

Healthy Living Newsletter



Volunteers of America Colorado
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voacolorado.org

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Brain-Health Nutrients

- **Choline:** helps *regulate memory, mood, and helps form membranes around cells*. Most comes from the foods that you eat, so it is important to supplement or eat foods high in choline. Foods containing choline are: meat, eggs, poultry, potatoes, cruciferous vegetables.
- **Omega-3's:** anti-inflammatory, improves mood and supports eye and brain health. Consume fish, chia seeds, ground flaxseed.
- **Lycopene:** a naturally occurring pigment (red and orange) and type of *carotenoid, powerful antioxidant reducing inflammation* in the brain. Improves cognitive function. Found in tomatoes, watermelon, papaya, grapefruit, and bell peppers.
- **Lutein:** also beneficial for eye health, lutein enhances cognitive performance, memory recall, and improves mood. Found in spinach, kale, broccoli, egg yolks, and bell peppers.
- **Vitamin D:** neuroprotective against neurodegenerative diseases, helps with synthesis of neurotransmitters, prevents oxidative stress. Found in fatty fish, egg yolks, enriches cereals, mushrooms.



*Check with doctors or pharmacist before supplementing for any interactions with prescriptions or food-drug interactions.

IN THIS ISSUE:

"Brain Health Nutrients"
- **Andrea Rockwood, RDN**

**"Brain Health Booster-
Exercise Edition "**
- **Amanda Webb, CPT**

Healthy Moves Program

**"Boost Your Fiber Intake
" - Samantha Locke,
MPH, RDN**

Congregate Corner

Back Page: **Word Search
and Food Safety Tip**

ENJOY THIS ISSUE

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

**QUESTIONS,
COMMENTS, IDEAS**

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Call: 720-264-3354

Brain-Health Booster - Exercise Edition



Keeping in line with brain health, exercise has also been shown to have great impacts on brain health. Here are six ways that exercise helps the brain:



1. Improves Blood Flow

Physical activity keeps the brain sharp by improving blood flow - kind of like giving your brain a fresh supply of fuel.

2. Boosts Memory and Thinking

Studies have shown that an active lifestyle can boost memory and help with focus. The workouts don't have to be intense to be effective. Regular movement makes the difference.

3. Reduces Risk of Dementia

Research done across the world now show that exercise* can slow and sometimes halt the acceleration of Alzheimer's.

*Needs to be done under the careful supervision of trained professionals.

4. Lifts Mood and Reduces Stress

Exercise releases chemicals like endorphins and serotonin which make you feel good.

5. Improves Sleep

Exercise helps people fall asleep faster and enjoy deeper sleep. Stick to more calming exercises before bed as intense exercise right before shut-eye can have the opposite effect.

6. Encourages Connection with Others

There are numerous options for movement that involves groups or being around others - from going to the gym, to taking a class or walk with friends.

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

Would you like these benefits for FREE?

1. Free exercise instruction
2. Free nutrition counseling from a Registered Dietitian
3. 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

720-882-0138



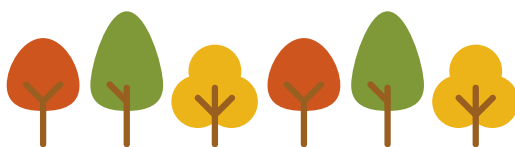


Boost Your Fiber Intake

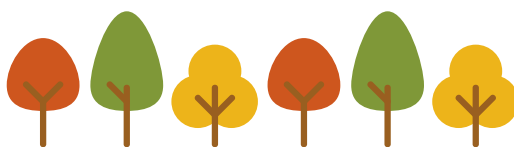


Only 5% of Americans meet the daily fiber recommendation! That means most of us are missing out on delicious, nutrient-packed foods that can lower disease risk, support gut health, and keep us feeling full. According to the USDA Dietary Guidelines for Americans (2020–2025), adults should aim for about 28 grams of fiber per day for men and 21 grams for women. Here are three simple, tasty ways to get started:

- 1. Whole Lotta Goodness:** When it comes to grains, you've got two main choices: refined or whole. Refined grains include white bread, white rice, pasta, and many baked goods. Whole grains, on the other hand, are nutrient-packed options like whole wheat bread, brown or wild rice, quinoa, and oats. Next time you shop, swap one refined grain for a whole grain!
- 2. Eat the Rainbow:** You've probably heard this before, and for good reason! Filling your plate with colorful fruits and vegetables adds fiber, antioxidants, and a variety of nutrients to your diet. High-fiber favorites include raspberries, apples, bananas, avocados, broccoli, and sweet potatoes.
- 3. Tiny Seeds, Big Benefits:** Want an easy fiber boost? Sprinkle in some nuts and seeds! They don't just add fiber; they also bring protein and healthy fats like omega-3s. Just one tablespoon of chia seeds packs about 4 grams of fiber. Add them to oatmeal, smoothies, or yogurt bowls. Other great picks: ground flaxseed, almonds, pistachios, and Brazil nuts.



Congregate Corner



Food safety tip:



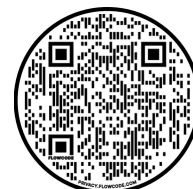
Have you ever heard of cross-contamination? If you contaminate your vegetables with the bacteria from raw meat you can get very sick! Make sure you are using separate utensils and cutting boards when you cut and handle raw meat of any kind. When you are done, make sure everything you used is washed and sanitized before it's next use.

Wow!

We served over 130,000 meals in dining centers all across the Denver Metro Area and beyond since last July! Enjoy your meal!



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



Why congregate?

Did you know that loneliness is as bad for your health as smoking cigarettes? According to Psychology Today loneliness increases our risk of cardiovascular disease and suppresses our immune system. When you eat with your peers it not only makes you feel better it makes you healthier as well.



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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 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*

Words

Antioxidants
Choline
Memory
Fish
Scarf
Mushroom
Lutein
Cinnamon
Carotenoid
Leaves
Pumpkin
Mood
Chilly
Omegas
Lycopene

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

Food Safety Tip

Eat leftovers within 7 days then throw away.