

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

SEPTEMBER - OCTOBER
2019

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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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**Dementia
Friends
Indiana** 

A Dementia Friendly America initiative

LifeSpan to increase awareness of dementia through new *Dementia Friends* Program

As the number of Indiana residents affected by dementia continues to grow, so does the need for communities to understand this condition and better accommodate the challenges of those affected by the diseases that cause dementia.

The Dementia Friends Indiana (DFI) initiative—an outreach of Dementia Friendly America—is a global movement that is changing the way people think, act, and talk about dementia.

DFI seeks to educate communities across the state about dementia, break down stigmas, implement practical changes that make life easier to navigate, and create community environments that are welcoming and conducive for those living with the condition.

Indiana became the 10th state with a Dementia Friends program in 2017, starting with communities in central Indiana. In 2019, the program is expanding statewide. **LifeSpan became a Dementia Friends Champion agency in June of this year.**

Each sector of a community has a unique role to play in contributing toward dementia friendliness, whether it is a hospital or health care setting, a business or retail location, community-based service, faith community, local government or residential care. LifeSpan will be offering free workshops beginning this fall. Please subscribe to our monthly eblast, or check our web site for more information on how to become a “Dementia Friend.” You may also go to: www.dementiafriendsindiana.org to download a workbook and watch an online video workshop to become a Friend.



Leslie Meek, LifeSpan's CFO, became the agency's first official “Dementia Friend.”

Trying not to sweat the small stuff.

Even though summer is still upon us as I write this, that hint of fall can be felt just around the corner. While I love the warm sunny days, I truly enjoy the start of fall; perhaps because October is my birth month. This year, I'm very aware that I'm climbing the age ladder, but also reflecting on the advantages of getting older as well. I'm more at ease with my own life path at this point. I'm getting better at not sweating the small stuff and living in the moment. I've learned that worrying about the future or, conversely, living in the past, is not useful or productive. I tell myself that yesterday is now a memory, but tomorrow is a new gift. And, as George Burns once said, "You can't help getting older, but you don't have to get old!"

At LifeSpan, we are gearing up for our second annual "Voice and Vino at the Casino" fundraiser gala on October 29 at Horseshoe Southern Indiana. Our eight singers will be singing their hearts out for an audience of more than 500 people at the event – all to support individuals right here in our own community who need help to remain living independently. Please come out and support these awesome singers – we are so proud of them, and very grateful!

And, we are excited to be launching our new Dementia Friends program this fall– be sure to read about it in this issue and check our web site for more information!



Lora Clark became a Dementia Friend

In September and October, we celebrate these national recognition events:

September:

- # National Senior Center Month
- # National Assisted Living Week: September 8 – 14
- # National Rehab Awareness Week: September 15-21
- # World Alzheimer's Day: Saturday, September 21
- # Falls Prevention Awareness Day: Monday, September 23

October:

- National Physical Therapy Month
- National Bullying Prevention Month
- National Make A Difference Day: Saturday, October 26

I'd like to once again thank everyone associated with LifeSpan – staff, volunteers, board and advisory council members for the work you do supporting our clients each and every day. You've certainly earned some relaxing down time over the Labor Day Weekend. I wish everyone a happy end to your summer and a great start to your fall!



Lora Clark, CEO



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address or (812) 948-8330 or toll free 1-888-948-8330
or information@lslr14.org

CEO - Lora Clark Editor in Chief: Lucy Koesters

Stay Connected with LifeSpan online!



Instagram - We are excited to announce that we have created an Instagram account to share more of what we do and everything we offer our aging seniors and individuals with disabilities. To follow us, go to [Instagram.com/lslr14na](https://www.instagram.com/lslr14na) or search @lslr14na.



YouTube - LifeSpan also now has a YouTube Channel! Search for LifeSpan Resources on [YouTube.com](https://www.youtube.com) and watch our agency video, Senior Games montages, and every performance from Voice and Vino at the Casino 2019 and more to come!



Facebook - And of course, you can follow us on Facebook at www.facebook.com/LifeSpanResourcesInc. We also have a Senior Games Gang account which you can follow at www.facebook.com/SeniorGamesGang.

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.

Congratulations New COO, Angela Marino!

LifeSpan is excited to announce that Angela Marino has been promoted to Chief Operating Officer. Angela has been with the agency for over 18 years. She has a wealth of social service and management experience with LifeSpan including roles as Care Manager; Medicaid Waiver Manager; Lead Care Manager; Aging and Disability Resource Center Manager; and Home & Community-based Services Director. She has provided leadership to both the Aging and Disability Resource Center (ADRC) and the Case Management department. Angela obtained national accreditation for the ADRC and is currently aligning the case management department to meet the standards of the National Committee for Quality Assurance (NCQA). Most recently she has steered both the case management and ADRC departments through implementation of new state software programs, CaMSS and Visionlink.



Angela holds a Bachelor of Arts in Sociology and a Minor in Psychology from Indiana University Southeast. She also holds multiple certifications including:

- Certified Care Transition Coach in the Dr. Eric Coleman Model of Care Transitions.
- Certified Information and Referral Specialist in Aging and Disability (CIRS-A/D) by the Alliance of Information & Referral Systems (AIRS)
- Certified Resource Specialist (CRS) by the Alliance of Information & Referral Systems (AIRS)

LifeSpan congratulates Angela and looks forward to her expertise in her new role as Chief Operating Officer.

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Lora Clark, MBA, BSN, RN - Chief Executive Officer

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FALLS PREVENTION AWARENESS

Falls Prevention Awareness Day is September 23, 2019; the first day of Fall.



The annual Falls Prevention Awareness Day (held each on the first day of fall) raises awareness about how to prevent fall-related injuries among older adults. National, state, and local partners collaborate to educate about the impact of falls, share fall prevention strategies, and advocate for the expansion of evidence-based community fall prevention programs.

LifeSpan will be offering activities and information regarding falls prevention at all of our congregate centers. It's a great time to come check out our wellness and nutrition programs as well.

- ≠# Joe Rhoads Center in Corydon will be offering a special Tai Chi for Arthritis class and the Safety Check for Your Home program.
- ≠# Mark Elrod Congregate Center in New Albany will offer a chair exercise and walking program, teach conscious breathing to emphasize mindful awareness and make elastic bracelets as a reminder to stay cautious.
- ≠# Palmyra Senior Center will offer the Safety Check for your Home program.
- ≠# Yellowwood Terrace in Clarksville will be doing an exercise class and discussing ways to prevent falls.
- ≠# Bacala Center in Scottsburg will also offer exercise activities and a falls prevention program.

Please call Carol Kaufmann at 812-941-5785 for information on our congregate center programs and how to sign up to reserve meals. Programs are available for all adults age 60+, their caregivers; and individuals with disabilities of any age.



Tai Chi for Arthritis Evidence-Based Program helps prevent falls. LifeSpan offers the program weekly at the Joe Rhoads Center in Corydon, IN.

(Photo courtesy of National Council on Aging)



Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. However, falling is not a normal result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

The Challenge

According to the U.S. Centers for Disease Control and Prevention:

- ≠# One-fourth of Americans aged 65+ falls each year.
- ≠# Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- ≠# Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- ≠# Falls result in more than 3 million injuries treated in emergency departments annually, including over 850,000 hospitalizations and more than 29,000 deaths.
- ≠# In 2015, the total cost of fall injuries was \$50 billion.

Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling, and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness. To download a Falls Prevention Conversation Guide for Caregivers go here: www.ncoa.org/resources/falls-prevention-conversation-guide-caregivers/

Information from the National Council on Aging (NCOA); www.ncoa.org

GIVE FOR GOOD

Support LifeSpan on Give for Good (9/12/19), the biggest day of online local giving!

Place the date and reminders on your phone! Share our Facebook posts and tell all your friends! **On Thursday, September 12 from 12:00 a.m. to 11:59 p.m., make an online donation to support LifeSpan Resources at www.giveforgoodlouisville.org/organizations/lifespan-resources-inc.**

Our goal is to reach 90 unique donors and be eligible for matching funds from several GFG partners.

This is an easy and fun way to support LifeSpan on the biggest day of local giving. Your support directly goes to our crucial services such as case management, transportation, and home delivered meals (Meals to Go!).

Plus your gift can have an even bigger impact via matching funds. This fundraiser includes shared prize pools worth a grand total of \$282,000 for reaching unique donor milestones of 30, 60, and 90 donors. **So please help us reach 90 unique donors, and we will receive shares of the matching funds!** Give For Good is a great way to make your donation go further!

So on September 12, please go to www.giveforgoodlouisville.org/organizations/lifespan-resources-inc and donate to LifeSpan. Let's make this the biggest year yet. *Thank you!*





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NATIONAL SENIOR CENTER MONTH

September is National Senior Center Month

2019 Theme: *Senior Centers: The Key to Aging Well*

Every September, the National Institute of Senior Centers (NISC) demonstrates how senior centers are integral parts of aging well. Senior centers can be the key for individuals to age healthily, and also for communities to properly support older adults. We are celebrating this by highlighting the theme, *Senior Centers: The Key to Aging Well*, and we invite you to join us at one of LifeSpan's congregate centers for National Senior Center Month!

This year's theme was chosen to highlight how senior centers have the knowledge, programming, and resources to make a difference in people's lives—the virtual key to unlocking the components that will give an individual the opportunity to age well. For some, aging well means growing - to understand other cultures, meditate, and develop a more spiritual life or practice gratitude daily through journaling. Others see aging well as having time to devote to learning, whether it is a new language, tap dancing, or taking up pickleball, a popular recreation sport. Others see their most important work as connecting to family, old friends, and new relationships. And some see giving back at the senior center and within the community as the thing that fosters purpose and a more meaningful life. But most people want to incorporate a little of all the above while they are on their journey to reach their full potential. Senior congregate centers can hold the key to enhancing all these varied experiences that are fundamental to aging well.

LifeSpan's congregate program operates out of several local senior centers (located in Corydon, Palmyra and Scottsburg), as well as community locations in other facilities. See our web site for locations, hours of operation, lunch menus and activity calendars and come "Age Well" at a LifeSpan senior congregate center today! Go here for more info: <https://www.lsr14.org/congregate-centers.html>



Joe Rhoads Center in Corydon, IN.



Bacala Center in Scottsburg, IN



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THANK YOU FOR YOUR SUPPORT OF TRANSPORTATION



Thank you, Samtec!

LifeSpan has been awarded \$10,000 from Samtec 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 (LifeSpan must provide 20% of the purchase price per vehicle). These funds also allow us to retire older, high maintenance vehicles. *Thank you!*



Thank you, Scott County Community Foundation!

LifeSpan has been awarded \$5,000 from the Scott County Community Foundation for Transportation. We are deeply grateful for this gift to help continue a vital service for the elderly and individuals with disabilities.

These funds will help LifeSpan purchase a new lift-equipped vehicle to provide service in Scott county. These funds also will allow us to retire an older, high maintenance vehicle. *Thank you!*



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VOICE & VINO AT THE CASINO

VOICE & VINO AT THE CASINO IS ONLY WEEKS AWAY! BE PART OF THIS MUST-SEE, MUST-ATTEND EVENT!



It's hard to believe that the second annual Voice and Vino at the Casino is only weeks away. On **Tuesday, October 29 at Horseshoe Southern Indiana** eight talented local singers will take the stage to wow 500+ guests and help raise money for LifeSpan's mission: *Promoting Independent Living for People of All Ages*.

Voice and Vino at the Casino is LifeSpan's biggest fundraiser, and there are many ways you can support the event and LifeSpan. These two pages are a guide to how you can participate even if you cannot physically attend the event.

SUPPORT THE VOICE OF YOUR CHOICE!

Donate to the singer of your choice at bidpal.net/voiceandvino/browse/donation or you may send a check to LifeSpan with the singer's name listed. Singers raise money by individual donations and sponsorship dollars. The singer who raises the most money is the winner.

SINGERS:



Dayna Ashley



Mike Bittenbender



Wayne Fulton



Kimberly Glyn



Doug Helm



Sydney Magers



April Ramoni



Kimberly Roby

JUDGES:



Angie Fenton



Jerry Finn



Leslie Lewis Sheets



Mark Maxwell

VOICE & VINO AT THE CASINO

BECOME A SPONSOR!

Time is running out, but you can still become a sponsor! Full table sponsorships start at \$1,000 and come with ten tickets and other perks. Half table sponsorships (five tickets) are \$500.

BUY INDIVIDUAL TICKETS

Individual tickets are available for ONLY \$60!! To purchase online, go to www.bidpal.net/voiceandvino/ticketing. To buy tickets via check, please send to: LifeSpan Resources P.O. Box 995, New Albany, IN 47150

BUY RAFFLE TICKETS/BID ON SILENT AUCTION

The evening of the event, we will be holding an awesome raffle. It will include items such as: YETI Tundra Cooler with Wheels, Holy Stone FPV Drone, GoPro, \$600 Gift Card Trees, \$1000+ Spa Package, Entertainment Package, Firepit with Bourbon, Indiana Craft Beer Basket, and more.

Tickets are \$20 each or 6 for \$100. One ticket provides a chance on ALL items!

There will also be a Silent Auction with fabulous items such as a UPS Flight Simulator Experience, a Juice Box Heros concert and more. Check our web site for details—anyone can bid on line!



DON'T MISS OUT ON THE FUN!



NURSING HOME GAMES & SENIOR GAMES GANG



The Nursing Home Games were *Out of this World!*

Nursing Home Games 2019

LifeSpan's Annual Nursing Home Games were held on June 20 at Providence Diversicare. Thank you to Providence staff who helped coordinate the Games along with LifeSpan. Over 50 residents signed up to participate from 4 nursing facilities: Green Valley Care Center, Hillcrest Village, Lincoln Hills, and Providence. Special thanks to Lincoln Hills for providing lunch for the participants. The winners list is available at lsr14.org/senior-games.



Best friends having fun!



Ring Toss!



The Nursing Home Games version of the Javelin throw!



Our oldest participant, Vivian Hills (103 years old), dancing with Sadie Powell of Lincoln Hills.



1ST "GANG" EVENT OF THE YEAR

2020 SENIOR GAMES THEME ANNOUNCED "ROARIN' SENIORS!"

The first Senior Games Gang event for the 2019-2020 year, Miniature Golf, was held Friday, August 2 at the Charlestown Family Activities Park. It was a beautiful day full of fun and competition. Seniors were "roarin" to go as the new theme was announced: *Roarin' Seniors in the NEW Roaring 20s!* Many thanks to our sponsors: Communicare, City of Charlestown/Family Activities Park and HWC Engineering.

Women's Medalists were: Gold - Charmaine McQuade Silver - Rebecca Resch; Bronze - Eunice Hasselbring and Mary Rutherford. Men's Medalists were: Gold - Bill Resch; Silver - Joe Wafford; and Bronze - Angus Hart and Tim Livingston.

The next Gang event is **Chair Volleyball on Friday, September 20, 2019** from 1 - 4 pm at Pineview Center Gym off Corydon Pike in New Albany. It's not too late to join the Senior Games Gang! Don't miss out on the fun. **For more information on the Gang, please call Michael Kolodziej at 812-206-7960, and you too can become a "Roarin Senior!"**



CONGRATS RAMONA

Time for Class!

LifeSpan Nutrition and Transportation Director Accepted Into LSI Discover Class of 2020!

Congratulations to Ramona Miller, LifeSpan's Director of Nutrition and Transportation, for her acceptance into the 38th Leadership Southern Indiana (LSI) Discover Class (Class of 2020).

DISCOVER is a nine-month program designed to inform, inspire, connect and empower the leaders that Southern Indiana will need to meet the business and community challenges of today and tomorrow.

Ramona is looking forward to networking with other community leaders and learning how to enhance her strengths as a leader. She will be participating in the program along with 45 other classmates from a variety of work places and experiences.

Ramona is carrying on a long tradition of LifeSpan leaders who have participated in the LSI program. She will be the 10th management team member from LifeSpan Resources to join this leadership program. *Way to go, Ramona!*
Way to go Ramona!



Ramona Miller is going back to class.




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MEDICARE OPEN ENROLLMENT



Medicare Open Enrollment – Help is just a phone call away!!

Medicare's annual open enrollment period begins October 15th and ends December 7th.

During the annual enrollment period you can make changes to various aspects of your coverage.

- ≠ Switch from Original Medicare to Medicare Advantage, or vice versa.
- ≠ Switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug plan to another.
- ≠ If you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria:

- ≠ Must be enrolled in Medicare Part A and B.
- ≠ Reside in the plan's service area.
- ≠ May not have End-Stage Renal Disease (some exceptions apply).

It is important to review your plans because coverage of benefits, services, medications, pharmacies, physician networks, facilities, and other plan items could be changing for the new plan year. (If you are satisfied that your current plan will continue to meet your needs for the next year, you don't need to do anything.)

If you would like help on making a plan decision or have enrollment questions, please contact your local Senior Health Insurance Program (SHIP) at LifeSpan Resources. LifeSpan has trained and certified SHIP counselors ready to provide assistance during Open Enrollment. Simply call us at 812-948-8330 and ask to speak with a SHIP counselor.

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SAVE THESE DATES

LIFESPAN CALENDAR

Date	Event	Location	Time
Monday, September 2	<i>Labor Day</i>	LIFESPAN CLOSED	LIFESPAN CLOSED
Sunday, September 8	<i>Grandparent's Day</i>	Honor our grandparents today	All day
Thursday, September 12	<i>Give for Good, on – line day of giving</i>	giveforgoodlouisville.org/organizations/lifespan-resources-inc	All day
Friday, September 20	<i>Chair Volleyball Gang Event</i>	Pineview Elementary	1 - 4 PM
Monday, September 23	<i>Falls Prevention Awareness Day</i>	Activities at each congregate center- See page 4 for more info	9 AM—1 PM
Tuesday, October 29	<i>Voice and Vino Gala Event</i>	Horseshoe Southern Indiana	Door Open at 5:30; Performances start at 7:15 PM
Thursday, October 31	<i>Halloween</i>	Watch out for costumed kiddos	Evening
Friday, November 8	<i>Cards & Games Gang Event</i>	Charlestown Senior Center	10 AM - 1 PM

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

Word Scramble Answer: Frostbite

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A GRAND RE-OPENING!

LifeSpan reopens congregate center/meal site

LifeSpan Resources has reopened a congregate meal site at Mark Elrod Tower, located at 1 Wolf Trace in New Albany. Pat Sullivan is the Nutrition and Wellness Coordinator for the site. The center is open weekdays from 9 AM - 1 PM. A hot lunch is served each day at 11:00 AM.

The center offers socialization and wellness programs such as nutrition education, monthly health screenings and evidence-based health programs. The congregate center is open to residents of Mark Elrod Tower as well as community-residing adults age 60+, their caregivers, and individuals with disabilities of any age. For more information please call Carol Kaufmann at 812-941-5785.

Mark Elrod Tower in New Albany offers a hot lunch and wellness activities for seniors daily Monday-Friday. The program is open to the public to eligible individuals.







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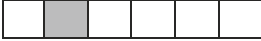
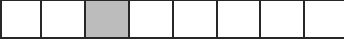

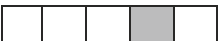



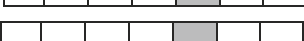
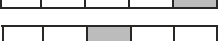
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HALLOWEEN FUN

Halloween Word Scramble & Joke

Unscramble each clue word. Take the letters that appear in the  boxes and unscramble them for the answer to this joke!

*Rvbaodp tpp gbowbñ tpp çpna à enpwman
with a çmpkñ?*

IAARFD	
OLWRWFEE	
EMTSOCU	
OGSHT	
KCTRI	
OEIBZM	
REAIMPV	
SRMNEOT	
ARTET	

Halloween Word List


Afraid
Costume
Ghost
Monster
Treat
Trick
Vampire
Werewolf
Zombie

ANSWER: 

Answer on
Pg 13

Healthy Pumpkin Bread Recipe

Directions

1. Preheat oven to 350 °F. Spray two 8 ½-by-4 ½-by 2 ½-inch loaf pans or 24 muffin tins with cooking spray.
2. Cream together sugar, canola oil, applesauce, pumpkin, eggs and yogurt until smooth.
3. Stir together flour, wheat germ, salt, baking soda, baking powder, cloves, cinnamon and nutmeg.
4. Combine the dry mixture with the wet mixture; stir until well combined. Fold in raisins.
5. Pour into prepared pans (fill muffin tins  full). Bake for 50 minutes (loaves) or 25 minutes (muffins).

Ingredients

Vegetable oil or cooking spray
2 2/3 cups sugar
1/3 cup canola oil
1/3 cups unsweetened applesauce
1 15-ounce can pumpkin
4 eggs
2/3 cup nonfat plain yogurt
2 2/3 cups all-purpose flour
2/3 cup toasted wheat germ
1 1/2 teaspoons salt
2 teaspoons baking soda
1 1/2 teaspoons baking powder
1 teaspoon ground cloves
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1 1/2 cups raisins



Recipe by Corrina Riemann,
RD from Cooking Healthy Across
America, © American Dietetic Association.



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Thank you!

