

Healthy Living Newsletter

Slow the Pace, Not the Body

There's a certain rhythm to summer—
a rocking chair in motion,
a warm breeze drifting by,
the kind of day that unfolds without hurry.

Nothing rushed.
Just steady.

It's a pace we don't often bring into how we care for ourselves.

Instead,
we try to do more—
push harder,
add more effort—
until it starts to feel like work.

But the body doesn't ask for more.
It responds to consistency.
To movement that never quite stops.

Like that porch rocker—
easy,
steady,
always in motion.

And in that kind of rhythm, you don't force much.

You simply keep moving.
A short walk down the driveway.
A stretch while the coffee brews.
Standing, reaching, shifting throughout the day.

And along the way, don't forget:
A glass of water in the morning.
A cool refill in the afternoon.

Small habits that help keep your body moving smoothly.

Let your movement be as unhurried as a summer afternoon.
Like a gentle breeze, keep moving— softly, steadily, and often.

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ENJOY THIS ISSUE

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

QUESTIONS, COMMENTS, IDEAS

Email:

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Call: 720-264-3354



Honey, I Shrunk My Sick Days!



Even though the summer months are officially here, everywhere I go I hear people sniffing! Just because cold season has (mostly) passed, this is Colorado after all, doesn't mean we should stop practicing the habits that protect us from infection. Most of us are familiar with the basics: staying hydrated, getting enough sleep, and eating foods rich in vitamin C. But did you know honey can be a helpful addition to this mix as well?

Honey has actually been used for its healing properties for thousands of years. In ancient times, it was commonly applied to wounds and used to help soothe digestive issues. Today, varieties like Manuka honey are still recognized around the world for their antibacterial and anti-inflammatory properties.

Honey isn't just a natural sweetener; it also contains compounds that may support your immune system. Research shows that honey has natural antimicrobial properties, meaning it can help slow the growth of certain bacteria. It's also rich in antioxidants, which help protect your cells from damage and play a role in overall immune health.

You've probably heard of using honey for a sore throat, and there's evidence to support that! It can help soothe coughs and irritation in the upper respiratory tract. Some of its benefits may also come from its ability to help calm inflammation in the body, which is part of how we recover from illness.

While honey isn't a cure-all, it can be a simple and delicious way to support your body. Try adding a spoonful to tea, drizzling it over oatmeal, or using it in simple recipes when you need a little extra support.

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.

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August is National Wellness Month

National Wellness Month reminds us that wellness is about caring for the whole person—mind, body, and spirit. For seniors, healthy habits help support independence, energy, and quality of life at every age.

Mental Health Matters

Emotional well-being is an important part of overall health. Staying socially connected through friends, family, or community activities can ease loneliness and boost mood. Keeping the mind active with reading, puzzles, or new hobbies supports brain health, while stress-reducing activities like meditation, prayer, or time outdoors can promote calm. If feelings of sadness or anxiety last, talking with a healthcare provider is an important step.

Don't Forget Dental Health

Good dental care supports nutrition, comfort, and confidence. Brushing and flossing daily, managing dry mouth, and attending regular dental visits—even for those with dentures—can help prevent infections and make eating enjoyable.

Fueling the Body With Nutritious Foods

A balanced diet helps seniors maintain strength and prevent illness. Focus on protein foods, colorful fruits and vegetables, whole grains, and plenty of water. Calcium- and vitamin-D-rich foods support bone health, while simple, enjoyable meals provide lasting energy.

Stay Active, Stay Strong

Physical activity improves balance, strength, and mental clarity. Walking, gentle stretching, resistance exercises, and balance movements can be safely adapted for most ability levels. Even a little daily activity makes a big difference.

Wellness is a lifelong journey. National Wellness Month is the perfect time to choose small, healthy habits that support a vibrant, fulfilling life.



Congregate Corner



Keep It Cool & Safe!

Keep cold food safe in the heat by using a cooler or insulated bag at 40°F or below. Stash everything in the shade and add ice packs. Freeze meats ahead of time; they'll stay colder longer and keep everything nice and chill!

Did you know?

We love our volunteers and have over 200 of them who take time out of their schedules to help serve food to seniors like you. Be sure to show your appreciation and thank them!



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



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

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Word Search:

Lemonade

Hydrate

Fireworks

Pool

Umbrella

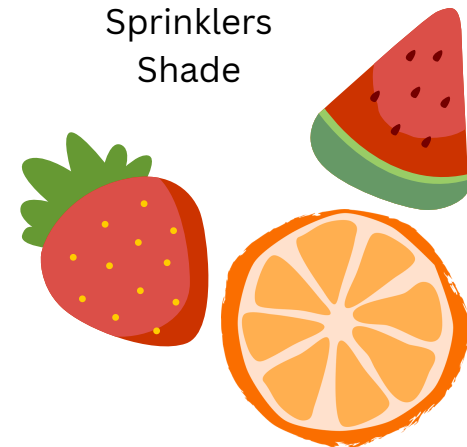
Melon

Wellness

Picnic

Sprinklers

Shade



E	L	C	R	U	M	B	R	E	L	L	A	E	R
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O	P	S	L	N	E	A	L	N	H	E	R	O	E

Food Safety Tip

Safe Grilling Temperatures: Use a food thermometer to ensure meats are cooked to safe internal temperatures:

Steaks, roasts, fish - 145 degrees F

Burgers, pork, egg dishes - 160 degrees F

Chicken, hot dogs - 165 degrees F