



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

October 2026

WELCOME TO THE OCTOBER PEAS AND CARROTS!

As we move deeper into autumn, this month gives us an important opportunity to focus on something that touches many lives—**SUICIDE PREVENTION**. Just as the season shifts, our emotional landscape can shift too. Some days feel bright and steady, while others may feel heavier or more difficult to navigate.

The good news? Small, everyday choices that support our physical and emotional well-being can make a meaningful difference. This October, in honor of **ACL's Suicide Prevention Month**, we'll share simple nutrition tips, supportive habits, and gentle reminders that can help strengthen resilience, boost mood, and foster connection.

Let's make this season one of care, compassion, and wellness—lifting one another up, one healthy step at a time.

CALL TO ACTION:

This month, we invite you to take one intentional step toward supporting mental wellness—whether it's choosing a nourishing meal, reaching out to someone who may need a check-in, or practicing a small daily habit that helps you feel grounded. Together, let's help build a community where everyone feels seen, supported, and valued.

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Indiana Bureau of Better Aging
888-673-0002
www.in.gov/fssa/ddars/bba/
402 W. Washington St., P.O. Box 7083
Indianapolis, IN 46204

Find these words:

Addiction

Casemanager

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Diet

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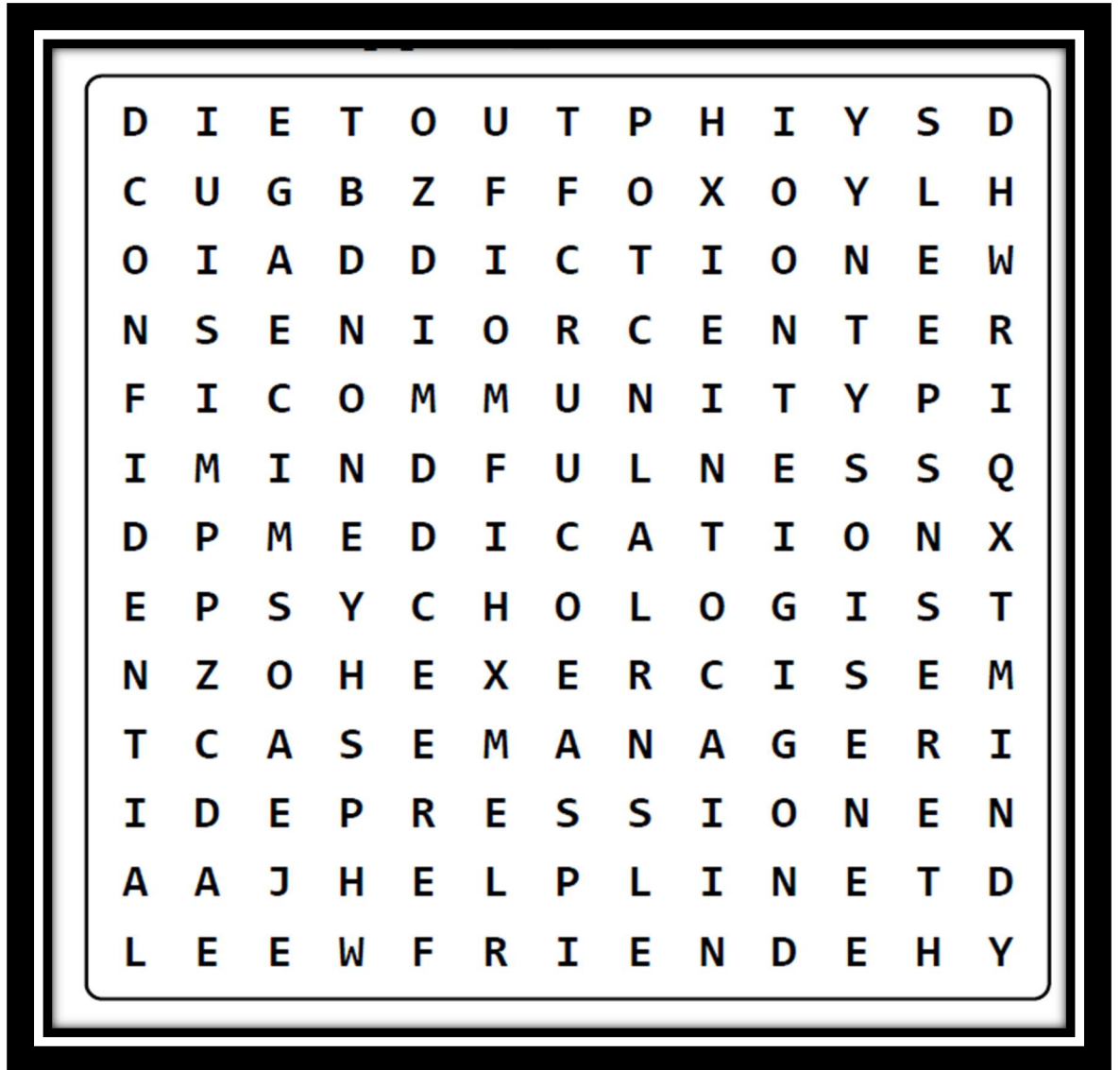
Mind

Mindfulness

Psychologist

SeniorCenter

Sleep



Check out fun activities at your local Area on Aging Center:

<https://www.iaaaa.org/>



Community Corner

It is easy to say you are not ok.

You Matter. Reaching Out Is a Strength.

Whether you're struggling or worried about someone else, there is always someone ready to listen and help you move toward safety and hope.

YOU ARE NOT ALONE

Help is available 24/7 for anyone in emotional distress, crisis, or needing support. If you're ever unsure which number to call, start with 988 — a trained specialist will guide you to the right resources.

HOW 988 WORKS

- Free, confidential, 24/7 support - Connects with Indiana-based crisis centers (local specialists)
- Support for suicidal thoughts, mental health crises, substance-use concerns, or emotional distress
- Available through Call, Text, or Online Chat
- Chat online: 988Indiana.org
- Over 200 languages supported via translation; Spanish available directly

AI ASSISTANCE USED

Indiana Crisis Support Quick Reference Chart

Situation	What to Do	Contact Info
Suicide or mental health crisis	Call or text	988 (nationwide)
Prefer chat support	Online chat	988Indiana.org
Crisis but not suicidal	Call mental health crisis line	866-903-3787
Text-based crisis support	Crisis Text Line	Text IN to 741741
Veteran-specific support	Veterans Crisis Line	800-273-8255, press 1 / text 838255
Deaf or hard of hearing	Specialty support	800-799-4889

Immediate Danger: Call 911

Puzzle Answer

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

AI ASSISTANCE USED

Root Vegetable Salad

This salad is made of root vegetables and preserved cabbage (sauerkraut). The beets will color the salad a striking scarlet. You may be able to forage some ingredients from local community gardens. Makes 8-12 servings

Ingredients

- 4 medium waxy potatoes (about 1 1/2 pounds, pared
- 1 large beet, scrubbed, top cut to 1 inch
- 1 large carrot, pared
- 1/4 cup olive oil
- 1 to 2 tablespoons red wine vinegar
- 1 teaspoon sugar
- 2 medium dill pickles, cut in 1/4 inch diced, about 2.3 cups
- 1 medium tart apple, such as Granny Smith, pared, cored, cut on 1/2 inch dice (about 2/3 cup)
- 1/2 cup drained sauerkraut: - dairy case preferred—if canned, rinse under cold running water to remove excess salt.
- Salt and ground pepper



1. Cook vegetables in separate saucepans of boiling salted water until crisp tender: about 20 minutes for the potatoes: about 20 minutes for the beet; and about 15 minutes for the carrot. Drain all vegetables; rinse under cold running water until cool enough to handle. Pare beet; cut potatoes, beet and carrot until 1/2 dice.
2. Combine oil, mustard, vinegar, and sugar in small jar with tight-fitting lid; shake until the sugar is dissolved. Toss dressing with potatoes, beet, carrot, pickles, apple, and sauerkraut in large bowl: add salt and pepper to taste. Refrigerate covered, tossing occasionally, 4-6 hours.

Nutrition Facts

Carbohydrates 16.7 grams Fiber 2.8 grams Fat 5.7 grams Protein 1.95 grams Sodium 204 mg
Saturated fat: minimal mostly from olive oil

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