

MAY 2026

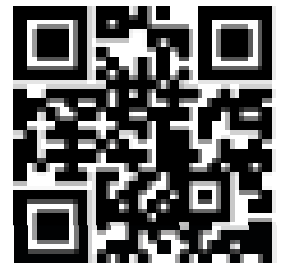
VOL. 02

SENIOR

Echoes



The Latest
**Volunteers are
Appreciated!!**



WWW.SENIORECHOES.COM



Dr. Mitch Fritz

Julie Stern

Dr. Adrienne Moen

Live Well

A CELEBRATION OF AGING

**Thursday,
May 21**



Lakewood
HEALTH SYSTEM

**CLC
Staples**

In its third year, Lakewood Health System is excited to host "Live Well: A Celebration of Aging" on Thursday, May 21 from 9 a.m. to 1:30 p.m. (doors open at 8 a.m.) at Central Lakes College in Staples. This event is an opportunity for older adults to hear from engaging and educational speakers on a variety of topics, as well as tour vendor booths, and network with others.

Speaking topics for this year's event include:

- "Peace of Mind: Prepaid Funeral Planning" with Julie Stern, Iten Funeral Home.
- "Waking up Wise: Sleeping and Aging" with Dr. Mitch Fritz, Lakewood Health System.
- "Movement is Medicine: Staying strong, steady, and independent as you age" with members of the

(Continued on page 3)

Live Well... (Continued)

- Twin Cities Orthopedics team and Dr. Adrienne Moen, Lakewood Health System.

Cost is \$15 per person.

Those interested in attending the event, should visit the below link to fill out the form and submit payment by May 15. You may also call Sarah at (218) 894-8579 to register.

Please note: If registered before May 15, a lunch is included in your purchase. If registered on or after May 15th, a lunch is not guaranteed.

[Visit the events page and register online](#)

[\(Continued on page 4\)](#)



Live Well

A CELEBRATION OF AGING

Lakewood HEALTH SYSTEM

Thursday, May 21, 2026
9 a.m. to 1:30 p.m.
(Doors open at 8 a.m.)

Central Lakes College
Staples Campus
1830 Airport Rd, Staples

EVENT SCHEDULE

8:00 a.m. Doors open

9:00 a.m. Welcome

9:05 a.m. **Peace of Mind:** Prepaid Funeral Planning with Julie Stern, Iten Funeral Home

9:50 a.m. Morning break

10:30 a.m. **Waking up Wise:** Sleeping and Aging with Dr. Mitch Fritz, Lakewood Health System

11:15 a.m. Lunch break

12:15 p.m. **Movement is Medicine:** Staying strong, steady, and independent as you age with members of the Twin Cities Orthopedics team & Dr. Adrienne Moen, Lakewood Health System

1:15 p.m. Closing & door prize winners

TICKETS

Individual tickets are \$15 each.
Please note: If registrations are received before May 15th, a lunch is included with your purchase. If registrations are received on or after May 15th, a lunch is not guaranteed. Early registration is encouraged since seating is limited. Registrations on the day of the event depend upon availability. Registration fees are non-refundable.

Register by mail:
Fill out an event registration form and return it with payment to:
Lakewood Health System
Attn: Live Well
49725 County 83
Staples, MN 56479

Register online:

- Go to the event's webpage at <https://bit.ly/4ccw6EC>.
- Scan the **QR code** to the right.
- Go to our website: www.lakewoodhealthsystem.com and click on Calendar at the top of the home page. Then select the event on May 21st.



Have questions?
Contact Sarah Winter at 218-894-8579 or sarahwinter@lakewoodhealthsystem.com

Live Well... (Continued)

Uncertain about registering online? Print and clip out the registration form below and send it via regular mail.



ATTENDEE REGISTRATION FORM

Registering by mail

- If registrations are received before May 15th, a lunch is included with your purchase. If registrations are received on or after May 15th, a lunch is not guaranteed.
- Lunch: Pulled pork sandwich, coleslaw, chips, and a cookie. *Vegetarian and gluten-free options are available.
- Registration fees are non-refundable.

Name _____
 Address _____
 City _____
 State _____ Zip _____
 Phone _____
 Email address _____

\$15 ATTENDEE REGISTRATION

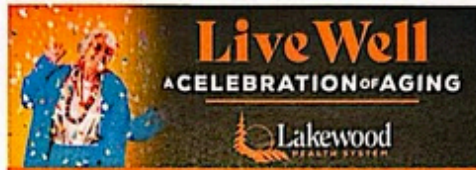
I prefer the following lunch:

- Regular lunch
 Gluten-free lunch
 Vegetarian lunch

- My payment payable to Lakewood Health System is enclosed.
 Please mail my receipt to the address above.
 Please email my receipt to the address above.

*Your receipt will serve as your registration ticket.

Mail this registration form to:
Lakewood Health System
 Attn: Live Well
 49725 County 83 | Staples, MN 56479



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 Address _____
 City _____
 State _____ Zip _____
 Phone _____
 Email address _____

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SENIOR **Echoes**

Living Well, Staying Connected



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Echoes...

A Note from the Editor

Volunteers matter...

Dear Reader,

Volunteers are often the quiet heartbeat of a community. They rarely ask for recognition, they don't usually seek attention, and many would probably shrug off praise by saying they are "just helping out." But the truth is, communities like ours would not function the same way without them.

Every day throughout our towns and counties, volunteers are delivering meals, organizing events, driving neighbors to appointments, serving at churches, helping at schools, supporting senior centers, assisting emergency organizations, visiting nursing homes, and stepping forward whenever there is a need. Many of these individuals are seniors themselves, continuing to give their time and energy long after retirement.

In a world that sometimes feels rushed and disconnected, volunteers remind us what community truly means.

One of the most beautiful things about volunteering is that it often goes far beyond the task itself. A delivered meal may also include a conversation that brightens someone's day. A volunteer driver may provide companionship during a difficult week. A person helping at a fundraiser or community dinner may be creating a sense of belonging for someone who otherwise feels alone.

These acts matter more than most people realize.

(Continued on page 7)

Echoes... (Continued)

For many seniors, especially those living alone, simple interactions can make a tremendous difference. Knowing someone cares enough to stop by, check in, or lend a helping hand provides comfort that cannot always be measured. Volunteers often become familiar faces that people look forward to seeing. Volunteering also benefits the volunteers themselves. Studies continue to show that people who remain socially active and engaged in meaningful activities often experience better emotional well-being, stronger social connections, and a greater sense of purpose. Having a reason to get involved, contribute, and connect with others helps strengthen both individuals and communities. Of course, volunteering does not always mean making a huge commitment. Sometimes it is helping with a single event, making a phone call to check on someone, baking bars for a fundraiser, reading to children, helping at church suppers, or simply offering kindness to a neighbor who needs encouragement. Small acts create big impacts. In rural communities especially, volunteers have always been part of

“Volunteering is not just giving time—it is giving hope, connection, and compassion.”

the foundation that holds things together. When someone needs help, people step forward. When organizations need support, community members answer the call. It is a tradition worth protecting and celebrating. As we move forward together, it is important to remember that volunteering is not just about giving time. It is about giving hope, compassion, dignity, and connection. It is about reminding one another that nobody has to face life's challenges alone. To every volunteer who quietly shows up day after day without expecting recognition—thank you. Your efforts matter. Your kindness matters. And the communities you help build are stronger because of you.

Warmly,
Karin Nauber— Co-Editor, Senior Echoes



SPECIAL THANK YOU
 The Todd County Council on Aging would like to extend a very special thank you to Magnifi Financial, Minnesota National Bank and the Clarissa Ballroom for their generous support of our Volunteer Recognition Dinner held on April 11.

Because of their kindness and community spirit, we were able to celebrate and honor the many volunteers who give so much of their time and hearts to helping others throughout Todd County. Their support helped make the evening welcoming, meaningful and enjoyable for everyone in attendance.

Volunteers are the heart of so many programs and services in our communities, and events like this remind them just how appreciated they truly are.

Thank you again to these wonderful sponsors for helping make this special event possible.

— Todd County Council on Aging





More than just fresh air: Why getting out this spring matters

A Senior Echoes Feature

by Karin L. Nauber

After a long Minnesota winter, there is something almost healing about opening the door and stepping outside into spring. The snow is finally gone, the days are longer, and little by little, life begins to wake up again. For many seniors, spring is more than just another season. It is a reminder that it is still important to get out, stay connected, and keep living life fully. During the winter months, it is easy to fall into routines that keep us indoors. Cold temperatures, icy sidewalks, and shorter days often mean less movement and fewer opportunities to visit with others.

By the time spring arrives, many people are feeling restless without even realizing it. That is why this time of year can be so important for both physical and emotional health.

“Fresh air, laughter, purpose, and connection still matter at every stage of life.”

Getting out does not have to mean taking a big trip or doing anything complicated.

(Continued on page 11)

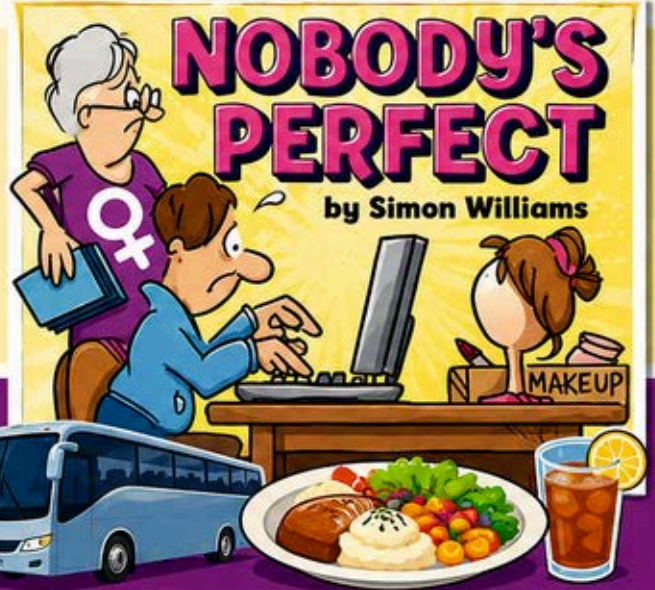
★ TODD COUNTY COUNCIL ON AGING - ★ ★ EAGLE BEND ECONOMIC DEVELOPMENT ★

Join us for a bus trip!

Trip includes bus, meal and ticket for \$78

Come enjoy a meal and
the comedy play

★ *Nobody's Perfect* ★
by the DayTrippers!



THURSDAY,
JUNE 18
MINNEAPOLIS • 1 P.M.



YOU MUST SIGN UP BY
MAY 31, 2026



CALL JANET UMLAND AT
218-924-2031

Sponsored by the Blandin Boost Grant • Caregiver Support by Horizon Health

M13

Save the Date!
TODD COUNTY
FAIR

Tradition. Community. Fun!



JUNE 25-28, 2026

Long Prairie, Minnesota

FOUR DAYS OF FAMILY FUN, FOOD, ENTERTAINMENT & MEMORIES! ★ MORE DETAILS COMING SOON!

Fresh Air (Continued)

Sometimes it is as simple as sitting outside with a cup of coffee in the morning sun, taking a short walk through town, attending a community dinner, or stopping by the senior center for conversation and activities. Those small moments matter more than people think.

Research continues to show that social connection and regular activity play a major role in healthy aging.



Spring also gives people a chance to rediscover hobbies and interests that may have been put aside during the winter months. Gardening, fishing, community events, church activities, volunteer work, card clubs, walking groups, and local celebrations all offer opportunities to reconnect with both the community and with ourselves. Many people find that simply having something to look forward to each week makes a difference.

For caregivers and family members, spring can also be a good reminder to encourage loved ones to stay engaged. Sometimes all it takes is a phone call, an invitation to lunch, or an offer to attend an event together.

(Continued on page 12)

*Getting
Out
This Spring*

Fresh air. Connection. Purpose.
Life is better when we
do it together.

Staying active helps with strength, balance, and energy, while staying connected with others helps reduce feelings of loneliness and isolation. Even a short visit with friends or neighbors can brighten a person's outlook for the entire day.

“Sometimes the best thing we can do for ourselves is open the door, step outside, and let life begin again.”

Fresh Air (Continued)

Those simple acts of inclusion can mean everything to someone who has spent too much time alone during the winter season.

Todd County communities offer many opportunities throughout the spring and summer months, from community meals and volunteer events to local fairs, music, libraries, parks, and senior center activities. There is no “right” way to enjoy spring. The important thing is simply finding reasons to step back into the world again.



After all, spring has always been a season of renewal. No matter our age, we still need fresh air, laughter, purpose, and connection. Sometimes the best thing we can do for ourselves is open the door, step outside, and let life begin again.

(Continued on page 13)

“Getting out does not have to mean going far. Even small moments outside can brighten an entire day.”



Fresh Air (Continued)



“A short walk, a shared meal, or a visit with friends can do more for the heart than people realize.”

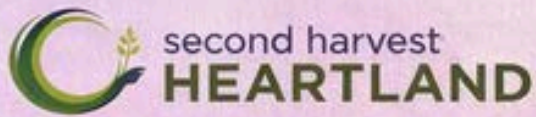
Why it's important to get out this spring

- Encourages better physical health and mobility
- Helps improve balance and strength
- Reduces feelings of loneliness and isolation
- Boosts mood and emotional well-being
- Provides opportunities for social connection
- Helps keep the mind active and engaged
- Encourages healthier sleep patterns
- Gives people something to look forward to
- Increases energy and motivation
- Helps reduce stress and anxiety
- Encourages participation in community life
- Supports independence and confidence
- Fresh air and sunshine can improve overall wellness
- Creates opportunities to reconnect with hobbies and interests
- Reminds people they are still an important part of the community

NAPS

NAPS pickup takes place on the 4th Monday of the month at the Clarissa City Hall from 1-4 p.m.

Not sure if you qualify, come down and fill out the form!



Income Eligibility Guidelines

Commodity Supplemental Food Program



Maximum allowable gross income standards - **150%** of Federal Poverty Guidelines

Household Size	Annually	Monthly	Weekly
1	\$23,940	\$1,995	\$461
2	\$32,460	\$2,705	\$625
3	\$40,980	\$3,415	\$789
4	\$49,500	\$4,125	\$952
5	\$58,020	\$4,835	\$1,116
6	\$66,540	\$5,545	\$1,280
7	\$75,060	\$6,255	\$1,444
Each Additional Member	\$83,580 +\$8,250	\$6,965 +\$710	\$1,603 +\$164

Call for more information: 651-401-1411 or 866-844-3663

Age Eligibility: Born before 1966 or Birthday is today or before current date

Please use these income guidelines in conjunction with dual-eligibility program guidelines.



CAREGIVER Support Group

Todd County/Eagle Bend

Caring for loved ones is a big job—let us care for you, too.

- 📍 Hilltop Regional Kitchen
131 Park Ave. NW, Eagle Bend
- 📅 **2nd Thursday of each month**
- 🕒 4:00 – 5:00 p.m.
- 🍽️ Dinner optional if you signed up

Register to attend:

☎️ 320-468-6451 or email:
✉️ FIA@horizonhealthservices.com

Sign up for the optional dinner:

☎️ 218-248-7600



Being a caregiver can be rewarding—and exhausting.

You don't have to do it alone.

Join us each month for an uplifting and informative session designed to support you in your caregiving journey.

Together we'll share practical tips, explore mental health resources, and connect with others who understand the challenges of caregiving.

Each session is led by Jurnee Bruggenthies, Faith in Action Senior Resources Director at Horizon Health.

Jurnee is passionate about walking alongside caregivers and those facing memory challenges, offering encouragement and tools to help lighten the load.



Funded under contract with the Central MN Council on Aging as part of the Older Americans Act Program.



www.horizonhealthservices.org



PEARLS

PEARLS helps individuals lead more active and rewarding lives.

Contact:

Faith In Action Coordinator
Horizon Health, Inc
fia@horizonhealthservices.com
320-468-6451

Scan to
learn more!



Events sponsored through grants from CMCOA via Horizon Health

FOOD SHELF

Neighbors Helping Neighbors



Bertha

218-924-2930
or 218-924-2085



Fourth Monday of the Month
9-12 p.m.



New Life Church of God



Browerville 320-266-8863



Wednesday 10-12 & 1-3 p.m.



Old City Hall *(across from Christ the King)*



Long Prairie 320-732-0979
or 320-732-6356



Wednesday & Friday 9-11:30 a.m.



127 Central Avenue



Staples 218-894-1935



Monday & Tuesday 2-4 p.m.

Fourth Thursday of the Month 5-7 p.m.



402 Wisconsin Ave. S.E.



FOOD ♥ HOPE ♥ COMMUNITY

Together we can make a difference.



2026 OFFICERS AND DELEGATES OF THE TODD COUNTY COUNCIL ON AGING

OFFICERS:

President: Teresa Sorenson

Vice President: Judy Petrie

Secretary: Virginia Axel

Treasurer: Janet Umland

SENIOR ECHOES STAFF:

Composer/Typist: Karin Nauber

Editor: Karin Nauber

Publisher/Coordinator: Verna Toenyan

**Todd County events and resources may be found at www.co.todd.mn.us
and on Facebook.**

**Check out HILLTOP Kitchen Facebook and Todd County Council on Aging
Facebook pages for senior center activities and information for the
HILLTOP REGIONAL KITCHEN.**

New Facebook page – Hilltop Regional Housing Campus

Senior Centers may email event flyers to: toenyanverna@gmail.com

**ALL INFORMATION TO BE PUBLISHED IS DUE THE 2ND FRIDAY OF EACH
MONTH**

2025 DELEGATES

Bertha: Janet Umland

Browerville: Elaine Duncan, Kathy Lucas, Connie Cebulla, Sev Blenkush

Clarissa: Ardell Fedra

Eagle Bend: Diane Stoterau

**Grey Eagle: Carolyn Ilgen, Carol Johnson, Marv Johnson, Elaine Mathias,
Evelyn Budde**

Long Prairie: Teresa Sorenson, Judy Petrie, Virginia Axel

Staples:

Mr. and Mrs. Brown had two sons. One was named Mind Your Own Business & the other was named Trouble. One day the two boys decided to play hide and seek. Trouble hid while Mind Your Own Business counted to one hundred. Mind Your Own Business began looking for his brother behind garbage cans and bushes. Then he started looking in and under cars until a police man approached him and asked, "What are you doing?" "Playing a game," the boy replied. "What is your name?" the officer questioned. "Mind Your Own Business." Furious the policeman inquired, "Are you looking for trouble?!" The boy replied, "Why, yes."

Q: Why couldn't the leopard play hide and seek? A: Because he was always spotted.

Q: What happens to a frog's car when it breaks down? A: It gets toad away.

There was an elderly couple who in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget. They went home and the old lady told her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, I can remember that you want a bowl of ice cream." She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him, and again he said, "No, no, I can remember: you want a bowl of ice cream with whipped cream." Then the old lady said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top." So he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon. The old wife stares at the plate for a moment, then looks at her husband and asks, "Where's the toast?"



JUST FOR FUN

Down

Across

- 1 Wagner soprano
- 5 Asian sea name
- 9 Bon ___ (witticism)
- 12 Squire
- 13 Prima donna
- 14 Curtain type
- 16 Laid up
- 18 Bout of indulgence
- 20 Popular fashion magazine
- 21 She might be a grand one
- 23 Conjure up
- 26 Item in a bucket
- 27 Cultural doings
- 28 Furuncle
- 29 Bank deposit
- 30 Very slim margin
- 31 Dolce far niente
- 34 Psyches
- 36 Bishop's jurisdiction
- 37 Quick bread
- 39 Away from the bow
- 42 Miscalculate
- 43 Willing to comply
- 45 British submachine gun
- 48 Distort
- 50 Some queens
- 51 Ping-___
- 52 Bank offering, for short
- 53 Type of potato
- 55 Call before a court
- 57 Prefix with space
- 58 Disdain
- 59 Creative thinker
- 64 Bricklayers' equipment
- 65 Like some dorms
- 66 Arrangement holder
- 67 Vietnamese New Year
- 68 Barley beards
- 69 Suffix with towel

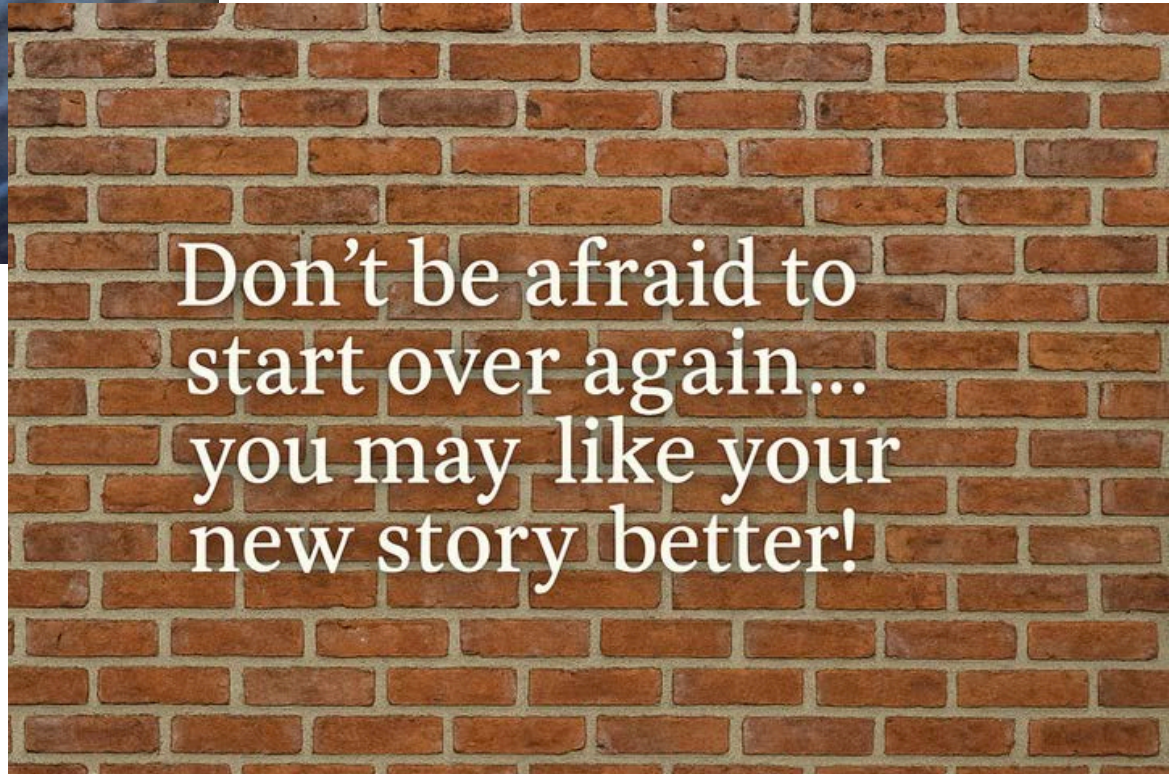
- 1 Outward flow
- 2 Lighthouse Harry or Richard Henry
- 3 Needing a lift
- 4 Halo
- 5 Confuse
- 6 Get carried away?
- 7 Forum greeting
- 8 Michael of "Bonanza"
- 9 Catchall category (Abbr.)
- 10 Like Annie and Oliver
- 11 Dangerous job
- 15 Egg holders
- 17 Breed
- 19 To be, to Tiberius
- 22 "Rabbit" series author
- 23 Wood stork
- 24 Lymph bump
- 25 Loathsome
- 26 The eyes have it
- 29 J.F.K. sight, once
- 32 Neighbor of Swed.
- 33 Insect of the order Dermaptera
- 35 Trophy locale
- 38 Band aid?
- 39 Five dollar notes, in slang
- 40 Make tracks
- 41 Reason to cram
- 42 Fencing call
- 44 Pardon
- 45 Healthful retreats
- 46 Olympic light
- 47 Implant deeply
- 49 Ointment used in treating bruises
- 53 Swamp plants
- 54 Web browser entry
- 56 M.I.T. part (Abbr.)
- 57 Egyptian solar deity
- 60 "On the double!"
- 61 Chow down
- 62 Chi hrs.
- 63 Informal wear

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	64					65					66			
		67				68					69			



If you have ideas or photos you would like to see included in the next issue, please get them to Verna or Karin by the 25th of each month!

Below: This month's cover photo: People of all ages gathered at the Hilltop Region Kitchen on Friday, April 3 to fill Easter eggs with candy and other goodies for the annual Easter Egg hunt in the city of Eagle Bend.



Don't be afraid to start over again... you may like your new story better!



You Local Center Welcomes You!

Long Prairie



May 

LONG PRAIRIE SENIOR CENTER

TUESDAY	WEDNESDAY	THURSDAY
12 Crafts with Wrosie Legal Aid by appointment	13 Foot care by appt.	14 Grieving with Grace 10:30
19 Crafts With Rosie	20 Picnic At noon! (See note)	21 Literary @ 1:30
26 Crafts With Rosie	27 Foot Care by appt.	28 Meeting and potluck at 11:15

Wednesday the 20th
Picnic at the center
Sign-up sheet at the
Senior Center

Let's celebrate the
WARMER weather!

LONG PRAIRIE Senior Center
50 3rd St. N. Long Prairie, 56347

✉ EMAIL: LPseniorcenter@gmail.com ☎ Phone: 320-732-2282
 📱 Facebook: L.P. Senior Center 🕒 TUESDAY - THURSDAY: 10 - 3PM

You Local Center Welcomes You!

Clarissa and Browerville



Happenings in Clarissa

Friday, May 15

11:30 a.m. - 1 p.m.

Roast Beef Dinner and
mashed potatoes

Happenings in Browerville

Thursday, May 21

Bingo at 1 p.m. at the

Browerville Community Center

Also on June 4 and June 18 same

time and place!



Nourishing Our Community, One Meal at a Time

Serving seniors and families across Todd County
and surrounding communities.



- ✓ Hot, Nutritious Meals
Delivered to Seniors
- ✓ Community Dining
in Eagle Bend
- ✓ Convenient Frozen Meals
Delivered Throughout the Region

At Hilltop Regional Kitchen, we are dedicated to supporting the health and well-being of our community through nutritious, affordable meals and meaningful connection.

From our location in Eagle Bend, we prepare and provide meals to multiple communities throughout the region—ensuring that seniors and residents have access to the nourishment they need.

Join us for a meal or learn more about our services

Hilltop Regional Kitchen

131 Park Ave NW

Eagle Bend, MN

Phone: (218) 248-7600


Email: hilltopregionalkitchen@gmail.com



*Suggested meal donations available for those 60+ *+**

You Local Center Welcomes You!

Eagle Bend

May 2026			 Lutheran Social Service of Minnesota	Friday, May 1	
LSS Meals Older Adult Traditional Menu				Cheese Egg Bake	
			Herb Diced Potatoes		
			Peas & Carrots		
			Dinner Roll & Margarine		
			Chocolate Chip Cookie		
			1% Milk		
Monday, May 4	Tuesday, May 5	Wednesday, May 6	Thursday, May 7	Friday, May 8	
Country Fried Chicken	Beef Cabbage Bake	Oven Roasted Turkey	Beef Goulash	Baked Pork Chop	
Cream Gravy	Sliced Carrots	Turkey Gravy	Mixed Vegetables	Pork Gravy	
Mashed Potatoes	Cranberry Pear Sauce	Mashed Potatoes	Pumpkin Bar	Scalloped Potatoes	
Green Peas		Whole Kernel Corn		Diced Carrots	
Wheat Bread & Margarine	Margarine	Wheat Bread & Margarine		Wheat Bread & Margarine	
Sugar Cookie	Dinner Roll	Gingersnap Cookie	Dinner Roll & Margarine	Oatmeal Raisin Cookie	
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Monday, May 11	Tuesday, May 12	Wednesday, May 13	Thursday, May 14	Friday, May 15	
Tuna Noodle Casserole	Cheese Ravioli	Salisbury Steak	Tater Tot Hotdish	Chicken Cordon Bleu	
Green Beans	Marinara Sauce	Mashed Potatoes	Whole Kernel Corn	Sliced Carrots	
Hot Spiced Peaches	Country Vegetable Blend	Brown Gravy	Apple Crisp	Rice Pilaf	
	Fruit Crumble	Green Beans		Applesauce Cup	
Dinner Roll & Margarine	Dinner Roll	Dinner Roll & Margarine	Wheat Bread	Wheat Dinner Roll	
Vanilla Pudding/topping	Margarine	Vanilla Wafers	Margarine	Margarine	
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Monday, May 18	Tuesday, May 19	Wednesday, May 20	Thursday, May 21	Friday, May 22	
BBQ Chicken Breast	Swedish Meatballs	Pork Roast	Chicken Alfredo	Blueberry Pancakes	
Scalloped Potatoes	Mashed Potatoes	Pork Gravy	Peas & Carrots	Egg Patty	
Green Peas	Brown Gravy	Candied Yams	Hot Spiced Apples	Red Diced Potatoes	
	Mixed Vegetables	Green Beans		Diced Peach Cup	
Wheat Bread & Margarine	Dinner Roll & Margarine	Wheat Bread & Margarine			
Brownie	Chocolate Chip Cookie	Vanilla Pudding/topping	Dinner Roll & Margarine	Margarine & Syrup	
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Monday, May 25	Tuesday, May 26	Wednesday, May 27	Thursday, May 28	Friday, May 29	
Holiday	Diced Turkey & Gravy	Meatloaf	Chicken Broccoli Rice Casserole	Potato Crunch Fish Fillet	
	Mashed Potatoes	Baked Potato	Sliced Carrots	Mashed Sweet Potatoes	
	Stuffing	Broccoli	Peach Crisp	Mixed Vegetables	
	Whole Kernel Corn	Applesauce Cup		Wheat Dinner Roll	
	Diced Peach Cup	Wheat Bread	Dinner Roll	Margarine & Tartar Sauce	
	Dinner Roll & Margarine	Margarine & Sour Cream	Margarine	Snickerdoodle Cookie	
	1% Milk	1% Milk	1% Milk	1% Milk	
This service is funded in part by a contract from the Area Agency on Aging funding from the Federal Older Americans Act through the Minnesota Board on Aging. Additional funds are provided by the State of Minnesota, United Way, local communities and older adult contributions.				Menu is subject to change.	
The posted menu is for a traditional diet. Diabetic friendly, reduced sodium and fat restricted diet menus are available upon request. The traditional menu provides an average of 700-800 calories per meal.				Approved by: Nicole Crouch, MS, RD SNAP or EBT payment accepted.	
If you are interested in learning about the Supplemental Nutrition Assistance Program (SNAP), please call 800.488.4146.					

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Eating Well for a Healthier You



A Senior Echoes Feature *by Karin L. Nauber*

Healthy eating doesn't have to be complicated—and it certainly doesn't mean giving up the foods you love. As we get older, our bodies change. We may need fewer calories, but the nutrients we take in become even more important. The good news is that small, thoughtful choices each day can make a big difference in how we feel, our energy levels, and our overall health.

🌱 Focus on Nutrient-Rich Foods
Instead of worrying about strict diets, focus on foods that give your body what it needs.

Try to include:

- Colorful fruits and vegetables
- Lean proteins like chicken, fish, eggs, or beans
- Whole grains such as oatmeal, brown rice, or whole wheat bread
- Healthy fats like nuts, seeds, and olive oil

(Continued on page 27)

Eating Well (Continued)



“Healthy eating doesn’t have to be complicated—and it doesn’t mean giving up the foods you love.”

These foods help support heart health, brain function, and strong muscles.

💧 Stay Hydrated

Many people don’t realize that as we age, we may not feel thirsty as often—even when our body needs fluids.

Make it a habit to:

- Drink water throughout the day
- Include soups, fruits, and vegetables with high water content
- Limit sugary drinks and excessive caffeine

Staying hydrated helps with digestion, energy, and even joint health.

🍴 Watch Portion Sizes

You don’t necessarily need to eat less—you just need to eat smart.

Pay attention to portion sizes and listen to your body. Eating smaller, balanced meals throughout the day can help maintain steady energy levels and prevent overeating.

🧂 Reduce Salt and Added Sugar

Too much salt and sugar can affect blood pressure, heart health, and energy levels.

Simple changes can help:

- Choose fresh or minimally processed foods
- Use herbs and spices instead of salt
- Check labels for hidden sugars

(Continued on page 28)

Eating Well (Continued)

Even small reductions can have long-term benefits.

🧠 Eat for Brain Health

Certain foods can help support memory and cognitive function.

Consider adding:

- Leafy greens like spinach and kale
- Berries
- Fish rich in omega-3 fatty acids
- Nuts and seeds

These foods can help keep your mind sharp and support long-term brain health.

💛 Make Mealtime Enjoyable

Healthy eating isn't just about what's on your plate—it's also about the experience.

Whenever possible:

- Share meals with friends or family
- Take your time and enjoy your food
- Try new recipes and flavors

Food should be something you look forward to, not something you stress about.

🌿 A Simple Reminder

Healthy eating isn't about perfection. It's about making better choices more often than not—and giving your body the support it needs to keep doing the things you love.

Every meal is another opportunity to take care of yourself
And it's never too late to start.

“Every meal is another opportunity to take care of yourself.”

It can also be helpful to plan meals ahead of time. Keeping simple, healthy ingredients on hand makes it easier to make good choices without extra effort. Preparing a few meals in advance or having go-to options can reduce stress and save time during the week.

(Continued on page 29)



Build a Healthy Plate

A simple way to eat well at every meal:

½ Your Plate: Fruits & Vegetables

Fill half your plate with colorful fruits and vegetables.

Fresh, frozen, or canned (low sodium) all work.

¼ Your Plate: Lean Protein

Choose foods like chicken, fish, eggs, beans, or nuts.

These help keep your muscles strong.

¼ Your Plate: Whole Grains

Opt for brown rice, oatmeal, or whole wheat bread.

They provide lasting energy and fiber.

Add Dairy or Calcium-Rich Foods

Milk, yogurt, cheese, or fortified alternatives help support bone health.

Don't Forget Water

Drink water with your meal to stay hydrated.

Simple Tip

Start with small changes—add one extra vegetable or swap white bread for whole grain. Every step counts.

Healthy eating doesn't have to be complicated—it just needs to be consistent and realistic for your daily life.

Recipes for Your Enjoyment

These recipes were submitted by Verna Toenyan in honor of these ladies. Enjoy!

See recipes on next page!



Things to Make and Bake

Carrot Craisin Pineapple Salad

3 c grated carrots
1 c craisins, slightly boiled
1 sm can crushed pineapple (drained)
½ c chopped celery

Mix all ingredients; sprinkle with 2 packages Sweet-n-Low (or sugar) and mix well again.

Add a 1 tablespoon light mayonnaise; mix well together. Cover; refrigerate until time to serve.

—**Deanna Denny, Eagle Bend**

Family Picnic Salad

1 can kidney beans, rinsed and drained

1 can white corn, drained

1 lg zucchini, chopped

1 medium cucumber, chopped

1 lg tomato, chopped

1 lg green pepper, chopped

Family Picnic Salad (cont.)

1 medium red onion, chopped

6 green onions, chopped

1 can 3.8 oz sliced ripe olives

1 c Catalina salad dressing

Toss. Stir in 1½ c shredded cheddar cheese.

Right before serving, add 1½ c corn chips.

Any fresh garden vegetables can be added or omitted.

—**Deanna Denny, Eagle Bend**

Chocolate Mint Brownies

1 stick butter – room temperature

1 c sugar

4 eggs – add one at a time

1 c flour

1 can Hershey's Chocolate Syrup

Mix well and pour into greased jelly roll pan.

Bake at 350° 15–20 minutes. Cool.

Mint Layer:

1 stick butter, softened

3 c powdered sugar

¾ tsp mint flavoring

Green food coloring

Chocolate Frosting:

1 stick butter, melted

Add: 1½ c chocolate chips, heat until melted

Pour over mint layer, top with nuts

(I like to cool mint-flavored layer in fridge before frosting)

—**Loretta Johnson, Clarissa**

Candied Almonds

Heat in small cast iron fry pan till liquified:

2 tablespoons sugar

Add ½ c slivered almonds

Stir till coated and lightly browned

Put nuts on plate to cool, then break apart.

—**Ione Krause, Long Prairie**

Recipes (Continued)

Oil Cole Slaw Dressing

1 c sugar

½ c oil

1 c white vinegar

½ to 1 tsp celery seed

½ tsp salt

½ c chopped onion

Put all ingredients into a blender and mix for 3–4 minutes.

Store in refrigerator.

French Dressing

1 c catsup

1 tsp garlic salt

1 tsp pepper

1 c corn oil

1 small onion, cut up

¼ c vinegar

Juice of 1 lemon

1 c sugar

½ tsp chili powder

¼ tsp paprika

Put all ingredients in a blender and mix until well blended.

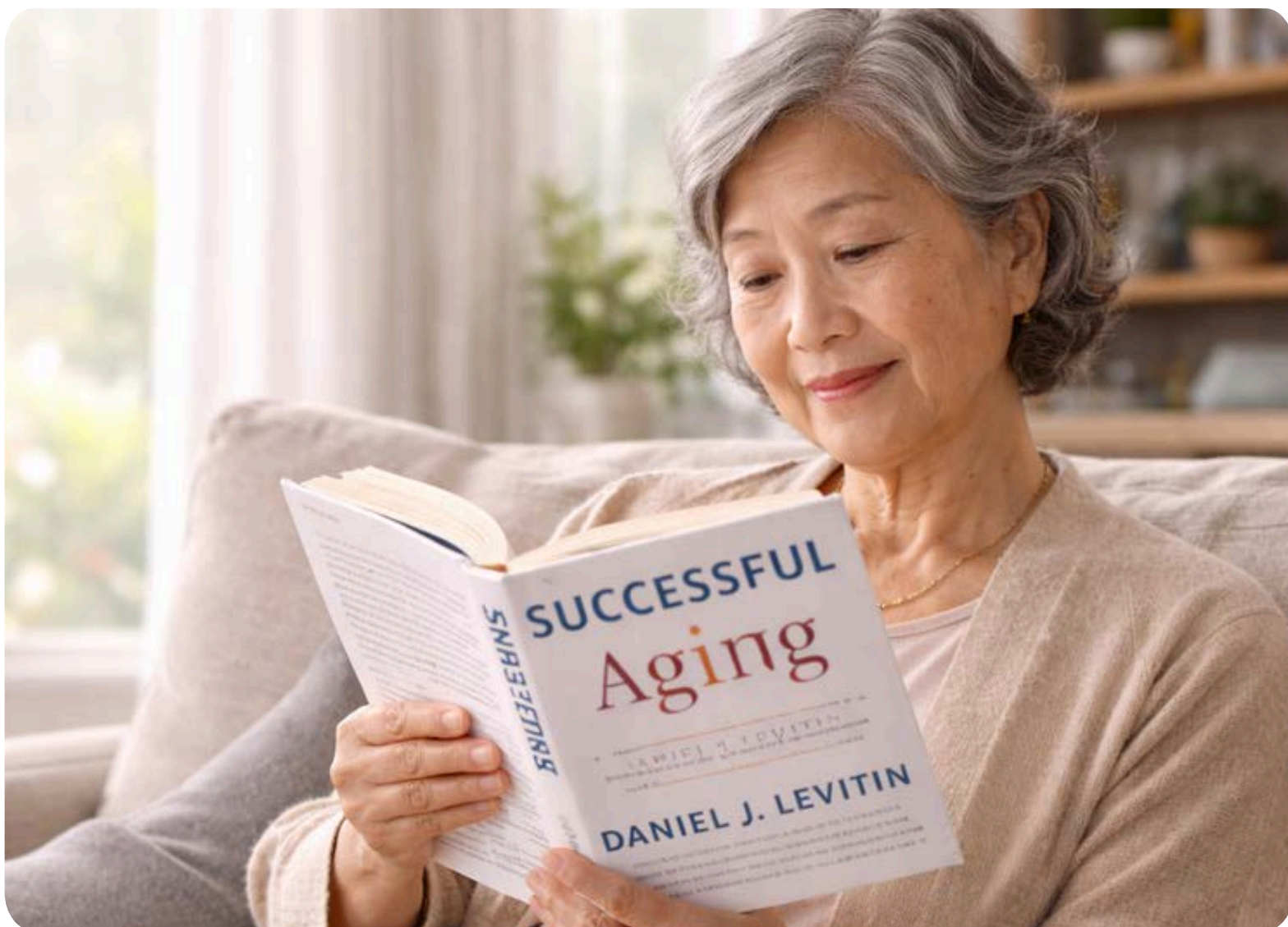
Makes 1 quart.

A family favorite. For variation, try mixing ½ part French Dressing with ½ part Miracle Whip for pasta salads.

—Ione Krause, Long Prairie



Books that Inspire at any Stage of Life



Reading offers more than entertainment—it keeps the mind active, improves memory, and provides a sense of calm and focus. Whether it’s a favorite novel, a memoir, or a daily newspaper, reading helps us stay connected to ideas, stories, and the world around us while giving us a quiet moment just for ourselves.

The Swedish Art of Aging Exuberantly – Magareta Magnusson

A light, witty, and honest look at aging with humor and perspective.

This book encourages readers to embrace life fully—no matter their age—with a refreshing, no-nonsense attitude about growing older.

(Continued on page 33)

Books (Continued)

Becoming — Michelle Obama

A powerful and inspiring memoir about resilience, identity, and life's journey.

Widely recommended for book clubs and meaningful discussion.

👉 **Why it's great:**

Relatable, motivating, and filled with real-life lessons across generations.

“Your story is always unfolding—and who you are becoming matters more than who you've been.”



Why These Books

These books matter because they offer more than just stories—they offer perspective, encouragement, and a reminder that life continues to grow and evolve at every stage. Each one speaks to resilience, purpose, and the value of lived experience. For seniors, they provide both reflection and inspiration, showing that aging is not an ending, but a new chapter filled with possibility. Whether through science, humor, or personal journey, these books help readers feel seen, understood, and empowered to continue learning, growing, and embracing the life they have with confidence and curiosity.

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