

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**JULY - AUGUST
2020**

LifeSpan Resources

MAIN OFFICE

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

PHONE NUMBERS

Main Office812.948.8330
Toll Free888.948.8330
Websitewww.lsr14.org



Check us out on Facebook!
[@LifespanResourcesInc](https://www.facebook.com/LifespanResourcesInc)



And on Instagram!
[@lsr14na](https://www.instagram.com/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

Look Inside!

OUR COMMITMENT TO BLACK LIVES MATTER

Meet our New Board Officers
Meet Our Long-Term Care Ombudsman
COVID-19 Program Updates
Thank You Grant Funders
Senior Farmers Market Program
Senior Games Update/Registration
Voice and Vino Update
Dementia Friends-Zoom
Get Out in Nature/Take A Walk

Take Advantage of Summer Produce with the Senior Farmers Market Nutrition Program

Summer is finally here!

What better way to boost your immunity during the pandemic than with summer's abundance of fresh fruits and vegetables? **In addition to taking advantage of our well-balanced Meals to Go! nutrition program, you can easily add color to**



every meal and snack. Try some of these ideas that don't require a lot of changes to the way you eat:

- Add frozen peas or broccoli to rice when it's almost done cooking.
- Have a meatless meal once a week. Think vegetable lasagna, portabella mushroom "burgers" or grilled veggie kebabs.
- Fill out a sandwich with fruits and veggies. Try sliced or shredded vegetables like beets, carrots, celery, cucumbers, onions, peppers, radishes, tomatoes and zucchini.
- Work fruits and vegetables into your favorite dishes.
- Make adding fruits and veggies to meals a snap by cutting them up and keeping them in the fridge. They'll also be handy for snacking!
- Make fruit popsicles. Freeze 100 percent juice or pureed fruit in an ice tray or popsicle mold.
- Add spinach, peppers or mushrooms into scrambled eggs or omelets.
- For snack time, keep fresh fruit and pre-chopped or no-chop veggies (such as baby carrots, cherry tomatoes and sugar snap peas) on hand, as well as single-serve containers of raisins or applesauce.
- Enjoy fruit for dessert most days and limit traditional sugar-sweetened desserts to special occasions.
- Eat the rainbow: A fun and tasty way to make sure you are eating a good variety of fruits and vegetables is to eat as many different colors as you can each day.
- Keep a bowl of whole fruit handy on the desk, table or countertop.

Let LifeSpan's Meals to Go! Nutrition Program and the Senior Farmer's Market Nutrition Program (SFMNP) help you incorporate lots of fruits and vegetables into your meals during the pandemic. Speak to an Options Counselor for meals info at 812-948-8330. See page 6 in this issue for more information on this years' SFMNP program.

Our Commitment to Black Lives Matter

The last few months have had everyone reeling from a variety of emotions, most recently though, we've all been sad and frustrated by the continued racial injustices that are taking place in America. LifeSpan Resources recently posted the following statement to our social media sites, as well as our website, to address our thoughts and stance on the countless, needless deaths of Black Americans in the United States:

LifeSpan Resources stands against any form of racism and acknowledges that there is systemic racism in this country. We share the deep grief and outrage over the senseless murders of countless Black lives.

LifeSpan Resources, as a key organization in Southern Indiana supporting independence and quality of life for all persons through advocacy, education and client centered services, it is our desire to see all Black Americans treated in a fair, unbiased and equitable manner.

We are willing to have tough conversations to address the imbedded systemic racism and to root it out whenever and wherever it appears. We believe that open and honest dialogue must happen at every level in the organization and that such dialogue is necessary to create change.

We intend to be part of the solution and will engage our Board, leadership team, staff, and those we serve to ensure that our environment is free of any and all systemic racism that may hinder the progress towards our Mission.

TOGETHER, we will seek out advocates for justice; support civil rights organizations; invest in diversity, equity and inclusion in our organization; develop inclusive policies; and implement a diversity committee to examine ways we can educate employees and create open dialogue that will ensure understanding.

We are committed to change. We are committed to listening to YOU. We are committed to making LifeSpan Resources, a part of the solution.



Lora Clark, CEO; and the LifeSpan Resources' Board of Directors
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

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.

LIFESPAN BOARD OF DIRECTORS UPDATES

Congratulations to LifeSpan's New Board Officers



Annette Roberts
President



Doug Drake
Vice-President



Chris Schwaniger
Treasurer



Mary Alice Fortener
Secretary



**Thank you to out-
going President,
James Goldman**

A new slate of officers was sworn in during the June Board of Directors meeting. The newly elected board consists of: Annette Roberts, President; Doug Drake, Vice-President; Chris Schwaniger, Treasurer; and Mary Alice Fortener, Secretary. Outgoing officers were: James Goldman, President; Barbara Crecelius, Vice-President; and Tonya Fischer, Secretary. Mary Alice Fortener is continuing as an officer, rotating from Treasurer to Secretary. *Thank you for a job well-done to our outgoing officers. Your dedication to LifeSpan Resources is appreciated more than you will ever know.*



LifeSpan Names New Long-Term Care Ombudsman

Recently, LifeSpan Resources named Jacqueline "Jackie" Pollock as the new Long-Term Care Ombudsman at LifeSpan. As the Long-Term Care Ombudsman, Jackie will advocate for residents of long-term care nursing facilities and assisted living facilities under the direction of the Long-Term Care State Ombudsman. Her primary purpose will be to promote and protect the rights of residents under federal and state law. She will investigate complaints made by or on behalf of residents and attempt to resolve issues at the request of the resident and/or resident representative.

Jackie was previously a Case Manager in the In-Home Services Department for three and a half years before taking on her new role. Jackie is a native of Mississippi and is the youngest of three. She attended Mississippi State University where she earned a degree in Special Education. She later attended Webster University where she earned a Master's degree in HR Management and HR Training and Development. She lives in Sellersburg with her husband of 32 years and she enjoys reading and gardening in her spare time.

Board of Directors

Annette Roberts - President, Floyd County
Doug Drake - Vice President, At-large
Chris Schwaniger - Treasurer, Harrison County
Mary Alice Fortener - Secretary, Clark County
Tonya Fischer, Floyd County
Dr. Deepak Azad, At-large
Barbara Crecelius, At-large
Mayor Jeff Gahan, Floyd County
James Goldman, Harrison County
Ishmael White, Scott County
Julie Young, At-large

Advisory Council

Ellen Kelley - President, Clark County
Alma Harris - Vice President, Clark County
Tara Avis, Harrison County
Pam Clark, Clark County
State Representative Ed Clere, Floyd County
Leslie Curry, Clark County
Cheryl Fisher, Harrison County
Glen Hammack, Floyd County
Becky Jaenichen, Floyd County
Annette Lawler, At-large
Marquetta Percell, Clark County
Beth Preher, At-large
Kasandra Ramsey, Floyd County
Leslie Robertson, At-large

LIFESPAN COVID-19 PROGRAM UPDATES

Meals on Wheels (Meals to Go!)

LifeSpan and Mastersons Catering have continued to increase the number of meals delivered in our service area throughout the pandemic. **We would like to SHOUT OUT a special THANK YOU to the Mastersons delivery drivers: Anna, Gina, and Keith, who continue to go above and beyond to deliver meals to many new people. Thank you!** Well-balanced nutritious meals are delivered weekly, and are still available. Call LifeSpan's Aging & Disability Resource Center to apply. See below.

Senior Hot Lunch/Congregate Program

All congregate sites remained closed at this writing, but plans are now being considered for possible reopening later this summer with potential health screenings and social distancing required. In the meantime, LifeSpan continues to provide all congregate clients with weekly deliveries of nutrition meals, along with packets of health and wellness information, activities and fun and games. Watch our web site and Facebook pages for reopening information to come.

Transportation

We are continuing to provide critical medical trips such as dialysis, chemotherapy and social trips to the grocery and other locations. We ask that riders wear masks and stay home if not feeling well. We are operating in all four of our service counties. Drivers are wearing face shields and sanitize vehicles after each trip. **We would like to give a special THANK YOU to our drivers: Allen, Bobby, Debbie, Diego, George, Kenny, Larry, and Tom, who are truly on the front lines!** Call LifeSpan's ADRC to apply. See below.

Friendly Caller Program

LifeSpan is utilizing some of our nutrition and transportation staff to complete "friendly well-check and socialization calls." They are calling our case managed clients, as well as our nutrition and transportation clients and senior games gang members, offering a friendly voice for the client to talk to, share their needs, concerns, and to have verbal human contact. Clients can request information on a need, or to talk to their case manager, as well. **We would like to give a special THANK YOU to our callers: Allen, Bobby, Chuck, Danny, Debbie, Larry, Lonnie, Pat, Regina, Rick, Tom, and Traci!!**

Case Management

All case management staff, including supervisors, continue to work remotely from home and are set up with the technology they need to continue services to clients; mostly via phone assessments as we await guidance from the Indiana Division of Aging for when we can resume in-home visits.

Aging and Disability Resource Center (Options Counseling)

Our Options Counselors are also continuing to work remotely but they stand at the ready to help! They are continuing to provide information and referrals for services over the phone. Please feel free to call 812-948-8330 for questions, assistance, help, guidance, referrals or just to hear that friendly voice! Counselors are ready to assist with meals and transportation.

Office Staff

Our main office in New Albany is open however, we remain closed to visitors. A small number of staff are back in the office to insure smooth continuation of operations.

Our communications team is keeping everyone informed via press releases, web site announcements, eblasts (email updates), and Facebook posts. If you are not signed up for our eblast, you can do so on our web site (www.lsr14.org). If you are not on Facebook, you may want to set up an account so you can follow our posts.

Our executive team is maintaining contact with the Indiana Division of Aging, Indiana Department of Health and the CDC for latest directives.

THANK YOU GRANT FUNDERS

LifeSpan Resources Awarded Funding for Transportation and Covid-19 Relief

LifeSpan would like to thank **Metro United Way** for their continued support of our transportation program. LifeSpan recently received \$43,476 to support our transportation programs in Clark, Floyd and Harrison Counties. *Metro United Way has been a long-time supporter of LifeSpan Resources and we greatly appreciate their generosity toward the clients we serve.*

LifeSpan Resources was recently awarded a COVID-19 Response Grant in the amount of \$10,000 by the Board of Directors of the **Community Foundation of Southern Indiana**. This grant was provided through the Disaster Relief Fund to support LifeSpan's transportation program during the pandemic. *Many, many thanks to the Community Foundation of Southern Indiana for awarding this emergency funding!*

Currently, we serve residents and neighbors of Fairington and Carriage House Apartments, both apartment communities are managed by the Gene B. Glick Company. To support our efforts to build community and create opportunity for those we serve, **Glick Philanthropies** made a \$5,000 contribution to LifeSpan Resources through the Glick Community Relief Fund, a grant program to help local nonprofit organizations continue to respond to the coronavirus pandemic. *Thank you Glick Foundation for your support!*

Thank you to the **Harrison County Community Foundation** for awarding LifeSpan a \$4,000 emergency grant to support our continuing transportation service for the elderly and disabled in Harrison County. *We greatly appreciate the support of the Harrison County Community Foundation in this time of need!*

LifeSpan also received a \$2,000 emergency grant from the **Scott County Community Foundation** and the Morgan Family Endowment Fund to support our transportation efforts in Scott County during these trying times. *Thank you so much for your generosity!*



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SENIOR FARMERS MARKET NUTRITION PROGRAM

Senior Farmers Market Nutrition Program (SFMNP) 2020 is HERE!

Enjoy fresh produce from the Farmer's Market! To apply for coupon vouchers worth \$20 to spend at the market, please complete an application with the person listed below for your county. Coupons are limited, but will be good through October 15, so hurry! First come, first served. Individuals must be 60+ years of age or disabled, meet low income guidelines, and have a driver's license or State issued identification. Contact the following:

Harrison County:

Joe Rhoads Center – 812.738.7603 – Rick Haines, Wellness & Nutrition Site Manager

Palmyra Senior Center – 812.786.3287 – Jenny Kirkham

Capitol Courts – 812.738.4164 – Kelly Nolot

Harrison County Farmers Market – Friday, June 26th, 4 – 7 PM, Ramona Miller, LifeSpan, will be at the market to take applications.

Floyd County:

Mark Elrod Tower/Riverview Tower - 812-670-8725 - Pat Sullivan, Wellness & Nutrition Site Manager

Clark County:

Yellowwood Terrace – 812-283-4772 – Leslie Combs, Social Service Coordinator

Fairington Apartments - 812.599.3499 - Deborah Boone, Social Service Coordinator

Scott County:

St. James Court - 812.752.3842 - Sarah Belding, Social Service Coordinator

Bacala Senior Center - 812.670.8725 - Pat Sullivan



If you are not affiliated with any of these buildings, call LifeSpan Resources at 812.948.8330 to speak to a Nutrition staff person to request the application. Once your approved application is received, you will get your coupons either in person, or mailed to you, along with a list of approved farmers markets where you can use your coupons and instructions for use. ENJOY!

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed
to you at www.ourseniorcenter.com



SENIOR GAMES UPDATE

Senior Games – The Roaring 20's - Coming this FALL!

Exciting news! Mark your calendars for Senior Games 2020: September 14 – 18, 2020!

Our number one priority is to ensure each of you stay safe and healthy. For this reason, we've planned an entirely outdoor Senior Games with the most popular events.

Please see the revised schedule on the next page with events and locations, along with a new registration form in this issue of LifeNotes. All participants need to fill out a new form, as well as sign a waiver in order to participate this year. In addition, all participants, volunteers and LifeSpan staff will follow the guidelines listed below. If you are a past participant, you will receive new forms in the mail.

We are excited to see you again and look forward to finally getting to experience the "New Roaring 20's" in a safe and fun way!

GUIDELINES: Masks will be required at all events. Hand sanitizing stations will be available at all events. Temperatures will be checked on arrival with no touch thermometers, and social distancing will be maintained during all events. Box lunches will be provided to go each day.

CONTINUED THANKS TO ALL OUR SPONSORS! 2020 PLATINUM SPONSORS:



➤ Reach the Senior Market
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CONTACT

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SENIOR GAMES REGISTRATION FORM

LifeSpan Resources, Inc.

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 _____ SG Gang Member: Y N

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, SEPTEMBER 14

Location: Kevin Hammersmith Memorial Park

- ☐ Opening Ceremonies 9:00 – 9:30 am
- ☐ Basketball Toss 9:30 – 1:00 pm
- ☐ Box Lunch to Go/Awards 1:00 pm

TUESDAY, SEPTEMBER 15

Location: Charlestown Family Activities Park

- ☐ Miniature Golf /Lunch to Go 9:00 am – 1:00 pm

WEDNESDAY, SEPTEMBER 16

Location: Southern Indiana Rehab Hospital

- ☐ Toss 'Em/Lunch to Go 11:30 am – 1:00 pm

THURSDAY, SEPTEMBER 17

Location: Sam Peden Community Park

- ☐ Horseshoes 9:00 am – Noon
- ☐ Box Lunch to Go/Awards Noon

Location: Ray Lawrence Park

- ☐ Pickleball 2:00 – 4:00 pm

FRIDAY, SEPTEMBER 18

Location: TBD

- ☐ Dance Contest 10:00 am – 11:30 am
- ☐ Closing Ceremonies/Remarks/Awards/
Box Lunch to Go 11:30 am

SENIOR GAMES REGISTRATION FORM

PLEASE COMPLETE BOTH FORMS

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 are available 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 indemnity 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 other information are available on our website:

www.lsr14.org/senior-games.





LIFESPAN RESOURCES
ANNUAL
GALA

THE SHOW WILL GO ON!

Mark your calendars for Tuesday, October 27, 2020

Details are still being finalized, so watch our Facebook page and website for updates in early August. Meanwhile, our singers are already hard at work perfecting their performances. Please support them by donating on their personal Voice and Vino pages at www.bidpal.net/voiceandvino/browse/donation.

THE SINGERS



REBEKAH HALL



DAVIE HILL



JACOB RESCH



JILL ROBERTSON



BRENT RODGERS



GINA SUMMERS EMERSON



JOHN WAGGONER



CLAYTON TRUESDELL

THE JUDGES



MARK MAXWELL



SYDNEY MAGERS



LESLIE LEWIS SHEETS



MIKE BENSON

**WE ARE GRATEFUL TO OUR SINGERS & JUDGES WHO ARE ALREADY DOING
THEIR PART TO RAISE FUNDS FOR LIFESPAN RESOURCES!**

To sponsor or donate silent auction items, contact Melissa Richardson
at mrichardson@lsr14.org, or call 812-206-7960.

DEMENTIA FRIENDS NOW ON ZOOM

Consider Becoming a Dementia Friend: It's easy and important!



New: Zoom Sessions from LifeSpan Resources

A Dementia Friend is someone who wants to make a positive difference in the lives of people living with dementia through increased awareness and support. Even small changes can help support people living with dementia to remain included, accepted and connected with their community.

Dementia Friends Indiana seeks to advance education and awareness of dementia, reduce the stigma associated with the disease, and create community environments that are welcoming and conducive for those living with dementia.

- Dementia affects every community sector and is a significant burden on the mental and physical health of family caregivers. **The Covid-19 pandemic has been especially challenging for caregivers of individuals with dementia.**
- 70 percent of people with dementia live in community-based settings, such as a home, rather than in institutional care.

To become a Dementia Friend, you can either attend an interactive workshop or watch an online video. LifeSpan will be offering monthly Zoom sessions beginning in August. A list of workshops can be found at dementiafriendsindiana.org. **Please join us for our first interactive Zoom DFI session on Friday, August, 28 from 10:00 AM – 11:00 AM.** Go to www.dementiafriendsindiana.org and click on Virtual Sessions to register for an informative session with a LifeSpan Dementia Friends Champion!



Lucy Koesters, Ramona Miller and Frankie Able (from left) are LifeSpan's DFI Master Champions



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GETTING OUT IN NATURE

Enjoy a Senior Friendly Nature Walk This Summer!

The following nature walks in southern Indiana offer accessibility and walkability for seniors, individuals in wheelchairs, and their caregivers. Why not get yourself and your loved ones out in nature this summer? Try one of these easy walks on a cool summer morning. Breathe in the fresh forest air and listen to the chatter of squirrels and the chirps of birds. You won't regret it!

1. **Campbell Woodland Nature Trail.** This is great one to start with. It offers an easy one mile paved path through dense woodlands with bridges over small streams. It is located at 3273 Budd Road in New Albany. <http://www.floydcountyparks.org/floyd-county-indiana-public-parks/public-parks-in-floyd-county/campbell-woodland-nature-trails>
2. **Hayswood Nature Preserve.** This park, located at 755 Highway 135 NW in Corydon, offers several options for a paved accessible walk. There is a .62 mile handicap accessible walk that connects to the Woodland Trail and the paved Indian Creek Trail which meanders along Indian Creek to a repurposed Pratt truss-style bridge with beautiful stream views. <https://www.harrisoncountyparks.com/parks/hayswood-nature-reserve>
3. **Perrin Family Park.** This scenic nature area offers a 1.25 mile paved walk along a lake and through woodlands and meadows. It is located at 414 Perrin Lane in Jeffersonville. <http://www.perrinfamilypark.org/Welcome.html>
4. **Ohio River Greenway.** The Greenway is accessible from either New Albany or Clarksville. Begin at either Ashland Park along the river in Clarksville, or near the New Albany Amphitheater. Either way, you will enjoy a paved walk along scenic areas of the Ohio River. <http://ohiorivergreenway.org/>

Compiled by Lucy Koesters, author of *Take a Walk, Louisville!*, published by Butler Books.



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FUN AND GAMES

Summer Picnic

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Y	N	B	B	N	O	E	E	N	I	A	B	D	B
E	I	B	T	U	T	P	F	A	M	I	L	Y	O
S	H	S	E	B	D	L	L	N	A	Y	R	N	T
D	S	N	O	E	O	L	I	A	B	N	B	B	T
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R	L	S	T	T	R	E	R	I	F	N	O	B	W
F	S	A	L	T	T	E	A	N	T	S	B	R	A
S	P	I	H	C	O	L	L	G	A	M	E	S	T
W	A	T	E	R	M	E	L	O	N	Y	E	N	E
M	B	L	A	N	K	E	T	A	O	O	S	L	R
A	E	B	A	S	K	E	T	C	I	C	G	E	B

GAMES
GRILLING
COOLER
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Fourth of July TRIVIA

Fourth of July celebrations increased heavily in the U.S. after what war?

- A. War of 1812
- B. American Civil War
- C. World War I
- D. World War II



Answer: A. PBS says holiday observations spread when the War of 1812 was over.

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Red, White & Blue Charcuterie Board

Make your party extra festive this year as you celebrate America with this red, white and blue charcuterie board. It's easy to put together and makes a fun addition to any patriotic gathering.

Now, the beauty of a charcuterie board is that you can put anything you want on it, so customize this to your own needs! But here's a rundown of what is included on this board to get you started:

- White chocolate pretzels
- Red, white and blue M&Ms
- Swedish fish (or other red candy)
- Red Vines
- Blueberries
- Blue chips
- Marshmallows
- Wafer cookies
- Red and white striped candy
- Raspberries
- Red velvet cookies
- Powdered donuts
- Really, anything red, white or blue will do!



It's simple to put this together, but here are a few tips. Grab a cutting board or tray to build your board on.

It can be helpful to use a few bowls to break things up and contain some of the smaller items that you are using. Then, layer things around it. For this one, be careful that you are spacing out your red from your white from your blue so that you get a good balance. Just pile things on until you've covered the whole board.





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Meet Our New Long-Term Care Ombudsman

COVID-19 Program Updates

Thank You Grant Funders

Senior Farmers Market Nutrition Program

Senior Games Update/Registration

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