



Senior Nutrition News

Supplements

Dietary supplements are products that are ingested and are intended to add to or “supplement” the diet. You should always try and get your nutrition from your food first. Eat whole foods that provide good nutrition.

Please check with your doctors and pharmacist before taking any supplements to make sure there are no negative interactions. Be careful! Supplements are not regulated! Choose products that have been third party tested to ensure they are safe.

Calcium and Vitamin D

Daily recommendation for calcium intake for men is 50-70 years old is 1000mg/day of calcium and 600 IU/day and for women it is 1200mg/day and 600 IU/day Vitamin D. Calcium is beneficial for those with bone loss, osteoporosis and improving bone mineral density.

Vitamin D recommended amount is 600 IU for ages 1-70 and 700 IU for 70 years and up. Research shows that Vitamin D can help prevent cancer, improve cognitive health, bone health, and even psoriasis.

Potassium

A mineral that your body needs to work properly. It helps your nerves to function and muscles to contract.

Probiotics

Live microorganisms that make positive changes to your microbiome. These are especially important after having antibiotics.

Be aware of any possible side effects or bad reactions. Only take the recommended amount.

Frozen Yogurt Bark

Ingredients:

Yogurt: Use a full fat yogurt for the best texture and flavor. Vanilla yogurt is a great base to use, but you can use any flavor you like.

Fruit: Fresh strawberries and blueberries add a great pop of color and it's a tasty way to get some fruit into your family's diet. You can make this bark with other fresh fruits like mango, raspberries or kiwi fruit.

Granola: Try this homemade granola recipe, make your own or use any store-bought ones you like. You can also skip the granola and add something else crunchy like nuts, seeds, or even chocolate chips!

How to make yogurt bark

Spread the yogurt evenly over a lined baking sheet.

Top with chopped strawberries.

Top with blueberries or any other fruits.

Finish with granola and freeze until firm.



Food Safety Tips for the Month

As we prepare and deliver your meals, we want to make sure you stay healthy and safe. Here are some simple food safety tips to keep in mind:

- **Store Perishables Properly:** Make sure to refrigerate your meals promptly. Cold foods should be kept at 40°F or lower to prevent bacteria growth.
- **Reheat Safely:** Reheat meals to an internal temperature of 165°F to kill any harmful bacteria.
- **Check Expiration Dates:** Always check the expiration dates on food items and discard anything that's past due.

VOA Resources



Below is a list of what we provide and what we cannot provide. This program is for low-income seniors 60 years and up that are homeowners in the following counties: Denver, Jefferson, Arapahoe, Adams, Douglas, Gilpin, and Clear Creek. Labor is free for those who qualify, and cost of materials varies depending on client eligibility.

This list is representative, not exhaustive. We may do minor repairs

not on the list, depending on scope of work. We do not handle moving, heavy lifting, or work that requires a city, county, or

state permit. If in doubt, please call: 303-297-0408.

WORK WE PERFORM:

Electrical Work

Switch/Receptacle Replacement • Replace Ceiling • Install Light Timers • Night Lights (Plug-Ins Only) • Install Smoke and/or CO Detectors (Plug-In or Battery Type Only)

Plumbing Work

Replace Faucet Washers • Replace Toilet Tank Workings • Install Handheld Showers

Interior/Exterior Work

Fix or Replace Door Handles/Locks • Install Deadbolts • Minor Repairs to Stair Tread • Minor Repairs to Storm Doors • Replace Carpet Bars (Trip Hazards) • Replace Thermostats, Furnace Filters, and Light Bulbs

Make Your Home Safer

Free Safety Assessment in Your Home • Install Non-Slip Surfaces in Tub or Shower • Install Grab Bars in Tub/Shower • Install Raised Toilet Seat Adapter • Regulate Hot Water Heater

WORK WE DO NOT PERFORM:

Electrical Work

Work that Requires Licensed Professional • Appliance Repair • Rewiring of House • Fixing Lamps or Small Appliances • Install New Circuits

Plumbing Work

Work that Requires Licensed Professional • Work that Requires Wall or Floor Demo, or Digging up Pipes • Repair or Replace Garbage Disposals • Replace Water Heaters

Interior/Exterior Work

Roof Repair • Painting, Remodeling, Add-Ons, Siding • Cabinets/Counter Tops • Carpet or House Cleaning • Remove/Replace Storm Doors, Windows • Insulation, Chimney/Fireplace Cleaning • Yard Work/Snow Removal (Limited Exceptions) • Ramps or Concrete Work

Who Qualifies?

Limited-income homeowners age 60 and better, residing in Adams, Arapahoe, Denver, Douglas, Jefferson, Clear Creek and Gilpin counties.

Who Helps?

All Volunteers of America Colorado handypersons are thoroughly screened and selected for their dedication to help our clients with Handyman Services.

This team of enthusiastic volunteers is committed to providing services that enhance the quality of life for all seniors.



Making your home safer.
Fire Prevention • Fall Prevention

Our goal is to help you remain safe and independent in your home!
Safety of Seniors Handyman Program: 720-264-3366



Client Reminder

To help us continue providing the best service, annual reassessments are required for all clients. These check-ins help us keep your information up to date and may allow us to connect you with additional resources or services that could be helpful to you. Thank you for taking the time to answer these questions.

Please remember that meal deliveries take place between 9:30 AM and 11:00 AM. We kindly ask that you wait until after this delivery window before contacting our office about a missing meal.

If you have not received your meal after 11:00 AM, please contact us so we can assist you: 303-294-0111 Mon-Fri 8:30am-4:00pm

Thank you for helping us keep our program running smoothly.