



Community Chat

2023 March-April Newsletter

Heart Healthy Spring Eating

An update from Dana Pierce, Nutrition Administrator

As the weather warms up and spring blossoms start to appear, it's a great time to think about refreshing your diet and incorporating heart-healthy foods. I love the new possibilities that spring brings along with nature coming alive again! It's a great time to embrace some lighter food options, too.

Here are some tips for eating for a healthy heart and enjoying the flavors of spring:

Load up on fruits and vegetables: Spring is the perfect time to enjoy a wide variety of fresh produce. Try incorporating more colorful fruits and vegetables into your meals, as they are often rich in antioxidants and other nutrients that can support heart health. Some delicious options to try include berries, leafy greens, and citrus fruits.

Choose whole grains: Refined grains, like white bread and pasta, have been stripped of their fiber and nutrients. On the other hand, whole grains, like oats, quinoa, and brown rice, are packed with fiber and other nutrients that can help lower cholesterol and reduce the risk of heart disease.

Experiment with plant-based protein sources: Plant-based protein sources, like beans, lentils, and tofu

are lower in saturated fat and cholesterol than animal-based protein sources. Incorporating more plant-based protein into your diet can help support heart health.

Limit added sugars and sodium: Too much added sugar and sodium can increase the risk of heart disease. To cut back on these nutrients, try to limit processed and packaged foods and opt for fresh, whole ingredients instead.

Get moving: Regular physical activity is important for heart health. As the weather improves, take the opportunity to go for a walk or try a new outdoor activity. Not only will exercise help keep your heart healthy, it can also boost your mood and energy levels.

By following these tips, you can enjoy a heart-healthy diet and take advantage of the flavors of spring. Don't be afraid to try new recipes and ingredients – eating for a healthy heart can be delicious and enjoyable.



Upcoming Events

Virtual Tours on YouTube

Anytime via YouTube!

Travel from the comfort and safety of your home to sites around the world. These volunteer created videos take you on a tour of iconic sites. New videos are added periodically at bit.ly/youtubetours.



LifeStream Live with Angie

Every Thursday at 2pm on Facebook

Tune in every Thursday at 2pm as Angie Jenkins, Outreach Coordinator, discusses various topics including upcoming events, wellness, nutrition, fraud/scam awareness, and more.



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. Register for an upcoming session at dementiafriendsindiana.org/events-calendar

What's Cooking?

Roasted Salmon with Vegetables

Here is a simple and heart-healthy recipe for two people.

Ingredients:

- 2 salmon fillets (about 6 ounces each)
- 1 cup diced vegetables (such as bell peppers, onions, and zucchini)
- 1 tablespoon olive oil
- Salt and pepper to taste

Directions:

- Preheat the oven to 400°F (200°C).
- Place the salmon fillets in a baking dish.
- In a separate bowl, toss the diced vegetables with the olive oil, salt, and pepper.
- Arrange the vegetables around the salmon in the baking dish.
- Roast for 12-15 minutes, or until the salmon is cooked through and the vegetables are tender.
- Serve the salmon and vegetables hot, garnished with fresh herbs if desired.

This recipe is a good source of heart-healthy omega-3 fatty acids, which have been shown to have a number of health benefits, including reducing inflammation and lowering the risk of heart disease. The vegetables add fiber, vitamins, and minerals to the dish, making it a well-rounded and nutritious meal.

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 March 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1		2
		3		3
 an elior company		Swedish Meatballs Egg Noodles Green Peas Saltine Crackers Fresh Fruit Milk Cal: 728 Sodium: 638	Swedish Meatballs Broccoli Southwest Corn Wheat Bread Baked Cookie Milk Diet - Graham Crackers Cal: 604 Sodium: 884	Sloppy Joe Potato Wedges Parslied Carrots Hamburger Bun Pecan Spinwheel Milk Diet - Vanilla Wafers Cal: 737 Sodium: 1124
	6	7	8	9
Swiss Steak Whipped Potatoes Green Beans Wheat Roll Fig Bar Milk Margarine Cal: 747 Sodium: 709	Ham & Pintos Collard Greens Cornbread Apple Raisin Compote Milk Margarine Cal: 758 Sodium: 1227	Chicken Supreme Rotini Pasta Tossed Salad Green Peas Wheat Bread Fresh Fruit Milk Margarine Salad Dressing Cal: 599 Sodium: 1016	Egg Patty w/Cheese Hashbrowns Biscuit Hot Glazed Peaches Milk Margarine Cal: 551 Sodium: 519	Smoked Sausage w/Onions & Peppers Succotash Carrots Hot Dog Bun Banana Cake Milk Diet - Vanilla Wafers Cal: 800 Sodium: 1345
13	14	15	16	17
BBQ Pork Riblet Baked Beans Carrots Hamburger Bun Star Crunch Cookie Milk Diet - Animal Crackers Cal: 846 Sodium: 1287	Breaded Fish Parslied Rice Tuscany Vegetable Blend Wheat Bread Brownie Royal Milk Margarine Tartar Sauce Diet - Graham Crackers Cal: 713 Sodium: 719	A-1 Chopped Steak Garlic Whipped Potatoes Mixed Greens Dinner Roll Oatmeal Crème Cookie Milk Diet - Vanilla Wafers Cal: 719 Sodium: 851	Chicken & Dumplings over Biscuit Mixed Vegetables Tossed Salad Hot Spiced Fruit Milk Salad Dressing Cal: 542 Sodium: 529	Brown Sugar Glazed Ham Sweet Potatoes Green Beans Cornbread Fresh Fruit Milk Margarine Cal: 725 Sodium: 1393
20	21	22	23	24
Chicken Fajita over Cilantro Lime Rice Fiesta Corn Carrots Flour Tortilla Cherry Gelatin Milk Diet - Assorted Gelatin Cal: 700 Sodium: 664	Egg Patty Breakfast Sausage Hashbrowns Cinnamon Raisin Oatmeal Grape Juice Milk Cal: 639 Sodium: 512	Chef Inspired Meal Chicken & Sausage Gumbo Parslied Rice Mixed Greens Cornbread Fresh Fruit Margarine Cal: 800 Sodium: 943	Meatloaf w/Tomato Gravy Whipped Potatoes Green Beans w/Red Peppers Wheat Dinner Roll Chocolate Cake Milk Diet - Graham Crackers Margarine Cal: 690 Sodium: 1043	Frankfurter w/Chili Hawaiian Baked Beans Coleslaw Hot Dog Bun Hot Applesauce w/Apples Milk Ketchup Cal: 725 Sodium: 1202
27	28	29	30	31
Turkey Vegetable Stew Grits Broccoli Saltine Crackers Fresh Fruit Milk Cal: 545 Sodium: 585	Hamburger Patty Lettuce & Tomato Potato Wedges Garden Vegetable Blend Hamburger Bun Fudge Round Cookie Milk Ketchup Diet - Animal Crackers Cal: 781 Sodium: 1256	Chicken Souvlaki Yellow Rice California Vegetable Salad Hot Spiced Fruit Multi-Grain Bread Milk Margarine Cal: 622 Sodium: 925	Pork Roast w/Pork Gravy Brussels Sprouts Ranch Potatoes Wheat Bread Baked Cookie Milk Diet - Graham Crackers Margarine Cal: 696 Sodium: 671	Beef Spaghetti Bake Italian Vegetable Blend Cranapple Crisp Dinner Roll Milk Diet - Applesauce Margarine Cal: 748 Sodium: 706

Menus subject to change

Hot Menu

April 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Potato Crusted Pollock Yellow Rice Zucchini Wheat Bread Fresh Fruit Milk Tartar Sauce Cal: 613 Sodium: 573	4 Spaghetti Bake Green Peas Tossed Salad Saltine Crackers Hot Applesauce w/Apples Milk Assorted Salad Dressing Cal: 633 Sodium: 655	5 Egg Patty Cheese Bacon Bits Hashbrowns Cinnamon Raisin Oatmeal Fresh Fruit Milk Margarine Cal: 629 Sodium: 829	6 Brown Sugar Glazed Ham Whipped Sweet Potatoes Green Beans Dinner Roll Star Crunch Cookie Milk Margarine Diet - Rice Krispie Treat Cal: 685 Sodium: 1404	7 Cheeseburger Baked Beans Glazed Carrots Hamburger Bun Baked Oatmeal Cookie Milk Diet - Graham Crackers Cal: 811 Sodium: 1288
10 Smoked Sausage w/Onions and Peppers Broccoli Whole Kernel Corn Hot Dog Bun Fresh Fruit Milk Cal: 690 Sodium: 994	11 Swiss Steak Whipped Potatoes Green Bean Amandine Dinner Roll Gingerbread Cake Milk Margarine Diet - SF Vanilla Pudding Cal: 789 Sodium: 802	12 Lemon Herbed Pork Loin Rice Capri Vegetable Blend Wheat Bread Fresh Fruit Milk Margarine Cal: 642 Sodium: 492	13 Smothered Meatballs Penne Pasta Mixed Vegetable Blend Multi-Grain Bread Fresh Fruit Milk Cal: 688 Sodium: 808	14 Breaded Chicken Country Style Gravy Brussel Sprouts & Corn Carrots Dinner Roll Graham Crackers Milk Margarine Cal: 692 Sodium: 989
17 Chicken Gumbo Cajun Rice Mixed Vegetable Blend Saltine Crackers Fresh Fruit Milk Margarine Cal: 578 Sodium: 543	18 Meatloaf w/Tomato Gravy Whipped Potatoes Broccoli Dinner Roll Rice Krispie Treat Milk Margarine Cal: 573 Sodium: 957	19 Egg Patty (2) Hashbrown Patty Grits Biscuit Fresh Fruit Milk Cal: 638 Sodium: 580	20 Chef Inspired Meal Rosemary Chicken Breast Lemon Rice Green Peas Carrot Amandine Chocolate Cake Milk Diet - SF Chocolate Pudding Cal: 648 Sodium: 756	21 BBQ Pork Riblet Macaroni & Cheese Coleslaw Green Beans Hamburger Bun Milk Cal: 703 Sodium: 1299
24 Sweet & Sour Chicken Rice Japanese Vegetable Blend Green Peas Fortune Cookie Milk Cal: 642 Sodium: 547	25 Ham & White Beans Green Beans w/Tomatoes Whipped Sweet Potatoes Saltine Crackers Peanut Butter Pudding Milk Diet - SF Vanilla Pudding Cal: 846 Sodium: 1303	26 Mozzarella Chicken Penne Pasta Italian Vegetable Blend Beet & Spinach Salad Rice Krispie Treat Milk Cal: 700 Sodium: 1072	27 Potato Crusted Pollock Potato Wedges Mixed Vegetable Blend Hamburger Bun Spiced Carrot Cake Milk Tartar Sauce Diet - Vanilla Wafers Cal: 817 Sodium: 1238	28 Sloppy Joe Baked Beans Parslied Carrots Hamburger Bun Fresh Fruit Milk Cal: 718 Sodium: 812

Menus subject to change

Preparing for Warmer Weather

An update from Gina Harvey, Wellness Educator

Spring is in the air! Every day that passes provides us with 2 more minutes of daylight, encouraging us to get outside. Spring is a time of renewal and a great opportunity to start a new habit to improve your health.

Warmer weather and sunshine are the perfect combination to start a daily walking routine. After lunch or dinner, take a walk outside to get some fresh air, Vitamin D, and hear the birds sing. This is not only beneficial for your muscles, but also for your stress levels. Taking a walk outside gives us an opportunity to get lost in the smells and sounds of nature, letting our minds take a break from our daily stress.

This is also the perfect time to start seeds for the garden! Growing your own vegetables is easy and doesn't have to take up a lot of space. Start your seeds indoors using recycled bowls or cups with a little potting soil and place in a window sill. When your seeds have sprouted and the weather is more consistent (no frost) you can transplant your vegetables to larger pots outdoors or place in the ground. Not only is gardening a great activity, but it comes with a delicious and nutritious reward!

As the Wellness Educator, I travel around our 12-county service area teaching courses focused on reducing the risk of falls, improving healthy eating habits, and encouraging you to stay active. Go to LifeStreaminc.org for Wellness classes and volunteer opportunities near you or visit your local Senior Center.

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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
 Association Director of Membership Services
gfields@muncieymca.org

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 Association Director of Well Being
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An Update from Outreach Corner...

An update from Angie Jenkins, Outreach Coordinator

With spring just around the corner, it's the perfect time to start checking out those community events! LifeStream is gearing up for this year's events from the Healthy Aging Expo, Aging Well Conference, JOY Games and other events in between to provide individuals with education and resources.

Did you know that there are many benefits in engaging within your community? Social participation and social support are strongly connected to good health and well-being throughout life. By participating in leisure, social, cultural, and spiritual activities, older adults are able to enjoy respect and esteem; remain informed; and maintain or establish supportive and caring relationships.

Mark your calendar for an event or two and we hope to see you!

- **Parkinsons Support Group:** 2nd Thursday of every month at 3pm at the Riverside Avenue Baptist Church in Muncie
- **Senior Movie:** 1st Friday of every month at 12:30pm at the Alex Movie Theater in Alexandria hosted by Essential Senior Connections
- **Thriving Thursday:** 2nd Thursday of every month at 11:30am at the Fayette Senior Center, 477 N. Grand Ave, Connersville
- **Morning w/ Seniors:** 3rd Wednesday of every month at 10am at the Elwood YMCA 620 Main St, Elwood
- **Lifelong Learners:** Every Monday at 10am at the Kennedy Library 1700 W. McGalliard Rd. Muncie

We hope you have a chance to visit some of these partners and participate in these events.

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



Make yourself at home. ✓

What to Know about Support Groups

An update from Hollyn Neal, Caregiver Programs Coordinator

Let's talk about support groups! Support groups are extremely beneficial resources for caregivers, but can sometimes be intimidating to walk into if you do not know what to expect. I want to be REAL and talk about support groups to give you an idea of what to expect if you decide to try one out!

Relatability: Support groups are a great place to go and be around people who are experiencing similar situations as you. It seems to prove true in many life circumstances that people feel much better when they realize that they are not alone in what they are going through. If you feel alone in your situation, a support group may be a great resource for you.

Experiences: Every caregiving journey is different, yet your experiences have the potential to help another. In many support groups that you attend, you may hear the phrase: "You are the expert." This is not meant to sound daunting but to emphasize that you have something to offer to the group. You have a different experience than another and may be able to give others tips about what has worked for you in certain situations. In the same way, others will be able to share their experiences with you and give you ideas and tips that you may not have otherwise considered.

Answers: Some support groups will invite guest speakers in to present on a variety of topics of their expertise, which can help caregivers obtain valuable information to use throughout their caregiving journey. Furthermore, support group facilitators come from a variety of different backgrounds. They may have some experience to share in addition to facilitating the conversation and can help connect support group members with community resources. In addition to professionals and facilitators, caregiver support groups are a wonderful opportunity to create community with other caregivers and share resources.

Location: Caregiver support groups meet in a variety of community organizations, hospitals, restaurants, and skilled nursing facilities – just to name a few. If there are not currently any support groups in your area that work for you, there are even online groups to accommodate.

My hope is that this gives you a better understanding of what you might expect walking into a support group. If you are a caregiver and have never tried a support group, you may consider this a resource for you!

LifeStream has some exciting new programs coming up in the Muncie area – including support groups and memory cafés. Stay tuned by visiting our website and social media pages for more information on our upcoming events!

If you are interested in learning about groups in your area, reach out to Hollyn Neal, Caregiver Programs Coordinator at hneal@lifestreaminc.org



It Takes an Army!

An update from Laura Bray, Volunteer Services Administrator



When you hear the phrase “it takes an army,” you imagine a large group of people working together to accomplish a task. It implies that a task that appears impossible to complete alone can be completed with the help of many people.

LifeStream Services has an army of volunteers who work diligently throughout the year. Our volunteers contribute their time as they are able; some give an hour, others join us for a day, weekly, monthly, or just for special events. Overall, volunteers are making a significant difference in people’s lives and donating countless hours to making things better.

Last year, LifeStream Volunteers donated 6,562 hours of their time to serve meals at our senior cafes. Homebound and curbside volunteers contributed 2,742 hours to meal delivery and distribution. Our Board of Directors, Advisory Councils, and office volunteers spent 1,803 hours planning for the future and assisting with files, mailings, data entry, and other tasks.

Leaf rakers, friendly callers, Senior Safety Net and Gleaners volunteers contributed 4,323 hours to the well-being of others. Volunteers dedicated over 5,500 hours to AngelWish bagging, delivering, and sharing their knowledge and skills in order to make tomorrow a better day. College students contributed 1,243 hours of their time to the quest for greater knowledge in their chosen field, and our Guardianship volunteers devoted 525 hours to hosting a tremendous holiday bash for our Guardianship clients.

There aren’t enough ways to applaud these selfless individuals. Please join us in saying “Thank You” to a volunteer the next time you see one. We couldn’t do what we do without their time, dedication, and compassion!

If you are interested in joining the army of LifeStream Services volunteers, please contact Laura Bray at 765-808-8827. We will collaborate to find the ideal engagement to match your interests.

Volunteer Concierge Program

When you can't, we can.

What is the Volunteer Concierge Program?

A volunteering initiative in which individuals are matched with older adults in need of a friendly visit or task assistance such as housekeeping, meal prep, light yard work, or companionship.

Who can volunteer?

Volunteers must be 18 years of age or older with a desire to impact an older adult’s life through support and companionship.

How to sign up to volunteer

Those interested in being part of the Volunteer Concierge Program can fill out an application at lifestreaminc.org/support/volunteer or contact Laura Bray, Volunteer Services Administrator, at 765-808-8827 or lbray@lifestreaminc.org.



Learn more about LifeStream and the Volunteer Concierge Program at 800-589-1121 or visit www.lifestreaminc.org.