



Community Chat

2024 November–December Newsletter

Healthy Habits for the Holidays

An update from Dana Pierce, Nutrition Administrator

The holiday season is upon us once again! Sticking with healthy eating has always been hard during this time of year. All the delicious goodies, some that we only see once a year. For me, a lot of food that I see around the holidays bring back such precious memories—that makes it hard to resist them!

Over the years I've found some helpful tips, and my goal during the holidays is to maintain my current weight, not gain extra. It's so much easier to make sure to eat something healthy every day, indulge a little, and not gain weight. It's all about balance.

I love all the different treats, from breads and cookies to creamy dishes and beverages. If you're doing the cooking, there are a wealth of recipes that are lighter in calories and just as good (take a look at the healthier mashed potatoes recipe I've included). If you're not cooking, you can still enjoy the treats and yummy food; just follow a few of these tips to help you stay on track.

All in all, make sure you treat yourself a little and enjoy your holidays!

- **Don't skip meals:** Skipping meals can make you eat more when you do eat.

- **Eat mindfully:** Pay attention to what you're eating and be present. This can help you avoid overeating.

- **Choose satisfying snacks:** Pick tasty snacks that will satisfy you and reduce your desire to keep snacking.

- **Drink water:** Drinking water can help prevent false hunger cues and flush out extra sodium that causes bloating.

- **Manage stress:** Stress can lead to junk food cravings, so try to keep your stress levels down. Getting enough sleep can help with this.

- **Watch your portion sizes:** Mind your portion sizes and avoid second helpings. Enjoy small portions of everything.

- **Keep your meals balanced:** Balance your meals with protein.



Upcoming Events

✔ Memory Café – Muncie

November 8, December 13 • Muncie

This is an engagement opportunity 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's Health Professions Building in the Welcome Home Suite. Lunch, beverages, & activities provided. Visit lifestreaminc.org/stepin for more.

✔ Memory Café – Richmond

November 4, December 2 • Richmond

Paint the Towne invites people living with dementia and their caregivers to socialize and connect with others and enjoy a monthly art activity. Paint the Towne's Memory Café is the first Monday of the month, 11am–12pm, at Paint the Towne in Richmond. Visit lifestreaminc.org/stepin for more.

✔ AngelWish

Holiday Season • East Central IN

LifeStream's AngelWish program coordinates doorstep delivery of a special gift to seniors, individuals with disabilities, and caregivers who are isolated during the holidays. AngelWish is a beacon of hope. Visit lifestreaminc.org/angelwish to learn how you can help.

What's Cooking?

Olive Oil Mashed Potatoes

Get your comfort from this creamy American side dish, which uses healthy olive oil instead of butter to add flavor and richness. Serves 8. Serving size is 1/2 cup.

Ingredients:

- 1 1/2 pounds small Yukon Gold potatoes, halved or cut into 2-inch pieces
- 6 medium garlic cloves
- 1/4 cup olive oil (extra virgin preferred)
- 1/2 teaspoon black pepper (freshly ground)
- 1/4 teaspoon salt
- 1 cup chopped green onions

Directions:

Put the potatoes, garlic, and salt in a large saucepan. Pour in enough water to cover the potatoes. Bring to a boil over high heat. Boil for 15 to 20 minutes or until the potatoes are soft. Transfer the potatoes and garlic to a colander. Drain well. Return them to the pan.

Using the tines of a fork, mash the potatoes and garlic, being sure to crush each piece of potato and each garlic clove.

Add the green onions, oil, and pepper, stirring until well combined.

Source: (American Heart Association, n.d.), recipes.heart.org/en/recipes/olive-oil-mashed-potatoes

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

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Tetrazzini Green Peas Carrots Oreo Cookies Cranberry Juice Milk Cal: 803 Sodium: 760
4	5	6	7	8
Smothered Meatballs Garlic Whipped Potatoes Broccoli Carrots Saltine Crackers Snickerdoodle Crème Pie Milk Diet - Graham Crackers Cal: 745 Sodium: 1000	<i>New!</i> Chicken & Sausage Paella Succotash Plantains Milk Cal: 684 Sodium: 437	BBQ Pork Riblet Macaroni and Cheese Green Beans Hamburger Bun Rice Krispie Treat Milk Cal: 753 Sodium: 1334	Chicken Supreme (Chicken & Dressing) Whole Kernel Corn Brussels Sprouts Fresh Fruit Milk Cal: 653 Sodium: 594	Beef Squash Casserole Penne Pasta Green Peas Garden Vegetable Blend Chocolate Cake Milk Cal: 700 Sodium: 462
11	12	13	14	15
Closed for Holiday	Hamburger Patty Lettuce & Tomato Potato Wedges Hamburger Bun Hot Applesauce w/Apples Milk Ketchup Cal: 770 Sodium: 706	Creamy Paprika Chicken Seasoned Pasta Italian Vegetable Blend Fresh Fruit Milk Cal: 600 Sodium: 822	Potato Crusted Pollock Rice Pilaf Broccoli Fresh Fruit Milk Tartar Sauce Cal: 605 Sodium: 512	Chicken Enchilada Enchilada Sauce Pinto Beans Country Vegetable Blend Nutty Buddy Bar Milk Cal: 569 Sodium: 990
18	19	20	21	22
Meatloaf w/Tomato Gravy Whipped Potatoes Broccoli Wheat Dinner Roll Sugar Cookie Milk Cal: 652 Sodium: 1020	Ham & Black-Eyed Peas Whole Kernel Corn Cabbage Wheat Dinner Roll Fudge Round Cookie Milk Diet - Graham Crackers Cal: 617 Sodium: 1023	Chicken Breast <i>New!</i> Citrus Mojo Sauce Tater Gems Green Beans Hamburger Bun Rice Krispie Treat Milk Cal: 674 Sodium: 1253	Frito Pie Green Peas Carrots Frito Corn Chips Fresh Fruit Milk Cal: 662 Sodium: 604	Cheese Omelet Hashbrowns Garden Vegetable Blend English Muffin Cranberry Juice Milk Assorted Jelly Cal: 726 Sodium: 869
25	26	27	28	29
BBQ Pulled Pork Baked Beans Coleslaw Hamburger Bun Pineapple Cobbler Milk Diet - Hot Pineapple Tidbits Cal: 797 Sodium: 1327	Oriental Shoyu Chicken Jasmine Rice Japanese Vegetable Blend Fresh Fruit Milk Fortune Cookie Cal: 583 Sodium: 448	Turkey Breast Rosemary Gravy Scalloped Potatoes Green Bean Amandine Wheat Dinner Roll <i>New!</i> Pumpkin Cookie Milk Margarine Diet - Lorna Doone Cookies Cal: 589 Sodium: 1408	Closed for Holiday	Closed for Holiday

Menus subject to change




Veronica Gober MS RDN LD
 License # 37003515A

LifeStream Menu

December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Fajita Chicken Refried Beans Fiesta Vegetable Blend Flour Tortilla Fresh Fruit Milk Cal: 656 Sodium: 1009	<i>New!</i> Turkey & Sweet Potato Hash Mixed Vegetable Blend Cornbread <i>New!</i> Cranapple Cobbler Milk Margarine <i>New!</i> Diet - Cranapplesauce Cal: 790 Sodium: 861	Potato Crusted Pollock Potato Wedges Green Beans Hamburger Bun Chocolate Chip Cookie Milk Tartar Sauce Cal: 847 Sodium: 859	Cheeseburger Mac Green Peas Carrots Wheat Dinner Roll Cherry Gelatin Milk Margarine Diet - SF Gelatin Cal: 711 Sodium: 798	Parmesan Chicken Penne Pasta Tuscany Vegetables Broccoli Fresh Fruit Milk Cal: 660 Sodium: 848
9	10	11	12	13
<i>New!</i> Chicken Philly w/ Provolone Cheese Ranch Potatoes Capri Vegetable Blend Hot Dog Bun Oatmeal Crème Cookie Milk Diet - Lorna Doone Cookies Cal: 686 Sodium: 1056	Beef Stew Parslied Rice Broccoli Saltine Crackers Fresh Fruit Milk Cal: 687 Sodium: 594	Egg Patty (2) Hashbrown Casserole French Toast Sticks Fresh Fruit Milk Pancake Syrup Cal: 704 Sodium: 852	<i>New!</i> Balsamic Brown Sugar Glazed Pork Loin Cream Style Corn Green Beans Whole Wheat Bread Carnival Cookie Milk Cal: 692 Sodium: 777	Chicken Tetrazzini Green Peas Carrots Oreo Cookies Cranberry Juice Milk Cal: 803 Sodium: 760
16	17	18	19	20
Smothered Meatballs Garlic Whipped Potatoes Broccoli Carrots Saltine Crackers Snickerdoodle Crème Pie Milk Diet - Graham Crackers Cal: 745 Sodium: 1000	<i>New!</i> Chicken & Sausage Paella Succotash Plantains Milk Cal: 684 Sodium: 437	BBQ Pork Riblet Macaroni and Cheese Green Beans Hamburger Bun Rice Krispie Treat Milk Cal: 753 Sodium: 1334	Chicken Supreme (Chicken & Dressing) Whole Kernel Corn Brussels Sprouts Fresh Fruit Milk Cal: 653 Sodium: 594	Beef Squash Casserole Penne Pasta Green Peas Garden Vegetable Blend Chocolate Cake Milk Cal: 700 Sodium: 462
23	24	25	26	27
Brown Sugar Glazed Ham Whipped Sweet Potatoes Green Beans Wheat Dinner Roll Gingerbread Cake Milk Diet - Lorna Doone Cookies Cal: 692 Sodium: 1585	Closed for Holiday	Closed for Holiday	Potato Crusted Pollock Rice Pilaf Broccoli Fresh Fruit Milk Tartar Sauce Cal: 605 Sodium: 512	Chicken Enchilada Enchilada Sauce Pinto Beans Country Vegetable Blend Nutty Buddy Bar Milk Cal: 569 Sodium: 990
30	31			
Meatloaf w/Tomato Gravy Whipped Potatoes Broccoli Wheat Dinner Roll Sugar Cookie Milk Cal: 652 Sodium: 1020	Ham & Black-Eyed Peas Whole Kernel Corn Cabbage Wheat Dinner Roll Fudge Round Cookie Milk Diet - Graham Crackers Cal: 617 Sodium: 1023			 <p>TRIO Community Meals an elior company</p>

Menus subject to change



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Cold Weather Wellness

An update from Gina Harvey, Wellness Educator

The changing of the seasons is upon us! With the colder weather comes many comforts like warm sweaters, hot chocolate, and delicious soups and treats. November is Diabetes Awareness Month, and a great reminder to focus on healthy nutrition habits during the holidays.

Whether you are a diabetic, pre-diabetic, or know a friend or family member with diabetes, there are many things you can do to help manage diabetes during this time of year:

- Fill half your plate with deliciously prepared vegetables and limit portion sizes of unhealthier options. Moderation is key!
- Make your calories count. Don't overindulge on high-calorie drinks with large amounts of sugar. Save the calories for foods you really enjoy!
- Try making healthy ingredient swaps in your favorite recipes. Using stevia instead of granulated sugar in your baked goods could improve the "health" factor of your dish.
- Stay active! Exercise can improve blood sugar levels, reduce stress, and help you digest your food. A relaxing walk after a big meal might be just the ticket!

Remember, healthy habits are about choosing "better" most of the time. If you realize that you have been indulging a bit more than you should lately, your next meal is an opportunity to choose healthier options. Choose wisely, enjoy the foods you eat, and stay active to help manage your overall health. Happy Holidays!

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

Hello friends! As we near the end of the year, LifeStream is working on the final plans for our National Caregiver Month events in November as well as our annual AngelWish program for the holiday season.

LifeStream will host two National Caregiver Month events in Delaware and Wayne counties. Sky Sands – comedian, facilitator, educator, and entertainer – will be this year's speaker offering comedy, magic, and motivational components. The rest of the event will consist of lunch, plant potting, and more caregiver engagement activities. The Wayne County event will take place on Wednesday, **November 13**, at the Leland Legacy in Richmond. The Delaware County event will take place on Thursday, **November 14**, at Minnetrista Museum & Gardens in Muncie. We hope you'll join us for an opportunity to laugh and take time for yourself!

If you're looking for a way to help your community this holiday season, LifeStream is accepting monetary donations toward AngelWish gift sets, and seeking volunteers to assist in gift delivery. Each year, LifeStream's AngelWish program coordinates doorstep delivery of a special gift to seniors, individuals with disabilities, and caregivers who are isolated during the holidays. AngelWish is a beacon of hope, providing reassurance that their community cares. For more information on how to get involved, visit lifestreaminc.org/angelwish.

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



Join us for our 2024 National Caregivers Month event!

Wayne County:
Wednesday, November 13, 2024 · 9:45am–2pm

Delaware County:
Thursday, November 14, 2024 · 9:45am–2pm

To learn more and to register, visit lifestreaminc.org/NCMevents

Sky Sands
Featured Speaker





LifeStream Volunteers: We Need You!

An update from Laura Bray, Volunteer Services Administrator

As LifeStream Services grows, so do the volunteer opportunities. When you volunteer at LifeStream, you have the power to determine the impact you make and, in many cases, the days and hours you spend helping. You improve the lives of others while working with an incredible group of driven people. Being social, getting to know new people, and finding joy in helping others all contribute to a higher quality of life.

Numerous volunteer opportunities are available through LifeStream Services, and new opportunities are always being added as needs arise. 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. 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 some of our counties, volunteers join us with home-delivered meals as well. We are delivering a meal with a smile and a wellness check for those individuals who don't get to see anyone on some days. 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.

If you're interested in learning more 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.