NOVEMBER 2026 VOL. 08

SENIOR Echoes



The Latest

Happy Halloween

See more on page 2

www.seniorechoes.com

SENIOR Echoes

www.seniorechoes.com

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

About Our Cover Photo





Happy Halloween from the Grey Eagle Center

The winner of the Grey Eagle Halloween Dress-up contest was the clown costume, Lorna Lemke was the lucky winner. Congrats, Lorna! You made a delightful clown! Evelyn Budde in the fur coat, spent a little time talking with the Lorna.



NOVEMBER 2026

VOL. 08

SENIOR Echoes

Living Well, Staying Connected





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Echoes...

A Note from the Editor

A November Homecoming

Dear Reader,

November Editorial | Senior Echoes

November is a month for reflection, gratitude, and appreciating the blessings in our lives. As we prepare to celebrate Thanksgiving, I find myself with something especially meaningful to be thankful for this year. I'm home!

After spending several months living in Cambodia, I have returned to the United States and am once again calling Todd County, Minnesota, home. It feels wonderful to be back among the familiar communities, friendly faces, and places that have meant so much to me over the years.

Living halfway around the world was an experience I will never forget. I had the opportunity to experience a different culture, meet new people, and see a part of the world that many of us only read about. It was an adventure that taught me a great deal, and I will always be grateful for the experience.

But there really is something special about coming home.

One of the things I am most excited about is continuing my work with *Senior Echoes*. This publication has always been about more than articles and information. It is about celebrating the lives, experiences, and contributions of the wonderful seniors who make our communities what they are.

(Continued on page 5)

Echoes... (Continued)

Now that I am back in Todd County, I look forward to being even more connected to the people and places we feature each month. I am happy to continue serving you through *Senior Echoes*, sharing stories, providing useful information, and helping keep our senior community informed and connected.

As Thanksgiving approaches, I encourage each of you to take a moment to appreciate the blessings in your own life. Sometimes those blessings are found in the simplest things: a warm home, a familiar smile, a helping hand, or the comfort of knowing you belong somewhere.

This November, I am especially thankful for new beginnings, old friendships, and the opportunity to once again be part of this wonderful community.

As I settle back into life in Minnesota, I am reminded of what makes our small communities so special. It's the neighbors who lend a helping hand, the friendships that last a lifetime, and the kindness we show one another. These are the things that truly make a place feel like home.

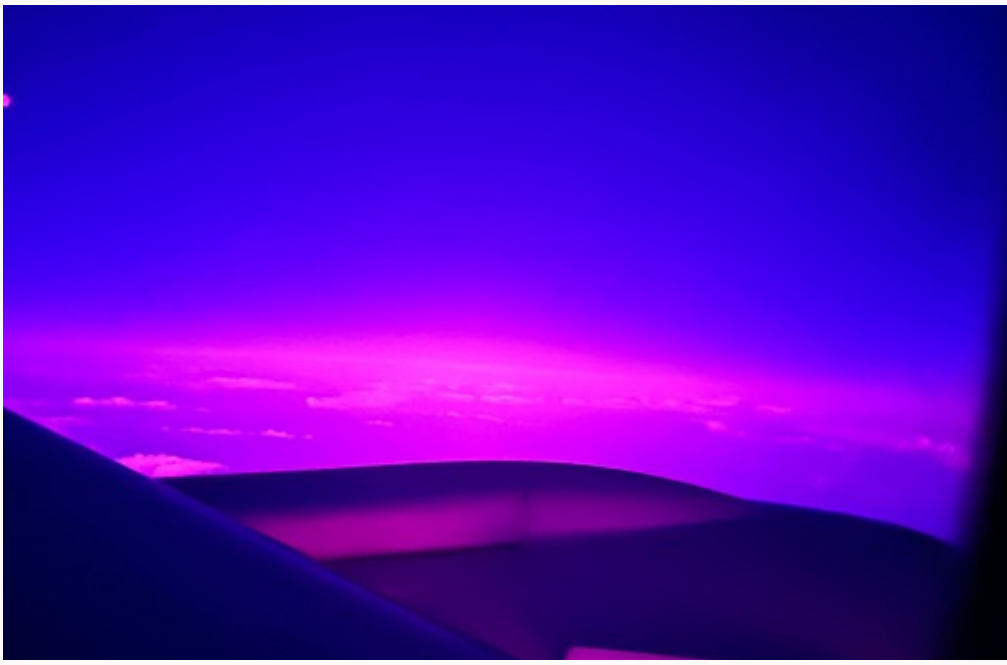
I also look forward to reconnecting with the people, businesses, and organizations that make Todd County such a wonderful place to live. Through *Senior Echoes*, I hope to continue celebrating our communities, sharing valuable information, and reminding our readers that they are an important and appreciated part of our community.

From my home here in Todd County to yours, I wish each of you a blessed and Happy Thanksgiving.

It's good to be home!

Karin Nauber, co-editor
Senior Echoes

Below is the view from my airplane window as we crossed the Pacific Ocean at sunrise.



Subscribing to Senior Echoes Is Easy!

Just a Few Simple Steps to Stay Connected

Have you signed up to receive Senior Echoes in your email yet? If not, we'd love to have you join us!

We know that sometimes signing up for something online can seem a little confusing, especially when you're asked to go through more than one screen. That's why we want to explain how our subscription process works and, more importantly, why those extra steps are there.

It's all about protecting you!

At Senior Echoes, we use a trusted email service called AWeber to manage our subscriber list and deliver our monthly magazine. AWeber has procedures in place to help protect subscribers from unwanted emails and make sure that the person signing up actually wants to receive our publication.

This means that when you subscribe, you may be asked to complete a few simple steps, including confirming your email address. While it might seem like an extra step, it's an important way to help prevent someone else from signing you up for emails you didn't request.

Your Email Address Is Safe With Us

We want our readers to know that we respect your privacy.

Senior Echoes will never sell or share your email address with advertisers or other businesses. We use your email address only to send you our monthly Senior Echoes magazine and occasional updates related to the publication.

That's it! No unwanted advertising emails from us, no sharing your information with other companies, and no unnecessary messages filling your inbox.

How Do You Subscribe?

It's simple! You can sign up in either of two ways:

- Visit our website: Go to seniorechoes.com and find our subscription sign-up form.
- Visit us on Facebook: Find our Senior Echoes Facebook page and follow the subscription link provided there.

Once you've entered your information, follow the instructions that appear on your screen. If you receive a confirmation email from AWeber, simply open it and click the confirmation link to complete your subscription.

Be sure to check your spam or junk folder if you don't see the confirmation email in your regular inbox.

We've also included screenshots with this article to walk you through the process. Just follow along, one screen at a time.

A Few Clicks for Peace of Mind

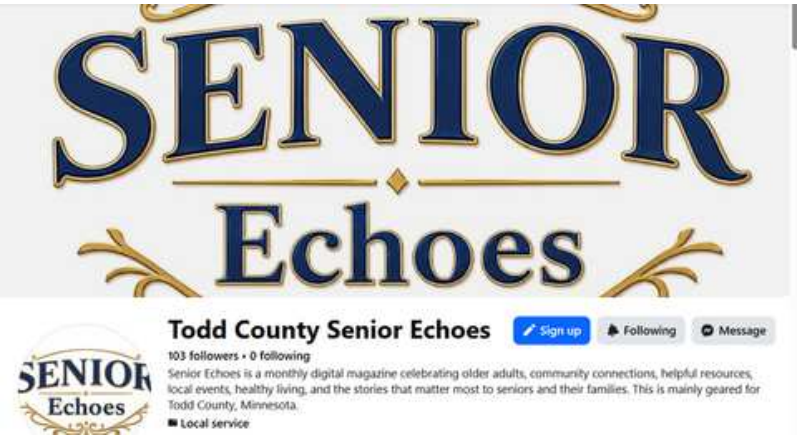
We understand that technology isn't always everyone's favorite thing to deal with. But subscribing to Senior Echoes really is a simple process, and those few extra steps are designed with your protection in mind.

Once you've completed your subscription, you'll be on our mailing list to receive future editions of Senior Echoes and occasional publication updates.

We appreciate every one of our readers and want to make it as easy and safe as possible for you to stay connected with us.

Thank you for being part of the Senior Echoes family!

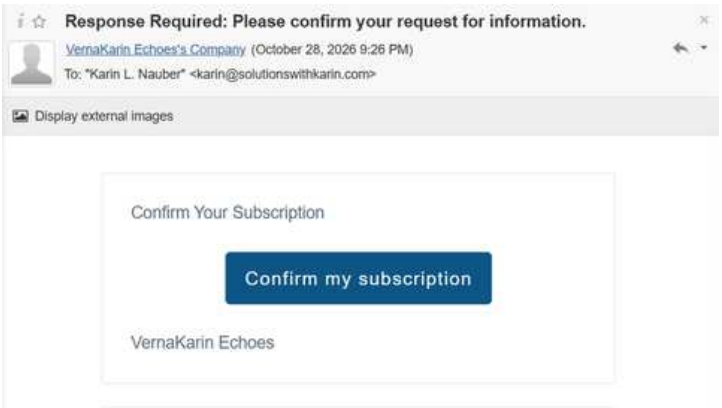
We look forward to sharing many more editions with you.

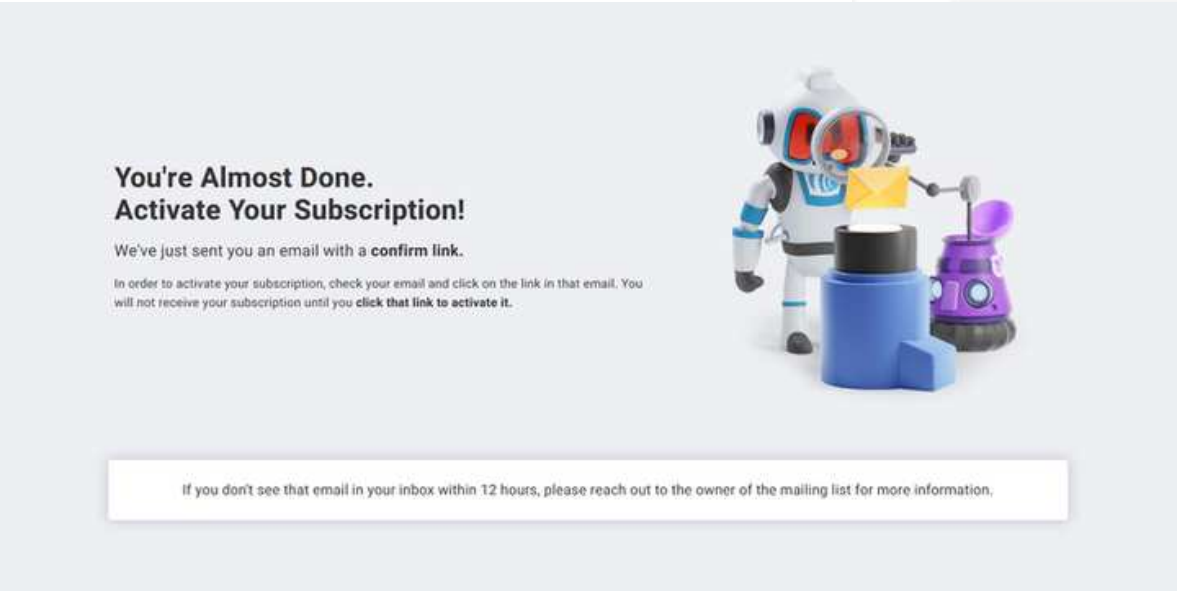




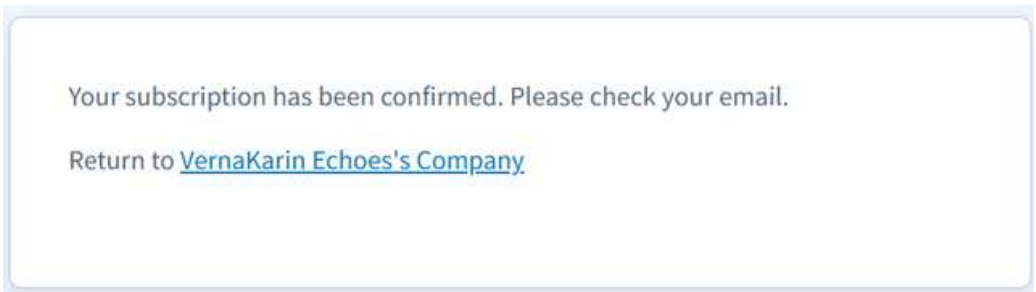
If you go to our Facebook page, you can simply click the “sign up” button and the form above will appear. You simply fill out your information, Name and Email address and click “sign up.”







Above: you should get a notification like the one above left or at the left which will tell you that you are almost done. You will get an email that you must confirm so that you will begin to receive the Senior Echoes right in your in box! Make sure to hit the confirm my subscription button in the email you receive so that you will be subscribed (pictured above). Once you have done so, you will get a notification that your subscription has been approved. Then you will start to receive the once a month email to let you know the newest newsletter has been approved and is online and ready for you to enjoy.





Beating the Holiday Blues

Finding Comfort, Connection, and Joy During the Holiday Season

A Senior Echoes Feature

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

The holiday season is often described as the most wonderful time of the year. Television commercials show happy families gathered around beautifully decorated tables, holiday music fills the stores, and everyone seems to be celebrating.

But for many older adults, the holidays can bring feelings of sadness, loneliness, and even grief.

Perhaps you've lost a spouse or someone you love. Maybe your children and grandchildren live far away, or health problems make it difficult to participate in the activities you once enjoyed. Sometimes, the holidays simply remind us of how much life has changed.

If you're feeling a little blue this holiday season, you're certainly not alone. And there's no rule that says you have to feel cheerful just because the calendar says it's Thanksgiving or Christmas.

(Continued on page 10

"There's no rule that says you have to feel cheerful just because the calendar says it's Thanksgiving or Christmas."



Age 60 and over

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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.

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Holiday... (Continued)

It's Okay to Miss the Way Things Were

As we grow older, our holiday traditions often change. The big family gatherings may become smaller. Familiar faces may be missing from the dinner table. The person who always carved the turkey, baked the pies, or hung the Christmas lights may no longer be with us.

Those memories can be both beautiful and painful.

Rather than trying to push those feelings aside, allow yourself to remember. Look through old photographs, prepare a favorite family recipe, or share a cherished holiday story with someone.

You might even start a new tradition that honors someone you miss. Light a candle, make their favorite dish, or write down a special memory to pass along to younger family members. Remembering those we love is one way of keeping them close.





Don't Wait for Someone Else to Reach Out

When we're feeling lonely, it's easy to withdraw and hope someone will notice. Unfortunately, friends and family members may be busy with their own holiday preparations and not realize how we're feeling.

Sometimes, making the first move can make all the difference.

Call an old friend. Invite a neighbor over for coffee. Attend a holiday meal at your local senior center, church, or community organization.

You might be surprised to discover that someone else has been wishing for a little company, too.

And remember, you don't need a houseful of guests to enjoy a meaningful holiday. Sharing a cup of coffee and a good conversation with one person can be just as special.

(Continued on page 11)

Holiday... (Continued)

Find Joy in the Little Things

Holiday happiness doesn't have to come from elaborate celebrations or expensive gifts.

Sometimes, it's found in the simplest moments.

Enjoy a favorite Christmas movie. Listen to music that brings back happy memories. Bake a small batch of cookies, work on a puzzle, read a good book, or take a drive to see the holiday lights.

If you're able, spend a little time outdoors during daylight hours. Minnesota winters can keep us inside more than we'd like, but even a short walk or a few minutes of fresh air can help lift our spirits.

The important thing is to find something each day that gives you a reason to smile.

Helping Others Can Help Us, Too

One of the most rewarding ways to ease feelings of loneliness is to do something kind for someone else. Send a greeting card to someone who lives alone. Call a friend you haven't spoken to in a while. Donate a few items to a local food shelf, help with a community holiday event, or offer to share a meal with a neighbor.

Even the smallest act of kindness can brighten someone's day.

You don't have to spend money or make a grand gesture. Sometimes, simply letting someone know you're thinking of them is the greatest gift you can give.

Take Care of Yourself

The holiday season can be stressful, especially when routines change. Try to maintain regular sleeping and eating habits, get some physical activity appropriate for your abilities, and make time for rest.

(Continued on page 12)

Sometimes, a simple phone call or a cup of coffee with a friend can be the greatest gift of the season."



Holiday... (Continued)

Don't feel obligated to attend every gathering or participate in every activity. It's perfectly acceptable to say no when you need a little quiet time.

And if sadness becomes overwhelming or lasts for more than a couple of weeks, consider talking with your healthcare provider or a mental health professional. Depression is not an inevitable part of aging, and effective help is available.

If you need someone to talk to during an emotional crisis, you can call or text 988 for free, confidential support, day or night.

Create New Traditions

Just because the holidays look different today doesn't mean they can't still be meaningful.

Maybe this is the year you invite a neighbor to Thanksgiving dinner, volunteer at a community celebration, or start a weekly coffee gathering with friends.

Perhaps you'll discover that a quiet holiday spent reading, cooking your favorite meal, and talking with loved ones on the telephone is exactly what you need.

There's no single right way to celebrate.

The traditions of yesterday will always hold a special place in our hearts, but we can still make wonderful memories today.

Remember, You Matter

As we approach Thanksgiving and the Christmas season, remember that your presence in this world matters. You have a lifetime of experiences, stories, wisdom, and love to share. There are people in your community who would welcome your friendship, appreciate your kindness, and enjoy spending time with you.

If the holidays feel difficult this year, be gentle with yourself. Take things one day at a time. Reach out when you need company, and don't be afraid to ask for help.

You don't have to create a picture-perfect holiday to find moments of happiness.

Sometimes, the greatest gift we can give ourselves is permission to celebrate the season in our own way, with gratitude for yesterday, kindness toward ourselves today, and hope for tomorrow.

From all of us at Senior Echoes, we wish you a holiday season filled with comfort, friendship, and moments of joy.

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!

second harvest HEARTLAND



Income Eligibility Guidelines

Commodity Supplemental Food Program

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

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



This institution is an equal opportunity provider.

CAREGIVER
Support Group
Todd County/Eagle Bend

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

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

Register to attend:
320-468-6451 or email:
FIA@horizonhealthservices.com

Sign up for the optional dinner:
218-248-7600



Being a caregiver can be rewarding—and exhausting.

You don't have to do it alone.

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

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

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

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

HORIZON HEALTH INC.
Making A Difference.
www.horizonhealthservices.org

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!

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Making A Difference.

Central MN Council on Aging
cmcoa

Events sponsored through grants from CMCOA via Horizon Health

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Making A Difference.

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.

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

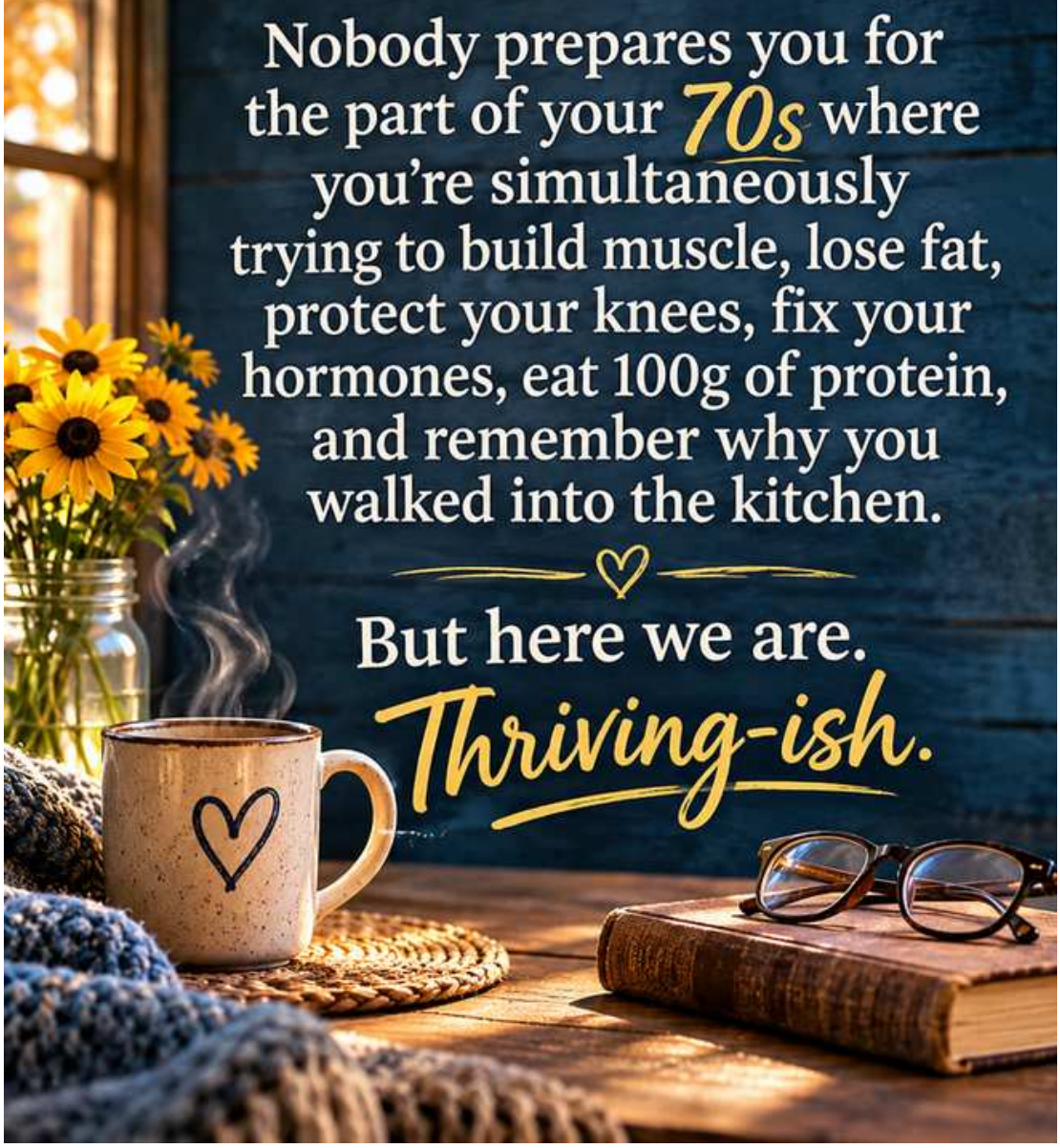
SENIOR ECHOES STAFF:

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!

The Hearing Test

An elderly gentleman told his doctor, “I think my wife is losing her hearing. How can I tell?”

The doctor suggested, “Stand about 20 feet behind her and ask a question. If she doesn't answer, move closer and try again.”

That evening, the man stood in the kitchen doorway.

“Honey, what's for supper?”

No answer.

He moved ten feet closer. “Honey, what's for supper?”

Still nothing.

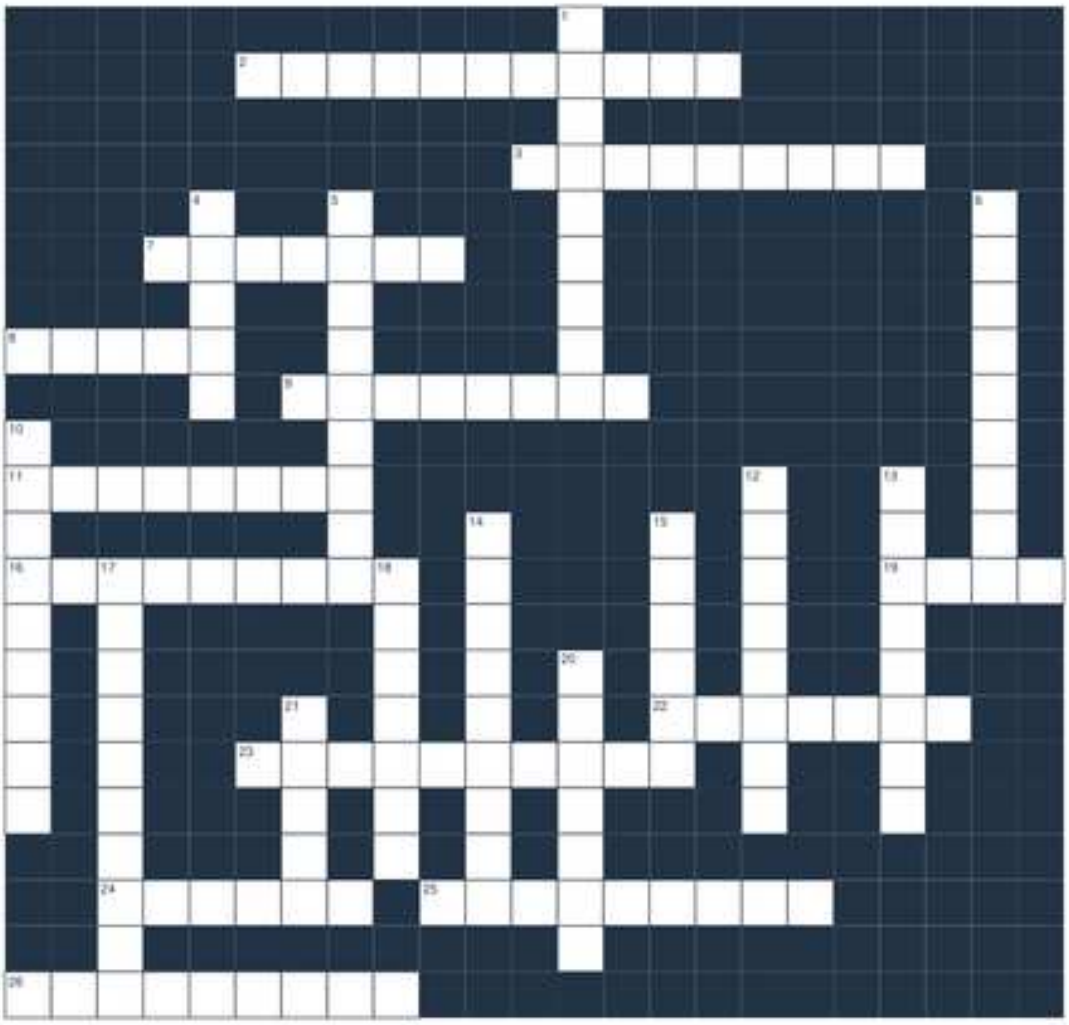
Finally, he stood right behind her and asked again.

His wife turned around and said, “For the THIRD time, CHICKEN!”

Find the solution on page 20

A LITTLE MORE CHALLENGING

Senior Echoes | November 2026 | 26 clues



ACROSS

2. Decorative focal point of a dinner table

3. Feeling expressed when giving thanks

7. Edible heart, liver, and gizzard of poultry

8. Moisten a roast with its own pan juices

9. Cooking method that uses dry oven heat

11. Despite its name, this baking flavor comes from one berry

16. Dish traditionally made with corn and lima beans

19. Aromatic herb common in savory dressing

22. September event when day and night are nearly equal

23. Return to familiar people and places

24. Procession often watched before the holiday meal

25. Tart bog-grown fruit often turned into a sauce

DOWN

1. Seasonal journey made by many birds

4. Pressed apple drink served warm or cold

5. Holiday meal encore often enjoyed the next day

6. Indigenous nation whose members attended the 1621 harvest gathering

10. Baked dish cooked and served in the same vessel

12. Colony associated with the 1621 harvest feast

13. Forked turkey bone pulled for good luck

14. Ship that carried English settlers to New England in 1620

15. Spice grated into some pumpkin desserts

17. Symbolic horn brimming with seasonal produce

18. What farmers bring in before winter

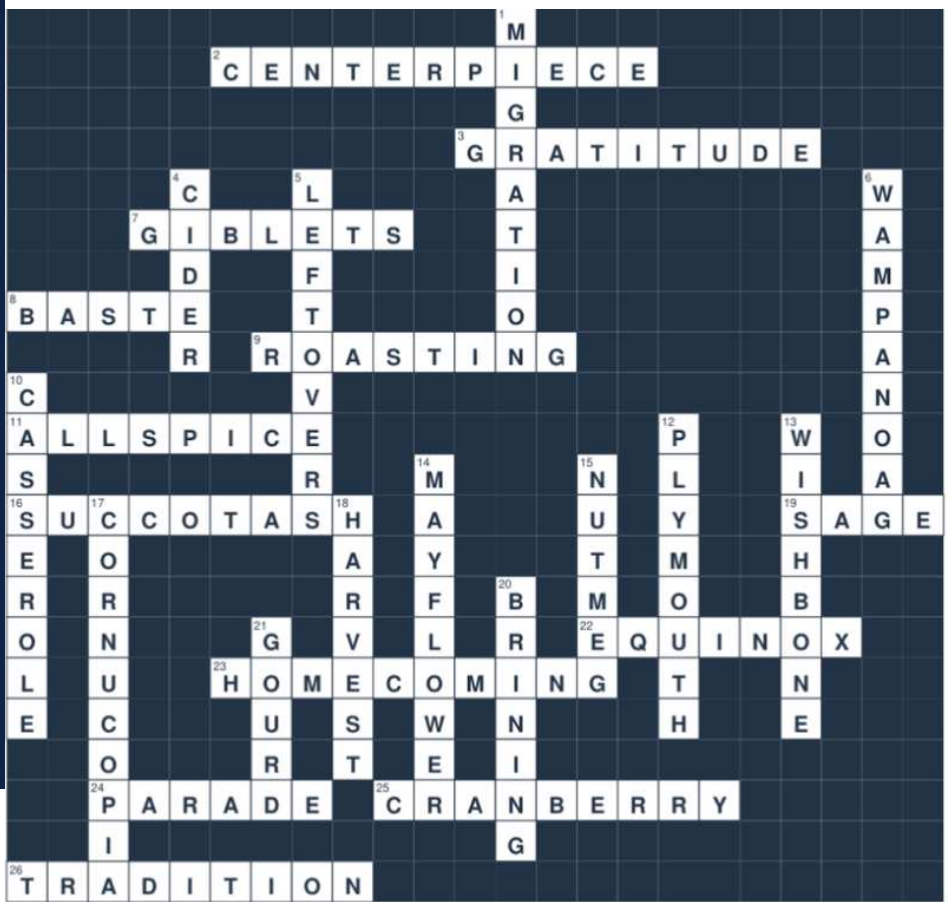
20. Soaking poultry in salted liquid before roasting

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!







Browerville

Veterans of Foreign Wars Post 8391 & Auxiliary
American Legion Post 293 & Auxiliary

Would like to invite you to our

10th Annual

Light Up for Veterans Day

Wednesday, November 11, 2026

6:00 pm at Browerville Vet's Club

Set up at 4:00 pm



Luminary bags with candles will be displayed with Veterans names

★ **In "Memory" or in "Honor" of the Veterans** ★

This year we will be
Remembering and Honoring

1500 Veterans

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!

Stay tuned for the grand reopening of the center coming soon.

Check out the flyer on the next page for a raffle to help out. There are some great prizes!!

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

venmo

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

HORIZON HEALTH INC.
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Central MN Council on Aging
cmcoa

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 November 5 and 19 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.



Hilltop
REGIONAL KITCHEN

- ✓ **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, Nov 2	Tuesday, Nov 3	Wednesday, Nov 4	Thursday, Nov 5	Friday, Nov 6
Spaghetti & Meat Sauce	Sloppy Joe on Bun	Salisbury Steak	Tater Tot Hotdish	Chicken Cordon Bleu
Green Peas	Diced Sweet Potatoes	Mashed Potatoes	Whole Kernel Corn	Sliced Carrots
Hot Spiced Peaches	Fruit Crumble	Brown Gravy	Apple Crisp	Rice Pilaf
		Green Beans		Applesauce Cup
Dinner Roll & Margarine		Dinner Roll & Margarine	Wheat Bread	Wheat Dinner Roll
Vanilla Pudding/topping	Margarine	Fruited Jello	Margarine	Margarine
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Monday, Nov 9	**Tuesday, Nov 10**	**Wednesday, Nov 11**	**Thursday, Nov 12**	**Friday, Nov 13**
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, Nov 16	**Tuesday, Nov 17**	**Wednesday, Nov 18**	**Thursday, Nov 19**	**Friday, Nov 20**
BBQ Chicken Breast	Diced Turkey & Gravy	Meatloaf	Scalloped Potatoes w/Ham	Potato Crunch Fish Fillet
Scalloped Potatoes	Mashed Potatoes	Baked Potato	Whole Kernel Corn	Mashed Sweet Potatoes
Green Peas	Stuffing	Broccoli	Apple Cobbler	Mixed Vegetables
	Whole Kernel Corn	Applesauce Cup		Wheat Dinner Roll
Wheat Bread & Margarine	Diced Peach Cup	Wheat Bread	Wheat Bread & Margarine	Margarine & Tartar Sauce
Brownie	Dinner Roll & Margarine	Margarine & Sour Cream		Snickerdoodle Cookie
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Monday, Nov 23	**Tuesday, Nov 24**	**Wednesday, Nov 25**	**Thursday, Nov 26**	**Friday, Nov 27**
Beef Hamburger on Bun	Chicken Fajitas	Smothered Chopped Steak	Closed	Beef Lasagna
Baked Beans	Spanish Rice	Mashed Potatoes		Peas & Carrots
Rosemary Garlic Potatoes	Black Beans	Sliced Carrots		Hot Spiced Apples
	Flour Tortillas	Applesauce Cup		
Ketchup & Mustard	Taco Sauce	Margarine & Sour Cream		Dinner Roll & Margarine
Fruited Jello	Chocolate Pudding/topping	Wheat Bread		Vanilla Wafers
1% Milk	1% Milk	1% Milk		1% Milk
Monday, Nov 30				
Country Fried Chicken				
Cream Gravy				
Mashed Potatoes				
Green Peas				
Wheat Bread & Margarine				
Sugar Cookie				
1% Milk				

Lutheran Social Service of Minnesota

LSS Meals | November 2026

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









Thanks for coming to HRK for a fun night of Oktoberfest activities!!!! Great food, music, and fun. Community Circle previously known as Senior Center of Eagle Bend, promotes activities that brings people together, keeps people involved, and promotes inter generational community. Thanks for helping us be in relationship. Looking ahead on the 3rd Monday of November and December: turkey dinner and fun food and Christmas bingo. New Year's Eve, we will have some fun at one! Stay connected!

You Local Center Welcomes You!

Grey Eagle

Happenings in Grey Eagle




TCCA
Meeting
Meal provided for TCCA delegates at
Prairie View Manor
in Long Prairie
601 Central Ave.
Please register for the meal by
Friday, November 13.
November 16 at 11 a.m.
with the meeting at 1 p.m.
Be prepared to talk about event planning,
2027 goals and the December meeting.
Register for the meal by calling
320-456-3174.



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

YOUR IDEAS. OUR COMMUNITY.

Better Together.



HELP MAKE SENIOR ECHOES *the best it can be!*

PLEASE SEND YOUR TIPS, CENTER INFORMATION OR ARTICLE IDEAS

by the **25TH** *of each month!*

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 about or stories that 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!



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.

STAY CONNECTED.

SENIOR Echoes

Anytime. Anywhere.



Subscribe to the Digital Version of SENIOR ECHOES!

Get the latest news, events, volunteer spotlights and more – delivered right to your inbox each month.



CONVENIENT
Read it on your computer, tablet or phone.

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Be the first to know about upcoming events and updates.

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Stay informed and engaged with your community.

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Scan here!


YOU DON'T HAVE TO GO THROUGH HARD MOMENTS ALONE.
Call the Peer Support Connection Warmline
844-739-6369
Free, confidential peer support from someone who gets it, available every day from 5pm to 9am.
Wellness in the Woods
TRANSFORMING WELLNESS INTO REALITY

All Are Welcome



FREE Turkey Dinner

including turkey, baked potato, squash, cranberries, dinner roll, pumpkin pie and whipped cream

Monday, November 16, starting at 5:00 pm

Hilltop Regional Kitchen in Eagle Bend

Annual Meeting
Update of yearly events
Vote for officers as needed
Fun

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

RADIOTHON
TO END CHILD ABUSE

WHAT YOUR GIFT CAN SUPPORT

FRIDAY, DECEMBER 4, 2026

$100	**Early childhood programs & prevention messages**
$250	**School prevention projects & emergency care**
$500	**Parent support groups & mentoring**



ANY AMOUNT HELPS.

Supporting local and statewide programs.

Treasured Treats of Eagle Bend

Christmas Cookies



The following cookies will be for sale at
$7 per dozen or an assorted tray of 3 dozen for $25

Chocolate Crinkles … Cherry Winks … Peanut Blossoms
Sugar Cookies … Dipped Ginger Snaps
Dipped Chocolate Chip … Cathedral Cookies
Date Pinwheels … Cranberry-Orange Icebox

Place your order by ***Monday, November 23***
for home-made Christmas Cookies

Linda (218) 371-5793 or
Hilltop Kitchen (218) 248-7600

Long Prairie Peace United

Church Bazaar & More

November 7, 2026

9:00 am - 1:00 pm
524 Central Ave, Long Prairie, MN

DOOR PRIZES

Holiday Shopping

Order your holiday wreath
Made locally

- **Craft Projects**
- **Delicious Lunch**
- **Bake Sale**
- **Granny's Attic**

Exhibitors

Denita Wisniewski - *Crafter*
Shirley Hallek - *Crafter*
Thomas King - *Candles & more*
Gloria Miller - *Norwex Consultant*
Mary Borghelnick - *Crafter*
Lois Berg - *Dandelion Ladies, Homemade Crafts, Independent Distributor Shaklee*
Dawn Kreidler - *Crafter*

Enjoy some fellowship and do some shopping!