

# LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**JULY - AUGUST  
2019**

## **LifeSpan Resources MAIN OFFICE**

33 State Street. Third Floor  
P.O. Box 995  
New Albany, IN 47151-0995

## **PHONE NUMBERS**

Main Office.....812.948.8330  
Toll Free .....888.948.8330  
Website..... **www.lsr14.org**



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## **MAIN OFFICE HOURS**

Monday ..... 8:00am-4:30pm  
Tuesday ..... 8:00am-4:30pm  
Wednesday .... 8:00am-4:30pm  
Thursday..... 8:00am-4:30pm  
Friday ..... 8:00am-4:30pm

## **Inside This Issue**

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Caregiver Connection  
Voice & Vino - Raffle



## **Transportation: The "Silent" Need**

For some, transportation can be a "silent" need. A recent survey by the National Center on Senior Transportation (NCST) found that many older and disabled adults don't share their need for transportation because, as one respondent said: "who wants to admit that you have no means to travel?"

The survey found a lack of specialized transportation options, especially in rural areas. Older riders often need assistance boarding and exiting vehicles and getting to and from appointments. Getting to medical appointments is challenging; and getting to other locations, such as grocery stores, is often impossible. Yet having access to medical and social transportation can be a determining factor in continuing independence for these individuals.

Providing Transportation service is not, however without challenges - from hiring and retaining compassionate and qualified drivers, to the high costs of fuel, vehicle maintenance, scheduling software, GPS tracking equipment and insurance. These issues can lead to providers limiting or even discontinuing service, especially in outlying areas.

At LifeSpan, we are proud to offer Transportation service for over 40 years. We offer non-emergency medical transportation (NEMT), private pay and social transportation programs, in our service area.

For more details on our Transportation program, go to our web site Transportation page: <https://www.lsr14.org/transportation.html>, or call 812-948-8330 and speak to an Options Counselor.

## FROM THE CEO



CEO, Lora Clark, as a NASA astronaut for Senior Games.

### Senior Games was “Out of this World!”

Our seniors are certainly “Out of this World!” I saw this first hand during our 33rd Annual Senior Games held June 3 – 7, 2019. What an amazing week as hundreds of area seniors took to fields, tracks, dance floors, bowling alleys, and courts to compete for fun and prizes. No sitting on front porch rockers for this bunch! It’s inspiring to witness these folks literally embodying the spirit of our mission: *Promoting Independent Living For People Of All Ages!*

We thank so many people for the success of the Games: our participants, sponsors, donors, volunteers, staff and especially our Senior Games Gang! Many people worked hard to make these Games enjoyable and successful. We look forward to hosting this community-wide event for many years to come.

As we close out our Fiscal Year 2019 on June 30, we reflect on many successes:

- \* Finished the year in a position of fiscal strength, allowing us to shore up client programs, serve more clients and keep our wait list to a minimum
- \* Implemented our new state-approved Area Plan. See inside this issue (page 3) for a synopsis of our Goals and Strategies.
- \* Successfully implemented the state’s new care management system, CaMSS. Many thanks to our staff, supervisors and Super Users for their patient and diligent work on the launch.

We look forward to more great work serving our community in the next fiscal year. We hope to also squeeze in a bit of time to enjoy summer vacations, beach trips, lounging by pools, and soaking up some much needed sunshine and relaxation.

Happy Fourth of July and Happy Summer!

*Lora Clark*

Lora Clark, CEO



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33 State St., Third Floor, P.O. Box 995,  
New Albany, IN 47151-0995

Please address questions or requests to the above  
address or (812) 948-8330 or toll free 1-888-948-8330  
or [information@lsr14.org](mailto:information@lsr14.org)

CEO - Lora Clark      Editor in Chief: Lucy Koesters

### LifeSpan Thanks Outgoing Board Member: Ward Weber

Ward has been a member of LifeSpan’s board of directors for nine years. During his tenure he has served two terms as Secretary, and one term as Vice President. Ward also served on the Investment Committee. Thank you, Ward, for your many years of service to LifeSpan Resources!



LifeSpan Resources, Inc. complies with all provisions prohibiting discrimination on the basis of race, color, or national origin of Title VI of the Civil Rights Act of 1964, as amended, 42 U.S.C. 200d et seq., and with U.S. DOT regulations, “Nondiscrimination in Federally-Assisted Programs of the Department of Transportation – Effectuation of Title VI of the Civil Rights Act,” 49 CFR part 21.

LifeSpan Resources, Inc. assures that no person shall, as provided by Federal and State civil rights laws, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity.

## LifeSpan's New Area Plan Will Positively Impact Social Determinants of Health for Area Residents

Every two years, all Area Agencies on Aging in Indiana are required to prepare an Area Plan. LifeSpan recently submitted a new two –year plan to the State after hosting a listening session earlier in the year. LifeSpan's board of directors approved the Area Plan in March.

- GOAL 1:** Meet the increasing demand for Options Counseling among a growing population. Implement a new phone tracking system to better analyze the number and type of calls received by the Aging and Disability Resource Center.
- GOAL 2:** Enhance Dementia Care competencies in our community. LifeSpan Resources will become a “Dementia Friends Champion” and thereby join a national and statewide movement to promote dementia-friendly communities.
- GOAL 3:** Positively impact social determinants of health, such as housing, food, transportation and social supports. Implement a new Information and Assistance (I &A) software with new screening tools to connect more individuals to needed resources for independent living.
- GOAL 4:** Build capacity for transportation service for at-risk and rural residents. Seek new grants, hire additional on-demand drivers, evaluate routes, and seek state certification for Medicaid Waiver provider status.

### Social Determinants of Health

Nutrition \* Transportation \* Social Supports \* Health Care \* Housing \* Food Insecurity \* Others

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Lucy Koesters - Chief Business Development Officer

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# FARMER'S MARKET NUTRITION PROGRAM



## It's Farmer's Market Time!

Summer is here and so are the local farmers' markets where you can get fresh tomatoes, lettuce, corn, green beans, peppers, cucumbers, onions, potatoes, zucchini, strawberries, peaches and more. YUM! Makes one want to go make a salad! LifeSpan once again has senior farmers' market vouchers available for those age 60+ to receive free produce at local farmers' markets. Eligibility is income based; seniors can receive vouchers valued at \$20 to purchase produce at approved markets and stands.

### The USDA's Senior Farmers' Market Nutrition Program (SFMNP) is designed to

- Provide low-income seniors with access to locally grown fruits, vegetables and herbs.
- Increase the domestic consumption of agricultural commodities through farmers' markets, roadside stands, and community supported agricultural programs.
- Aid in the development of new and additional farmers' markets, roadside stands, and community support agricultural programs.
- Nationally, over 800,000 seniors receive SFMNP benefits each year!

**Call Carol Kaufmann at 812-206-1511 for more information.**

Here is a great summer farmer's market recipe:

### Summer Stuffed Tomatoes - Makes 8 Servings, 1 tomato each

#### Ingredients

- 8 tomatoes, washed
- 2 peaches, washed
- 3 cucumbers, washed, peeled, seeded, and chopped
- 2 ears of fresh corn kernels, washed, or 18.7-ounce can corn, rinsed & drained
- 3 tablespoons vegetable oil
- 2 tablespoons lemon or lime juice
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup basil leaves, washed and chopped or 1 teaspoon dried basil



#### Directions

1. Slice off tops of tomatoes and scoop out seeds and flesh.
2. Chop the tomato seeds and flesh and place in a bowl.
3. Add remaining ingredients and spices to bowl.
4. Stir to combine and chill in the refrigerator.
5. Divide equally and stuff in tomatoes.

This is a great make-ahead vegetable for summer cookouts.

## CONGRATS GOLDEN HOOSIER JENNY KIRKHAM



### LifeSpan's Golden Hoosier 2019 Volunteer: Jenny Kirkham

LifeSpan's Golden Hoosier winner this year is Jenny Kirkham, who serves as the Palmyra Senior Center and congregate site manager. The Golden Hoosier award is the highest honor bestowed upon a senior citizen by the State of Indiana. The award is a collaboration between the Office of the Lieutenant Governor and the Indiana Family and Social Services Administration's Division of Aging, in partnership with AARP Indiana. The award is to acknowledge seniors who serve other Hoosiers in an exemplary manner and dedicate their lives to bettering their communities.

Jenny has volunteered with LifeSpan for over 10 years as the site manager for the Palmyra Senior Center. She coordinates all aspects of the hot lunch program, plans senior center activities, and recruits and trains other volunteers. Jenny also volunteers in her community as the annual "Pal Wow" Family Fun Festival planner where she coordinates vendor booths, craft activities and entertainment. Jenny serves on the Palmyra Solid Waste Board and the Harrison Springs Health Campus Advisory Board.

Jenny's strong leadership and organizational skills, compassion towards her clientele, and respect for self and others, make her an exemplary Golden Hoosier. LifeSpan is grateful to Jenny's dedication and blessed to have her as our 2019 Golden Hoosier!





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## MEET A LIFESPAN CLIENT

### Meet LifeSpan Client, Deanna Hill

*“What would I do without LifeSpan?”*

Deanna is an energetic sprite of a lady who led a very active life until a back injury clipped her wings years ago. Still, she finds it hard to slow down, even as a “70-something.”

As a teen, Deanna danced on a local TV show called “Club 13.” She was an active city girl: “into everything – dancing, swimming, running around, you name it.”

Deanna moved with her mother to Louisville, Kentucky at age 19. She worked for many years as a counselor and later director at St. Jude’s House for Women in Recovery. She also acted in TV commercials for WLKY TV. Upon retiring, she found she could not sit still, and went back to work for the Red Cross for several more years.

Her back injury led to multiple surgeries and a gradual loss of mobility. A neighbor in her senior living community knew about LifeSpan and how the agency could help Deanna get connected to in-home help. Deanna said she was reluctant to pursue help, citing that she had never relied on anyone but herself. “I was always the helper, not the helpee.”

The neighbor was insistent, and Deanna eventually contacted LifeSpan, who assigned a care manager to set up in-home services, transportation, a medical alert button and home modifications. “It was hard to accept help at first,” Deanna said. “However, I’m very, very grateful. I have a great home that I never want to leave. Most every day now I think: *what I would do without LifeSpan?*”



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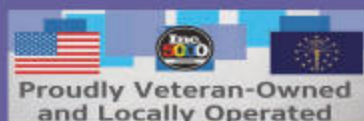
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# THANK YOU FOR YOUR SUPPORT OF TRANSPORTATION



## Thank you Metro United Way!

LifeSpan has been awarded \$45,300 from Metro United Way to support transportation services for clients in Clark, Floyd and Harrison counties. We are deeply grateful for this grant to help continue a vital service for the elderly and individuals with disabilities. *Thank you!*



## Thank you TARC!

LifeSpan has been awarded two modified full size vans from the Federal Section 5310 grant through the Transit Authority of River City (Tarc) who acts as the federal recipient. LifeSpan is grateful to partner with Tarc as a subrecipient.



These funds allow LifeSpan to purchase new vehicles under the 80/20 match funding requirements. With these funds we are also able to retire older, high maintenance vehicles. *Thank you!*



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# SENIOR GAMES 2019 WAS OUT OF THIS WORLD!

## SENIORS GAMES WAS A BLAST

Senior Games 2019 is in the bag! It was a fantastic week with lots of fun and (mostly) friendly competition, food, socialization, and many dignitaries making appearances. There were lots of winners, and NO losers! Over 250 seniors age 55+ participated in Bowling, Dance Off, Basketball Toss, Bingo, Lap Walks, Cards and Checkers, Corn Hole "Toss Em", Horse shoes and Mini Golf.

### LifeSpan thanks our Platinum Sponsors:

*LifeSpan Senior Games Gang*

*Masterson's Catering*

*Hellenic Senior Living*

*Communicare*

Thank you to our many additional sponsors, in-kind donors and volunteers! Without you, The Senior Games could not happen!

To check out some awesome photos and the complete winners list, go to: [www.lsr14.org/senior-games](http://www.lsr14.org/senior-games)  
For more photos, visit our Facebook page: [Facebook.com/lifespanresourcesinc](https://www.facebook.com/lifespanresourcesinc)



State Representative Ed Clere was the Opening Ceremonies emcee and gave everyone plenty of laughs.



Jeffersonville Mayor Mike Moore welcomes Seniors to Jeffersonville!



Senator Ron Grooms wishes good luck to participants at the Opening Ceremonies.

Paul Masterson of Masterson's Catering talks to the Seniors at Opening Ceremonies. He was recognized for donating lunch at Opening and Closing again!



New Albany Mayor Jeff Gahan poses with LifeSpan staff. He welcomed Senior Games participants to New Albany and the YMCA as well as thanking LifeSpan for our work in the community!



Charlestown Mayor Bob Hall poses with Senior Games participants Bill & Rebecca Resch and Ruth Lynch at minigolf.

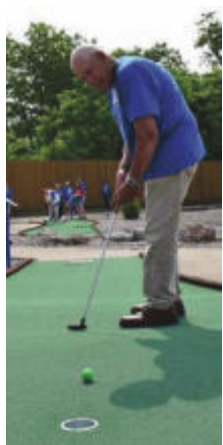


# THANK YOU SENIOR GAMES SPONSORS!





## JOIN THE SENIOR GAMES GANG



### JOIN NEXT YEAR'S SENIOR GAMES GANG!

Are you looking for fun, friendship and maybe a little competition year round? Want to support LifeSpan's mission of *"Promoting Independent Living for People of All Ages?"*

**Become a member of the Senior Games Gang, and you can do it all!** The Gang is a membership program for area adults age 55+. Gang members develop new friendships, enjoy six members-only events during the year and some even develop a little

"romance!" (Yes, we've had Gang marriages over the years!) *New for this year will be a Gang-sponsored holiday service project for members to give back and connect to the community even more!*

There are several membership levels – you pick the donation amount that is within your budget. All members

### EVENT LINEUP 2019/2020 GANG YEAR:

**Miniature Golf:** Friday, August 2, 2019, 9:30 am - 12 pm at Family Activities Park, Charlestown

**Chair Volleyball:** Friday, September 20, 2019, 1 - 4 pm at Pineview Center Gym, New Albany

**Cards & Games:** Friday, November 8, 2019, 10 am - 1 pm at Charlestown Senior Center

**Toss 'em:** Friday, February 14, 2020, 11 am - 1 pm at Southern Indiana Sports Center, New Albany

**Bunco:** Friday, March 13, 2020, 10 am - 1 pm at Eastern Heights Baptist Church, Jeffersonville

**Horseshoes:** Friday, April 24, 2020, 9:30 am - 12 pm at Community Park, New Albany

For more information on the LifeSpan Senior Games Gang Program, please call Michael Kolodziej at 812-206-7960.





# OUT OF THIS WORLD SENIOR GAMES 2019



These Seniors were out of this world posing with emcee Wayne Perkey, LifeSpan CEO Lora Clark, and LifeSpan's Michael Kolodziej. What fantastic costumes ladies!!



All hail Senior Games 2019 Royalty:  
King William Colvin and Queen Patty Cress.



Betty Haley admires her shot during her 25th Senior Games!

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### The Best Companion Pets for Seniors

**An animal can bring joy to an older person.**

**Here's a guide to finding an affordable, compatible pet.**

One of the hardest parts of growing old is loneliness. Without a spouse or children around to keep them company, many seniors begin to feel isolated. This is where pets come in.

Studies have shown that companion animals have the ability to lift the spirits of people who live alone and provide unconditional friendship and enrichment.

Yet caring for a pet long term is not to be entered into lightly. It's essential to choose the right animal, one that will be both compatible and affordable for an older owner. Always discuss getting a pet in detail, and the senior and any caregivers are 100% on-board with the idea. **Never buy an animal as a surprise for another person** — that rarely ends well.

**1. Choosing the right animal** - Finding the right pet to fit a person's lifestyle and energy level is crucial.

**Dogs** can make wonderful pets, but they require daily walking, leadership, and more care than other companion animals. This makes a dog well-suited for an active senior who enjoys walking outdoors, who can bend and pick up after their pet. An adult dog already housetrained would be easier to match to an older person's lifestyle than a rambunctious puppy.

**Cats** are easier to care for and make excellent pets for seniors. On a daily basis, a cat requires a good diet, a litter box, a few toys and human companionship. And a senior who lives alone will have plenty of time to devote to a pet kitty.

**Birds** can be fantastic pets for the elderly. Some species require very little hands-on care aside from feeding, watering and switching out the paper in their cages. Canaries and finches are lovely little birds that prefer not to be handled, so they're great for adding lively sound and movement to the environment. Parrots tend to be louder and more demanding, but many enjoy physical contact with owners.



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## Pets (continued...)

### 2. Considering the costs

Since many seniors **live** on limited incomes, it's essential to consider an owner's ability to pay for a pet's basic needs. Starting expenses include the adoption or purchase costs, spaying or neutering, vaccinations and a cage or crate. Regular expenses will include food, toys, vet visits, preventive **medications** and grooming. The American Pet Products Association says routine vet visits cost dog owners \$257 in 2017, while cat owners paid an average of \$182. Basic food for either type of animal cost is \$235 per year. Larger animals are more expensive to feed. Though birds may be less expensive to care for day to day, if they get ill, the specialized medical costs are comparable to what you'd pay to care for a cat or dog.

### 3. Arranging for care

An older person may get a demanding pet, like a dog, and be fine for a few years but later lose the ability to care for their pet. For seniors who need help with pet care, a daily dog walker or twice-weekly cage cleaning is another cost to consider. If a helper is already coming to the home a few times a week, then ask if they would be OK with adding a quick bird cage paper swap or litter box cleaning into their schedule. Or, a willing family member could perform these tasks to keep an older loved one enjoying the benefits of pet ownership.

### 4. Looking at Alternatives to Pets

But let's be completely realistic: Pet ownership isn't for everybody. The good news is that if a senior can't afford to keep an animal at home, there are other ways to interact with furry or feathered friends and reap all of the benefits of socializing with pets. Often, shelters and animal rescues need volunteers to care for animals on-site, or to foster them at home temporarily before they find new owners. Pet therapy programs in your town may offer opportunities to spend time with animals without having to own one. These programs might even come to your home or senior center for free!

*LifeSpan is proud to offer a pet feeding program in the winter to our meals on wheels clientele. For information or to make a donation, please contact Lucy Koesters at [lkoesters@lsr14.org](mailto:lkoesters@lsr14.org).*

Article source: <https://moneywise.com/a/the-best-companion-pets-for-seniors>

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### Beware of Dehydration in the Summer Months!

Not drinking enough fluids increases the risk of falling. In addition, the dizziness, as a sign of heat exhaustion, can cause a fall. While being properly hydrated is always important, in summer heat, it can be lifesaving. Our natural sense of thirst diminishes with age so it is important to drink water "by the clock," as you would schedule crucial medications.



This allows better absorption of nutrients from foods as well as medications, and reduces the risk of dehydration. Dehydration, especially in the elderly, can increase confusion and muscle weakness and cause nausea. Nausea, in turn, will prevent the person from wanting to eat, thereby causing more dehydration. Avoid caffeine and alcohol, which cause frequent urination and dehydration. Why not add some delicious cold fruit waters or herbal teas to your daily fluid intake. Enjoy!

Source: NIH News In Health, Department of Health and Human Services, CDC





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# VOICE AND VINO AT THE CASINO: OCTOBER 29, 2019



## Can you help with our Raffle?

LifeSpan is collecting for our awesome Voice and Vino raffle and wine pull! **Can you donate a bottle of wine, good bourbon or a gift card?** Have you received these items as gifts? We would love to take your "re-gifts!" We are looking for help in the form of donations for the wine pull (where patrons "pull" a mystery bottle of wine worth \$20 - \$100+); for a "Gift Card Tree," which will hold up to \$600 worth of gift cards; and a "Bourbon Fire Pit Package" which will include a portable fire pit filled with exclusive brands of bourbon.



**Don't Forget: Voice and Vino at the Casino will be held on Tuesday, October 29, 2019, from 5:30—9:00 PM at Horseshoe Southern Indiana.** Contact Michael Kolodziej at [mkolodziej@lsr14.org](mailto:mkolodziej@lsr14.org) or visit [bidpal.net/voiceandvino](http://bidpal.net/voiceandvino) for more information. We are accepting donations at the front desk of our main office located at 33 State Street, 3rd Floor, New Albany. *Thank you!*



**Welcome home.** At Cedar Court, a Senior Living Community nestled snugly in the hills of scenic Corydon, Indiana, those two words are at the heart of all we do. We have a passion for filling your retirement years with wonderful days and warm memories.

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<b>Independent Living</b> <ul style="list-style-type: none"> <li>• Activities program</li> <li>• Housekeeping services</li> <li>• Transportation services</li> <li>• Monitored alert system</li> <li>• Evening meal</li> <li>• Pet friendly</li> </ul>	<b>Assisted Living</b> <ul style="list-style-type: none"> <li>• 24 hour support</li> <li>• Assistance with daily living activities</li> <li>• Medication administration</li> <li>• 3 meals daily</li> <li>• Housekeeping, laundry &amp; transportation services</li> </ul>
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