

JULY 2026

VOL. 04

# SENIOR

Echoes



The Latest  
**Todd County  
Fair Events  
Rock**

See more on page 2





[www.seniorechoes.com](http://www.seniorechoes.com)

Visit us on our website  
and see the back issues  
since April 2026

# About Our Cover Photo



Todd County Sheriff Deputy Josh Anderson addressed the crowd about scams and other ways to protect yourself in today's fast paced world. This page is filled with our tribute to the TCCA events at the Todd County Fair this past June.



# SENIOR Echoes

Living Well, Staying Connected



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# Echoes...

A Note from the Editor

## It's never too late . . .

Dear Reader,

There's something about July that just feels hopeful.

Maybe it's the warmth of the sun, gardens in full bloom, or the sounds of children laughing somewhere in the neighborhood. Summer has a way of reminding us to slow down a little and appreciate the moments that often pass us by.

As I sat down to write this month's editorial, I found myself thinking about how easy it is to believe that our greatest adventures are behind us. Society has a funny way of telling us that once we reach a certain age, we're supposed to settle into a predictable routine and simply watch life happen around us.

I don't believe that's true.

Just a few weeks ago, I packed up my life, said goodbye to the community I'd called home for decades, and moved halfway around the world to Phnom Penh, Cambodia. If you had told me a year ago that this is where I'd be writing this editorial, I probably would have laughed.

(Continued on page 5)

## Echoes... (Continued)

Was it scary? Absolutely.

Was it worth it? Without question.

One of the greatest gifts that comes with growing older is perspective. We learn that courage isn't the absence of fear—it's deciding that something else is more important than the fear itself. We discover that it's never too late to learn something new, meet new people, or begin another chapter.

That doesn't mean everyone needs to move across the world. In fact, for most of us, the next adventure is much closer to home. It might be taking that day trip you've talked about for years, joining a book club, planting a new flower bed, volunteering, reconnecting with an old friend, or finally saying yes to something you've always wanted to try.

Life doesn't stop offering opportunities just because we've celebrated more birthdays. If anything, we become better equipped to appreciate them. This month, I hope you'll give yourself permission to embrace whatever adventure is waiting for you. It doesn't have to be big or dramatic. Sometimes the smallest steps lead to the most meaningful memories.

Thank you for continuing to spend a little time with us each month here in Senior Echoes. Whether you're reading from your favorite chair, your porch swing, a lake cabin, or somewhere you've never been before, I hope this July brings you moments of joy, peace, and perhaps even a little courage to write the next chapter of your own story.

After all, some of life's best adventures don't begin until we think they're supposed to be over.





## 2026 Minnesota Comprehensive Aging Survey

### Help shape services for older adults in Minnesota!

The 2026 Minnesota Comprehensive Aging Survey is a statewide effort to better understand the experiences and needs of Minnesotans aged 60 and older. The Minnesota Department of Human Services and Minnesota Board on Aging are working with Vital Research, an independent research company, to run this survey. Your answers will help the state improve services and supports for you and your community.

### Who can take the survey? Will my answers be private?

You can take the survey if you are 60 or older and live in Minnesota for at least six months of the year. The survey is optional and takes about 20 minutes. Your answers are private and will not be connected to your name. Taking the survey will not change services or care you receive.

### How can I take the survey?

Complete the survey in one of these ways:

- Online: <http://vtlr.us/cas26> or scan the QR code
- By phone or mail: Call (833) 508-6398 or email [cas@vitalresearch.com](mailto:cas@vitalresearch.com) to ask for a phone or paper survey.



### Need Help?

If you have questions or need help completing the survey, please contact:

- Call 833-508-6398 (toll-free) or email [cas@vitalresearch.com](mailto:cas@vitalresearch.com)

### Spanish Language Option / Opción en español

La encuesta en línea también está disponible en español.

Para solicitar la encuesta en español por teléfono o por correo electrónico, llame al (833) 508-6398 o escriba a [cas@vitalresearch.com](mailto:cas@vitalresearch.com).

# ter Aging

IVING WELL.  
IVING ACTIVE.  
JOYING LIFE.



all choices today for  
healthier tomorrow.

## Aging Better Starts with Small Choices

### A Senior Echoes Feature

by Karin L. Nauber, Co-Editor Todd  
County Senior Echoes

Most of us would love to discover the secret to aging well. While there's no magic pill that can turn back the clock, researchers continue to find that the habits we practice every day have a much bigger impact on how we age than we once believed.

The encouraging news? It's never too late to make changes.

#### Keep Moving

Exercise doesn't have to mean running marathons or lifting heavy weights. A daily walk, gardening, swimming,

dancing, or even chair exercises can improve strength, balance, and flexibility. Regular movement also helps lower the risk of heart disease, diabetes, and falls while boosting mood and energy.

*"It's never too late to make small changes that can lead to a healthier, happier future."*

Aim for about 30 minutes of activity most days, but remember—even ten minutes is better than none.

(Continued on page 9)

# ZILARA

wake the cell • restore the body • feel alive

# CHRISTMAS

*in July!*

STOCK UP.  
SHARE.  
SAVE.

ALL BLACK SEED OIL IS

**BUY 1, GET 1 FREE!**

*That means:*



Buy 1 bottle,  
receive **2**



Buy a Buy 3  
Get 1 Free Bundle,  
receive **8** bottles!

It's the perfect time to  
stock up, share with family,  
or save for the months ahead.

**BUY 3  
GET 5  
FREE!**

✓ No coupon or code required.  
Simply add your Black Seed Oil  
to your cart and we'll  
take care of the rest.



[zilara.com/gowithkarin](https://zilara.com/gowithkarin)

# Aging Better (Continued)

## Feed Your Body Well

As we age, good nutrition becomes even more important. Focus on eating colorful fruits and vegetables, whole grains, lean proteins, healthy fats, and plenty of water. Limiting highly processed foods and added sugars can help reduce inflammation and support heart and brain health.

It's also important to get enough protein, which helps maintain muscle strength as we grow older.

## Challenge Your Brain

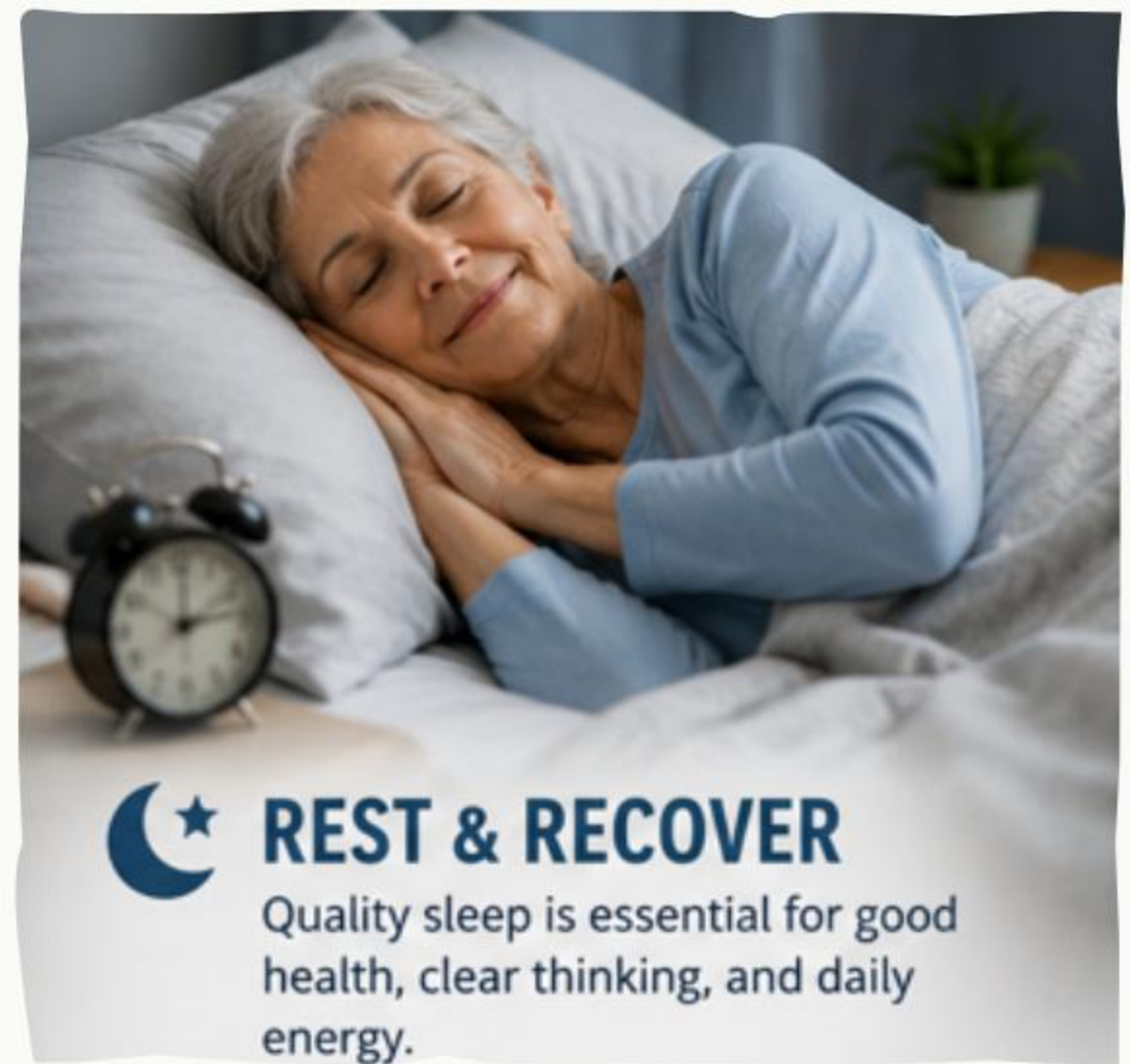
Learning doesn't stop at retirement. Reading, doing crossword puzzles, learning a new hobby, taking a class, or even mastering new technology helps keep the brain active. Studies suggest that mentally stimulating activities may help maintain memory and cognitive function.

## Stay Connected

One of the greatest predictors of healthy aging isn't found in a medicine cabinet—it's relationships.



 **STAY CONNECTED**



## REST & RECOVER

Quality sleep is essential for good health, clear thinking, and daily energy.

Spending time with family, friends, neighbors, or community groups helps reduce loneliness and supports both emotional and physical health. A simple phone call, coffee with a friend, or volunteering can make a meaningful difference.

## Prioritize Sleep

Quality sleep allows the body to repair itself and helps improve memory, mood, and immune function. Most older adults benefit from seven to nine hours of sleep each night. If you're having ongoing trouble sleeping, talk with your healthcare provider rather than assuming it's just part of getting older.

(Continued on page 10)  
"Healthy aging isn't about adding years to your life—it's about adding life to your years."

# Aging Better (Continued)

## Prevent Falls

Falls remain one of the leading causes of injury among older adults, but many are preventable.

Simple steps like removing tripping hazards, improving lighting, wearing supportive shoes, and having your vision checked regularly can help you stay safe and independent.

## Find a Sense of Purpose

Healthy aging isn't just about physical health.

People who continue to find purpose—whether through volunteering, hobbies, faith, caregiving, mentoring, or spending time with grandchildren—often report greater happiness and life satisfaction.

Purpose gives us a reason to keep growing, regardless of our age.

"The good news is that it's never too late to make changes. Small, healthy choices made consistently can improve your strength, your energy, your independence, and your overall quality of life."

---



## KEEP YOUR MIND SHARP

Lifelong learning, puzzles, and new experiences help keep our brains active and engaged.

## It's Never Too Late

Perhaps the most important lesson researchers have learned is that positive changes can happen at any stage of life. You don't have to overhaul everything overnight. Start with one healthy habit. Add another next week.

Small choices, repeated consistently, often lead to the biggest results over time.

Aging is inevitable. How we experience those years is influenced by the decisions we make every day. By staying active, nourishing our bodies, keeping our minds engaged, and maintaining meaningful connections, we can all take steps toward living not just longer—but better.

# Aging Better (Continued)

## Better Aging Checklist

### Daily Habits

- ☐ Walk or stay active for at least 30 minutes
  - ☐ Eat at least 5 servings of fruits and vegetables
  - ☐ Drink plenty of water throughout the day
  - ☐ Get 7–9 hours of quality sleep
  - ☐ Eat enough protein to support muscle strength
  - ☐ Take medications as prescribed

### Keep Your Mind Sharp

- ☐ Read a book or newspaper
  - ☐ Do a crossword, Sudoku, or puzzle
- ☐ Learn something new
  - ☐ Limit screen time before bed
  - ☐ Practice gratitude or mindfulness

### Stay Connected

- ☐ Call or visit a friend or family member
  - ☐ Attend a community or faith event

- ☐ Volunteer your time
- ☐ Share a meal with someone
- ☐ Laugh every day



### Stay Safe & Independent

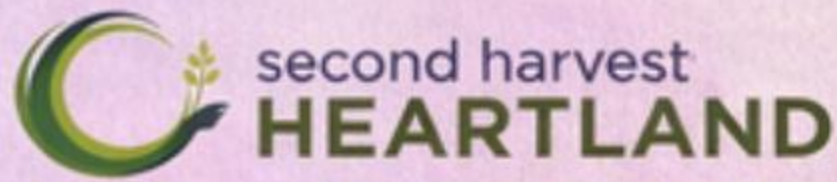
- ☐ Wear supportive shoes
  - ☐ Remove tripping hazards at home
  - ☐ Have your vision and hearing checked regularly
  - ☐ Keep up with recommended health screenings
  - ☐ Practice balance exercises to help prevent falls

## 10 Simple Steps to Better Aging

- ☒ Move your body every day.
- ☒ Eat colorful, nutritious foods.
- ☒ Drink more water.
- ☒ Keep your brain active.
- ☒ Get enough sleep.
- ☒ Stay socially connected.
- ☒ Strengthen your muscles and balance.
- ☒ Manage stress in healthy ways.
- ☒ Schedule regular medical checkups.
- ☒ Find purpose and joy every day.

# NAPS

NAPS pickup takes place on the 4<sup>th</sup> 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 | \$83,580 | \$6,965 | \$1,603 |
| Member          | +\$8,250 | +\$710  | +\$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

 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](mailto:FIA@horizonhealthservices.com)

#### Sign up for the optional dinner:

 218-248-7600



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



## PEARLS

**PEARLS helps individuals  
lead more active and  
rewarding lives.**

Contact:

**Faith In Action Coordinator**  
Horizon Health, Inc  
[fia@horizonhealthservices.com](mailto:fia@horizonhealthservices.com)  
320-468-6451



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

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.



[www.horizonhealthservices.org](http://www.horizonhealthservices.org)

Scan to  
learn more!



**Events sponsored through grants from CMCOA via Horizon Health**



ONE-STOP RESOURCE FOR  
**SENIORS**

HORIZON HEALTH, INC.  
26814 143rd Street  
Pierz, MN 56364  
320-468-6451  
[horizonhealthservices.org](http://horizonhealthservices.org)



Services Available in Todd County

# 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](http://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](mailto: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**

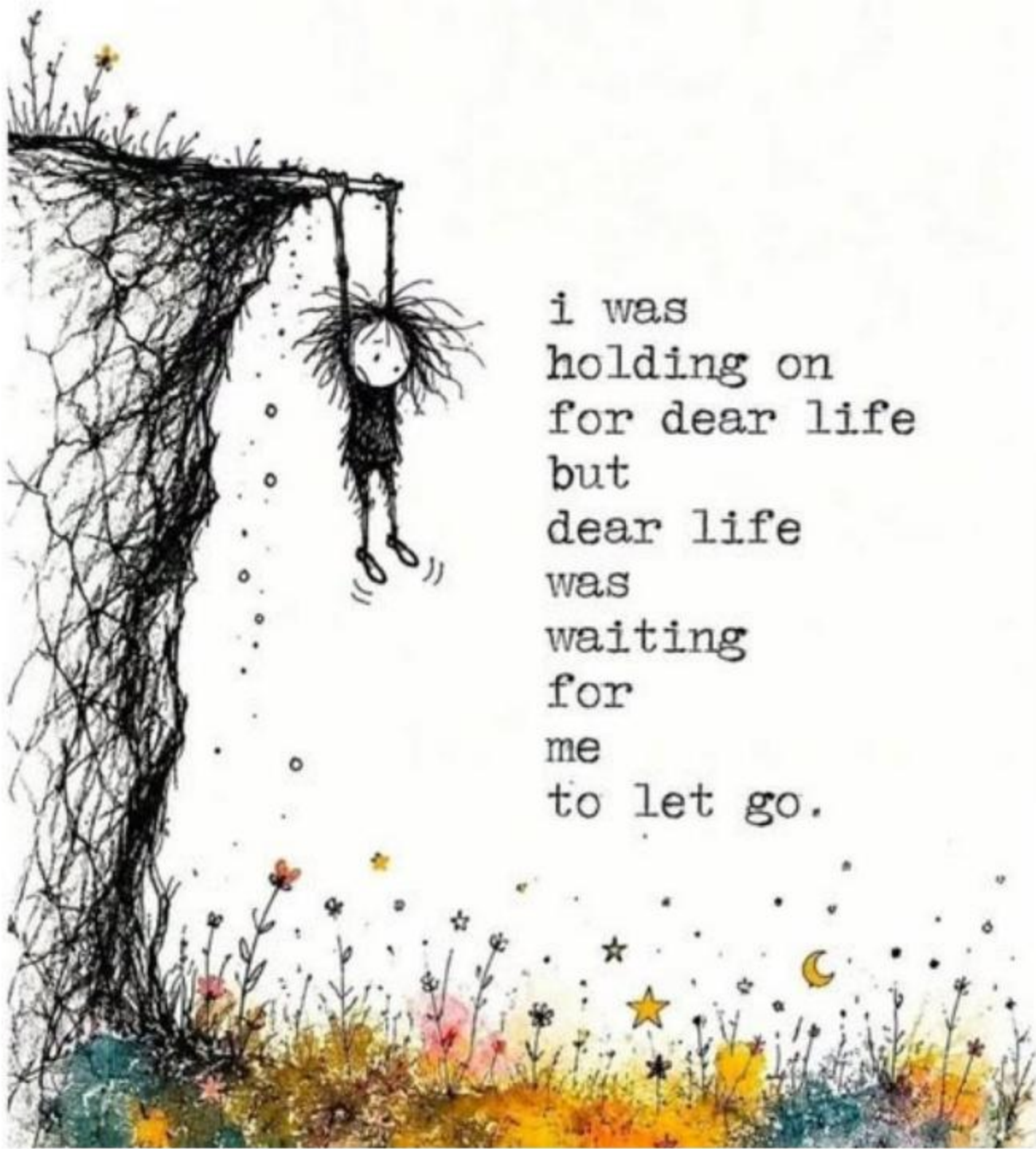
**Clarissa: Ardell Feda**

**Eagle Bend: Diane Stoterau**

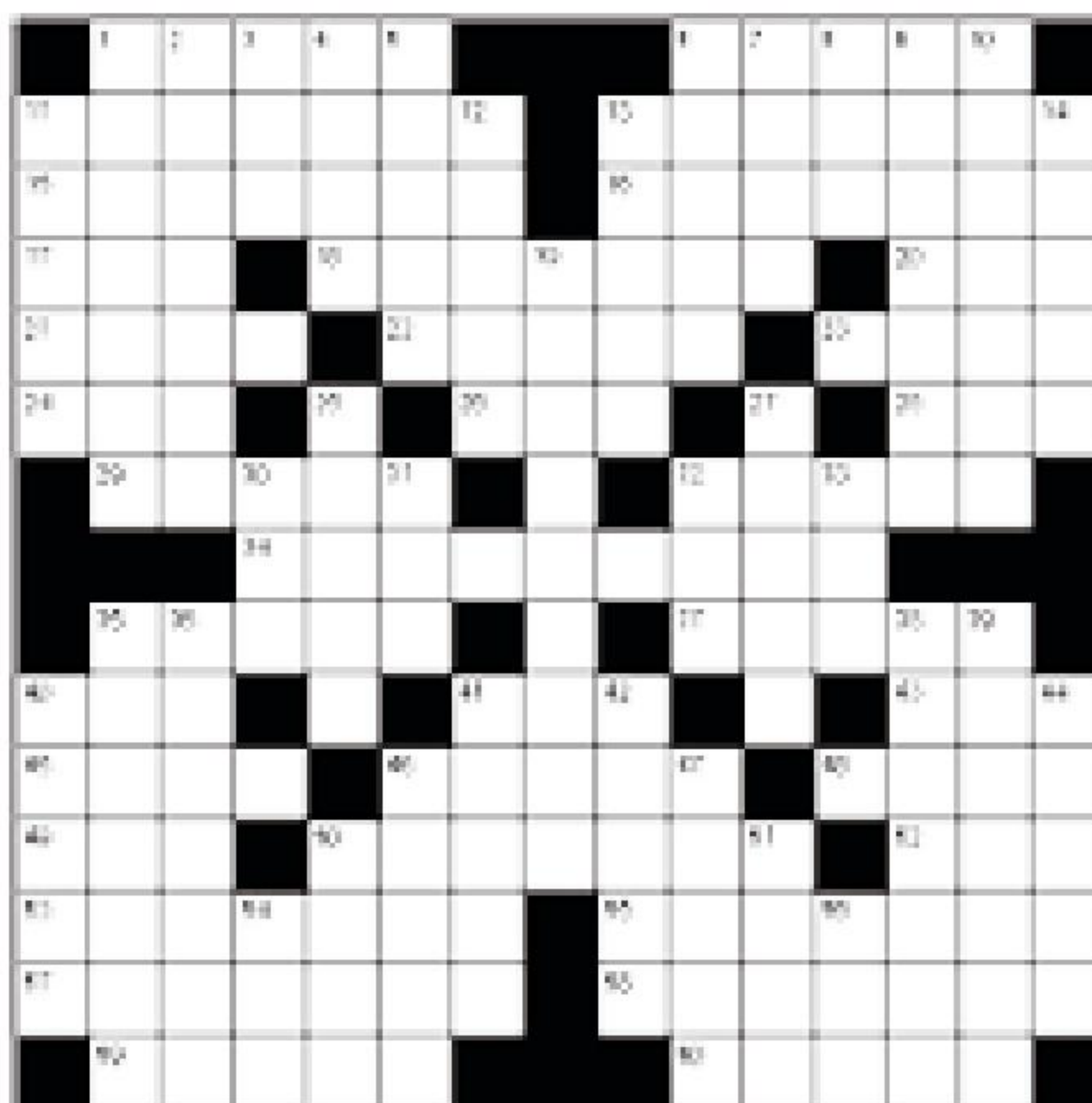
**Grey Eagle: Carolyn Ilgen, Carol Johnson, Marv Johnson, Elaine Mathias,  
Evelyn Budde**

**Long Prairie: Teresa Sorenson, Judy Petrie, Virginia Axel**

**Staples:**



JUST FOR FUN



## ACROSS

1. Operated a vehicle
6. A type of shovel
11. Dampers
13. A movable barrier in motor racing
15. Plunge
16. Suggesting
17. Monetary unit of Laos
18. Combusting in a fire
20. Cut undressed timber
21. Mild expletive
22. Each and all of them
23. Correspond
24. Soak or saturate
26. Self-importance
28. Old age (archaic)
29. Views as
32. Get up
34. Attractive
35. Clique
37. Expressed in spoken words
40. Woman
41. Snake
43. A type of cereal grass
45. Desolation
46. Magic batons
48. Prefix indicating "Within"
49. A mountain on Crete
50. Vestment
52. Strong liquor flavored with juniper berries
53. A path or channel
55. A verbal commitment
57. Immersed
58. Natural skills
59. An organic compound made from an alcohol
60. Twinges

## DOWN

1. Part mortal and part god
2. Violent disorder
3. A lyric poem
4. "Action word"
5. Result
6. Glistening
7. A high-pitched metallic sound
8. Play a role
9. Newspapers published everyday
10. Give a title to someone
11. Levees
12. Wait on
13. Prefix indicating "Hand"
14. Provoked
19. Cancellations
25. Smudge
27. Vicious
30. Wane
31. Actor \_\_\_\_\_ Mince
32. Toward the rear
33. Sick
35. Lizard-like amphibian
36. False identities
38. Yearning
39. People who get pleasure from inflicting pain
40. Grasps
41. Founded
42. Take into one's family
44. Musical notes
46. Bet
47. Discarded pieces
50. Sleeveless cloak
51. A Chadic language
54. Collection or series
56. Adult males

# Center Happenings



Elaine Mathis sorts through boxes for Grey Eagle garage sale to be held July 9-10-11 from 8:00-2:00 at the Senior Center.

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 25<sup>th</sup> of each month!

## Solution

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
|   | D | R | O | V | E |   |   | S | P | A | D | E |   |   |
| D | E | A | D | E | N | S |   | C | H | I | C | A | N | E |
| I | M | M | E | R | S | E |   | H | I | N | T | I | N | G |
| K | I | P |   | B | U | R | N | I | N | G |   | L | O | G |
| E | G | A | D |   | E | V | E | R | Y |   | G | I | B | E |
| S | O | G |   | S |   | E | G | O |   | C |   | E | L | D |
|   | D | E | E | M | S |   | A |   | A | R | I | S | E |   |
|   |   |   |   | B | E | A | U | T | I | F | U | L |   |   |
|   | C | A | B | A | L |   | I |   | T | E | L | L | S |   |
| G | A | L |   | R |   | B | O | A |   | L |   | O | A | T |
| R | U | I | N |   | W | A | N | D | S |   | E | N | D | O |
| I | D | A |   | C | A | S | S | O | C | K |   | G | I | N |
| P | A | S | S | A | G | E |   | P | R | O | M | I | S | E |
| S | T | E | E | P | E | D |   | T | A | L | E | N | T | S |
|   | E | S | T | E | R |   |   | P | A | N | G | S |   |   |

**ARTS- LIVE MUSIC-CRAFTS-VENDORS-  
FOOD-KIDS ACTIVITIES**

**FREE EVENT**



**IN THE PARK**

**Sunday, August 9<sup>th</sup>. 2026**

**Nelson Park, 401 3<sup>rd</sup> Ave. NW**

**Eagle Bend MN**

**12-3 p.m.**

**(Music begins 1 p.m.)**

- **Bring your own lawn chair**
- **Handicapped parking available**
- **Everyone is welcome!**

**Questions:**

**Contact Sharon Notch 320-360-0158, Judy Hinzmann 218-639-9628, Mariah Kilu 320-247-7746, Cari Hagen 218-296-1775**

# Your Local Center Welcomes You!

## Long Prairie



You Local Center Welcomes You!

## Clarissa and Browerville

### Happenings in Clarissa



If you want  
your  
information in  
the newsletter  
make sure to  
get it to us!



### Happenings in Browerville



COFFEE IS ALWAYS ON-  
COFFEE AND DESSERT  
**\$2.**



**FARKLE-**  
First Friday



**JIGSAW PUZZLES-**  
TUE AND THUR.-  
AFTERNOON



**BOARD AND CARD GAMES-**  
TUE AND THUR  
AFTERNOONS



**PEGS & JOKERS -**  
TUE AND THUR  
AFTERNOONS



**CHAIR YOGA-**  
TUE & THUR  
AFTERNOONS



Bingo at 1  
p.m. at the  
Browerville  
Community  
Center  
on July 16

# 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](mailto:hilltopregionalkitchen@gmail.com)



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

# You Local Center Welcomes You!

## Eagle Bend

|                                                                                                                                                                                                                                                                                     |                           |                                |                          |                            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|--------------------------------|--------------------------|----------------------------|
|                                                                                                                                                                                                    | July 2026                 | Wednesday, July 1              | Thursday, July 2         | Friday, July 3             |
|                                                                                                                                                                                                                                                                                     |                           | Meatloaf                       | Turkey Tetrazzini        | CLOSED                     |
|                                                                                                                                                                                                                                                                                     | Baked Potato              | Sliced Carrots                 |                          |                            |
|                                                                                                                                                                                                                                                                                     | Broccoli                  | Peach Crisp                    |                          |                            |
|                                                                                                                                                                                                                                                                                     | Applesauce Cup            |                                |                          |                            |
|                                                                                                                                                                                                                                                                                     | Wheat Bread               | Dinner Roll                    |                          |                            |
|                                                                                                                                                                                                                                                                                     | Margarine & Sour Cream    | Margarine                      |                          |                            |
|                                                                                                                                                                                                                                                                                     | 1% Milk                   | 1% Milk                        |                          |                            |
| Monday, July 6                                                                                                                                                                                                                                                                      | Tuesday, July 7           | Wednesday, July 8              | Thursday, July 9         | Friday, July 10            |
| Beef Hamburger on Bun                                                                                                                                                                                                                                                               | Chicken Baked Herb        | Smothered Chopped Steak        | Scalloped Potatoes w/Ham | Beef Lasagna               |
| Baked Beans                                                                                                                                                                                                                                                                         | Rice Pilaf                | Mashed Potatoes                | Whole Kernel Corn        | Peas & Carrots             |
| Green Beans                                                                                                                                                                                                                                                                         | Mixed Vegetables          | Sliced Carrots                 | Tropical Fruit Cup       | Hot Spiced Apples          |
|                                                                                                                                                                                                                                                                                     |                           | Applesauce Cup                 |                          |                            |
| Ketchup & Mustard                                                                                                                                                                                                                                                                   | Dinner Roll & Margarine   | Margarine & Sour Cream         | Wheat Bread & Margarine  | Dinner Roll & Margarine    |
| Lime Jello w Pears                                                                                                                                                                                                                                                                  | Chocolate Pudding/topping | Wheat Bread                    | Peanut Butter Cookie     | Vanilla Wafers             |
| 1% Milk                                                                                                                                                                                                                                                                             | 1% Milk                   | 1% Milk                        | 1% Milk                  | 1% Milk                    |
| Monday, July 13                                                                                                                                                                                                                                                                     | Tuesday, July 14          | Wednesday, July 15             | Thursday, July 16        | Friday, July 17            |
| Country Fried Chicken                                                                                                                                                                                                                                                               | Pasta Pizza Casserole     | Oven Roasted Turkey            | Beef Goulash             | Baked Pork Chop            |
| Cream Gravy                                                                                                                                                                                                                                                                         | Country Vegetable Blend   | Turkey Gravy                   | Mixed Vegetables         | Pork Gravy                 |
| Mashed Potatoes                                                                                                                                                                                                                                                                     | Spiced Peaches            | 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               | Tapioca Pudding/topping        | Dinner Roll & Margarine  | Oatmeal Raisin Cookie      |
| 1% Milk                                                                                                                                                                                                                                                                             | 1% Milk                   | 1% Milk                        | 1% Milk                  | 1% Milk                    |
| Monday, July 20                                                                                                                                                                                                                                                                     | Tuesday, July 21          | Wednesday, July 22             | Thursday, July 23        | Friday, July 24            |
| Tuna Noodle Casserole                                                                                                                                                                                                                                                               | Sloppy Joe on Bun         | Salisbury Steak                | Tater Tot Hotdish        | Chicken Cordon Bleu        |
| Green Peas                                                                                                                                                                                                                                                                          | Country Vegetable Blend   | Mashed Potatoes                | Whole Kernel Corn        | Sliced Carrots             |
| Hot Spiced Peaches                                                                                                                                                                                                                                                                  | Fruit Crumble             | Brown Gravy                    | Apple Crisp              | Rice Pilaf                 |
|                                                                                                                                                                                                                                                                                     |                           | Green Beans                    |                          | Applesauce Cup             |
| Dinner Roll & Margarine                                                                                                                                                                                                                                                             | Summer Pasta Salad        | Dinner Roll & Margarine        | Wheat Bread              | Wheat Dinner Roll          |
| Vanilla Pudding/topping                                                                                                                                                                                                                                                             |                           | Lemon Jello w Mandarin Oranges | Margarine                | Margarine                  |
| 1% Milk                                                                                                                                                                                                                                                                             | 1% Milk                   | 1% Milk                        | 1% Milk                  | 1% Milk                    |
| Monday, July 27                                                                                                                                                                                                                                                                     | Tuesday, July 28          | Wednesday, July 29             | Thursday, July 30        | Friday, July 31            |
| Chef's Choice                                                                                                                                                                                                                                                                       | Swedish Meatballs         | Pork Roast                     | Chicken Alfredo          | Blueberry Pancakes         |
| Vegetable of the Day                                                                                                                                                                                                                                                                | Mashed Potatoes           | Pork Gravy                     | Peas & Carrots           | Egg Patty                  |
| Fruit of Choice                                                                                                                                                                                                                                                                     | Brown Gravy               | Candied Yams                   | Hot Spiced Apples        | Red Diced Potatoes         |
| Dessert of the Day                                                                                                                                                                                                                                                                  | Mixed Vegetables          | Green Beans                    |                          |                            |
|                                                                                                                                                                                                                                                                                     | Dinner Roll & Margarine   | Wheat Bread & Margarine        |                          | Diced Peach Cup            |
| Wheat Bread & Margarine                                                                                                                                                                                                                                                             | Chocolate Chip Cookie     | Butterscotch Pudding/topping   | Dinner Roll & Margarine  | Margarine & Syrup          |
| 1% Milk                                                                                                                                                                                                                                                                             | 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. |



You Local Center Welcomes You!

Bertha, Staples,  
Grey Eagle

# Happenings in Grey Eagle



**Grey Eagle  
Community Center**  
114 STATE ST E • GREY EAGLE, MN



**Low Impact Exercise**  
on Mon., Wed., and Fri.  
9:30 – 10:30 AM



**CENTER MEETING  
JULY 23**

- Meeting at 4:30 PM
- Potluck at 5:00 PM
- Bingo to Follow

**\$1 PER CARD**



**Building  
FOR RENT**  
Contact  
**Lou Bullock**  
320-285-3168



**CITYWIDE  
Garage Sale**  
July 9-11  
from 8:00 AM to 2:00 PM  
Any questions please contact  
**Elaine 763-639-1949**

*Building Community. Making Connections. Everyone Welcome! ♥*



# Your ad belongs here!

Reach local seniors by  
advertising in the Senior  
Echoes.



**Contact**

**[karin@seniorechoes.com](mailto:karin@seniorechoes.com)**

to learn more!



# ISE

ISEUSA.ORG

# Host an International Student

ENRICH YOUR HOME AND  
CHURCH WITH A NEW CULTURE



## Looking for a Unique Opportunity?

Take action to bring the people of the world closer together by hosting a high school exchange student. All you need is a spare bed, a welcoming attitude, and the desire to make a difference in a kid's life! When you host an exchange student, you're doing more than making his or her dream come true. As a host family, you also enrich your family, local high school, and community. You increase the mutual understanding between people of different cultures and encourage peaceful relationships around the world. You get the joy of experiencing a new culture firsthand

## Who can host?

Our host families live on farms, in bustling cities, and everywhere in-between. Married, single, empty nesters, with or without kids - all are welcome to apply to host an exchange student!

## What do I Provide?

Our students come with insurance, spending money, and the eagerness to learn. All you need to do is provide a nice warm loving home, meals a day, and a comfortable bed to sleep in

## How can I host and help my church?

We are currently accepting applications for volunteer families in your area. Call us or complete our online interest form today to learn more about our program and meet available students. Your church will earn a referral reward payment for each family that ends up hosting with us!



**INTERNATIONAL**  
**Student Exchange**

For More Information Contact:  
Jeri Lynn Stahl  
(320) 777-1170  
jerilynn19@gmail.com  
iseusa.org

## Applying to be a host family

**NOTE:** Filling out an application does not obligate you to host. It is simply the means by which you get approved to be a host family.

**On the application you will provide:**

- Information about your family
- Pictures of your home
- Four references

**Your area representative will do an in-home visit to check the following:**

- student's bedroom
- student's bathroom
- the living room
- the kitchen

**ISE will run a criminal background check on all residents of the home 16 and above.**

**You will receive an email from ISE letting you know if you have been approved.**

## Life with your bonus child

- Greet your student at the airport about five days before school starts.
- Share your rules and expectations.
- Your area representative will do an orientation with the student to go over the program rules.
- Your exchange student will be like your own child, living daily life in your home, completing chores, participating in family activities, celebrating holidays, and sharing about their culture while learning about yours.



## Steps for hosting an exchange student

### Choosing an exchange student

**Share your preferences with your area representative (student's gender, age, country, hobbies, etc.)**

**Read through profiles of students who match your preferences.**

**The student you choose will be put on hold for you.**

**Your area representative will contact your local high school and send them transcripts, immunizations records, English test scores, etc.**

**After the school signs the student acceptance form, you will be free to start communicating with your student.**

**\*Other: Your area representative will do an orientation with your family prior to the student's arrival.**

### *Turning Strangers into Families*

**If you are interested in becoming a host family to an international exchange student, contact:**

For more information:  
Jeri Lynn Stahl  
(320) 777-1170  
jerilynn19@gmail.com  
iseusa.org

You can check out the Central Minnesota Council on Aging website and see their newsletter for more events and updates. You can find them at [cmcoa.org](http://cmcoa.org)



**Central Minnesota Council on Aging**  
*Supporting Seniors. Strengthening Communities.*

Dedicated to enhancing the lives of older adults through services, advocacy, and resources that promote independence, dignity, and quality of life.

**SERVICES & SUPPORT FOR OLDER ADULTS AND CAREGIVERS**

- Senior Housing
- Nutrition Programs
- Transportation Services
- Caregiver Support
- Health & Wellness Programs
- Information & Assistance

**WE ARE HERE TO HELP.**  
Connecting people with the resources they need to age well and live well.

LEARN MORE AT [cmcoa.org](http://cmcoa.org)

*Your local connection to resources,*  
**SUPPORT, AND COMMUNITY.**



# Health and Recipes

## Better Eating: Nourish Your Body, Enjoy Life

# Better Eating

Nourish Your Body.  
Enjoy Life.

SMART CHOICES • STRONGER HEALTH • BETTER YOU

*Small changes today, healthier tomorrow. ♡*



## A Senior Echoes Feature

*by Karin L. Nauber*

We hear a lot about the latest diets, miracle foods, and nutrition trends. One week it's all about cutting carbohydrates, the next it's adding more protein or trying the newest superfood. It's enough to make anyone's head spin. The truth is, eating well doesn't have to be complicated. Healthy eating is less about perfection

and more about making consistent choices that nourish your body and help you feel your best.

### Fill Your Plate with Color

One of the easiest ways to improve your diet is to eat a variety of colorful fruits and vegetables. Different colors provide different vitamins, minerals, and antioxidants that help support your heart, brain, immune system, and overall health.

(Continued on page 31)

## Better Eating (Continued)



"Healthy eating isn't about following the perfect diet. It's about making better choices, one meal at a time."

Try adding berries to your breakfast, a side salad at lunch, or an extra vegetable with dinner.

### **Choose Whole Foods More Often**

Whenever possible, choose foods that are as close to their natural state as possible. Fresh fruits, vegetables, beans, whole grains, nuts, seeds, fish, eggs, and lean meats provide more nutrients and fewer additives than heavily processed foods.

Reading ingredient labels can also help. If a food contains a long list of ingredients you can't pronounce, there may be a simpler option available.

### **Don't Forget Protein**

As we age, maintaining muscle becomes increasingly important. Protein helps preserve muscle strength, supports healing, and keeps us feeling satisfied longer.

Good sources include fish, chicken, eggs, beans, lentils, Greek yogurt, cottage cheese, nuts, and seeds. Including a source of protein with each meal can make a noticeable difference.

### **Drink More Water**

Many older adults don't realize they're becoming dehydrated because the

(Continued on page 32)

## Better Eating (Continued)



"Small improvements, made consistently, often produce the greatest long-term benefits."

feeling of thirst naturally decreases with age.

Keep a water bottle nearby, sip throughout the day, and remember that foods like watermelon, cucumbers, oranges, and soups also contribute to hydration.

### **Watch Portion Sizes**

Healthy foods are important, but portions matter too.

Using a smaller plate, eating slowly, and paying attention to hunger and fullness cues can help prevent overeating. It takes about 20 minutes for your brain to recognize that your stomach is full.

### **Limit Added Sugar**

Too much added sugar can contribute to weight gain, heart disease, inflammation, and type 2 diabetes. Instead of eliminating treats altogether, enjoy desserts occasionally while choosing fruit, yogurt, or naturally sweet foods more often.

### **Plan Ahead**

One of the biggest obstacles to healthy eating is convenience. Keeping healthy snacks on hand, preparing meals ahead of time, or cooking extra portions for leftovers can make healthy choices easier during busy days.

(Continued on page 33)

## Better Eating (Continued)

### Progress, Not Perfection

Healthy eating isn't about never enjoying birthday cake or skipping holiday meals. Food is meant to nourish us—but it's also meant to be enjoyed.

The goal is balance.

Every healthy meal is a step in the right direction. Every glass of water, every serving of vegetables, and every home-cooked meal adds up over time. Small improvements, made consistently, often produce the greatest long-term benefits.

Your body has taken care of you for many years. Feeding it well is one of the best gifts you can give yourself as you continue enjoying life, family, friends, and the adventures that still lie ahead.

"Colorful fruits and vegetables don't just brighten your plate—they help nourish your heart, brain, and immune system."

---

### Are You Drinking Enough Water?

**Editor's Note:** Because this is such an important item especially during the hotter months of summer, we decided to run this sidebar again as a reminder to drink water throughout the day!

As we age, our sense of thirst often decreases. By the time you feel thirsty, you may already be mildly dehydrated.

*Signs you may need more fluids include:*

- Dry mouth
- Fatigue
- Headaches
- Dizziness
- Dark-colored urine

Keep a water bottle nearby, drink with meals, and consider water-rich foods such as watermelon, cucumbers, oranges, and soups to help stay hydrated.

# Recipes for Your Enjoyment

## Mediterranean Chicken Salad

Fresh, colorful, and packed with protein

### Ingredients

- 2 cups cooked chicken breast, chopped
- 4 cups mixed greens
- 1 cup cherry tomatoes, halved
- 1 cucumber, sliced
- ½ red onion, thinly sliced
- ¼ cup crumbled feta cheese
- ¼ cup Kalamata olives
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

### Directions

1. Arrange greens on a large serving platter.
2. Top with chicken, tomatoes, cucumber, onion, feta, and olives.
3. Whisk together olive oil, lemon juice, Dijon mustard, salt, and pepper.

4. Drizzle over salad just before serving.

Serves: 4

### Why It's Good for You

- ✓ High in protein
- ✓ Rich in heart-healthy fats
- ✓ Loaded with vitamins and fiber

## Grilled Peach & Berry Yogurt Parfaits

A simple summer dessert that's naturally sweet

### Ingredients

- 2 ripe peaches, halved
- 2 cups vanilla Greek yogurt
- 1 cup fresh blueberries
- 1 cup sliced strawberries
- ¼ cup chopped pecans or walnuts
- Honey (optional)
- Fresh mint for garnish

### Directions

1. Grill peach halves for 2–3 minutes per side until lightly caramelized.

(continued on page 35)

## Recipes (Continued)

2. Slice peaches.
3. Layer yogurt, berries, peaches, and nuts into serving glasses.
4. Drizzle lightly with honey if desired.
5. Garnish with fresh mint.

Serves: 4

Why It's Good for You

- ✓ High in protein and calcium
- ✓ Packed with antioxidants
- ✓ Naturally sweet with little added sugar

### Healthy Tip

#### Build a Better Plate

A simple way to eat healthier is to divide your plate into sections:

🥦 ½ Plate: Vegetables and fruit

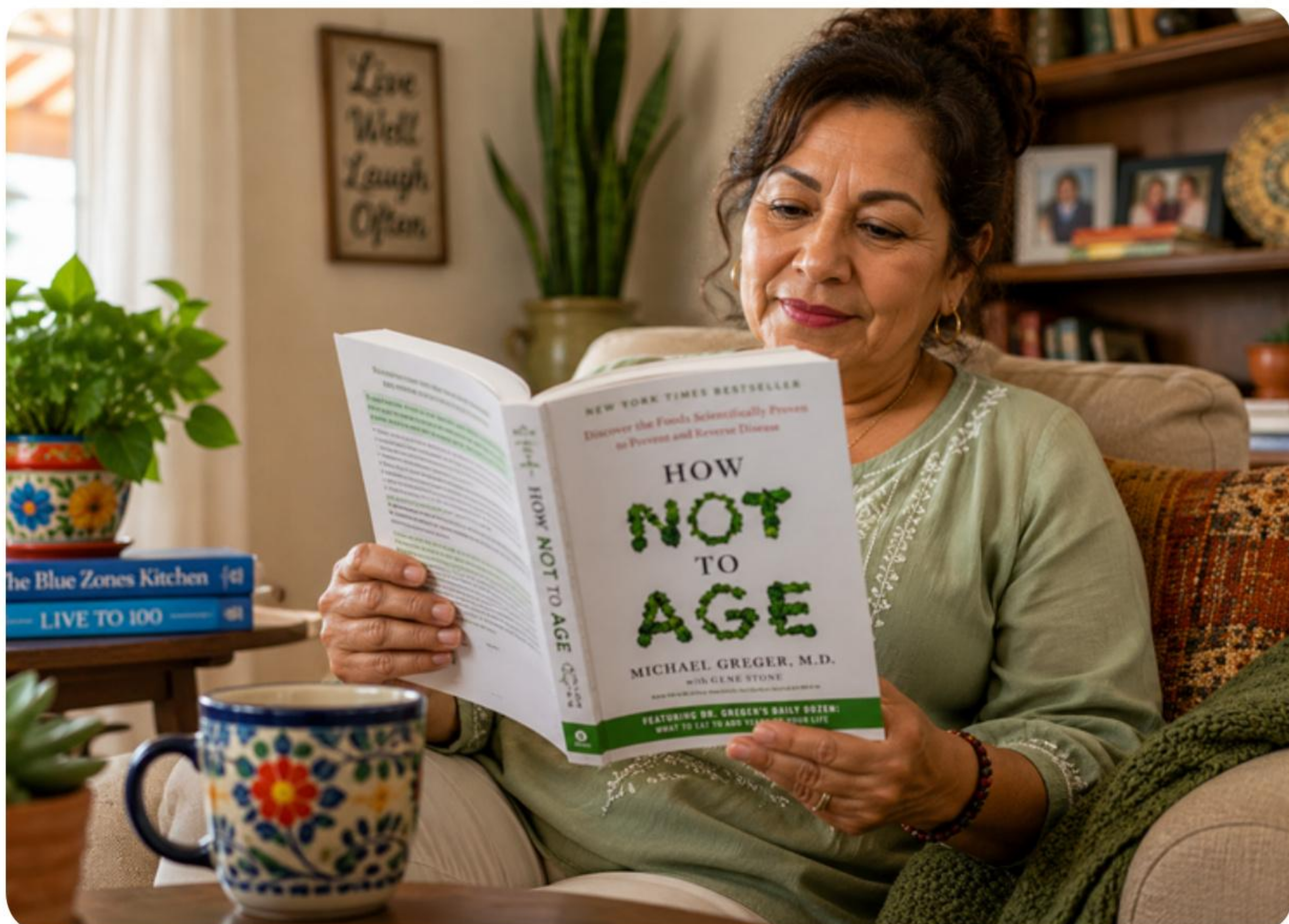
🍗 ¼ Plate: Lean protein (fish, chicken, beans, eggs)

🌾 ¼ Plate: Whole grains or healthy starches

🥛 Add a glass of water or low-fat milk, and finish with fresh fruit for dessert.



# Books that Inspire at any Stage of Life



Whether you're looking to improve your health, discover nutritious recipes, or simply enjoy feeling your best, these two books offer practical advice backed by years of research. Remember, it's never too late to make small changes that can have a lasting impact on your health and happiness.

This month's book focus on how not to age and blue zone kitchens.

## **How Not to Age~by Dr. Michael Greger**

### **Why You'll Love It:**

Dr. Michael Greger explores the latest scientific research on healthy aging and explains how lifestyle choices—including nutrition, exercise, sleep, and stress management—can help us stay healthier longer.

(Continued on page 37)

## Books (Continued )

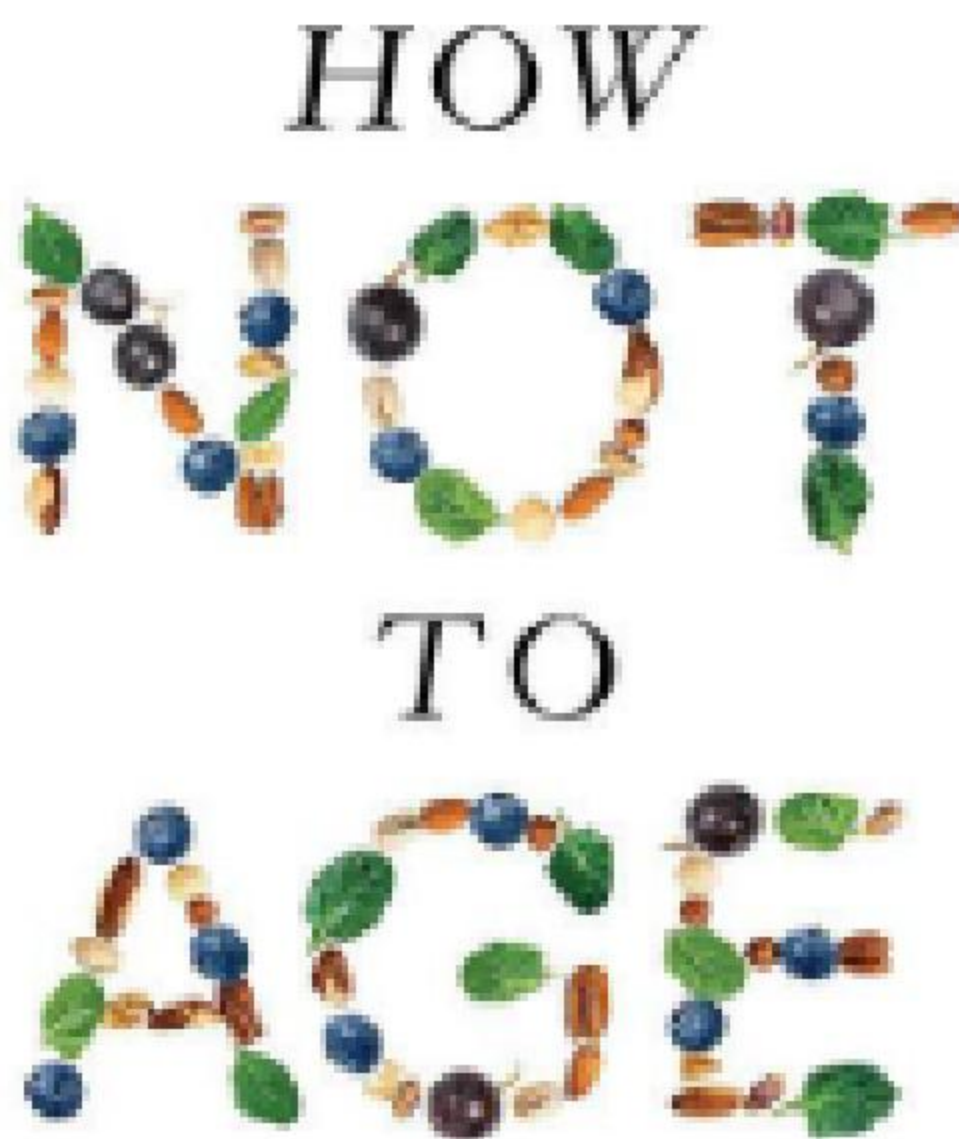
### Perfect for readers who:

- Want evidence-based health information
- Are interested in preventing disease naturally
- Enjoy practical, everyday tips

### Favorite Takeaway:

"The choices we make today can influence how we feel decades from now."

*The Scientific Approach to Getting  
Healthier as You Get Older*



## The Blue Zones Kitchen~by Dan Buettner

### Why You'll Love It:

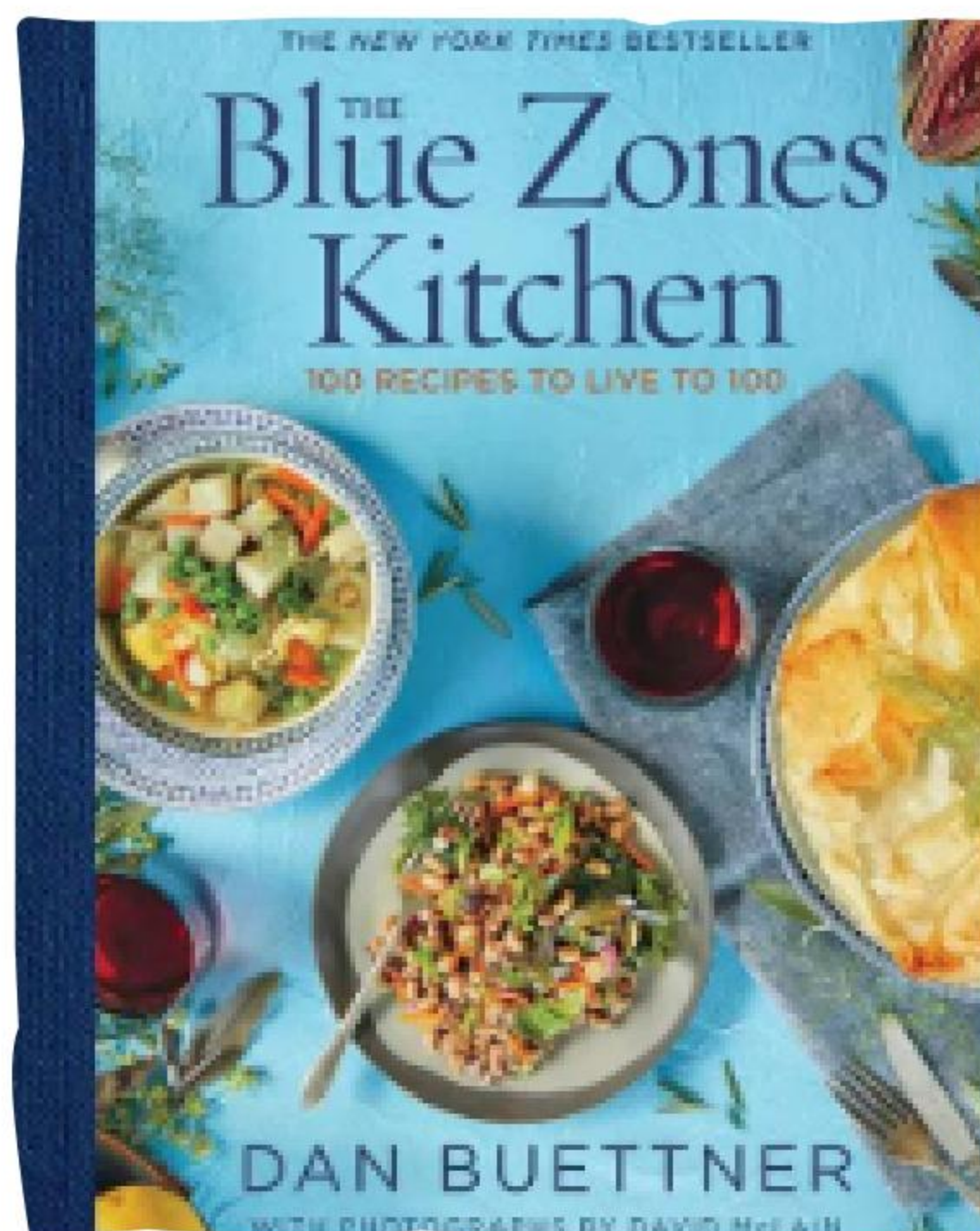
Based on research from the world's longest-living populations, this cookbook combines delicious recipes with the eating habits of people who regularly live into their 90s and beyond.

### Inside You'll Find:

- Over 100 healthy recipes
- Tips for eating more plant-based meals
- The secrets of communities known for exceptional longevity
- Beautiful photography and easy-to-follow instructions

### Favorite Takeaway:

"Healthy eating doesn't have to be restrictive—it can be flavorful, satisfying, and shared with the people you love."



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