



# 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](http://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](http://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](http://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](http://www.healthyfood.com/healthy-recipes/divine-apple-and-spice-porridge)



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.

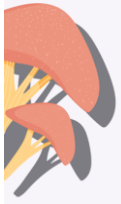
# Area 9 Frozen Menu

## January 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>
		BBQ Pork Riblet Macaroni and Cheese Green Beans Hamburger Bun Rice Krispie Treat Milk Tossed Salad w/Dressing Cal: 818 Sodium: 1440	Chicken Supreme (Chicken & Dressing) Whole Kernel Corn Brussels Sprouts Grape Juice Milk Cal: 657 Sodium: 599	Beef Squash Casserole Penne Pasta Green Peas Garden Vegetable Blend Chocolate Cake Milk Cal: 700 Sodium: 462
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Brown Sugar Glazed Ham Whipped Sweet Potatoes Green Beans Wheat Dinner Roll Gingerbread Cake Milk Cal: 692 Sodium: 1585	Hamburger Patty Potato Wedges Hamburger Bun Hot Applesauce w/Apples Milk Ketchup Cal: 760 Sodium: 702	Creamy Paprika Chicken Seasoned Pasta Italian Vegetable Blend Grape Juice Milk Tossed Salad w/Dressing Cal: 696 Sodium: 935	Potato Crusted Pollock Rice Pilaf Broccoli Apple Juice Milk Tartar Sauce Cal: 618 Sodium: 518	Chicken Enchilada Enchilada Sauce Pinto Beans Country Vegetable Blend Nutty Buddy Bar Milk Cal: 569 Sodium: 990
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
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 Cal: 617 Sodium: 1023	Chicken Breast <i>New!</i> Citrus Mojo Sauce Tater Gems Green Beans Hamburger Bun Rice Krispie Treat Milk Tossed Salad w/Dressing Cal: 740 Sodium: 1359	Frito Pie Green Peas Carrots Frito Corn Chips Nutty Buddy Bar Milk Cal: 690 Sodium: 638	Cheese Omelet Hashbrowns Garden Vegetable Blend English Muffin Milk Assorted Jelly Cranberry Juice Cal: 726 Sodium: 869
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Chicken Souvlaki Yellow Rice California Vegetable Blend Whole Wheat Bread Mandarin Oranges Milk Margarine Cal: 644 Sodium: 881	Pork Roast <i>New!</i> Poirve Sauce Whipped Sweet Potatoes Green Beans Wheat Dinner Roll Rice Krispie Treat Milk Margarine Cal: 614 Sodium: 501	Beef Spaghetti Bake Green Peas Whole Wheat Bread Pineapple Cobbler Milk Margarine Tossed Salad   Salad Dressing Cal: 783 Sodium: 894	Turkey Vegetable Stew Parslied Rice (Mixed Vegetables in Stew) Broccoli Peaches Milk Cal: 534 Sodium: 482	Hamburger Patty Potato Wedges Spring Vegetable Blend Hamburger Bun Carnival Cookie Milk Ketchup Cal: 843 Sodium: 855
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<i>New Recipe!</i> Shepherd's Pie (Mashed Potatoes in entrée) Broccoli Whole Wheat Bread Hot Pineapples Milk Margarine Cal: 650 Sodium: 777	BBQ Chicken Breast Potato Wedges Dilled Carrots Hamburger Bun Nutty Buddy Bar Milk Ketchup Cal: 810 Sodium: 1169	Egg Patty Breakfast Sausage Country Gravy Hashbrowns English Muffin Hot Glazed Peaches Milk Margarine Tossed Salad   Salad Dressing Cal: 724 Sodium: 912	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 Apple Juice Fortune Cookie Milk Cal: 637 Sodium: 783

Menu subject to change



# Area 9 Frozen Menu

## February 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Meatloaf w/Tomato Gravy Hashbrown Potatoes Green Bean Amandine Wheat Dinner Roll Fudge Crème Cookie Milk Cal: 786 Sodium: 960	Breaded Chicken Cordon Bleu Rice Florentine Capri Vegetables Grape Juice Milk Cal: 666 Sodium: 967	Sloppy Joe Potato Wedges Parslied Carrots Hamburger Bun Oatmeal Raisin Cookie Milk Tossed Salad   Salad Dressing Cal: 931 Sodium: 1127	<i>New!</i> Moroccan Chicken Lentil Vegetable Pilaf Winter Vegetables Wheat Dinner Roll Lorna Doone Cookies Milk Cal: 657 Sodium: 813	Smothered Meatballs Whipped Potatoes Garden Vegetables Wheat Dinner Roll Cranapple Cobbler Milk Cal: 843 Sodium: 987
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Chicken Supreme Seasoned Pasta Mixed Vegetable Blend Grape Juice Milk Cal: 574 Sodium: 993	Swiss Steak Garlic Whipped Potatoes Green Beans Wheat Dinner Roll Graham Crackers Milk Margarine Cal: 680 Sodium: 706	Ham & Pintos Whole Kernel Corn Collard Greens Cornbread Apple Juice Milk Margarine Tossed Salad   Salad Dressing Cal: 748 Sodium: 1472	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
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
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 Hot Spiced Fruit Milk Cal: 650 Sodium: 910	Sausage w/Onions & Peppers Hashbrown Potatoes Carrots Hot Dog Bun Glazed Chocolate Cake Milk Ketchup Tossed Salad   Salad Dressing Cal: 1035 Sodium: 1391	<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 Grape Juice Milk Tartar Sauce Cal: 621 Sodium: 438
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Beef Stew Whipped Potatoes Green Beans Saltine Crackers Fig Bar Cookie Milk Cal: 610 Sodium: 658	Fajita Chicken Mexican Corn Carrots Flour Tortilla <i>New!</i> Sopapilla Cheesecake Bar Milk Taco Sauce Cal: 883 Sodium: 1142	Egg Patty Breakfast Sausage Hashbrowns Cinnamon Raisin Oatmeal Apple Juice Milk Tossed Salad   Salad Dressing Cal: 688 Sodium: 616	BBQ Pulled Pork Baked Beans Hamburger Bun Hot Pineapple Tidbits Milk Cal: 691 Sodium: 1107	Chicken & Sausage Jambalaya (Rice in entrée) Succotash Collard Greens Cornbread Grape Juice Margarine Cal: 855 Sodium: 501

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](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*

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](http://lifestreaminc.org/calendar), or contact Angie Jenkins, Outreach Coordinator, at [ajenkins@lifestreaminc.org](mailto: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](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 [lifestreaminc.org](http://lifestreaminc.org).