



Community Chat

2024 March-April Newsletter

Participant Donations at Meal Sites

An update from Dana Pierce, Nutrition Administrator

Congregate meal sites play a vital role in the well-being and quality of life for many older individuals in our communities. These sites provide more than just a nutritious meal; they create an environment for socialization, support, and a sense of belonging along with other activities and nutrition education. However, running these sites comes at a cost and participant donations have a significant impact on their sustainability.

Participant donations are critical for maintaining the high nutritional standards required by the Indiana Division of Aging and help prevent placing new participants on a waiting list.

Many seniors struggle to meet their dietary needs due to reasons such as limited mobility, health issues, or financial constraints. Congregate meal sites ensure that these individuals receive access to well-balanced, healthy meals regularly. By contributing financially to the operations of the meal sites, individuals feel a sense of pride and belonging. They understand they are active participants in maintaining the program and helping their peers. This feeling of self-worth and empowerment can have a positive impact on overall well-being.

Another crucial aspect of participant donations is that they allow meal sites to expand their services

and reach more seniors in need. With additional funds, congregate meal sites can organize educational programs, health screenings, and other valuable activities that go beyond the provision of food. These initiatives contribute to the overall enrichment of seniors' lives and promote healthy aging.

Participant donations at senior congregate meal sites ensure the long-term sustainability of these programs. Government funding and grants often fall short, leaving a funding gap that needs to be filled for continued operation. By encouraging participants to contribute, meal sites can remain open and better serve our communities.

Encouraging donations is vital in supporting the well-being and quality of life of our senior population. They help cover the costs of nutritious meals, foster a sense of community, expand services, create a positive impact within the community, and ensure the long-term sustainability of these much-needed programs. If you're interested in donating, you can find donation boxes at your meal site, send in a check to LifeStream headquarters in Yorktown, or make your donation online at lifestreaminc.org/nutrition.



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 9–11, 2024

LifeStream Services invites you to 2024 JOY Games North (Just Older Youth) taking place April 9–11. Those who are 55 and older can participate in activities including pickleball, bingo, chair volleyball, euchre, golf scramble, and more.

✔ Parkinson's Support Group

2nd Thursday of the month • 3pm

This is a monthly support group for individuals living with Parkinson's disease and their loved ones. The group meets the second Thursday of every month at 3pm at the Riverside Avenue Baptist Church in Muncie.

What's Cooking?

Southwestern Quinoa & Egg Breakfast Bowl

Ingredients:

Servings: 4 • Serving Size: 1 breakfast bowl

1/4 cup uncooked quinoa, rinsed and drained

2 medium tomatoes, chopped (about 2 cups)

1 cup no-salt-added frozen corn, thawed

1/2 medium avocado, pitted and diced

1/4 cup chopped green onions

1/2 cup chopped fresh cilantro (optional)

Cooking spray

4 large eggs

1/8 teaspoon salt

1/4 teaspoon pepper

Red hot pepper sauce to taste (optional)

Directions:

Cook the quinoa according to the package directions. Remove from the heat.

Spoon the quinoa into four bowls. Top each with tomatoes, corn, avocado, green onions, and cilantro.

Lightly spray a large skillet with cooking spray. Crack the eggs into the skillet. Sprinkle the salt and pepper over the eggs. Cook, uncovered, over medium-high heat for 3 to 4 minutes, or until the egg whites are set but the yolks are still runny. Using a spatula, carefully transfer one egg sunny side up into each of the bowls. Sprinkle with the hot sauce.

Quick Tips:

Cooking Tip: For a quicker meal, substitute hard-boiled eggs that have been made in advance for the sunny-side-up eggs.

Keep it Healthy: The sodium content of hot sauce varies among products so compare Nutrition Facts labels and choose the option with the lowest sodium.

Nutrition Facts:

Calories, 244 Per Serving

Protein, 12g Per Serving

Fiber, 5g Per Serving

Source: recipes.heart.org/en/recipes/southwestern-quinoa-and-egg-breakfast-bowl



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

March 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Nourishment through compassionate care.				Sloppy Joe* Potato Wedges Parslied Carrots Hamburger Bun Oatmeal Raisin Cookie Milk Diet - Shortbread Cookies Cal: 772 Sodium: 1243
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
4	5	6	7	8
Chicken Alfredo Tuscany Vegetable Blend Broccoli Dinner Roll Fresh Fruit Milk Margarine Cal: 583 Sodium: 456	<i>New!</i> 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	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
11	12	13	14	15
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
18	19	20	21	22
Chicken Souvlaki Yellow Rice California Vegetable Blend Multi-Grain Bread Rice Krispie Treat Milk Margarine Cal: 562 Sodium: 760	Celebrate Nutrition Awareness <i>New!</i> Jamaican Pork Parslied Potatoes Key Largo Vegetable Blend Dinner Roll Pineapple Tidbits Milk Margarine Cal: 672 Sodium: 557	Beef Spaghetti Bake Mixed Vegetable Blend Tossed Salad Wheat Bread Fresh Fruit Milk Salad Dressing Margarine Cal: 669 Sodium: 708	Celebrate Nutrition Awareness <i>New!</i> Turkey Vegetable Stew w/Root Vegetables Parslied Rice Broccoli Cornbread Fresh Fruit Milk Margarine Cal: 655 Sodium: 880	Hamburger Patty Lettuce & Tomato Potato Wedges Spring Vegetable Blend Hamburger Bun Carnival Cookie Milk Ketchup Diet - Graham Crackers Cal: 754 Sodium: 1079
25	26	27	28	29

*New Recipe

Menus subject to change

James P. ...

LifeStream Hot Menu

April 2024

TRIO Community Meals
an elior company

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
New! Chicken Calabacita (Chicken & Squash) Broccoli Flour Tortilla Fresh Fruit Milk Cal: 628 Sodium: 525	Spaghetti Bake Green Peas Tossed Salad Saltine Crackers Apple Cobbler Milk Salad Dressing Diet - Hot Apple Slices Cal: 737 Sodium: 791	Bacon & Cheese Egg Patty (2) Hashbrowns Cinnamon Raisin Oatmeal Fresh Fruit Milk Cal: 629 Sodium: 829	BBQ Chicken Breast Whipped Sweet Potatoes Green Beans Wheat Dinner Roll Nuttty Buddy Bar Milk Margarine Cal: 559 Sodium: 882	Cheeseburger Baked Beans Glazed Carrots Hamburger Bun Chocolate Chip Cookie Milk Diet - Graham Crackers Cal: 905 Sodium: 1139
8	9	10	11	12
Smothered Meatballs Egg Noodles Mixed Vegetable Blend Hot Spiced Fruit Milk Cal: 652 Sodium: 718	Smoked Sausage w/Onions and Peppers Potato Wedges Broccoli Hot Dog Bun Strawberry Gelatin Milk Mustard Ketchup Diet - SF Gelatin Cal: 856 Sodium: 1314	New! Jamaican Pork Parslied Rice Capri Vegetable Blend Wheat Dinner Roll Fresh Fruit Milk Margarine Cal: 653 Sodium: 513	Swiss Steak Whipped Potatoes Green Bean Amandine Whole Grain Bread Fresh Fruit Milk Margarine Cal: 653 Sodium: 606	Breaded Chicken Country Style Gravy Country Corn Carrots Wheat Dinner Roll Fudge Crème Cookie Milk Margarine Diet - Lorna Doone Cookies Cal: 734 Sodium: 1121
15	16	17	18	19
Chicken Gumbo Cajun Rice Succotash Saltine Crackers Fresh Fruit Milk Cal: 629 Sodium: 584	Meatloaf w/Brown Gravy Whipped Potatoes Broccoli Whole Grain Bread Rice Krispie Treat Milk Margarine Cal: 559 Sodium: 916	Rosemary Chicken Breast Lemon Rice Green Peas Carrots Chocolate Cake Milk Diet - Angel Food Cake Cal: 662 Sodium: 885	New! Egg Patty Florentine Parslied Potatoes Grits Fresh Fruit Milk Cal: 537 Sodium: 552	BBQ Pork Riblet Macaroni & Cheese Coleslaw Hamburger Bun Peach Cobbler Milk Diet - Hot Peaches Cal: 866 Sodium: 1215
22	23	24	25	26
New! Honey Mustard Chicken Potato Wedges Mixed Vegetable Blend Hamburger Bun Oatmeal Cookie Milk Diet - Vanilla Wafers Ketchup Cal: 808 Sodium: 976	Teriyaki Meatballs Parslied Rice Green Peas Japanese Vegetable Blend Milk Fortune Cookie Cal: 660 Sodium: 828	Sloppy Joe Baked Beans Parslied Carrots Hamburger Bun Fresh Fruit Milk Cal: 789 Sodium: 1013	Mozzarella Chicken Penne Pasta Tuscany Vegetable Blend Tossed Salad Rice Krispie Treat Milk Salad Dressing Cal: 671 Sodium: 992	Ham & White Beans Sweet Potatoes Green Beans w/Tomatoes Saltine Crackers Peanut Butter Pudding Milk Diet - SF Pudding Cal: 739 Sodium: 1147
29	30			
Cheese Omelet Hashbrowns Biscuit Hot Applesauce Milk Assorted Jelly Cal: 745 Sodium: 1245	Swedish Meatballs Egg Noodles Green Peas Carrots Fresh Fruit Milk Cal: 701 Sodium: 832			

Menus subject to change

James P. Johnson

Spring into Wellness

An update from Gina Harvey, Wellness Educator

Spring is on its way! The temperatures are warming and new buds are starting to appear, inspiring us to open the windows and let the fresh air in. With every passing day, the sun stays out for us to enjoy just a little bit longer. Let this time of year inspire you and try something new to improve your health!

Warmer weather and sunshine can be the perfect motivation to start a daily walking routine. Walking is an easy and convenient way to fit in exercise. The movement not only helps you remain flexible and strong but has other helpful benefits as well. Taking a walk outside gives you an opportunity to get lost in the smells and sounds of nature, letting your mind take a break from your daily stress. Adding in extra movement by walking can help improve your sleep quality too.

Have you missed your fresh garden veggies this winter? Now is the time to start planning for your garden. Growing your own vegetables is easy and doesn't have to take up a lot of space. You can start your seeds indoors now, using recycled bowls or cups with a little potting soil, and place in a windowsill. 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 is a great cost-saving way to eat healthier.

Are you interested in joining a class on fall prevention, healthy eating, or joining an exercise group? LifeStream's wellness programs are here to help! For more information about wellness classes, visit lifestreaminc.org/wellness, or contact Gina Harvey, Wellness Educator, at gharvey@lifestreaminc.org.



Outreach Corner

An update from Angie Jenkins, Outreach Coordinator

Did you know that LifeStream is an Area Agency on Aging? Area Agencies on Aging were established by the Federal Older Americans Act in 1965. There are 15 Area Agencies on Aging (AAA) serving 16 planning and service areas throughout Indiana—and LifeStream is the only agency serving two areas!

Core services of AAAs under the Older Americans Act include elder rights, caregiver support, nutrition, health and wellness, and supportive services. AAAs also play an important role in advocacy and community outreach.

AAA offices are a tremendous resource and one of the best places to start for any adult over 60 seeking additional support or services. One of the services offered through AAA is providing education and resources so you can stay connected with your community to maintain your quality of life.

As we move into our busier months, stay connected with the different events that are happening through LifeStream.

Event Spotlight

JOY Games North

Tuesday, April 9

Meet & Greet, Swag Bag & T-shirt pickup

Wednesday, April 10

Golf Scramble

Thursday, April 11

Various indoor events & Pickleball Tournament



Healthy Aging Expo

Thursday, May 9

The annual Healthy Aging Expo is a free event for the community to learn more about programs, services, and activities available to older adults in the Wayne County area and beyond. Attendees will receive a resource bag, a chance to win a \$100 Visa gift card, and a complimentary lunch (for the first 200 attendees).

To learn more about upcoming LifeStream events, visit lifestreaminc.org/calendar, or contact Angie Jenkins, Outreach Coordinator, at ajenkins@lifestreaminc.org.

Share Your Talents and Passions

An update from Laura Bray, Volunteer Services Administrator

Anything can be turned into beautiful gifts by painters, craftspeople, fabric and yarn artists, and other creative people. Allow your enthusiasm for an artistic or crafty endeavor to benefit others. It's a fact that most of us enjoy our hobbies, so why not share them? These are a few imaginative ways you may get involved with us and make people's lives brighter.

Do you like to draw, paint, or have a gift with words? Would you like to create greeting cards to share with others? Do you like to knit, crochet, or sew? We have many people reach out asking for blankets for comfort and warmth. Do you love to paint on canvas? Artwork always brightens a room and brings joy. There are so many crafts that others would enjoy receiving—handmade soap, crocheted washcloths, scarves, decoupage, ornaments, paper art, jewelry, and birdhouses—the list is endless.

If you would like to share your passion for creating with others and to learn more about volunteer opportunities, please contact Laura Bray, Volunteer Services Administrator, at (765) 808-8827 or lbray@lifestreaminc.org. Together, we can introduce older adults, people with disabilities, and caregivers in East Central Indiana to your love of crafts!



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.