

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**NOVEMBER - DECEMBER
2019**

LifeSpan Resources MAIN OFFICE

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New Albany, IN 47151-0995

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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

Welcome New Board Members

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Caregivers Month

New Vehicles

Dementia Friends

Voice & Vino at the Casino

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Meet a Client

Medicare Changes for 2020



You CAN Go Home Again!

LifeSpan helps those return home from nursing facilities.

Sometimes individuals with complex health care needs must reside in a nursing facility for extended periods of time – from several months to several years. During this time, these individuals may lose the community supports they use to have, and can even lose their former place of residence. However, the individual may gain enough strength and improved health to return home with some extra support. How can that happen?

Some people might not know that nursing facility staff hold regular care plan meetings to discuss and understand each resident's goals. If that person has expressed a preference to receive their long-term care services at home, there are options. When this happens, nursing homes are required to make a referral to their Local Contact Agency (LCA). **In Clark, Floyd, Harrison and Scott counties, the Local Contact Agency is LifeSpan Resources.** Once LifeSpan receives the referral, a state-certified Options Counselor contacts the person by telephone and may also perform an in-person visit to assess for needs and support preferences.

A variety of services are available to support the person who is returning home, such as non-medical personal care, in-home skilled nursing, meals-on-wheels, transportation, home modifications, and even community transition funds to help with setting up a new home. These funds can be used to purchase basic furniture and kitchen appliances, linens, dishes, etc. – those things the person may no longer have since being a nursing home resident. A person must be Medicaid-eligible to access these funds.

LifeSpan Resources' Options Counselors can help with the transition from nursing facility to home by meeting with the person and others they would like involved in their care. The counselor will create a person-centered service plan to support the returning individual in the community. Once the individual is established with in-home services, he or she will be supported by an on-going case manager who will continue to assess and monitor care needs.

Where does the time go?

It's hard to believe we are here at the end of another year. 2019 seemed to just fly by. While things constantly evolve at LifeSpan (no grass ever grows under our feet), one thing that didn't change, and in fact, was bigger and better, was our gala fundraiser, *Voice and Vino at the Casino*, held at Horseshoe Southern Indiana on October 29 (see inside for winner photos and details). This year marked our 2nd annual event, and it was truly spectacular. I can't thank all the sponsors, singers, volunteers and our hardworking staff enough. We created this event two years ago, and have worked very hard toward making it THE premier fundraising gala in southern Indiana. Why? Because we want people in the community to know who LifeSpan is and what we do for our community. We used to be called the best kept secret in town, but our strategic plans call for us to be the best known resource in town, and that is exactly what we are becoming!



As we go quickly into the holidays, I reflect on all the things we have to be grateful for, most especially for this agency that helps so many. I am deeply grateful that with our increasing community support and our staff's hard work, we are in a position to take on more and more clients, and help many more individuals remain independent. We've been here for 46 years and we will be here for 46 more.

Happy Holidays everyone!

Lora Clark

Lora Clark, CEO

November/December Recognitions

Election Day – get out and VOTE!

Veterans Day – November 11 – We salute and celebrate our nations' veterans!

November: National Diabetes Month - we recognize this increasing health concern among our clients and our nation.

November: National Alzheimer's Month – Dementia Friends workshops are now held at LifeSpan on the 4th Friday of each month at 10 AM.

November: National Family Caregiving Month – see article in this issue about the challenges of family caregiving.

December 3 - International Day of Persons with Disabilities – we recognize the challenges of living with disabilities for many of the clients we serve.



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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

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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.

WELCOME NEW BOARD MEMBERS

LifeSpan welcomes two new board members: Dr. Deepak Azad & Julie Young

Dr. Azad is a physician who has been practicing for over 35 years. He joined LifeSpan's board because "we are living longer and seniors need assistance with food, finances, safe living environments, and transportation. LifeSpan is doing wonderful work in our community with limited resources. I want to be part of the process and solution." *Welcome to the LifeSpan Board of Directors, Dr. Azad!*

Julie Young is part-owner of Strandz Salon and Threadz and has lived in New Albany for 50+ years. Julie said she is joining LifeSpan's board because "my heart is with the elderly." *Welcome to the LifeSpan Board of Directors, Julie!*



Pictured from left: Dr. Azad, Lora Clark, (CEO) and Julie Young



Thank you to outgoing board member Nathan Samuel

LifeSpan would like to thank outgoing board member Nathan Samuel for his service on our Board of Directors. Nathan has been on the LifeSpan Board of Directors since 2013 and recently served as the Treasurer. *Thank you, Nathan!*

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James Goldman - President, Harrison County
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The Theme for National Family Caregivers Month November 2019 is



BeCareCurious

Family caregivers want their loved ones to have the best care possible – at the doctor’s office, at the hospital, and at home. We encourage family caregivers across the country to ask questions, explore options and share in the care decisions that affect the health and well-being of their loved ones.

BeCareCurious About Your Loved One’s Goals

You know your loved one better, and spend more time with them, than anyone else does. Talk to them about what their goals are for treatment and their care in general. It can be hard to talk about goals when facing a disease. But these talks help make sure your loved ones are getting the care they want.

Treatment Options

Is your loved one responding well to treatment? If not, ask your doctor if there are other options. New treatments are available every day. Whether it’s a different dose, a new medication, or a new procedure, speak up and ask your doctor if there are options you and your loved one should consider.

Research

The internet is a great research tool, but it can also be full of conflicting, and even dangerous, advice – so don’t stop there! Be curious about that article you just read. Is it from a reliable source? Talk to friends, family and doctors to ask as many questions as possible to learn about your loved one’s condition.

The Care Plan

If your loved one is in the hospital, be sure to ask what happens next. Will they need home care after being discharged? Are there new medications or procedures you will need to manage at home? Will you be trained on what to do and how to do it? A lot of care happens at home and you need to be prepared to provide that care.

Coverage

Don’t be shy about asking questions about insurance coverage. Is your parents’ Medicare plan the best option or should you change plans during open enrollment? Was a medication switched for a medical reason, or because your insurance no longer covered it? If coverage was denied, what can you do to change their minds?

Family caregiving is stressful, but the more you know, the more confident and capable you will be when providing care. Remember – knowledge is power!

So this November, during National Family Caregivers Month, take time to

Article from Caregiver Action Network (CAN)
<https://caregiveraction.org/>



**NATIONAL
FAMILY CAREGIVERS
MONTH**
November 2019



EVIDENCE BASED HEALTH & WELLNESS PROGRAMS

Spotlight on Wellness Programs at LifeSpan

The Administration on Aging, a federal agency, allocates funding to states to provide evidence-based health and wellness programs. LifeSpan offers these in our congregate centers and other community locations. Here is a sampling of what we are currently offering:

Tai Chi for Arthritis is an ongoing program that improves strength, flexibility, and balance. It also improves mental health and pain levels. Tai Chi for Arthritis is offered at our Joe Rhoads Senior Center in Corydon with certified Tai Chi Master Rick Haines as our instructor.

Walk With Ease is a 6-week walking, exercising and education program proven to reduce pain, increase balance and strength, and improve overall health. LifeSpan offers this 12-week walking program at all LifeSpan congregate centers.

Active Living Every Day (ALED) uses facilitated group-based problem-solving methods to integrate physical activity into everyday living. LifeSpan offers this fun, wellness-boosting program at the Bacala Center in Scottsburg.

A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. This program is offered through a partnership with YMCA Floyd County.

Please call Ramona Miller for more information on current offerings: 812- 206-7936.





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THANK YOU FOR YOUR SUPPORT OF TRANSPORTATION

LifeSpan takes delivery of two new vehicles!



Thanks to generous grants from Samtec, Metro United Way, Scott County United Way, Glick Philanthropies and the federal 5310 grant administered by Tarc, LifeSpan is thrilled to receive two new lift-equipped vehicles. They were received in September and put into service in October. Each vehicle can hold 15 passengers and two wheelchairs. These new vehicles allow us to retire several older, high maintenance vehicles and continue the expansion of our program.

To access Transportation, please call our Aging and Disability Resource Center and speak to an Options Counselor. Social transportation is available for a donation of \$4 round trip. Medical trips require assessments to access public funding or can be available on a private pay basis. *Thank you!*

Thank you, Glick Philanthropies!

LifeSpan has been awarded \$7,500 from Glick Philanthropies for a vehicle match. We are deeply grateful for this gift to help continue a vital service for the elderly and individuals with disabilities. These funds help LifeSpan purchase new lift-equipped vehicles under the Federal Section 5310 grant match requirements. These funds also allow us to retire older, high maintenance vehicles. *Thank you!*



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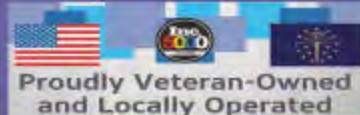
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DEMENTIA FRIENDS



Dementia Friends Workshops

LifeSpan announces the kickoff of community workshops for Dementia Friends. Beginning in October, in-person workshops will be held every 4th Friday of the month in LifeSpan's main office board room from 10 – 11 AM. Up to 20 people can register for each workshop. LifeSpan will provide workbooks and personal facilitation for the “Become a Friend” workshops. As a champion agency and part of Dementia Friends Indiana, LifeSpan seeks to educate about dementia, break down stigmas and make life easier to navigate for those with dementia, and their caregivers.

Register for “Become a Friend” DFI Workshops at:
www.dementiafriendsindiana.org/events/become-a-friend-session-16/



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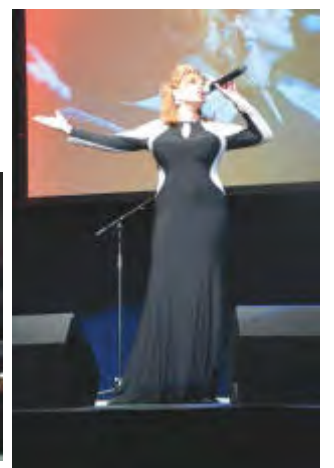
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WINERIES



SENIOR GAMES GANG



Chair Volleyball was a Hit!

The Senior Games Gang had a ton of fun playing Chair Volleyball at the Pineview Government Center gym! Thank you to the Floyd County Parks and Recreation Department for hosting and Reny Keener for helping set up. And of course thank you to Hellenic Senior Living for sponsoring lunch.

November Event: Cards & Games

The third Senior Games Gang event for the 2019-2020 year, Cards and Games, will be on Friday, November 8th from 10:00 am - 1:00 pm at the Charlestown Senior Center (999 Water St. Charlestown, IN). Gang members will medal in Euchre, Texas Hold Em, or play games for fun. Thank you to Adaptive Hospice for sponsoring lunch.

If you would like to become a member of this amazing group, please call Michael Kolodziej at 812.206.7960. You can do a one time payment or pay monthly. There are three more events after Cards & Games, and for the first time, we will be doing a community project this holiday season.

Senior Games Gang Service Project: **ANGEL TREE**

The holiday gift box Angel Tree project will kick off on Thursday November 14 from 1:00 -4:30 PM in the LifeSpan main office board room. Come on down and enjoy holiday music and treats as we conduct a “wrapping marathon!” Please bring as much holiday wrapping

paper and tape as you can. If you have extra scissors, ribbons and bows, bring them as well. **Please RSVP to Earlene Bennett at ebennett@lsr14.org.**

We are also now taking donations at LifeSpan for the following items to fill the boxes: **canned ham, canned sweet potatoes, canned cranberry sauce, Christmas candy (sugar free and/or regular wrapped), hot cocoa mix, shampoo (2 in 1), Kleenex, toothpaste, toilet paper (single rolls), lotion, powder (corn starch, not talc), winter hats, gloves, scarves, fuzzy socks, and large print puzzle books.** Each box will contain similar items.

In December, we will gather needy client names in the community and schedule deliveries of the boxes. It's a great opportunity to give back and see first hand who is being served and helped by the Senior Games Gang.

In the meantime, please contact Michael Kolodziej at mkolodziej@lsr14.org or 812.206.7960 for more information. Happy Upcoming Holidays!



Thanksgiving Tradition at LifeSpan

We have a few traditions for Thanksgiving here at LifeSpan. First of all, we offer a wonderful turkey dinner in all of our senior congregate centers before Thanksgiving, complete with a slice of pumpkin pie – a real treat!

We also have a great partnership with the Salvation Army in Floyd County. Volunteers head to the kitchen at the Salvation Army early on Thanksgiving morning to box up to 40 hot turkey dinners. These complete dinners are delivered by yet more volunteers to LifeSpan's neediest home bound clients on Thanksgiving morning. Some clients do not have any local family members and would not be able to enjoy a turkey dinner without this help. We are very grateful to the Salvation Army and their volunteer crew!



MEET A LIFESPAN CLIENT

Meet a LifeSpan Client: Rhonda Cook

Rhonda Cook has led an active life of work and raising a family, however in recent years, she developed some serious health concerns related to epilepsy and was in danger of losing her independent life. She lost a kidney, and began experiencing severe seizures and constant falls. She was not eating well, and lost a lot of weight. Living alone, Rhonda knew she needed help. Her sister had been a LifeSpan client in the past, and encouraged Rhonda to call for help.

Rhonda said LifeSpan sent a case manager who came to her home to do an assessment and got Rhonda approved for help very quickly. Of utmost concern was that Rhonda needed to gain weight. Nutrition supplements were started immediately, which helped Rhonda gain weight. Home delivered meal service was also started. Rhonda said she was able to eat again with the supplements and meals brought in to her home, and was even able to start cooking a little again.

Rhonda's person-centered plan also provided an in-home caregiver several days a week to help Rhonda with activities of daily living such as bathing, light housekeeping and companionship. A personal medical alert button that Rhonda wears to get help if needed when she is alone is also a critical component of the plan.

Rhonda is very appreciative of all the help LifeSpan provides. "My case manager checks on me and asks if I need anything. Without LifeSpan, I wouldn't have been able to eat or take a shower. I feel safe when my caregiver is here. LifeSpan has helped me SO much. I don't know what I would have done without them."



Rhonda with her certified service dog, Bella

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Will Chandler



MEDICARE : CHANGES FOR 2020

Changes Coming to Medicare in 2020

LifeSpan recently hosted the annual Fall State Health Insurance Assistance Program (SHIP) Update training for SHIP counselors from Clark, Floyd, Harrison and Crawford counties. Training covered topics such as Medicare appeals, upcoming changes to Medicare and Medicare Advantage plans and a review of the new Plan Finder tool at Medicare.gov.



Here are a few of the key changes in 2020:

- The standard Part B premium and deductible is projected to increase somewhat.
- Part A premiums, deductible, and coinsurance are projected to be higher in 2020.
- Medigap Plans C and F will no longer be available for purchase by newly-eligible Medicare beneficiaries.
- The Medicare Plan Finder tool has been upgraded for the first time in a decade but can be confusing for new users.
- Medicare Advantage enrollment is expected to continue to increase, and will include new benefits addressing social determinants of health (for example, meals-on-wheels and transportation), but may have limited availability and carry higher co pays on basic services.
- Part D donut hole coverage gap officially closes, but there will still be copays.

It can be confusing and stressful to pick the right plan, and LifeSpan is here to help! Please call our Aging and Disability Center at 812-948-8330 to speak to one of our expert SHIP counselors. Calls, walk-ins and appointments are welcome.

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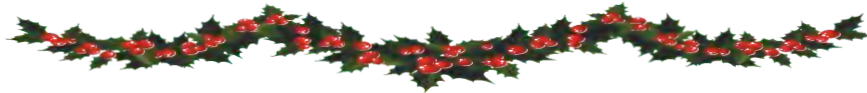
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SAVE THESE DATES

LIFESPAN CALENDAR

| Date | Event | |
|--|--|--------------------|
| Tuesday, November 5 | <i>Election Day</i> | Get Out and Vote! |
| Friday, November 8 | <i>Senior Games Gang Event: Cards and Games at Charlestown Senior Center</i> | 10:00 AM - 1:00 PM |
| Monday, November 11 | <i>Veterans Day</i> | Office OPEN |
| Thursday, November 14 | <i>Angel Tree Wrapping party</i> | 1:00 PM - 4:30 PM |
| Thursday, November 28 Friday, November 29 | <i>Thanksgiving Holiday</i> | Office Closed |
| Monday, December 9 | <i>Joint Board / Advisory Council Holiday Luncheon and Meeting</i> | 11:30 AM—1:00 PM |
| Tuesday, December 24 Wednesday, December 25 | <i>Christmas Holiday</i> | Office Closed |



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CLIENT TESTIMONIAL

New LifeSpan Client Testimonial Video

We were excited to debut our new Client Testimonial video at Voice and Vino at the Casino. Thank you to Vern Eswine of the Marketing Company and Charles Renee of Underproduction Multi-Media. You can watch the video on our website and on LifeSpan's YouTube page.



Give for Good Louisville

Thank you to everyone who donated and helped make it another successful year of Give for Good. Special thanks to the following Southern Indiana foundations for providing additional matching funds:

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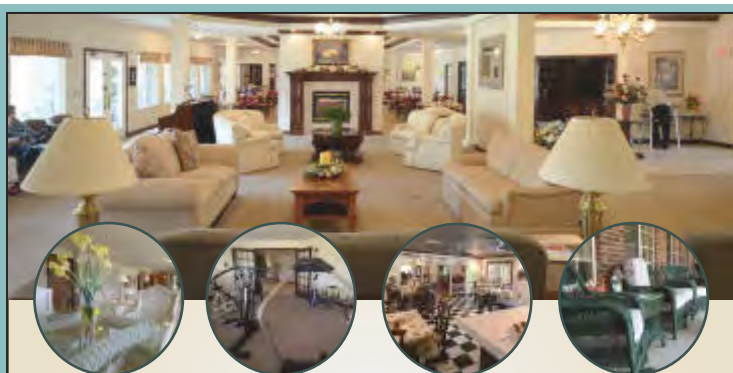
Healthy Holiday Snack



Strawberry Santas

Ingredients
Strawberries
A banana
Cottage Cheese
A black gel icing pen

1. Cut a slice from the top of the strawberry
2. Slice a disc from a banana
3. Spread one side of the banana with cottage cheese (relatively thickly, as this will become the beard)
4. Place the strawberry slice on the serving plate
5. Add the slice of the banana on top, cottage cheese side down
6. Take the gel icing pen and add 2 dots on the edge of the banana slice to look like eyes
7. Place the remaining part of the strawberry on top as the hat
8. Repeat for as many Santas you wish to make.



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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- Activities program
- Housekeeping services
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- Monitored alert system
- Evening meal
- Pet friendly

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- Medication administration
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Our mission is to compassionately empower people of all ages and abilities in achieving greater independence, increased community integration, and personal growth in a manner that responds to their own choices, needs and cultural values.


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Thank you!