



Volunteers
of America®

COLORADO BRANCH

Healthy Living

News



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Happy National Nutrition Month

“**Go Further with Food**” is the Academy of Nutrition’s theme for 2018. Whether it’s starting your day with a healthy breakfast, or packing a healthy lunch, the food you choose makes a difference. Making foods to go further at home, and within the community, can have a positive impact on reducing **food loss and waste**. The topic of **food waste** is getting more attention these days, because its been proven that most food waste occurs at home, and can be preventable. Below are some tips for eating right and reducing food waste.

Plan Meals Based on Foods You Have: Look in the refrigerator, freezer and pantry for foods that need to be used. Write a list of ingredients needed, and buy the amount that can be eaten or frozen within a few days.

Get Creative with Leftovers: Turn meals into soups, salads, or sandwiches. Use as a topping for salads and cooked grains, like rice or pasta, to combine and make soup. Freeze and enjoy for future meals.

Master the Shelf Life of Foods: *Wait* to wash produce until right before serving. Many foods and drinks purchased at the store include a date, which indicates when it should be used or sold by. “Use by” or “best by” dates refer to the product’s quality, it doesn’t necessarily mean they should be thrown out. These products don’t need to be refrigerated until opened. In many cases, they are safe to eat beyond the date as long as they have been stored properly.

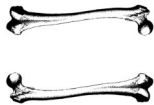
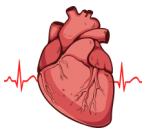
Practice Good Food Safety: Don’t risk eating or drinking anything that you suspect has spoiled. Eat leftovers within 3-4 days (or freeze up to 3 months). Place foods that spoil quickly in front of the refrigerator, in sight.



Physiology of Exercise

Exercise Phys-i-ol-o-gy (pronounced Fiz/ology) is the study of how body systems react to the “stress” of exercise. This “stress” impacts the **cardiovascular, respiratory, muscular, skeletal, and nervous systems** in many different ways. This is important when we age, because older adults tend to slow down and avoid stress, when actually the right stress can be good for the body and mind. Here are a few examples of how exercise effects the body:

Cardiovascular (Heart & Vasculature): February’s issue of *Healthy Living News* discussed more in depth why heart health is crucial for older adults. Movement increases blood flow which improves oxygen and nutrient transport throughout the body.



Respiratory (Lungs and trachea): In the general population, as people age, there is less respiratory output due to inactivity and muscle atrophy. To help resist this process, exercise at a low to moderate intensity to increase lung capacity over-time. It’s never too late to improve.

Muscular and Skeletal (Muscles and Bones): Muscles are attached to bones, and produce the physical movement of your body. Exercise increases the strength, flexibility, and speed of your muscles, even in older adults. Some resistance training can improve bone density.

Nervous (Brain): The brain sends signals to muscles for voluntary movement and to other systems, like the heart, for involuntary movements. It takes a strong mind, to get started to exercise and to continue. Keep working hard and your mind and body will thank you.

Do you feel like you should be exercising more?

Program includes:

- **Free** hand weights
- **Free** exercise instruction from a Fitness Professional
- **Free** nutrition counseling with a Registered Dietitian
- **Free** motivational calls weekly

Healthy Moves for Aging Program

In the comfort, privacy, and safety of your own home this evidence-based exercise program is designed specifically for people 60 years or more, with one or more chronic health conditions.

Only available to: Denver, Arapahoe, Jefferson, Adams, and Douglas counties

Contact Auburn Dush, HM Program Coordinator, for more information at 303-297-0408

Achieving Your Exercise Goals

Step 1) Set a goal that is **SMART**— **Specific, Measurable, Action-oriented, and Timely**. For example, “I want to lose weight” is not a goal, it’s an outcome of a goal. HOW are you going to lose weight? “I will walk 30 minutes, 3 days per week (Monday, Wednesday, Friday) in the morning after breakfast.” Get as specific as possible!

Step 2) Make a list of the **materials** you need to accomplish this goal. When you are prepared, you are more confident, and when you are confident, you are more likely to succeed!

Step 3) Make a list of **barriers** that could keep you from accomplishing your goal. Do you struggle with motivation? Prioritizing? What has held you back in the past?

Step 4) Come up with **SOLUTIONS** to those problems. Maybe your goal was too lofty and you need to cut the time in half in order to be more confident. Set yourself up for success!



Chicken, Broccoli, & Cauliflower

What’s a better way to go further with your food? **LEFTOVERS**. Check out the recipe below. Enjoy!

Ingredients

- 1 cauliflower, cut into medium florets
- 1 onion, thinly sliced
- 3 cloves garlic, chopped
- ¼ cup melted butter
- 1 Tbsp canola oil
- 12 chicken drumsticks or thighs
- 1 tsp fresh thyme, leaves only
- 1 broccoli, cut into medium florets
- 1 cup grated Cheddar cheese
- Salt and pepper

Directions

1. With the rack in the middle position, preheat the oven’s broiler.
2. On a baking sheet, toss cauliflower, onion and garlic with melted butter. Lightly oil chicken and sprinkle with thyme. Spread on the baking sheet. Season with salt and pepper.
3. Roast for about 30 minutes, stirring halfway through cooking. Add broccoli and toss to coat with butter. Roast for about 10 minutes. Remove from the oven. Sprinkle with cheese and serve immediately.





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COLORADO BRANCH

Helping America's most vulnerable™

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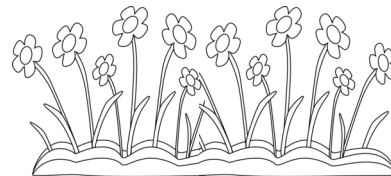
The Volunteers of America is a national non-profit, spiritually-based human service organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. If you would like information on how you can get involved, please call us at: 303-297-0408

The Nutrition Services Division is funded in part by the Denver Regional Council of Governments Area Agency on Aging

Visit us on the web:
www.voacolorado.org

Quote of the Month

“It does not matter how slowly you go, as long as you do not stop.”
-Confucius



Food Safety Tip

Two Hour Rule: Don't leave perishable food, at *ROOM temperature*, out for no more than 2 hours. If the temp. is *over 90 degrees* in the room, don't leave food out for longer than an hour.

Sudoku

8	9	2			3		1	4
				6	8		7	
4	5			8				1
		8				2		
1		3	7			5		
	7	1			6		5	
5		9	2				8	
6					7			9