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 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 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

Eat Smart Idaho
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For more recipes ideas & tips, visit
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 to make a donation online.

Hot Menu
September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
TRIO Community Meals an elior company			Beef Noodle Bake Winter Vegetable Blend Carrots Whole Wheat Bread Applesauce Milk Margarine Cal: 579 Sodium: 495	Breaded Fish Potato Wedges Green Peas Hamburger Bun Brownie Royal Milk Tartar Sauce | Ketchup Diet - Vanilla Wafers Cal: 854 Sodium: 1226
5	6	7	8	9
Chicken Cordon Bleu Broccoli Glazed Carrots Whole Wheat Bread Oatmeal Cookie Milk Margarine Diet- Animal Crackers Cal: 686 Sodium: 998	Beef Frito Pie Whole Kernel Corn Green Beans Frito Corn Chips Banana Pudding Milk Diet - Vanilla Wafers Cal: 943 Sodium: 906	Sweet & Sour Pork Rice Japanese Vegetable Blend Wheat Dinner Roll Fresh Fruit Milk Margarine Cal: 708 Sodium: 497	Egg Patty Sausage & Gravy Hashbrowns Biscuit Hot Peaches Milk Cal: 628 Sodium: 765	Meatloaf w/Tomato Gravy Whipped Potatoes Brussels Sprouts Wheat Dinner Roll Fudge Crème Cookie Milk Margarine Diet - Graham Crackers Cal: 791 Sodium: 789
12	13	14	15	16
Chili Hot Dog Baked Beans Coleslaw Hot Dog Bun Hot Spiced Apples Milk Cal: 759 Sodium: 1176	Pork Roast w/Pork Gravy Yams Spinach Dinner Roll Oatmeal Crème Cookie Milk Margarine Diet - Graham Crackers Cal: 781 Sodium: 664	Parmesan Chicken Italian Vegetable Blend Tossed Salad Penne Pasta Fresh Fruit Milk Salad Dressing Cal: 546 Sodium: 768	A-1 Chopped Steak Whipped Potatoes Green Beans Whole Wheat Bread Pineapple Tidbits Milk Margarine Cal: 621 Sodium: 577	Tuna Au Gratin Bake Green Peas Carrots Whole Wheat Bread Assorted Muffin Milk Margarine Diet - Vanilla Wafers Cal: 673 Sodium: 878
19	20	21	22	23
Italian Meatballs Italian Vegetable Blend Whole Kernel Corn Hoagie Bun Chocolate Marshmallow Cookie Milk Diet - Graham Crackers Cal: 866 Sodium: 981	Ham and Vegetable Frittata Hashbrowns Biscuit Cinnamon Apples Grape Juice Milk Margarine Cal: 771 Sodium: 755	Swiss Cheeseburger Baked Beans Green Beans Hamburger Bun Coconut Cake Milk Diet - Animal Crackers Cal: 905 Sodium: 965	Chicken Alfredo Penne Pasta w/Garlic and Red Pepper Winter Vegetable Blend Wheat Dinner Roll Fresh Fruit Milk Margarine Cal: 548 Sodium: 685	Sloppy Joe Potato Wedges Hamburger Bun Hot Peaches Milk Ketchup Cal: 744 Sodium: 1358
26	27	28	29	30
Chef Inspired Meal Santa Fe Beef Stew Winter Vegetable Blend Dinner Roll Hot Spiced Apples Milk Margarine Cal: 541 Sodium: 954	Oriental Shoyu Chicken Zucchini and Tomatoes Rice Pilaf Fresh Fruit Blueberry Coffee Cake Milk Diet - Vanilla Wafers Cal: 785 Sodium: 1188	Salisbury Steak w/Gravy Whipped Potatoes Green Beans Multi Grain Bread Mandarin Oranges Milk Margarine Cal: 632 Sodium: 599	Pineapple Glazed Ham Navy Beans Collard Greens Biscuit Fresh Fruit Graham Crackers Milk Margarine Cal: 644 Sodium: 1503	Beef and Rice Casserole Cabbage Carrots Whole Wheat Bread Pecan Spinwheel Milk Diet - Vanilla Wafers Cal: 689 Sodium: 572

Veronica Gober MS RDN LD (License Application pending)

Menus subject to change

Hot Menu
October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	**4**	**5**	**6**	**7**
Frito Pie Fiesta Rice Winter Vegetable Blend Frito Corn Chips Fudge Crème Cookie Milk Diet - Vanilla Wafers Cal: 900 Sodium: 543	**Breaded Chicken Patty** Carrots Green Beans Hamburger Bun Pecan Spinwheel Milk Honey Mustard Sauce Diet - Graham Crackers Cal: 646 Sodium: 883	**Ham, Broccoli and Cheesy Rice Bake** Mixed Vegetable Blend Whole Wheat Bread Hot Apple Slices Milk Margarine Cal: 634 Sodium: 1444	**Meatloaf w/Tomato Gravy** Broccoli Whole Kernel Corn Dinner Roll Baked Cookie Milk Margarine Diet - Animal Crackers Cal: 640 Sodium: 606	**Cheese Omelet** Hashbrowns Fiesta Vegetable Blend Biscuit Fresh Fruit Milk Margarine Cal: 654 Sodium: 893
10	**11**	**12**	**13**	**14**
Swiss Steak Whipped Potatoes Broccoli Whole Wheat Bread Oatmeal Crème Cookie Milk Margarine Diet - Animal Crackers Cal: 738 Sodium: 684	**Oriental Shoyu Chicken** Rice Japanese Vegetable Blend Fresh Fruit Milk Graham Crackers Cal: 619 Sodium: 535	**Turkey w/Gravy** Whipped Sweet Potatoes Green Beans Amandine Dinner Roll Pumpkin Bar Milk Margarine Diet - Fig Bar Cal: 656 Sodium: 1153	**Egg Patty** Breakfast Sausage Country Gravy Hashbrowns Biscuit Grape Juice Milk Cal: 623 Sodium: 749	**BBQ Pork Roast** Baked Pinto Beans Coleslaw Hamburger Bun Apple Raisin Compote Milk Diet - Hot Apple Slices Cal: 826 Sodium: 802
17	**18**	**19**	**20**	**21**
Parmesan Chicken Garlic Penne Pasta Broccoli Whole Wheat Bread Fresh Fruit Milk Margarine Cal: 688 Sodium: 826	**Turkey Chili w/Northern** Mixed Vegetable Blend Cornbread Peach Crisp Milk Margarine Diet - Hot Spiced Peaches Cal: 862 Sodium: 994	**Breaded Fish** Potato Wedges Green Beans Hamburger Bun Star Crunch Cookie Milk Tartar Sauce Diet - Graham Crackers Cal: 793 Sodium: 1010	**Chicken Street Taco** Refried Beans Fiesta Vegetable Blend Flour Tortilla Cherry Gelatin Milk Diet - Vanilla Wafers Cal: 692 Sodium: 1173	**Cheeseburger Mac** Green Peas Carrots Dinner Roll Chocolate Chip Crème Cookie Milk Margarine Diet - Vanilla Wafers Cal: 739 Sodium: 732
24	**25**	**26**	**27**	**28**
Chef Inspired Meal Ham and Potato Skillet California Vegetable Blend Dinner Roll Hot Pineapple Tidbits Milk Margarine Cal: 545 Sodium: 1185	**Beef Stew** Parslied Rice Winter Vegetable Blend Saltine Crackers Fresh Fruit Milk Cal: 620 Sodium: 519	**Egg Patty w/Cheese** Hashbrowns Biscuit Hot Glazed Peaches Milk Margarine Taco Sauce Cal: 605 Sodium: 479	**Pork Roast w/Pork Gravy** Cream Style Corn Green Beans Multi-Grain Bread Orange Gelatin Milk Margarine Diet - Graham Crackers Cal: 701 Sodium: 888	**Chicken Tetrazzini** Carrots Green Peas Rye Bread Baked Cookie Milk Margarine Diet - Vanilla Wafers Cal: 761 Sodium: 751
31	**26**	**27**	**28**	**29**
Breaded Chicken Country Style Gravy Garlic Whipped Potatoes Carrots Whole Wheat Bread Chocolate Cake Milk Margarine Diet - Animal Crackers Cal: 763 Sodium: 1020				

TRIO Community Meals
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.

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.

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.

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!

JOY GAMES — Just. Older. Youth.

SEPTEMBER 27-29

(For ages 55+)

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

Registration opens July 1st!
Scan the code or visit
lifestreaminc.org/joy-games
to learn more and register online!

LifeStream — For the young at heart.

Reid Health Alliance Medicare
In Partnership with Health Alliance™

the Leland Legacy Senior Community

Richmond Senior Recreation Center