



Community Chat

2025 January–February Newsletter

Warmth in Nutrition

An update from Dana Pierce, Nutrition Administrator

With wind chills in the single digits, who doesn't crave hot cocoa with whipped cream or a steaming plate of pasta and cheese? Your body needs more calories to support its work of staying warm. Still, you needn't go off the nutrition rails. Eating healthy in the winter is important for several reasons, including

Preventing illness: A healthy diet can help prevent illnesses like colds and the flu. Foods like citrus fruits, garlic, ginger, and leafy greens contain nutrients that support the body's defense against illness.

Improving chronic health: A healthy diet can help prevent chronic health conditions from worsening in cold weather. Cold weather can aggravate respiratory and cardiovascular conditions, and lower temperatures can affect musculoskeletal conditions like arthritis.

Providing energy: Root vegetables like sweet potatoes, carrots, and beets are rich in vitamins, fiber, and complex carbohydrates, which provide a sustainable energy source.

Keeping warm: Eating regularly helps generate internal heat, which can help you stay at a comfortable temperature.

Try things like: *Root vegetables* – roast veggies in the oven with a little olive oil. *Veggies and fruit high in vitamin C* – broccoli, cauliflower, and bell peppers can be added to many dishes. Oranges, grapefruit, and lemons are high in vitamin C and can be enjoyed a number of ways. *Beans* – full of protein and amino acids. They can help curb your appetite. Add them to soups and salads. *Low-sodium soups* – add some canned or dried beans or lentils for extra fat-free protein and fiber. *Whole grains* – oatmeal is a great winter breakfast. It is high in fiber which strengthens your heart. *Greek yogurt* – this has a higher protein content than other yogurts. It's also a great source of B-12 and calcium.

While you might feel hungrier in the winter, your body doesn't need significantly more food than it does in warmer months. Instead of stressing about increased hunger, you can honor that hunger with nourishing foods. Try the "Divine Apple and Spice Porridge" recipe included on the next page, and enjoy a healthy and delicious breakfast to start your day.



Upcoming Events

✔ Caregiver Gathering, Richmond

January 28 • Richmond

Join the Brunch Buddies! This support group is for anyone who is providing care in any way, shape, or form.

Richmond's Caregiver Gathering is the last Wednesday of the month, 11:30am–12:30pm, at Firehouse BBQ & Blues in Richmond. A light lunch is provided. Visit lifestreaminc.org/stepin for more.

✔ Caregiver Gathering, Muncie

January 29 • Muncie

This support group is for anyone who is providing care in any way, shape, or form! Muncie's Caregiver Gathering is the last Tuesday of the month, 11:30am–1pm, at By Hand & Fork in the private meeting room. A light lunch is provided. Visit lifestreaminc.org/stepin for more.

✔ Community Meal Sites

Weekdays • East Central IN

LifeStream has 21 senior community cafés throughout 12 counties in Indiana. Lunch is provided on a donation basis to those who are 60+ and their spouse. The café sites provide more than just a meal; it is an opportunity to be engaged in the community. Visit lifestreaminc.org/nutrition to find a site near you.

What's Cooking?

Divine Apple and Spice Porridge

Wake up to a bowl of breakfast goodness with this low-cost divine apple and spice porridge, a healthy way to start your day! Serves 4. Time to make: 15 minutes.

Ingredients:

- 1 large (8oz) apple, peeled, cored, and finely sliced
- 1 cup oats
- ½ teaspoon ground cinnamon
- ½ teaspoon mixed spice
- 1 cup low-fat milk
- 1 tablespoon honey
- ¼ cup slivered almonds, toasted

Directions:

Place the apple, oats, cinnamon, mixed spice, milk and 2 cups of water in a large microwave-proof dish. Cook on high (100%) for 8 minutes, stirring every minute, until thick. Set aside for 5 minutes.

Serve drizzled with the honey and slivered almonds.

Source: www.healthyfood.com/healthy-recipes/divine-apple-and-spice-porridge



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

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1				
 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>	Closed for Holiday		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
	6			
Chicken Souvlaki Yellow Rice California Vegetable Blend Whole Wheat Bread Fresh Fruit Milk Margarine Cal: 564 Sodium: 706	Pork Roast <i>New!</i> Poivre Sauce Whipped Sweet Potatoes Green Beans Wheat Dinner Roll Rice Krispie Treat Milk Margarine Cal: 614 Sodium: 501	Beef Spaghetti Bake Green Peas Tossed Salad Whole Wheat Bread Pineapple Cobbler Milk Diet - Hot Pineapples Salad Dressing Margarine Cal: 725 Sodium: 797	Turkey Vegetable Stew Parslied Rice (Mixed Vegetables in Stew) Broccoli Wheat Dinner Roll Fresh Fruit Milk Cal: 601 Sodium: 624	Hamburger Patty Lettuce & Tomato Potato Wedges Spring Vegetable Blend Hamburger Bun Carnival Cookie Milk Ketchup Diet - Graham Crackers Cal: 848 Sodium: 858
13				
<i>New Recipe!</i> Shepherd's Pie (Mashed Potatoes in entrée) Broccoli Whole Wheat Bread Fresh Fruit Milk Margarine Cal: 607 Sodium: 758	BBQ Chicken Breast Potato Wedges Dilled Carrots Hamburger Bun Nutty Buddy Bar Milk Ketchup Cal: 810 Sodium: 1169	Egg Patty Breakfast Sausage w/Country Gravy Hashbrowns English Muffin Hot Glazed Peaches Milk Margarine Cal: 658 Sodium: 806	Mexican Picadillo Spanish Rice Charro Pinto Beans Fiesta Vegetables <i>New!</i> Cinnamon Sugar Cookie Milk Cal: 772 Sodium: 1040	Mongolian Chicken Fried Rice Green Peas w/Onions Japanese Vegetables Fresh Fruit Fortune Cookie Milk Cal: 624 Sodium: 776
20				
Closed for Holiday		Breaded Chicken Cordon Bleu Rice Florentine Capri Vegetables Fresh Fruit Milk Cal: 636 Sodium: 960	Sloppy Joe Potato Wedges Parslied Carrots Hamburger Bun Oatmeal Raisin Cookie Milk Cal: 866 Sodium: 1021	<i>New!</i> Moroccan Chicken Lentil Vegetable Pilaf Winter Vegetables Wheat Dinner Roll Lemon Pudding Milk Diet - SF Vanilla Pudding Cal: 707 Sodium: 998
27				
Chicken Supreme Seasoned Pasta Mixed Vegetable Blend Tossed Salad Fresh Fruit Milk Salad Dressing Cal: 609 Sodium: 1092	Swiss Steak Garlic Whipped Potatoes Green Beans Wheat Dinner Roll Cherry Gelatin Milk Margarine Diet - SF Gelatin Cal: 679 Sodium: 731	Ham & Pintos Whole Kernel Corn Collard Greens Cornbread Fresh Fruit Milk Margarine Cal: 669 Sodium: 1359	Egg Patty w/Cheese Hashbrowns English Muffin Hot Cinnamon Applesauce Milk Margarine Cal: 615 Sodium: 657	<i>New!</i> Black Bean Burger Potato Wedges Carrots Hamburger Bun Chocolate Chip Cookie Milk Ketchup Cal: 802 Sodium: 978

Menu subject to change



LifeStream Menu

February 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Beef Ziti (Pasta in entrée) Herbed Green Peas Tuscany Vegetables Rice Krispie Treat Milk Cal: 545 Sodium: 599	Chicken & Dumplings over Buttermilk Biscuit Mixed Vegetables Tossed Salad Hot Spiced Fruit Milk Salad Dressing Cal: 715 Sodium: 1016	Sausage w/Onions & Peppers Hashbrown Potatoes Carrots Hot Dog Bun Glazed Chocolate Cake Milk Ketchup Diet - SF Chocolate Pudding Cal: 969 Sodium: 1286	<i>New!</i> Cuban Pork Sandwich Swiss Cheese <i>New!</i> Cuban Black Beans Hamburger Bun Plantains Milk Mustard Cal: 743 Sodium: 717	Potato Crusted Pollock Lemon Orzo Green Beans w/Red Peppers Fresh Fruit Milk Tartar Sauce Cal: 591 Sodium: 431
10	11	12	13	14
Beef Stew Whipped Potatoes Green Beans Saltine Crackers Fig Bar Cookie Milk Diet - Lorna Doones Cal: 610 Sodium: 658	Fajita Chicken Mexican Corn Carrots Flour Tortilla <i>New!</i> Sopapilla Cheesecake Bar Milk Diet - Nutty Buddy Bar Taco Sauce Cal: 874 Sodium: 1021	Egg Patty Breakfast Sausage Hashbrowns Cinnamon Raisin Oatmeal Fresh Fruit Milk Cal: 609 Sodium: 504	BBQ Pulled Pork Baked Beans Coleslaw Hamburger Bun Hot Pineapple Tidbits Milk Cal: 771 Sodium: 1240	Chicken & Sausage Jambalaya (Rice in entrée) Succotash Collard Greens Cornbread Fresh Fruit Margarine Cal: 825 Sodium: 493
17	18	19	20	21
Chicken Souvlaki Yellow Rice California Vegetable Blend Whole Wheat Bread Fresh Fruit Milk Margarine Cal: 564 Sodium: 706	Pork Roast <i>New!</i> Poivre Sauce Whipped Sweet Potatoes Green Beans Wheat Dinner Roll Rice Krispie Treat Milk Margarine Cal: 614 Sodium: 501	Beef Spaghetti Bake Green Peas Tossed Salad Whole Wheat Bread Pineapple Cobbler Milk Diet - Hot Pineapples Salad Dressing Margarine Cal: 725 Sodium: 797	Turkey Vegetable Stew Parslied Rice (Mixed Vegetables in Stew) Broccoli Wheat Dinner Roll Fresh Fruit Milk Cal: 601 Sodium: 624	Hamburger Patty Lettuce & Tomato Potato Wedges Spring Vegetable Blend Hamburger Bun Carnival Cookie Milk Ketchup Diet - Graham Crackers Cal: 848 Sodium: 858
24	25	26	27	28
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Menu subject to change

Indoor Wellness Habits

An update from Gina Harvey, Wellness Educator

Is the winter weather forcing you to spend more time at home indoors? At first, you may enjoy the opportunity to catch up on movies you've missed or sleep in a bit. The extra time at home can give you a chance to decompress and relax. However, if the weather keeps you indoors longer than you anticipated, you may end up sitting in front of the TV all day long...and that's not healthy.

We encourage you to stay mindful of your activities and practice healthy habits. This could be as simple as taking time to unplug—shut off the TV, put down your phone and pick up a book you haven't had time to read or try some crossword puzzles. Engaging your brain with a problem-solving activity is the perfect way to pass the time and alleviate boredom.

It's important to burn off extra energy while cooped up indoors. Your normal exercise routine may not be possible right now, so create a new one. Take walks up and down your hallway or throughout your home several times each day. Try some seated exercises for your arms and legs. Running the vacuum cleaner or sweeping the floor can help you fit in extra activity, which is a win-win. The extra activity throughout the day can help you sleep better at night.

Beware of boredom snacking while stuck at home. To help avoid "grazing" all day, stick to a meal schedule. Enjoy three nutritious meals a day and up to two snacks. This is a great time to try out a new recipe and focus on fitting in the five food groups.

Being stuck at home while the weather is bad isn't all bad. Make the most of it, but stay mindful in maintaining your healthy habits.

Are you interested in joining an exercise group this winter? 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

Happy New Year, friends! 2025 will be an exciting year for LifeStream as we celebrate 50 years of service.

Let's go back to the year of 1972 when LifeStream first received a grant to provide nutritional meals to older adults. In 1974, our agency, formerly known as Area 6 Council on Aging, received a grant to become an Area Agency on Aging. And in 1996, the agency changed its name to LifeStream Services, Inc.

In 2017, the Area 9 In-Home and Community Services Agency, a service of Indiana University, made the decision to disband— that's when LifeStream Services decided to merge both areas to become one agency covering twelve counties with the mission of improving the quality of life for people at risk of losing their independence.

As we continue to celebrate throughout the year, we hope that you will join us at some of our community events! Please save the date for these events:

- May 8, 2025 – Healthy Aging Expo (Wayne County)
- June 3, 2025 – Aging Well Conference (Delaware County)
- June 25, 2025 – Senior Day at Wayne County Fair
- Week of July 14 – JOY Games (Delaware County)
- July 31, 2025 – Senior Day at Fayette County Fair
- Week of August 25 – JOY Games (Wayne County)
- September 25, 2025 – Fall Festival (Union County)



Our Golden Year

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



LifeStream Volunteer Insights

An update from Laura Bray, Volunteer Services Administrator

I've shared numerous articles regarding our volunteer opportunities and the positive effects our volunteers are having on individuals within our community. For this issue, I would like to share with you the impact that giving has on the volunteer. This letter was written by a longtime volunteer and her son—I hope you find it engaging and inspiring.

"I wanted to write a letter thanking you all for all that you do and for giving me the opportunities throughout my life to help in the community. Without you all making a daily difference in the lives of seniors, there would be no opportunity for those like me wanting to volunteer. Without coordinators, we could not efficiently help, and without leaders in your company, we would have no one to follow.

In my time volunteering for LifeStream, I have gotten to learn new skills, bond with my family and the community, and have created core memories in my own life. From building ramps with my dad, to delivering food for a man with no light in his life, the opportunities that you all have given me have been numerous. It seems like someone like me is giving my time, or skills, but in reality, we are given a purpose and connected with the world in a bigger way than we could have done on our own.

Having these opportunities have helped me grow, and I just wanted to write to say thank you for that. I wanted to write to say thank you for allowing my son to bag presents and dip his toes into the world of helping others. If every five-year-old could have such an opportunity, maybe there would be less need for it. In an ever-so-dimming world, LifeStream shines a light in the directions needing it sometimes, and without you all, some of those people would never be seen. So, for them, I thank you." – Kristen and Brayden Williamson

If you would like to experience volunteering and all of the positive effects it can add to your life, 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.