

## OCTN Comings and Goings

Fall 2023

Issue: 1

### Common Sense Guide to the Common Cold for Seniors

How to tell the flu from the common cold. Cold symptoms are usually milder than the flu or COVID-19 and tend to come on gradually. Key symptoms include:

- Congestion
- Runny nose
- Sore throat
- Mild cough
- Headache

Flu symptoms usually have a more sudden onset. Key symptoms include:

- Persistent high fever and chills
- Muscle aches and/or headache
- Pronounced fatigue and weakness
- Dry Cough

COVID-19 symptoms can overlap with many cold and flu symptoms-but has some distinctive signs. These include:

- Loss of smell and/or taste
- Diarrhea, nausea and vomiting
- Shortness of breath
- Chest pain or heaviness.

Always call your doctor and describe your symptoms. They can advise you on the next steps. Wash your hands, avoid crowds and stay hydrated to help stay healthy this fall.

USDA MyPlate  
U.S. DEPARTMENT OF AGRICULTURE

### 3-Can Chili



Makes: 6 Servings

Total Cost: \$\$\$\$

With almost no cooking required to prepare this chili, just open cans of beans, corn, and tomatoes, and heat everything together in a pan!

### Ingredients

- 1 can (15.5 ounces) beans, low-sodium undrained (pinto, kidney, red, or black)
- 1 can (15 ounces) corn, drained (or 10-oz package of frozen corn)
- 1 can (14.5 ounces) crushed tomatoes, undrained (low-sodium)
- chili powder (to taste)

### Directions

1. Wash hands with soap and water.
2. Place the contents of all 3 cans into a pan.
3. Add chili powder to taste.
4. Stir to mix.
5. Continue to stir over medium heat until heated thoroughly.
6. Refrigerate leftovers.

[Feedback](#)

OCTN offers weekly trips to Wenatchee!! THURSDAYS

Depart Okanogan Transit Center at 9:00am

Depart Brewster Marketplace at 9:30am

Depart Wenatchee for return trip 3:30pm

Cost for the trip is \$8 for seniors, \$16 for those under 60. If your trip is scheduled for a specific appointment there is **no charge**.

Call 509-826-4391 to reserve a seat.

Let's do breakfast!!! The Okanogan Senior Center is now serving breakfast at 9am on Thursday mornings. Come and enjoy a hot, delicious and nutritious meal and start your day out right. Suggested donation for seniors over 60 is just \$4. The fee for those under 60 is \$10.



## 6 Ways to Eat Well as You Get Older



1

**Know what a healthy plate looks like**

See how to build a healthy plate at [ChooseMyPlate.gov](http://ChooseMyPlate.gov)



2

**Look for important nutrients**

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.



3

**Read nutrition labels**

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.



4

**Use recommended servings**

Learn the recommended daily servings for adults aged 60+ at [heart.org](http://heart.org)



5

**Stay hydrated**

Water is an important nutrient too! Drink fluids consistently throughout the day.



6

**Stretch your food budget**

Get help paying for healthy food at [BenefitsCheckUp.org/getSNAP](http://BenefitsCheckUp.org/getSNAP)