



Community Chat

2024 January-February Newsletter

Savoring Connections

An update from Dana Pierce, Nutrition Administrator

As individuals age, it is not uncommon for them to experience reduced social interactions and activities. The hustle and bustle of daily life gradually dissipates; friends may relocate, and family members may become preoccupied with their own lives. Consequently, older adults often find themselves feeling lonely and isolated. This is where the LifeStream Café comes into play.

LifeStream understands the importance of socialization for older adults and actively works to help prevent loneliness. One way we achieve this is by providing lunch at our wonderful Café meal sites. In addition to providing a tasty meal and nutrition education, it is also a gathering spot where we encourage people to invite friends and engage in a variety of social activities.

Engaging in social interactions has several advantages for older adults that go beyond basic friendship. Socialization aids in the maintenance of mental clarity and cognitive well-being. Interacting with others stimulates the brain, putting one's thoughts and ideas to the test. Participating in talks and discussions encourages people to think critically, which improves overall cognitive performance. Socialization has also been related to a lower incidence of cognitive decline and the development of disorders like dementia and Alzheimer's. Maintaining a social life keeps the intellect sharp and working at its best.

Another important benefit of interaction for older individuals is improving emotional well-being. People who engage in social activities and build relationships with others report feeling happier, more purposeful, and more confident about themselves. It also allows you to share your experiences and moments of delight with others. These ties offer a support network, which helps to alleviate feelings of loneliness and isolation.

Participating in group activities encourages older adults to stay active and maintain a healthy lifestyle. Staying socially active helps keep the body in shape, reducing the risk of various health issues. Socializing can also lead to healthier habits, such as maintaining a balanced diet, as individuals are influenced by the choices and behaviors of those around them.

Socialization is extremely important in our lives. Our Café meal sites invite people to gather to share a meal and participate in other activities. Bring your friends and enjoy meals and time at a Café!



Upcoming Events

✔ Virtual Tours

Anytime via YouTube!

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

✔ JOY Games North

April 8–12, 2024

LifeStream Services invites you to 2024 JOY Games North (Just Older Youth). Those who are 55 and older can participate in activities including pickle ball, bingo, chair volleyball, euchre, golf scramble, fishing tournament, and more.

✔ Dementia Friends Info Session

First Tuesday of the month • 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?

Low-Fat Apple Crumb Coffee Cake

Ingredients:

FOR THE CAKE:

- ½ cups applesauce (unsweetened)
- ¾ cups light packed brown sugar
- 1 whole large egg
- 1 cup all-purpose flour
- ½ teaspoons baking soda
- ½ teaspoons ground cinnamon
- ½ cups low-fat plain yogurt
- ½ teaspoons pure vanilla extract
- 1-¼ cup apples, peeled, cored, and chopped

FOR THE TOPPING:

- 3 tablespoons light brown sugar
- 3 tablespoons flour
- 1 tablespoon butter, softened

Directions:

Preheat oven to 350F. Spray an 8×8" baking dish with cooking spray.

For the cake, combine applesauce and brown sugar in a large bowl. Add egg and beat until mixed. In a smaller bowl, combine flour, baking soda, and cinnamon. Gradually add dry ingredients to wet ingredients and beat until combined. Add yogurt and vanilla and mix. Gently fold in apple pieces. Pour mixture into the baking dish.

Combine topping ingredients in a small bowl, using a fork to create coarse crumbs. Sprinkle topping over the cake mixture.

Bake until golden brown and set, approximately 30 minutes. Remove from the oven and allow to cool. Slice into 9 equal pieces.

Nutrition info per 1 piece: 175 calories, 2g fat, 3g protein, 35g carbohydrates

Source: tastykitchen.com/recipes/breads/low-fat-apple-crumb-coffee-cake



Please visit lifestreaminc.org/nutrition for more resources and information about our programs and services.

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 reach and help us serve more people in need. You can find donation boxes at the meal sites 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 visit lifestreaminc.org/nutrition to make a donation online.

LifeStream Hot Menu

January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Closed for Holiday	New! Herb Crusted Pork Whipped Sweet Potatoes Green Beans Dinner Roll Fresh Fruit Milk Margarine Cal: 648 Sodium: 359	Beef Spaghetti Bake Mixed Vegetable Blend Tossed Salad Wheat Bread Fresh Fruit Milk Salad Dressing Margarine Cal: 669 Sodium: 708	Turkey Vegetable Stew Parslied Rice Broccoli Saltine Crackers Fresh Fruit Milk Cal: 580 Sodium: 590	Hamburger Patty Lettuce & Tomato Potato Wedges Spring Vegetable Blend Hamburger Bun Carnival Cookie Milk Ketchup Diet - Graham Crackers Cal: 754 Sodium: 1079
8	9	10	11	12
Beef Pot Pie Broccoli Hot Peaches Wheat Bread Milk Margarine Cal: 564 Sodium: 592	Breaded Chicken New! Sweet Potato Fries Peas & Carrots Hamburger Bun Milk Nuttty Buddy Bar Ketchup Cal: 778 Sodium: 998	New! Beef Picadillo Spanish Rice New! Charro Beans Fresh Fruit Milk New! Tres Leches Cake Diet - Angel Food Cake Cal: 805 Sodium: 833	Egg Patty Breakfast Sausage Country Gravy Hashbrowns Biscuit Grape Juice Milk Margarine Cal: 748 Sodium: 1210	New! Mongolian Chicken Fried Rice Japanese Vegetable Blend Fresh Fruit Fortune Cookie Milk Cal: 548 Sodium: 709
15	16	17	18	19
Closed for Holiday	Meatloaf w/Tomato Gravy Whipped Potatoes Green Beans Dinner Roll Fudge Crème Cookie Milk Diet - Graham Crackers Cal: 736 Sodium: 877	Swedish Meatballs Egg Noodles Green Peas Hot Spiced Pineapples Milk Cal: 699 Sodium: 763	Calypso Chicken Southwest Corn Broccoli Wheat Bread Lemon Pudding Milk Diet - SF Vanilla Pudding Cal: 648 Sodium: 988	Sloppy Joe* Potato Wedges Parslied Carrots Hamburger Bun Oatmeal Raisin Cookie Milk Diet - Shortbread Cookies Cal: 772 Sodium: 1243
22	23	24	25	26
Swiss Steak Garlic Whipped Potatoes Green Beans Dinner Roll Fig Bar Cookie Milk Margarine Diet - Graham Crackers Cal: 710 Sodium: 705	Ham & Pintos Whole Kernel Corn Collard Greens Cornbread Fresh Fruit Milk Margarine Cal: 751 Sodium: 1222	Chicken Supreme Seasoned Pasta Mixed Vegetable Blend Tossed Salad Apple Cobbler* Milk Salad Dressing Diet - Hot Apple Slices Cal: 607 Sodium: 1040	Smoked Sausage w/Onions & Peppers Black-Eyed Peas Carrots Hot Dog Bun Banana Cake Milk Diet - Angel Food Cake Cal: 844 Sodium: 1307	Egg Patty w/Cheese Hashbrowns English Muffin Fresh Fruit Milk Margarine Cal: 586 Sodium: 564
29	30	31		
Chicken Alfredo Tuscany Vegetable Blend Broccoli Dinner Roll Fresh Fruit Milk Margarine Cal: 583 Sodium: 456	New! Creole Tilapia Cajun Rice Country Corn Garden Vegetable Blend Rice Krispie Treat Milk Cal: 551 Sodium: 714	Chicken & Dumplings over Biscuit Mixed Vegetables Tossed Salad Hot Spiced Fruit Milk Salad Dressing Cal: 665 Sodium: 995		

*New Recipe

Menus subject to change

Veronica G. G. G. G. G.

Veronica Gober MS RDN LD
License # 37003515A

LifeStream Hot Menu

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Beef Patty Potato Wedges Carrots Hamburger Bun Chocolate Oatmeal Bar Milk Ketchup Diet - Shortbread Cookies Cal: 901 Sodium: 1084	BBQ Pork Riblet Macaroni & Cheese Green Beans Hamburger Bun Fresh Fruit Milk Cal: 724 Sodium: 1195
5	6	7	8	9
Beef Stew Whipped Potatoes Green Beans Saltine Crackers <i>New!</i> Pineapple Glazed Cake Milk Diet - Angel Food Cake Cal: 694 Sodium: 617	Fajita Chicken Mexican Corn Carrots Flour Tortilla Cherry Gelatin Milk Diet - Assorted Gelatin Cal: 596 Sodium: 661	Egg Patty Breakfast Sausage Hashbrown Cinnamon Raisin Oatmeal Apple Juice Milk Cal: 622 Sodium: 511	BBQ Pulled Pork Hawaiian Baked Beans Coleslaw Hamburger Bun Hot Applesauce Milk Cal: 634 Sodium: 1162	Chicken Gumbo Parslied Rice Cabbage Cornbread Fresh Fruit Milk Margarine Cal: 752 Sodium: 584
12	13	14	15	16
Chicken Souvlaki Yellow Rice California Vegetable Blend Multi-Grain Bread Rice Krispie Treat Milk Margarine Cal: 562 Sodium: 760	<i>New!</i> Herb Crusted Pork Whipped Sweet Potatoes Green Beans Dinner Roll Fresh Fruit Milk Margarine Cal: 648 Sodium: 359	Beef Spaghetti Bake Mixed Vegetable Blend Tossed Salad Wheat Bread Fresh Fruit Milk Salad Dressing Margarine Cal: 669 Sodium: 708	Turkey Vegetable Stew Parslied Rice Broccoli Saltine Crackers Fresh Fruit Milk Cal: 580 Sodium: 590	Hamburger Patty Lettuce & Tomato Potato Wedges Spring Vegetable Blend Hamburger Bun Carnival Cookie Milk Ketchup Diet - Graham Crackers Cal: 754 Sodium: 1079
19	20	21	22	23
Beef Pot Pie Broccoli Hot Peaches Wheat Bread Milk Margarine Cal: 564 Sodium: 592	<i>New!</i> Breaded Chicken <i>New!</i> Sweet Potato Fries Peas & Carrots Hamburger Bun Milk Nutty Buddy Bar Ketchup Cal: 778 Sodium: 998	<i>New!</i> Beef Picadillo Spanish Rice <i>New!</i> Charro Beans Fresh Fruit Milk <i>New!</i> Tres Leches Cake Diet - Angel Food Cake Cal: 805 Sodium: 833	Egg Patty Breakfast Sausage Country Gravy Hashbrowns Biscuit Grape Juice Milk Margarine Cal: 748 Sodium: 1210	<i>New!</i> Mongolian Chicken Fried Rice Japanese Vegetable Blend Fresh Fruit Fortune Cookie Milk Cal: 548 Sodium: 709
26	27	28	29	
Chicken Cordon Bleu Parslied Rice Mixed Vegetable Blend Fresh Fruit Milk Cal: 767 Sodium: 1109	Meatloaf w/Tomato Gravy Whipped Potatoes Green Beans Dinner Roll Fudge Crème Cookie Milk Diet - Graham Crackers Cal: 736 Sodium: 877	Swedish Meatballs Egg Noodles Green Peas Hot Spiced Pineapples Milk Cal: 699 Sodium: 763	Calypso Chicken Southwest Corn Broccoli Wheat Bread Lemon Pudding Milk Diet - SF Vanilla Pudding Cal: 648 Sodium: 988	 Nourishment through compassionate care.

Menus subject to change

Veronica Gober MS RDN LD

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License # 37003515A

Wellness Courses for the New Year

An update from Gina Harvey, Wellness Educator

Happy New Year! The holidays are now over and it's time to tackle your new healthy goals. LifeStream Wellness offers several evidence-based wellness courses to help you reach your goals in balance, falls reduction, nutrition, increased activity levels, and more! Here is a quick preview of what is available:

A Matter of Balance: This is an 8-week course focused on reducing your risk of falls and fear of falling. Class meets 1x each week for an hour with your peers. Exercises geared toward increasing large muscle group strength is included in the course. All abilities are welcome!

Stepping Up Your Nutrition: This is an interactive 2-hour workshop focused on connecting the dots between nutrition and falls risk. Learn how protein and hydration can decrease your risk of falling.

Bingocize: A fun and educational 10-week course combining the game of Bingo, health education, and exercise! Class meets 2x each week for an hour with your peers. This course is currently available in Wayne and Randolph counties.

Enhance Fitness: Classes are now available at Muncie YMCA, Elwood YMCA, and the Richmond Senior Recreation Center. This hour-long fitness class is designed for all abilities and will improve your strength, stamina, and flexibility.

Geri-Fit: Groups that are interested in hosting an exercise class at their location should check out Geri-Fit. This is a video-led class that will improve overall strength in large muscle groups, increase stamina, and improve balance. Videos and stretch bands are supplied by LifeStream.

Healthy Eating Every Day: Moderation is best, and yes, all foods fit. This 14-week course meets 1x each week for an hour. Participants receive a binder and book to support healthy nutrition habits. Learn how to focus on fitting in nutrition to ensure that you are receiving all the vital nutrients and minerals your body needs to stay healthy.

HomeMeds: This one-time in-home medication assessment is a wonderful FREE service provided by LifeStream. If you take more than three medications, see multiple doctors, experienced a fall recently, or have visited the ER, hospital, or nursing home in the past three months, you could benefit from a HomeMeds Assessment!

Many classes are already forming for 2024! Visit [LifeStreaminc.org](https://lifestreaminc.org) to view more details about wellness classes and volunteer opportunities near you, or visit your local Senior Center. To learn more about scheduling a course with your group, contact Gina Harvey, Wellness Educator, at (765) 759-1121 ext. 190 or gharvey@lifestreaminc.org.



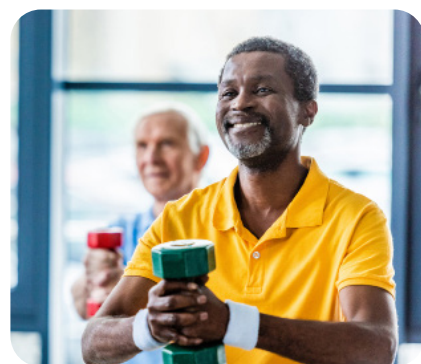
Do you need more physical activity and to get out and meet new friends?

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

Tonya Locke
Association Director of Well Being
tlocke@muncieymca.org



Outreach Corner...

An update from Angie Jenkins, Outreach Coordinator

Hello LifeStream Friends! I hope you had a wonderful holiday season. It's crazy to think that we are already in 2024, but I guess the old saying of "time flies when you're having fun" stands true!

We wrapped up the old year with several presentations, community events, and events hosted by LifeStream, and we are excited to share those with you again this year. The purpose of our outreach efforts is to provide education and resources within all our service areas. I'm proud to share with you our mission, vision, and values for LifeStream Services below.

Our Mission – Provide the right information, resources and support for improving quality of life and maintaining independence for older adults and those with disabilities.

Our Vision – In the region we serve, individuals are living lives of quality, choice and independence.

Our Values – Respect, Compassion, Collaboration and Excellence.

We hope that you have had an opportunity to join us at one of our events or join in on a community event. Here are some support groups and activities that are taking place in your community. If you know of an event that is happening in your community, feel free to share it with us—we'd love to see the list grow! It's a great way to build community partners and get everyone working together to make a positive impact!

- **Parkinson Support Group:** 2nd Thursday of every month at 3pm at the Riverside Avenue Baptist Church, 3700 W Riverside Ave, Muncie.
- **Senior Movie:** 1st Friday of every month at 12:30pm at the Alex Movie Theater, 407 N Harrison St, 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.
- **Medical Monday:** 2nd Monday of every month at 1pm at the Central United Methodist Church, 15th and Main, Richmond.
- **Lifelong Learners:** Every Monday at 10am at the Kennedy Library, 1700 W McGalliard Rd, Muncie.
- **Support Group for Persons with Low Vision:** 1st Thursday of every month at 10:30am at the Central United Methodist Church, 1425 E Main St, Richmond.
- **Monthly Movie:** 3rd Tuesday of every month at 10am at 1029 E 5th St, Connersville.
- **Senior Movie Day:** 1st Wednesday of every month at 1pm at the Towne Square Cinema, 117 W Franklin St, Winchester (\$3.00 fee).
- **Dialysis Caregiver Support Group:** 4th Tuesday of every month at 6pm at the Crosspoint Biker Church, 1130 E Baseline, Connersville.
- **Euchre at the YMCA:** 2nd & 4th Wednesday of every month at 10am at the YMCA, 1620 Main St, Elwood.

To learn more about what is happening at LifeStream, contact Angie Jenkins, Outreach Coordinator, at (765) 759-1121 ext. 121 or ajenkins@lifestreaminc.org.

I'm a Caregiver... Now What?

An update from Tia Drumm & Chelsey Krofta, Caregiver Programs Coordinators

While you may have been in the role of a caregiver for a few years, a few months, or a few days, we are here to support you on your path of caring.

Do you spend your days wishing you had activities to do with your loved one or to get out in the community? Do you feel alone in your caregiving journey and wish to connect with others? Do you wish for more resources to help you as a caregiver? Good news—we can help you with that!

A few of the upcoming supportive programs provided by LifeStream include the following:

Caregiver Gathering: The Caregiver Gathering is a monthly lunch for caregivers and care partners to come together, take a break, share resources, support one another, and share a meal together (provided by LifeStream Services). If you are interested in volunteering or being a part of any of these programs, please let us know!

Memory Café: Memory Cafés are a monthly engagement opportunity for an individual living with dementia and their care partner. Cafés are different in each area to meet the needs of the community, but they typically include an activity or meal alongside conversation and laughter.

Powerful Tools for Caregivers: This 6-week evidence-based class helps caregivers prioritize their well-being and take care of themselves while caring for a friend or a loved one. Please reach out to LifeStream if you are interested in attending this class or want more information.

Memory Kits: These are resource kits designed for individuals living with dementia and their caregivers and care partners. The goal of these kits is to help caregivers and care partners connect with resources and increase interaction between them and their loved one.

For more information on any of these programs and events or for other caregiver support resources, contact the Caregiver Programs Coordinator in your area or use the QR code below, or visit lifestreaminc.org/stepin.



For Madison, Delaware, Grant, Henry, Blackford, and Jay counties, contact Tia Drumm at (765) 759-1121 ext. 101 or tdrumm@lifestreaminc.org.

For Rush, Wayne, Union, Fayette, and Franklin counties, contact Chelsey Krofta at (765) 759-1121 ext. 281 or ckrofta@lifestreaminc.org.





Volunteering in the New Year

An update from Laura Bray, Volunteer Services Administrator

Winter is a wonderful time to spend with family and friends, share gifts, and reflect on the past year. As we enter the new year, contemplate looking into more significant means of giving like volunteering your time.

A vital role is played by volunteers in many non-profit organizations. Volunteering is one way to support causes that are important to you and give back to the community. All stages of life can benefit from volunteering in many ways.

Connect with others: Participating in volunteer work offers chances to socialize and support a cause that benefits both you and others. We have the perfect program for socialization; Friendly Caller! This is a program that connects you to someone in need of a friendly conversation.

Fulfillment: Spreading your enthusiasm to others not only fulfills a desire inside you but also aids others. Think about giving others a portion of your time.

Make a difference: Why not reach out to impact another? Dedicate your time to a cause that you are passionate about; it could improve both your life and the life of someone else.

If you think volunteering might be for you in the new year, we have opportunities delivering homebound meals, serving at a senior café, office support, wellness, caregiver programs, and so many more. For more information about volunteer opportunities, contact Laura Bray, Volunteer Services Administrator, at (765) 808-8827 or lbray@lifestreaminc.org.

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.