



January 2025

Non-Metro New Mexico  
Area Agency on Aging

Nutrition Corner

"Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born." – Dale Turner

### Attainable Resolutions

No matter how old you are, you still have the power to improve your life, your future, and yourself. Here are some resolution ideas that are easy and achievable:

1. Eat more nutritious foods. Adding more nutrient dense foods to your diet can help you have more energy and help you feel better.
2. Joyfully move. Find a physical activity that you enjoy. This is important to support brain, heart, muscle, and bone health.
3. Learn something new. Have you wanted to learn a new language, sport, or hobby? How about trying a new recipe? Make 2025 a learning year!
4. Spend time with old friends and make new ones. Time with friends can lower stress levels, combat feelings of loneliness and isolation, improve mood, and encourage physical activity.
5. Get organized. Organizing your home, finances, and schedule can reduce stress and helps to create time for more enjoyable activities.
6. Sleep better. Create new nighttime routines to ensure that you are getting high-quality sleep.
7. Stay creative. Creativity is important for brain function. Try painting, sculpting, or another form of art.
8. Write. You have had many experiences in life and writing about them can be fun and fulfilling. Preserve your life story to share with others. You can scrapbook, compile photo albums, write a memoir, or poem.
9. Learn new technology. Keeping up with the latest technology helps you to continue to experience different opportunities and keeps your brain engaged.
10. Read more books. Reading enhances memory, sharpens decision-making skills, reduces stress, and can help you sleep better.

*Have a great year!*

stellarliving.com and medfordleas.org

Please join us on January 27, 2025, for Senior Day at the Legislature. This event will be held from 9:00 am to 2:00 pm at the New Mexico State Capitol. Please RSVP to New Mexico Aging Services

(click [here](#))



### It's National Oatmeal Month!

Each month the Whole Grains Council features a different grain, and they have chosen oats for the month of January. Also, Americans buy more oats in January than any other time of the year which makes this month a perfect time to highlight the very versatile whole grain. It can be prepared in many different ways, eaten hot or cold, or added to your favorite recipes.

Oatmeal's whole grain benefits include helping to lower cholesterol and control blood pressure. This whole grain is a great source of fiber to help promote gut health and is also packed with other nutrients such as iron, vitamin B-1, magnesium, selenium, phosphorus, manganese, and zinc.

Not only are they good to eat, but oats contain polyphenols which have strong antioxidant, anti-itching, and anti-inflammatory properties. Oatmeal soaps and pastes have long been used to treat skin ailments such as itchy rashes or chicken pox.

More about oats on the next page.

# The Different Types of Oats

(wholegraincouncil.org)

**Whole Oat Groats** - A groat is another name for the oat kernel that has been removed from the hull and stalks. These can be eaten, however, they take the longest to cook.

**Steel Cut Oats** - When you take a groat and cut it into one or two pieces with a sharp, metal blade, you get “steel cut” oats. Water is able to penetrate the smaller pieces better, so they cook quicker than the oat groats.

**Scottish Oatmeal** - A Scottish tradition is to stone-grind the oats instead of cutting them with a steel blade. This creates more of a creamy porridge than the cut oats.

**Rolled Oats (old fashioned)** - Oat groats that are cut, steamed, and rolled into flakes are “rolled” oats. This allows them to cook quicker without losing any of their nutrients or oils.

**Rolled Oats (quick or instant)** - Rolled oats that are steamed longer and rolled into thinner flakes cook the fastest.



## OVERNIGHT OATS



Traditionally, warm oatmeal is served in the mornings for breakfast. However, overnight oatmeal can be just as good and can be eaten cold or warmed up. Here is the basic recipe:

### Ingredients:

- ½ cup old fashioned rolled oats
  - ½ cup unsweetened almond milk
  - ¼ cup plain Greek yogurt or ¼ cup more milk (extra protein and moisture)
  - 1-2 teaspoons maple syrup or honey or your preferred sweetener
  - 1 teaspoon chia seeds (optional) (for a more creamier texture)
  - ½ teaspoon vanilla extract (optional)
- Toppings of choice: fruit, nut butter, nuts, seeds, etc.

### Instructions:

1. Add oats, milk, yogurt, maple syrup, chia seeds, and vanilla into a jar or storage container with a lid. Stir ingredients together. Place in fridge overnight. This allows the oats to soak up the moisture from the milk and yogurt.
2. The next morning (or when ready to eat), remove lid and give oats a big stir. If they seem too thick you can add a little more milk to loosen the texture. Top with you favorite fruit or nuts.

eatingbirdfood.com

## Health Benefits of Fiber

Fiber has been shown to reduce the risk of heart disease, diabetes, and some cancers. It has also been shown to reduce inflammation in the body.

Fiber can be found in:

- Fruit
- Vegetables
- Whole Grains
- Legumes
- Nuts
- Seeds

The daily recommended intake of fiber for adults over 50 years old is:

⇒ Women: 21 grams

⇒ Men: 30 grams

Adding more fiber to your diet would be a great goal for this year!

For more information, visit our website at:

[nonmetroaaa.com](http://nonmetroaaa.com)

acl.gov

