



September Wellness Newsletter

September 2026

Wellness NEWSLETTER

HEALTH OBSERVANCE

Healthy Aging Month

Wellworks For You

Aging well is less about chasing youth and more about protecting the systems that keep you strong, sharp, and independent. The good news is that the everyday choices you make now compound over decades, and it is never too late to start. Small, repeatable habits tend to outperform dramatic overhauls, because consistency is what actually changes how you age.

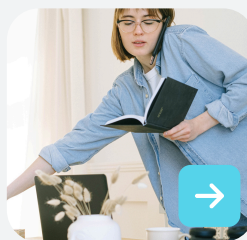
Guidance from the National Institute on Aging and the NIH points to a handful of habits that make the biggest difference:

- **Move daily.** A mix of strength training and walking preserves muscle, bone density, and balance. The NIH recommends aiming for about 2.5 hours of physical activity each week, roughly 21 minutes a day.
- **Prioritize protein.** Older adults need more protein to maintain muscle mass and support recovery. Nutrient-rich foods like seafood, lean poultry, nuts, and seeds do double duty for the body and brain.
- **Protect your sleep.** Deep, consistent rest supports memory, mood, and immune function.
- **Stay connected.** Strong social ties keep you engaged and are linked to lower rates of cognitive decline.
- **Keep learning.** Novel challenges build cognitive reserve that buffers against decline.

Beyond the checklist, healthy aging is about mindset. People who view later life as a season of growth rather than loss tend to stay more active and engaged. Regular checkups, manageable stress, balance-focused movement to prevent falls, and a genuine sense of purpose round out the picture.

Start with one habit, make it stick, and let momentum carry the rest. Your future self will thank you.

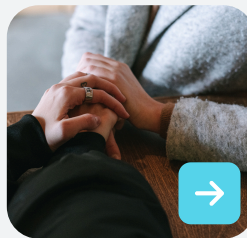
Source: <https://magazine.medlineplus.gov/article/live-long-be-well-science-based-tips-for-healthy-aging>



2 PROTECTING YOUR TIME:

Mindful Scheduling for a Balanced Fall

Learn how to protect your time and beat overscheduling with simple strategies.



3 SUICIDE PREVENTION

Warning Signs, Resources & How to Reach Out

For friends and family who feel the weight of a loved one's struggle.



4 Featured Recipe



Protecting Your Time: Mindful Scheduling for a Balanced Fall

Caitlyn Keenen

As the summer sun fades and the crisp autumn air moves in, we often find that our relaxing days turn into a scheduling nightmare. Vacations are over, days are shorter, and the fall frenzy begins. For many, stress sets in instantly. We struggle to manage our busy schedules and find time for ourselves to decompress, which negatively impacts both our physical and mental health.

Overscheduling is one of the most common mistakes adults can make. Whether it is due to family obligations, career aspirations, or people-pleasing, we often cram too much into our days or lives. We think busy equals success. This jam-packed lifestyle causes stress, which disrupts sleep, develops headaches and digestive issues, and leads to absolute exhaustion.

Long-term exposure to these high stress levels can also increase your risk of cardiovascular issues. It can even be detrimental to our relationships. The mental load strains relationships and creates distance. The constant overstimulation often triggers forgetfulness and mood instability, leaving us with a general sense of unhappiness.

We know overscheduling has adverse effects on our wellbeing, but how do we manage this when we are being pulled in so many directions? Try these tips to stay present and balance your fall.

- **Prioritize:** Be honest with yourself about your “shoulds” and prioritize what’s most important.
- **Start Your Day Intentionally:** The first hour of our day often sets the tone for how the rest of the day goes.
- **Ask for Help:** We cannot do everything ourselves.
- **Eliminate Time Wasters:** Identify things that waste time and energy, like social media or traveling, and limit them or find alternative solutions (like carpooling).
- **Take Time for Yourself:** At least one hour a day and at least one day a week, set aside time to do something you enjoy

Source: <https://online.sas.upenn.edu/features/mastering-your-schedule-effective-time-management-strategies-success>

SUICIDE PREVENTION

Warning Signs, Resources & How to Reach Out

Wellworks For You

When someone we love is struggling, it is hard to know what to say, or whether to say anything at all. Friends and family are sometimes the first to notice, and a caring conversation can matter.

But please know, you are not responsible for another person's survival, and you cannot control their choices. Reaching out is an act of love, not a guarantee, and the outcome is never your fault.

Signs someone is struggling are often subtle, and sometimes not there at all. Many people hide their pain well. You might notice if someone you care about:

- Talks about feeling hopeless, trapped, or like a burden
- Withdraws from people or activities they used to enjoy
- Shows marked shifts in mood, sleep, or energy
- Gives away meaningful possessions or says goodbye in unusual ways
- Increases their use of alcohol or other substances

Asking someone whether they are thinking about suicide does not plant the idea, and it often brings relief. Listen without judging, take them seriously, and help them connect with support. You do not need perfect words.

If you have lost someone or feel you missed the signs, remember that their pain was not your fault, and their choices were not yours to prevent.

Source: afsp.org

Resources for someone struggling with suicidal thoughts:

- **988 Suicide and Crisis Lifeline:** call or text 988, or chat at 988lifeline.org. Free, confidential, and available 24/7.
- **Crisis Text Line:** text HOME to 741741 to reach a trained counselor.
- A doctor, therapist, or counselor for ongoing support.

Resources for caregivers and loved ones:

- **988 Suicide and Crisis Lifeline:** you can call or text 988 even when you are worried about someone else.
- **NAMI HelpLine:** call 1-800-950-6264 or text "HelpLine" to 62640 for guidance and support.
- **American Foundation for Suicide Prevention (afsp.org):** education and support, including resources for those who have lost someone to suicide.



FEATURED RECIPE

Spiced Zucchini Apple Baked Oatmeal with Cinnamon Vanilla Glaze

 6 SERVINGS |  55 MINUTES

Vegetarian

INGREDIENTS

Wet ingredients:

- 1 medium zucchini
- 1/2 cup unsweetened applesauce
- 2 eggs, at room temperature
- 1 cup unsweetened almond milk
- 1/4 cup pure maple syrup
- 1 teaspoon vanilla extract
- 2 tablespoons melted butter or melted and cooled coconut oil

For the cinnamon vanilla glaze:

- 2 tablespoons vanilla yogurt (or dairy-free yogurt)
- 1 tablespoon powdered sugar (or sub 1/2 tablespoon maple syrup or honey)
- 1-2 teaspoons unsweetened almond milk, to thin
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract

For topping:

- Optional: Thinly sliced apples

Dry ingredients:

- 2 cups old-fashioned rolled oats, gluten-free if desired
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/2 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 1 cup finely diced honeycrisp apples (from 1 medium honeycrisp apple, diced)
- Optional: 1/4 cup raisins
- Optional: 1/3 cup finely chopped pecans or walnuts

DIRECTIONS

1. Preheat the oven to 350 degrees F. Spray an 8x8-inch baking pan with nonstick cooking spray.
2. Measure out 1 heaping cup of shredded zucchini from your medium zucchini, then place it in a paper towel or cheesecloth and squeeze out all the moisture. *This is very important!*
3. In a medium bowl, mix together the shredded zucchini, applesauce, eggs, almond milk, maple syrup, vanilla, and melted and cooled butter or coconut oil until well combined.
4. Stir in dry ingredients: oats, baking powder, cinnamon, allspice, ginger, nutmeg, and salt; stir well to combine. Fold in diced apples, raisins, and pecans/walnuts.
5. Spread out oatmeal in a prepared pan. Add thinly sliced apples on top if you'd like. Bake for 35-40 minutes until edges are slightly golden, and the center is set.
6. In a small bowl, mix together the Greek yogurt, powdered sugar, milk, vanilla, and cinnamon; mix to combine. Add more milk if necessary so you can drizzle on top of the oatmeal.

NUTRITION

Per Serving:

Calories: 264
 Carbohydrates: 41.7g
 Saturated Fat: 3.3g
 Total Sugars: 16.2g

Per Serving:

Protein: 7.3g
 Dietary Fiber: 4.6g

Source:

<https://www.ambitiouskitchen.com/apple-zucchini-baked-oatmeal/>