



Community Chat

2024 July-August Newsletter

Summer Fresh Produce

An update from Dana Pierce, Nutrition Administrator

Nothing beats fresh produce on a hot day. Eating watermelon always takes me back to my childhood. Sitting out back at my uncle's farm, seeing who could spit the seeds the furthest! How about enjoying a bowl of tasty strawberries or a tomato sandwich? Almost everyone has had a good cucumber salad; they're perfect to help cool you down.

It's summertime and everyone needs to take extra precautions to beat the heat and stay hydrated. One great way to do this is by adding fresh fruits and veggies into your diet. They're refreshing and delicious, and they also offer a multitude of health benefits.

Fruits and vegetables are packed with water. Eating foods with high water content can help you stay hydrated. Watermelon, cucumber, strawberries, and tomatoes are all excellent choices as they contain over 90% water. These foods are low in calories and high in fiber, making them great options to help maintain a healthy weight.

Another benefit of fresh produce is the abundance of vitamins and minerals they provide. Fruits such as oranges, berries, and kiwi are rich in vitamin C, which can boost your immune system and improve skin health. By including a variety of colorful fruits and vegetables in your diet, you can ensure you're getting a wide range of essential nutrients.

When you're looking for ways to beat the heat, it's important to remember that fresh fruits and veggies offer a tasty and nutritious solution. Whether enjoyed in smoothies, salads, or as healthy snacks, they can provide hydration, essential nutrients, and numerous health benefits. Get more fresh produce into your daily routine to help you stay cool, hydrated, and healthy all summer long!



Upcoming Events

✔ Caregiver Gatherings

Monthly • Muncie & Richmond

Caregivers: come together and take a break, enjoy food, share resources, and support one another. **Muncie's Gathering** is the last Tuesday of the month, 11:30am–1pm, at By Hand and Fork. **Richmond's Gathering** is the last Wednesday of the month, 11:30am–12:30pm, at Firehouse BBQ & Blues.

✔ 15th Annual Golf Outing

August 1, 2024 • Yorktown

The Annual Golf Outing raises funds to help us continue our mission— to provide the right information, resources, and support for improving quality of life and maintaining independence for older adults, those with disabilities, and caregivers. Visit lifestreaminc.org/golf to learn more.

✔ JOY Games

August 26–29, 2024 • Richmond

The JOY Games has a history of providing friendly competition and encouragement for older adults to stay active. Those who are 55 and older can participate in activities including pickleball, Bingo, chair volleyball, Euchre, a golf scramble, and more!

What's Cooking?

Citrus Spritzer

Ingredients:

4 cups orange juice
4 cups lemon-lime seltzer
2 oranges
2 limes

Directions:

In large pitcher, stir together orange juice, lemon-lime seltzer, sliced oranges, and sliced limes. Refrigerate at least 30 minutes. Serve over ice.

Yields 1 cup.

60 calories per serving.

Source: www.womansday.com/food-recipes/food-drinks/recipes/a39053/citrus-spritzer-recipe-ghk0413/



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 Menu

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Southwest Stew Summer Vegetable Blend Saltine Crackers Apple Cobbler Milk Diet - Hot Apple Slices Cal: 592 Sodium: 951	Oriental Shoyu Chicken <i>New!</i> Jasmine Rice Japanese Vegetable Blend Fresh Fruit Fortune Cookie Milk Cal: 570 Sodium: 426	Salisbury Steak Steakhouse Sauce Whipped Potatoes Green Beans Whole Grain Bread Fresh Fruit Milk Margarine Cal: 636 Sodium: 661	Closed for the Holiday	Beef Cabbage Bake Whole Kernel Corn Carrots Wheat Dinner Roll Oatmeal Crème Cookie Milk Diet - Graham Crackers Margarine Cal: 750 Sodium: 699
8	9	10	11	12
Chicken Shawarma Lentil Vegetable Pilaf Broccoli Pita Bread Fresh Fruit Milk Cal: 674 Sodium: 865	Spaghetti Casserole Green Peas Carrots Wheat Dinner Roll Milk Cherry Gelatin Margarine Diet - SF Gelatin Cal: 708 Sodium: 869	Egg Patty Breakfast Sausage Hashbrowns Biscuit Hot Peaches Milk Margarine Cal: 705 Sodium: 1118	Santa Fe Chicken Penne Pasta Southwest Corn Green Beans Rice Krispie Treat Milk Cal: 646 Sodium: 490	Beef Patty Lettuce & Tomato Potato Wedges Hamburger Bun Pineapple Cobbler Milk Ketchup Mustard Diet - Hot Pineapples Cal: 854 Sodium: 838
15	16	17	18	19
BBQ Pork Riblet Hawaiian Baked Beans Mixed Vegetable Blend Hamburger Bun Rice Krispie Treat Milk Cal: 803 Sodium: 1065	Chicken Breast <i>New!</i> Creamy Marsala Sauce Parslied Noodles Tuscany Vegetable Blend Tossed Salad Fresh Fruit Milk Salad Dressing Cal: 551 Sodium: 678	<i>New!</i> Crab Cake w/Dill Sauce Rice Pilaf Garden Vegetable Blend Green Peas Saltine Crackers Chocolate Cake Milk Diet - Lorna Doone Cookies Cal: 696 Sodium: 688	Beef w/Gravy and Peppers Whipped Potatoes Green Beans Whole Grain Bread Fresh Fruit Milk Margarine Cal: 644 Sodium: 725	<i>New!</i> Tandoori Chicken Yellow Rice Cauliflower Pita Bread Fresh Fruit Milk Cal: 581 Sodium: 521
22	23	24	25	26
Chicken Alfredo Penne Pasta Italian Vegetable Blend Broccoli Fruited Orange Gelatin Milk Diet - SF Gelatin Cal: 664 Sodium: 490	BBQ Beef Patty Baked Beans Carrots Hamburger Bun Fresh Fruit Milk Ketchup Cal: 818 Sodium: 1026	Smothered Meatballs Egg Noodles Whole Kernel Corn Green Beans Fig Bar Cookie Milk Diet - Lorna Doone Cookies Cal: 719 Sodium: 794	Egg Patty (2) Hashbrown Potatoes French Toast Sticks Fresh Fruit Milk Pancake Syrup Cal: 704 Sodium: 852	<i>New!</i> Pork Carnitas Parslied Rice <i>New!</i> Fiesta Black Beans <i>New!</i> Plantains Sugar Cookie Milk Diet - Graham Crackers Cal: 682 Sodium: 998
29	30	31		
Frito Pie Whole Kernel Corn Green Beans Corn Chips Lemon Swirl Pudding Milk Diet - SF Vanilla Pudding Cal: 714 Sodium: 730	Chicken Cordon Bleu Broccoli Glazed Carrots Wheat Dinner Roll Oatmeal Raisin Cookie Milk Margarine Diet - Graham Crackers Cal: 724 Sodium: 1123	Loaded Potato Bake w/Ham Spring Vegetable Blend Cabbage Whole Grain Bread Fresh Fruit Milk Assorted Jelly Cal: 560 Sodium: 1234		

Menus subject to change

James Johnson

LifeStream Menu

August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>			Meatloaf w/Gravy Whipped Potatoes Zucchini w/Tomatoes Wheat Dinner Roll Oreo Cookies Milk Margarine Cal: 613 Sodium: 986	Sweet & Sour Chicken Parslied Rice Japanese Vegetable Blend Green Peas Fresh Fruit Milk Cal: 582 Sodium: 432
	5	6	7	8
Turkey a La King Parslied Rice Succotash Brussels Sprouts Snickerdoodle Bar Milk Diet - Graham Crackers Cal: 833 Sodium: 641	Breakfast Sausage w/Country Gravy Hashbrowns Cinnamon Raisin Oatmeal Fresh Fruit Milk Cal: 660 Sodium: 695	Chopped Steak w/Onion Gravy Potato Wedges Green Beans Saltine Crackers Rice Krispie Treat Milk Ketchup Cal: 677 Sodium: 643	Chicken & Sausage Whole Kernel Corn Okra & Tomatoes Cornbread Fudge Crème Cookie Milk Margarine Diet - Lorna Doone Cookies Cal: 817 Sodium: 651	BBQ Pulled Pork Macaroni & Cheese Carrots Coleslaw Hamburger Bun Fresh Fruit Milk Cal: 735 Sodium: 1414
12	13	14	15	16
Southwest Stew Summer Vegetable Blend Saltine Crackers Apple Cobbler Milk Diet - Hot Apple Slices Cal: 592 Sodium: 951	Oriental Shoyu Chicken <i>New!</i> Jasmine Rice Japanese Vegetable Blend Fresh Fruit Fortune Cookie Milk Cal: 570 Sodium: 426	Salisbury Steak Steakhouse Sauce Whipped Potatoes Green Beans Whole Grain Bread Fresh Fruit Milk Margarine Cal: 636 Sodium: 661	<i>New!</i> Creole Baked Chicken <i>New!</i> Red Beans and Rice Collard Greens Cornbread Nutty Buddy Bar Milk Margarine Cal: 656 Sodium: 1138	Beef Cabbage Bake Whole Kernel Corn Carrots Wheat Dinner Roll Oatmeal Crème Cookie Milk Diet - Graham Crackers Margarine Cal: 750 Sodium: 699
19	20	21	22	23
Chicken Shawarma Lentil Vegetable Pilaf Broccoli Pita Bread Fresh Fruit Milk Cal: 674 Sodium: 865	Spaghetti Casserole Green Peas Carrots Wheat Dinner Roll Milk Cherry Gelatin Margarine Diet - SF Gelatin Cal: 708 Sodium: 869	Egg Patty Breakfast Sausage Hashbrowns Biscuit Hot Peaches Milk Margarine Cal: 705 Sodium: 1118	Santa Fe Chicken Penne Pasta Southwest Corn Green Beans Rice Krispie Treat Milk Cal: 646 Sodium: 490	Beef Patty Lettuce & Tomato Potato Wedges Hamburger Bun Pineapple Cobbler Milk Ketchup Mustard Diet - Hot Pineapples Cal: 854 Sodium: 838
26	27	28	29	30
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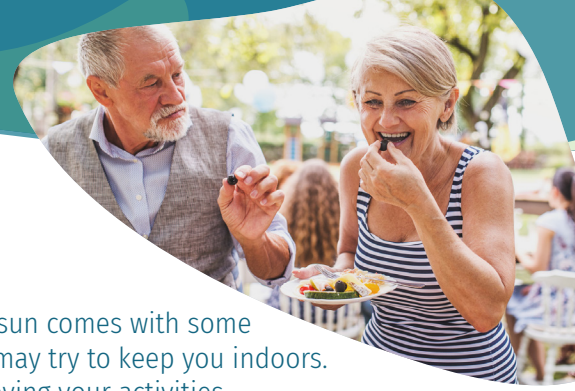
Menus subject to change



Veronica Gober MS RDN LD
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Staying Cool in the Heat

An update from Gina Harvey, Wellness Educator



The heat of the summer is here! As the outdoors beckon, remember the summer sun comes with some risks. The fear of overheating, dehydration, and sunburn are a few concerns that may try to keep you indoors. The good news is there are some precautions you can take to stay safe while enjoying your activities.

- Take breaks in an air-conditioned building or house. Set a timer on your phone to rest every 30 minutes or so.
- Take a cool shower or bath. If you feel you have overheated, take a break in a bath or shower slightly cooler than room temperature.
- Hydrate, hydrate, and hydrate some more! As you perspire, you lose precious fluids that must be replaced. Keeping a water bottle with you and taking a drink periodically will help you replenish lost fluids.
- Wear lightweight, light-colored, and loose-fitting clothing while outdoors. This will help to reduce sun exposure to your skin but also let your skin breathe.
- Get to know your medication side effects. Some medications you may be taking can increase the effects of the sun on your skin and also increase your risk to excessive heat events.

Staying hydrated and wearing the right type of clothing during outdoor activities are just a few of the ways to reduce your risk. Watch for warning symptoms such as hot and dry skin, confusion, hallucinations, and aggression. Seek help if you feel you are experiencing a medical emergency from the heat and sun.

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

LifeStream wrapped up spring by hosting our Healthy Aging Expo in Richmond. The event was a great day with organizations partnering together to provide education and resources to members in the community. The expo welcomed over 200 participants, and had over 30 exhibitors, screenings, and music therapy demonstrations for attendees to enjoy.

On **August 1**, we will be hosting LifeStream's **15th Annual Golf Outing** at The Players Club in Yorktown. The Golf Outing raises funds to help us continue our mission—to provide the right information, resources, and support for improving quality of life and maintaining independence for older adults, those with disabilities, and caregivers. While supporting a good cause, the day will also host a variety of activities to compete for cash prizes and gift cards.

On **August 26–29**, we will be hosting our **JOY (Just Older Youth) Games** in Richmond. This is an event for individuals who are 55+. JOY Games is provided for individuals who like to participate in competitive and non-competitive activities such as chair volleyball, football toss, Euchre tournament, Bingo, pickleball and many other activities. There is a minimal fee for this multi-day event. If you've ever wondered what JOY Games is about, sign up and let's have some fun!

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

SAVE THE DATE

LifeStream's 15th Annual Golf Outing
Thursday, August 1, 2024 · Shotgun start 9 a.m.
The Players Club · Yorktown, IN

Proceeds benefit older adults, people with disabilities, and caregivers to help them remain independent in their homes and communities.

lifestreaminc.org/golf · 765-759-1121



Positive Effects of Volunteering

An update from Laura Bray, Volunteer Services Administrator

Volunteering can give your life purpose and direction while enhancing your well-being and sense of value. It can lessen depressive symptoms and stress, and it helps the community. You'll become absorbed in noteworthy outcomes that will make a lot of people's lives better.

Various volunteer opportunities are available through LifeStream Services, and as needs arise, new opportunities are always being added. Volunteer possibilities at our offices include organizing program materials, mailing assistance, welcoming and guiding visitors, and more. If you're seeking opportunities for active community involvement, our Volunteer Concierge Program provides opportunities that have a direct impact on individuals in our service area—learn more about this program below! You are also invited to join us at a senior café, where we greet guests, address their questions, and ensure that their experience is wonderful. In addition, we have several events that might be perfect for you to attend throughout the year if you're searching for a one-time experience.

These are just a few of our volunteer engagements opportunities. Get in touch with us, and let's discover your ideal volunteer opportunity together! For more information about LifeStream's volunteer opportunities, please 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 lifestreaminc.org.