

OCTOBER 2026

VOL. 07

SENIOR Echoes



The Latest Toenyan Honored

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



Verna Toenyan Honored for a Lifetime of Community Service

At 75-plus years young, Verna Toenyan continues to make a difference throughout Central Minnesota. Her dedication to nonprofit organizations, community connections and helping others has earned her recognition as a 2026 Good Neighbor Honoree. On October 1, friends, family and community leaders gathered at Nature Link in Nisswa to celebrate Verna's remarkable contributions. The celebration was especially meaningful as Verna brought a busload of supporters from her hometown to share in the occasion. Known for her determination, generous spirit and ability to bring people together, Verna has spent decades turning good ideas into meaningful action. She rarely takes no for an answer, especially when someone needs help.

As part of this special recognition, Verna directed a \$5,000 grant to Hilltop Regional Kitchen in Eagle Bend, continuing her commitment to serving others. Congratulations, Verna, on a well-deserved honor and a lifetime of making Central Minnesota a better place!

Learn more: <https://ifound.org/.../verna-toenyan-named-2026-good-neighbor-honoree/>

SENIOR Echoes

Living Well, Staying Connected



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Echoes...

A Note from the Editor

A Little Late, But Worth the Wait

Dear Reader,

October Editorial | Senior Echoes

Well, here we are in October, and I owe you a little apology. This month's edition of Senior Echoes is arriving a bit later than planned. Sometimes life gets busy, work piles up, and even with the best intentions, there just aren't enough hours in the day to get everything accomplished.

I've always believed that staying busy and having something meaningful to work on is good for us, no matter our age. Work doesn't necessarily mean punching a time clock or collecting a paycheck. It might mean volunteering, helping a neighbor, tending a garden, taking care of grandchildren, or contributing to something that makes our communities better.

Having a purpose gives us a reason to get up in the morning. It keeps our minds engaged, connects us with other people, and reminds us that we still have plenty to offer.

But there's another lesson I've had to remind myself of lately. We can't do everything, and sometimes it's perfectly fine to slow down. The world won't stop turning if something doesn't get finished exactly when we planned.

(Continued on page 5)

Echoes... (Continued)

That's something I'm still learning!

I think many of us have spent our lives putting responsibilities ahead of ourselves. There's always another job to finish, someone who needs our help, or something demanding our attention. But taking time to enjoy the little things in life is important, too. After all, we've earned that time!

One thing I've noticed over the years is how quickly time seems to pass. We start out on Monday with a list of things we want to accomplish, and before we know it, Friday has arrived and half the list is still waiting. I've decided that's just part of life. There will always be something that needs doing, but there won't always be another beautiful fall afternoon to enjoy, a friend to visit with, or a grandchild wanting our attention. Sometimes the most important thing we can accomplish in a day has nothing to do with checking something off a list.

So, as October moves along and the brilliant fall colors begin giving way to bare branches, I hope you'll take a little time for yourself. Enjoy a crisp autumn afternoon, share a cup of coffee with a friend, or curl up with a good book. The work will still be there tomorrow, I promise! I appreciate your patience with this month's newsletter. I enjoy putting Senior Echoes together and sharing stories, information, and a little humor with all of you. I hope you'll find something in these pages that makes you smile or gives you something new to think about. Thank you for reading, and enjoy October!

Karin Nauber, co-editor
Senior Echoes



In Conjunction with the
2026 Country Store

at

Trinity Lutheran Church 610 2nd
Ave SE Long Prairie

When: Saturday, October 31st

Time: 9:00 am - 1:00 pm

Connie's Stitch-n-Prayer

Quilting Group

will be hosting a booth of handmade
crafts & small quilted items for sale.

Half the proceeds will go to the
Country Store with the other half
going to the

Long Prairie Foster Closet



A Stitch in Time: How Knitting Can Help Keep Your Brain Sharp

A Senior Echoes Feature

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

For generations, knitting has been a favorite pastime, producing everything from cozy blankets and warm mittens to treasured gifts for grandchildren. But scientists are discovering that those familiar knitting needles may offer something beyond beautiful handmade creations. Knitting can also support mental well-being, encourage concentration, and help older adults stay mentally active.

A Workout for Your Brain

When you knit, your brain is doing considerably more than guiding your fingers.

Following a pattern requires attention, counting stitches exercises working memory, and correcting mistakes involves problem-solving. Even choosing colors and planning a project encourages creativity and decision-making. These activities become especially important as we age.

(Continued on page 9)

“Every stitch gives your brain a little exercise, encouraging concentration, memory, and problem-solving.”

Senior Law Project



Age 60 and over

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Pine, Sherburne, Stearns, Todd,
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disability, or national origin.

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- Consumer
- Housing
- Nursing Home Issues
- Medicare
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- Public Benefits
- Power of Attorney
- Health Care Directives



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www.mylegalaid.org

Knitting... (Continued)

According to the National Institute on Aging, participating in mentally stimulating activities may help support cognitive health. Research involving older adults has found associations between engaging in crafts and a lower risk of mild cognitive impairment. Although scientists haven't proven that knitting prevents dementia or Alzheimer's disease, the evidence suggests that keeping our minds engaged through meaningful activities is worthwhile.

What the Research Shows

A 2013 study published in the British Journal of Occupational Therapy surveyed 3,545 knitters worldwide. Researchers found that people who knitted more frequently reported feeling calmer and happier. Frequent knitters also reported better cognitive functioning.



The study relied on participants' own experiences rather than clinical tests, but its findings highlighted the potential benefits of this inexpensive, accessible hobby.

Reducing Stress, One Stitch at a Time

Stress can interfere with concentration, sleep, and everyday well-being. For many knitters, the repetitive movement of needles and yarn creates a soothing rhythm that encourages relaxation.

Knitting also provides something valuable: a sense of accomplishment. Finishing a scarf, mastering a difficult stitch, or creating a gift for someone special can build confidence and provide satisfaction.

(Continued on page 10)

“Every stitch helps keep your mind active and your spirits lifted.”



Knitting... (Continued)

For older adults experiencing retirement changes, loneliness, or personal loss, having a creative activity to look forward to can make a meaningful difference.

Keeping Hands and Friendships Active
Knitting requires coordinated finger and hand movements, offering opportunities to practice fine motor skills. Those with arthritis or hand discomfort may benefit from larger needles, comfortable grips, and frequent breaks.

Knitting circles provide another important advantage: companionship. The 2013 study also found that group knitting was associated with greater happiness and improved social connections.

Gathering with friends to share patterns, exchange stories, and enjoy conversation combines creativity with the benefits of social interaction.

It's Never Too Late to Begin

You don't need expensive supplies or years of experience to enjoy knitting. A simple pair of needles, an inexpensive ball of yarn, and a beginner's pattern are enough.

Start with a dishcloth or scarf, work at your own pace, and enjoy the process rather than worrying about perfection.

Whether you've been knitting for fifty years or are picking up needles for the first time, every project offers an opportunity to learn, create, relax, and connect.

And that's a wonderful reason to keep those needles clicking!

“When knitting brings people together, the benefits go beyond yarn and needles to friendship, laughter, and connection.”



2026

TRINITY LUTHERAN CHURCH

COUNTRY STORE

Saturday, October 31st
9 am - 1 pm

MORNING - Fresh Cinnamon and Caramel Rolls

LUNCH - Sloppy Joes and Ham Salad Sandwiches
Baked Beans, Homemade Pies, Cookies

Added Event!

Connie's Stitch-n-Prayer
Quilting Group will be
hosting a table of
handmade crafts and
small quilted items for
sale. One half
of the proceeds will
go towards the
Country Store
and the other half to
the Long Prairie
Foster Closet.

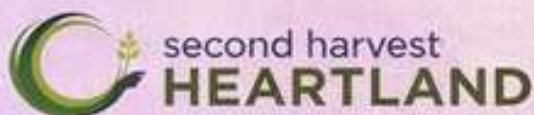
- Baked & Canned Goods
- Homemade Snacks & Candy
- Cookie Sale -Produce
- Crafts & Quilts
- Christmas Items

610 2nd Avenue SE
Long Prairie

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



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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
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HORIZON HEALTH, INC.
26814 143rd Street
Pierz, MN 56364
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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

Something for the funny bone!

Q. Why did the coffee file a police report?

A. Because it got mugged!

Q. Why did the cookie go to the doctor?

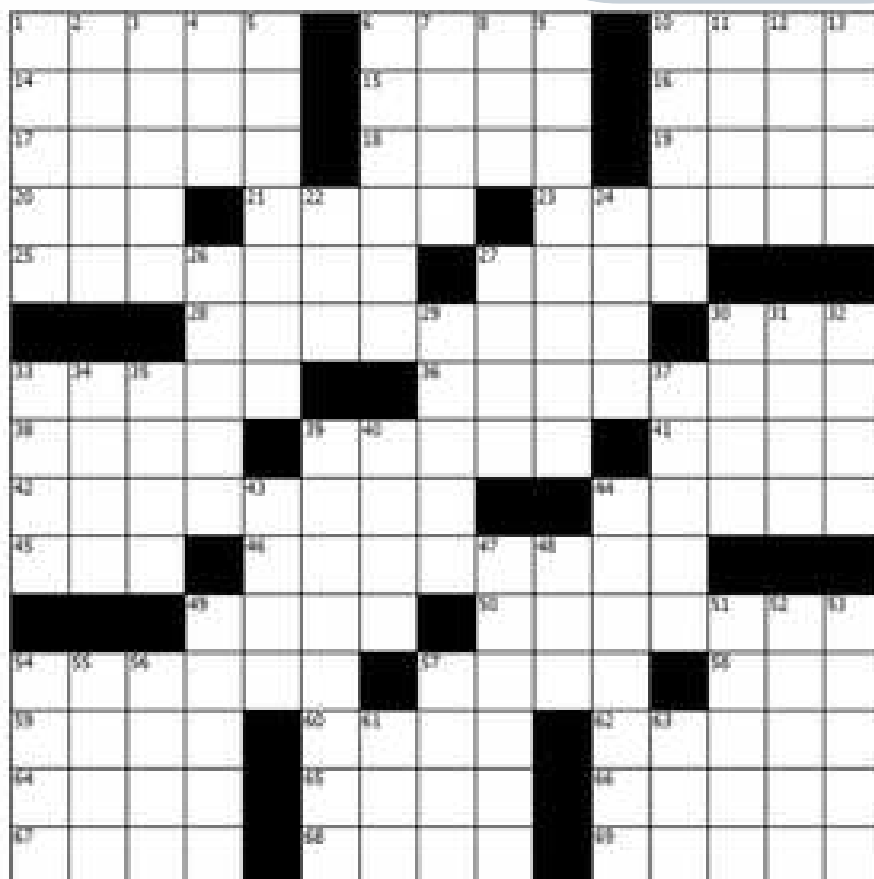
A. Because it was feeling crummy! 🍪

Q. What did one wall say to the other wall?

A. I'll meet you at the corner!

Across

1. Skims over
6. Comedian Sandler
10. Idaho neighbor
14. Parcel out
15. City transportation
16. Annoy
17. Ecru
18. Watches
19. Lager
20. Science rm.
21. What a pity!
23. Uncommon
25. Mysteries
27. Candid
28. Revoked
30. Youth
33. Swiftness
36. Representative
38. Walk through water
39. Bar seat
41. Diving bird
42. Rabble-rouser
44. Hoarse
45. So far
46. Got together again
49. Observer
50. Narrates again
54. Zany
57. ZIP ____
58. Age
59. Always
60. Borrowed money
62. Iowa or Ohio
64. Indefinite number
65. Rim
66. Rich cake
67. TV static
68. Origin
69. Spanish gentleman

**Down**

1. Expensive fur
2. Immaculate
3. Defendant's offering
4. Yuletide drink
5. Cooked with vapor
6. Relaxed (2 wds.)
7. "____ of Our Lives"
8. Hatchet's kin
9. Write "fourty," e.g.
10. Metropolitan
11. Row
12. Guinness of "Star Wars"
13. Not there
22. Track circuit
24. Hand over
26. Welcome
27. Butter's rival
29. Embellish
30. Asian country
31. Upon
32. Disclaim
33. Influence
34. Book leaf
35. Rewrite text
37. Forest clearing
39. Church towers
40. Sightseeing trip
43. Zone
44. Quizzes again
47. Pressed
48. Actor ____ Danson
49. Metal fastener
51. Memorize
52. Gambling game
53. Scoff
54. Jumble
55. English river
56. Dealer's car
57. Pen
61. Lyric poem
63. Shoe front



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!

Pictured at left are photos from the 8th Annual Waffle Feed at the Hilltop Regional Kitchen. A great time to reconnect! This was held on Sunday, September 20.



Puzzle Solution © OnlineCrosswords.net

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

Friday,
October
16, 2026

8 am - 1:30 pm

Sauk Centre
High School
Sauk Centre, MN

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

Free!
and Open to
the Public

CENTRAL • MINNESOTA'S
Aging
WITH
Attitude!

EXPO

Keynote
SPEAKER

Dave Schrader - Speaking about
preserving history, taking on a new role
and career path later in life, and mixing
in a ghost story or two.

Thank you!
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Sauk Centre Lions
CURA of Sauk Centre

Celebrating the Stages of our Lives for over 30 years!

Join us at the Hilltop Regional Kitchen
in Eagle Bend

Monday, October 19, starting at 5 pm



Everyone
Welcome

Serving brats and root beer
with potluck



Old Tyme Music
by Dan Remer

sponsored by the
Eagle Bend Community Circle
(aka senior citizens)

Your Local Center Welcomes You!

Long Prairie



Construction and remodeling has been taking place at the Long Prairie Center. We hope you will enjoy the changes! Check out the flyer on the next page for a raffle to help out. There are some great prizes!!



DID YOU KNOW?

The first jack-o'-lanterns weren't pumpkins! In Ireland, people originally carved spooky faces into turnips to scare away wandering spirits. When Irish immigrants brought the tradition to America, they discovered pumpkins were much larger and easier to carve. And that's how the glowing Halloween pumpkin became a tradition!

LONG PRAIRIE SENIOR CENTER

RAFFLE FUNDRAISER

RAFFLE
TICKETS

Tickets are ready for YOU to buy!

3 tickets for \$10

PRIZES



Fire Ring
\$400



Quilt
\$150



Prairie Bucks
\$50



Car Washes
\$25

There may be additional prizes.

**Great prizes for you and support for
THE LONG PRAIRIE SENIOR CENTER.**

HOW TO BUY



- 1 You can Venmo payment via Venmo at: **@Jody-Bebault**
- 2 Be sure you give me name, address and phone number for each ticket.
- 3 I will fill out tickets and send you a photo of your ticket(s).

 **Contact Jody BeBault**

VOLUNTEERS NEEDED!

Volunteer drivers are needed to provide rides for seniors



Mileage Reimbursed

- ✓ Valid Driver's License
- ✓ Pass Background Check
- ✓ Valid Auto Insurance



Please Call Jurnee at
320.468.6451



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

Clarissa Senior Center

Upcoming Meals, Events & Activities



Special Meals

Oct. 16 — Meatballs & Mashed Potatoes
Nov. 20 — Turkey & Mashed Potatoes
Dec. 18 — Ham & Cheesy Potatoes





Special Event

Oct. 20 — Museum Fundraiser
Spaghetti
Free Will Donation
5:00–7:00 p.m.





Weekly Activities

Games on Tuesdays & Thursdays
12:30–3:00 p.m.
Refreshments afterwards
Chess, cards, dice games, checkers & puzzles



Chair Yoga
Tuesdays & Thursdays
11:15 a.m.–12:30 p.m.



Everyone is welcome!



Bingo
October 15
at 1 p.m. at
the
Browerville
Community
Center



Hilltop Regional KITCHEN BISTRO



 **MONDAY
& FRIDAY** | **9 A.M.-
11 A.M.** *≧ Come for ≦
COFFEE & BREAKFAST
and Conversation* 

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

October 2026		 Lutheran Social Service of Minnesota	Thursday, Oct 1	Friday, Oct 2
LSS Meals Traditional Menu			Tater Tot Hotdish	Chicken Cordon Bleu
			Whole Kernel Corn	Sliced Carrots
			Apple Crisp	Rice Pilaf
			Wheat Bread	Applesauce Cup
			Margarine	Wheat Dinner Roll
			1% Milk	Margarine
				1% Milk
Monday, Oct 5	Tuesday, Oct 6	Wednesday, Oct 7	Thursday, Oct 8	Friday, Oct 9
Chef's Choice	Swedish Meatballs	Pork Roast	Beef Shepherd's Pie	Cheese Omelet
Vegetable of the Day	Mashed Potatoes	Pork Gravy	Peas & Carrots	Sausage Links
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
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Monday, Oct 12	Tuesday, Oct 13	Wednesday, Oct 14	Thursday, Oct 15	Friday, Oct 16
BBQ Chicken Breast	Diced Turkey & Gravy	Meatloaf	Country Pork Tips & Gravy	Potato Crunch Fish Fillet
Scalloped Potatoes	Mashed Potatoes	Baked Potato	Egg Noodles	Mashed Sweet Potatoes
Green Peas	Stuffing	Broccoli	Sliced Carrots	Mixed Vegetables
	Whole Kernel Corn	Applesauce Cup	Peach Crisp	Wheat Dinner Roll
Wheat Bread & Margarine	Diced Peach Cup	Wheat Bread	Dinner Roll	Margarine & Tartar Sauce
Brownie	Dinner Roll & Margarine	Margarine & Sour Cream	Margarine	Snickerdoodle Cookie
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Monday, Oct 19	Tuesday, Oct 20	Wednesday, Oct 21	Thursday, Oct 22	Friday, Oct 23
Beef Hamburger on Bun	Chicken Fajitas	Smothered Chopped Steak	Scalloped Potatoes w/Ham	Beef Lasagna
Baked Beans	Spanish Rice	Mashed Potatoes	Whole Kernel Corn	Peas & Carrots
Rosemary Garlic Potatoes	Black Beans	Sliced Carrots	Apple Cobbler	Hot Spiced Apples
	Flour Tortillas	Applesauce Cup		
Ketchup & Mustard	Taco Sauce	Margarine & Sour Cream	Wheat Bread & Margarine	Dinner Roll & Margarine
Fruited Jello	Chocolate Pudding/topping	Wheat Bread		Vanilla Wafers
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Monday, Oct 26	Tuesday, Oct 27	Wednesday, Oct 28	Thursday, Oct 29	Friday, Oct 30
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
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 800.488.4145.				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

114 STATE ST E • GREY EAGLE, MN



Low Impact Exercise

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



Senior Meeting

Oct. 22 Costume Party
Dress up if you wish!
Fun prize for best costume!
Starts at 4:30 p.m.
Potluck at 5:00
Bingo to follow – \$1 per card

Halloween

Passing out candy
on Oct. 31
Starting at 4:00 p.m.
Come see the children
all dressed up!



Building FOR RENT

Contact
Lou Bullock
320-267-9489



Inviting All Area Quilters

Jesus said "Love thy Neighbor"

"Sharing is Caring"

*Help us share the love by joining our Charity
Quilting sisters team here at Trinity Lutheran
Church in Long Prairie.*

*We gather together each Tuesday from
January - April from 9AM - 3PM.*

*We make hand-tied quilts for the less fortunate
in our Todd County Area.*

*Come enjoy Christian fellowship, coffee &
morning devotions. Bring a bag lunch for noon.*

*Help brighten those cold winter days making
colorful quilts to warm the hearts and souls of
those who face hardships. By sharing our
talents we are loving others through the warmth
of handmade quilts.*

Questions & more info contact

Connie Zinter

320-732-6868

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.



SUPPORTS BONE HEALTH

Nourishes and helps maintain strong, healthy bones.



REDUCES INFLAMMATION

Powerful anti-inflammatory properties help reduce swelling and inflammation.



PROMOTES MOBILITY & FLEXIBILITY

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



MAY REDUCE NEED FOR PAIN MEDICATION

May help manage occasional discomfort naturally.*

**MOVE BETTER
FEEL BETTER
LIVE BETTER**



100%
NATURAL



COLD
PRESSED



NON
GMO



NO
ADDITIVES



THYMOQUINONE
RICH



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

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the best it can be!

PLEASE SEND YOUR
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INFORMATION OR
ARTICLE IDEAS

by the
25TH
of each
month!



*Share what you know.
Inspire others.
Strengthen
our community.*



*Your ideas.
Your voice.
Our community.
Senior Echoes.*



WE WELCOME YOUR CONTRIBUTIONS!



TIPS & RESOURCES

Helpful hints, local
services, health &
wellness ideas and more.



CENTER INFORMATION

Activities, events,
updates or news from
your senior center.



ARTICLE IDEAS

Topics you'd like to read
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inspire you.



Your voice helps

SHAPE - INSPIRE - CONNECT

Let's keep Senior Echoes a reflection of our amazing community!



CONTACT

Karin or Verna



Email your ideas to:

karin@seniorechoes.com



THANK YOU FOR BEING PART OF THE STORY!



Todd County delegates to the Triad Convention in Willmar



Regional representatives to the Triad Conference sponsored by the Blandin Boost Grant—Lori Orlikowski, Julie Ehrick, Evelyn Budde, Leone Blommer, Verna Toenyan, Virginia Axel, DHS Rep., Kathy Peters and A.J.Peters

Minnesota TRIAD – Official Website

<https://www.mnsheriffs.org/triad>

You can find senior safety information, crime prevention resources, and the 2026 quarterly newsletters there.

Facebook page:

<https://www.facebook.com/mntriad>

TRIAD brings together law enforcement, senior citizens, and community organizations to help keep Minnesota seniors safe.

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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