

AUGUST 2026

VOL. 05

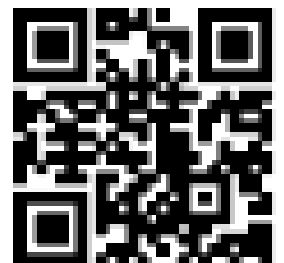
SENIOR

Echoes



The Latest
**Clarissa
Memorial Park
Dedication**

See more on page 2



About Our Cover Photo



www.seniorechoes.com

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



Clarissa Memorial Park had a full dedication ceremony at which time the newly painted rock which had been brought in on October 4, 2025, was revealed. A lot of time and effort was put forth to give the upgrade to the Memorial Park including cementing the area, adding benches, flags representing all the service branches and the rock which was painted by Sue Kent. ~photos by Pastor Kali Christensen



SENIOR

Echoes

Living Well, Staying Connected



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Echoes...

A Note from the Editor

Growing Older Doesn't Mean Growing Smaller...

Dear Reader,

There is a funny thing about birthdays. When we're children, we can't wait for the next one. Then somewhere along the way, we begin pretending they aren't happening at all. But perhaps we've been looking at aging the wrong way.

This month, we're celebrating active aging—not because it means running marathons or climbing mountains, but because it means continuing to live with purpose, curiosity, and joy.

Being active looks different for everyone. For one person, it might mean taking a morning walk around the neighborhood. For another, it's learning to paint, volunteering at the local food shelf, joining a book club, or finally taking that trip they've talked about for years. It could be spending time with grandchildren, tending a garden, swimming a few laps, or simply choosing to say "yes" to something new instead of letting fear make the decision.

The truth is, our bodies may change, but our capacity to learn, laugh, love, and make a difference never disappears.

Research continues to show that staying physically, mentally, and socially engaged can improve not only our health but also our happiness.

(Continued on page 5)

Echoes... (Continued)

Every conversation with a friend, every puzzle completed, every new recipe tried, every walk taken, and every act of kindness adds another thread to a life that remains rich and meaningful.

Here at Senior Echoes, we have the privilege of hearing remarkable stories from readers who prove every day that life doesn't stop at retirement. It simply changes chapters. Some are starting new businesses. Others are writing books, traveling the country, mentoring younger generations, or discovering hobbies they never had time to pursue while raising families and building careers.

If there's one thing we'd like you to take away from this issue, it's this: your story is still being written.

No matter your age, there are still memories to create, friendships to build, lessons to learn, and dreams worth pursuing. You don't have to do everything. You simply have to keep moving forward in whatever way is right for you.

So as you turn the pages of this month's issue, we hope you'll find inspiration, practical ideas, and maybe even the motivation to try something you've been putting off.

Whether it's taking that first walk, signing up for a class, calling an old friend, or saying yes to a new adventure, remember that an active life begins with one simple decision. Here's to living well, staying curious, and embracing every season of life.

Until next month,
Karin Nauber, co-editor
Senior Echoes



Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family and friend caregivers like you!

This **NO COST** six-week class series gives you the confidence and support to better care for your loved one – and yourself.

LEARN TOOLS TO HELP:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



UPCOMING CLASS OPPORTUNITY:

- **When:** Every Friday, beginning September 11th through October 16th
- **Time:** 9:00 AM - 10:30 AM
- **Where:** Todd County Health and Human Services, Room 2, Annex 1 (located in the basement)
212 2nd Ave S, Long Prairie, MN 56347

“After taking this class I am a more confident caregiver!
Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me...and a healthier ‘us!’”
- PTC Class Participant

”

***Registration is required.** To register, contact Wadena County PublicHealth at, 218-631-7629

***Please register by Friday, September 4th**

A minimum of 6 attendees is required to provide this course. Space is limited to 15 attendees.



COMMUNITY HEALTH BOARD
MORRISON | TODD | WADENA



Active Aging: Adding Life to Your Years

A Senior Echoes Feature

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

Growing older is something we all hope to do, but how we age is often just as important as the number of birthdays we celebrate. The good news is that staying active doesn't require running marathons or spending hours at the gym. In fact, active aging is simply about making choices that help us remain healthy, independent, and engaged in the things that bring us joy. Health experts agree that physical activity is one of the best gifts we can give ourselves as we age.

Regular movement helps maintain muscle strength, improve balance, reduce the risk of falls, lower blood pressure, strengthen the heart, and even improve sleep. It also releases endorphins—the body's natural mood boosters—which can help reduce stress and anxiety.

(Continued on page 9)

*"Your story isn't over.
Some of life's most
rewarding chapters are
still waiting to be written."*

Senior Law Project

Legal Help That Changes Lives

Age 60 and over

FREE LEGAL SERVICES



Serving residents of

Benton, Cass, Chicago, Crow Wing,
Isanti, Kanabec, Mille Lacs, Morrison,
Pine, Sherburne, Stearns, Todd,
Wadena and Wright Counties,
regardless of race, color, sex, religion,
disability, or national origin.

- Social Security
- Family Law Matters
- Consumer
- Housing
- Nursing Home Issues
- Medicare
- Medical Assistance
- Public Benefits
- Power of Attorney
- Health Care Directives



(888) 360-2889 | (320) 253-0121

110 - 6th Ave S. #200 St. Cloud, MN 56301
www.mylegalaid.org

Active Aging (Continued)

The best exercise is the one you'll actually do. A brisk walk around the neighborhood, gardening, swimming, dancing, riding a bicycle, or participating in a local exercise class all count. Even household chores such as vacuuming, washing windows, or working in the yard keep the body moving and the joints flexible. The key isn't intensity—it's consistency.

Of course, staying active isn't just about physical health. Our brains need exercise, too. Reading books, solving crossword puzzles, learning a new language, taking an art class, or trying a new hobby all help keep the mind sharp. Scientists continue to discover that lifelong learning strengthens connections within the brain and may help slow cognitive decline.

Perhaps the most overlooked part of active aging is staying socially connected.



Loneliness has become a growing concern among older adults, yet something as simple as meeting a friend for coffee, attending church, volunteering, joining a community group, or calling a family member can have a powerful impact on both mental and physical health. Strong relationships remind us that we belong and that we still have much to contribute.

Nutrition also plays a major role. Eating a balanced diet rich in fruits, vegetables, lean proteins, whole grains, and healthy fats provides the energy needed to stay active.

(Continued on page 10)

"It's never too late to become healthier, stronger, or more connected."



Active Aging (Continued)

Drinking enough water is equally important, even when we don't feel thirsty. Small, healthy choices made each day often have a greater impact than dramatic changes that are difficult to maintain.

One of the biggest barriers to active aging is the belief that "it's too late." Nothing could be further from the truth.

Studies have shown that people who begin exercising later in life still experience significant improvements in strength, balance, heart health, and overall quality of life. It's never too late to start taking better care of yourself.

Active aging also means continuing to pursue purpose. Retirement doesn't mean retiring from life.

Many older adults mentor young people, volunteer for causes they care about, travel, start small businesses, write books, learn musical instruments, or simply spend more time enjoying family and friends. Having something to look forward to each day is just as important as staying physically fit.

If you're wondering where to begin, start small. Park a little farther from the store.



Drinking enough water is equally important, even when we don't feel thirsty. Small, healthy choices made each day often have a greater impact than dramatic changes that are difficult to maintain.

One of the biggest barriers to active aging is the belief that "it's too late."



bus tour to
**CAMP RIPLEY
 MUSEUM**

OCTOBER 1, 2026



Trip includes museum fee –
 pack a brown bag lunch and snacks
 Total cost **\$25.**



To register contact Dee
 at **320-533-0286**

Pick up – everyone must have
 a picture ID to enter Camp Ripley.

- 📍 Motley ----- 11:00 a.m. Bus Garage
- 📍 Staples ----- 11:15 a.m. Community Center
- 📍 Clarissa ----- 11:25 a.m. Community Center
- 📍 Long Prairie ----- 11:45 a.m. Historical Society



Tours 1:00 – 2:00 p.m.
Return to ILP by 3:00 – 3:30 p.m.
No food stops – bring bag lunch

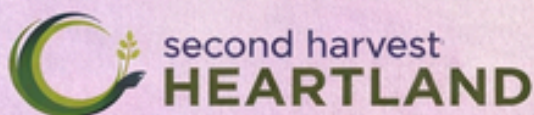


Tour bus sponsored in partnership with T.C.C.A., Todd County Historical Society
 and the Eagle Bend Area Development Corp. with funds provided by the Blandin Boost Grant
 to support Hilltop Kitchen, Hilltop Square Housing and Hilltop Auditorium and Wellness Center.

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	\$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

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.

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



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!**

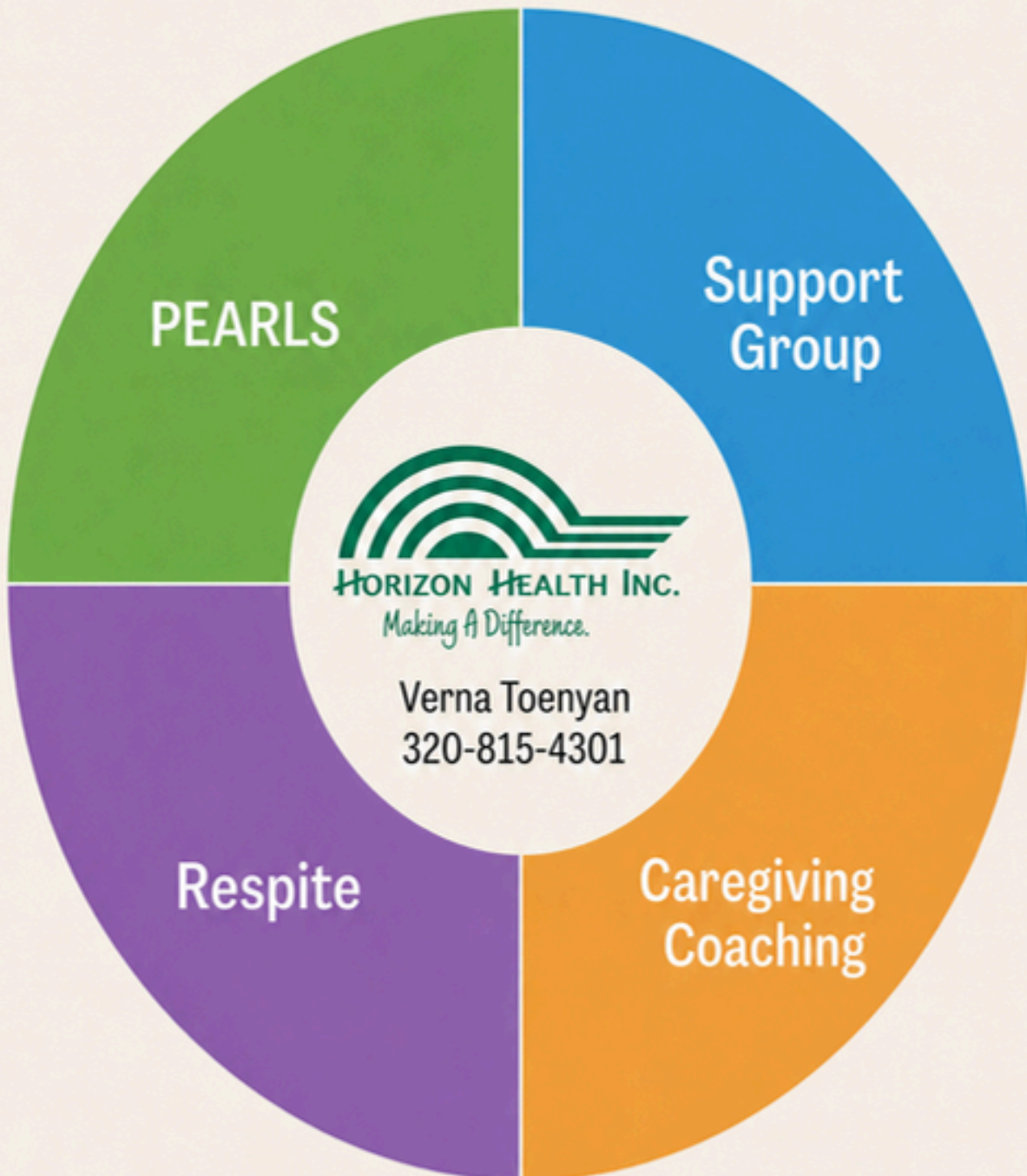


Events sponsored through grants from CMCOA via Horizon Health



ONE-STOP RESOURCE FOR
SENIORS

HORIZON HEALTH, INC.
26814 143rd Street
Pierz, MN 56364
320-468-6451
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.

*Everyone
is Welcome.*
NO PROOF OF NEED.
NO QUESTIONS.



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**

2026 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

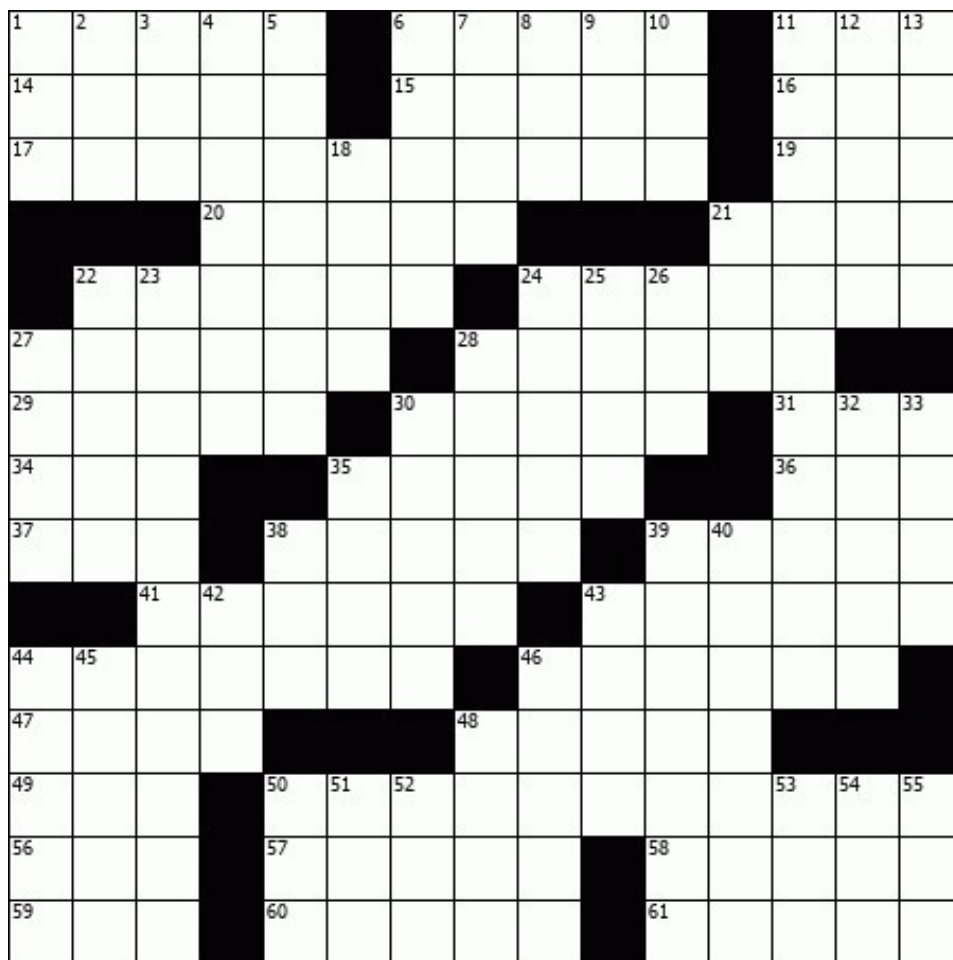
Staples:



JUST FOR FUN

Across

1. Goliath, for one
 6. "The Republic" author
 11. Dashboard abbr.
 14. Knight suit
 15. "You've got mail" addressee
 16. A Gershwin
 17. Arena for Sarah Hughes
 19. Lancelot's title
 20. Drive too fast
 21. Hushed "Hey you!"
 22. Dazed state
 24. Scott Joplin's genre
 27. Church toppers
 28. Flunky
 29. Fretted in the waiting room, say
 30. Stag party participants
 31. Fed. property manager
 34. Genesis vessel
 35. Damascus's land
 36. Sass
 37. Brooks or Gibson
 38. Paid out
 39. Playground fixture
 41. High school compositions
 43. Tea biscuits
 44. Like firm spaghetti
 46. Nome home
 47. Plumber's duct
 48. Together
 49. Jackie O's second
 50. Dirty dishes site
 56. Took charge of
 57. Make very happy
 58. __ Sketch: drawing toy
 59. "For shame!"
 60. Shiny finish
 61. Embroidered mat

**Down**

1. Tank filler
 2. Exasperate
 3. Org. for a G.P.
 4. Uncertain
 5. Stumbled
 6. Clip-on communicator
 7. Titled nobleman
 8. "The Greatest" in the ring
 9. Coffee-break time
 10. Sitcom planet
 11. Evolutionary chain mystery
 12. Rainbow maker
 13. Western writer Bret
 18. Revivalists, briefly
 21. School org.
 22. Trunk item
 23. Thrilled no end
 24. Ignited again
 25. Cruising on the briny
 26. Baseball VIPs
 27. Computer junk mail
 28. Knitter's needs
 30. "No way!"
 32. LP half
 33. Chimps and orangutans
 35. Trivial tiff
 38. IRS ID
 39. Read the bar code
 40. Gets defeated by
 42. "I told you so!"
 43. Gin flavoring
 44. Not together
 45. Turkish coins
 46. Hibachi residue
 48. Performs in a play
 50. Frat party barrel
 51. Under the weather
 52. Confucian path
 53. Here, to Henri
 54. Stanley Cup gp.
 55. Mary __ cosmetics

Center Happenings



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!

Dan Remer provided the music at the Hilltop Regional Kitchen while several people stayed and visited. Remer plays the accordion and sings a variety of music.

Puzzle Solution © OnlineCrosswords.net

G	I	A	N	T		P	L	A	T	O		M	P	H
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**ARTS- LIVE MUSIC-CRAFTS-VENDORS-
FOOD-KIDS ACTIVITIES**

FREE EVENT



IN THE PARK

Sunday, August 9th. 2026

Nelson Park, 401 3rd 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



**LONG PRAIRIE
SENIOR CENTER**
— A place to belong —

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 CLOSED	3 CLOSED	4 CRAFTS	5 Games with VIRGINIA	6 Root Beer Floats in honor of Marge Morgan's BDay 2pm	7 GAMES BINGO 1 PM	1 CLOSED 8 CLOSED
9 CLOSED	10 CLOSED	11 CRAFTS Legal Aid By Appointment 320 732 2282	12 FOOT CARE By appointment 320 732 2882	13 Grieving With Grace 10:30 Vitality Living 1pm	14 GAMES BINGO 1 PM	15 CLOSED
16 CLOSED	17 CLOSED	18 CRAFTS August Birthdays Cake & Coffee 1pm Fundraiser @ Concert in the Park	19 GAMES	20 CARDS/GAMES Lunch/MeadowPlace 11:30	21 GAMES BINGO 1 PM	22 CLOSED
23 CLOSED	24 CLOSED	25 CRAFTS Scrapbooking	26 Journaling FOOT CARE By appointment 320 732 2882	27 Monthly Mtg 11:15 am Potluck	28 GAMES BINGO 1 PM	29 CLOSED
30 CLOSED	31 CLOSED					



**SENIOR
CENTER**
50 3rd St N

320 732 2282

T-SHIRT FUNDRAISER

Pink • Ash • Gray • White

\$15 Some available at
Senior Center OR order at Center or text:

320 533 0295

with Name, Size, Color





NEWS FROM

The Long Prairie Senior Center



As of May 1st you are being greeted by Volunteers. Fridays were added on a trial basis through August 28th. The Center's Board will consider (at that time) whether to continue Fridays throughout the Winter months.



It takes a community working together to make any group successful. **YOU ARE OUR COMMUNITY!** Stop in, become a MEMBER, bring your ideas for events or activities and volunteer to spend a day or more each month with some new friends!!



Some events at Long Prairie are: Monthly Membership Meeting (11:15 am) followed with a Potluck on the last Thursday of the month. **August 27th**



Foot Care – 2nd & 4th Wednesdays each month. \$8 for Members and \$12 for Non Members. Call 320 732 2282 for an appointment.



Legal Aid – Senior Law Project – 2nd Tuesday of the month – by appointment - 320 732 2282



Grieving With Grace – 10:30 am - 2nd Thursday of the month – All Are Welcome



Annual Pillow Cleaning – First Wednesday in October (October 7th, 2026) 7 am to 3 pm



August 6th (Thursday) – Have a Root Beer Float to help Marge Morgan celebrate her 90th Birthday. 2 PM



August 13th (Thursday) - Vitality Living Activity @ 1PM



August 18th (Tuesday) – Birthday Cake for August Birthdays:
8-4 Marilyn Gibson, 8-6 Marge Morgan, 8-17 Elaine John, 8-22 Kathy Loegering,
8-23 Mary Borgheiink and 8-30 June Elmes



A FUNDRAISER for The Center will be August 18th at Long Prairie's **CONCERT IN THE PARK.** (John Denver - Tribute) The Center will be selling a variety of summer treats!



August 20th (Thursday) – lunch with Meadow Place at 11:30



T-Shirts (Pink, Ash Grey or White) are available for **\$15.** Some sizes and colors are available at The Center (50 3rd St N). You can order your T-Shirt at The Center OR text your order to:

320 533 0295

with your Name, Size and Color. This is a **FUNDRAISER.**



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



Bingo on
August 20 at
1 p.m. at the
Browerville
Community
Center

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

Monday, August 3 Salisbury Steak Mashed Potatoes Gravy Green Beans Mandarin Oranges Wheat Bread 1% Milk	Tuesday, August 4 Spaghetti Meat Sauce Tossed Salad Garlic Breadstick Fresh Fruit 1% Milk	Wednesday, August 5 Chicken & Dumplings Pickled Beets Stewed Tomatoes Tropical Fruit Wheat Bread 1% Milk	Thursday, August 6 Ham Baked Beans Scalloped Potatoes Pears Wheat Bread 1% Milk	Friday, August 7 Breaded Fish Macaroni & Cheese Coleslaw Apricots Wheat Bread 1% Milk	
Monday, August 10 What a Brat & Bun Sauerkraut Potato Salad Orange Smiles 1% Milk	Tuesday, August 11 Chicken Fried Steak Mashed Potatoes Gravy Carrots Peaches Wheat Bread 1% Milk	Wednesday, August 12 Beef Stew Biscuit Tapioca Pudding Pineapple 1% Milk	Thursday, August 13 Chicken Fajita Refried Beans Mexican Corn Apple Crisp Tortilla 1% Milk	Friday, August 14 Tuna Noodle Casserole Tossed Salad Wheat Bread Mandarin Oranges 1% Milk	
Monday, August 17 Chicken Strips Potato Wedges California Blend Pudding Wheat Bread 1% Milk	Tuesday, August 18 Meat Loaf Mashed Potatoes Gravy Green Beans Pears Wheat Bread 1% Milk	Wednesday, August 19 Country Fried Steak Mashed Potatoes Gravy Brussel Sprouts Peaches Wheat Bread 1% Milk	Thursday, August 20 Sloppy Joes Tater Tots Baked Beans Tropical Fruit Wheat Bread 1% Milk	Friday, August 21 Salmon Loaf Rice Pilaf Parslied Carrots Fruit Cocktail Wheat Bread 1% Milk	
Monday, August 24 Hamburger Gravy Mashed Potatoes Green Beans Mixed Fruit Wheat Bread 1% Milk	Tuesday, August 25 Baked Chicken Sweet Potatoes Italian Blend Pears Wheat Bread 1% Milk	Wednesday, August 26 Lasagna Tossed Salad Garlic Breadstick Pudding 1% Milk	Thursday, August 27 Pulled Pork on Bun Baked Beans Scalloped Potatoes Applesauce 1% Milk	Friday, August 28 Sliced Turkey Mashed Potatoes Gravy Stuffing Mandarin Oranges Wheat Bread 1% Milk	
Monday, August 31 Sausage Gravy Biscuit Country Fried Potatoes Peaches 1% Milk	Tuesday, September 1 Danish Fish Macaroni & Cheese Carrots Pineapple Wheat Bread 1% Milk	Wednesday, September 2 Swedish Meatballs Mashed Potatoes Gravy Coleslaw Mandarin Oranges Wheat Bread 1% Milk	Thursday, September 3 Taco Salad Refried Beans Mexican Corn Apple Crisp Tortilla 1% Milk	Friday, September 4 Chicken Cordon Bleu Rice Pilaf Scalloped Tomatoes Apricots Wheat Bread 1% Milk	
This menu is subject to change. Approved by: Robin Colon, MS, RD, SNS Dietitian Heartland Health Services		LSS Meals Traditional Menu August 2026 Lutheran Social Service of MN			Lutheran Social Service of Minnesota (LSS) is an equal opportunity employer and provides services to all eligible persons regardless of race, color, national origin, religion, age, sex, marital status, disability, public assistance status, veteran status or sexual orientation. For senior information and assistance, call the Senior LinkAge Line® 800-333-2433.

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

EAGLE BEND

Community Circle

AUGUST

POTLUCK SUPPER
5:00

BRING A DISH TO SHARE

Aug 17

at the HILLTOP REGIONAL KITCHEN



You Local Center Welcomes You!

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



Building
FOR RENT
Contact
Lou Bullock
320-285-3168

Grey Eagle Sr. Center gives a shout out
big thanks for everyone that made our
garage sale a success—those that donated—
helped setup—assisted customers—and cleanup.
Thanks to Peg at Village View for
computer work and great ideas.
Thanks to Evelyn and the Lion's
for supporting us.

Thanks ❤️

Come join us for the
ANNUAL
Senior Picnic

HOSTED BY THE **LONG PRAIRIE LIONS**

Monday
AUGUST 10TH

• LIONS PARK AT •
Lake Charlotte



**SOCIAL HOUR
AT 4:15 PM**



**DINNER
AT 5 PM**



*Come for the food,
stay for the*
**FELLOWSHIP &
CONVERSATIONS.**



Hope to see you there!



BLACK SEED OIL PAIN, MUSCLES, BONES & JOINTS

**NATURAL RELIEF. STRONGER MOVEMENT.
BETTER EVERY DAY.**

Black Seed Oil has been used for centuries to help ease discomfort, reduce inflammation and support strong, healthy movement.



HELPS RELIEVE JOINT PAIN

Supports comfort and flexibility in joints for easier daily movement.



SUPPORTS ARTHRITIS RELIEF

May help reduce stiffness and discomfort associated with arthritis.



EASES MUSCLE SORENESS

Helps reduce muscle pain, cramps and spasms after activity.



SOOTHES BACK & BODY PAIN

Provides natural support for back, neck and body discomfort.



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Nourishes and helps maintain strong, healthy bones.



REDUCES INFLAMMATION

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PROMOTES MOBILITY & FLEXIBILITY

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MAY REDUCE NEED FOR PAIN MEDICATION

May help manage occasional discomfort naturally.*

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FEEL BETTER
LIVE BETTER**



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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult your healthcare provider before using this or any dietary supplement, especially if you are pregnant, nursing, taking medication, or have a medical condition.

Contact Karin at karin@seniorechoes.com if you want to learn more. I use it every day.

Todd County Council on Aging (TCCA)

TCCA MEETING NOTICE

EVERYONE OF ANY AGE IS WELCOME-CAREGIVERS AND CARE RECIPIERS WELCOME

Date: AUGUST 13, 2026

Time: 2:00 PM

Site: HILLTOP KITCHEN- 131 PARK AVENUE NW, EAGLE BEND , MN 56446

Todd County Council on Aging-TCCA WILL PARTNER WITH HORIZON HEALTH TO PROVIDE INFORMATION TO CAREGIVERS and the general public- all are welcome—bring a friend or neighbor.

2:00-2:30 pm TCCA MEETING UPDATES ON HOUSING- AUDITORIUM- ADDITIONAL EVENTS

3:00-4:00 pm DEMENTIA FRIENDS TRAINING- Rona Bleese

4:00-5:00 pm CAREGIVERS SUPPORT GROUP WITH RESPITE PARTNERS

Horizon Health Services Jurnee Bruggenthies and Verna Toenyan will share information regarding resources for Caregivers- the and “Advantages of Respite Care”!

LSS MEAL- PROVIDED BY THE BLANDIN BOOST GRANT – EVERYONE MUST REGISTER BY THE DAY BEFORE-(AUGUST 12)

Additional resources will be provided – including legal services , LSS Meals and Bundled Meals delivery and fuel assistance. In addition, the opportunity to ask questions regarding additional caregiving resources will be provided.

For information regarding this event please contact Verna Toenyan- Horizon Health Senior Services Coordinator at 320-815-4301. **To register for meal at 5 p.m.- call 218-248-7600**



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An ACT on Alzheimer's initiative

Dementia Friends Training

Building a dementia-friendly
Minnesota, together.



People with dementia
need to be understood
and supported in
their communities.



Thank You!

Nutrition: Fueling Your Body for a Healthier Life



A Senior Echoes Feature *by Karin L. Nauber*

We often hear the saying, "You are what you eat," and while that may be an oversimplification, there is no denying that good nutrition plays a major role in our overall health. Regardless of age, the foods we choose each day affect our energy levels, immune system, heart health, brain function, and quality of life.

The good news is that healthy eating doesn't have to be complicated or expensive.

Good nutrition begins with balance. Rather than focusing on strict diets or eliminating entire food groups, aim to include a variety of foods that provide your body with the nutrients it needs. Fruits and vegetables should make up a large portion of your meals, offering essential vitamins, minerals, fiber, and antioxidants that help protect against disease.

(Continued on page 31)



"Good nutrition gives your body the fuel it needs to stay active, strong, and independent."

Choosing colorful produce—such as leafy greens, carrots, berries, tomatoes, and peppers—ensures you're getting a wide range of nutrients.

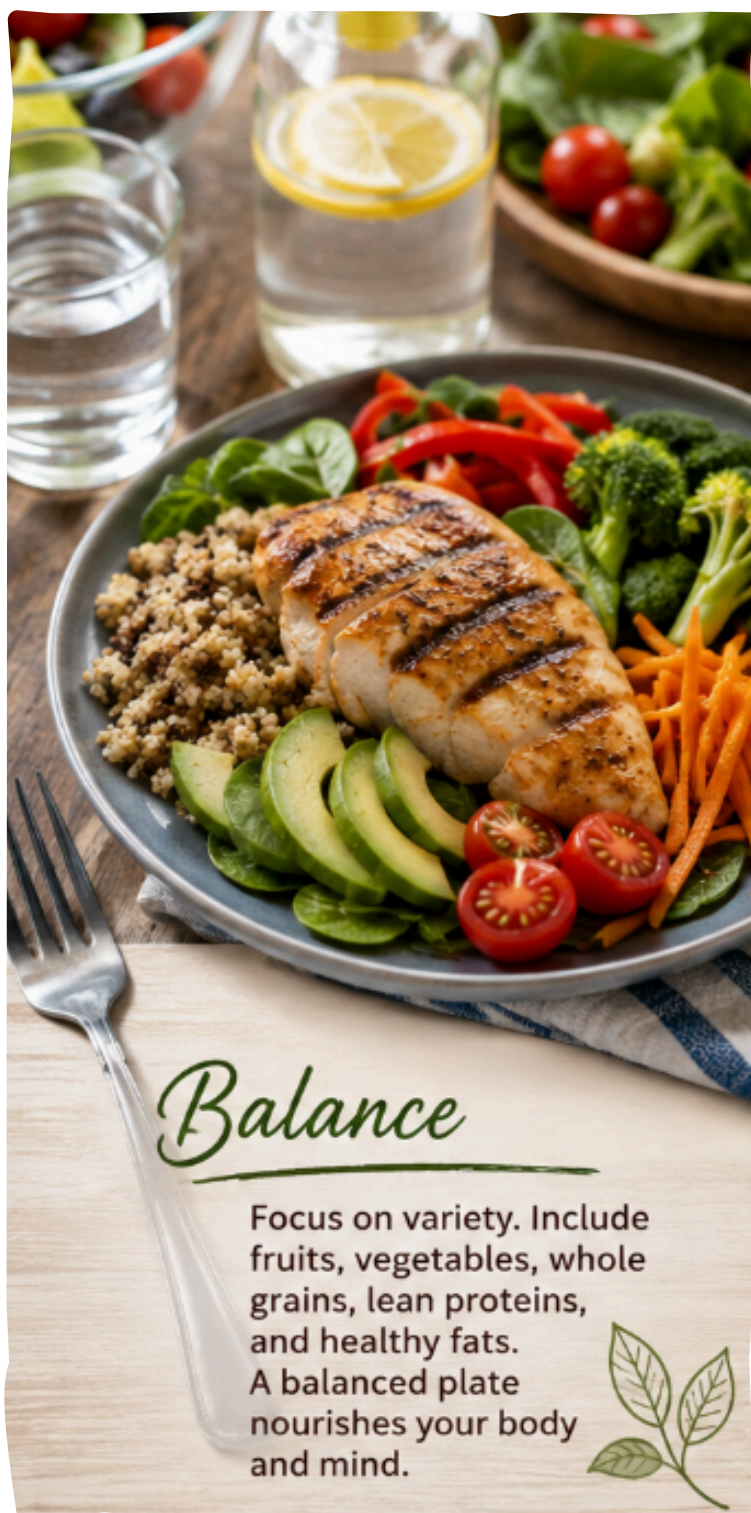
Protein is another important part of a healthy diet, especially as we age. It helps maintain muscle strength, supports healing, and keeps us feeling full longer. Good sources include chicken, turkey, fish, eggs, beans, lentils, nuts, and low-fat dairy products. Eating adequate protein throughout the day can help preserve muscle mass, which is important for maintaining independence and reducing the risk of falls.

Whole grains are another smart choice. Foods like oatmeal, brown rice, whole wheat bread, and quinoa provide fiber and long-lasting energy. Fiber also supports digestive health and may help lower cholesterol levels. When possible, choose whole-grain products over refined grains such as white bread or white rice.

Healthy fats also deserve a place on your plate. While many people spent years avoiding fat altogether, we now know that certain fats are beneficial.

(Continued on page 32)

Nutrition Life (Continued)



Balance

Focus on variety. Include fruits, vegetables, whole grains, lean proteins, and healthy fats. A balanced plate nourishes your body and mind.



"Food is more than fuel.
It's one of the simplest
ways to care for your
health every single day."

Foods like avocados, olive oil, nuts, seeds, and fatty fish such as salmon contain healthy fats that support heart and brain health. As with all things, moderation is the key. Hydration is often overlooked but is just as important as food. As we get older, our sense of thirst may decrease, making it easier to become dehydrated. Drinking water throughout the day helps regulate body temperature, supports digestion, cushions joints, and keeps the body functioning properly. If plain water isn't appealing, try adding slices of lemon, cucumber, or berries for a little extra flavor.

One of the simplest ways to improve your nutrition is by cooking more meals at home. Home-cooked meals often contain less sodium, sugar, and unhealthy fats than restaurant or processed foods. They also allow you to control portion sizes and ingredients. Cooking can even become an enjoyable hobby, especially when shared with family or friends. Healthy eating doesn't mean giving up the foods you love. In fact, allowing yourself an occasional dessert or favorite comfort food can make healthy habits easier to maintain. The goal is consistency, not perfection.

(Continued on page 33)

Nutrition Life (Continued)

Making better choices most of the time has a much greater impact than striving for an impossible standard. Planning ahead can also make healthy eating easier. Keeping nutritious snacks on hand, preparing meals in advance, and making a shopping list before heading to the grocery store can help reduce impulse purchases and encourage healthier choices throughout the week.

It's also important to remember that nutritional needs can change with age and certain medical conditions. Some individuals may need more calcium and vitamin D for bone health, while others may need to monitor sodium, sugar, or saturated fat intake. If you have diabetes, heart disease, kidney disease, or another health condition, your healthcare provider or a registered dietitian can help you develop a meal plan that's right for you.

Ultimately, good nutrition isn't about following the latest trend or eating perfectly every day. It's about making thoughtful choices that nourish your body and support the life you want to live.

"Every healthy meal is an investment in your future."

Small changes—adding an extra serving of vegetables, drinking another glass of water, choosing grilled instead of fried foods, or replacing sugary drinks with water—can add up over time.

Every healthy meal is an investment in your future. By fueling your body with nutritious foods, you're giving yourself the best opportunity to stay active, maintain your independence, and enjoy the years ahead. After all, healthy eating isn't just about adding years to your life—it's about adding life to your years.



Recipes for Your Enjoyment

Mediterranean Chicken & Vegetable Skillet

Serves: 4

This colorful one-pan meal is packed with lean protein, vegetables, and healthy fats that support heart health and healthy aging.

Ingredients:

- 2 boneless, skinless chicken breasts, cut into bite-sized pieces
- 2 tablespoons olive oil
- 1 zucchini, sliced
- 1 red bell pepper, chopped
- 1 yellow squash, sliced
- 1 cup cherry tomatoes
- 2 cloves garlic, minced
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- ¼ cup crumbled feta cheese (optional)
- Fresh parsley for garnish

Directions:

1. Heat olive oil in a large skillet over medium-high heat.

2. Cook chicken until browned and cooked through.
3. Add garlic and vegetables and cook for 6–8 minutes until tender-crisp.
4. Stir in Italian seasoning, salt, and pepper.
5. Sprinkle with feta cheese and parsley before serving.

Nutrition Tip: Olive oil provides heart-healthy fats while colorful vegetables supply vitamins, minerals, and antioxidants that help protect your cells as you age.

Berry Oat Breakfast Parfaits

Serves: 4

Start the day with a breakfast that's full of fiber, calcium, and antioxidants.

Ingredients:

- 2 cups plain Greek yogurt
- 2 cups mixed berries (fresh or frozen)
- 1 cup rolled oats
- ¼ cup chopped walnuts
- 1 teaspoon cinnamon
- 1 tablespoon honey (optional)

Recipes (Continued)

Directions:

1. Layer yogurt, berries, oats, and walnuts into glasses or bowls.
2. Repeat the layers.
3. Sprinkle with cinnamon and drizzle with honey if desired.
4. Serve immediately or refrigerate overnight.

Nutrition Tip: Berries are loaded with antioxidants that support brain health, while Greek yogurt provides protein to help maintain muscle as we age.

Hearty Lentil Vegetable Soup

Serves: 6

Comforting, filling, and packed with nutrients, this soup freezes well for easy meals later.

Ingredients:

- 1 tablespoon olive oil
- 1 onion, diced
- 2 carrots, chopped
- 2 celery stalks, chopped

- 3 cloves garlic, minced
- 1 cup dried lentils, rinsed
- 1 can diced tomatoes
- 6 cups low-sodium vegetable or chicken broth
- 1 teaspoon thyme
- 1 teaspoon basil
- Salt and pepper to taste
- 2 cups fresh spinach

Directions

1. Heat olive oil and sauté onion, carrots, celery, and garlic for about 5 minutes.
2. Add lentils, tomatoes, broth, thyme, and basil.
3. Bring to a boil, then reduce heat and simmer for 30–35 minutes until lentils are tender.
4. Stir in spinach during the last few minutes of cooking.
5. Season with salt and pepper before serving.

Nutrition Tip: Lentils are an excellent source of plant protein and fiber, helping support heart health, digestion, and steady energy levels.

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