

# LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**JULY - AUGUST  
2018**

## **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!  
**@LifespanResourcesInc**

## **MAIN OFFICE HOURS**

Monday ..... 8:00am-4:30pm  
Tuesday ..... 8:00am-4:30pm  
Wednesday .... 8:00am-4:30pm  
Thursday..... 8:00am-4:30pm  
Friday ..... 8:00am-4:30pm

## **Inside This Issue**

Senior Games and SG Gang  
Senior Farmers Market Nutrition  
Program  
Thank you Grant Funders!  
Caregiver Connection  
New Medicare Cards



## **Going Up or Down?**

### **LifeSpan has a new Elevator Speech**

The agency has developed an Elevator Speech to explain to those who inquire what LifeSpan Resources does. The theory is that the reply should take no longer than an elevator ride. Our speech is:

***“LifeSpan Resources is a non-profit organization that connects individuals to resources, options, and services to remain living independently for as long as possible”.***

The emphasis is on “connects” as LifeSpan is charged with helping people obtain the services they need. When asked HOW we do this, we answer: We connect individuals to services like home-delivered meals, transportation, and other In-Home services. Finally, we direct the individual to our office phone line and website for more information:

Call: 812.948.8330 or visit our website **www.lsr14org**

***If you love the new LifeNotes newsletter, go to [lsr14.org](http://lsr14.org) and sign up for our brand new LifeSpan Update e-blast.***

## **LifeSpan Mission Statement:**

*Promoting Independent Living for People of All Ages*

### Groovin' Seniors

I spent several days in June attending LifeSpan's 32nd Annual Senior Games. This year's theme was "Groovin' Seniors," and boy were they groovin'. I was inspired by the level of competitiveness among the participants who came out for PickleBall, Basketball Toss, Toss Em, Mini Golf, Bowling, Euchre, Dance Contest, and other games. These seniors were there for the fun, excitement and camaraderie, but many of them also really wanted to win those medals. It made me start thinking about how wrong our society is to marginalize our elderly people by viewing them all as weak, frail, out of touch, burdensome, and dependent. No sitting on the front porch in rockers for this grooving' bunch!

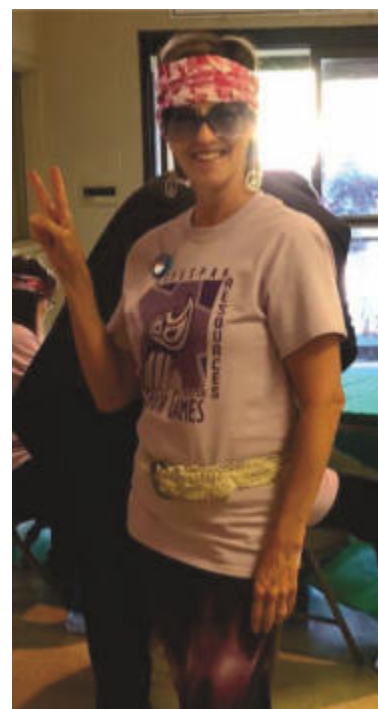
Stereotyping and discrimination against an individual based on their age is called ageism, and in the U. S, unfortunately, it seems to be socially acceptable. Negative societal attitudes can become internalized into negative self-stereotypes. When this happens to an older individual, there is poorer recovery from a disability and a lessened life expectancy. We need to work hard to overcome this ageism as older people make significant social and economic contributions to society. They also have much wisdom and life experience to share.

I have a special place in my heart for older people. When I was young, I hung out with my super-cool grandmother who took me to her "old ladies" church gatherings, where I would do whatever tasks were needed. Those gals were full of fun and energy, and I just loved being around them. Here at LifeSpan, we know firsthand that many older people are stubborn. They don't want help until it is absolutely critical. Perhaps that can be a good thing. We certainly observed many of them at the Senior Games. We had a few that needed a break from the sun, but they were motivated to keep on playing (and win!). They earned everyone's respect with their steely determination and competitiveness.

Offering our active older community-living adults a wonderful venue such as Senior Games teaches us all to respect our older peers as important, vital, and independent members of our society. We say "Keep on Groovin' Seniors!" And, as we celebrate our nation's independence in July, we are reminded of our mission: Promoting Independent Living for People of All Ages. No ageism here!

*Lora Clark*

Lora Clark, CEO



Our oldest participants at Senior Games 2018 (two of which are 94!) with Platinum sponsor Communicare.

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

## ELECTED OFFICIALS AT SENIOR GAMES 2018!



Thank you Representative Ed Clere for Emceeing Opening and providing breakfast refreshments!



Thank you Mayor Mike Moore of Jeffersonville for welcoming us to Jeffersonville during our Opening Ceremonies!



Thank you Mayor Jeff Gahan of New Albany and LifeSpan board member for welcoming everyone and talking to the seniors about staying active



Thank you Melanie Douglas of Senator Donnelly's Jeffersonville Office for reading a letter from the Senator and leading us in the Pledge of Allegiance



Thank you Mayor Bob Hall of Charlestown and the Charlestown Family Activities Park for hosting Mini Golf!



Thank you again, Mayor Gahan for welcoming participants to the Floyd County Family YMCA and for the *far out* picture with LifeSpan staff!

### Board of Directors

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## LIFESPAN RESOURCES' SENIOR GAMES 2018

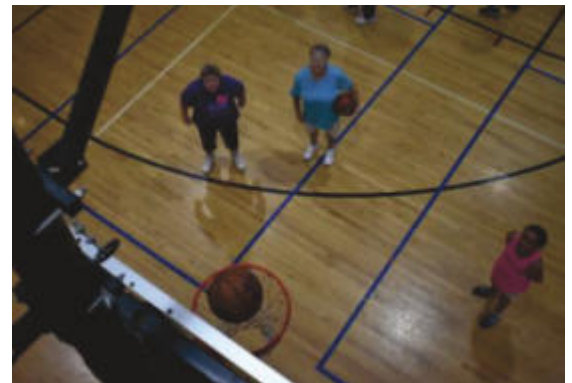
### LifeSpan's Senior Games 2018: "Groovin' Seniors"

Well, it's in the bag! We have completed our 32nd Annual Senior Games, and this year was FAR OUT. It was a week filled with fun and friendly competition. There were lots of winners and no losers! Approximately 265 older adults participated and had a great time. Our oldest male and female participants were 94 years old! Their secret, they said, was to stay active and involved with friends and family.

Senior Games events included a Dance Contest, Bingo, Bowling, Mini Golf, Toss Em, Pickle Ball, 9 and 4 Lap Walks, a Disc Golf demo, Basketball Toss, and Cards & Checkers. Seniors won medals, but more importantly they socialized with their peers and listened to groovy music all week.



We were blessed with many volunteers including groups from Humana, UPS, Adaptive, Amedisys, Horseshoe, Home Helpers, Providence Health Campus, RSVP, Pilot Club, Floyd County Family YMCA, and students from Presentation Academy and Providence High School. While we are sad that this year's Games are over, we're already looking forward to next year. See you in June 2019!



To check out the complete list of winners, go to  
[www.lsr14.org/senior-games](http://www.lsr14.org/senior-games).  
and for more pictures go to  
[facebook.com/lifespanresourcesinc](https://facebook.com/lifespanresourcesinc)

## JOIN THE SENIOR GAMES GANG



### Join the Senior Games Gang

The **ONLY** membership organization for active older adults in the southern Indiana!

LifeSpan Resources Senior Games Gang 2018-2019 membership opens July 1. The Senior Games Gang is a membership group for area adults age 55+. Membership includes special "Members-Only" events year round and a free registration fee and t-shirt for next year's 2019 Senior Games. This year LifeSpan will host 6 different events for the Gang.

Best of all, your Gang membership helps you give back to the community through your pledges, which are used to assist older adults and individuals with disabilities to remain independent.

Information on how to join the 2019 Senior Games Gang will be mailed out to everyone who participated in this year's Senior Games. Watch your mailboxes in July for your Gang registration form, if you participated in this year's Senior Games. For anyone new to the Gang, please contact Michael or check our website for Coming Soon Info! We hope you join us and ring in a new year with the Senior Games Gang.

To learn more about the Senior Games Gang program, please call Michael Kolodziej at 812-206-7960.



### Your Life ENRICHED.

Hellenic Senior Living of New Albany is the new standard for assisted living in our community. Our affordable assisted living options can fit in to anyone's budget. Call **812-944-9048** for more information about all of the financial options available to you and your family.

**50 Scribner Drive | New Albany, IN 47150**

#### ACCEPTING MEDICAID WAIVER

Expected to open in early 2018, Hellenic Senior Living is the choice for an affordable assisted living for the distinguished adult. Relax, with the security of a worry-free home. We are confident that you will experience the care, comfort and enjoyment that "home" brings. **Learn more at [hellenicseiniorliving-newalbany.com](http://hellenicseiniorliving-newalbany.com)**



#### ABOUT HELLENIC SENIOR LIVING:

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## SENIOR GAMES SPONSORS

Thank you to those supporting our 2018 "Groovin' Seniors!"



## THANK YOU FOR YOUR SUPPORT



LifeSpan has been awarded \$10,000 from the **Harrison County Community Foundation (HCCF)** to support Meals to Go! clients residing in Harrison county. This grant will allow clients to come off the waiting list and begin receiving this vital service.

The grant award funding comes from the spendable amount of several Builder's Funds established at HCCF to fund projects benefiting the Harrison County community. These funds were created by individuals, families, and companies that feel good about what the foundation does for the community and allows the foundation board to decide how the spendable amount is used. A portion of that amount will fund this grant.

LifeSpan has been awarded \$24,711 from the **Horseshoe Foundation of Floyd County** to support Meals to Go! clients residing in Floyd county. This grant will allow clients to come off the waiting list and begin receiving this vital service.



LifeSpan is deeply appreciative of this funding to provide more Meals To Go! to those in need. The grant allows individuals who may not have anyone to help prepare meals or buy groceries to receive well balanced home delivered meals, thereby allowing them to remain living independently in their own homes.



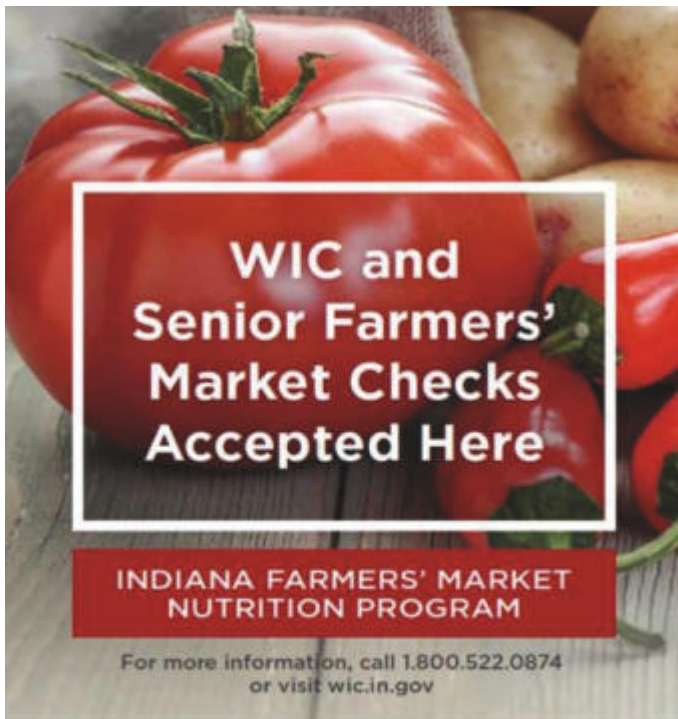
LifeSpan has been awarded \$47,555.86 from Metro United Way to support transportation services for clients in Clark, Floyd and Harrison counties. We are deeply grateful for this grant to help continue a vital service for the elderly and individuals with disabilities.

<p><b>ASSISTED LIVING AND SO MUCH MORE</b></p>  <p><b>Harrison Springs Health Campus</b> 812-625-7284 • Corydon, IN</p> <p><b>The Villages at Historic Silvercrest</b> 812-302-8231 • New Albany, IN</p> <p><b>Autumn Woods Health Campus</b> 812-302-8272 • New Albany, IN</p> <p><a href="http://trilogybs.com">trilogybs.com</a> • <a href="#">Twitter</a> <a href="#">Facebook</a></p> 	<p><b>Westminster Village...</b> A Senior Living Community You'll Be Proud to Call Home</p> <p><b>Where Life Begins at 60!</b></p> <table border="0"> <tr> <td> <p><b>Independent Living</b></p> <ul style="list-style-type: none"> <li>• Activities program</li> <li>• Housekeeping services</li> <li>• Transportation services</li> <li>• Monitored alert system</li> <li>• Evening meal</li> <li>• Pet friendly</li> </ul> </td> <td> <p><b>Assisted Living</b></p> <ul style="list-style-type: none"> <li>• 24 hour support</li> <li>• Assistance with daily living activities</li> <li>• Medication administration</li> <li>• 3 meals daily</li> <li>• Housekeeping, laundry &amp; transportation services</li> </ul> </td> </tr> </table> <p>   <b>2200 Greentree N. Clarksville, IN</b> </p> <p> <b>812 282.9691</b>  <small>AL license # 16-000100-1</small> </p>	<p><b>Independent Living</b></p> <ul style="list-style-type: none"> <li>• Activities program</li> <li>• Housekeeping services</li> <li>• Transportation services</li> <li>• Monitored alert system</li> <li>• Evening meal</li> <li>• Pet friendly</li> </ul>	<p><b>Assisted Living</b></p> <ul style="list-style-type: none"> <li>• 24 hour support</li> <li>• Assistance with daily living activities</li> <li>• Medication administration</li> <li>• 3 meals daily</li> <li>• Housekeeping, laundry &amp; transportation services</li> </ul>
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 <p><b>Kaiser Home Support Services</b></p> <p><b>2633 Grant Line Rd., New Albany, IN 47150 • Main Office – 812-945-6868 • <a href="http://www.kaisersupport.org">www.kaisersupport.org</a></b></p>	<p><i>Our mission is to compassionately support elderly and developmentally disabled individuals in achieving greater independence, increased community integration and personal growth in a manner that responds to their needs and cultural values.</i></p>
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## SENIOR FARMERS MARKET



This institution is an equal opportunity provider.



### Senior Farmers Market Nutrition Program: VOUCHERS ARE IN!

The Senior Farmers Market Nutrition Program (SFMNP) provides fresh locally grown fruits and vegetables to senior participants age 60+ who meet eligibility criteria. Eligible seniors receive coupon vouchers valued at \$20 to purchase produce at a locally-approved farmers market or farm stand (processed foods and baked goods are not allowed). LifeSpan will hold voucher distributions at multiple locations in June.

For more information, please call LifeSpan's Nutrition Coordinator, Carol Kaufmann at 812-206-1511.

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## HOW YOU CAN HELP

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Every dollar donated can create a major impact in the life of a senior citizen or disabled person in need of help.

*\$100 will provide five transportation trips for a medically fragile elderly individual.*

*\$50 will provide one week of Meals to Go! for a homebound elderly individual.*

*\$25 will provide one hour of Respite care for a Caregiver.*

Donate online at our website [www.lsr14.org](http://www.lsr14.org) OR Mail in your donation with the form below.

Donor Name:	Phone:
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All donations can be mailed to (include this form please): LifeSpan Resources, Inc. P.O. Box 995, New Albany, IN 47151-0995



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## CAREGIVER CONNECTION & NEW MEDICARE CARDS

### Taking Care of Yourself

Balance your physical activities and food consumption. Physical activity helps you to reduce weight, slows down bone loss, controls diabetes and cholesterol levels, lessens the risk associated with some types of cancer, depression, and anxiety - and helps in preventing heart disease. Start by walking for about 10 minutes three times a week. Start slowly and increase the length of time gradually. Choose activities that you enjoy. Always check with your doctor before starting an exercise program. (Source US Department of Health & Human Services)



### Memory Care - Hand Washing

Hand washing is often an issue in dementia care. Guide the person in your care to the sink and tell her step-by-step how to wash her hands. Explain to her what you are going to do next. Watch the flow of water so it is not too strong, as it can be frightening for a person with dementia.

**“When you reach the end of your rope, tie a knot in it and hang on.” - Franklin D. Roosevelt**

### Important Information on New Medicare Cards

The Centers for Medicare and Medicare Services (CMS) have announced the seven-stage rollout schedule for the replacement card, which has been redesigned to prevent fraud. The card is red, white, and blue, but it no longer includes a Social Security number, gender, signature or other personal information that could compromise a Medicare beneficiary's identity.



The new cards will have a new 11-character, randomly assigned number that has no connection to a beneficiary's other personal data. Medicare has until December 2019 to get recipients their new card. The mailing schedule is as follows:

- Delaware, the District of Columbia, Maryland, Pennsylvania, Virginia, West Virginia: April-June 2018.
- Alaska, American Samoa, California, Guam, Hawaii, Northern Mariana Islands, Oregon: April-June 2018.
- Arkansas, Illinois, **INDIANA**, Iowa, Kansas, Minnesota, Nebraska, North Dakota, Oklahoma, South Dakota, Wisconsin: **After June 2018.**
- Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island, Vermont: After June 2018.
- Alabama, Florida, Georgia, North Carolina, South Carolina: After June 2018.
- Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Texas, Utah, Washington, Wyoming: After June 2018.
- Kentucky, Louisiana, Michigan, Mississippi, Missouri, Ohio, Puerto Rico, Tennessee, Virgin Islands: After June 2018.

Before the mailing begins, beneficiaries should make sure their addresses are correct. If you need to make a change, contact the Social Security Administration, which will be preparing and mailing the cards, at [ssa.gov/myaccount](http://ssa.gov/myaccount) or by calling 800-772-1213.

CMS also wants beneficiaries to beware of anyone who contacts them about their replacement Medicare card, as scammers have already targeted recipients with new ploys. CMS officials say they will never ask a beneficiary for personal or private information or for any money as a condition of getting a new Medicare number and card.

For more info or if you have questions, contact LifeSpan SHIP counselor, Frankie Able at 812-948-8330 ext 7902.

# 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.

Our behavioral health team offers treatment for adults in Jeffersonville and surrounding areas. We are experienced at treating many conditions including depression, anxiety, addiction, bipolar disorder, schizophrenia, dementia and Alzheimer's disease.

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注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電1-812-282-6631。

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