



# No Tricks, Just Treats for Seniors

## Turning Halloween into Connection

- Halloween can feel overwhelming or isolating for older adults. But with a little creativity, it becomes a time for fun, connection, and safe engagement.
- In 2020, the National Institute on Aging reported that social isolation is linked to a **50% higher risk of dementia and 29% higher risk of heart disease**.
- Sharing a cozy activity, like baking, transforms holiday isolation into warm moments of connection.

## Let's Bake Pumpkin Muffins!

### Ingredients

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1 3/4 cups all-purpose flour      | 1/2 cup vegetable oil           |
| 1 teaspoon baking soda            | 1/2 cup granulated sugar        |
| 1 1/2 teaspoons ground cinnamon   | 1/2 cup packed brown sugar      |
| 1 1/2 teaspoons pumpkin pie spice | 1 1/2 cups canned pumpkin puree |
| 1/4 teaspoon ground ginger        | 2 large eggs                    |
| 1/2 teaspoon salt                 | 1/4 cup milk                    |

### Instructions

1. In a large bowl, whisk the flour, baking soda, cinnamon, pumpkin pie spice, ginger, and salt.
2. In a medium bowl, whisk the oil, granulated sugar, brown sugar, pumpkin puree, eggs, and milk together until combined.
3. Pour the wet ingredients into the dry ingredients, and then fold everything together gently just until combined and no flour pockets remain.
4. Spoon the batter into liners, filling them all the way to the top.
5. Bake for 5 minutes at 425°F, reduce the oven temperature to 350°F, and bake for an additional 16-17 minutes or until a toothpick inserted in the center comes out clean.

Source: <https://sallysbakingaddiction.com/pumpkin-muffins-recipe>



Seasonal joy is part of aging well. We are here to help!



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