

# LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**JANUARY- FEBRUARY  
2019**

## LifeSpan Resources MAIN OFFICE

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

## PHONE NUMBERS

Main Office.....812.948.8330  
Toll Free .....888.948.8330  
Website..... **www.lsr14.org**



Check us out on Facebook!  
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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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## Have questions about In-Home Services & Supports? LifeSpan Knows the Answers!

LifeSpan Resources is proud to provide an enhanced level of information, assistance and referral to our community through our Aging and Disability Resource Center (ADRC). One way we do this is through professional credentialing.

LifeSpan staff members hold certifications from the Alliance of Information and Referral System (AIRS) Certification Program, which is a professional credentialing program for individuals working within the information and referral sector of human services. The mission of the AIRS Certification Program is to improve the quality of the service and information received by the public. In short, you can trust that the information you receive from LifeSpan is unbiased and reliable.

The following staff members hold Alliance of Information and Referral Systems (AIRS) certifications:

**Frankie Able**, a 30-year LifeSpan ADRC staff member is an AIRS Certified Information and Referral Specialist (CIRS) in Aging/Disabilities. This is designed for practitioners who work directly with clients and caregivers within the aging and/or disabilities arena.

**Angela Marino**, our Home and Community-Based Services Director, is an AIRS Certified Resource Specialist (CRS). This is designed for practitioners who maintain databases of resources for the communities they serve and have expertise in the gathering, organizing, indexing and dissemination of information about programs/services. Angela also holds the AIRS Certified Information and Referral Specialist in Aging/Disabilities (CIRS-A/D) designation.

If you have questions about resources, options and services to remain living independently, please call LifeSpan and ask to speak with one of our Options Counselors. You have questions - we have answers. Call us!

### Happy New Year!

As we close out another successful year at LifeSpan (see our web site to view our 2018 Annual Report and Highlights), my wish is that you had a joyful holiday filled with the peace and love of family and friends. Winter, for me, is a time to rest, reflect and dream. It's about new beginnings and looking inward, getting rid of negativity and making room for new things. As we face these long gray chilly days, I'd like to encourage you not to hunker down inside all winter. Instead, why not get out a bit in the cold? Bundle up and take a walk! Fresh air and sunshine is important – especially in the winter.



As we get older, it's also important to keep learning and laughing. You might try something new – join a bookclub, take crafting or tai chi lessons, play cards or bingo with friends. LifeSpan's congregate centers are perfect for these activities, offering a host of wellness, education and socialization programs, in addition to a healthy balanced hot lunch. See more information in this issue.



January and February have the following special dates

- Martin Luther King Jr. Day is January, 21.
- January is Activity Professionals Month - Get Movin'!
- February is Black History Month.
- February is National Heart Association Month – Wear Red!
- February is Pride in Food Service Month – Check out our Congregate Centers for healthy lunches (a list of centers is provided on our web site and in this issue).
- President's Day is February 18.



And last but not least, February 14, is of course, Valentines' Day!

Love to you all,

*Lora Clark*

Lora Clark, CEO



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 - Michael Kolodziej

#### Executive Staff

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

**Vickie Medlock** - 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.

## 1st Luncheon with Governor Eric Holcomb

LifeSpan Executive Team attended the One Southern Indiana Luncheon with Governor Eric Holcomb on November 8 at the Radisson North in Clarksville.

The team was able to meet the governor, who was gracious and appreciative in meeting the executives of LifeSpan - the local area agency on aging.



Pictured Left to Right: Scottsburg Mayor Bill Graham, COO Vickie Medlock, CBDO Lucy Koesters, Governor Holcomb, CEO Lora Clark, CFO Leslie Meek, and Bob Kleehammer.



LifeSpan Executive team with State Representative and LifeSpan Advisory Council member Ed Clere.



LifeSpan Executive team with State Senator Ron Grooms.

### Board of Directors

**James Goldman - President**, Harrison County  
**Barbara Crecelius - Vice President**, At-large  
**Mary Alice Fortener - Treasurer**, Clark County  
**Tonya Fischer - Secretary**, Floyd County  
**Jene Bridgewater**, Scott County  
**Doug Drake**, At-large  
**Mayor Jeff Gahan**, Floyd County  
**Annette Roberts**, Floyd County  
**Nathan Samuel**, Clark County  
**Ward Weber**, Clark County  
**Ishmael White**, Scott County

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**Kasandra Ramsey**, Floyd County  
**Leslie Robertson**, At-large  
**Christal Stephenson**, Floyd County

## CONGREGATE CENTERS

### Check out a LifeSpan Congregate Center!

Our Congregate Centers offer a daily nutritionally balanced hot lunch to adults age 60+ and to individuals with disabilities. We also offer wellness, nutrition and socialization programs. Congregate Centers offer the opportunity to get out of the house, meet new friends, enjoy lunch, bingo, health screenings, social activities, cards and games, crafts wellness programs, music programs, and more. Everyone is invited and welcome to any of our centers!

To join us for a hot mid-day meal at one of our six Congregate Centers, please call the center in advance (at least 1 business day) to reserve a meal. If this is your first visit, the Site Manager will get you registered at the site (free registration). Meals are planned by a registered dietician and are available for a suggested donation of \$2.50 per meal and include entree, vegetables, low sugar desserts, whole grain breads and beverages. We look forward to meeting you!

### LifeSpan Resources Congregate Nutrition Program/Hot Lunch Meal Sites

#### Clark County:

Yellowwood Terrace, 2100 Greentree North, Clarksville, IN 47129

#### Floyd County:

Riverview Towers, 500 W. Scribner Drive, New Albany, IN 47150  
Peggy's Place, 1730 Audubon Place, New Albany, IN 47150

#### Harrison County:

Joe Rhoads Senior Center, 123 S. Mulberry Street, Corydon, IN 47112  
Palmyra Senior Center, 13584 Greene Street NE, Palmyra, IN 47117

#### Scott County:

Bacala Senior Center, 69 E. Wardell, Scottsburg, IN 47170

Call Carol Kaufmann at 812-941-5785 for more information about our Congregate programs, or visit our web site ([www.lsr14.org](http://www.lsr14.org)) for menus and activity calendars.



(Above) Volunteers serving nutritionally balanced hot lunches.

(Right) Seniors participating in Tai Chi at Joe Rhodes Senior Center.



(Left) Volunteer and country superstar Sara Jane performs with her band No Strings Attached at the Bacala Center in Scottsburg.

## TIS THE SEASON

### Holiday parties at Congregate Centers

LifeSpan management team provided lots of holiday fun and cheer for congregate participants in December. CEO Lora Clark conducted impromptu holiday bell choirs at each center. CBDO Lucy Koesters and Ramona Miller provided Holiday Song trivia, prizes, and volunteer gifts!



CEO Lora Clark leads Joe Rhodes Center in the choir bells version of Silent Night.



Holiday song trivia.



Santa photobomb!



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Life Span Resources, New Albany, IN

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## HELPING HUNGRY PETS

### LifeSpan Provides Pet Food to Homebound Meals to Go! Clients

LifeSpan offers help to homebound clients with pets in the winter. In a partnership with the National Meals on Wheels America organization, LifeSpan receives limited funding to provide and deliver dog and cat food to clients in the winter time.

LifeSpan recognizes the value of the special human-pet bond many of our clients share with their cherished dogs and cats. This relationship provides physical and emotional support to our clients, many of whom stretch their income to include pet feeding. LifeSpan's program aims to alleviate this issue by delivering pet foods in the winter, when it is often very hard for our clients to get out and purchase pet food.

LifeSpan works to match the grant; if you would like to donate money or pet food, please contact Ramona Miller, Director of Nutrition at 812-206-7936.



#### ASSISTED LIVING AND SO MUCH MORE



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Life Span Resources, New Albany, IN

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## WINTER IS COMING



### Old Man Winter is Arriving Early This Year

It is our intent to serve as many of our clients as possible at our Congregate Centers and on our home delivered meals routes in the event of inclement weather. Weather and road conditions, however, can be a factor in the provision of meals during the winter months.

In the unlikely event that we close, you will see "LifeSpan Senior Nutrition" listed on the television stations and web sites.

For Meals to Go! (home deliveries), we will make every attempt to deliver meals on inclement weather days, however, if conditions deteriorate we may make late deliveries or will deliver the next day.

Another hazard of winter weather is snow and ice covered steps, sidewalks, and walkways. If you have elderly or disabled neighbors and can help clear steps, sidewalks, etc., it would be beneficial to ensure the safety of those providing services to the homebound.

We hope "old man winter" will be kind to us this year and not interrupt service for lengthy periods of time. If you have any questions, please contact the Nutrition Department at 812-948-8330 or toll-free 1.888.948.8330.



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### Caregiver Burnout: Are You Suffering from It?

Often caregivers are not even aware that they are suffering from burnout—until a friend or family member points out that they are not themselves. Caregivers can underestimate the impact of the work they are doing and the time and emotional energy they are using.

Burnout may have some of the same symptoms as depression, but is not the same and cannot be helped with medication. Burnout may explain your loss of interest in activities you used to enjoy, your run-down condition, feelings of hopelessness and helplessness, even wanting to hurt yourself or the person you are caring for. If you have these feelings it is time to re-evaluate your caregiving situation. You should take steps to get more support and relief. (See below).



### Where to Find Help

Are you feeling that you cannot or do not want to continue caregiving but that you have no choice but to keep going? The following suggestions may be of help.

- Find someone, a friend or counselor, who can listen and give you new ideas and perspective.
- Attend conferences and lectures about the condition or join a support group with other people who are going through the same thing.
- Hire more help or enlist more family involvement.
- Consider enrolling the person in your care in an adult day care program
- Consider placing him or her in a residential care facility for a short stay while you take a vacation
- Seriously consider whether you want to continue providing hands on care. Both you and the person in your care may do better if he or she is placed in a care facility. You then may be able to visit, to keep an eye on the care, and to enjoy being together when you are no longer the front-line person.

### Emotional Burdens

You may think you are the only one to face these problems, but you are not alone. Many caregivers face -

- the need to hide their grief
- fear of the future
- worries about money
- not being able to solve problems

Fears of dependency and loneliness, or isolation, are common in families of those who are ill. The person needing care can become more and more dependent on the one who is providing it. At the same time, the caregiver needs others for respite and support. Many caregivers are ashamed about needing help, so they don't ask for it. Those caregivers who are able to develop personal and social support have a greater sense of well-being.

### *Taking Care of Yourself - Feeling Invisible*

“Why doesn't anyone ask how I am doing?” It is easy to feel invisible, as if no one can see you. Everyone's attention is on the person with the illness, and they don't seem to understand what the caregiver is going through. Many caregivers say that nobody even asks how they're doing. Mental health experts say it's not wise to let feelings of neglect build up. Caregivers need to speak up and tell other people what they need and how they feel. Support groups, religious or spiritual advisors, or mental health counselors can teach you new and positive ways to express your own need for help.

*Adapted from The Comfort of Home: Caregiver Series, © 2018 CareTrust Publications. [www.comfortofhome.com](http://www.comfortofhome.com)*

## STAFF RECOGNITION

### Employees Honored with Longevity Awards

Four LifeSpan staff members were honored at our recent all-staff meeting with 10+ years of service. Each received a plaque and a monetary award. Congratulations to these employees:



**Frankie Able - 30 years**



**Ramona Miller - 25 years**



**David Mann - 10 years**



**Lauri Eskildson - 10 years**

*Congratulations and many thanks to these long-term employees for your service to LifeSpan!*

### LifeSpan Case Manager Lisa Angell, Wins Prestigious National Case Management Award!

We are honored and excited to announce that Lisa Angell, one of LifeSpan's care managers, has won a national case management award. She is one of three honorees to be named Medscope's Case Manager of the Year in 2018.

Medscope, a provider of in-home personal emergency alert systems, honors home and community-based case managers who set high standards for person-centered, long-term care-giving specific to the needs of elderly and disabled citizens. Lisa Angell has been a LifeSpan care manager for seven years. She was officially recognized in December when Greg Jansen of Medscope presented her award in person at our December Holiday Board Meeting.



## Senior Games Gang - Cards & Games Event

The always fun-loving LifeSpan Senior Games Gang got back together on Friday, November 9 at the Charlestown Senior Center for the annual Euchre and Texas Hold Em Tourney. A great time was had by all. Many thanks to our new sponsor ClearCaptions and Matt Hall for providing lunch and information about their phone for the hard of hearing. Many thanks also to the city of Charlestown and their Parks and Recreation Department for hosting, and to Bill and Rebecca Resch for setting things up. Thank you to Pat Ernstberger for being the Texas Hold Em dealer!



Below to the left are the Euchre winners. Bringing home the Gold Medal with a score of 29, Lana Himmelheber! For the Silver Medal, we had a three-way tie at 27 points: Virginia King, Jan Weyer, Marilyn Scott. And earning the Bronze Medal was Gene McWilliams with 25 points! The Texas Hold Em' Winners are: Dan Griffin (Gold), Raymond Branham (Silver), and Bruce Morris (Bronze). Great job everybody!



This year's Euchre winners.



This year's Texas Hold Em winners.



Bill calls as the rest plot their next move... As the



Some of the Senior Games Gang played a game called 313. That's a lot of cards!

Don't Forget: The Gang is a GREAT way to connect with new friends and get out of the house for some socialization, fun and games. It is never too late to join! Our next event is:

**Friday, February 15, 2019, 11:00 am - 1:00 pm: Toss Em at the Southern Indiana Sports Complex**  
(Bad weather make up, if needed: Friday, February 22, 2019).

Call Michael Kolodziej for more info: 812-206-7960.

## MEET A LIFESPAN CLIENT

### Habeeb Syed

Habeeb Syed is a first generation Indian immigrant who came to the U.S in 1982 with her family. The Syed's brought their entire family over in waves in 1982, 1992 and 1996. Habeeb and her husband have 8 children. In the beginning, the older family members worked whatever jobs they could get just to establish roots. Meanwhile, education and family support were always stressed in the household. All eight children became educated and went on to professional careers. There are now many grandchildren following in their footsteps with education being a top priority.



Habeeb (right) with daughter Waheed (left)

When Habeeb's health began to fail, she was admitted to a nursing home, where she resided for several months. The family wished to take their mother home but needed help. LifeSpan was called in to help and connected the Syed family to the Structured Family Caregiving program. This program compensates Ms. Syed's daughter, Waheed, for caregiving. The program been instrumental to keeping her mother at home, where the family says she is happiest.

Waheed says, "My mother does not feel loneliness at home. She is with family. She has feelings of

***"There is a cheerfulness to life here at home"***

happiness with family. Happiness improves her health. My parents are both happy at home, with our family. There is no tension. They want respect, and they have it here. There is a cheerfulness to life here at home. They feel that life is good. My parents feel valued. Here, they can share their thoughts with family. We thank LifeSpan for providing us with the means to do this for our parents. It is very important, and it means everything."



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## NEW CARE MANAGEMENT DATA SYSTEM



### Indiana Family and Social Services Administration Rolling Out New Care Management Data System

Several years in the works, the Indiana Family and Social Services Administration's Division of Aging (DA) is preparing to roll out a new care management system called Care Management for Social Services System (CaMSS) in the first quarter of 2019. CaMSS will replace a number of systems currently providing care management, Aged and Disabled Resource Center (ADRC) functions, and other Area Agency on Aging and provider management functions.

We anticipate that CaMSS will allow our care managers to operate more efficiently with one system which replaces several systems, perform faster state submissions, exchange documents more easily through a web-based portal, and be more responsive to individual clients.

Our LifeSpan team has already begun some initial training and looks forward to the implementation of CaMSS this spring.

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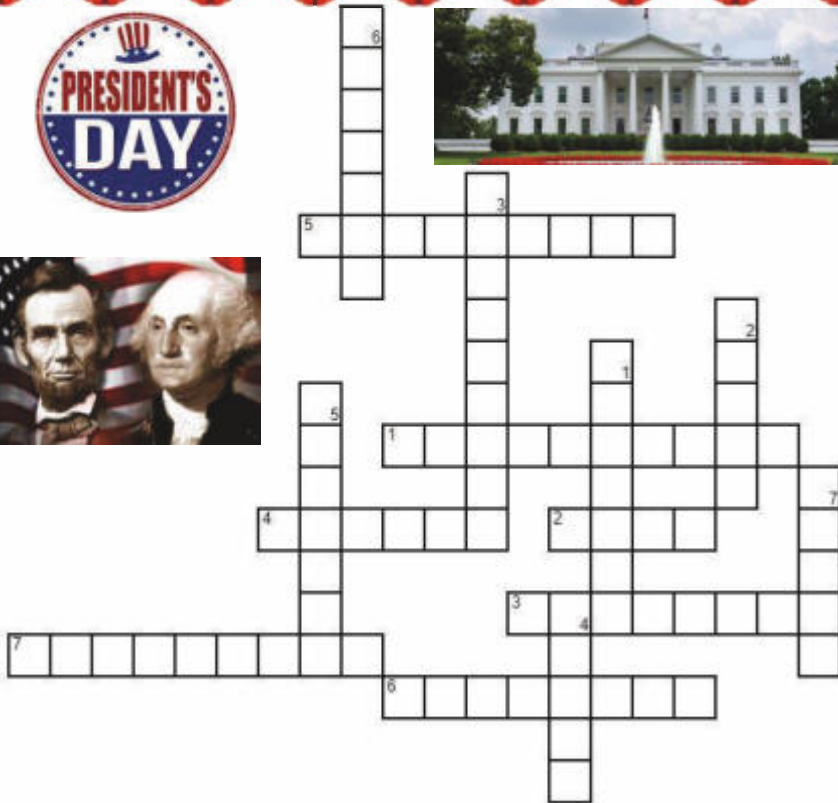
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# PRESIDENT'S DAY CROSSWORD



## ACROSS:

1. President's Day created to honor him
2. He never won a presidential race.
3. English was his second language
4. President during World War 1
5. Only president to serve more than two terms.
6. Never married
7. Served 2 nonconsecutive terms

## DOWN:

1. This *honest* guy was known as "The Great Emancipator"
2. Only president to resign.
3. President during Louisiana Purchase.
4. First president to live in the White House.
5. President when British set fire to the White House
6. Only president to serve in both the Revolutionary War and War of 1812.
7. He was a general during the Civil War.

**Word Bank:** Adams, Buchanan, Cleveland, Ford, Grant, Jackson, Jefferson, Lincoln, Madison, Nixon, Roosevelt, Washington, Wilson, Van Buren (1 word)

# HELLO, COMPASSION.

Deciding to seek help for a mental health concern takes a lot of courage. Helping a family member get help can be challenging, as well. When you're ready, our team is here – any day, any time. We're committed to treating behavioral health concerns just like any other medical issue, with highly trained staff, personalized attention and genuine compassion.

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## THANK YOU ASSUREDPARTNERS!

### AssuredPartners Wins \$10,500 in Charity Golf Challenge to Support LifeSpan!

LifeSpan offers many thanks to **AssuredPartners** for participating in the Chubb Charity Challenge and raising \$10,500 to support our mission of Promoting Independent Living for People of All Ages. The Chubb Charity Challenge is an annual golf tournament aimed at raising funds for local charities. Agents, brokers, and clients form teams and play in local tournaments organized by Chubb's nearby branch offices.

Each team plays on behalf of a local charity of their choosing. **AssuredPartners** alternates each year which golf team member chooses the charity that they will support. This year **Lenny Hartlage** got the honors and he chose LifeSpan Resources to be the recipient of their winnings!

More than 360 teams participated in the Chubb Charity Challenge this year, raising over \$900,000 for the charities of their choice. Of those 360, 45 teams won a local tournament to make the finals at the Kiawah Island Golf Resort from October 28-3. AssuredPartners won the local tournament in Cincinnati and came in 21st place in the finals.

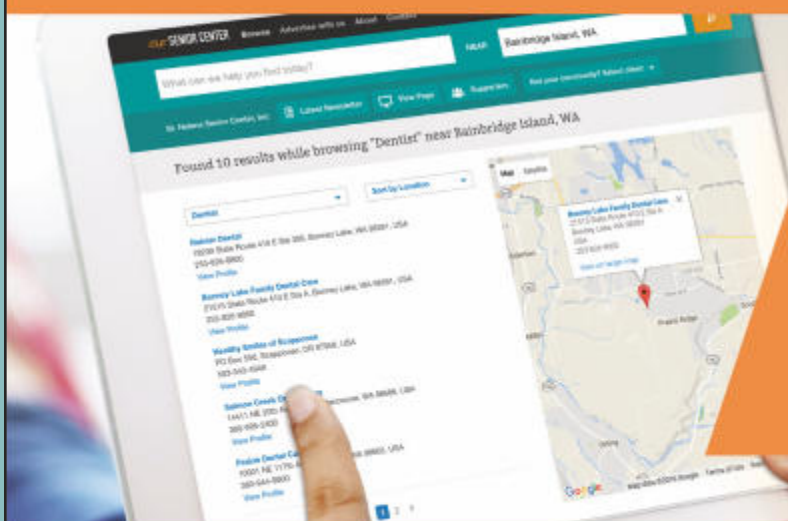


We are honored to have been represented by AssuredPartners!

AssuredPartners team with Lenny Hartlage on the far right.

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## VALENTINE'S DAY FUN

### Valentine's Day Word Search

QEDTTFGCDNABKNHI  
ERHRLNIPKLJKHKJHJ  
VICDIIGHILKLMNJKI  
OPQRSTCWVXYHPFO  
LMPNDORUTQAWKD  
CAAABLWYCDLXSSIK  
GVSSTATYLIAJYJTG  
RUJYKFNOPPTITIKBY  
YTBCKWUOUIYLIPIJI  
OUIIHEICHOCOLATE  
UYTRAHTEEWSUAS  
PSNIKPMUPLIFAVYFJ

Word list :-

SWEETHEART, LOVE, CUPID, KISS, CHOCOLATE,  
RING, BAND.

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### VALENTINE'S DAY FUNNY

One Morning Emma woke up with a start. Her husband Jim asked what was the matter, she told him, "I just had a dream that you gave me a pearl necklace for Valentine's day. What do you think it means?"

"You'll know tonight," Jim said.

That evening, Jim came home with a small package and gave it to his wife. Delighted, Emma opened it - only to find a book entitled "The meaning of dreams".

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