

# LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**MARCH - APRIL  
2020**

## 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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@LifespanResourcesInc



And on Instagram!  
@lsr14na

### 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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## What a year! 2019 brought milestones to LifeSpan.

As we closed out the last year of the last decade, we reflected on our challenges and achievements. What we do at LifeSpan – helping the aging population and individuals with disabilities remain independent – will only become more challenging in the next decade, especially as the impending “Silver Tsunami” of our aging population arrives. Keeping our clients healthy and connected will become even more important as there will be fewer younger family members to take care of aging relatives. LifeSpan is up for the challenge, ready to grow and enhance our robust programs.

*In 2019, we welcomed new members to our board of directors and advisory council, expanded our staff, increased our Medicaid services and grew our transportation programs. Above all, we eliminated waiting lists for services. Quite the achievements!*

Going into the next decade, we aim to connect more deeply with our constituents, including our clients, caregivers, supporters, volunteers, staff, referral sources, vendors and all who care for our aging and disabled population. Please check out our 2019 Annual Report, which is available on our web site at: [www.lsr14.org/reports.html](http://www.lsr14.org/reports.html)

### Reflecting on Connections and Growth

Last year, we discussed connecting more deeply with the community and blowing open the doors to the wonderful world of LifeSpan and the amazing programs and services we offer to the elderly and to individuals with disabilities of any age. As noted in our newly published 2019 Annual Report, last year we began to acknowledge and reach out to our younger constituents – millennials and even younger, Gen Z's, who realistically will be the caregivers of the future.

To reach this group - a relatively nontraditional demographic target group for LifeSpan – we added new ways to relay our information. We now have an Instagram account in addition to our popular Facebook page. We set up a YouTube channel and are actively adding videos each month. We continue to increase our digital communications with our monthly eblast and are placing all of our publications on our web site.



**We set out two years ago to break down the notion that LifeSpan was the best kept secret in town. We feel we've blown down the barriers to that notion and are well on our way to being recognized as the best known resource in town.**

I certainly couldn't do this work alone – I have a fabulous staff of dedicated individuals who make things happen! I, for one, plan to honor our great team on **Friday, March 6, which is Employee Appreciation Day and on Wednesday, April 22, which is Administrative Professionals Day.**

We recognize and honor other special groups as well, including: **World Social Work Day on March 17 and National Doctor's Day on March 30.** We honor and respect our social workers and physicians who are not only health care providers, but great referral sources for LifeSpan's services as well.

We are certainly looking forward to the start of spring, with fun holidays such as St. Patrick's Day, April Fools' Day, Earth Day and of course, Easter. **I can't wait for the start of daylight savings time on Sunday, March 8.** With it comes an enhanced energy in the air and the ability to get outside, hike, bike and enjoy balmy air. At LifeSpan, we never rest on our laurels, and springtime offers us the perfect atmosphere to continue pushing forward to grow and enhance our programs for our community.



*Lora Clark*

Lora Clark, CEO  
lclark@lsr14.org

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

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

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

CEO - Lora Clark      Editor in Chief: Lucy Koesters

#### 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

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.



## SENIOR GAMES

### THE NEW ROARING TWENTIES

**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 Roaring Twenties!"*

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

Senior Games focuses on health & wellness with events like Basketball Toss, Dance Off, Bowling, Mini-Golf, Toss 'Em, Horseshoes, Lap Walks, Pickleball 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!

#### *Interested in registering?*

Tear out and complete pages 9 and 10 in this issue and mail to LifeSpan P.O. Box 995, New Albany, IN 47150 with payment made out to LifeSpan Resources. You can download the form on [www.lsr14.org/senior-games](http://www.lsr14.org/senior-games). Previous participants will receive full packet including Loved Ones form in the mail.



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### LifeSpan has a new agency brochure!

We are pleased to present our new agency brochure, highlighting our programs and services, and what our clients are saying about LifeSpan. The brochure is available for pick up at our main office located at the Floyd County YMCA in New Albany (33 State Street, Third Floor), through your case manager, or by calling our office at 812-948-8330. We are happy to mail you one!



#### **Advisory Council**

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### Spotlight on Student Volunteers: The “Pres Girls”

April is National Volunteer Appreciation Month and here at LifeSpan, we are blessed to have many caring volunteers – of all ages. Many people think of volunteers as retirees with time on their hands, who just want to have something to do and to give back. That may be true, and we are happy to have many retiree volunteers. However, LifeSpan also has groups of working adults help out during events. Many of these groups are from companies or colleges. But one group of volunteers at LifeSpan is very special to us – our high schoolers!

LifeSpan is blessed to have groups of high school students help out each year during the Senior Games. Several girls from Presentation Academy in Louisville, Kentucky have crossed the river to volunteer for the Games in the past several years. Our “Pres Girls” are well known and appreciated by our Senior Games participants. The students help out in many ways: serving lunches and snacks, setting up tables and chairs, running drinks, acting as scorekeepers, helping seniors get around at the venues, dancing with the seniors at the opening ceremonies, answering questions, and performing many other jobs.

One of the students, Gracie Koesters, had this to say about helping out:

*“For the past several years, I have volunteered with Lifespan Resources during their Senior Games and Nursing Home Games. I was kept very busy. I ran games, served lunches, set up and cleaned up activities, and many other things, and I loved all of it.*

*Getting to talk with the seniors and seeing them have fun was the best part of my service. The seniors had so many stories to tell me, and I was only too happy to listen to them.*

*Participating in different lively and engaging activities for a week brings a lot of joy into their lives, and I’m very grateful I was able to be a part of it. Seeing the seniors get active and, at times, very competitive, during the Games was so much fun. I thoroughly enjoyed volunteering for the Senior Games and the Nursing Home Games, and I can’t wait to do it all over again next year.”*

Well, Gracie, the seniors can’t wait to see you and your friends again for this year’s Senior Games which run June 1 – 5, 2020. We couldn’t produce an event as large as Senior Games without the help of many volunteers, of course, but the seniors especially look forward to hanging out with the students each year. Thank you Gracie and the “Pres Girls!”

If you, or someone you know, would like to volunteer for Senior Games this June, please contact Lucy Koesters at [lkoesters@lsr14.org](mailto:lkoesters@lsr14.org). You can look for additional volunteer opportunities on our web page: [www.lsr14.org/volunteer](http://www.lsr14.org/volunteer).



The “Pres Girls” Senior Games Volunteers





# NUTRITION AWARENESS DAY

## Nutrition Awareness Day: Wednesday, March 18, 2020

The theme for 2020 is: **Eat Right Bite by Bite!**

Please join us! LifeSpan Resources will celebrate the annual Nutrition Awareness Day on Wednesday, March 18, 2020 at our six senior congregate meal sites. This event is always well attended! A special hot lunch and nutrition education program will be provided to seniors at the centers that day at approximately 11:00 a.m. This year's theme echoes retro campaigns of the '70s and '80s and is designed to be a fun throw-back to the days of good home cooking.



Our menu this year is based around homestyle recipes including meatloaf made with turkey, roasted root vegetables, broccoli salad and cinnamon oatmeal streusel with blueberries – all the comfort foods you remember, with a slightly healthier twist. Our site managers are busy planning some fun throw-back activities such as sharing old cookbooks and favorite meatloaf recipes. Participants are welcome to dress in '70s and '80s garb as well! (If you would like to attend, please note that reservations are required by noon on Tuesday, March 19. Details below).

LifeSpan celebrates Nutrition Awareness Day each year in March in conjunction with National Nutrition Month®, an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making healthy food choices and physical activity habits.

LifeSpan is one of fifteen Area Agencies on Aging in the state of Indiana, who each participate in the annual celebration. Nutrition programs across the state take the opportunity to invite local elected officials and other dignitaries into a senior congregate center to learn more about the Older Americans Act Title III nutrition programs serving the elderly, and to enjoy lunch with senior citizens. Governor Holcomb makes an official Proclamation each year as well.

For information on the nutrition program or to participate in Nutrition Awareness Day 2020, please contact Ramona Miller at [rmiller@lsr14.org](mailto:rmiller@lsr14.org) or call 812-206-7936. A \$2.50 donation for your meal is greatly appreciated.



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### Shaping and Sharing Your Personal Legacy

Sometimes, life can feel tenuous. A friend becomes unexpectedly ill or dies. The 24-hour news cycle shares frightening images of disasters and other potential life threats. Then, there are those day-to-day worries about family, jobs, home, finances, and other routine matters in our life. There is seemingly no end to what can cause the occasional sleepless night.

The truth is, life does bring unexpected twists and turns to all of us sooner or later. The best antidote to life's uncertain times is almost always good planning---taking constructive steps right now, no matter our age or circumstances, to manage that which we can, while thinking deeply about our life's purpose and meaning and the values and legacy we want to impart to others both now and into the future.

Spring can be a good time to begin to do some thinking about key values questions in your life and talking over these matters with persons who are closest to you.

What are the personal values you hold most closely? What do you want others to know you value, both now and into the future?

What do you want to ensure lives on even after you have died?



*Continued on next page*



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## PLANNED GIVING

### Legacy (continued)

Who are the most important people in your life that you want to be certain to support now and into the future?

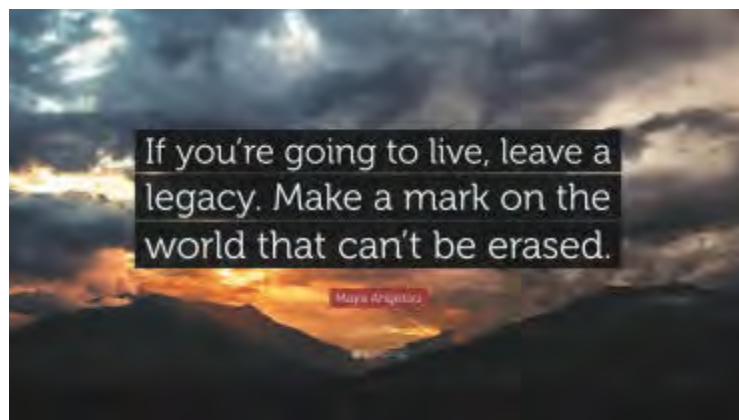
If you were to craft a life's values and purpose statement for yourself, what would it include?


What are the most important charitable causes you want to support as a personal statement of your values and vision?

As you consider all of this, you can remind yourself that LifeSpan is the only nonprofit agency in Southern Indiana that takes care of community-dwelling older adults and home-based individuals with disabilities of all ages. LifeSpan is the only meals-on-wheels provider, the only not-for-profit provider of wheelchair-accessible transportation, and the only state-certified agency that provides care managed person-centered plans to connect many thousands of local residents with the services and support they need to remain living independently.

LifeSpan could be taking care of your grandparents, your mother or father, your disabled niece, your child or spouse, or YOU. LifeSpan has been in the community for nearly 50 years. And we plan to be here for at least 50 more --- caring for all who need help.

LifeSpan will be sharing much more soon about shaping your own legacy and helping care for others. Watch for it.



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## Dealing with Alzheimer's and Dementia

### Dealing with Difficult Behaviors

You will find some dementia behaviors difficult to deal with. To respond calmly, think of these behaviors as the person's way of communicating what they need or feel. Check if the person is ill, overtired, not able to understand or overstimulated. Check if you are expecting too much, giving too many directions at once or being bossy.



### Financial & Legal Planning

It's important to decide how future health care, legal, and financial decisions will be made before things reach the crisis stage and the person with dementia can't participate. These decisions should be recorded in legal documents to make sure the person's wishes are honored in life-and-death decisions. The ability to plan for future decisions depends on one's ability to:

- Understand the available choices and the results of those options
- Make and communicate a choice
- Express values and goals

Once these matters are understood, a range of legal documents can be drawn up to help ensure that the person's wishes will be carried out. Financial and legal planning should be started early. Include looking at income tax issues, protecting existing assets, saving for the future, and paying for care. Seek advice about insurance, employment rights, and state-assistance programs. If possible, discuss all options with the person in your care. Caregivers need to understand the Social Security benefits and insurance policies of the person in their care, including medical insurance, Medicare, and private disability insurance. Familiarize yourself with the covered expenses, copayments and deductibles. Caregivers also need to understand the Americans with Disabilities Act (ADA) and other laws that are designed to protect housing, transportation, recreation, and employment. Expert advice can be helpful, as the laws change and depend on where you live. Contact LifeSpan Resources Aging and Disability Resource Center at 812-948-8330 for information and resources.

### Financial & Legal Planning Tools

**Will** — a legal document that spells out how money and property is to be given out after death.

**Living Trust** — a legal document that names someone (a trustee) to manage a person's finances or assets and advice on when to distribute them. It can also protect assets from probate, which is a long legal process to make sure that the will is legal.

**Power of Attorney** — a document that names someone to make decisions about money and property for a person who is unable to make those decisions. One for financial management and one for health care decisions is ideal.

**Representative Payee** — someone named by the Social Security Administration to manage a person's Social Security benefits when that person is unable to look after his or her own money and bill paying.

**Conservatorship** — a legal proceeding in which the court names an individual to handle another's finances when that person becomes unable to do so.

Making a will, setting up a trust, providing income, and protecting assets may involve future decisions about giving to charity, insurance policies, annuities (yearly payments), and other instruments. If the person in your care is still able to make plans for the future, it is a good idea to suggest he prepare a letter of instructions. The letter should list all property and debts, location of the original will and other important documents, and names and addresses of professional advisors. It should also include funeral wishes and special instructions for giving away personal property such as furniture and jewelry.



**Note:** LifeSpan's [Dementia Friends](https://www.lsr14.org/dementia-friends.html) program offers monthly workshops at multiple locations to Become a Dementia Friend. One hour workshops are free and offer education and information on dementia and Alzheimer's, including communication tips and helping those with dementia live in a friendly environment. See our web site for more information: <https://www.lsr14.org/dementia-friends.html>

Source: *Caregiving in The Comfort of Home*®© 2020 CareTrust Publications

(See full newsletter at <https://www.lsr14.org/lifespan-communications.html>)



# SENIOR GAMES: MONDAY, JUNE 1 - FRIDAY, JUNE 5

## 2020 SENIOR GAMES REGISTRATION FORM

This year's theme: ***THE NEW ROARING TWENTIES***



Please mail complete form to:  
LifeSpan Resources,  
33 State St., 3rd Fl, P.O. Box 995  
New Albany, IN 47151-0995



NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP CODE \_\_\_\_\_

PHONE \_\_\_\_\_

CELL PHONE \_\_\_\_\_

PLEASE CIRCLE ONE: Male Female

EMAIL ADDRESS: \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

AGE GROUP (Please circle one): 55 – 62 63 – 70 71 – 78 79 – 86 87 & over

**Do you wish to compete for the title “Oldest Male” or “Oldest Female” participant? To be eligible you must compete in one medal competition. If so, please write “YES”.**

**EMERGENCY CONTACT (*This is mandatory. Please print.*)**

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

### INDIVIDUAL EVENT REGISTRATION

**Registration fee is \$15.00 per person (add \$2 for 2X; \$3 for 3X shirt; \$4 for 4X; \$5 for 5X) – payable upon registration. Please place a check mark in the box beside each event in which you would like to participate. Please try to keep your commitment to participate at each event you register for. This will assist us a great deal when ordering meals.**

#### MONDAY, JUNE 1

☐ Opening Ceremonies/Bingo 9:00 – 10:00 am

☐ Dance Contest 10:00 – 11:30 am

☐ Lunch 11:30 a.m. – 12:30 pm

☐ Bowling 1:00 – 4:00 pm

#### THURSDAY, JUNE 4

☐ Horseshoes 9:00 – 11:00 am

☐ Lunch/Cards & Checkers 12:00 – 3:00 pm

(Please circle ONE)

Euchre Pinochle Checkers Texas Hold 'Em

☐ Pickleball 2:00 – 4:00 pm

*Note: You must choose either Cards & Checkers or Pickleball, not both*

#### TUESDAY, JUNE 2

☐ Miniature Golf /Lunch 8:00 am – 12:00 pm

☐ Basketball Toss 1:00 pm – 3:00 pm

#### FRIDAY, JUNE 5

☐ Closing Ceremonies 10:00 am – 1:00 pm

☐ Lunch 11:15 a.m. – Noon

#### WEDNESDAY, JUNE 3

☐ 9 Lap Walk ☐ 4 Lap Walk 9:00 am – 12:00 pm

☐ Lunch 11:00 – 12:00 Noon (At walks)

☐ Toss 'Em 1:00 – 3:00 pm

**PLEASE COMPLETE REVERSE SIDE OF FORM**

# SENIOR GAMES REGISTRATION

## PLEASE COMPLETE REVERSE SIDE OF FORM

Official 2020 Senior Games t-shirts MUST be worn at all events including the Dance Contest. As with any rule, here's the exception: Closing Ceremonies does not require your 2020 Senior Games t-shirt but only if you dress according to this year's theme: *"The New Roaring Twenties" – an homage to the Jazz Age, the 1920s*. The shirts are available on a first come, first served basis.

Please circle the size you would prefer (if you require a larger size than 3X please let us know):

SMALL      MEDIUM      LARGE      EXTRA LARGE      2 X LARGE      3 X LARGE  
(2X is \$2.00 more and 3X is \$3.00 more)

T-shirts will be available for pick-up from May 11 – May 22 at:  
LifeSpan Resources, Inc., 33 State Street, 3rd Floor, New Albany, IN 47150  
Phone: 812-948-8330 or 1-888-948-8330.

**Information on any additions or substitutions will be given to you when you pick up your t-shirt. You will also receive an updated schedule of events and an identification badge.**

*I hereby agree for myself, my executors, administrators, and assigns to indemnify and hold harmless all sponsors, officials and persons and agencies connected with the 2020 LifeSpan Resources Senior Games of from all claims for damages arising in connection with my participation in the Senior Games.*

*I have prepared myself for the events that I have entered by practicing prior to the Senior Games. To the best of my knowledge and belief, I have no physical restrictions which would prohibit my participation in the events I have selected. I have been advised by the sponsors of the Senior Games that it would be in my best interest to consult my physician in regard to participation in the Senior Games. Sponsors and officials have my permission to have a physician attend me if it is deemed necessary during my participation in the Senior Games.*

*I also hereby give my permission to the sponsors of the Senior Games to use my name and/or picture in any newspaper, broadcast or any other account of the event without remuneration to me.*

---

SIGNATURE

DATE

---

DOCTOR'S NAME

Do you require any special assistance?    ☐ Yes    ☐ No

### TRANSPORTATION

If you are in need of transportation through the LifeSpan Transportation program, there will be a fee of \$4.00 per round trip. To schedule your rides please indicate below that you need a ride and Transportation will contact you to schedule. Ride availability is limited and will be provided on a first come first served basis.

Are you in need of transportation to your Senior Games events?    ☐ Yes    ☐ No

Do you only need transportation to the Miniature Golf event?    ☐ Yes    ☐ No

Schedules, registration forms and various other information are available on our website. [www.lsr14.org/senior-games](http://www.lsr14.org/senior-games)





## 2020 Census - What You Need to Know!

The year 2020 is here, and as it's the end of a decade, that means it's U.S. census time. Since 1790, when the first census was taken, the U.S. Constitution mandates that everyone in the country be counted every 10 years.

Why is this important? Because census data is always used around you.

Every 10 years, the results of the census are used to reapportion the House of Representatives, which determines how many seats each state gets. The census counts every person living in the U.S. once, only once, and in the correct place. Taking the census allows state officials to redraw the boundaries of the congressional and state legislative districts to account for population shifts. Also, the distribution of more than \$675 billion in federal grants and support to states, counties and communities is based on census data.

Additionally, businesses use census data to determine where to build factories, offices and stores for new jobs. Residents use the census to support community initiatives involving legislation, quality-of-life and consumer advocacy, while local governments use the census for public safety and emergency preparedness.

If you're worried about your privacy, your privacy is protected as it is against the law for the Census Bureau to publicly release your responses that could identify you or your household. Responses can only be used for statistics. And it is now easier as you can respond to the census online.

**Information about how Hoosiers will be encouraged to use this option is available here:**

[www.census.gov/content/dam/Census/library/factsheets/2019/dec/how-census-invites-everyone.pdf](http://www.census.gov/content/dam/Census/library/factsheets/2019/dec/how-census-invites-everyone.pdf)

So when the Census taker knocks on your door, please participate. It's important and you count!

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## LIFESPAN 2020 SAVE THE DATES

Date	Event	Location	Time
Friday, March 13	<i>Senior Games Gang: Bunco</i>	<i>Eastern Heights Baptist Church 4202 Helen Rd, Jeffersonville</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</i>	9:30 am - 12:00 pm
Monday, May 25	<i>Memorial Day</i>	Office Closed	Office Closed
Monday, June 1– Friday, June 5	<i>Senior Games 2020 “The New Roaring Twenties”</i>	<i>Opening: St Augustine, Jeffersonville Various event venues</i>	Opening: 9:00 AM- 1:00 PM Closing: 10:00 AM– 1:00 PM
2nd Friday of each month (1st workshop March 13)	<i>Dementia Friends Workshop</i>	<i>Bacala Senior Center 69 E Wardell St, Scottsburg</i>	10:00 am - 11:00 am
4th Tuesday of each month (1st workshop March 24)	<i>Dementia Friends Workshop</i>	<i>Mark Elrod Towers 1 Wolfe Trace, New Albany</i>	10:00 am - 11:00 am
4th Wednesday of each month (1st workshop March 25)	<i>Dementia Friends Workshop</i>	<i>Joe Rhoads Senior Center 123 S Mulberry St, Corydon</i>	10:00 am - 11:00 am
4th Wednesday of each month (1st workshop March 25)	<i>Dementia Friends Workshop</i>	<i>Yellowwood Terrace 2100 Green Tree North, Clarksville</i>	10:00 am - 11:00 am
4th Friday of each month	<i>Dementia Friends Workshop</i>	<i>LifeSpan Resources Main Office 33 State St., 3rd Fl, New Albany</i>	10:00 am - 11:00 am

For more information, contact Lucy Koesters at 812-206-7938 or [lkoesters@lsr14.org](mailto:lkoesters@lsr14.org)

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## STAFF MEMBER RECOGNITION

### The marvelous Ms. Hunter-Able

LifeSpan's very own Frankie Hunter-Able was recognized in the most recent issue of SHIP's (State Health Insurance Program) quarterly newsletter, SHIP LOG. There are 380 SHIP counselors in Indiana, and we are so grateful for Frankie and all of the great work she does for the community. Please see the article below. Way to go Frankie!



#### Frankie Hunter-Able, Dedicated SHIP Counselor and Mentor

WRITTEN BY DONNA VINCENT, VOLUNTEER SUPERVISOR OF SOUTHEAST INDIANA

As I close in on my three years with SHIP, I could not imagine SHIP without Frankie Hunter-Able! Her wealth of knowledge from her 30 years with LifeSpan Resources in New Albany is an asset to us all that no one person can replace. This year marks her 13th year as a certified SHIP counselor, but Frankie has worked with Medicare and Medicaid for much longer. She has spent her lifetime helping others which brings her great joy.

As one she has mentored, she is very patient and kind to everyone. Frankie is very thorough when she counsels an individual by periodically stopping to verify that the client understands the information she is communicating to them. She is very conscientious about relaying correct and accurate information to the SHIP client.

Frankie is a woman of great faith. Her belief is if she can help someone as she travels through life, then her living was not in vain. She enjoys singing gospel music with her family and in her church choir.

She was born and raised in Jeffersonville also known as the "sunny side of Louisville". Frankie and I not only come from the same hometown, but she was the Secretary to the Dean of Students in my high school while I was there. It's a small world after all!

For those who have met Ms. Frankie, can you believe she is shy (her words)? For those who have never met her, she is a beautiful soul with a radiant smile. The world would be a better place if we lived life like Frankie Hunter-Able!

If you need help with health insurance or Medicare, you can get help from Frankie! Call LifeSpan at 812-948-8330.

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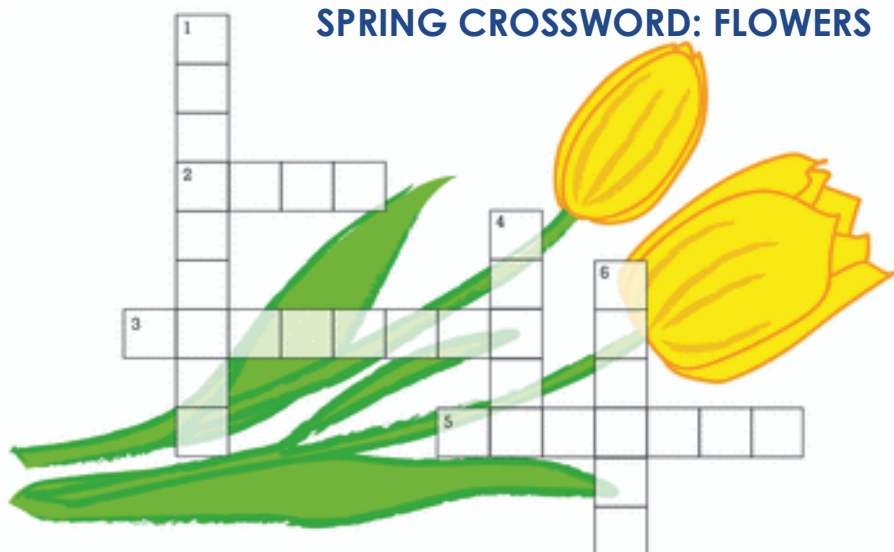
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# SPRING FUN

## SPRING CROSSWORD: FLOWERS



### Across

2. This flower is also the symbol of France
3. A yellow, nodding flower with a cup shaped petal in the center
5. Young, growing plants

### Down

1. To transfer pollen from one flower to another
4. A species of plant that grows from a bud, with bright colored petals
6. Plants that are flowering

### Word Bank

Tulip Sprouts Lily Daffodil Bloom Pollinate



### Easter Funny

I'm combining Easter and April Fool's day this year...

I'm sending the kids out to look for eggs I haven't hidden.



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# SAVE THE DATE

TUESDAY, OCTOBER 27<sup>TH</sup>, 2020 | CAESARS SOUTHERN INDIANA

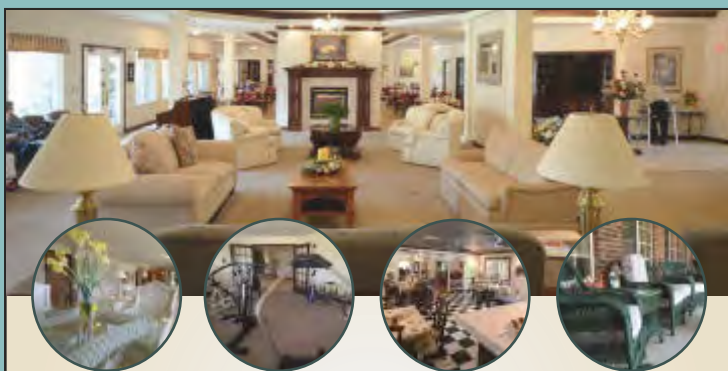
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## Look Inside This Issue!



**Student Volunteers: The "Pres Girls"**

**Nutrition Awareness Day: March 18**

**Your Personal Legacy: Leave Your Mark!**

**Caregiver Info: Alzheimer's/Dementia**

**Senior Games: Register NOW!**

**2020 Census: What you need to know!**

**LifeSpan's Upcoming Events– Don't Miss!**

**Spring Puzzle/Fun Page**

**Voice and Vino Gala: Save the Date!**



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*Thank you!*