

WELCOME TO YOUR AVENIDA LIFE

AvenidaPartners.com | (720) 705 - 0055 | June 2020
11001 W. 15th Pl. | Lakewood, CO | 80215

Pursuing A Healthier Mind Through Diet, Exercise, and Activities

June is Seniors' Month: a time to recognize and thank the older members of our communities who have shaped the past and continue to influence the future. It is also a time to reflect on the challenges and opportunities we face in our senior years, including maintaining brain health. Based on numerous scientific studies, we have learned that there is a clear connection between a healthy mind and being active.

Lifestyle changes can have a dramatic and positive effect on brain health and overall health. The loss of concentration, clear thinking, and recall of facts is an all too common problem for older Americans. This is called mild cognitive impairment (MCI), which is a slight but noticeable decline in cognitive abilities.

While a significant percentage of older Americans will experience some level of MCI, exercise and activity can help to lessen its effects. A study published in the journal *Neurology* shows that a group of older adults with MCI saw substantial improvements in recall and thinking skills after six months of aerobic exercise and modified diet.

Let's look at some ways to pursue a healthy mind through diet, exercise, and activities.

Exercise and Proper Diet for a Healthier Older Mind

According to the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, less than 40% of adults 65 and older engage in the federal guideline of at least 150 minutes of physical activity per week; further, 20% do not even engage in any type of formal exercise.

Walking is a wonderful start, so aim to move about for thirty minutes on most days. You can also engage in safe activities designed to improve balance and reduce falls. It's also a good idea to diversify by engaging in aerobic exercises designed for older Americans with clearance from your physician. Besides supporting improved cognitive and brain function, exercise improves strength, energy, balance, mood, motor function



(your level of control over your movements), and sensory function (your level of response to touch sensation). A healthy diet goes hand-in-hand with a healthy mind and body by reducing the risk of many chronic diseases, such as heart disease or diabetes, while also supporting brain health.

While proper exercise and diet set the stage for a healthier older mind, incorporating them into activities can be the best way to get the most benefit while you increase your enjoyment of life.

Engaging in Activities That Strengthen the Mind

Many people have expressed the same fears about growing older: loneliness, boredom, and mental decline. But aging can be a positive and fulfilling stage of life filled with fun activities that keep you mentally sharp and in a great mood. People who engage in meaningful activities, like volunteering or hobbies, say they feel happier and healthier. Learning new skills, engaging in activities like book club participation, and taking classes in something that interest you all involve physical activity and can keep your mind active.

It is the desire of everyone to have a sound and healthy mind as they age. Applying the practices discussed here can set you on the right track to a healthier older mind and happier outlook on what can be a great stage of life.



Mile High City Sliders Food Truck

Father's Day Lunch

Saturday, June 20th, 2020

1:00 pm - 3:00 pm

All expenses covered by Avenida Lakewood

You will be receiving a ticket to show you are an Avenida Lakewood resident in your cubbies on 6/19. Please bring your ticket down when ordering



Support Local Business

For the month of June, we will be supporting local businesses in the Lakewood/Denver Metro Area each week!

Friday, June 5th: Berkeley Donuts

Friday, June 12th: Tacos Extravaganza

Saturday, June 20th: Mile High City Sliders

Friday, June 26th: The Colorado Cookie Company



June is National Seniors Month! **Celebrate Seniors Step Challenge**

Sponsored by GymGuyz

You must RSVP to participate by June 3rd to Sadie via email at skice@avenidalakewood.com or at 720-705-0055.

Challenge starts June 15th
Challenge ends July 3rd

Prizes awarded to a winner each week & an overall winner for most steps!



Essay Contest

Calling all writers! "It was the best of times... it was the worst of times." Based on Charles Dickens's novel, "A Tale of Two Cities," please share your experience during these difficult times.

Submit your essays to Colleen at cmcglocklin@avenidalakewood.com. The last day to submit is Friday, June 12th.

Prizes awarded for "Most Humorous," "Most Poignant" and "Resident Choice"