



SEPTEMBER 2026

THE FEED

Erie County Department
for the Aging Nutrition & Wellness News



Erie County Department
for the Aging Nutrition
& Wellness Impact
Council Meeting at the
Kenmore Community
Center



Cooking with SASS
at Williamstowne
Village (Above left)

University Express
Shakespeare in
Bassett Park (Left)

RSVP Volunteer Fair
Naval Park (Below)



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Healthy Gut = Healthy You!



Your “Gut Feeling” is way more than just an instinct! Your gut does much more than digest food. Your gut microbiome plays an important role in immune function, heart health, mood, healthy weight, and protection against several chronic diseases such as inflammatory bowel diseases, diabetes, some types of cancer, rheumatoid arthritis & allergies. You are made up of more bacteria cells than human cells! Here’s how you can keep these bacteria happy & healthy!

Support a Healthy Gut:

- 🥦 Eat a variety of mostly plant-based foods.
- 🌾 Choose fiber-rich foods like fruits, vegetables, beans, and whole grains.
- 🥛 Include probiotic foods such as yogurt, kefir, kimchi, miso, tempeh, and fermented vegetables or try a probiotic supplement.
- 🫐 Include polyphenols and omega-3-rich foods such as olive oil, green tea, berries, salmon, walnuts, chia, and flax.
- 💧 Stay hydrated.
- 🚫 Limit highly processed foods, excess sugar, and unhealthy fats.
- 😴 Prioritize sleep, exercise, stress management, and mindful eating.

A healthy gut supports a healthy you!

UNIVERSITY EXPRESS

Thurs., September 17th

2:00 p.m.

Trivia in the Park
Como Lake Park

James Depczynski Casino

A MATTER OF BALANCE

Boston Senior Center

Wednesdays,
September 2nd -
October 21st
1:00-2:00 p.m.

More Fun with EC DFA!!

BINGOCIZE

United Church Manor

Tuesdays & Thursdays

10:45-11:45 a.m.

Sept. 1st - Nov. 5th

West Side Community Center

Mondays & Wednesdays

10:30-11:30 a.m.

Sept. 14th - Nov. 18th

Kenmore Community Center

Mondays & Wednesdays

12:45-1:45 p.m.

Sept. 14th - Nov. 18th

10 TIPS NUTRITION EDUCATION

East Aurora Senior Center

Mondays

November 2nd - 23rd

10:45-11:45 a.m.

Alden Community Center

Fridays, October 9th-23rd

10:30-11:30 a.m.

Aurora Senior Center

Mondays

October 19th-

November 2nd

1:00-2:00 p.m.

COOKING WITH SASS

Clarence Senior Center

Tuesdays

1:00-2:00 p.m.

September 15th -

Cooking for One or Two

September 23rd -

Cooking on a Budget

September 29th -

Therapeutic Cooking/

Cooking for Fun

Akron-Newstead Senior Center

Thursdays

1:00-2:00 p.m.

September 17th - Cooking on a

Budget

September 25th - Emergency

Cooking

October 1st - Cooking for One

or Two

We are starting the Diabetes/Pain/Chronic Conditions Self-Management Workshops again! Please let your site director know if you are interested in having one of these workshops at your center!





Upcoming Special Meals



Labor Day Luncheon
Friday, Sept. 4th

Breaded Chicken
Drumsticks
Ranch Mashed Potatoes
Sweet Peas
Chef Salad
Wheat Roll
Banana Cream Pie



WELCOME FALL LUNCHEON
FRIDAY, AUGUST 21ST

CHICKEN CORDON BLEU WITH
HERB GRAVY
SWEET POTATOES
BRUSSELS SPROUTS
MULTIGRAIN BREAD
APPLE PIE WITH WHIPPED
TOPPING

An Informative & Interactive 2nd Impact Council Meeting!



On August 26th, Ambassadors from 24 programming locations came together—both in person and virtually—for the 2nd Nutrition & Wellness Impact Council Meeting at the Kenmore Community Center. The gathering highlighted the technology initiative, a project spearheaded by Katie Earl & funded by American Rescue Plan dollars that brings large-screen TVs, laptops, sound bars, and Nintendo Switches to programming locations across Erie County. These tools are opening the door to more engaging programs, fun activities, and greater connection among participants. The meeting also gave Ambassadors an opportunity to share their ideas and perspectives on current and future ECDSA programming. Thank you to the Kenmore Community Center for hosting this event! New Ambassadors are always welcome! To learn more & join the next meeting contact Janice.Nowak@erie.gov.



The Feed's Funnies



What time of year do people get injured most?
The fall.

Why was the robot couple's anniversary in the fall?
They were autumn-mated.

What did the Granny Smith apple say as she was being diced up for a pie?
"Honey, stand up straight while you chop! And fix your hair!"

Why did the apple join a gym?
To work on its core.

Why did the apple pie cross the road?
It saw a fork up ahead.

What did the gourd say to the latte when they met in September?
Let's give 'em pumpkin to talk about!

September motto: "I'm done working on my bikini body. I've decided to focus on my sweater-weather physique instead."

RATATOUILLE



This is the perfect end-of-summer recipe utilizing all the last vegetables & herbs from your garden or from the Farmers Market! It is also extremely versatile. Serve it as a side or over chicken, fish, sausage, eggs, on toast, pasta, rice, quinoa or farro, with cornbread, add garbanzo beans or alone with just with a little parmesan!

Ingredients

- 1 large eggplant, cubed
- Salt
- Extra virgin Olive oil
- 2 medium zucchini, cubed
- 1 medium onion, finely chopped
- 1 colorful bell pepper, cubed
- 5 large garlic cloves, chopped
- 5 lg. vine-ripened tomatoes, cubed
- 1 Tbs. Tomato paste
- 2 tsp. fresh, chopped thyme
- ¾ tsp. sugar
- ¼ tsp. red pepper flakes (optional)
- 3 Tbs. chopped fresh basil

Directions

- Heat 3 Tbs. oil in large skillet over medium heat. Add eggplant & ¼ tsp. salt. Cook, stirring frequently, 10-12 minutes. Transfer to dish & set aside.
- Add 1 Tbs. oil to same pan. Add zucchini & ¼ tsp. salt & cook, stirring frequently, 3-4 minutes. Transfer to dish & set aside.
- Add 2 Tbs. oil to pan. Add onion & bell pepper. Cook, stirring frequently about 5 min. Add garlic & cook 3 min. more. Add tomatoes, tomato paste, thyme, pepper flakes & ¾ tsp. salt. Cook, stirring occasionally, 8-10 min. Add eggplant back to pan; bring to gentle boil & reduce heat to low. Simmer, uncovered 10 minutes. Add zucchini & cook 1-2 minutes. Add basil & serve! Tip: Try any herbs you like such as oregano or rosemary.

September

Word Search



September's here, and so is a word search packed with seasonal fun! Can you find all the hidden words scattered in every direction—forward, backward, up, down, and diagonal? Circle each word as you find it and cross it off the list.

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

ACORNS
APPLES
AUTUMN
BACKPACK
BONFIRE
BREEZY
CIDER
COOLER
CORN
CRISP
EQUINOX
FALLING
FARMERS
FOLIAGE
FOOTBALL
GOURDS
GRAPES
HARVEST
HAYRIDE
LABOR DAY
LEAVES
MIGRATION

ORCHARDS

SCHOOL

PUMPKINS

SEPTEMBER

RAKE

SQUIRREL

SCARECROW

SWEATER



Erie County Stay Fit Dining Program

716.858.7639



ERIE COUNTY
DEPARTMENT FOR THE
AGING

716.858.8526

www.erie.gov/aging



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