

SEPTEMBER 2026

VOL. 06

SENIOR

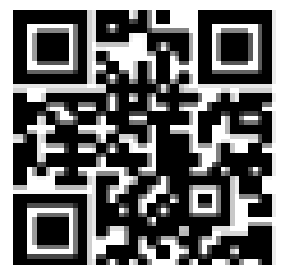
Echoes



The Latest

Clarissa Community Center Picnic

See more on page 2



www.seniorechoes.com



www.seniorechoes.com

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

About Our Cover Photo



The Clarissa Community Center held their annual hamburgers and brats picnic on August 21 at the Clarissa Community Center. There was live music and a good turnout for the event.



SENIOR Echoes

Living Well, Staying Connected



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Echoes...

A Note from the Editor

Back to School, Back to Connection

Dear Reader,

September has always felt a little like a new beginning.

For children, of course, it truly is. Backpacks are packed, pencils are sharpened, new shoes are broken in, and school buses once again make their familiar stops. There are new teachers to meet, old friends to see, and perhaps a few butterflies about what the year ahead will bring.

For those of us whose school days are well behind us, September can still be a season of new beginnings. It can also be a wonderful reminder to connect with the young people in our lives.

Grandchildren, great-grandchildren, nieces, nephews, neighborhood children, or the kids at church may be heading back to classrooms this month. Asking about their school day might seem like a small thing, but showing genuine interest in what matters to them can mean more than we realize.

Instead of the usual “How was school?” which is often answered with the equally predictable “Fine,” try asking something different. What made you laugh today? Who did you sit with at lunch? What is your favorite class so far? What is the weirdest thing your teacher said today?

You might be surprised at the stories that follow.

(Continued on page 5)

Echoes... (Continued)

There are other ways to connect, too. If you live close enough, perhaps you can attend a school concert, sporting event, play, or grandparents' day. Offer to help with homework, even if today's math makes absolutely no sense compared with the way we learned it! Read the same book they are reading and talk about it together. Ask them to teach you something they have learned. And remember, connection can go both ways.

Young people are growing up in a world very different from the one many of us knew. They can teach us about technology, new music, new ideas, and the things that matter to their generation. At the same time, we have something incredibly valuable to give them: our stories.

Tell them what school was like when you were their age. Tell them about walking to school, your favorite teacher, the trouble you got into, the games you played at recess, or the lunch you dreaded finding in your lunchbox. Show them an old school picture and let them laugh at your hairstyle. Better yet, laugh with them.

Those stories are pieces of family history, and unless we tell them, they can disappear.

Not every connection has to be a big event. A phone call, a text before a test, a handwritten note, or simply remembering to ask how something turned out tells a young person, "You matter to me."

September may belong to the kids heading back to school, but perhaps it can be a new beginning for the rest of us, too.

This month, reach across the generations. Ask a question. Share a story. Learn something new from someone young, and teach them something only you can.

We may discover that there is still plenty for all of us to learn.

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



Connecting Across Generations

A Senior Echoes Feature

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

It's easy to look around and feel as though younger and older generations live in completely different worlds. Young people have grown up with smartphones, social media, and technology that many of us could hardly have imagined when we were their age. But underneath all those differences, people of every generation still need many of the same things: friendship, encouragement, a sense of belonging, and someone who takes a genuine interest in them.

Connecting with younger people doesn't have to begin with your own grandchildren or relatives. There are young people throughout our communities who would benefit from having another caring adult in their lives, and there are plenty of simple ways to make those connections.

(Continued on page 9)

“Sometimes the most valuable thing you can offer isn't a particular skill at all. It is your time and attention.”

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

Connecting (Continued)

One of the easiest is simply to show up where young people are. Attend a high school football or volleyball game, a school play, a band or choir concert, or another community event. You don't have to know one of the students participating. Buying a ticket, sitting in the stands, and applauding their efforts tells young people that their community is interested in what they are doing.

Schools can also be wonderful places to volunteer. Depending on the school, volunteers may be needed to listen to children read, help in the library, assist teachers with projects, chaperone activities, or simply provide an extra pair of hands. Contact your local school and ask what opportunities are available. You may have skills and experience that could be especially useful to a classroom.



Churches, libraries, 4-H programs, scouting organizations, community centers, and youth sports programs may also need volunteers. Sometimes the most valuable thing you can offer isn't a particular skill at all. It is your time and attention.

Don't underestimate what younger people can teach you, either. Ask a teenager to show you how to use a feature on your phone. Ask what music they like or what they are watching.

Let a child explain a video game to you, even if you have absolutely no idea what is going on!

(Continued on page 10)

“Young people can teach us just as much as we can teach them.”



Connecting (Continued)

Being interested in their world gives them an opportunity to be the expert for a change.

And then share your world with them. Teach someone how to bake an old family recipe, sew on a button, plant a garden, play cards, fish, work with tools, or do something else you've learned over the years. Tell your stories. Young people may roll their eyes occasionally, but family and community stories give them a connection to a past they never experienced themselves.

Most importantly, listen. Young people don't always need advice or someone telling them how things were done "back in our day." Sometimes they simply need an adult who asks a question and really listens to the answer.

The generations may have more years separating them than ever before, but those years don't have to become a wall.

Sometimes all it takes to bridge them is showing up, saying hello, and being interested in one another.

"Being interested in their world gives them an opportunity to be the expert for a change."



"Sometimes all it takes to bridge the generations is showing up, saying hello, and being interested in one another."





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

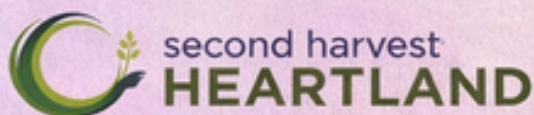


Tour bus sponsored in partnership with T.C.C.A., Todd County Historical Society
and the Eagle Bend Area Development Corp. with funds provided by the Blandin Boost Grant
to support Hilltop Kitchen, Hilltop Square Housing and Hilltop Auditorium and Wellness Center.

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.



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!**



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.



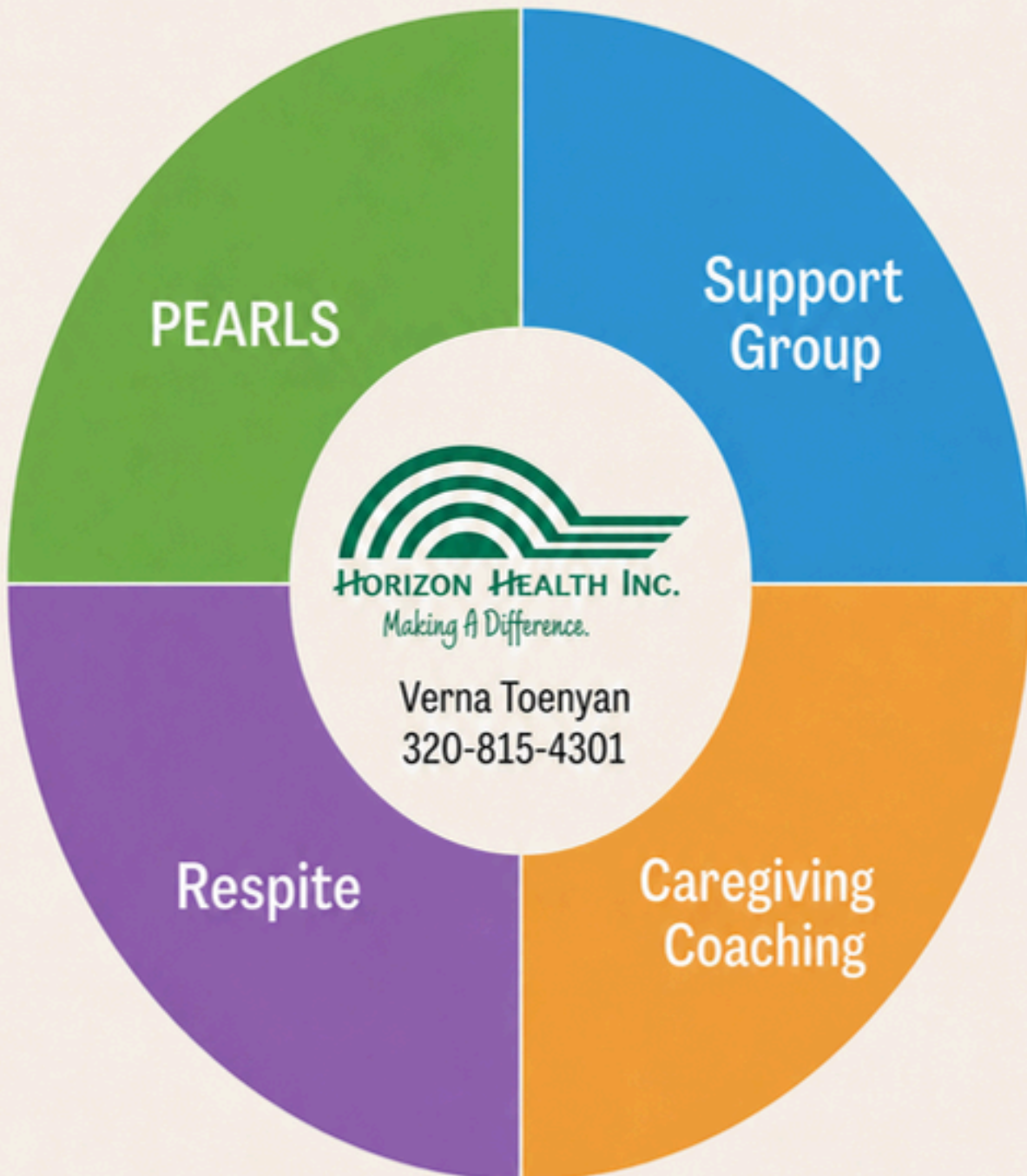
www.horizonhealthservices.org

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:

A good life is when
you *smile* often, *dream* big,
laugh a lot, and realize how
blessed you are for what
you have.



JUST FOR FUN

WHY DID THE FISH BLUSH?

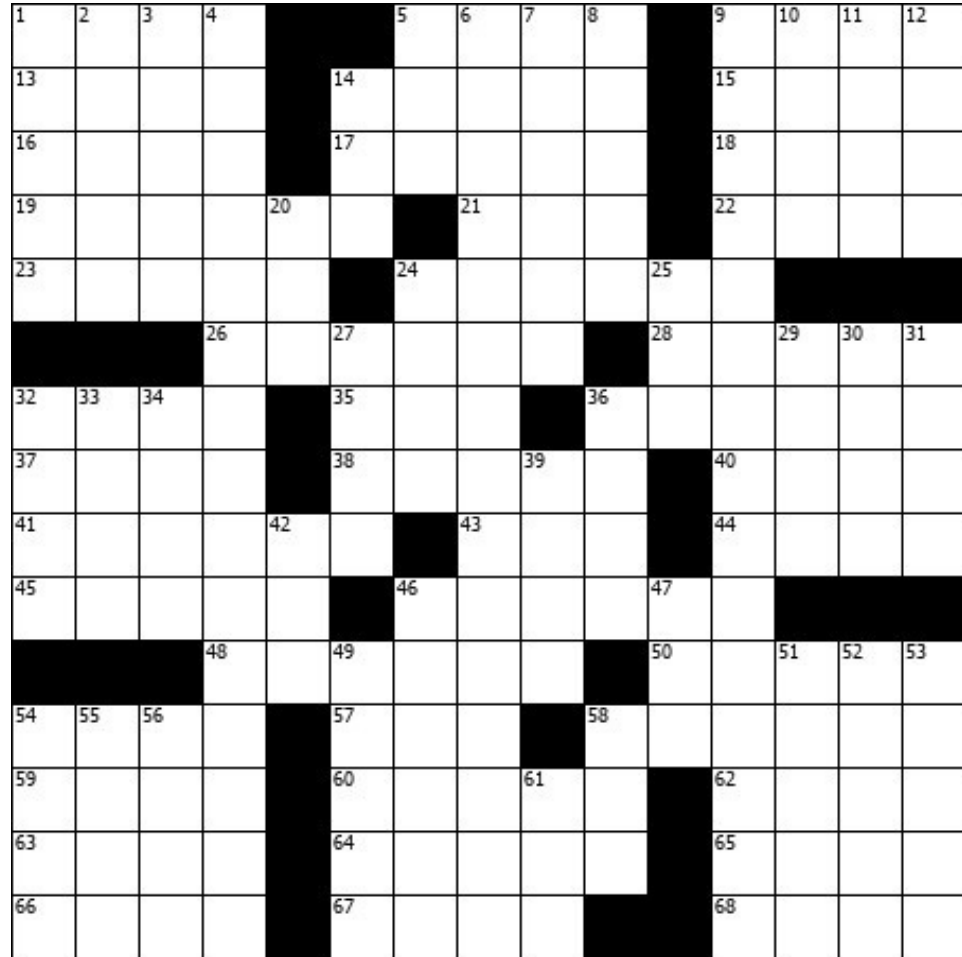
BECAUSE IT SAW
THE

BOAT'S
BOTTOM!



Across

1. Common tater
 5. Greek letters shaped like pitchforks
 9. It may be at the finish line
 13. Film
 14. Halfback's juke
 15. Up in years
 16. It pulls a bit
 17. Florentine poet
 18. Circus stage
 19. One making amends
 21. Embargo
 22. Postal district
 23. Excessive excitement
 24. Word with North or South
 26. Walked boldly
 28. Estuary
 32. 4-Down, e.g.
 35. Diner's snippet
 36. Eye part
 37. Stingee's response
 38. Religion based in Haifa
 40. Prince, presumably
 41. Significant ones?
 43. Small newt
 44. Norse writings
 45. Signature melody
 46. Famed cop-slapper
 48. Become beloved
 50. For the bees
 54. Extend across
 57. "Bali ____" ("South Pacific" song)
 58. Channel swimmer of 1926
 59. Mauna Loa output
 60. Name in puppetry
 62. Calico's comment
 63. Monumental
 64. Attractive physical appearance
 65. Novelist Rice
 66. Use hip boots
 67. Basic French verb
 68. Do-well intro

**Down**

1. Word to a pest
 2. Statue in St. Peter's
 3. Coalition
 4. Comics debut of 3/12/51
 5. Pod piece?
 6. Adventurer of film
 7. Type of valve or manifold
 8. Pool party?
 9. Jungle swinger
 10. Exchange premium
 11. Teller's partner
 12. Periphery
 14. H.S.T. predecessor
 20. Break bread
 24. ____ Maar (Picasso subject)
 25. No-win situation
 27. Filches
 29. Emulated Ananias
 30. Camelot lady
 31. Manor near Twelve Oaks
 32. Word with camp or hill
 33. Baseball legend
 34. Lumbago, e.g.
 36. "Puttin' on the ____"
 39. Worship from ____
 42. Cartoon dog
 46. Extremist
 47. Long-faced
 49. Wild Asian dog
 51. Dunne of "I Remember Mama"
 52. Peake novel "Titus ____"
 53. Comparatively recent
 54. Killed a dragon, e.g.
 55. One of the three bears
 56. Dyed-in-the-wool
 58. Some MIT grads
 61. Musician Turner

Center Happenings

September Events:

Coffee in Clotho

1st Friday of every month -
coffee and conversation

Next:
SEPTEMBER 4, 2026
(6:30 AM - 9:00 AM)

@ Clotho United Methodist Church
15427 County 38

Bike Rodeo

SEPTEMBER 12, 2026

Register @
10am

Starts @
10:30

Location:
LP Elementary bus loading area

Fun • Safety • Community

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!

Puzzle Solution © OnlineCrosswords.net

S	P	U	D			P	S	I	S		T	A	P	E
C	I	N	E		F	E	I	N	T		A	G	E	D
R	E	I	N		D	A	N	T	E		R	I	N	G
A	T	O	N	E	R		B	A	N		Z	O	N	E
M	A	N	I	A		D	A	K	O	T	A			
			S	T	R	O	D	E		I	N	L	E	T
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CENTRAL MINNESOTA'S Aging Attitude!

WITH

EXPO

Friday,
October
16, 2026

Sauk Centre
High School
Sauk Centre, MN

Free!

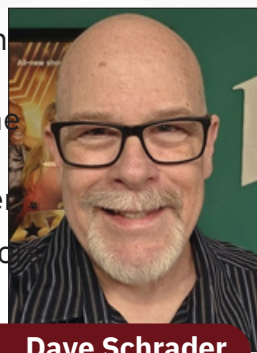
and Open to

the Public
Visit
booths,
enjoy

break out
sessions
presented
by area
experts,
receive
free lunch
and win
door prizes!

Schedule of Events:

8-8:45Registration
& Exhibitors
am 8:45 -Welcome
Announcements
9 a 10 amKeynote Speaker
Dave Schrader
10 - 10:30 amExhibitor
Sessions
10:30 - 11:15 amBreak Out
Sessions
.....Break Out
11:30 am - 12:15 pm Sessions
12:30 - 1:30 pm Lunch, Exhibitors,
Entertainment
& Door Prizes



Dave Schrader

Keynote Speaker:

Dave Schrader Owner of The
Palmer House Hotel, Restaurant & Pub
Speaking about preserving history,
taking on a new role and career path
later in life, and mixing in a ghost story
or two.

Dave Schrader is the new owner of
The Palmer House Hotel, Restaurant
& Pub in Sauk Centre, Minnesota. A
Minnesota resident for 38 years and
a radio and TV personality for 20,

Dave's passion for the paranormal led him to The Palmer
House, where he hopes to preserve its history, attract
visitors, and showcase his new hometown. At 58, Dave is
embarking on a new adventure as a business owner, while
also being a proud father of 11 and "Pop Pop" to 10.

THANK YOU
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Platinum



Blandin Foundation™
STRENGTHENING RURAL MINNESOTA



Gold



Silver

Sauk Centre
Lions

CURA of
Sauk Centre

Break Out
Sessions
listed on
back!

Celebrating the Stages of our Lives for over 30 years!

Your Local Center Welcomes You!

Long Prairie



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 • Crafts 	2	3 • Vitality • Living Mystery Activity 1:00pm 	4 • Bingo 1pm 	5 
6 	7 <i>Labor Day</i> 	8 • Crafts • Legal Aid by Appt 	9 • Foot Care by Appt 	10 • Computer Scams by John Peters 10:30 - 11:30am • Grieving with Grace 10:30am 	11 • Bingo 1pm 	12 
13 	14	15 • Crafts • Birthday Party 1PM 	16	17 • Lunch provided by Meadow Place at center 11:30am 	18 • Bingo 1pm 	19 
20 	21 • Coffee & Danish at Meadow Place at 9:30am 	22 • Crafts 	23 • Foot Care by Appt 	24 • Members Meeting 11:15am • Potluck Lunch After <i>✧ Together ✧</i> 	25 • Bingo 1pm 	26 
27 	28	29 • Crafts 	30 	<i>"Every day is a new opportunity to learn, laugh, and live well."</i> 		



NEWS FROM *The* Long Prairie Senior Center



Below are the events and activities happening at the Long Prairie Senior Center
this **SEPTEMBER**.

All are welcome – we hope to see you there! ♥



CRAFTS – Tuesdays at 1:00pm
September 1, 8, 15, 22, and 29



FOOT CARE BY APPT – Wednesdays
September 9 and 23



VITALITY LIVING MYSTERY ACTIVITY –
Thursday, September 3 at 1:00pm



BINGO – Fridays at 1:00pm
September 4, 11, 18, and 25



COMPUTER SCAMS by John Peters
Thursday, September 10
10:30 – 11:30am



MEMBERS MEETING – Thursday, September 24
11:15am
Followed by **POTLUCK LUNCH AFTER**



COFFEE & DANISH – Monday, September 21
9:30am



BIRTHDAY PARTY – Tuesday, September 15
1:00pm



*Good friends. Great activities.
Stronger together. ♥*



You Local Center Welcomes You!

Clarissa and Browerville

Happenings in Clarissa



Clarissa Community Center

A PLACE TO GATHER. A PLACE TO CONNECT. A PLACE FOR YOU.

111 2ND STREET SE • CLARISSA, MN 56440 • 218-756-3443

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

Happenings in Browerville



Bingo
September 3
and 17
October 1
and 15 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

	Tuesday, Sept 1	Wednesday, Sept 2	Thursday, Sept 3	Friday, Sept 4
	Swedish Meatballs	Pork Roast	Chicken Alfredo	Blueberry Pancakes
	Mashed Potatoes	Pork Gravy	Peas & Carrots	Egg Patty
	Brown Gravy	Candied Yams	Hot Spiced Apples	Red Diced Potatoes
	Mixed Vegetables	Green Beans		Diced Peach Cup
	Dinner Roll & Margarine	Wheat Bread & Margarine		
	Chocolate Chip Cookie	Butterscotch Pudding/topping	Dinner Roll & Margarine	Margarine & Syrup
	1% Milk	1% Milk	1% Milk	1% Milk
Monday, Sept 7	Tuesday, Sept 8	Wednesday, Sept 9	Thursday, Sept 10	Friday, Sept 11
CLOSED	Diced Turkey & Gravy	Meatloaf	Turkey Tetrazzini	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
Monday, Sept 14	Tuesday, Sept 15	Wednesday, Sept 16	Thursday, Sept 17	Friday, Sept 18
BeefHamburger onBun	Chicken Baked Herb	Smothered Chopped Steak	Scalloped Potatoes w/Ham	Beef Lasagna
Baked Beans	Rice Pilaf	Mashed Potatoes	Whole Kernel Corn	Peas & Carrots
Rosemary Garlic Potatoes	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, Sept 21	Tuesday, Sept 22	Wednesday, Sept 23	Thursday, Sept 24	Friday, Sept 25
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, Sept 28	Tuesday, Sept 29	Wednesday, Sept 30	September 2026	
Tuna Noodle Casserole	Sloppy Joe on Bun	Salisbury Steak		
Green Peas	Country Vegetable Blend	Mashed Potatoes		
Hot Spiced Peaches	Fruit Crumble	Brown Gravy		
		Green Beans		
Dinner Roll & Margarine	Summer Pasta Salad	Dinner Roll & Margarine		
Vanilla Pudding/topping		Lemon Jello w Mandarin Oranges		
1% Milk	1% Milk	1% Milk	LSS Meals Traditional Menu	
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. 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. If you are interested in learning about the Supplemental Nutrition Assistance Program (SNAP), please call 800.488.4146.				
			Menu is subject to change.	
			Approved by: Nicole Crouch, MS, RD SNAP or EBT payment accepted.	

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

You Local Center Welcomes You!

Grey Eagle

Happenings in Grey Eagle



Grey Eagle Community Center

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Low Impact Exercise

on Mon., Wed., and Fri.
9:30 – 10:30 AM



Meeting

SEPTEMBER 24

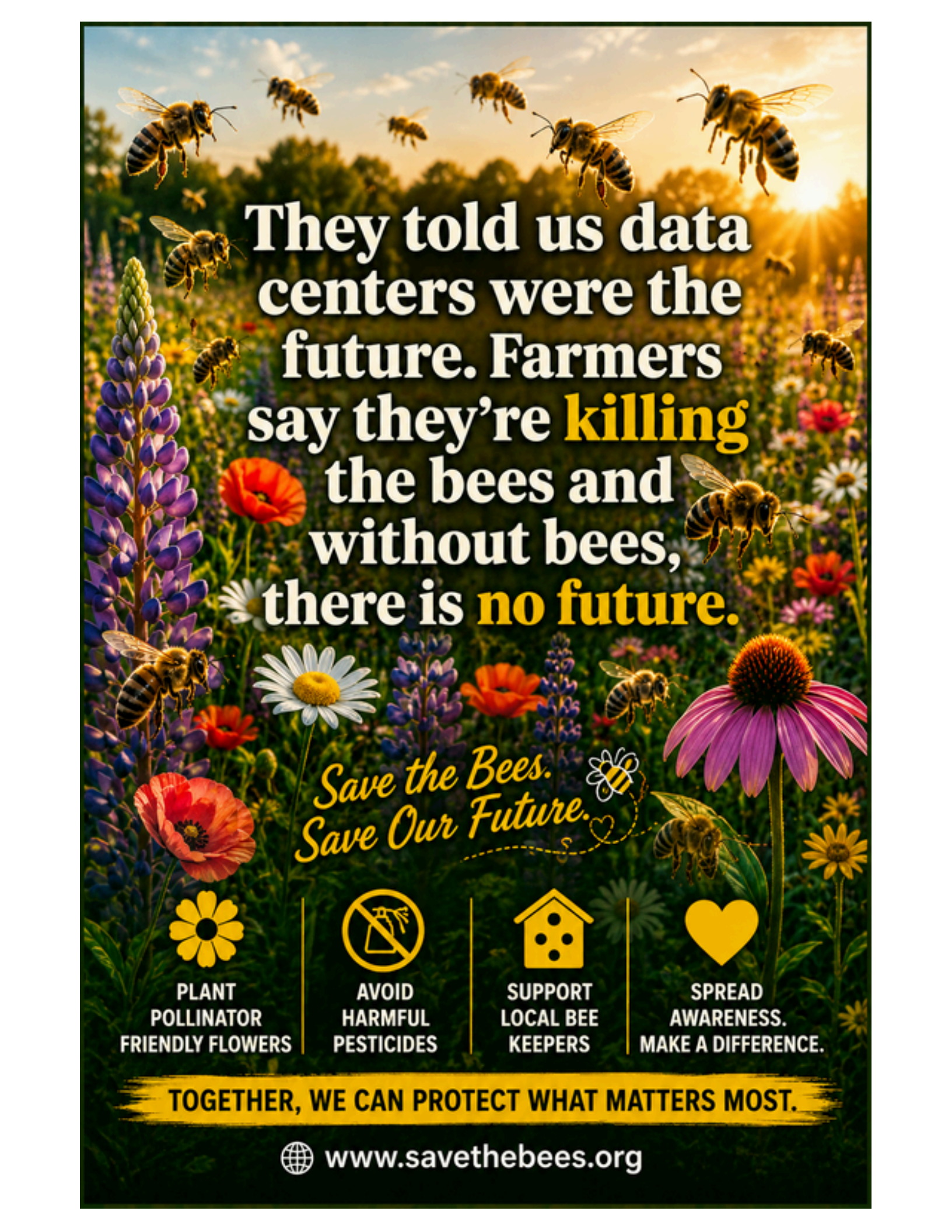
potluck at
4:30 p.m.
followed by
BINGO

BINGO				
12	18	41	47	61
7	26	39	54	70
3	23	★	60	73
15	28	36	52	67
1	20	44	50	72

B I N G O

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Provides natural support for back, neck and body discomfort.



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Nourishes and helps maintain strong, healthy bones.



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Supports overall mobility so you can move freely and stay active.



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LIVE BETTER**



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Inspire others.
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THANK YOU FOR BEING PART OF THE STORY!



Health and Recipes

Eating Well as We Age: Nutrition for a Stronger, Healthier Life



A Senior Echoes Feature

by Karin L. Nauber

Good nutrition matters at every age, but as we get older, what our bodies need begins to change. We may not need as many calories as we once did, but we still need plenty of nutrients to keep our bones strong, maintain muscle, support our immune systems, and give us the energy to enjoy everyday life.

The good news is that eating well doesn't require an expensive diet, complicated recipes, or giving up everything you enjoy.

Make protein a priority. As we age, maintaining muscle becomes increasingly important for strength, balance, and independence. Try to include a source of protein throughout the day rather than saving it all for the evening meal.

(Continued on page 31)

Eating Well (Continued)



Eggs, fish, chicken, lean meat, beans, lentils, yogurt, cottage cheese, nuts, and peanut butter are all good choices.

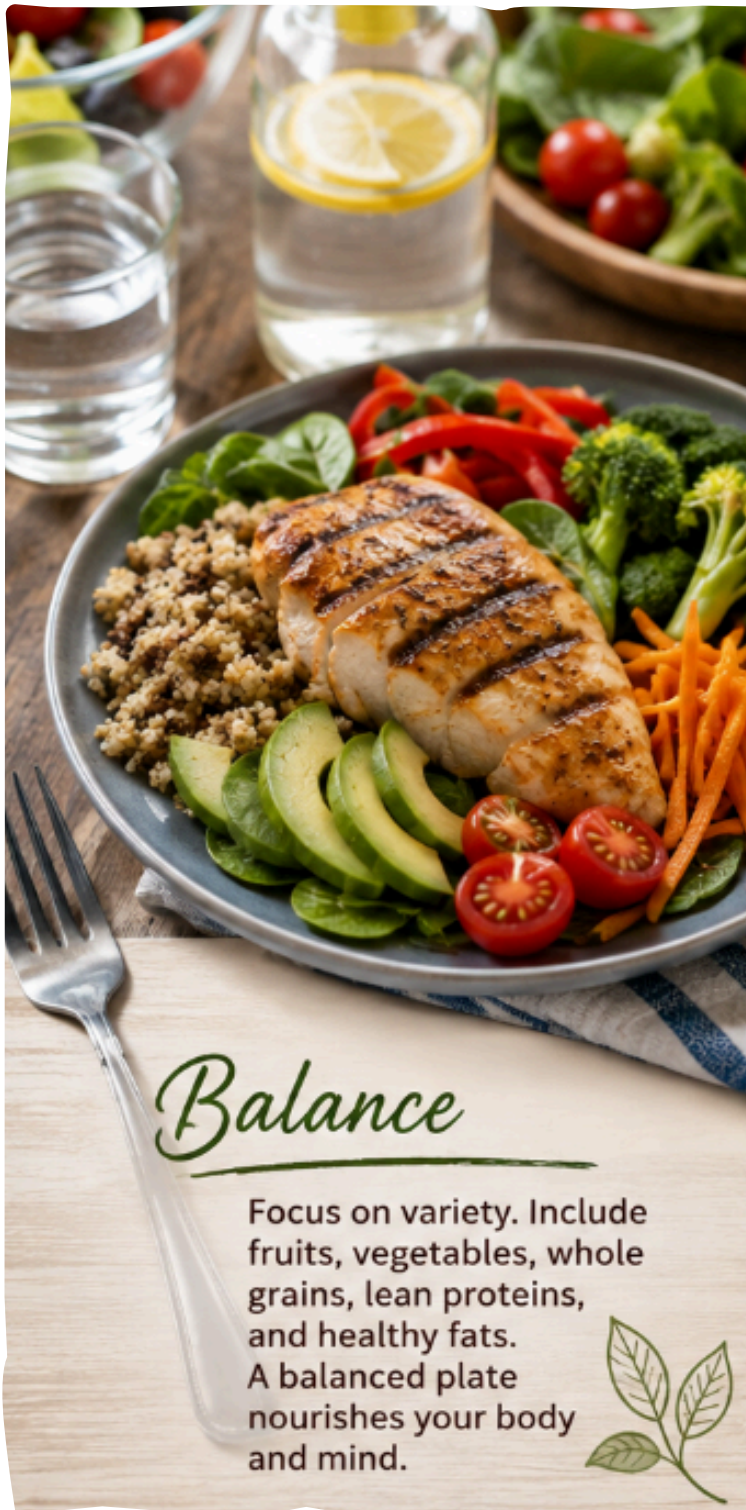
Add some color to your plate. Fruits and vegetables provide vitamins, minerals, antioxidants, and fiber. Different colors often provide different nutrients, so variety is helpful. Berries, leafy greens, carrots, tomatoes, broccoli, squash, apples, oranges, and other favorites can all contribute to a healthy diet. Fresh produce is wonderful, but frozen and canned fruits and vegetables can be nutritious choices too. When buying canned foods, look for options with less added salt or sugar when possible.

Remember calcium and vitamin D. Both become particularly important as we grow older because they help maintain healthy bones. Milk, yogurt, cheese, fortified foods, and certain fish can help provide these nutrients. Your healthcare provider can tell you whether you need a supplement.

“Eating well doesn’t require an expensive diet, complicated recipes, or giving up everything you enjoy.”

(Continued on page 32)

Eating Well (Continued)



Balance

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



“Maintaining muscle is important for strength, balance, and independence.”

Don't forget fiber. Whole grains, beans, vegetables, fruits, nuts, and seeds can help keep the digestive system working properly. Fiber can also help with cholesterol and blood sugar management. If you increase the amount of fiber you eat, do it gradually and drink plenty of fluids.

Speaking of fluids, remember to drink water. Our sense of thirst can become less reliable as we age, so we may not realize we're becoming dehydrated. Keep water nearby and drink regularly throughout the day. Milk, soups, and other beverages and foods can also contribute to fluid intake.

Finally, don't overlook the pleasure of eating. Food is more than nutrition. It is part of our traditions, celebrations, friendships, and memories. Sharing a meal with someone can be good for us in ways that don't appear on a nutrition label.

Healthy eating doesn't have to mean following a perfect diet. Small choices add up. Add a vegetable to dinner. Have an egg with breakfast. Choose fruit for a snack. Drink another glass of water.

(Continued on page 33)

Eating Well (Continued)

Most importantly, think of food as fuel for the life you still want to live. Eating well can help provide the strength and energy to stay active, spend time with the people you love, pursue your interests, and remain as independent as possible.

Another important part of good nutrition is making healthy eating something you can actually maintain. There is no need to completely change the way you eat overnight. Start with foods you already enjoy and look for simple ways to make meals a little more nutritious. Add berries to your breakfast, keep easy-to-eat vegetables on hand, or include a little extra protein with lunch. Cooking with a friend or sharing meals at a senior center can make eating well more enjoyable, too. Good nutrition isn't about following strict rules. It's about making choices that help you feel your best today while protecting your health for the years ahead.

You don't have to eat perfectly. You just have to keep giving your body more of what it needs.

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

NUTRITION AS WE AGE

Simple choices for a healthier you



POWER UP WITH PROTEIN

Eggs • Fish • Chicken • Beans • Yogurt • Cottage cheese • Nuts

Protein helps maintain muscle, strength and balance.



EAT THE RAINBOW

Fill your plate with colorful fruits and vegetables for important vitamins, minerals, fiber and antioxidants.



BUILD STRONG BONES

Calcium and vitamin D become especially important as we age. Look to milk, yogurt, cheese, fortified foods and certain fish.



DON'T FORGET FIBER

Whole grains, beans, fruits, vegetables, nuts and seeds help support digestion, cholesterol and healthy blood sugar.



STAY HYDRATED

Our sense of thirst can decrease with age. Keep water nearby and drink regularly throughout the day.



KEEP IT SIMPLE

Healthy eating doesn't have to be perfect. A better breakfast, an extra vegetable, a piece of fruit or another glass of water all count.

SMALL CHOICES ADD UP!

Give your body the fuel it needs to keep doing the things you love.

Recipes for Your Enjoyment

Easy Apple Cinnamon Oatmeal Bake

Ingredients

- 2 cups old-fashioned oats
- 2 apples, peeled and diced
- 2 cups milk
- 2 eggs
- ¼ cup maple syrup or brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ½ cup chopped walnuts or pecans, optional

Instructions

- Preheat oven to 350°F. Lightly grease an 8×8-inch baking dish.
- In a large bowl, combine oats, cinnamon, baking powder and salt.
- Stir in the diced apples and nuts.
- In another bowl, whisk together milk, eggs, maple syrup and vanilla.

- Pour the wet mixture over the oats and stir well.
- Transfer to the baking dish and bake for 35–40 minutes, until the center is set and the top is lightly golden.
- Serve warm by itself or with a spoonful of yogurt.

Tip: Refrigerate leftovers and warm individual portions for an easy breakfast.

Creamy Pumpkin Soup

Ingredients

- 1 tablespoon olive oil or butter
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 cups pumpkin puree
- 3 cups chicken or vegetable broth
- ½ teaspoon cinnamon
- ¼ teaspoon ground nutmeg
- ½ teaspoon dried thyme
- Salt and pepper to taste
- ½ cup milk, half-and-half or evaporated milk

Recipes (Continued)

Instructions

1. Heat olive oil or butter in a large saucepan over medium heat.
2. Add onion and cook for about 5 minutes, until soft. Add garlic and cook for another minute.
3. Stir in pumpkin, broth, cinnamon, nutmeg and thyme.
4. Bring to a gentle simmer and cook for 15–20 minutes, stirring occasionally.
5. For a smoother soup, carefully blend with an immersion blender.
6. Stir in the milk and heat gently for another few minutes. Do not boil.
7. Season with salt and pepper and serve warm.

Serving idea: Add a sprinkle of pumpkin seeds on top for a little crunch and extra protein.

-  One-Pan Autumn Chicken & Vegetables
- Ingredients
- 4 chicken breasts or thighs
- 2 cups cubed butternut squash
- 2 cups halved Brussels sprouts
- 1 apple, sliced
- 1 small onion, wedged
- 2 Tbsp. olive oil
- 1 tsp. each garlic powder and thyme
- Salt and pepper
- Instructions
- Heat oven to 400°F. Place chicken and vegetables on a baking sheet. Add apple and onion, drizzle with olive oil, and sprinkle with seasonings. Toss vegetables to coat.
- Bake 25–35 minutes, until vegetables are tender and chicken reaches 165°F.
- **Fall Tip:** Sweet potato can be substituted for the butternut squash.

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