

# Café Chat

2021 September–October Newsletter

## Upcoming Events

### Drive-Thru Healthy Aging Expo

*September 16 from 11am to 1pm*

Drive-thru the Healthy Aging Expo at the Kuhlman Center in Richmond and receive lunch (first 200 to arrive), resources from businesses, and door prizes. More at [lifestreaminc.org/healthy-aging-expo](https://lifestreaminc.org/healthy-aging-expo).



### JOY (Just. Older. Youth) Games

*September 20–23 in Richmond*

LifeStream and its partners are hosting three days of activities for those 55+. Activities include pickle ball, 3 on 3 basketball, bingo, golf, and more. Register now at [lifestreaminc.org/games](https://lifestreaminc.org/games).



### LifeStream Live with Angie

*Every Thursday at 2pm on Facebook*

Tune in every Thursday at 2pm as Angie Jenkins, Outreach Coordinator, discusses various topics including upcoming events, wellness, nutrition, fraud/scam awareness, and more.

## Updates from Dana Pierce, Nutrition Administrator

Dear Café Participant:



I've been with LifeStream Services for nearly six years, and never have we been through as many changes during that time as we have in the past 17 months. I'm so thankful that we found ways to adapt and continue to provide food for people like you and all of those we serve in our community. It has been challenging, but so rewarding. We could not have made it happen without our dedicated volunteers and the staff who put the people we serve first and seamlessly adapted to the situation at hand by helping us switch to curbside distribution, delivered emergency food, and adhered to safety guidelines to keep the community safe. We also had a wonderful team of staff who checked in on at-risk clients and jumped in whenever possible to continue service.

Unfortunately, our attendance at our café locations has dropped during these challenging times. We are working on ways to help increase attendance including presenters and visits from LifeStream. We know things have been unusual in how we operate and to be honest, we have no idea how long these changes will last. We appreciate everyone's patience and willingness to work with us as we navigate together through this pandemic. We hope that you will stick with us and invite others to join us. It's such an honor and privilege to be able to give back to you and other older adults in our community!

Thank you,

Dana Pierce  
Nutrition Administrator

## 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 serve and help us serve more people in need. You will receive a letter in the mail requesting a donation 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 you can visit [lifestreaminc.org/nutrition](https://lifestreaminc.org/nutrition) to make a donation online.



800-589-1121

| [lifestreaminc.org](https://lifestreaminc.org)

| [facebook.com/lifestreamservices](https://facebook.com/lifestreamservices)

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## Volunteers are Making a Difference: *Gleaners Spotlight*

LifeStream Services partners with Gleaners Food Bank and Northside Church of God to provide fresh produce and shelf stable food for homebound seniors to supplement their home delivered meals twice per month. This program ensures the nutrition and safety of individuals at-risk, especially during the pandemic.

Volunteers are the backbone of this program. They gather on the second Wednesday of the month to unload and bag the food to be delivered to nearly 100 seniors in the Wayne County area.

Interested in volunteering? Visit [lifestreaminc.org/support/volunteer](http://lifestreaminc.org/support/volunteer) and apply today, or contact Laura Bray at 765-759-3372 or [lbray@lifestreaminc.org](mailto:lbray@lifestreaminc.org).



Volunteers like Kathy Wambo (left) and Kim Young (right) are essential in making this program possible.

LifeStream places an order with Gleaners every month for food to go into the bags. The food varies each month to offer variety.

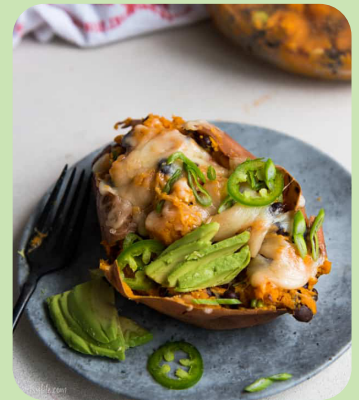


## What's Cooking? Twice Baked Sweet Potatoes

Cheesy, spicy twice baked sweet potatoes are a complete meal for one. So simple to throw together and stuffed with tasty when you're short on time or ingredients. Healthy and satisfying! Recipe can easily be adapted for serve more than one.

*Yield: 1*

*Calories: 506*



### Ingredients:

1 large sweet potato	1/2 tsp cumin
1/2 cup black beans, rinsed & drained	1/4 cup pepper jack cheese shredded
2 scallions, thinly sliced	1/2 avocado diced
1/2 tsp chipotle chili powder	Cilantro

### Directions:

1. Heat oven to 400 degrees. Poke holes all over the sweet potato with a fork. Bake directly on the oven rack for about 45 minutes or until soft.
2. Cut a slit in the potato and carefully scoop out the flesh, reserving the skin. In a small bowl mash sweet potato. Stir in black beans, scallions, chili powder, and cumin until well combined. Scoop the mixture back into the potato skin and top with shredded pepper jack cheese.
3. Place the potato on a baking sheet coated in foil. Put the potato back in the oven for 5 minutes, or until cheese melts.
4. Top with diced avocado and cilantro. Serve.

**Recipe Provided By: [BetsyLife.com](http://BetsyLife.com)**

# Hot Menu

## September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>TRIO</b> Community Meals an elior company</p>		1 <b>Beef Frito Pie</b> Whole Kernel Corn Brussels Sprouts Tortilla Chips Vanilla Pudding Margarine Dt: Diet Pudding Cal: 922 Sod: 853	2 <b>Sausage &amp; Eggs</b> <b>Country Gravy</b> Fiesta Potatoes Hot Pineapples Biscuit Orange Juice Cal: 725 Sod: 849	3 <b>Meatloaf w/Gravy</b> Whipped Potatoes Broccoli & Cauliflower Wheat Roll LD Oatmeal Creme Margarine Dt: SF Cookie Cal: 796 Sod: 762
6 CLOSED	7 <b>Swiss Style Steak</b> Whipped Potatoes Brussels Sprouts Wheat Bread Fresh Fruit Margarine Cal: 675 Sod: 565	8 <b>Chef Inspired</b> <b>Chkn/Sausg Jambalaya</b> Capri Blend Whole Kernel Corn Cornbread Fruited Gelatin Margarine Dt: Diet Gelatin Cal: 972 Sod: 1168	9 <b>Beef &amp; Noodles</b> Broccoli & Cauliflower Carrots Wheat Bread Pineapples Margarine Cal: 717 Sod: 880	10 <b>Breaded Fish</b> <b>Tartar Sauce</b> Fiesta Potatoes Green Peas Hamburger Bun Fudge Round Dt: Angel Food Cake Cal: 766 Sod: 983
13 <b>Ham &amp; Vegt Frittata</b> O'Brien Potatoes Spiced Apples Biscuit Grape Juice Margarine Cal: 721 Sod: 895	14 <b>Meatballs with Marinara Sauce</b> Italian Vegt Blend Red Bliss Potatoes Hoagie Bun LD Oatmeal Creme DT: SF Cookie Cal: 845 Sod: 1029	15 <b>Beef Patty</b> <b>Pepper &amp; Onion Gravy</b> Green Beans Glazed Beets Wheat Bread Fresh Fruit Margarine Cal: 651 Sod: 821	16 <b>Chicken Fettuccini</b> Green Peas Broccoli & Cauliflower Wheat Roll Coconut Cake Margarine Dt: Angel Food Cake Cal: 819 Sod: 777	17 <b>Sloppy Joe</b> Baked Beans Orange Juice Hamburger Bun Mixed Fruit Cobbler Dt: Mixed Fruit Cal: 955 Sod: 1198
20 <b>Hot Dog w/Chili</b> Baked Beans Coleslaw Hot Dog Bun Hot Spiced Apples Cal: 903 Sod: 1565	21 <b>Pork Roast</b> <b>Pork Gravy</b> Yams Spinach Wheat Roll Fruit & Grain Bar Margarine Cal: 762 Sod: 620	22 <b>Parmesan Chicken</b> Italian Vegt Blend Tossed Salad Penne Pasta Fresh Fruit Salad Dressing Cal: 690 Sod: 925	23 <b>A-1 Chopped Steak</b> Whipped Potatoes Green Beans Wheat Bread Pineapples Margarine Cal: 662 Sod: 625	24 <b>Tuna Noodle</b> <b>Au Gratin</b> Green Peas Sliced Carrots Wheat Bread Peaches Margarine Cal: 737 Sod: 904
27 <b>Chicken &amp; Rice</b> Whole Kernel Corn Green Beans Wheat Bread Star Crunch Margarine Dt: Graham Crackers Cal: 726 Sod: 660	28 <b>Hamburger</b> Baked Beans Lettuce & Tomato Hamburger Bun Hot Spiced Apples Ketchup Mustard Cal: 713 Sod: 828	29 <b>Chef Inspired</b> <b>Chicken Shawarma</b> <b>Poultry Gravy</b> Cabbage & Carrots Parslied Potatoes Wheat Bread Pineapples Cal: 733 Sod: 893	30 <b>Beef Spaghetti</b> Green Peas Broccoli Garlic Roll Fruit & Grain Bar Margarine Cal: 846 Sod: 1167	
Each Meal is Served with 1/2 Pint of 2% Milk				

Menus subject to change

# Picnic Menu

## September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>TRIO</b> Community Meals an elior company</p>		1 <b>Turkey &amp; Cheese</b> Lettuce & Tomato Carrifruit Salad Multigrain Bread Vanilla Pudding Dt: Diet Pudding  Cal: 629 Sod: 1116	2 <b>Seafood Salad</b> Pasta Salad Tossed Salad Saltine Crackers Orange Juice Ranch Dressing  Cal: 654 Sod: 979	3 <b>Chicken Salad</b> Marinated Cucumbers and Tomatoes Green Pea Salad Whole Wheat Bread LD Oatmeal Creme Dt: SF Cookie Cal: 749 Sod: 803
6 <b>CLOSED</b>	7 <b>Turkey Breast Swiss Cheese</b> Lettuce/Tomato/Onion Peach/Cott Cheese Hoagie Bun Fresh Fruit  Cal: 663 Sod: 1114	8 <b>Tuna Salad</b> Lettuce & Tomato Applesauce Multigrain Bread Fruited Gelatin Dt: Diet Gelatin  Cal: 611 Sod: 877	9 <b>Ham/Chkn Chef Salad</b> Fresh Fruit Saltine Crackers Pineapples Assorted Dressing  Cal: 562 Sod: 609	10 <b>Turkey Salad</b> Marinated Zucchini Black Bn/Barley Salad Whole Wheat Bread Fudge Round Dt: Angel Food Cake  Cal: 928 Sod: 651
13 <b>Chicken Salad</b> Pickled Beets Marin Tuscany Salad Whole Wheat Bread Grape Juice  Cal: 685 Sod: 873	14 <b>Tuna Salad</b> Applesauce Broccoli Raisin Salad Saltine Crackers LD Oatmeal Creme Dt: SF Cookie  Cal: 683 Sod: 821	15 <b>Chicken Chef Salad</b> Tri-Color Bean Salad Wheat Crackers Fresh Fruit Ranch Dressing  Cal: 636 Sod: 529	16 <b>Ham &amp; Swiss</b> Lettuce & Tomato Marinated Carrots Whole Wheat Bread Coconut Cake Dt: Angel Food Cake  Cal: 794 Sod: 1468	17 <b>Turkey &amp; Cheese</b> Lettuce & Tomato Potato Salad Hambruger Bun Mixed Fruit Cobbler Dt: Mixed Fruit  Cal: 770 Sod: 1155
20 <b>Turkey Breast Swiss Cheese</b> Lettuce & Tomato Carrifruit Salad Multigrain Bread Spiced Apples  Cal: 610 Sod: 925	21 <b>Seafood Salad</b> Macaroni Salad Tossed Salad Wheat Crackers Fruit & Grain Bar Ranch Dressing  Cal: 631 Sod: 1274	22 <b>Chicken Caesar Salad</b> Green Pea Salad Saltine Crackers Fresh Fruit  Cal: 726 Sod: 936	23 <b>Egg Salad</b> Lettuce & Tomato Calif Veg Salad Whole Wheat Bread Pineapples  Cal: 564 Sod: 783	24 <b>Breaded Chicken Ranch Dressing</b> Lettuce & Tomato Tri-Color Bean Salad Corn Tortilla Peaches  Cal: 724 Sod: 690
27 <b>Ham &amp; Swiss</b> Lettuce & Tomato Apple Confetti Coleslaw Whole Wheat Bread Star Crunch Dt: Graham Crackers  Cal: 704 Sod: 1185	28 <b>Egg Salad</b> Marinated Broccoli Carrot Raisin Salad Hambruger Bun Spiced Apples  Cal: 682 Sod: 1009	29 <b>Turkey Salad</b> Pickled Beets Green Pea Salad Whole Wheat Bread Pineapples  Cal: 755 Sod: 883	30 <b>Chicken Chef Salad</b> Marinated Cucumbers Saltine Crackers Fruit & Grain Bar Assorted Dressing  Cal: 559 Sod: 531	<b>Each Meal is Served with 1/2 Pint of 2% Milk</b>

Menus subject to change



# Hot Menu

## October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Cheese Omelet O'Brien Potatoes Hot Glazed Peaches Biscuit with Jelly Milk Orange Juice Margarine Cal: 652 Sodium: 893
4	5	6	7	8
<b>Hamburger</b> Baked Beans Lettuce & Tomato Hamburger Bun Hot Spiced Apples Milk Ketchup/Mustard Cal: 713 Sodium: 828	<b>Beef Noodle Skillet</b> Whipped Potatoes Pickled Beets Whole Wheat Bread Peach Crisp Milk Margarine Diet: Peaches Cal: 1011 Sodium: 1119	<b>Chicken Cacciatore</b> Green Peas Grape Juice Penne Pasta Pineapples Milk Cal: 627 Sodium: 627	<b>Sausage with Onions &amp; Peppers</b> Navy Beans Carrots Hot Dog Bun Fresh Orange Milk Cal: 673 Sodium: 1158	<b>Breaded Fish</b> Chuckwagon Corn Cabbage Whole Wheat Bread Blonde Brownie Milk Tartar Sauce Diet: Sugar-Free Cookie Cal: 890 Sodium: 1138
11	12	13	14	15
<b>Swiss Steak</b> Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Fruit Milk Margarine Cal: 634 Sodium: 520	<b>Turkey Breast w/Gravy</b> Yams Green Beans & Red Peppers Wheat Roll Pumpkin Bar Milk Margarine Diet: Graham Crackers Cal: 610 Sodium: 1196	<b>Pork Roast w/Gravy</b> Whole Kernel Corn Spinach Rye Bread Apple Cinnamon Bar Milk Margarine Cal: 670 Sodium: 505	<b>Oriental Shoyu Chicken</b> Japanese Vegetables Fresh Fruit Rice Pilaf Fudge Round Milk Margarine Diet: Angel Food Cake Cal: 700 Sodium: 809	<b>Sausage &amp; Eggs Country Gravy</b> Fiesta Potatoes Hot Spiced Pineapples Biscuit Orange Juice Cal: 655 Sodium: 814
18	19	20	21	22
<b>Chicken Pesto Rice</b> Whole Kernel Corn Green Beans Whole Wheat Bread Fresh Fruit Milk Margarine Cal: 645 Sodium: 428	<b>Beef Chili</b> Spinach Hot Spiced Apples Cornbread Marshmallow Cookie Milk Margarine Diet: Graham Crackers Cal: 974 Sodium: 1447	<b>Breaded Fish</b> Ranch Potatoes Carrots Hamburger Bun Star Crunch Milk Tartar Sauce Diet: Sugar-Free Cookie Cal: 763 Sodium: 1101	<b>Honey Mustard Chicken Cabbage</b> Herbed Green Peas Whole Wheat Bread Fruited Gelatin Milk Margarine Diet: Pineapples Cal: 571 Sodium: 896	<b>BBQ Pulled Pork</b> Baked Beans Coleslaw Hamburger Bun Mixed Fruit Cobbler Milk Diet: Mixed Fruit Cal: 937 Sodium: 894
25	26	27	28	29
<b>Italian Beef &amp; Rice</b> California Vegetables Navy Beans Whole Wheat Bread Applesauce Milk Margarine Cal: 702 Sodium: 958	<b>Chicken Brunswick Stew</b> Broccoli & Cauliflower Grape Juice Rice Pilaf Oatmeal Creme Cookie Milk Diet: Graham Crackers Cal: 795 Sodium: 814	<b>Omelet w/Spanish Sauce</b> Hashbrowns Hot Glazed Peaches Biscuit and Jelly Fig Bar Milk Margarine Diet: Sugar-Free Cookie Cal: 834 Sodium: 671	<b>Pork w/Pork Gravy</b> Whipped Potatoes Green Beans Multi-Grain Bread Apple Cinnamon Bar Milk Margarine Cal: 703 Sodium: 450	<b>Turkey Tetrazzini</b> Carrots Green Peas White Roll Fresh Fruit Milk Margarine Cal: 703 Sodium: 632

M. Ashman, RD (8-13-21)

Menus subject to change

# Picnic Menu

## October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				<b>Tuna Salad</b> Lettuce & Tomato Potato Salad Whole Wheat Bread Orange Juice Milk  Cal: 634 Sodium: 885
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Ham &amp; Swiss</b> Lettuce & Tomato Apple Confetti Coleslaw Whole Wheat Bread Hot Spiced Apples Milk  Cal: 647 Sodium: 1125	<b>Egg Salad</b> Marinated Broccoli Carrot Raisin Salad Hamburger Bun Peach Crisp Milk Diet: Peaches	<b>Turkey Salad</b> Pickled Beets Green Pea Salad Whole Wheat Bread Pineapples Milk	<b>Tuna Salad</b> Lettuce & Tomato Potato Salad Whole Wheat Bread Fresh Orange Milk	<b>Chicken Chef Salad</b> Marinated Cucumbers Saltine Crackers Blonde Brownie Milk Assorted Dressing Diet: Sugar-Free Cookie  Cal: 759 Sodium: 901
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Chicken Salad</b> Apple Confetti Coleslaw Marinated Carrots Whole Wheat Bread Fresh Fruit Milk  Cal: 864 Sodium: 978	<b>Ham and Chicken Chef Salad</b> Black Bean and Barley Salad Saltine Crackers Pumpkin Bar Milk Assorted Dressing Diet: Graham Crackers	<b>Tuna Salad</b> Fluffy Fruit Salad Marinated Zucchini Whole Wheat Bread Apple Cinnamon Bar Milk	<b>Breaded Ranch Chicken</b> Lettuce & Tomato Tri-Color Bean Salad Corn Tortilla Fudge Round Milk Diet: Angel Food Cake	<b>Turkey &amp; Cheese</b> Lettuce & Tomato Potato Salad Hamburger Bun Hot Spiced Pineapples Milk  Cal: 668 Sodium: 1076
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Ham &amp; Turkey Cheese</b> Lettuce & Tomato California Vegetable Salad Whole Wheat Bread Fresh Fruit Milk  Cal: 549 Sodium: 1137	<b>Chicken Caesar Salad</b> Tri-Color Bean Salad Saltine Crackers Marshmallow Cookie Milk Diet: Graham Crackers	<b>Turkey &amp; Cheese</b> Lettuce & Tomato Carrifruit Salad Multigrain Bread Star Crunch Milk Diet: Sugar-Free Cookie	<b>Seafood Salad</b> Pasta Salad Tossed Salad Saltine Crackers Fruited Gelatin Milk Diet: Pineapples Salad Dressing	<b>Chicken Salad</b> Marin Cukes and Tomatoes Green Pea Salad Whole Wheat Bread Mixed Fruit Cobbler Milk Diet: Mixed Fruit
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Egg Salad</b> Macaroni Salad California Vegetable Salad Whole Wheat Bread Applesauce Milk  Cal: 681 Sodium: 1016	<b>Turkey &amp; Cheese</b> Lettuce/Tomato/Onion Cottage Cheese and Peaches Hoagie Bun Oatmeal Creme Cookie Milk Diet: Graham Crackers	<b>Tuna Salad</b> Lettuce & Tomato Applesauce Multigrain Bread Fig Bar Milk	<b>Ham and Chicken Chef Salad</b> Fresh Fruit Saltine Crackers Apple Cinnamon Bar Milk Assorted Dressing Diet: Sugar-Free Cookie	<b>Turkey Salad</b> Marinated Zucchini Black Bean and Barley Salad Whole Wheat Bread Fresh Fruit Milk  Cal: 850 Sodium: 567