



# Community Chat

2024 May-June Newsletter

## Harvest Health with Herb Gardens

*An update from Dana Pierce, Nutrition Administrator*

In today's fast-paced world, it's more important than ever for us to take care of our health and well-being. One way to do this is by growing and using herbs. Not only do herbs add flavor to meals, but they also have a host of health benefits that can help you stay active and independent.

Growing herbs at home allows you to have a fresh and readily available source of flavor for your meals. Whether it's adding basil to a pasta dish or sprinkling rosemary on roasted vegetables, herbs can elevate the taste of any dish without the need for excess salt or sugar. This can be especially beneficial for anyone who may have dietary restrictions or is looking to cut back on unhealthy ingredients.

Growing herbs can be a relaxing and rewarding hobby. Tending to a garden can provide physical activity and mental stimulation, both of which are key aspects of healthy aging. Whether it's planting seeds, watering plants, or harvesting herbs, gardening can be a therapeutic and enjoyable pastime that can easily be

incorporated into a daily routine.

Herbs can easily be grown in pots either indoors or out. You can grow them from seed or purchase plants from the store. This makes it easy to snip them for use.

How about a pizza/pasta herb garden with herbs such as oregano, thyme, basil, fennel, and parsley? They'll smell and taste so good on so many things! Try different herbs in your salads or scrambled eggs. One of my favorite herbs is dill. I use it on potatoes, tuna or egg salad, fish, eggs, and even popcorn!

The benefits of growing and using herbs are vast. From adding flavor to meals to improving health and well-being, herbs can be a valuable addition to anyone's lifestyle. So, whether you're looking to spice up your cooking or simply enjoy the process of gardening, consider growing and using herbs to enhance your overall quality of life.



# Upcoming Events

## ✔ Memory Cafés

### Monthly

These are engagement opportunities for folks living with dementia and their caregivers. **Muncie's Memory Café** is the first Friday of the month, 11:30am-1pm, at Ball State. **Richmond's Memory Café** is the first Monday of the month, 11am-12pm at Paint the Towne.

## ✔ Older Americans Month

### May 2024

Every May, we observe Older Americans Month (OAM). The ACL has announced the 2024 OAM theme is *Powered by Connection*. This recognizes the positive impact that social connections have on our health and well-being.

## ✔ LifeStream Live with Angie

### 1st Thursday of the month · 2pm

This is a monthly session that takes place on LifeStream's Facebook page once a month. Angie Jenkins, Outreach Coordinator, talks about what's happening with LifeStream, upcoming events, monthly awareness activities, etc.

## What's Cooking?

### Tomato Herb Bread

*Fresh tomatoes and herbs create a moist quick bread reminiscent of summer.*

#### Ingredients:

- 2 1/2 cups all-purpose flour
- 1 cup quick-cooking oats
- 1/4 cup sugar
- 6 tablespoons freshly grated Parmesan cheese
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 2 large eggs
- 1 cup milk
- 1/4 cup (1/2 stick) butter, melted
- 3 tomatoes, peeled, seeded, and chopped
- 1 tablespoon fresh basil
- 1 tablespoon fresh oregano



#### Directions:

Preheat oven to 375°F. Generously grease a 9x5-inch loaf pan. In a bowl, combine flour, oats, sugar, 4 tablespoons Parmesan, baking powder, and salt. Whisk to blend thoroughly. In another bowl, beat together eggs, milk, and butter. Stir in tomatoes, basil, and oregano. Combine with dry ingredients. Pour into prepared pan and sprinkle with remaining 2 tablespoons Parmesan. Bake for 50 minutes to 1 hour or until a toothpick inserted into the center comes out clean. Cool on a rack for 10 minutes, then turn out. Serve warm. Recipe makes 1 loaf.

Source: [www.almanac.com/recipe/tomato-herb-bread](http://www.almanac.com/recipe/tomato-herb-bread)

Please visit [lifestreaminc.org/nutrition](http://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](http://lifestreaminc.org/nutrition) to make a donation online.

# Area 9 Frozen Menu

## May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>TRIO</b> Community Meals</p> <p>Nourishment through compassionate care.</p>		<p>1</p> <p>Rosemary Chicken Breast Lemon Rice Green Peas Carrots Chocolate Cake Milk Tossed Salad Salad Dressing Cal: 682 Sodium: 859</p>	<p>2</p> <p><i>New!</i> Egg Patty Florentine Parslied Potatoes Grits Pineapple Tidbits Milk Cal: 555 Sodium: 553</p>	<p>3</p> <p>BBQ Pork Riblet Macaroni &amp; Cheese Coleslaw Hamburger Bun Peach Cobbler Milk Cal: 866 Sodium: 1215</p>
	6	7	8	9
<p><i>New!</i> Honey Mustard Chicken Potato Wedges Mixed Vegetable Blend Hamburger Bun Oatmeal Cookie Milk Ketchup Cal: 808 Sodium: 976</p>	<p>Teriyaki Meatballs Parslied Rice Green Peas Japanese Vegetable Blend Milk Fortune Cookie Cal: 660 Sodium: 828</p>	<p>Sloppy Joe Baked Beans Parslied Carrots Hamburger Bun Mixed Fruit Milk Tossed Salad Salad Dressing Cal: 861 Sodium: 1124</p>	<p>Mozzarella Chicken Penne Pasta Whole Kernel Corn Tuscany Vegetable Blend Rice Krispie Treat Milk Cal: 686 Sodium: 891</p>	<p>Ham &amp; White Beans Sweet Potatoes Green Beans w/Tomatoes Saltine Crackers Peanut Butter Pudding Milk Cal: 739 Sodium: 1147</p>
13	14	15	16	17
<p>Cheese Omelet Hashbrowns Biscuit Hot Applesauce Milk Assorted Jelly Cal: 745 Sodium: 1245</p>	<p>Swedish Meatballs Egg Noodles Green Peas Carrots Grape Juice Milk Cal: 731 Sodium: 839</p>	<p>Tarragon Chicken Breast Whipped Potatoes Broccoli Wheat Dinner Roll Mixed Fruit Milk Tossed Salad Salad Dressing Cal: 617 Sodium: 837</p>	<p><i>New!</i> Pizza Casserole California Vegetable Blend Whole Grain Bread <i>New!</i> Pineapple Cobbler Milk Margarine Cal: 672 Sodium: 835</p>	<p>Pork Fried Rice Whole Kernel Corn <i>New!</i> Asian Green Beans Nutty Buddy Bar Milk Cal: 616 Sodium: 645</p>
20	21	22	23	24
<p>Chicken Piccata Seasoned Pasta Spring Vegetable Blend Wheat Dinner Roll Butter Sugar Cookie Milk Cal: 572 Sodium: 782</p>	<p>Herb Crusted Pork Loin Scalloped Potatoes Green Beans Whole Grain Bread Oreo Cookies Milk Margarine Cal: 646 Sodium: 643</p>	<p>Stuffed Pepper Casserole Parslied Rice Green Peas Carrots Grape Juice Milk Tossed Salad Salad Dressing Cal: 743 Sodium: 680</p>	<p>Fajita Chicken Charro Beans Stewed Tomatoes Flour Tortilla Lemon Bar Milk Cal: 681 Sodium: 803</p>	<p>A-1 Chopped Steak Whipped Potatoes Broccoli Whole Grain Bread Mandarin Oranges Milk Margarine Cal: 589 Sodium: 669</p>
27	28	29	30	31
<p><i>New!</i> Chicken Calabacita (Chicken and Squash) Yellow Rice Broccoli Flour Tortilla Mandarin Oranges Milk Cal: 627 Sodium: 533</p>	<p>Spaghetti Bake Green Peas Saltine Crackers Apple Cobbler Milk Cal: 729 Sodium: 783</p>	<p>Bacon &amp; Cheese Egg Patty Hashbrowns Cinnamon Raisin Oatmeal Grape Juice Milk Tossed Salad Salad Dressing Cal: 724 Sodium: 943</p>	<p>BBQ Chicken Breast Whipped Sweet Potatoes Green Beans Wheat Dinner Roll Nutty Buddy Bar Milk Margarine Cal: 559 Sodium: 882</p>	<p>Cheeseburger Baked Beans Glazed Carrots Hamburger Bun Chocolate Chip Cookie Milk Cal: 905 Sodium: 1139</p>

Menus subject to change



Veronica Gober MS RDN LD  
License # 37003515A



# Area 9 Frozen Menu

June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
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 Fig Bar Cookie Milk Mustard   Ketchup  Cal: 860 Sodium: 1283	<i>New!</i> Jamaican Pork Parslied Rice Capri Vegetable Blend Wheat Dinner Roll Pineapple Tidbits Milk Margarine Tossed Salad Salad Dressing  Cal: 738 Sodium: 620	Swiss Steak Whipped Potatoes Green Bean Amandine Whole Grain Bread Mixed Fruit Milk Margarine  Cal: 667 Sodium: 610	Breaded Chicken Country Style Gravy Country Corn Carrots Wheat Dinner Roll Fresh Fruit Milk Margarine  Cal: 656 Sodium: 1037
10	11	12	13	14
Chicken Gumbo Cajun Rice Succotash Saltine Crackers Grape Juice Milk  Cal: 659 Sodium: 591	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 Tossed Salad Salad Dressing  Cal: 682 Sodium: 859	<i>New!</i> Egg Patty Florentine Parslied Potatoes Grits Pineapple Tidbits Milk  Cal: 555 Sodium: 553	BBQ Pork Riblet Macaroni & Cheese Coleslaw Hamburger Bun Peach Cobbler Milk  Cal: 866 Sodium: 1215
17	18	19	20	21
<i>New!</i> Honey Mustard Chicken Potato Wedges Mixed Vegetable Blend Hamburger Bun Oatmeal Cookie Milk 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 Mixed Fruit Milk Tossed Salad Salad Dressing  Cal: 861 Sodium: 1124	Mozzarella Chicken Penne Pasta Whole Kernel Corn Tuscany Vegetable Blend Rice Krispie Treat Milk  Cal: 686 Sodium: 891	Ham & White Beans Sweet Potatoes Green Beans w/Tomatoes Saltine Crackers Peanut Butter Pudding Milk  Cal: 739 Sodium: 1147
24	25	26	27	28
Cheese Omelet Hashbrowns Biscuit Hot Applesauce Milk Assorted Jelly  Cal: 745 Sodium: 1245	Swedish Meatballs Egg Noodles Green Peas Carrots Grape Juice Milk  Cal: 731 Sodium: 839	Tarragon Chicken Breast Whipped Potatoes Broccoli Wheat Dinner Roll Mixed Fruit Milk Tossed Salad Salad Dressing  Cal: 617 Sodium: 837	<i>New!</i> Pizza Casserole California Vegetable Blend Whole Grain Bread <i>New!</i> Pineapple Cobbler Milk Margarine  Cal: 672 Sodium: 835	Pork Fried Rice Whole Kernel Corn <i>New!</i> Asian Green Beans Nutty Buddy Bar Milk  Cal: 616 Sodium: 645

Menus subject to change



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# Gardening for Wellness

*An update from Gina Harvey, Wellness Educator*

As the days grow longer and temperatures warmer, the outdoors beckon me to get outside and play in the dirt. My favorite outdoor activity this time of year is the start of the growing season—namely my garden.

I don't have a very large garden; it's about a 20x30 plot. I have found that this size is large enough to provide us with the vegetables we enjoy, and it offers extra to share with the neighbors. You may not have a large yard to plant a garden, but have you considered other options? A flower pot works well on a deck, or you can plant vegetables directly into your flowerbed.

I have already started planning what I will plant this year and vowing to “do better” with weeding. I like to grow vegetables that are colorful and tasty. Tomatoes, zucchini, bell peppers, carrots, cilantro, banana peppers, and eggplant are a few of my family's favorites. What about you?

Weeding and working in the garden is a wonderful way to fit in more physical activity. Stooping down, digging, pulling weeds, and working in the dirt are not only beneficial to your muscles but also for your overall health.

If gardening doesn't interest you, find another hobby or activity that draws you out of the house for some sunshine and fresh air. Happy spring!

*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](http://lifestreaminc.org/wellness), or contact Gina Harvey, Wellness Educator, at [gharvey@lifestreaminc.org](mailto:gharvey@lifestreaminc.org).*



## Outreach Corner

*An update from Angie Jenkins, Outreach Coordinator*

Spring is here which means the trees and plants are beginning to bloom! When we think of spring we think of the outdoors, nature, and those nicer temperatures. Along with that comes LifeStream's busiest time of the year for hosting events and participating in community events.

LifeStream has a couple of events coming up that we hope you will join us at. Coming up first on **Thursday, May 9**, is our **Healthy Aging Expo** at the Wayne County Fairgrounds Kuhlman Center in Richmond. The Expo will be from 10am–1pm. The first 200 attendees will receive a complimentary lunch along with opportunities to learn of community resources, screenings, and a chance for a drawing of a \$250 gift card. There is no fee for attendees to join us at this event.

The next event is our **Aging Well Conference** that is being held on **Tuesday, June 18**, at the Horizon Convention Center in Muncie. The conference will be from 8am–3:30pm. This day is full of information with a vendor fair, lunch, and workshop topics that are focused on brain health, wellness and leadership. This year the keynote speaker for the event is Tanorria Askew who is a podcaster, cookbook author, and former contestant on MasterChef.

*To learn more about upcoming LifeStream events, visit [lifestreaminc.org/calendar](http://lifestreaminc.org/calendar), or contact Angie Jenkins, Outreach Coordinator, at [ajenkins@lifestreaminc.org](mailto:ajenkins@lifestreaminc.org).*

### SAVE THE DATE!

19<sup>th</sup> Annual Aging Well Conference

Tuesday, June 18, 2024 • 8:00a - 3:30p

Horizon Convention Center  
401 S. High St., Muncie, IN 47305



**Featured Keynote:**

**Tanorria Askew** is a chef, podcast host, cookbook author, and a former contestant on MasterChef season 7, where she walked away as the fourth best home cook in America. She has had the privilege of speaking about her significant career shift, anti-racism and social justice work, and the courage it takes to chase dreams.

**LifeStream**  
For the young at heart.

Registration and sponsor details available at [lifestreaminc.org/agingwell](http://lifestreaminc.org/agingwell)  
Questions? Contact Angie Jenkins at 765-759-1121 or [ajenkins@lifestreaminc.org](mailto:ajenkins@lifestreaminc.org)



# Volunteer Appreciation

*An update from Laura Bray, Volunteer Services Administrator*

Exceptional volunteers from all over East Central Indiana come to LifeStream Services to help with a variety of projects and donate their time and talents. Without our amazing group of volunteers, we couldn't reach as many people as we do.

In 2023, LifeStream volunteers contributed 20,553 hours! Volunteers help with everything from making friendly phone calls to serving lunch at senior cafés, delivering homebound meals, passing out commodities, serving on boards and councils, raking leaves, helping with fall prevention, delivering holiday gifts, creating virtual tours, helping at events, and everything in between! What a busy bunch of committed individuals.

We would love to list each volunteer who join us and share all of their remarkable contributions. Below are just a handful of our volunteers who have accomplished significant milestones in their volunteer pursuits.

- Yolanda Velez, administrative volunteer; 233.25 hours
- Beth Angel, friendly caller; 77 hours
- Kathy Wambo, homebound meal delivery; 438 hours
- Dick Ramey, commodities; 112.25 hours
- Morgan Chafin, virtual tours; 44 hours
- Marilyn Musser, crafting; 858 hours
- Lawrence Schuler, wellness; 107.25
- Courtney Herrington, caregiver intern; 369.75 hours
- Cherrie Rowan, senior café; 1062.50 hours
- Ball State Students, leaf raking; 208 hours

*Our appreciation for everything that our volunteers accomplish is beyond words. We are truly honored to have you on our team! If you would like more information about LifeStream's volunteer opportunities, please contact Laura Bray, Volunteer Services Administrator, at (765) 808-8827 or [lbray@lifestreaminc.org](mailto: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](http://lifestreaminc.org/support/volunteer) or contact Laura Bray, Volunteer Services Administrator, at (765) 808-8827 or [lbray@lifestreaminc.org](mailto:lbray@lifestreaminc.org).



Learn more about LifeStream and the Volunteer Concierge Program at (800) 589-1121 or visit [www.lifestreaminc.org](http://www.lifestreaminc.org).