



Community Chat

2026 May-June Newsletter

Fresh Air and Sunshine!

An update from Dana Pierce, Nutrition Administrator

Sunshine and fresh air play a vital role in supporting the health and well-being of older adults. As we get older, maintaining both physical and mental wellness becomes increasingly important, and simple lifestyle habits like spending time outdoors can make a meaningful difference.

One of the primary benefits of sunshine is its ability to help the body produce vitamin D. This nutrient is essential for bone health, as it aids in calcium absorption and helps prevent conditions such as osteoporosis. For seniors, who are more vulnerable to bone density loss, regular exposure to sunlight can contribute to stronger bones and a reduced risk of fractures.

Fresh air also has a positive impact on respiratory health. Spending time outdoors allows us to breathe cleaner air compared to indoor environments that may contain dust, allergens, or pollutants. Improved air quality can support better lung function and overall vitality.

In addition to physical benefits, sunshine and fresh air can significantly enhance mental health. Exposure

to natural light helps regulate sleep patterns by supporting the body's internal clock, making it easier to fall asleep and wake up feeling refreshed. Also, being outdoors has been shown to reduce stress, anxiety, and symptoms of depression, promoting a more positive outlook on life.

Outdoor activities, even light ones such as walking or gardening, encourage gentle exercise. This helps improve mobility, balance, and cardiovascular health while also fostering a sense of independence and confidence.

Incorporating regular time outside into daily routines can greatly enrich the lives of senior citizens. Whether it's enjoying a morning walk, sitting in a park, or tending to a garden, the combined benefits of sunshine and fresh air offer a simple yet powerful way to support healthy aging.

I've included a delicious and healthy recipe for turkey burgers that you can enjoy eating outside!

Join us at a meal site! To find a café site near you, visit lifestreaminc.org/nutrition

Upcoming Events

✔ Aging Well in Indiana Conference

June 2 • Horizon Convention Center, Muncie, IN

This one-day conference provides an opportunity for participants to gain education and resources to better help themselves or someone they care for to age in place. This year's event will include a vendor fair, breakfast, speaker panel, and workshops.

Visit lifestreaminc.org/agingwell to register.

✔ JOY Games South

July 2026 • Richmond, IN

JOY Games is an event that is held in Richmond. This event is hosted to accommodate our competitive and non-competitive active agers with various activities such as Pickleball, Chair Volleyball, Price is Right, Bingo and much more.

Visit lifestreaminc.org/nutrition to learn more.

What's cooking?

Turkey Burgers with Spinach, Feta & Tzatziki

Prep Time: 30 mins Servings: 4 Yield: 4 burgers

Creamy tzatziki and crisp sliced cucumber add a refreshing twist to this easy burger recipe, loaded with feta and spinach. No tzatziki? No problem! Make your own at home by combining plain strained yogurt with a squeeze of lemon, dill and finely chopped cucumber.

Ingredients:

1 pound 93% lean ground turkey
½ cup crumbled feta cheese
½ teaspoon garlic powder
½ teaspoon dried oregano
¼ teaspoon salt
¼ teaspoon ground pepper
4 small hamburger buns, preferably whole-wheat, split
4 tablespoons tzatziki
12 slices cucumber
8 thick rings red onion (about 1/4-inch)



Recipe from eatingwell.com

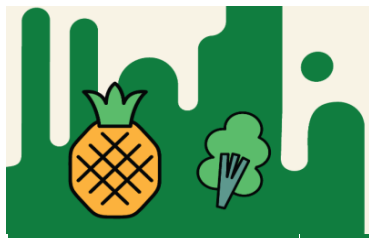
Directions:

Preheat grill to medium-high. Squeeze excess moisture from spinach. Combine the spinach with turkey, feta, garlic powder, oregano, salt and pepper in a medium bowl; mix well. Form into four 4-inch patties. Oil the grill rack (see Tip). Grill the patties until cooked through and no longer pink in the center, 4 to 6 minutes per side. (An instant-read thermometer inserted in the center should register 165°F.) Assemble the burgers on the buns, topping each with 1 tablespoon tzatziki, 3 cucumber slices and 2 onion rings.

Please visit lifestreaminc.org/nutrition for more resources and information about our programs and services.

YOUR DONATION COUNTS!

LifeStream coordinates the meals at 17 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 make your donation at meal sites, by sending a check to 1701 Pilgrim Blvd. Yorktown, IN 47396, or visiting lifestreaminc.org/nutrition to make a donation online.



Lifestream Menu

May 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				
Mozzarella Chicken Penne Pasta Tuscany Vegetable Blend Tossed Salad Rice Krispie Treat Milk Salad Dressing Cal: 637 Sodium: 937				
4	5	6	7	8
Swedish Meatballs Egg Noodles Green Peas Carrots Fresh Fruit Milk Cal: 701 Sodium: 832	Cheese Omelet Hashbrowns French Toast Sticks (2) Fresh Fruit Milk Pancake Syrup Cal: 753 Sodium: 888	Pizza Casserole California Vegetable Blend Tossed Salad Whole Wheat Bread Pineapple Cobbler Milk Salad Dressing Margarine Diet: Hot Pineapples Cal: 710 Sodium: 849	Creamy Chicken Marsala Whipped Potatoes Broccoli Wheat Dinner Roll Fresh Fruit Milk Cal: 577 Sodium: 817	New! Pork Fried Rice Whole Kernel Corn Asian Green Beans Fresh Fruit Milk Cal: 586 Sodium: 835
11	12	13	14	15
Chicken Piccata Seasoned Pasta Spring Vegetable Blend Wheat Dinner Roll Butter Sugar Cookie Milk Cal: 616 Sodium: 876	Herb Crusted Pork Loin Scalloped Potatoes Green Beans Whole Wheat Bread Oreo Cookies Milk Margarine Cal: 628 Sodium: 544	Fajita Chicken Salad Charro Beans Tossed Salad Tortilla Chips Hot Peaches Milk Taco Sauce Cal: 609 Sodium: 530	Stuffed Pepper Casserole Parslied Rice Green Peas Carrots Fresh Fruit Milk Cal: 627 Sodium: 620	A-1 Chopped Steak Derby Potatoes Broccoli Wheat Dinner Roll Fresh Fruit Milk Margarine Cal: 613 Sodium: 672
18	19	20	21	22
Honey Glazed Chicken Breast Whipped Sweet Potatoes Green Beans Wheat Dinner Roll Fresh Fruit Milk Margarine Cal: 600 Sodium: 697	Bacon & Cheese Egg Patty Hashbrowns Cinnamon Raisin Oatmeal Fresh Fruit Milk Cal: 629 Sodium: 829	Spaghetti Bake Green Peas Tossed Salad Saltine Crackers Apple Cobbler Milk Salad Dressing Diet: Hot Apple Slices Cal: 737 Sodium: 792	Chicken Calabacita (Chicken & Squash) Yellow Rice Broccoli Whole Wheat Tortilla Hot Pineapple Tidbits Milk Cal: 641 Sodium: 479	Cheeseburger Baked Beans Glazed Carrots Whole Grain Hamburger Bun Fudge Crème Cookie Milk Diet: Graham Crackers Cal: 894 Sodium: 1365
25	26	27	28	29
Closed for Holiday	Smoked Sausage with Onions and Peppers Potato Wedges Broccoli Whole Grain Hot Dog Bun Strawberry Gelatin Milk Mustard Ketchup Diet: Sugar-Free Gelatin Cal: 844 Sodium: 1172	Jamaican Pork Parslied Rice Capri Vegetable Blend Hot Apple Raisin Compote Milk Diet: Hot Apple Slices Cal: 610 Sodium: 368	Breaded Chicken Country Corn Carrots Whole Grain Hamburger Bun Chocolate Chip Cookie Milk Diet: Lorna Doone Cookies BBQ Sauce Cal: 832 Sodium: 1272	Chopped Steak New! with Horseradish Sauce Whipped Potatoes Green Bean Amandine Whole Wheat Bread Fresh Fruit Milk Margarine Cal: 642 Sodium: 528

Menus subject to change

Veronica Gober MS RDN LD

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Lifestream Menu

June 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Meatloaf w/Brown Gravy Garlic Whipped Potatoes Broccoli Wheat Dinner Roll Rice Krispie Treat Milk Margarine Cal: 556 Sodium: 898	Chicken Gumbo Cajun Rice Succotash Saltine Crackers Fresh Fruit Milk Cal: 632 Sodium: 584	BBQ Pork Riblet Macaroni & Cheese Coleslaw Whole Grain Hamburger Bun Peach Cobbler Milk Diet: Hot Peaches Cal: 867 Sodium: 1215	Egg Patty Florentine Parslied Potatoes Wheat English Muffin Fresh Fruit Milk Margarine Cal: 570 Sodium: 753	Rosemary Chicken Breast Lemon Rice Green Peas Carrots Chocolate Cake Milk Diet: Angel Food Cake Cal: 661 Sodium: 847
8	9	10	11	12
Honey Mustard Chicken Breas Potato Wedges Mixed Vegetable Blend Whole Grain Hamburger Bun Oatmeal Raisin Cookie Milk Ketchup Cal: 861 Sodium: 1116	Teriyaki Meatballs Coconut Rice Japanese Vegetable Blend Seasoned Edamame Milk Fortune Cookie Cal: 717 Sodium: 981	Tarragon Pork Loin Sweet Potatoes Green Beans w/Tomatoes Wheat Dinner Roll Peanut Butter Fluff Milk Diet: Sugar-Free Vanilla Pudding Cal: 740 Sodium: 450	Sloppy Joe Baked Beans Parslied Carrots Whole Grain Hamburger Bun Fresh Fruit Milk Cal: 797 Sodium: 955	Mozzarella Chicken Penne Pasta Tuscany Vegetable Blend Tossed Salad Rice Krispie Treat Milk Salad Dressing Cal: 637 Sodium: 937
15	16	17	18	19
Swedish Meatballs Egg Noodles Green Peas Carrots Fresh Fruit Milk Cal: 701 Sodium: 832	Cheese Omelet Hashbrowns French Toast Sticks (2) Fresh Fruit Milk Pancake Syrup Cal: 753 Sodium: 888	Pizza Casserole California Vegetable Blend Tossed Salad Whole Wheat Bread Pineapple Cobbler Milk Salad Dressing Margarine Diet: Hot Pineapples Cal: 710 Sodium: 849	Creamy Chicken Marsala Whipped Potatoes Broccoli Wheat Dinner Roll Fresh Fruit Milk Cal: 577 Sodium: 817	<i>Closed for Holiday</i>
22	23	24	25	26
Chicken Piccata Seasoned Pasta Spring Vegetable Blend Wheat Dinner Roll Butter Sugar Cookie Milk Cal: 616 Sodium: 876	Herb Crusted Pork Loin Scalloped Potatoes Green Beans Whole Wheat Bread Oreo Cookies Milk Margarine Cal: 628 Sodium: 544	Fajita Chicken Salad Charro Beans Tossed Salad Tortilla Chips Hot Peaches Milk Taco Sauce Cal: 609 Sodium: 530	Stuffed Pepper Casserole Parslied Rice Green Peas Carrots Fresh Fruit Milk Cal: 627 Sodium: 620	A-1 Chopped Steak Derby Potatoes Broccoli Wheat Dinner Roll Fresh Fruit Milk Margarine Cal: 613 Sodium: 672
29	30			
Honey Glazed Chicken Breast Whipped Sweet Potatoes Green Beans Wheat Dinner Roll Fresh Fruit Milk Margarine Cal: 600 Sodium: 697	Bacon & Cheese Egg Patty Hashbrowns Cinnamon Raisin Oatmeal Fresh Fruit Milk Cal: 629 Sodium: 829			

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Mental Wellness

An update from Gina Harvey, Wellness Educator

As we age, life can be filled with new changes and challenges. Retirement, health and mobility changes, and loss of loved ones can influence our well-being and emotional health. Not all change is negative, and can provide opportunities for self-reflection and growth.

Focusing on your mental wellness as you age is an important factor of self-care. Make engaging in healthy activities a priority; like fitting in nutritious meal and staying active every day. What you eat has a high impact on how you feel. Focus on lean meats, colorful fruits and veggies, and stay hydrated. If you are concerned about getting enough nutrients and minerals in your daily diet, ask your doctor if supplements may be helpful. In addition to eating nutritious foods, being active every day can boost your mental wellness! By taking a short 10-minute walk after meals, you not only will exercise your muscles, but also help with digestion, boost your mood, and reduce stress levels.

Naturally, we are social creatures and seek to form bonds with others. This social engagement is vital to our mental wellness. Be intentional within your social network, reach out and connect with someone every day. This could be a phone call, facetime, or an in-person visit. If you are interested in expanding your social circle, look into volunteering within your community or joining a class at your local senior center.

Keeping a positive attitude and finding gratitude, even with simple daily tasks, can help you manage mental health. Creating a safe and supportive home environment is also an important factor to help reduce everyday stressors.

If you feel you are struggling with your mental wellness - contact your physician and request access to a mental health professional or counseling.

If you would like to learn about LifeStream wellness courses, contact Gina Harvey, Wellness Educator, at gharvey@lifestreaminc.org.

Outreach Corner

An update from Angie Jenkins, Outreach Coordinator

To many, spring means we have longer daylight hours, green grass and beautiful flowers, but it also means it's a great time to start decluttering spaces. Here are a few tips to help keep you safe:

- ✔ Focus on Safety – Clear walkways by not leaving cords lay around and eliminate any loose rugs to help prevent any trips or falls.
- ✔ Have Accessible Storage – Store daily-used items like medications, tools, etc. at waist or eye level to avoid any dangerous reaching, bending or climbing.
- ✔ Kitchen & Bathroom – Dispose of any expired foods, spices, and medications.

Save the Date for these upcoming events:

- **JUNE 3, 2026** – LifeStream is partnering with Cambridge Apartments at 1601 E. McGalliard St. in Muncie for a Spring Fling from 11am – 2pm. Come see us and check out the variety of vendors.
- **SEPTEMBER 17, 2026** – Healthy Aging Expo in Richmond. This fun packed day is full of community resources, screenings and demonstrations to help promote socialization, activity and community resources.

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

Make Your Day Brighter by Volunteering

An update from Laura Bray, Volunteer Services Administrator

The sun is finally peeking through, and our spring and summer calendars are filling up with some really fun events and volunteer opportunities! We're looking for friendly faces to join the team, meet new neighbors, and just help us make things special. Whether you have a few hours to spare or want to hang out for the whole day, we'd love to have you join us.

Ways to lend a hand:

- **Aging Well Conference (Muncie):** Help us start the day off right by greeting folks at registration, helping our vendors get settled or assist in a break out session. If you're a bit of a tech whiz, we'd also love your help answering simple questions about phones or tablets!
- **Annual Golf Outing (Muncie):** Spend a beautiful day on the green! You can zoom around in a golf cart assisting our guest from their car to the clubhouse or take on the most exciting job of all, watching for that legendary hole-in-one.
- **Expo Fest (Richmond):** This lively event is a great chance for individuals or small groups to volunteer together. Come help us keep the festival vibes going and make sure everything runs smoothly.
- **Lunch Service (Anderson Impact Center):** Join us at the heart of the community to help serve lunch and provide friendly conversation for our neighbors.
- **Office Support (Yorktown):** If you prefer a quiet office setting, come help us out in Yorktown with some light administrative tasks.
- **Concierge:** Be a bright spot in someone's day. You can visit with an isolated senior for a chat or help them out with small, meaningful tasks around the house.
- **Handyman Projects:** If you're handy with tools, we could really use your help installing grab bars and smoke detectors to keep our neighbors safe at home.

If you'd like to learn more about any of these opportunities, please reach out to Laura Bray, Volunteer Admin, at 765-808-8827 or lbray@lifeStreaminc.org.

SUPPORT LIFESTREAM BY PURCHASING A 50TH ANNIVERSARY COOKBOOK!

In celebration of LifeStream's 50th year of service, we've created a special keepsake cookbook filled with favorite recipes from clients, staff members, community partners, café participants, and supporters.

*To purchase a cookbook, scan the QR code or visit:
lifestreaminc.org/50thcookbook*

