

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**MAY - JUNE
2018**

LifeSpan Resources MAIN OFFICE

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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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About LifeSpan Resources, Inc.

LifeSpan is a state designated Area Agency on Aging

Last month, we explained that LifeSpan is a non-profit organization that connects individuals to resources, options and services to help them remain living independently. LifeSpan is also one of 15 state designated Area Agencies on Aging in Indiana.

Area Agencies on Aging (AAAs) were established under the Older Americans Act (OAA) in 1965 to serve as “on-the-ground” organizations charged with assisting older persons to live with independence and dignity in their homes and communities. The Congressional authors viewed the role of AAAs to include identifying the priority service needs of the population age 60+ in the community, developing plans of action to address those needs, and serving as visible advocates with, and on behalf of, older Americans.

The needs of older adults will continue to rise as the massive number of Baby Boomers enter their retirement and elder years. The first wave of Boomers began turning 65 in 2011 and by 2030, more than 70 million will be age 65 and over, representing 18% of the nation’s population.

While the staggering number of older people continue to need more and more help as they age, funding has not kept pace. Diminished budgets represent challenges to all Area Agencies on Aging. That’s why we at LifeSpan greatly appreciate our individual and corporate donors’ generosity in support of programs that provide care for the frail elderly and disabled persons in our midst. We, and our clients, can’t thank you enough.

If you love the new LifeNotes newsletter, go to lsr14.org and sign up for our brand new LifeSpan Update e-blast.

LifeSpan Mission Statement:

Promoting Independent Living for People of All Ages

Community Connections

By the time you are reading this issue of LifeNotes, one of our largest community events will be in the history books, Thunder Over Louisville, our community's huge fireworks spectacle and the kickoff to the Kentucky Derby Festival. With near perfect weather, the event went off without a hitch. Over half a million people watched it in person, and the fireworks were simply breathtaking this year. If you weren't watching it live along the river, you were no doubt watching it at home on TV. What a powerful way to connect the community.



But it struck me as I was watching the event along the Indiana side of the river: how many people in our community would not attend - elderly people, mobility-challenged persons, and homebound folks. These are the people LifeSpan cares for each and every day. We strive to keep them independent and connected in the community through things like our transportation service, congregate meal sites, health and wellness programs, and in-home services such as Meals To Go! and in home caregiving. Our mission is to help individuals remain living independently as long as possible, and while that may not mean getting them to Thunder Over Louisville, we work hard to make their lives comfortable and happy - and connected to the community in as many ways as possible.

May is Older Americans Month. This year's theme is Engage at Every Age, and it perfectly reflects our mission. It's one of the main reasons we host the annual weeklong LifeSpan Resources' Senior Games, a week of fun and friendly competition for our older adults. This year's theme is "Groovin' Seniors" and is coming up June 4 - 8, 2018. Go to our website for more info on this fantastic event. May is also host to several appreciation weeks:

May 6th-12th is National Nurses Appreciation & National Hospital Week

May 13th-19th is National Nursing Home Week & National Police Week

May 20th - May 26th is National EMS Week

We'd like to give a big shout out of appreciation to the professionals who work in these areas. We at LifeSpan work in partnership with many of you to keep our clients safe and healthy.

Finally, best wishes to all the Moms and Dads (and Grandmoms and Granddads) out there as we celebrate Mother's Day in May, and Father's Day in June. We know you do a fair amount of caregiving for family members of all ages. Here's hoping someone provides a little care for YOU on your special day!

Lora Clark

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

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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

CEO - Lora Clark

Editor - Michael Kolodziej

OLDER AMERICANS MONTH

Older Americans Month

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, *Engage at Every Age*, emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental, and emotional well-being and celebrates the many ways older adults make a difference in our communities.



Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean.

At LifeSpan, we help you engage through activity programs at our congregate nutrition centers, the annual Senior Games event in June, and the Senior Games Gang, our membership group that meets regularly for healthful fun and games. LifeSpan also offers health and wellness programs such as Tai Chi, Walk with Ease, and A Matter of Balance, Falls Prevention Program.

In May, each of our nutrition centers will be celebrating Older Americans Month. Please contact LifeSpan for more info on any of our health and wellness programs for Older Adults.

Call Ramona Miller at 812-206-7936.



Seniors enjoy an outdoor Tai Chi class with Master Rick Haines at the Joe Rhoads Senior Center in Corydon, Indiana.



LifeSpan Leadership Promotes Programs

LifeSpan's COO, Vickie Medlock and CEO, Lora Clark, met with Rep. Trey Hollingsworth in May to discuss the state of federal programs supporting aging and in home services. Vickie and Lora stressed the importance of the federal Medicaid program and the tremendous need to use this funding for home and community based services. They also thanked Rep. Hollingsworth for the recently approved increases to Older Americans Act funding, which supports services such as meals on wheels and caregiver support.

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LIFESPAN RESOURCES' SENIOR GAMES 2018

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



CAREGIVER INFORMATION

An Ounce of Prevention

Preventive health is important for everyone, especially for older adults. This is because your risk for health problems increases as you age. By preventing problems, or identifying them at an early stage, you are more likely to live a longer, healthier, and more satisfying life. The following health preventions are especially important for older adults:

- **Influenza vaccine:** This yearly vaccine helps prevent influenza (the flu). Older adults should get this vaccine every year. About 85% of the deaths from influenza are in people 65 years of age or older.
- **Pneumococcal vaccines:** This is especially important for older adults, who are more likely to get pneumonia and develop complications.
- **Diabetes screening:** Diabetes is very common in older adults. It affects almost 1 out of every 4 adults 60 years of age and older.

Source: Enhancing Use of Clinical Preventive Services Among Older Adults by Centers for Disease Control and Prevention, Administration on Aging, Agency for Healthcare Research and Quality, and Centers for Medicare and Medicaid Services

Talk to your health care provider or medical practice for answers to your questions. A practice dedicated to geriatric care, such as JenCare Senior Medical Center, can be a good resource to get specific information about health issues associated with aging. Call JenCare at 502-888-4601 for more information.

Article submitted by Stephanie Collette



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SENIOR GAMES & VENDOR FAIR

Senior Games “Groovin’ Seniors is June 4–8, 2018



We hope you join for the event!



Opening Ceremony: Monday June 4 at St Augustine’s in Jeffersonville. The fun begins with Bingo, a dance contest and lunch.

It continues throughout the week with Bowling, Minigolf, Toss ‘Em, Pickleball, Nine & Four Lap Walk, Disc Golf, Basketball Toss, and Cards & Checkers, ends with...

Closing Ceremonies: Friday June 8 at Sacred Heart Church in Jeffersonville with a DJ, vendor fair, and the award ceremony!

If you would like to play or volunteer, please call Michael at 812-206-7960

Join the Senior Games Gang

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



LifeSpan Resources Senior Games Gang 2018-19 membership opens July 1. The Senior Games Gang is a membership group for area adults age 55+. Membership includes special “Member-Only” events year round and a free registration fee and tee shirt for the 2019 Senior Games next year. And best of all, your Gang membership helps you give back to the community through your pledges, which are used to assist the frail elderly who are not in a position to help themselves.

To learn more about the Senior Games Gang program, please call Michael Kolodziej at 812-948-7960.



LifeSpan Resources’ 2nd Annual In-Home Services Vendor Fair



The In-Home Services Vendor Fair/Care Manager Training was held on April 26th at St. Mark’s in New Albany. COO, Vickie Medlock and CEO, Lora Clark, along with LifeSpan in-home staff, greeted the 34 vendors and thanked them for participating. Help at Home (middle) provided lunch while Hannah Dubberly, Sheila Cox and Tracey Sanders (right) eagerly awaited door prize drawings. A big thank you to event coordinators Tim Lengel and Carol Vance with help from Lucy Koesters, Michael Kolodziej, Earlene Bennett, Drew Landreth and Adam Rains.

CAREGIVER CONNECTION

Keep Clean and Avoid Germs!

There is an increase in infectious diseases and a growing resistance to antibiotics. Therefore, effective cleaning techniques and basic health practices such as frequent hand washing are especially important. Germs can linger in the air after a person sneezes or coughs, others persist for days on various surfaces, while others contaminate your food. *How much do you know about effective cleaning?*

Answer True or False to the questions below.



1. It is not important to keep pets off kitchen counter tops and dining tables. **T F**
2. Use a leak-proof plastic bag, tied shut, for linen that contains body fluids or waste. **T F**
3. Hand washing is the single *most important way to prevent the spread of infectious diseases*. **T F**
4. Our bodies naturally carry germs on them. Most of these germs are harmless, and some are even essential to our health. **T F**
5. Hand sanitizer gels can be used to kill germs, but they should *not* always replace hand washing. **T F**
6. Proper hand washing requires *rubbing* both hands with soap and water to break down the grease and dirt that carry germs. **T F**
7. When cleaning, work from the cleanest to the dirtiest area & always wear gloves when giving personal care. **T F**
8. Never shake soiled linens because germs may contaminate the floor and be spread throughout the house on the soles of shoes. **T F**
9. As important as it is to properly wash your hands, it's equally important to dry them correctly too. **T F**
10. Damp dish towels will not breed bacteria. **T F**

KEY: 1. F; 2. T; 3. T; 4. T; 5. T; 6. T; 7. T; 8. T; 9. T; 10. F

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MEALS TO GO!



Meals to Go!: LifeSpan's Home-Delivered Meal Program

LifeSpan Resources provides home delivered meals to homebound seniors and individuals with disabilities in Clark, Floyd, Harrison and Scott counties. All of our meals are prepared by Masterson's Catering and carefully planned by a Registered Dietician to meet 1/3 of the recommended daily allowances established by the Dietary Guidelines for Americans. Meals are planned to ensure low salt, fat and sugar.

A typical meal will consist of entree, vegetables, soft whole grain bread, low sugar or fruit dessert and 1% milk. Meals To Go! choices include Regular Dinner, Diabetic, Soft Foods, Puree, and Breakfast boxes. Deliveries are made weekly. Meals To Go! home delivered meals are available on a long-term or short-term basis.

To receive home delivery, an individual should meet the following criteria:

- Have a physical or mental impairment that prohibits meal preparation.
- No one is available to prepare meals.

Every effort is made to minimize wait time for home delivered meal service. We are grateful to local community foundations for providing service to those who may be on the wait list.

Home delivery is also available on a private pay basis to anyone in our service area with no eligibility requirements and no wait list if there is a need. Meal cost is \$45.50 per week for a 7-meal box (Free delivery). To complete an intake please call LifeSpan's Aging and Disability Resource Center (ADRC) and speak to an Options Counselor: 812-948-8330 or toll free: 888-948-8330.



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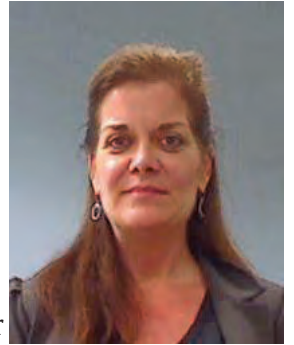
LIFESPAN STAFF SPOTLIGHT

A Day in the Life of a LifeSpan Care Manager: Lisa Angell

By Lucy Koesters

Ever wondered what a LifeSpan care manager does all day or what, exactly is “care management?” All LifeSpan Resources’ care managers are certified by the Indiana Family & Social Service Administration/Division of Aging. A care manager’s role is to coordinate and integrate all services required in a participant’s care plan. Care managers enable participants to receive a full range of services needed in a planned, coordinated, and effective manner.

Lisa Angell is one of LifeSpan’s many stellar care managers. She has been with the agency for six years, having previously served in several social service capacities. LifeSpan came knocking and Lisa came on board, she says, because “LifeSpan was always well respected in the community.”



When asked what a typical “day in the life” of a care manager is like, Lisa responded, “You never know!” She might spend her mornings returning client phone calls and emails, documenting activities with clients, working on care plans, or prepping for in-home client assessments. She typically schedules her client visits in the afternoons, but remains flexible to meet the needs of her clients. She stresses an important part of her job is following up with all incident reports and responding to needs to ensure clients are safe. She helps clients work through things like loss of Medicaid, eviction, exploitation, surgeries, rehab discharge to home, overall declines in health, loss of independence and accepting more help.

Lisa says that while her work can be stressful, it is also very rewarding: “We have the ability to do so much for our clients: food, in-home support, pest control, environmental modifications, medical supplies, health care, medical equipment, and transportation.”

What advice would Lisa have for someone interested in becoming a LifeSpan care manager? “It’s a complex job that requires the ability to multi task, self- manage and meet timelines. It takes excellent people skills to obtain trust, coordinate services and establish strong partnerships and really get to know your clients and their needs, and put the supports in place.” But the rewards, for Lisa at least, seem to be in the client interaction. “We truly enhance our clients’ lives. They are so sweet and gracious for what we do. They live healthier, happier, longer lives in their own homes. I know I make a difference every day. There is NOTHING else like LifeSpan Resources!”

To learn more about LifeSpan’s care management program, or to refer an individual for help, please contact LifeSpan at 812-948-8330 and ask to speak to an Options Counselor in the Aging and Disability Resource Center (ADRC).

New Medicare Cards

New Medicare Cards will be mailed to beneficiaries beginning in April 2018 through April 2019.

Meanwhile, scammers are calling people saying they’re from Medicare and they need to confirm your number. Don’t give out any personal information! LifeSpan’s Senior Medicare Patrol (SMP) has information on how to protect yourself.

Contact Frankie Able at LifeSpan to learn more.
812-206-7902



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Thursday Mar 22	10:00am	Tuesday Apr 24	10:00am
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