

# 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.

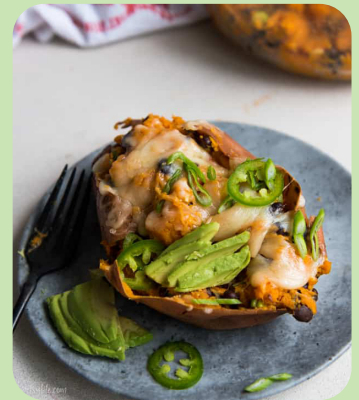


## What's Cooking? Twice Baked Sweet Potatoes

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)

# Area 9 Menu

## September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>TRIO</b> Community Meals an elior company</p>		<b>1 Chef Inspired</b> <b>Chicken Shawarma Poultry Gravy</b> Cabbage & Carrots Parslied Potatoes Wheat Bread  Pineapples Salad & Dressing Cal: 804 Sod: 1055	<b>2</b> <b>Beef Spaghetti</b> Green Peas Broccoli Garlic Roll Fruit & Grain Bar Margarine Cal: 846 Sod: 1167	<b>3</b> <b>Cheese Omelet</b> O'Brien Potatoes Spiced Peaches Biscuit Orange Juice Jelly Margarine Cal: 652 Sod: 898
	<b>6</b> <b>Beef Vegetable Stew</b> Broccoli & Cauliflower Biscuit Pear Cobbler Margarine Cal: 735 Sod: 752	<b>7</b> <b>Ham &amp; White Beans</b> Collard Greens Spiced Apples Cornbread Jelly Creme Cookie Margarine Cal: 900 Sod: 1328	<b>8</b> <b>Beef Tips w/Gravy</b> Whipped Potatoes Green Beans Multi-Grain Bread  Mandarin Oranges Margarine Salad & Dressing Cal: 736 Sod: 613	<b>9</b> <b>Oriental Shoyu Chkn</b> Zucchini & Tomatoes Orange Juice Rice Pilaf Blueberry Cake Margarine Cal: 984 Sod: 1388
<b>13</b> <b>Chicken Breast Cordon Bleu Sauce</b> Green Peas Glazed Carrots Wheat Bread  Mandarin Oranges Margarine Cal: 736 Sod: 1068	<b>14</b> <b>BBQ Pulled Pork</b> O'Brien Potatoes Spinach Hamburger Bun LD Choc Chip Creme Dt: Graham Crackers Cal: 737 Sod: 900	<b>15</b> <b>Beef Frito Pie</b> Whole Kernel Corn  Brussels Sprouts Tortilla Chips Fruit & Grain Bar Margarine Salad & Dressing Cal: 1005 Sod: 868	<b>16</b> <b>Sausage &amp; Eggs Country Gravy</b> Fiesta Potatoes Hot Pineapples Biscuit Orange Juice Cal: 725 Sod: 849	<b>17</b> <b>Meatloaf w/Gravy</b> Whipped Potatoes Broccoli & Cauliflower Wheat Roll LD Oatmeal Creme Margarine Cal: 796 Sod: 762
<b>20</b> <b>Turkey Breast Poultry Gravy</b> Whipped Swt Potatoes Green Bn/Red Peppers Rye Bread Star Crunch Margarine Cal: 620 Sod: 1142	<b>21</b> <b>Swiss Style Steak</b> Whipped Potatoes  Brussels Sprouts Wheat Bread  Mandarin Oranges Margarine Cal: 674 Sod: 574	<b>22 Chef Inspired</b> <b>Chkn/Sausg Jambalaya</b> Capri Blend Whole Kernel Corn Cornbread Fig Bar Salad & Dressing Margarine Cal: 1087 Sod: 1287	<b>23</b> <b>Beef &amp; Noodles</b> Broccoli & Cauliflower Carrots Wheat Bread  Pineapples Margarine Cal: 717 Sod: 880	<b>24</b> <b>Breaded Fish with Tartar Sauce</b> Fiesta Potatoes Green Peas Hamburger Bun Fudge Round Cal: 766 Sod: 983
<b>27</b> <b>Ham &amp; Vegt Frittata</b> O'Brien Potatoes Spiced Apples Biscuit Grape Juice Margarine Cal: 721 Sod: 895	<b>28</b> <b>Meatballs with Marinara Sauce</b> Italian Vegt Blend Red Bliss Potatoes Hoagie Bun LD Oatmeal Creme Cal: 845 Sod: 1029	<b>29</b> <b>Beef Patty w/Gravy</b> Green Beans Glazed Beets Wheat Bread  Applesauce Salad & Dressing Margarine Cal: 712 Sod: 985	<b>30</b> <b>Chicken Fettuccini</b> Green Peas Broccoli & Cauliflower Wheat Roll LD Strwbry Shortcake Margarine Cal: 911 Sod: 697	Each Meal is Served with 1/2 Pint of 2% Milk

Menus subject to change

# Area 9 Menu

## October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				<b>Sloppy Joe</b> Baked Beans Hamburger Bun Mixed Fruit Cobbler Milk Orange Juice  Cal: 955 Sodium: 1196
4	5	6	7	8
<b>Chili Hot Dog</b> Baked Beans Hot Dog Bun Hot Spiced Apples Milk Grape Juice  Cal: 925 Sodium: 1432	<b>Pork Roast w/Pork Gravy</b> Yams Spinach Wheat Dinner Roll Apple Cinnamon Bar Milk Margarine	<b>Parmesan Chicken</b> Penne Pasta Italian Vegetables Marshmallow Cookie Milk Apple Juice Tossed Green Salad Salad Dressing  Cal: 709 Sodium: 825	<b>A-1 Chopped Steak</b> Whipped Potatoes Green Beans Whole Wheat Bread Pineapples Milk Margarine	<b>Tuna Noodle Au Gratin</b> Green Peas Carrots Whole Wheat Bread Peaches Milk Margarine  Cal: 732 Sodium: 884
11	12	13	14	15
<b>Chicken and Rice Bake</b> Whole Kernel Corn Green Beans Whole Wheat Bread Star Crunch Cookie Milk Margarine  Cal: 685 Sodium: 617	<b>Hamburger Patty</b> Baked Beans Hamburger Bun Hot Spiced Apples Milk Grape Juice Mustard/Ketchup  Cal: 784 Sodium: 789	<b>Chicken Shawarma w/Gravy</b> Cabbage and Carrots Parslied Potatoes Whole Wheat Bread Pineapples Milk Margarine Tossed Green Salad Salad Dressing  Cal: 622 Sodium: 775	<b>Beef Spaghetti</b> Green Peas Broccoli Garlic Roll Apple Cinnamon Bar Milk Margarine  Cal: 846 Sodium: 1159	<b>Cheese Omelet</b> O'Brien Potatoes Biscuit Hot Glazed Peaches Biscuit Milk Orange Juice Assorted Jelly Margarine  Cal: 652 Sodium: 893
18	19	20	21	22
<b>Hamburger</b> Baked Beans Hamburger Bun Hot Spiced Apples Milk Orange Juice Ketchup/Mustard  Cal: 795 Sodium: 828	<b>Beef Noodle Skillet</b> Whipped Potatoes Whole Wheat Bread Peach Crisp Milk Apple Juice Margarine	<b>Chicken Cacciatore</b> Penne Pasta Green Peas Pineapples Milk Grape Juice Tossed Green Salad Salad Dressing  Cal: 665 Sodium: 674	<b>Sausage with Onions &amp; Peppers</b> Navy Beans Carrots Hot Dog Bun Chocolate Chip Crème Cookie Milk  Cal: 778 Sodium: 1253	<b>Breaded Fish</b> Chuckwagon Corn Cabbage Whole Wheat Bread Blonde Brownie Milk Tartar Sauce  Cal: 890 Sodium: 1138
25	26	27	28	29
<b>Swiss Steak</b> Whipped Potatoes Brussels Sprouts Multi-Grain Bread Pineapples Milk Margarine  Cal: 658 Sodium: 553	<b>Turkey Breast w/Gravy</b> Spiced Yams Green Beans w/Red Peppers Wheat Roll Pumpkin Bar Milk Margarine	<b>Pork Roast w/Pork Gravy</b> Whole Kernel Corn Spinach Multi-Grain Bread Apple Cinnamon Bar Milk Margarine Tossed Green Salad Salad Dressing  Cal: 728 Sodium: 557	<b>Oriental Shoyu Chicken</b> Rice Pilaf Broccoli Fudge Round Cookie Milk Grape Juice Margarine	<b>Sausage &amp; Eggs</b> Country Gravy Fiesta Potatoes Hot Spiced Pineapples Biscuit Milk Orange Juice  Cal: 655 Sodium: 814

