



# SENIORHELP



## Avoid Brain Drain with Memory Boosting Foods

Every cell in your body needs a steady supply of oxygen and nutrients in order to stay alive and work properly, including brain cells. Because oxygen and nutrients are carried in the blood stream, anything that impedes blood flow will starve those all-important brain cells. The plain truth is that a healthy heart makes for a healthy brain. Keep your blood pressure and cholesterol in check, exercise regularly, and get at least seven hours of sleep each night. Research also indicates that certain foods and nutrients can help enhance your memory.

### Fish (3 servings per week)



Research suggests that when it comes to food and memory, fish plays a starring role. Specifically fatty fish like salmon and sardines, thanks to the ample amounts of omega 3 fats they provide. In fact, a study published in the Archives of Neurology in November 2006 found people with the highest levels of omega 3 fats were significantly less likely to be diagnosed with dementia, compared to people with the lowest levels.

### Berries (one cup a day)



Studies that focus on food and memory suggest that the more overall produce you eat, the better. But when it comes to fruit and your memory, berries rate number one! Berries have some of the highest antioxidant concentrations among fruit, and ALL berries are rich in healthy compounds called anthocyanins and flavanols, which may help protect against the breakdown of brain cells.

### Leafy greens (one cup a day)



Leafy greens like spinach, kale, collard greens, mustard greens, and turnip greens, are loaded with folate, also known as folic acid—a nutrient which seems to have a direct effect on memory. A study conducted at Tufts University in Boston followed about 320 men for three years. Those who had high blood levels of homocysteine showed memory decline, but if the men ate foods rich in folic acid (folic acid directly lowers homocysteine levels), their memory improved.

## \* SPOTLIGHT ON AN (LAWN) OPPORTUNITY \*

Lawn Mowing for Shirley C.	78th & Sorenson Pkwy
Lawn Mowing for Janice F.	52nd & Hartman
Lawn Mowing for Telford M.	144th & Q Street
Lawn Mowing for Marilyn S.	72nd & Dodge



# VOLUNTEER ANNIVERSARIES FOR MAY

## ONE YEAR

LuAnn B.  
Stanley I.



## TWO YEARS

Jaclyn K.  
Eric M.  
Alyce M.  
Leslie M.  
Dann M.  
Damian M.

## FIVE YEARS

Vicki O.  
Laura W.

## SIX YEARS

Bryan H.  
Kelli R.

## SEVEN YEARS

Joyce F.  
Dan P.  
Bob S.  
Cory W.

## HELLO FROM THE NEW ENOA OFFICES!



As many of you know, SeniorHelp, along with the other programs of the Eastern Nebraska Office on Aging recently moved to a new location. Our new offices are now located off 132nd & L Street. Our phone numbers and email addresses have not change. If you have any questions, please call or write. *Or better yet, come say hello!*



"YOU KNOW YOU'RE GETTING OLD WHEN YOU STOOP DOWN TO TIE YOUR SHOELACES AND WONDER WHAT ELSE YOU COULD DO WHILE YOU'RE DOWN THERE." - GEORGE BURNS

## **ENOA SeniorHelp Volunteer Program**

**4780 S. 131st Street**  
Omaha NE 68137  
Phone: 402-444-6536  
Fax: 402-444-6503

**Program Coordinator**  
Karen Kelly  
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**Program Assistant**  
Kelsea Tooley  
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SeniorHelp is sponsored by the  
Eastern Nebraska  
Office on Aging:

**www.enoa.org**

**We would love to see your  
volunteer project pictures and  
share your stories!**

Send before & after  
pictures or share your stories:  
karen.kelly@nebraska.gov or

**4780 S. 131st Street**  
Omaha, NE 68137

**Check out our  
Facebook page!**



# Update Your Volunteering Interests

Are you looking for a change of pace or more ways to help? If you're interested in expanding your volunteer opportunities, return this form to SeniorHelp staff via email to [kelsea.tooley@nebraska.gov](mailto:kelsea.tooley@nebraska.gov) or mail the form to 4780 S. 131st Street, Omaha, NE 68137, c/o the SeniorHelp Program.

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## VOLUNTEER OPPORTUNITIES UPDATE FORM

I would like information about the following opportunities (check all that apply):

<input type="checkbox"/>	Companionship	<input type="checkbox"/>	Telephone Reassurance
<input type="checkbox"/>	Escort/Transportation	<input type="checkbox"/>	Telephone Visitor
<input type="checkbox"/>	Household/Personal Assistance	<input type="checkbox"/>	Snow Removal
<input type="checkbox"/>	Home Maintenance/Handyman	<input type="checkbox"/>	Yard Care
<input type="checkbox"/>	Holiday Gift Delivery (in December)	<input type="checkbox"/>	Meals on Wheels Delivery (M-F 10:30AM-1:00PM)
<input type="checkbox"/>	Painting	<input type="checkbox"/>	Lawn Mowing
<input type="checkbox"/>	One-time Clean-ups	<input type="checkbox"/>	Moving Assistance

Volunteer's signature \_\_\_\_\_

Date \_\_\_\_\_

Comments:

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