

SENIOR NUTRITION NEWS

Meals on Wheels
2660 Larimer Street
Denver, CO 80205
(303) 294-0111



August 2019

Volunteers of America®
COLORADO BRANCH



Smart Start to Your Day



Breakfast is an important meal, because it starts your day off with foods to fuel your body for the rest of the day. Your breakfast should contain protein, whole grains, fruits, vegetables, dairy, and healthy fat to make a healthy balanced meal. Protein helps protect your muscles to keep you strong. Whole grains contain fiber which helps promote fullness, stabilize your blood sugar, and regulate digestion. Fruits and vegetables contain many vitamins, minerals, and antioxidants to help protect your body from illness. Dairy contains calcium, which keeps your bones strong (along with Vitamin D, to protect against osteoporosis.) Healthy fats also help keep you full, and has potential benefits of protecting your nerves from damage and inflammation.

Some healthy and easy breakfast options include:

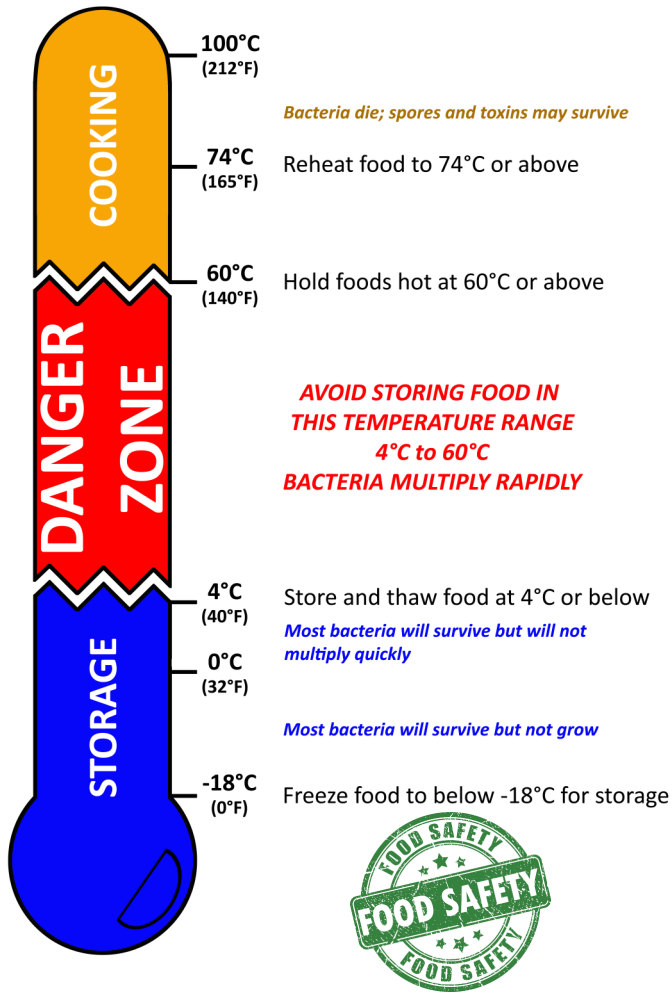
- Omelets with vegetables, cheese, and avocado
 - Oatmeal with milk, fruits, and peanut butter
 - Breakfast sandwich on a whole wheat English muffin with egg, spinach, and cheese
 - Yogurt parfait with fruit and granola
 - Whole-grain or high fiber cereal with milk and fresh fruit
 - Freeze bags of cut fruit, spinach, or kale. Mix in a blender with milk for an on-the-go smoothie.
- Add a spoonful of peanut butter for a healthy fat and extra flavor.
- Whole wheat waffle with peanut butter and fresh fruit



For nutrition questions or to request a nutritional analysis of the meals call our

Andrea Rockwood Registered Dietitian at 720-264-3354

Volunteers of America Nutrition Services are funded in part by the Denver Regional Council of Governments' Area Agency on Aging under the Title III of the Comprehensive Older Americans Act. No person shall be excluded from program participation on the basis of race, color, national origin, sex, age, or disability.



National Senior Citizens Day

August 21st is National Senior Citizens Day. We want to take this opportunity to let you know how much we care about you. Aging adults have contributed so much to our communities, and helped make them what they are today. We want to show our appreciation and support, as well as recognize your accomplishments. It's also a time to help raise awareness of various issues that affect seniors. In 1988 Ronald Reagan declared the holiday. But, prior to this many observed August 14 as Senior Citizens Day. It was that day that Franklin D. Roosevelt signed the Social Security Act in 1935. Today, aging adults are still very active in the community, the workforce, and still contribute heavily to our society. We thank you so much for all that you have done, and continue to do everyday!

Resources

The DRCOG Aging and Disability Resources Center for Colorado (ADRC) is the place where older adults (60+) and people with disabilities (18+) can get help accessing long-term services and support to remain independent in the community. The ADRC helps people make informed choices about their care. DRCOG's ADRC serves

Adams, Arapahoe, Clear Creek, Douglas, Gilpin, and Jefferson counties. As well as the City and County of Broomfield, and the City and County of Denver. DRCOG is one of 14 ADRC sites in Colorado.

- Through the ADRC, DRCOG offers
- ◆ Information and Assistance
 - ◆ Options Counseling
 - ◆ State Health Insurance Program (SHIP)
 - ◆ Elder Refugee Program
 - ◆ Case Management

Family members, caregivers, friends, and professionals are welcome to contact the DRCOG ADRC. And, anyone may make a referral. ADRC services are provided at no cost by calling 303-480-6700.

This Month's Question: Which bird did Benjamin Franklin want to be the national bird before the bald eagle was selected?

- A. Hawk B. Peacock C. Flamingo D. Turkey

June's Question: Which is the deepest ocean in the world?

A. Pacific Ocean

June's Winners: Clem Bisant, Robert Doyle & Nina Turner



Mail Answers to
 Volunteers of America Meals on Wheels
 2660 Larimer St., Denver, CO 80205
 Please include your name and phone number.

Volunteers of America thanks you for your generous contributions to our programs!