

# LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**JANUARY - FEBRUARY  
2020**

## 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

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## Senior Games Program Prompts Connections... and sometimes love

Charlie Marking and Patty Jenks got more than just some friendly competition from LifeSpan's Senior Games program. For these two eighty-somethings, being friendly had its advantage - it turned into love. Neither went looking for it; it just happened. Both Charlie and Patty had already lived full lives with two prior marriages each, raised families and lost spouses; and in Patty's case, lost a daughter as well. Both faced many challenges and heartaches in their lives; he is a Korean War veteran; both were caregivers for spouses with Alzheimers disease. They remained resilient and patient throughout life's ups and downs. Patty said caregiving was "just what you did."

Charlie came to the Senior Games through a friend, Terry Skoldoski, a long time participant. Patty heard about the Games through friends at her senior living community. Patty clearly remembers the day she met Charlie.

"It was May 28, 2015, at the Opening Ceremonies of Senior Games. We were having the dance competition and I got up to join the group dance."

She recalls seeing Charlie across the room. He came over and asked her to dance, and they hit it off right away. Patty says the rest of the week during the various events, they kept running into each other. "He'd say, oh there you are, and come and hug me." The other Senior Games participants noticed the attention. "They'd ask me: is that your boyfriend?"

Meanwhile, Charlie was smitten. He says, "I was excited about meeting her. I loved dancing with her. We got along good." Charlie asked Patty if he could call her sometime.

*Continued on page 9*

### A new year, a new decade, it's the NEW Roaring '20s.

#### New technology vs. the personal touch?

The last two decades brought astounding technological changes to the world. Before the 2000s began, who even knew what a search engine was, not to mention smart phones, social media, on-line shopping, apps, Ubers and Airbnbs? So what do the experts predict is next? By all accounts, artificial intelligence (AI) will have a vast impact, powering everything from self-driving cars, to smart connected homes, to reusable rockets landing on Mars. The pace of innovation is at an all-time high and won't slow down any time soon.

One of the areas new technology will see the greatest impact is in healthcare. Data-driven connected healthcare providers will use software programs to improve health outcomes, quality and efficiency. New devices will provide for early disease detection, care management and biotechnology. Remote patient monitoring by connected smart devices will gather health data to facilitate disease management.

And healthcare will need all the help it can get from technology to take care of our growing aging population. In the 2020s, the postwar baby boomers will move fully into retirement. The growth rate of the over-65 crowd will run more than 3 times greater than the total population through 2030.

What we do here at LifeSpan - helping the aging population remain independent - will only become more important in the next decade. Keeping seniors healthy and connected will be challenging as there will be fewer younger family members to help care for their aging relatives. In-home services to support needs such as nutrition and personal care will become crucial. To alleviate a senior citizen's loneliness and need for emotional closeness and support, our programs such as congregate senior centers, senior games and transportation will become even more vital.

So, while we reflect on the technology increases over the past decades and speculate about what astounding changes will be around the corner, we pause to think about the clientele we serve – and how we can best care for all of their needs in the future – not only their health and wellness needs, but perhaps more importantly, their need for connections – to other people, to their own families, and to their communities. That's what we've done for the past 45 years at LifeSpan, and we know we will be finding ways to improve those services and connections for our clients and our community – for at least another 45. Technology is great, and can lead to great efficiencies in many areas, but there will never be a technology to supplant the personal touch – of a phone call, a face to face visit, a hug from a caring meal delivery person, sharing a hot lunch with others at the senior center, or dancing with a partner at Senior Games.

We KNOW we have to be on our "A" game in the next decade to care for the coming "Silver Tsunami," but we won't let go of our personal connections – to each other here at LifeSpan, to our clients, and to the communities we serve. Let us know how you think we can improve our personal touch and client service. Drop us an email anytime – we are open to suggestions! We are ready to roar into the 2020s!



Lora Clark, CEO

[lclark@lsr14.org](mailto:lclark@lsr14.org)



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or [information@lsr14.org](mailto:information@lsr14.org)

CEO - Lora Clark      Editor in Chief: Lucy Koesters

#### Executive Staff

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

**Angela Marino** - Chief Operating Officer

**Leslie Meek** - Chief Financial Officer

**Lucy Koesters** - Chief Business Development Officer

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# BOARD/ADVISORY COUNCIL HOLIDAY LUNCHEON

## Annual Holiday Luncheon

LifeSpan held its annual joint Board of Directors & Advisory Council Meeting/Holiday Luncheon on Monday, December 9 at The Exchange. LifeSpan celebrated another great year and CEO Lora Clark helped ring in the new year by leading everyone in “Silver Bells.”



### Board of Directors

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## STAFF RECOGNITION

### Employees Honored with Longevity Awards

Eight LifeSpan staff members were honored at our recent all staff meeting with 5+ years of service. Congratulations to these employees!



**Rick Haines - 5 years**



**Nannette Schmitt - 5 years**



**Lana Tucker - 5 years**



**Michelle Edmondson - 5 years**



**Kina McKinney - 10 years**



**Carol Vance - 15 years**



**Jennifer Kuchenbrod - 20 years**



**Kenny Sizemore - 35 years**

# CHRISTMAS FUN AT CONGREGATE CENTERS

## Holiday parties at Congregate Centers

The LifeSpan management team provided lots of holiday fun and cheer for congregant participants in December. CEO Lora Clark conducted the infamous holiday bell choir at numerous centers.



Joe Rhoads Senior Center



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## WINTER SAFETY

**Winter Safety Tips:** In the winter months, take a few extra precautions to avoid injuries and weather-related health problems.

**Hypothermia** can happen after an extended time in cold air and results in body temperature dropping dangerously low. Warning signs are pale cold skin, feeling weak, becoming confused and slow breathing or heart rate. **Call 911 if you think you or someone else has hypothermia.** To avoid hypothermia, stay indoors, keep temperature at 65 degrees or warmer and dress in layers.

**Shoveling Snow** - When it's cold outside, the heart must work harder. Strenuous activities like shoveling snow, on top of battling the cold, may put a high strain on the heart. Be especially careful if you have heart disease. **Ask your healthcare provider whether shoveling or other work in the snow is safe for you.**

**Falls** - Be careful outdoors to avoid slips and falls in icy and snowy conditions.

- Clear steps & walkways. Be especially careful if you see wet pavements that could be iced over (look for "black ice").
  - Salt your walkways at home, or hire someone to do it.
  - Wear boots with non-skid soles.
  - If you use a cane, replace the rubber tip before it is worn smooth.
- Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.



**Fires and Carbon Monoxide Poisoning** - Be sure fireplaces, wood and gas stoves, and gas appliances are properly vented and cleaned before use. They can leak dangerous amounts of carbon monoxide—a deadly gas that you cannot see or smell. These, and other appliances, such as space heaters, can also be fire hazards. Open a window a crack for ventilation and keep space heaters three feet from furniture, bedding, etc. Warning signs of carbon monoxide poisoning include headaches, weakness, nausea, dizziness, confusion, blurred vision and loss of consciousness.

**If you think you may have carbon monoxide poisoning, get into fresh air and get medical care immediately.**

*Continued on next page*



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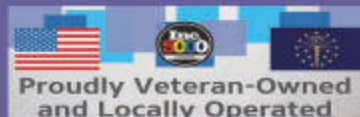
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## WINTER SAFETY/THANK YOU

### Winter Safety Tips (continued)

**Pets** need special care in the winter too! Wipe their paws after being outside. Salt and de-icers can be toxic to pets who lick their paws. Keep dogs leashed – don't let them run outside in the snow; they can become disoriented and get lost. Give outdoor pets shelter in a dry draft-free space with a raised floor. Use plastic, not metal, water bowls and check that water does not freeze. Give pets more food to replace lost energy from trying to stay warm.

**Emergency Food and Supplies** - After heavy snowfall, you could find yourself snowed in or have a prolonged power outage. Stock these essentials to be prepared:

- Bottled water (1 gallon per person per day, for at least 3 days)
- Canned goods with pop tops, especially soups and stews
- Cereal and granola • Canned tuna & salmon
- Peanut Butter • Dried pasta & jarred sauce • Dried fruit
- Wax sealed hard cheese • Nuts • Jerky • Energy bars
- Shelf stable juice • Coffee, tea, and hot cocoa mix
- Salted butter (which lasts longer at room temperature than unsalted butter) • Extra toilet paper & paper towels
- Flashlights • Batteries • Battery operated radio
- First aid kit • Thermal blankets
- Portable cell phone charger

**STAY SAFE THIS WINTER!**



### Thank you!

Thank you to the Community Foundation of Southern Indiana and the generosity of their fund holders for the gift of \$5,000 towards matching funds for two new lift-equipped wheelchair-accessible vehicles for our transportation program. These new vehicles will help our growing transportation program cover not only medical transportation but also social transportation for people to get to the grocery, pharmacy, senior centers, government buildings and other places. Transportation is a critical need in our community to serve those who no longer drive.

*Thanks again to the Community Foundation and their fund holders for providing these needed funds!*

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## SAVE THE DATE: VOICE & VINO AND SENIOR GAMES



### SAVE THE DATE: SENIOR GAMES 2020 JUNE 1 - JUNE 5, 2020

Mark your calendars and make sure to take part in LifeSpan's 34th annual Senior Games - the only community-wide event in southern Indiana specifically for active older adults! Seniors will "roar" into the new theme: *"The New Roarin' Twenties."*

This year's games run from Monday, June 1 - Friday, June 5.

Senior Games focuses on health and wellness with events like Basketball Toss, Dance Off, Bowling, Mini-Golf, Horseshoes, Toss Em, Lap Walks, and more. Opening and Closing ceremonies feature a live band and DJ music, vendor fair, catered lunches, door prizes, and lots of awards.

All local 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@lsr14.org](mailto:mkolodziej@lsr14.org). Registration will open in March.

## SAVE THE DATE

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### Cover article (continued)

Patty said she wasn't expecting anything like this from the Games. "I hadn't been with anyone, or even gone out to dinner" since her husband passed years ago. But Charlie kept calling. "He even called me from the bowling alley one day. He kept calling and calling, and we just yacked and yacked."

It didn't take long for Charlie to ask Patty out on a real date. "He asked me to dinner so we could get to know each other." After their first dinner (at Sam's in the Knobs), Charlie took her on a drive to see his family homestead near Lanesville. They finished the date with ice cream at the famous Polly's Freeze in Georgetown.

It wasn't long before they were an "item" among the Senior Games members. No one seemed surprised these two compatible souls found each other. Both of the couples' children accepted the relationship, even though Patty said her daughters were a bit concerned at first. "They said, Mom, don't you think you are moving pretty fast?"

The couple dated for a few years before Charlie sealed the deal by springing a ring on Patty. They chose not to go through a third marriage but the ring served as their deep commitment to each other. Both of their families supported the happy couple. Patty said she did not go looking for love in her eighties and admits it was a surprise to find it again at this stage of life.

Charlie said he did hope to find some companionship and friendship. He didn't want to be alone. "Women can go to dinner with other women, but men don't do that," he said. He realized early on that Patty was going to be someone special to him. "I had a 2005 Trailblazer back then, and the last two letters on the license plate were P and J. That was a sign. I wanted someone to be in my life, and I found Patty. It was meant to be."

While Patty and Charlie aren't the only couple to meet and bond in the Senior Games program, others have stated that this couple is an inspiration. They are both resilient, kind and patient. Patty says Charlie is a good man, and Charlie says Patty is a good woman. They remain in the Senior Games program today, citing the importance of keeping up with their friendships and enjoying the socialization. They stay on the go and enjoy meeting new members. "It's all good," said Charlie.

Patty added, "You never know what is right around the corner."

For more information on the Senior Games programs, please visit [www.lsr14.org/senior-games.html](http://www.lsr14.org/senior-games.html)

*By Lucy Koesters*



### Cards & Games Wraps up the 3rd Gang event

The third Senior Games Gang event for the 2019-2020 year, Cards and Games, was held on Friday, November 8th from 10:00 am - 1:00 pm at the Charlestown Senior Center. The gang got together on a chilly day to compete in Euchre and play 313. Thank you to the City of Charlestown for hosting and to Ruth Lynch and Bill and Rebecca Resch for setting things up. Thank you also to Adaptive Hospice for sponsoring lunch.

### February Event: Toss Em

The fourth Senior Games Gang event for the 2019-2020 year, Toss Em, will be on Friday, February 14 from 11:00 am - 1:00 pm at the Southern Indiana Sports Center (620 Park E Blvd, New Albany, IN). Thank you to Hellenic Senior Living for sponsoring lunch.



From left to right: Melia Banet (Adaptive Hospice); Rita Campbell, Bronze; Jude Walter, Silver; James Schellenberger, Gold; April Avis (Adaptive Hospice)

## Taking Care of Yourself - Feeling Cold

Winter is here and one of the common changes people notice while they are aging is that they are more sensitive to cold temperatures. However, even healthy people who are growing older may also experience feeling cold. This is because the blood vessels, which help conserve body heat, are not as elastic as they used to be and their responses to changes in temperature become slower. Feeling cold does not necessarily mean that you need treatment. Sometimes, the best thing to do is to just have a cup of hot tea, put on a warm sweater and a cozy pair of socks.



If you have been feeling cold for some time, and bundling up does not seem to help, ask yourself if the unusual feeling is related to other symptoms. For example, have you noticed any changes in weight or any weakness? Do you feel cold all over or is it just your hands and feet? Help your doctor evaluate your symptoms by discussing them with him or her.

## Fire Safety / Cold Weather Safety

### The Big Four Fire Starters

1. **Smoking.** Unsafe smoking habits lead the cause of fire deaths among older Americans. Never leave smoking materials unattended. Use widelipped safety ashtrays. Douse ashtrays with water and empty them into a metal container before going to bed. Never smoke in bed or on upholstered furniture. Check all furniture and carpets for fallen cigarettes and ashes before leaving home or going to sleep. Set your cigarette lighter on low to prevent burns. Keep all smoking materials out of bedrooms. Burning bedclothes can create a fire from which escape is impossible and toxic fumes from the smoke can kill. Never allow smoking near an oxygen tank.
2. **Heating Equipment.** Especially dangerous are kerosene heaters, woodstoves and electric space heaters. Buy only UL approved heaters and use only the manufacturer's recommended fuel for each heater. Do *not* use electric space heaters in the bathroom or other wet areas. Keep paper and fabric away from heat sources. Once a year, have chimneys, fireplaces, wood stoves and furnaces serviced. **Never use a stove to heat your home.**
3. **Cooking.** The third leading cause of fire deaths is due to cooking. **Most kitchen fires occur when cooking food is left unattended.** If you must leave the kitchen while cooking, turn off the burner. If there's something in the oven, check it every 15 minutes. Use a bell timer to remind you. If you leave the kitchen briefly, carry a spoon or potholder with you to remind you to return. If a fire starts in a pan, put a lid on it. Never throw water on a grease fire. Keep flammable liquids, like alcohol and cooking oils, and paper away from the stove. To prevent spills due to overturned appliances containing hot food or liquids, use the back burner when possible, and/or turn pot handles away from the stove's edge. Use oven mitts or potholders when moving hot food. Keep a fire extinguisher in the kitchen (but not right next to the stove) and learn how to use it. **Never cook while wearing robes or other loose fitting garments that can contact hot surfaces.**
4. **Faulty Wiring.** Many older homes have wiring problems. Regularly inspect extension cords for exposed wires or loose plugs. Unplug them when not in use. If you need to plug in two or three appliances, lamps, etc., get a UL-approved unit that has built-in circuit breakers. **If you see or smell smoke or sparks coming from any electrical appliance or outlet, shut off the main circuit breaker and call an electrician at once.**

## Smoke Alarms - Your First Defense

Poor vision, limited mobility, hearing loss, a reduced sense of smell, medication side effects (drowsiness) and dementia all contribute to the danger of a fire.

*Smoke inhalation* is the primary cause of fatality when it comes to fire-related deaths. In the majority of cases, the victims are asleep when the smoke enters their lungs. Smoke alarms are devices that are able to *detect* smoke or fire then sound an audible alarm. They are very useful in detecting a fire in its early stages, and allowing adequate warning to evacuate before inhaling harmful gases.

**For the best protection, install both ionization and photoelectric smoke alarms (some models provide dual coverage). Smoke alarms should be installed on every level of your home or apartment building. For more information on types of smoke alarms go here:** <https://www.reviews.org/safety/best-smoke-detectors/>

- If you cannot install alarms yourself, ask for help. Many local fire companies will install free detectors for you.
- At a minimum, have an alarm immediately outside your sleeping area either on the ceiling or high on the wall.
- Never disable alarms by removing batteries or disconnecting wires. If the detector goes off from cooking fumes or bathroom steam, it may be in a poor location and need to be moved.
- Clean alarms periodically to keep them free from dust and test the batteries.
- They should be changed at least twice per year.

Source: *The Comfort of Home, Caregiver Series* ©

# ANGEL TREE

## Delivering Angel Tree Boxes

After collecting items and putting together the packages, LifeSpan's Senior Games Gang delivered Angel Tree packages to homebound clients on behalf of Santa. It has been a heartwarming experience, spreading Christmas cheer. The gang thoroughly enjoyed helping others. Some of the recipients said they would not have gotten anything for Christmas if it wasn't for LifeSpan and the Senior Games Gang. This is a thank you from one of our Senior Games Gang Angel Tree Gift Box Recipients:

"We had the sweetest visitors today! Mr. & Mrs. Claus. Actually it was Mrs. Ruth Lynch & her husband. They're a cute pair! We don't know how to say 'thank you' to you & those who did this except to say...THANK YOU!!!!!!

This is the first time since 2015 that there has been anything here for Christmas. We can't say how incredibly nice it is not to be forgotten! We're not forgotten!!! THANK YOU!!!

To know that someone is so kind as to think of you makes you feel you can face any challenge ahead! Please share our GRATITUDE with those who helped make Christmas quite MERRY & BRIGHT this year!

You, Mrs. Ruth Lynch & her husband, 'the gang at the Senior Games' & to anyone else who helped with this we send our deepest GRATITUDE!!!"

Well said! Thank you to our gang members for all of your help and Happy New Year to all!



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Will Chandler

# LIFESPAN 2020 SAVE THE DATES

## LIFESPAN 2020 CALENDAR

Date	Event	Location	Time
Wednesday, January 1	<i>New Years Day</i>	Office Closed	Office Closed
Monday, January 20	<i>Martin Luther King, Jr. Day</i>	Office Closed	Office Closed
Friday, February 14	<i>Senior Games Gang: Toss Em</i>	<i>Southern Indiana Sports Center 620 Park E Blvd New Albany, IN 47150</i>	11:00 am - 1:00 pm
Friday, February 14	<i>Valentine's Day</i>	<i>Celebrate with your loved ones!</i>	
Monday, February 17	<i>President's Day</i>	Office Closed	Office Closed
Friday, March 13	<i>Senior Games Gang: Bunco</i>	<i>Eastern Heights Baptist Church 4202 Helen Rd Jeffersonville, IN 47130</i>	10:00 am - 1:00 pm
Wednesday, March 18	<i>Nutrition Awareness Day</i>	All Congregate Centers	11:00 am - 1:00 pm
Friday, April 10	<i>Good Friday</i>	Office Closed	Office Closed
Friday, April 24	<i>Senior Games Gang: Horseshoes</i>	<i>Sam Peden Community Park 3037 Grant Line Rd New Albany, IN 47150</i>	9:30 am - 12:00 pm

## FREE EDUCATIONAL WORKSHOPS

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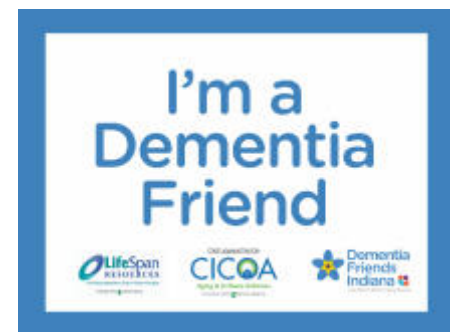
## DEMENTIA FRIENDS



### Dementia Friends Workshops

LifeSpan is hosting Dementia Friends in-person workshops every 4th Friday of the month in LifeSpan's main office board room from 10 – 11 AM. Next workshop is Friday, January 24. 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 at [www.dementiafriendsindiana.org](http://www.dementiafriendsindiana.org). Workshops are free.

If your organization is interested in hosting a Dementia Friends workshop, please contact Lucy Koesters at [lkoesters@lsr14.org](mailto:lkoesters@lsr14.org).



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# PRESIDENT'S DAY



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## History of President's Day

Did you know Presidents Day was established in 1885 to honor George Washington, and it was always celebrated on his birthday, February 22nd? However, after the passing of the Uniform Monday Holiday Act in 1968, Presidents Day now always falls on the 3rd Monday of February so that workers may have a 3-day weekend. Although many states celebrate every president and refer to it as Presidents Day, the federal government still lists it on official calendars as Washington's Birthday.




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## MLK JR. DAY & VALENTINE'S DAY



### History of MLK Day

Martin Luther King Jr. Day celebrates the life and achievements of Dr. Martin Luther King Jr. It recognizes his birthday which would have been his 91st on January 15th. On November 2, 1983, President Ronald Reagan signed a bill proposed by Representative Katie Hall of Indiana to create MLK Day as a federal holiday! This year the holiday falls on Monday, January 20th.

### History of Valentine's Day

Valentine's Day history goes back over 1,000 years ago and is obscured by some uncertainties. Many believe its roots trace back to the Roman festival Lupercalia, which was held on February 15 and celebrated fertility. However, around 495 A.D., Pope Gelasius I recast the festival as a feast known as St. Valentine's Day and was to be held on February 14. No one knows for certain which Valentine it celebrates as there were at least 3 saints with that name.

St. Valentine's Day did not celebrate love until the 1380s after the English poet Geoffrey Chaucer linked it to romance. By the 1700's, Valentine's Day evolved and became synonymous with gift-giving and exchanging hand made cards in England which eventually made its way to the United States. However, Valentine's Day cards did not become a tradition in the US until the 1850s where it has become a commercial success. According to the Greeting Card Association, 25% of all greeting cards sent each year are Valentines.

*Information from Britannica.com and InfoPlease.com*

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*Thank you!*