

# LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**MARCH - APRIL  
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  
Harrison &  
Scott Counties ....812.948.8330  
Toll Free .....888.948.8330  
Website..... [www.lsr14.org](http://www.lsr14.org)



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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

## **Inside This Issue**

Transportation News  
Caregiver Connection  
LifeSpan Senior Centers  
Senior Games!



## **About LifeSpan Resources, Inc.**

LifeSpan is a non-profit organization that connects individuals to resources, options, and services to remain living independently for as long as possible. Clients include the elderly and persons with disabilities of any age. Some of our services include home delivered meals (Meals to Go!), Transportation, and numerous in-home services.

Our service area includes Clark, Floyd, Harrison, and Scott counties. To access information about services and supports, please contact LifeSpan at 1-812-948-8330 and ask to speak with an Options Counselor.

You may also make a referral or access more information on our web site: [www.lsr14.org](http://www.lsr14.org).

## **LifeSpan Mission Statement:**

*Promoting Independent Living for People of All Ages*

### Welcome to the new *LifeNotes*!

LifeSpan is a beehive of new activity this year. We are kicking things off with our new *LifeNotes* agency newsletter. We have partnered with a new company, Liturgical Publications, to produce and print our newsletters.

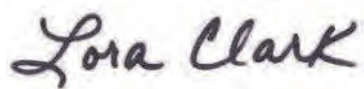
*LifeNotes* will now be expanded to a 12-page publication with more community resource information, caregiving resource articles, and local advertising to help you make informed health choices for yourself or loved ones.

The newsletter will be produced bi-monthly with distribution to our clients, providers, donors, and community locations.

We are truly kicking off 2018 with a lot of excitement. Our new three-year strategic plan is in full force. Some of our objectives are to create a new, more user friendly website, promote our programs and services more effectively to our community, enhance our Senior Games programming, and upgrade our annual gala fundraiser, Vino at the Casino. There will be some exciting changes to that event so stay tuned!

We've been told that LifeSpan is one of the best kept secrets in town. Well no more! Our goal is to become the best known resource in town, and our new *LifeNotes* is one of our first steps in that direction.

We hope you enjoy the publication and please let us know what you think!



Lora Clark  
CEO



#### 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

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

### Need a ride to the doctor, grocery, or senior center?

*LifeSpan Transportation can help!*

Keeping seniors involved in the community, or simply getting them to their health care providers often requires a concierge transportation service. These services can be very hard to find, and expensive. LifeSpan operates one of a very few door-through-door transportation services in our 4-county service area. For more than 40 years, LifeSpan has operated a fleet of wheelchair-accessible vehicles driven by drivers who receive training in safe passenger transport, are also background checked, and are screened for drugs and alcohol. Uber can't say that!



In 2017, LifeSpan was able to acquire four new vehicles under a Federal grant program administered by the Transit Authority of River City (TARC) in Louisville. We were able to retire several older high-maintenance vehicles. Near the end of the year, we implemented a new scheduling system allowing us to track our vehicles via electronic tablets in real time. This system, called Ecolane, is allowing us to add more capacity to our program. Therefore, in 2018, we have expanded our program to include not only non-emergency medical transportation, but also social transportation to places like grocery stores, pharmacies, government facilities, libraries and senior centers. Adults age 60+ may call LifeSpan and speak to an Options Counselor to register for the program. Registration is free, and trips are available for a suggested \$2 donation per trip. LifeSpan Transportation also accepts Medicaid for medical trips.

Providing transportation to older adults and individuals with disabilities of any age is central to our mission of promoting independent living. We strive to handle all requests for transportation. Give us a call today and get where you need to go!

### Board of Directors

**Candice Barksdale - President**, Retired CEO Goodwill of Southern Indiana, Floyd County

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**Tonya Fisher**, City of New Albany Economic Development Coordinator, Floyd County

**Jeff Gahan**, Mayor of New Albany, Floyd County

**James Goldman**, Retired Dairy Farmer, Palmyra Town Council, Harrison County

**Rutha Stone-Stallworth** - Mgr Employee & Labor Relations, Horseshoe Sou. Indiana, Harrison County

**Ishmael White**, Ford Motor Company Manager of IT Plant Implementation Americas, Scott County



### Diabetes Care & Precaution

Diabetes can affect many parts of the body, and can lead to serious problems such as heart disease, blindness, kidney damage, and lower-limb amputations. People with diabetes can reduce these risks with the help of their doctors, families, and caregivers. This means controlling the levels of blood glucose (blood sugar), blood pressure, and blood lipids (cholesterol), and receiving regular preventative care.

Older people with poor control of blood sugar levels often have problems with thinking, depression, and other disabilities. If you are caring for an older person who has diabetes, be sure they see the doctor on a regular basis to be evaluated. Good diabetes care can help reduce the risk of complications.

**Blood Sugar- Diabetes** is a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy. In order to keep the amount of blood sugar in the blood from becoming too high, people with diabetes take supplemental insulin in pill form, by pump, inhaled or by injection. Caregivers are often responsible for blood sugar testing.

**Insulin Shock-** Blood sugar levels can also become too low from giving too much insulin or from poor diet, resulting in a serious condition called insulin shock or hypoglycemia. Signs include: shaking, nervousness, feeling faint, or even passing out. Call 911 immediately if the person faints and is unresponsive.

**Blood Pressure & Cholesterol**—People with diabetes are more likely to have a heart attack or stroke. Lowering blood pressure and cholesterol through better diet and medication can help limit this risk. Lowering blood pressure also reduces stress on the kidneys.

**Weight Control & Exercise-** Eating regular, balanced meals that include carefully measured portions can help keep diabetes under control. Caregivers should limit the amount of candy, cookies, and other desserts given to someone with diabetes. Always read food labels for hidden sugars in unexpected places such as crackers, bread crumbs, and ketchup. Sometimes, simple measures such as watching the diet, losing weight, and increasing exercise can bring diabetes under control.

**Eye Care**—People with diabetes should see the eye doctor regularly. Laser therapy can reduce the possibility of severe vision loss caused by diabetes.

**Signs of Diabetes**—Some people with diabetes have no symptoms until they find out from a routine blood test. Some symptoms-

- Feeling very thirsty
- urinating often
- feeling very hungry or tired
- losing weight without dieting
- sores that heal slowly
- dry, itchy skin
- pain, tingling or loss of feeling in the feet
- blurry vision

**Healthy Eating**—Eating *the right amount* of food will also help manage blood glucose level & weight.

Portion size examples:

- 1 serving of meat or poultry is a deck of cards
- 1 3-ounce serving of fish is a checkbook
- 1 serving of cheese is six dice
- 1/2 cup of cooked rice or pasta is a rounded handful or a tennis ball
- 1 serving of pancake or waffle is a DVD
- 2 tablespoons of peanut butter is a ping pong ball
- Drink water instead of sweetened beverages. If you drink alcohol, drink moderately—no more than 1 drink a day if you're a woman, 2 if you're a man

Source : National Institute of Diabetes & Digestive and Kidney Diseases Health Information Center



[www.swapmeetdave.com/Humor/Seniors.htm](http://www.swapmeetdave.com/Humor/Seniors.htm)

## SAVE THESE DATES



Date	Event	Location	Time
Friday, April 13, 2018	<i>LifeSpan Senior Games Gang Event: BUNCO</i>	Eastern Heights Baptist Church Jeffersonville	11:00 AM – 1:00 PM
Thursdays April 25 - May 24, 2018	<i>A Matter of Balance 8 wk program</i>	YMCA Floyd County	9:00 AM- 11:00 AM
Tuesdays April 10– May 3, 2018	<i>ElderLead Mental Health Workshops</i>	Various LifeSpan Congregate Sites	12:00 PM—2:00 PM
Monday, June 4 – Friday, June 8, 2018	<i>LifeSpan Resources Senior Games 2018: “Groovin’ Seniors”</i>	Opening: St Augustine Jeffersonville Closing: Sacred Heart Jeffersonville Various event venues	Opening: 9 AM- 1 PM Closing: 10 AM – 1 PM

For more information about these events, please contact Lucy Koesters at 812-206-7938



### 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.

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### ACCEPTING MEDICAID WAIVER

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### Did you know LifeSpan operates senior centers and congregate meal sites?

By Lucy Koesters, CBDO

Looking for something fun to do on weekday mornings? Or perhaps you know an older adult who would like to attend a social setting for lunch each weekday? Well, look no further. LifeSpan operates several senior centers and hot lunch sites in our service area. A hot well-balanced and dietician-approved meal is available Monday – Friday to older adults age 60+ in sites each of our four counties. A chef salad is available daily in lieu of the plate meal, if preferred.

Registration for the meal program is free and can be completed at the site. There are no eligibility requirements other than age (60+). Reservations for meals must be made at least one day in advance by contacting the meal site. A \$2.50 donation per meal is suggested, but not required. Senior Centers and meal sites offer health and wellness activities such as Tai Chi, walking programs, mental health, and nutrition education. Social activities include arts and crafts, bingo, cards and games, and music. Activities vary by location. Please call the site manager of the center to register, or for further information.

#### Senior Centers Sites

##### Floyd County, Indiana:

###### **Riverview Towers**

500 W. Scribner Drive, New Albany  
Pat Sullivan (502-345-8699)

###### **Peggy's Place**

1730 Audubon Dr. Ste 100, New Albany  
Ramona Miller (812-948-8330)

##### Harrison County, Indiana:

###### **Joe Rhoads Senior Center**

123 S. Mulberry Street, Corydon  
Rick Haines (812-738-7603)

###### **Palmyra Senior Center**

13584 Greene Street NE, Palmyra  
Jenny Kirkham (812-364-6106)

##### Scott County, Indiana:

###### **Bacala Senior Center**

69 E. Wardell Street, Scottsburg  
Shawna Lewis (812-206-7962)



New Albany Mayor Jeff Gahan visiting Riverview Towers during Nutrition Awareness Day, 2018.

##### Clark County, Indiana:

###### **Yellowwood Terrace**

2100 Greentree North, Clarksville  
Traci Fetz (812-282-1435)



Nutrition Awareness Day at Yellowwood Terrace in Clarksville.

# NATIONAL VOLUNTEER MONTH

Supporting  
National  
Volunteer  
Month



## April is National Volunteer Month!

LifeSpan is deeply grateful for our many volunteers who lend their time and talent to help support our mission and serve our clients. LifeSpan volunteers serve in meal sites, help with Senior Games, perform clerical support, serve on our boards, and help with special projects. In 2017, LifeSpan's 160 volunteers donated nearly 7,000 hours of community service, making a tremendous impact on our clients' lives.

National Volunteer Month was created in 1974 and has grown exponentially each year as the Baby Boomers move into retirement years and discover the joy and enrichment volunteering brings to their lives.

If you, or someone you know, would like to explore volunteer opportunities with LifeSpan, please call our Volunteer Coordinator, Earlene Bennett at 812-206-7904.



LifeSpan's 2018 Gold Leaf Volunteer:  
Sallie Jo Tomes.

Thank you, Sallie Jo, for volunteering in our meal sites each week with your wonderful smile and positive energy!

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**RHF** **2200 Greentree N. Clarksville, IN 812 282.9691**  
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**Kaiser Home Support Services**

*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.*

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## SENIOR GAMES

### Let the Games begin!

Senior Games is a week-long community event for active seniors in our service area. **The games will be held in 2018 the first week of June: June 4 – 8, 2018.** The event focuses on health and wellness with events like Pickleball, Basketball Toss, Dance Off, Bowling, Mini-Golf and more. Opening and Closing ceremonies are also tons of fun with a live band and DJ music, a vendor fair, catered lunches, and lots of awards. The theme this year is “Groovin’ Seniors,” a look back at the ‘60s.

Events are held at various venues around Clark and Floyd counties. Senior Games is also one of LifeSpan’s largest fundraisers; sponsors are greatly appreciated. Funds raised go to support LifeSpan’s mission of promoting independent living for the elderly and persons with disabilities.

All participants must be registered for the Games. Cost is \$15 for the entire week and includes a t-shirt, lunches, and snacks. For more information, please contact Earlene Bennett at 812-206-7904.



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YOUR FAMILY & HOME**  
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HOME SECURITY TEAM

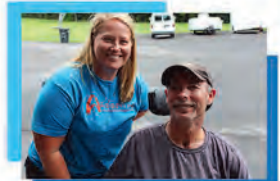
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## LIFESPAN STAFF SPOTLIGHT: MICHAEL KOLODZIEJ



### Meet Michael Kolodziej, LifeSpan's new Community Engagement Director!

LifeSpan is pleased to announce that Michael Kolodziej (pronounced KUH LOH JAY) has been hired as the agency's new Community Engagement Director. Michael brings a non-profit and public administration background to LifeSpan, having previously served in various fundraising, communications, and donor relation roles with Metro United Way, YMCA Safe Place Services, and Metropolitan Housing Coalition. Michael holds a Masters in Public Administration/Non Profit Management from the University of Louisville and a Bachelor of Arts degree in U.S. History from Indiana University with minors in Political Science and Sociology.

In his new role with LifeSpan, Michael will be responsible for managing the agency's public relations, marketing, donor relations, and community outreach. In addition, Michael will be engaged with LifeSpan's membership group of active seniors, called the "Senior Games Gang."

Michael grew up in northwest Indiana and is an avid Chicago sports fan. Michael has a green thumb, enjoys cooking, but is most passionate about music. He played trombone in jazz ensembles growing up, and loves collecting vinyl records. He and his wife met while attending IU and now live in Jeffersonville. Michael started his position with LifeSpan on February 20, 2018.



### Helping You Shine as Long and Bright as You Can

Our local, compassionate, Care Teams of doctors, nurses, social workers, chaplains, CNAs, counselors and volunteers provide:

- Pain & Symptom Management
- Hospice & Palliative Care
- Specialized Care for the Seriously Ill
- Grief Counseling & Spiritual Support
- *We Honor Veterans* Program



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## THANK YOU & SAVE THE DATE

**Thank you to the following grant funders for their support of our programs!**

**Greater North Clark Health Foundation:** Transportation

**Harrison County Community Foundation:** Meals on Wheels

**Horseshoe Foundation:** Meals on Wheels

**Meals on Wheels America :** Client Pet Food Program

**Metro United Way:** Transportation

**Federal Transit Administration Enhanced Mobility of Seniors & Individuals with Disabilities - Section**

**5310/TARC:** Vehicle Purchases

**Scott County United Way:** Transportation and Outreach

Greater North Clark Health Foundation



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# 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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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-812-282-6631.

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。

## FREE EDUCATIONAL WORKSHOPS Attendees receive a FREE CONSULTATION

### Upcoming Workshops (*Registration Required*)

Tuesday Mar 6	10:00am	Saturday Apr 7	10:00am
Saturday Mar 10	10:00am	Thursday Apr 12	1:00pm
Thursday Mar 15	1:00pm	Thursday Apr 19	10:00am
Thursday Mar 22	10:00am	Tuesday Apr 24	10:00am
Tuesday Mar 27	10:00am		



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Jessica Richards

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### Help LifeSpan fulfill our mission and make a contribution today.

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 5 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.*

*\$10 will provide emergency assistance for 1 prescription co-pay.*

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

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