

# Healthy Living Newsletter



Volunteers of America Colorado  
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## Don't Forget Fiber

One of the current popular nutrition topics is protein. Everyone is trying to consume as much protein as possible. While protein is very important for muscle maintenance as we age, fiber is also a crucial nutrient. *Only 7% of American adults consume the recommended amount of daily fiber.* That need to be improved.

The Dietary Guidelines recommend **30g of fiber per day for men** and at least **21g of fiber per day for women**. Fiber is an important type of carbohydrate that your body cannot digest. While it is a carbohydrate, fiber helps balance blood sugar by slowing digestion and absorption. It helps improve healthy digestion, feeling fuller longer, and prevents constipation.

You can determine how much fiber you have been consuming by making a food diary of your daily food consumption and totaling the amount of fiber in each of those foods. This way, you can visualize what your diet looks like, and how you can add in more fiber rich foods or make some high-fiber food swaps.

### High Fiber Food Sources

- |                     |                         |                |
|---------------------|-------------------------|----------------|
| • Chickpeas         | • Banana                | • Avocado      |
| • Black Beans       | • Chia seeds            | • Brown rice   |
| • Quinoa            | • Shelled Pumpkin Seeds | • Flaxseed     |
| • Broccoli          | • Almonds               | • Pears        |
| • Oatmeal           | • Cabbage               | • Popcorn      |
| • Apple             | • Psyllium husk         | • Sweet Potato |
| • Whole Wheat Bread | • Lentils               | • Berries      |

Try adding in chia seeds, nuts, or berries to oatmeal for breakfast. Switch white bread and rice for whole wheat bread and brown rice. Snack on banana or apples with peanut butter, popcorn, or yogurt with berries and almonds.



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## ENJOY THIS ISSUE

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

## QUESTIONS, COMMENTS, IDEAS

Email:

arockwood@voacolorado.org

Call: 720-264-3354

## Sun's Out, Stove's Off: Simple No-Cook Recipes

Hot summer days are perfect for light, refreshing meals that don't require cooking. Salads, wraps, and cold grain bowls are easy to make and don't require turning on the stove. By using fresh vegetables, canned beans, or pre-cooked grains, you can build tasty meals in no time.

These dishes are great for busy days, and they keep you feeling cool and energized. Plus, they're easy to customize with your favorite flavors and ingredients!

### Chickpea Mediterranean Salad Wrap

#### Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- ¼ cup feta cheese, crumbled
- 2 tablespoons olive oil
- Juice of 1 lemon
- Salt and pepper to taste
- Whole wheat tortillas or flatbread



#### Instructions:

1. In a bowl, mix the chickpeas, cherry tomatoes, cucumber, and feta cheese.
2. Add the olive oil and lemon juice, then season with salt and pepper.
3. Spoon the mixture into tortillas or flatbread and fold them into wraps.

### Tuna Avocado Salad Bowl

#### Ingredients:

- 2 cans (5 oz each) tuna, drained
- 2 avocados, diced
- 1 cup cherry tomatoes, halved
- ½ cup diced cucumber
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- Salt and pepper to taste
- Optional: Fresh parsley or cilantro for garnish



#### Instructions:

1. In a bowl, combine tuna, avocado, cherry tomatoes, and cucumber.
2. Drizzle with lemon juice and olive oil, then gently toss to combine.
3. Season with salt and pepper to taste. Add fresh herbs if desired.

**Want to start moving more but not sure where to begin?**

**Would you like these benefits for FREE?**

1. Free hand weights
2. Free exercise instruction
3. Free nutrition counseling from a Registered Dietitian
4. Free weekly motivational calls

### Healthy Moves Exercise 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 clients living in: Denver, Arapahoe, Jefferson, Adams and Douglas counties.

Contact **Amanda Webb** for more information.

**[awebb@voacolorado.org](mailto:awebb@voacolorado.org)**

**720-882-0138**



# Why Exercise Buddies Matter As We Age



## 1. Increases Motivation & Commitment

People are more likely to stick with an exercise routine when they have a friend involved. It's easier to commit when you know someone's expecting you and it makes it more fun!

## 2. Encourages Mental & Emotional Health

Exercising with a friend is a great mood booster. Laughing, Talking, and moving helps combat depression, anxiety, and feelings of isolation.

## 3. Builds Confidence

Some people may feel intimidated or unsure about exercising alone. A workout/walking partner can offer encouragement and moral support.

## 4. Promotes Safety

Whether it is balance training, walking, or strength work, having a buddy nearby provides peace of mind. They can offer physical support, help with form, or assist if something goes wrong.

## 5. Makes Exercise Enjoyable

When you enjoy something, you're more likely to keep doing it. Walking with friends, dancing in a group, or doing chair yoga together turns "exercise" into something to look forward to.



## BONUS: It Builds Routine & Purpose

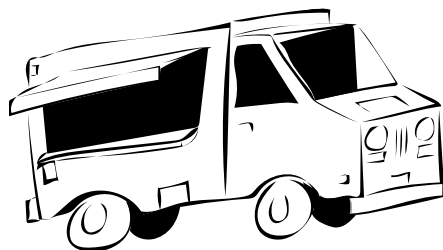
For many aging adults, having regular fitness meet-ups give structure to their day and adds a sense of purpose - something to get up for and feel good about.



## Congregate Corner



**Eew! Mushy Vegetables!**



## Did you know?

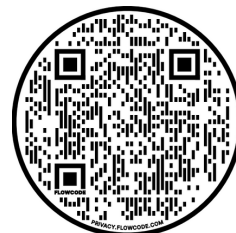
We have a food truck that visits three sites each week including Madonna Plaza on Tuesdays and Zion Community Center on Thursdays. Come check it out!

We heard your comments, and we are making some adjustments. There will be more crisp salads this spring and summer and Brussel Sprouts will now be roasted fresh instead of steamed from frozen. Unfortunately, there is not a lot we can do about the other vegetables if we are going to bring them to a safe temperature.

**Food safety Tip:**  
Did you know you should only keep leftovers in the refrigerator for three days? Although the cold in the refrigerator slows down the growth of bacteria, it doesn't stop it entirely, so throw out your leftovers if they've been in the refrigerator for too long.



Scan this QR code with your smart phone to comment on the food you've been eating at our congregate sites.



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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*

# SUMMER

I	R	U	C	N	Y	R	S	L	O	S	H	A	S
R	O	P	S	T	F	P	E	G	S	P	Y	C	D
L	S	R	U	P	G	E	S	R	U	O	D	A	S
M	T	O	M	O	R	M	S	I	N	P	R	R	I
N	E	O	M	O	O	L	A	L	S	S	A	R	H
N	A	H	E	L	O	N	L	L	C	I	T	E	O
P	S	D	R	N	E	C	G	W	R	C	I	N	N
I	G	S	W	E	A	T	N	I	E	L	O	S	O
C	C	G	I	I	L	U	U	G	E	E	N	M	L
N	L	L	R	C	O	W	S	P	N	O	C	C	E
I	R	E	S	R	E	W	O	L	F	R	C	N	M
C	C	R	G	E	O	P	E	A	C	H	H	E	S
W	A	O	R	E	L	K	N	I	R	P	S	E	N
C	S	S	E	S	C	O	R	N	I	S	N	O	K

**Words:**

1. Summer
2. Sweat
3. Sprinkler
4. Sunglasses
5. Hydration
6. Popsicle
7. Corn
8. Flowers
9. Tea
10. Peach
11. Picnic
12. Pool
13. Sunscreen
14. Grill
15. Melon



## Food Safety Tip

Make sure to switch to a clean platter and utensils when grabbing cooked food off of the grill. Sanitize and wash any used utensils and platters.