

# LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**MAY - JUNE  
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](http://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

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## **LifeSpan Nutrition and Wellness Programs Keep Seniors Healthy and Connected!**

### **Home Delivered Meals Program: Meals to Go!**

LifeSpan Resources provides weekly frozen meal delivery to the homebound of Clark, Floyd, Harrison and Scott counties. All of our meals are prepared locally by Mastersons Catering of Louisville. All meals are planned and approved by a Registered Dietician to meet 1/3 the daily intakes established by the Dietary Guidelines for Americans. Meal plan choices include Regular Dinner Box, Breakfast Box, Diabetic-Friendly, Soft Foods, and Puree Meals. Meal boxes include seven complete meals with entrée, vegetables, soft whole-grain breads, low-sugar desserts or fruits and fresh 1% milk. To set up a Meals To Go! Service plan, please call LifeSpan and ask to speak with an Options Counselor to complete an intake.

### **Congregate Nutrition and Wellness Centers**

LifeSpan operates six congregate centers in our service area. They each offer a nutritionally balanced hot lunch Monday - Friday to adults age 60+ or to individuals with disabilities, and their caregivers. Meals are available for a suggested \$2.50 donation. Centers also offer nutrition education programs, health and wellness programs and socialization activities, including bingo, cards and games, health screenings, Senior Farmers Market coupon program, Senior Medicare Patrol, Tai Chi, Falls Prevention programs and more.

Everyone is welcome to attend any of our centers. Please visit our web site or call Ramona Miller, Nutrition Director at 812-206-7936 for information.

Stay healthy, happy and connected with LifeSpan's Nutrition and Wellness Programs! See our web site [www.lsr14.org](http://www.lsr14.org) for menus, locations, and activity calendars.

### A time of appreciation

Spring has finally arrived in all its full glory, chasing away the gray chill of winter with warm breezes and colorful flowers. It's truly my favorite time of year. Something about the bright sunshine just boosts the mind, spirit and body. It's a perfect time for new plans and creative ideas.

Here at LifeSpan, our management team just completed our bi-annual Area Plan, a requirement of our designation as the local Area Agency on Aging. The plan was publically previewed on February 25 to good reviews. Plans call for new programs in Dementia Care Awareness, Social Determinants of Health, Aging and Disability Resource Center (ADRC) and Transportation. You will hear more about these plan components in future publications. I, for one, can't wait to dive in!



In May, we celebrate our fellow caregivers during National Nursing Home Week, which begins each year on Mother's Day (May 12). May is also Older Americans Month (see article in this issue). We pay special tribute to our service men and women on Armed Forces Day (May 18), and honor our veterans on Memorial Day (May 31).

In June, we celebrate our patriotism during Flag Day on June 14 and all the dads out there on Fathers Day (June 16). We are blessed to have a new mom and a new dad at LifeSpan this spring. Congrats to Michael Kolodziej (Baby CC) and Nicki Mumford (Baby Emma Nicole).

My wish this season is for everyone to enjoy and appreciate the older relatives in their families. I encourage you to spend as much time as possible with your mothers, fathers, grandmothers, and grandfathers.

*"Today be thankful, and think how rich you are. Your family is priceless, your time is gold, and your health is wealth."* – Zig Ziglar.



*Lora Clark*

Lora Clark, CEO

LifeNotes is a free bi-monthly publication of  
LifeSpan Resources, Inc.

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New Albany, IN 47151-0995

Please address questions or requests to the above  
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or [information@lsr14.org](mailto:information@lsr14.org)

CEO - Lora Clark      Editor in Chief: Lucy Koesters

### LifeSpan welcomes new board member Chris Schwaniger

Chris is a Financial Controller for Horseshoe Southern Indiana and will be representing Harrison County. Chris is from Louisville, Kentucky.



Chris has joined LifeSpan's Board because: "As our population of elderly and disabled individuals continues to grow, the demand for services to help them maintain and augment their quality of life so they may continue to live independently continues to rise. The types of care which enable this independence continue to become more diverse and specialized, therefore an organization such as LifeSpan Resources is absolutely necessary to help connect this segment of the population to these critical services they require."

Welcome to the Lifespan Board, Chris!

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.

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## Older Americans Month 2019

Each year, more and more older adults are making a positive impact in and around Southern Indiana. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.



**CONNECT, CREATE, CONTRIBUTE MAY 2019**

Led by the Administration for Community Living (ACL) each May, OAM provides resources to help older Americans stay healthy and independent, and to help communities support and celebrate their diversity. This year's OAM theme, **Connect, Create, Contribute**, encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives. This May visit the Older Americans Month website ([acl.gov/oam](http://acl.gov/oam)) for ideas and inspiration. Visit our LifeSpan web site for a list of OAM activities in our congregate centers: <https://www.lsr14.org/congregate-centers.html>



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### A morning at the Joe Rhoads congregate center

By Lucy Koesters

Today is Friday at the Joe Rhoads Senior Center in Corydon, Indiana. It's Tai Chi day. The participants begin filtering in around 9:45 AM to the soothing chimes of Tai Chi music – a prelude to the class which begins at 10:15 AM. Some sit in chairs at tables, some stand and some pull up a chair to the front of the room to better see the teacher.



Tai Chi instructor and Joe Rhoads Senior Center manager, Rick Haines, teaches Tai Chi two days a week. Participants follow a slow, rhythmic routine for health benefits.

There is light chatter as they wait for the class to start. The participants ask after each other and inquire about several regular attendees are who have not yet shown up. One comes in calling out, "Hello all you beautiful people." Everyone smiles as more people enter. Rick, the Tai Chi instructor and nutrition site manager, greets each one by name and jokes good naturedly with all. It's an obviously welcoming environment.

Rick begins promptly on time with warm ups. He is encouraging but reminds his students, "Now don't do it if it hurts." The seniors start with slow graceful movements set to the soft hypnotic music. They have been doing the routine a while and most know the sequence; some even go a little faster than Rick, moving ahead to the next part. The movements get a little quicker as the class progresses, but never seem hurried. "Sweep and push," Rick gently calls out the instruction. "Every movement means something. Feel the energy." Even those in chairs know the sequence and keep up well. The entire first sequence takes 15 minutes. They applaud each other at the end.

Rick looks around slowly at his participants at the routine's conclusion, checking to make sure they all did well. He speaks a bit about the importance of keeping their movements pain-free. He asks them, "Now what does everyone want to work on?" Sometimes, a few will want to work on a particular movement to help with a specific area of weakness or perhaps arthritis; others may want to practice a portion of the sequence as some of the combinations can be a bit confusing. Rick is happy to oblige, breaking down the sequence very slowly and then asking, "Now does everybody have that one down? Try to remember: it's good for your memory." Muscle memory of the sequence comes with practice. Rick also stresses the importance of the deep breathing patterns integral to Tai Chi.

The next portion of the class is for the participants to do the sequence on their own, while Rick turns around to watch. "It lets me know what you know, and what you don't," he explains as they groan about having to do the routine on their own. More applause after the second routine concludes, and again after the cool down and final words of encouragement from Rick for a job well done.

Rick explains that Tai Chi is beneficial for seniors in important ways: deep slow breathing, release of pain and stiffness, physical fitness enhancement, memory improvement and concentration. The overall sense of accomplishment at learning the routine can't be minimized either.

After class, preparations for lunch begin with several volunteers moving to the kitchen to set up the steam table and prepare plates and utensils. More congregate participants arrive for lunch and sit down at tables. While it was obvious they each have their regular seats, no one is ignored. Some go into the sitting room opposite the dining area to watch *The Price is Right*, a favorite at the center. Others arrive to play cards at several tables off to the side.

Finally, everyone is called to the dining area for lunch. One of the participants stands to say a blessing for the group. After that, participants go to the kitchen window to pick up their plated hot lunch. Today's meal is an appetizing one of baked lasagna, tender crisp broccoli, fresh salad with cucumbers, carrots and tomatoes, whole wheat roll with pat of whipped butter, and a nice fruit cup with whipped cream. Participants pick up utensils, beverages and small packets of salad dressing at another table.

## JOE RHOADS SENIOR CENTER

### A morning at the Joe Rhoads (continued...)

Diners sit in companionable silence for the first few minutes of lunch as everyone tucks into their food. Conversation picks up slowly, before escalating into friendly quips and queries. Chatter from one table is easily picked up at another, and so on until most finish with their lunch.

Participants get up to clear their own plates, thanking Rick and the volunteers for lunch and their help that day. Most had eaten fairly quickly and prepare to leave shortly after lunch. All were sure to tell each other good bye and to have a good weekend.

Rick said participants typically spend from one to three hours at the center each day and most attend every weekday. "The center provides a structure for these folk's daily and weekly lives," he explained. He also provides other avenues for enhanced health, wellness and nutrition. Besides the very popular Tai Chi classes, he offers walking programs, nutrition education, health screenings, mental health programs, and more. But perhaps most important is the socialization and companionship offered - obviously an integral and beneficial part of what is offered at this senior center.

The participants leave, the center is cleaned and readied for next Monday, when it will once again be a beacon of cheerfulness and good health. How lucky these seniors are to have the Joe Rhoads Center in their community.



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## CAMSS LAUNCHED!

### CaMSS: New State Data System for Care Management was years in the works

LifeSpan Resources' staff enjoyed a successful launch of the new Care Management for Social Services (CaMSS) system. After a CaMSS Go Live! Launch rally (complete with breakfast, lunch, and a CaMSS cheer by the Super Users) production activities began on Monday, April 1. CaMSS replaces a number of older, dated care management and Aging and Disability Resource Center functions.



The team of Super Users led a CaMSS cheer!



Super user Carol Vance gets into a cheer.



Super User Tim Lengel sports one of the special camo shirts: No CM Left Behind!



All-Staff celebration for the launch.



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### LIFESPAN CALENDAR

Date	Event	Location	Time
May 1—May 31	<i>Older Americans Month</i>	All Congregate Centers - Programs	Check <a href="http://lsr14.org">lsr14.org</a> for dates and times.
Sunday, May 12, 2019	<i>Mother's Day</i>	Celebrate Moms and Grandmothers!	All day!
Monday, May 27, 2019	<i>Memorial Day</i>	LIFESPAN CLOSED	LIFESPAN CLOSED
Monday, June 3— Friday, June 7, 2019	<i>LifeSpan Resources Senior Games 2019 "Seniors Are Out Of This World!"</i>	Opening Ceremonies: St Augustine, Jeffersonville Events at various venues Closing Ceremonies: Sacred Heart, Jeffersonville	Opening: 9 AM- 1 PM Closing: 10 AM – 1 PM
Sunday, June 16, 2019	<i>Father's Day</i>	Celebrate Dads and Grandfathers!	All day!
Thursday, June 20, 2019	<i>Nursing Home Games</i>	Providence Diversicare 4915 Charlestown Rd New Albany, IN 47150	10:00 AM - 12:00 PM
Thursday, July 4, 2019	<i>Independence Day</i>	LIFESPAN CLOSED	LIFESPAN CLOSED

For more information contact Lucy Koesters at 812-206-7938

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## SENIOR GAMES IS HERE!

### SENIORS ARE OUT OF THIS WORLD!

Prepare for liftoff of LifeSpan's 33rd annual Senior Games! Senior Games is the only community-wide event in Southern Indiana specifically for active older adults.

**This year's games will run the first full week of June: Monday, June 3–Friday, June 7.** The event focuses on health and wellness with events like Basketball Toss, Dance Off, Bowling, Mini-Golf, Horseshoes and more. Opening and Closing ceremonies are also tons of fun with a live band and DJ music, a vendor fair, catered lunches, and lots of awards.

The theme this year is “Seniors Are Out Of This World!,” a fun “take off” on this year’s 50th Anniversary of the Moon Landing.

Events are held at various venues around Clark and Floyd counties. Senior Games is also a fundraiser in support of LifeSpan’s clientele, who are struggling to remain living independently.

**All local older adults age 55+ are eligible to participate in this fantastically fun week!** The cost is only \$15 for the entire week and includes a t-shirt, lunches, snacks, door prizes, giveaways and most importantly, medals! For more information, please contact LifeSpan’s Community Engagement Director, Michael Kolodziej at 812-206-7960 or email to [mkolodziej@lslr14.org](mailto:mkolodziej@lslr14.org). **To register, call LifeSpan at 812-948-8330.**



State Representative Ed Clere will be back to emcee the Opening Ceremonies and provide plenty of jokes



We are excited to announce that the one and only Wayne Perkey, a local favorite retired WHAS-AM radio deejay will be the emcee for the Closing Ceremonies!



### Join next year's Senior Games Gang!

**The ONLY membership organization for active older adults in Southern Indiana!**

LifeSpan Resources' Senior Games Gang membership for 2019/2020 opens on July 1st! Membership includes special “**Members-Only**” events year round and a free registration fee and t-shirt for the 2020 Senior Games next year. Last year's events included: miniature golf, chair volleyball, cards & games, toss em, bunco, and horseshoes. There are 3 levels of membership: Bronze, Silver, and Gold. Silver membership comes with a choice of one LifeSpan gift item, and Gold comes with a choice of two LifeSpan gift items plus two free registrations for the 2020 Senior Games.

Best of all, your Gang membership helps you support LifeSpan's mission of *Promoting Independent Living for People of All Ages*. For more info, call Michael Kolodziej at 812-206-7960.

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## Meet the Singers and Judges!

Join us for an evening of fun and excitement as local and talented singers take the stage at **Horseshoe Southern Indiana** on **Tuesday, October 29** with four local celebrity judges. The event will feature wine tasting from local wineries, a raffle, a wine pull, and a dinner. Most importantly Voice and Vino at the Casino will not only entertain 500+ guests, but it will also help raise awareness and funds to support the mission of LifeSpan Resources: *Promoting Independent Living for People of All Ages*.

Now, without further ado, the singers that will vie for your attention, your applause, and along the way, your money, are introduced below. Our four 'slightly famous' judges; and the evening's emcee, local funnyman Keith Kaiser from WDRB will add to the fun! Start bidding for the singer of your choice at [bidpal.net/voiceandvino/browse/donation](https://bidpal.net/voiceandvino/browse/donation)!



**Keith Kaiser**

### SINGERS:



**Dayna Ashley**



**Mike Bittenbender**



**Wayne Fulton**



**Kimberly Glyn**



**Doug Helm**



**Sydney Magers**



**Kimberly Roby**

### JUDGES:



**Jerry Finn**



**Sarah Jordan**



**Leslie Lewis Sheets**



**Mark Maxwell**

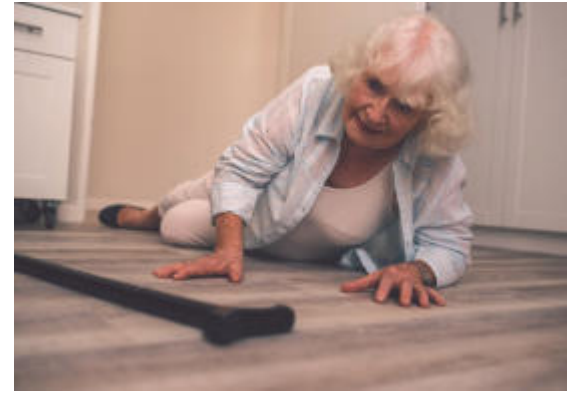
We hope you join us **Tuesday, October 29th** at **Horseshoe Southern Indiana** from **5:30 pm - 9 pm**. Doors open at 5:30; dinner will start at approximately 6:15; and performances will begin at 7:00 pm.

For sponsorship info, contact Michael Kolodziej, Community Engagement Director at 812-206-7960 or [mkolodziej@lsr14.org](mailto:mkolodziej@lsr14.org). To purchase tickets online go to [bidpal.net/voiceandvino](https://bidpal.net/voiceandvino).

### What To Do If The Person in Your Care Falls

When caring for a person who experiences a fall, do not attempt to get the person up.

- If the person is face down, and breathing is adequate, leave the person in the same position.
- Call 911 for an EMT to arrive and assess the situation.
- Keep the person warm with a blanket and make him as comfortable as possible.



If you suspect a broken bone, follow these steps:

- If the person cannot move or use the injured limb, keep it from moving. **Do not** straighten a deformed arm or leg.
- Support the injured part above and below the site of the injury by using folded towels, blankets, pillows, or magazines.
- Wait for the 911/EMTs to arrive.

If *you* fall, you may not be able to call for help. You may want to consider enrolling *yourself* in a medical alert type service that you can activate in such an emergency. Call LifeSpan (812-948-8330) and speak to an Options Counselor for information on alert services available in the southern Indiana area.



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## A SALUTE TO TROOPS AND VETS

### The D-Day: 75 years later

By Michael Kolodziej

This year marks the 75th Anniversary of Operation Neptune, commonly referred to as D-Day. On June 6, 1944, 156,000 troops crossed the English Channel by land and sea, landing on 5 separate beaches (Utah, Omaha, Juno, Gold, and Sword) off the coast of Normandy, France. This remains the largest seaborne invasion in history.

We honor all of those brave soldiers who stormed the beach and sacrificed their lives.



Omaha Beach, Normandy after the D-Day invasion

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## MEET A LIFESPAN CLIENT

### Millie Edwards

By Lucy Koesters

*'LifeSpan is doing everything!'*

Aremildie "Millie" Edwards is a lively 86-years-young lady with lots of energy and a big smile. She lives on a hidden cul-de-sac in the tiny town of Utica. She's lived in her small home for 47 years. She is also a recent amputee, having lost her right leg below her knee in March of 2018.

Millie grew up in Manchester, Kentucky, near London. She remembers her childhood growing up with strict parents who instilled a strong work ethic which served her well the rest of her life.

After school, Millie married and moved to Indiana near Scottsburg. She worked multiple jobs while raising four children. "I was never afraid of hard work," said Millie. She worked in the factory at The Proving Ground in Madison, Indiana, as one of her first jobs. She stayed several years until they shut the factory down, then moved through a variety of service jobs until finally ending her working years at Floyd Memorial Hospital in a service position.

When asked what she decided to do in retirement, Millie said, "Why, I went right back to work." She picked up a job in a local restaurant because "I had a hard time slowing down."





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## MEET A LIFESPAN CLIENT

### Millie Edwards continued...

Acquiring a disability later in life was “rough,” especially for someone as determined and hard working as Millie. After her hospitalization for her amputation, she was sent to a nursing home for rehab, where she spent just one night before demanding to go home. “It was the worst night of my life,” she recalled.

Luckily, Millie’s two daughters came to the rescue, taking Millie home, and promptly researching how to care for their mother outside of institutional care. A Medicaid social worker pointed the family to LifeSpan.

LifeSpan came out to do an assessment and assigned a care manager to set up and oversee in-home services for Millie. Millie says that Valerie, her LifeSpan care manager, is “just super,” and a “real hard worker who helps with everything.”

Valerie set Millie up immediately with home delivered meals as Millie is no longer able to stand to cook. A personal help button was also installed so that Millie could get help should she fall or have an emergency. This service offered peace of mind to the family, when they can’t be there with Millie. Most importantly, Valerie worked diligently to get home modifications, including ramps, step removals and door adjustments installed as quickly as possible.

Millie’s two dedicated daughters agree that LifeSpan’s help is instrumental to their ability to keep their mother living at home – the only place she wants to be. They said it best: “*LifeSpan is doing everything!*”



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***\$25** provides one hour of Respite care for a Caregiver.*

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***Thank you!***