

# Healthy Living

## News



Helping America's most vulnerable™

**Volunteers of America Colorado**

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### 5 Simple Tips for Eating with No Appetite

#### 1 **Have a regular meal & snack schedule**

As we age, our sense of hunger decreases, having a regular schedule can help keep us on track!

#### 4 **Make milkshakes, soups, or smoothies**

Chewing maybe difficult or tiring, so try more liquid-y sources of nutrition.

#### 2 **Serve small portions of high nutrient foods**

Boost the healthy calories by adding avocados, olive oil, peanut butter, and etc.

#### 5 **Keep track of what works!**

Keeping track lets you experiment with what is working!

#### 3 **Prepare plenty of easy-to-eat snacks**

Some seniors prefer to graze versus eat large meals. Keep foods like cheese sticks, full-fat yogurt, diced fruit, full-fat cottage cheese on hand for healthy and delicious snacks!



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### ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who may find it useful.

### QUESTIONS, COMMENTS, IDEAS?

Email: [adush@voacolorado.org](mailto:adush@voacolorado.org)

Call: (720)264-3342

# Back to the Basics

The time of year is here to reevaluate what we want out of another 365 days. Many of us *want* to make exercise a priority, but don't know *how* or *what* to do. Listed here are a few tips to help get you back to the basics:



## Start Slow and Simple

Making a habit of walking at least 5 minutes to start will help build confidence and begin conditioning for longer walks

## Set *Realistic* Goals

Lofty goals only set you up for a harder fall, if you fail. Start at your capacity and don't over-do it.

## Prepare and Record

Preparation sets you up for success, and writing it down helps remind you of your success, failures, and maintenance.

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

Contact Auburn Dush, HM Program Coordinator,  
for more information at 720-264-3342

# Successful New Years Resolution

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A goal without a plan is just a dream. For you to turn your dreams into reality it is crucial to plan accordingly!

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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?

1

“I will walk 30 minutes, 3 days per week (Monday, Wednesday, Friday) in the morning after breakfast.”

9

Be as specific as possible.

While choosing a New Years Resolution, keep the **SMART** Goals strategy in mind.

**SMART** stands for —

**S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime bound.

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!

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?

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.

## Banana Spilt Oatmeal

Many different factors make it difficult for seniors to eat well — from changing taste buds to a lack of interest in cooking, to medication side effects. The following is a easy and healthy recipe to try at home!

**Yield—** 1 serving

**Ingredients—**

- 1/3 cup oatmeal, quick-cooking (dry)
- 1/8 teaspoon salt
- 3/4 cups water (very hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt, non-fat

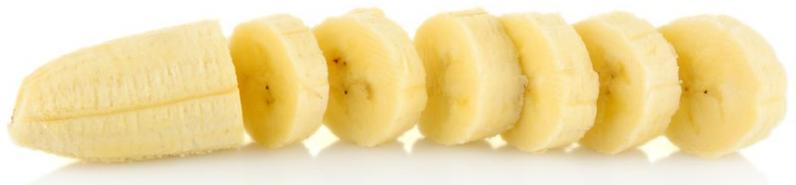
**Preparation—**

In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.

Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.

Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.

Top with banana slices and frozen yogurt.





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of America®**

**COLORADO BRANCH**

Helping America's most vulnerable™

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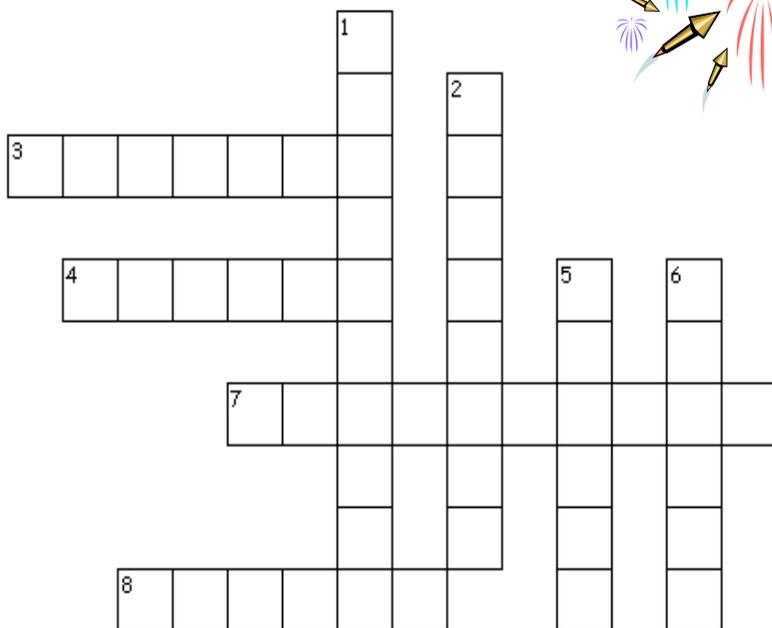
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The Volunteers of America is a national, non-profit, faith-based human service organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. Our administrative offices are located at 2660 Larimer Street, Denver CO, 80205. To speak to someone about our programs or volunteering opportunities you may email us at [info@voacolorado.org](mailto:info@voacolorado.org) or call 303-297-0408. To keep up with our news and activities, follow us on *Facebook, Twitter, and Instagram.*

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

Food Safety Tip: Keep surfaces sanitized in the kitchen.

## New Year's Crossword



### Across

- Pay special attention to \_\_\_ size.
- Losing \_\_\_ is a common New Year's resolution.
- Yogurt is a good source of \_\_\_.
- Consumers will be paying more attention to ingredients on food \_\_\_.

### Down

- \_\_\_ foods provide extra health benefits.
- Ask your doctor if your medications affect your response to \_\_\_.
- Weight lost quickly will \_\_\_ quickly
- To lose weight, it helps to \_\_\_ what you eat.