition for locations and details.

**Register Now!**



**\$20 per person**  
**Over 60- FREE**  
[tinyurl.com/3rmusk6n](https://tinyurl.com/3rmusk6n)

2 CEU's available



Check out fun activities at your local Area on Aging Center: <https://www.iaaaa.org/>

***Each AAA Agency offers a variety of choices to designed meet your fitness needs and are willing at any time to assist in getting you to the best resources for your fitness.***