



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.

Area 9 Frozen Menu

May 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>Chopped Steak <i>New!</i> with Horseradish Sauce Whipped Potatoes Green Bean Amandine Whole Wheat Bread Pears, 4.5 oz Milk Margarine</p> <p>Cal: 642 Sodium: 658</p>
4	5	6	7	8
<p>Meatloaf w/Brown Gravy Garlic Whipped Potatoes Broccoli Wheat Dinner Roll Rice Krispie Treat Milk Margarine</p> <p>Cal: 556 Sodium: 898</p>	<p>Chicken Gumbo Cajun Rice Succotash Saltine Crackers Applesauce, 4.5 oz Milk</p> <p>Cal: 610 Sodium: 583</p>	<p>BBQ Pork Riblet Macaroni & Cheese Green Beans Whole Grain Hamburger Bun Peaches, 4.5 oz Milk Tossed Salad/Salad Dressing</p> <p>Cal: 813 Sodium: 1190</p>	<p>Egg Patty Florentine Parslied Potatoes Wheat English Muffin Pineapple Tidbits, 4.5 oz Milk Margarine</p> <p>Cal: 550 Sodium: 754</p>	<p>Rosemary Chicken Breast Lemon Rice Green Peas Carrots Chocolate Cake Milk</p> <p>Cal: 661 Sodium: 847</p>
11	12	13	14	15
<p>Honey Mustard Chicken Breas Potato Wedges Mixed Vegetable Blend Whole Grain Hamburger Bun Oatmeal Raisin Cookie Milk Ketchup</p> <p>Cal: 861 Sodium: 1116</p>	<p>Teriyaki Meatballs Coconut Rice Seasoned Edamame Japanese Vegetable Blend Milk Fortune Cookie</p> <p>Cal: 717 Sodium: 981</p>	<p>Tarragon Pork Loin Sweet Potatoes Green Beans w/Tomatoes Whole Wheat Bread Nutty Buddy Bar Milk Tossed Salad/Salad Dressing</p> <p>Cal: 722 Sodium: 635</p>	<p>Sloppy Joe Baked Beans Parslied Carrots Whole Grain Hamburger Bun Pineapple Tidbits, 4.5 oz Milk</p> <p>Cal: 793 Sodium: 972</p>	<p>Mozzarella Chicken Penne Pasta Tuscany Vegetable Blend Pears, 4.5 oz Rice Krispie Treat Milk</p> <p>Cal: 684 Sodium: 928</p>
18	19	20	21	22
<p>Swedish Meatballs Egg Noodles Green Peas Carrots Pears, 4.5 oz Milk</p> <p>Cal: 684 Sodium: 831</p>	<p>Cheese Omelet Hashbrowns French Toast Sticks (2) Peaches, 4.5 oz Milk Pancake Syrup</p> <p>Cal: 741 Sodium: 887</p>	<p>Pizza Casserole California Vegetable Blend Apple Juice, 6 oz Whole Wheat Bread Pineapple Cobbler Milk Margarine Tossed Salad/Salad Dressing</p> <p>Cal: 826 Sodium: 896</p>	<p>Creamy Chicken Marsala Whipped Potatoes Broccoli Wheat Dinner Roll Mandarin Oranges, 4.5 oz Milk</p> <p>Cal: 552 Sodium: 822</p>	<p><i>New!</i> Pork Fried Rice Whole Kernel Corn Asian Green Beans Applesauce, 4.5 oz Milk</p> <p>Cal: 590 Sodium: 899</p>
25	26	27	28	29
<p>Chicken Piccata Seasoned Pasta Spring Vegetable Blend Wheat Dinner Roll Butter Sugar Cookie Milk</p> <p>Cal: 616 Sodium: 876</p>	<p>Herb Crusted Pork Loin Scalloped Potatoes Green Beans Whole Wheat Bread Oreo Cookies Milk Margarine</p> <p>Cal: 628 Sodium: 544</p>	<p>Fajita Chicken Charro Beans Whole Wheat Tortilla Hot Peaches Milk Taco Sauce Tossed Salad/Salad Dressing</p> <p>Cal: 643 Sodium: 771</p>	<p>Stuffed Pepper Bake Parslied Rice Green Peas Carrots Pineapple Tidbits, 4.5 oz Milk</p> <p>Cal: 607 Sodium: 621</p>	<p>A-1 Chopped Steak Derby Potatoes Broccoli Wheat Dinner Roll Apple Juice, 6 oz Milk Margarine</p> <p>Cal: 626 Sodium: 679</p>

Veronica Gober MS RDN LD

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Area 9 Frozen Menu

June 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Honey Glazed Chicken Breast Whipped Sweet Potatoes Green Beans Wheat Dinner Roll Applesauce, 4.5 oz Milk Margarine Cal: 578 Sodium: 696	Bacon & Cheese Egg Patty (2) Hashbrowns Cinnamon Raisin Oatmeal Mandarin Oranges, 4.5 oz Milk Cal: 604 Sodium: 834	Spaghetti Bake Green Peas Saltine Crackers Apple Cobbler Milk Cranberry Juice, 4 oz (2) Tossed Salad/Salad Dressing Cal: 930 Sodium: 910	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 Cal: 894 Sodium: 1365
8	9	10	11	12
Smothered Garden Meatballs Penne Pasta Mixed Vegetable Blend Cauliflower Apple Juice, 6 oz Milk Cal: 564 Sodium: 637	Smoked Sausage with Onions and Peppers Potato Wedges Broccoli Whole Grain Hot Dog Bun Graham Crackers Milk Mustard Ketchup Cal: 857 Sodium: 1289	Jamaican Pork Parslied Rice Capri Vegetable Blend Hot Apple Raisin Compote Milk Tossed Salad/Salad Dressing Cal: 696 Sodium: 520	Breaded Chicken Country Corn Carrots Whole Grain Hamburger Bun Chocolate Chip Cookie Milk BBQ Sauce Cal: 832 Sodium: 1272	Chopped Steak <i>New!</i> with Horseradish Sauce Whipped Potatoes Green Bean Amandine Whole Wheat Bread Pears, 4.5 oz Milk Margarine Cal: 642 Sodium: 658
15	16	17	18	19
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Menus subject to change

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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*

