



# Community Chat

2022 September-October Newsletter

## Soup's On for the Changing Season

*An update from Dana Pierce, Nutrition Administrator*

As fall approaches and I start to notice the changing colors outside, I'm reminded of warm filling bowls of veggie soup. I adore the aroma of all those warm flavors simmering in my slow cooker or on the stove. I feel comforted knowing that there is something delicious, filling, and cozy waiting for me.

Homemade soup is simple to prepare, delicious, and can be quite beneficial for you. It also comforts your body and soul. Soup freezes well, so keep some on hand for days when you don't feel like cooking or sharing with a friend in need. I prefer to leave my noodles separate if I use them and simply add them to my bowl since they don't freeze well.

I enjoy the fact that I can use whatever vegetables I have on hand. For leftover vegetables from other meals, I keep a freezer bag or container in my freezer. That way, when I'm ready to cook soup, I always have a wonderful assortment to add and nothing goes to waste!

Some of the benefits of eating soup:

- *Keeps you warm in cooler weather*
- *It can be low in calories*
- *Helps boost immunity*
- *Easy on the budget*
- *Aids in hydration*
- *Rich in nutrients*



I found a fantastic recipe guide you can use to create your own soup. You can find it in the "What's Cooking" section.

Put some soup on, relax, and savor it!

*Please visit [lifestreaminc.org/nutrition](https://lifestreaminc.org/nutrition) for more resources and information about our services.*

## Upcoming Events

### JOY Games

September 27-29

The 2022 JOY Games (Just Older Youth) is taking place September 27-29 in Richmond. Those who are 55 and older can participate in three days of fun-filled activities for older adults.



### AngelWish

December 2022

LifeStream's AngelWish program coordinates the doorstep delivery of packages of food, personal care items, and other special gifts to senior citizens who are isolated and alone during the holiday season. This special delivery is more than just a gift, it is hope for a better tomorrow.



### Dementia Friends Info Session

First Tuesday of the month from 1pm-2pm

This virtual information session will equip attendees with the knowledge to help make their communities a safer and more welcoming place for those living with dementia and their caregivers. Go to [bit.ly/LifeStreamDF22](https://bit.ly/LifeStreamDF22) to join.

## What's Cooking?

### Build Your Own Soup

Makes about 4 two-cup servings

#### Start with 1 Quart of Low-Sodium Broth:

Vegetable broth, beef broth, or chicken broth (low-sodium)

#### Pick a Protein (16 oz.)

Canned Beans, chicken, or beef.

Other good protein choices: Seafood, tofu, peas, and lentils.

#### Add 3 or More Vegetables: *You can use raw or cooked; fresh, frozen, canned, or dried. Veggies may be whole, cut-up, or mashed.*

Veggie Ideas: Carrots, onions, celery, potatoes, parsnips, corn, mushrooms, kale, peas, tomatoes, spinach, peppers, cauliflower, squash, and broccoli. There are so many vegetables to choose from.

#### Add a Whole Grain (2 cups of cooked grains)

Brown rice, wild rice, whole grain pasta, quinoa, barley, bulgur, or another whole grain. Grains soak up a lot of liquid so it's best to cook them first.

#### Add Flavor but Leave Out the Salt!

*Here's where soup goes from "Just OK" to "Wow". Add flavors you like and then try some new ones. Here are some ideas to get you thinking:*

Garlic, basil, thyme, sage, parsley, cilantro, chives, cumin, sage, chiles (powder or pods), vinegar, lemon or lime juice. Spices, herbs, and other flavors are endless!

#### Directions: *Always wash hands before preparing food.*

1. Combine the broth, protein, vegetables, whole grain, and flavors.
2. Bring to a boil, then reduce heat to simmer until the flavors combine.

Note: For thinner soup, add a little water. For thicker "stew" add less broth or cook longer. Mashed potatoes also make a good thickener



For more recipes ideas & tips, visit [EatSmartIdahoInTheKitchen.com](https://EatSmartIdahoInTheKitchen.com) and connect with us on Facebook & Instagram

## Your donation counts!

LifeStream coordinates the meals at 21 senior café sites throughout 12 counties. We rely on donations from generous people like you to help us continue to serve and help us serve more people in need. You will receive a letter in the mail requesting a donation that will help us continue the sites and feed more people. You can make your donation by sending a check to 1701 Pilgrim Blvd. Yorktown, IN 47396 or you can visit [lifestreaminc.org/nutrition](https://lifestreaminc.org/nutrition) to make a donation online.

# Area 9 Menu September 2022

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| 1   |  |  |   |   |
|  <p><b>TRIO</b><br/>Community Meals<br/>an elior company</p>               |  |  | Pineapple Glazed Ham<br>Navy Beans<br>Collard Greens<br>Biscuit<br>Fresh Fruit<br>Graham Crackers<br>Milk<br>Margarine<br><br>Cal: 644 Sodium: 1503       | Beef and Rice Casserole<br>Cabbage<br>Carrots<br>Whole Wheat Bread<br>Pecan Spinwheel<br>Milk<br><br>Cal: 689 Sodium: 572                                   |
|   | 2  |  |   |   |
| 5   |  |  |   |   |
| Beef Spaghetti Bake<br>Green Peas<br>Garlic Bread Roll<br>Hot Pears<br>Milk<br>Margarine<br><br>Cal: 742 Sodium: 1065                                       | Chicken Shawarma<br>Poultry Gravy<br>Cabbage and Carrots<br>Parslied Potatoes<br>Whole Wheat Bread<br>Apple Juice<br>Milk<br>Margarine<br><br>Cal: 579 Sodium: 733 | Hamburger Patty<br>Baked Beans<br>Grape Juice<br>Hamburger Bun<br>Apple Crisp<br>Milk<br>Mustard   Ketchup<br>Tossed Salad<br>Salad Dressing<br><br>Cal: 926 Sodium: 848                       | Chicken and Rice<br>Whole Kernel Corn<br>Green Beans<br>Whole Wheat Bread<br>Chocolate Chip Crème Cookie<br>Milk<br>Margarine<br><br>Cal: 685 Sodium: 647 | Cheese Omelet<br>Hashbrowns<br>Biscuit<br>Hot Glazed Peaches<br>Margarine<br>Assorted Jelly<br><br>Cal: 704 Sodium: 798                                     |
| 6   |  |  |   |   |
| 7   |  |  |   |   |
| 8   |  |  |   |   |
| 9   |  |  |   |   |
| 12  |  |  |   |   |
| Turkey w/Poultry Gravy<br>Whipped Sweet Potatoes<br>Green Beans w/Red Peppers<br>Rye Bread<br>Star Crunch<br>Milk<br>Margarine<br><br>Cal: 584 Sodium: 1103 | Beef w/Brown Gravy<br>Whipped Potatoes<br>Brussels Sprouts<br>Whole Wheat Bread<br>Fresh Fruit<br>Milk<br>Margarine<br><br>Cal: 624 Sodium: 628                    | Chicken & Sausage Jambalaya<br>Capri Vegetable Blend<br>Whole Kernel Corn<br>Cornbread<br>Pineapple Tidbits<br>Milk<br>Margarine<br>Tossed Salad<br>Salad Dressing<br><br>Cal: 858 Sodium: 903 | Beef Noodle Bake<br>Winter Vegetable Blend<br>Carrots<br>Whole Wheat Bread<br>Applesauce<br>Milk<br>Margarine<br><br>Cal: 579 Sodium: 495                 | Breaded Fish<br>Potato Wedges<br>Green Peas<br>Hamburger Bun<br>Brownie Royal<br>Milk<br>Tartar Sauce   Ketchup<br><br>Cal: 854 Sodium: 1226                |
| 13  |  |  |   |   |
| 14  |  |  |   |   |
| 15  |  |  |   |   |
| 16  |  |  |   |   |
| 19  |  |  |   |   |
| Chicken Cordon Bleu<br>Broccoli<br>Glazed Carrots<br>Whole Wheat Bread<br>Oatmeal Cookie<br>Milk<br>Margarine<br><br>Cal: 686 Sodium: 998                   | Beef Frito Pie<br>Whole Kernel Corn<br>Green Beans<br>Frito Corn Chips<br>Vanilla Pudding Cup<br>Milk<br><br>Cal: 899 Sodium: 778                                  | Sweet & Sour Pork<br>Rice<br>Japanese Vegetable Blend<br>Wheat Dinner Roll<br>Fresh Fruit<br>Milk<br>Margarine<br>Tossed Salad<br>Salad Dressing<br><br>Cal: 728 Sodium: 522                   | Egg Patty<br>Sausage & Gravy<br>Hashbrowns<br>Biscuit<br>Hot Peaches<br>Milk<br><br>Cal: 628 Sodium: 765  | Meatloaf w/Tomato Gravy<br>Whipped Potatoes<br>Brussels Sprouts<br>Wheat Dinner Roll<br>Fudge Crème Cookie<br>Milk<br>Margarine<br><br>Cal: 791 Sodium: 789 |
| 20  |  |  |   |   |
| 21  |  |  |   |   |
| 22  |  |  |   |   |
| 23  |  |  |   |   |
| 26  |  |  |   |   |
| Chili Hot Dog<br>Baked Beans<br>Grape Juice<br>Hot Dog Bun<br>Hot Spiced Apples<br>Milk<br><br>Cal: 781 Sodium: 1043  | Pork Roast w/Pork Gravy<br>Yams<br>Spinach<br>Dinner Roll<br>Oatmeal Crème Cookie<br>Milk<br>Margarine<br><br>Cal: 781 Sodium: 664                                 | Parmesan Chicken<br>Italian Vegetable Blend<br>Penne Pasta<br>Fresh Fruit<br>Milk<br>Tossed Salad<br>Salad Dressing<br><br>Cal: 583 Sodium: 698  | A-1 Chopped Steak<br>Whipped Potatoes<br>Green Beans<br>Whole Wheat Bread<br>Pineapple Tidbits<br>Milk<br>Margarine<br><br>Cal: 621 Sodium: 577           | Tuna Au Gratin Bake<br>Green Peas<br>Carrots<br>Whole Wheat Bread<br>Assorted Muffin<br>Milk<br>Margarine<br><br>Cal: 673 Sodium: 878                       |
| 27  |  |  |   |   |
| 28  |  |  |   |   |
| 29  |  |  |   |   |
| 30  |  |  |   |   |

# Area 9 Menu

## October 2022

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
| <b>3</b>  | <b>4</b>  | <b>5</b>  | <b>6</b>  | <b>7</b>  |
| Italian Meatballs<br>Italian Vegetable Blend<br>Whole Kernel Corn<br>Hoagie Bun<br>Chocolate Marshmallow Cookie<br>Milk<br>Cal: 866 Sodium: 981 | Ham and Vegetable Frittata<br>Hashbrowns<br>Biscuit<br>Cinnamon Apples<br>Grape Juice<br>Milk<br>Margarine           Cal: 771 Sodium: 755         | Cheeseburger<br>Baked Beans<br>Green Beans<br>Hamburger Bun<br>Coconut Cake<br>Milk<br>Tossed Salad<br>Salad Dressing<br>Cal: 926 Sodium: 990   | Chicken Alfredo<br>Penne Pasta w/Garlic and Red Pepper<br>Winter Vegetable Blend<br>Wheat Dinner Roll<br>Apple Juice<br>Milk<br>Margarine<br>Cal: 561 Sodium: 692 | Sloppy Joe<br>Potato Wedges<br>Hamburger Bun<br>Hot Peaches<br>Milk<br>Ketchup<br>Cal: 744 Sodium: 1358                             |
| <b>10</b>   | <b>11</b>   | <b>12</b>   | <b>13</b>   | <b>14</b>   |
| Santa Fe Beef Stew<br>Winter Vegetable Blend<br>Dinner Roll<br>Hot Spiced Apples<br>Milk<br>Margarine<br>Cal: 541 Sodium: 954                   | Oriental Shoyu Chicken<br>Zucchini and Tomatoes<br>Rice Pilaf<br>Pineapple Tidbits<br>Blueberry Coffee Cake<br>Milk<br>Cal: 803 Sodium: 1188      | Salisbury Steak w/Gravy<br>Whipped Potatoes<br>Green Beans<br>Multi Grain Bread<br>Mandarin Oranges<br>Milk<br>Margarine<br>Tossed Salad<br>Salad Dressing<br>Cal: 653 Sodium: 623          | Pineapple Glazed Ham<br>Navy Beans<br>Collard Greens<br>Biscuit<br>Fresh Fruit<br>Graham Crackers<br>Milk<br>Margarine<br>Cal: 644 Sodium: 1503                   | Beef and Rice Casserole<br>Cabbage<br>Carrots<br>Whole Wheat Bread<br>Pecan Spinwheel<br>Milk<br>Cal: 689 Sodium: 572               |
| <b>17</b>   | <b>18</b>   | <b>19</b>   | <b>20</b>   | <b>21</b>   |
| <b>Frito Pie</b><br>Fiesta Rice<br>Winter Vegetable Blend<br>Frito Corn Chips<br>Fudge Crème Cookie<br>Milk<br>Cal: 900 Sodium: 543             | <b>Breaded Chicken Patty</b><br>Carrots<br>Green Beans<br>Hamburger Bun<br>Pecan Spinwheel<br>Milk<br>Honey Mustard Sauce<br>Cal: 646 Sodium: 883 | <b>Ham, Broccoli and Cheesy Rice Bake</b><br>Mixed Vegetable Blend<br>Whole Wheat Bread<br>Hot Apple Slices<br>Milk<br>Margarine<br>Tossed Salad<br>Salad Dressing<br>Cal: 645 Sodium: 1449 | <b>Meatloaf w/Tomato Gravy</b><br>Broccoli<br>Whole Kernel Corn<br>Dinner Roll<br>Animal Crackers<br>Milk<br>Margarine<br>Cal: 642 Sodium: 629                    | <b>Cheese Omelet</b><br>Hashbrowns<br>Fiesta Vegetable Blend<br>Biscuit<br>Mixed Fruit<br>Milk<br>Margarine<br>Cal: 662 Sodium: 898 |
| <b>24</b>   | <b>25</b>   | <b>26</b>   | <b>27</b>   | <b>28</b>   |
| <b>Swiss Steak</b><br>Whipped Potatoes<br>Broccoli<br>Whole Wheat Bread<br>Oatmeal Crème Cookie<br>Milk<br>Margarine<br>Cal: 738 Sodium: 684    | <b>Oriental Shoyu Chicken</b><br>Rice<br>Japanese Vegetable Blend<br>Pineapple Tidbits<br>Milk<br>Graham Crackers<br>Cal: 638 Sodium: 536         | <b>Turkey w/Gravy</b><br>Whipped Sweet Potatoes<br>Green Beans Amandine<br>Multi-Grain Bread<br>Fig Bar<br>Milk<br>Margarine<br>Tossed Salad<br>Salad Dressing<br>Cal: 651 Sodium: 1148     | <b>Egg Patty</b><br>Breakfast Sausage<br>Country Gravy<br>Hashbrowns<br>Biscuit<br>Apple Juice<br>Milk<br>Cal: 607 Sodium: 748                                    | <b>BBQ Pork Roast</b><br>Baked Pinto Beans<br>Hamburger Bun<br>Apple Raisin Compote<br>Milk<br>Grape Juice<br>Cal: 868 Sodium: 723  |
| <b>31</b>   | <b>26</b>   | <b>27</b>   | <b>28</b>   | <b>29</b>   |
| <b>Parmesan Chicken</b><br>Garlic Penne Pasta<br>Broccoli<br>Whole Wheat Bread<br>Mixed Fruit<br>Milk<br>Margarine<br>Cal: 696 Sodium: 830      | <br><b>TRIO</b><br>Community Meals<br>an elior company       |   |   |   |

Menus subject to change

# Short-term Goals Lead to Big Changes

An update from Gina Harvey, Wellness Educator

Fall is in the air and soon the trees will begin their spectacular transformation with bright and vivid colors. This time of change makes me think of goals I set for myself at the beginning of the year. Did you set some healthy goals for yourself this year? How do you know if you've achieved them?

Goal setting and self-monitoring are essential skills for success in behavior change. It's good to set short-term and long-term goals. Think of short-term goals as "stepping stones" to achieving your long-term goal. For example, you may have a goal of exercising 150 minutes every week. If you haven't been very active lately, it wouldn't be realistic expectation to hit this goal right away. You would want to set smaller, more manageable goals for the first few weeks. Think of this as practice. *Examples of a short-term goal: I will take a walk, around my sub-division after dinner for 20 minutes on Monday, Wednesday, and Friday. If it is raining, I will walk on the treadmill.*

After a week or two of successfully achieving this short-term goal, increase the time you walk or the nights of the week. Slowly, over time, you will achieve your long-term goal of exercising 150 minutes every week. If you find that your plan to walk around the sub-division isn't working out, don't be afraid to "tweak" your activity or time of day to something that would work better.

Every day is a chance to practice a healthy habit and learn new ways to improve your health. If at first you don't succeed, try, try again! LifeStream Wellness offers several evidence-based courses focused to improve your strength, nutrition, and balance. Visit the LifeStream website to learn more! There are several locations in your community that also offer classes to improve your health.

So as the trees begin to change and the air becomes cooler, take a moment to reflect on the progress you've made toward a healthier you! Remember, no one is perfect and we all have "good" and "bad" days. Slow and steady wins the race...so keep up the great work and make changes where needed.



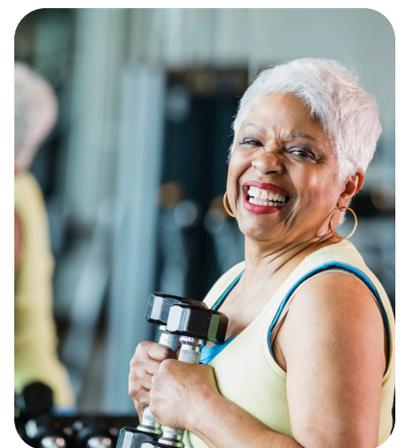
**Do you need more physical activity and to get out and meet new friends?**

**Join the YMCA of Muncie!**

Become involved in group exercise, active older adult programming and more! Call the YMCA of Muncie today or stop in to learn more about membership and ways that we can help you get involved. There is financial aid available for membership as well as potential coverage from supplement insurance plans. Come in and we can talk about membership options with you today!

**CONTACT:**  
Gretchen Fields  
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# Welcome to Outreach Corner...

*An update from Angie Jenkins, Outreach Coordinator*

Summer is coming to an end and we'll soon be enjoying those cool fall temperatures but that doesn't stop us from continuing our outreach efforts to help spread education and awareness about the services that LifeStream has to offer.

I'd like to share with you some of our outreach efforts that we have offered recently.

We sponsored Senior Day at the Wayne County Fair. It was a great day of fun with bingo, prizes, lunch and getting to know each other.

We were a partner with Silver Birch and ViaQuest in Delaware County and providing an after hours networking for some of those organizations that we partner with but don't get to see often.

We also like to help support other community organizations. We partnered with the Reid Pace Center in Wayne County for a car show with all proceeds going to the Alzheimer's Association. The event was open to the public. We had over 70 cars, food vendors and live music.

We spent time in Henry County and provided information at their Wellness Fair that was held in July.

This is just a few of the events that LifeStream has been a part of. We hope that you've taken the opportunity to join us at one of them!



To learn more about what is happening at LifeStream, contact Angie Jenkins, Outreach Coordinator, at 765-748-6994 or email [ajenkins@lifestreaminc.org](mailto:ajenkins@lifestreaminc.org).



Make yourself at home. 

# Accepting a Helping Hand

*An update from Hollyn Anderson, Caregiver Programs Coordinator*

Have you ever heard the words, “Is there anything I can do to help?” or “Let me know if you need anything!” No matter how it may have been phrased, what went through your mind? Were you thinking ‘There is so much that I need help with that I don’t even know where to begin. I don’t want to overwhelm them or be a burden, so I am just going to tell them that I am fine and I will let them know if I need anything. Yes, that sounds good – I will say that.’

Does that sound familiar? Maybe you did not have those thoughts exactly, but have you ever struggled to accept the help that others offer to you? Maybe you feel some shame associated with asking for help – you want people to see you as strong and as having it all together. On the other hand, maybe you desperately want to ask for help, but you have no idea where to begin. There is just so much that is on your mind, and you don’t want anyone else to have to bear the weight of that. Let’s dive in to each of these.

Think about the person who is closest to you. Now, imagine that they are going through a hard time – perhaps the death of a close friend or family member. Being the good friend that you are, you cook them a meal and take it to their house. You ask them if there is anything that you can do to help them, and they tell you, “Actually, yes, there is something you can do. There has been so much going on, that I have not had any time for myself recently. I would really benefit from getting out of the house, running some errands, and just having a moment to breathe. Once I put the kids down, could you sit at my house for a couple of hours while I do that?”

Now, what are you thinking? Are you thinking, ‘Wow, I cannot believe she is asking for help. She should do this all alone.’

Of course not! More likely, you are probably thinking, ‘I am so glad that she asked me for help. No one should have to go through this alone.’

Now, let’s reverse the roles. Think back to a time when your close friend or family member asked you if there was anything they could do to help you. Did you have something in mind that would have been helpful, but denied their request? If this was you, think of it from the

perspective of that friend or family member. Would they really have negative thoughts about you if you admitted that you could use a little help? Probably not. More likely, they would be filled with compassion towards you and eagerness to help. They would probably be thrilled that you reached out when you were in need and chose them to help.

Whether you struggle to accept help or not, it can be easy to become overwhelmed with all of the things on your plate, and therefore not know what to ask for help with. Creating a list in advance can be helpful so that you do not have to think on the spot when someone asks how they can assist you!

This list may include having your friend or family member sit with the person with care needs for a couple of hours while you take a walk, run some errands, or just take some time for yourself. This list may also include having them run errands for you, pick up groceries, help with chores or yard work, or bring you some food. These are just some ideas to get you started – take some time and make a list of your own!

Next time your neighbor asks, “Is there anything I can do to help?”, try to accept the fact that they actually want to help you, whip out your list, and say, “Actually, there is something that would be helpful! Can you please sit with my sister while I go on a 30-minute walk?”

*If you are a caregiver who is interested in any of these programs, or in need of additional resources or support, please contact Hollyn Anderson by phone at (765) 425-8472 or email [handerson@lifestreaminc.org](mailto:handerson@lifestreaminc.org).*



# LifeStream's Golden Hoosier Awards

An update from Laura Bray, Volunteer Services Administrator



A volunteer administrator's key responsibility is to ensure that volunteers are aware of the impact of their work and that their contributions to their communities are recognized and appreciated.

The LifeStream Golden Hoosier Award is one of the ways we honor volunteers. In all 12 of the counties we serve, LifeStream honors senior volunteerism with the LifeStream Golden Hoosier Award. This year, 31 exceptional volunteers who went above and beyond in their volunteer roles were nominated by hospitals, loved ones, charities, churches, and more. Many of the individuals who were nominated were able to join us at the REMC Community Room in Henry County on June 15 to celebrate all of their achievements and hear the names of the 2022 LifeStream Golden Hoosier Award recipients.

The challenging task of choosing two recipients from among all the nominees fell to a special community committee. Carol Smith from Jay County is our winner in Public Service Area 6. Jodi Johnson of Wayne County is our winner in Public Service Area 9. Mildred Shephard of Grant County and Romaine DeLucio of Wayne County were named the first runners-up. These individuals have now been nominated for The Golden Hoosier Award, the state's top volunteer recognition for senior volunteerism. With the ceremony to take place later this year in our state's capitol.

Our best wishes go out to them, and we have no doubt that a significant number of individuals in their areas are touched by their efforts.

## Save the Date for the 2022 JOY Games!



**SEPTEMBER 27-29**

(For ages 55+)

Join us for three **JOYful** days of fun activities!



Registration opens July 1<sup>st</sup>!

Scan the code or visit [lifestreaminc.org/joy-games](http://lifestreaminc.org/joy-games) to learn more and register online!

