

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**SEPTEMBER - OCTOBER
2020**

LifeSpan Resources MAIN OFFICE

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New Albany, IN 47151-0995

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Websitewww.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

Look Inside!

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In Memory of David Mann

Senior Games Gang - Join in the Fun!

Hey Seniors! Are you looking for fun, friendship and maybe a little competition? Then become a member of LifeSpan Resources Senior Games Gang!

The Senior Games Gang is a membership program for area adults age 55+. Gang members develop new friendships, enjoy members-only benefits and events throughout the year and support our mission of promoting independent living for people of all ages.

Membership includes free registration for the week-long annual Senior Games, as well as a free t-shirt with the Senior Games Gang logo on the sleeve. Members also receive free LifeSpan Resources swag and access to special “members-only” events throughout the year, including the holiday Angel Tree volunteer program.



Gang membership dues, most importantly, serve as donations to our mission. Donations help provide services such as Meals to Go!, Transportation, Care Management, Options Counseling and numerous other in-home supports and services.

There are three membership levels to choose from:

GOLD – One-time donations of \$240 or \$20 per month; choice of 2 free gifts and 2 free Senior Games 2021 registrations, which includes shirt with Gang logo on sleeve.

SILVER – One-time donation of \$120 or \$10 per month; choice of 1 free gift and 1 free Senior Games 2021 registration, which includes shirt with Gang logo on sleeve.

BRONZE – One time donation of \$60 or \$5 per month; 1 free Senior Games registration, which includes shirt with Gang logo on sleeve.

If you are interested in joining in on the fun, call Melissa Richardson, Director of Development at 812-206-7960 or email her at mrichardson@lsr14.org for an application. Time is running out to join for the 2021 Gang, so reach out soon to join the fun!



A Year Like No Other

It's been an unusual year here at LifeSpan Resources to say the least. As the pandemic rages on with no end in sight, the majority of our staff members continue to work from home and perform client assessments via phone calls. **However, we continue to serve an increasing need for home-based services such as meals on wheels.** While our congregate centers remain closed, we continue to provide weekly deliveries of nutritious meals and packets of health education and socialization activities. In addition, our Friendly Caller program continues to make weekly well-check calls on all clients to ensure their needs are being met. **Our Transportation program continues in all four of our service counties. Our drivers are truly our front-line heroes!** They sanitize their vehicles after each trip, wear masks and gloves and have installed Plexiglas shields around the driver seats. We are blessed to be able to get our clients to their medical and social destinations.



On another important note, we have further developed our initiative on diversity, equity, inclusion and belonging. We have enlisted the aid of Alfonso Cornish, a respected Black leader and expert on Diversity and Inclusion, as our consultant and guide as we navigate this process. We have conducted our first all-staff meeting with Mr. Cornish and our board leadership has established a new LifeSpan Diversity and Inclusion Committee and solicited staff interest in joining the committee. Next steps will entail convening the committee and setting ground work and goals.

As we head into fall of 2020, our hearts go out to all who have struggled with isolation and care needs for the much of the year, as well as many who have been directly affected by Covid-19. LifeSpan Resources is here for you! Please give us a call if you need help, services, or just a friendly voice. Call 812-948-8330. Start by speaking with an Options Counselor. You'll be glad you did!

Enjoy the cool breezes of fall,

Lora Clark



Be sure to follow LifeSpan Resources on Social Media!



Facebook-follow our **LifeSpan Resources** page. Senior Games Gang members, be sure to follow the **Senior Games Gang** page for all the latest regarding the Gang.

Instagram-get the latest news and updates from LSR.

YouTube-be sure to watch our videos from past events.

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

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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.

NEW! LIFESPAN LEGACY PROGRAM

Thinking About Legacy at a Time When Life Seems Fragile

Let's face it.... Life as we knew it shockingly unraveled earlier this year. Almost overnight, our routines and traditions were upended. In the depths of social isolation that followed, we searched for bits of comfort and peace. We slowed down. We nurtured the relationships closest to us. We simplified. We reflected upon the meaning of our lives. Some of us even permanently reordered our lives to reflect what we realized was most important to us. And, through it all, many of us eventually developed a positive sense of hope and purpose about how we might move forward in the months and years to come.

Here at LifeSpan Resources, even as we remained geographically dispersed as staff and board, we also began some significant thinking about the importance of our organization's legacy. Working day-to-day to feed, transport, assist, and serve our clients and their families in so many ways, we realized it was far too easy to lose sight of thinking about our longer-range future. We knew we needed to take steps right now to plan and ensure that LifeSpan Resources will be here to offer, and even expand upon, its services for future generations. And, we remembered conversations with so many of our clients and their families with the same general theme, "What can we do to help and support LifeSpan Resources as they have so faithfully supported us?"

Over the months to come, you'll be hearing much more about our new **LifeSpan Resources Legacy Society**, an exciting opportunity for you to help us preserve and build upon our services to the community both now and for generations to come. As we prepare for this important new step, here are just a few questions you may want to reflect upon while evaluating what LifeSpan Resources has meant to you.



- ◇ *As you look toward the future, what personal qualities do you most want others to remember about you?*
- ◇ *As you fast forward to thinking about the end of your life, what feels important for you to leave behind?*
- ◇ *What current LifeSpan Resources service or program do you feel is most important to you and your family?*
- ◇ *What new service or program do you believe LifeSpan should explore as we look to future needs in this community?*
- ◇ *If the sky is the limit, what extraordinary dream would you have for LifeSpan Resources? What could we do that would really help take things to a new level of service to our community?*

If the COVID-19 crisis taught us all anything, it is that life is tenuous and fragile. Please join us in the months to come as, together, we think about our time, talents, and treasure and examine what all of that could mean for ourselves, our family, this community, and the exciting future of LifeSpan Resources.

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LIFESPAN COVID-19 UPDATES

Congregate Sites Remain Closed, Transportation is Running and Options Counselors are Ready to Help!

In the last issue of LifeNotes, we noted that all congregate sites remained closed, but plans were being considered for possible reopening later this summer.

closed. The Indiana Family and Social Services Administration/Division of Aging has provided guidance on considering any potential reopening. The considerations include health screenings, temperature checks, documented PPE stock, distancing in the centers, possible station checks and other considerations. Many area agencies and senior centers are weighing these substantial considerations with the continued increase in Covid-19 cases. Most area agencies are taking a “wait and see” attitude for the time being.



However, at this time our sites remain closed. Services Administration/Division of Aging to be addressed in order to plan for reopenings include health screenings, temperature checks for participants and staff, social distancing, scheduled lunch times, scheduled air ventilation. Many area agencies and senior centers are weighing these substantial considerations with the continued increase in Covid-19 cases. Most area agencies are taking a “wait and see” attitude for the time being.

In the meantime, LifeSpan Resources continues to provide all congregate clients with weekly deliveries of nutritious meals, packets of health and wellness information, socialization activities, fun and games and our weekly "Friendly Caller" check in program.

Transportation continues to provide medical and social trips. Social distancing on board vehicles, temperature checks and masks are required for all passengers. Drivers wear masks and gloves and sanitize after each trip.

Our Options Counselors continue to work remotely but they stand ready to help. They continue to provide information and referrals for services via phone. Please call 812-948-8330 for questions, assistance, guidance or referrals.

Falls Prevention Awareness Week: September 21-25, 2020

The coronavirus pandemic has changed a lot of things. One thing that's still the same? Falling is NOT a normal part of aging.



LifeSpan Resources is committed to empowering all older adults in Southern Indiana to reduce their risk of falls, which are one of the greatest causes of serious injuries and death among people over age 65. **On September 21-25, 2020, LifeSpan is partnering with the National Council on Aging (NCOA) to mark Falls Prevention Awareness Week.**

As part of Falls Prevention Awareness Week, a national campaign to educate older adults, their caregivers, and health professionals about the dangers of falling and the steps to prevent falls, NCOA will be rolling out an innovative online tool that helps older adults assess their falls risk and take steps to prevent them. As you may know, falls are one of the major causes of serious injuries and deaths for older adults, and the long-lasting effects of a fall are not just physical but also economic and emotional.

To view the online tool, visit www.ncoa.org/FallsFreeCheckUp
This is a great resource—be sure to check it out!



MEDICARE UPDATE

Medicare Annual Open Enrollment

Medicare Annual Enrollment Period (Open Enrollment) begins October 15, 2020. This is the one time of year when ALL people with Medicare can make changes to their Medicare Advantage health and prescription drug plans for the next year. If you don't already have a Medicare Part D plan, this is your chance to purchase one. If you already have a Part D plan, you may switch to a new one for the new year. Medicare offers a plan comparison tool that can help you compare Part D Plans side-by-side at www.medicare.gov.

If you purchase a new plan or switch plans, the changes will begin January 1, 2021. The Annual Enrollment Period ends December 7, 2020. In most cases, this is the last day you can change your Medicare Advantage coverage or Part D Plan for next year. The plan must get your enrollment request (application) by December 7, 2020. If you need assistance contact LifeSpan Resources to speak with a SHIP Counselor at 1 888 948-8330.



Senior Games is Just Around the Corner

At the time of this publication, we are still planning to host our all outdoor 2020 Senior Games. Please watch Facebook and our website for additional information and updates. For more information, visit our website at www.lsr14.org/senior-games.html or contact Melissa Richardson, Director of Development at 812-206-7960 or by email at mrichardson@lsr14.org.



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LIFESPAN STAFF CHANGES COMING IN 2021

Bennett Announces Retirement in 2021 -Cookson Named Replacement

Long-time LifeSpan Resources Executive Assistant, Earlene Bennett, recently announced her upcoming retirement in June of 2021. Earlene has been with LifeSpan for 40 years and has worked for all of LifeSpan Resources' leadership including three Executive Directors and our current CEO, Lora Clark.

While we are happy for Earlene to enjoy her retirement, we will also be sad to see her go. Her substantial knowledge of the operations of our area agency, and her dedication and commitment to LifeSpan Resources has been invaluable over the years. We are beyond grateful that Earlene has agreed to stay on and train her understudy, Sherry Cookson, to take over.

Sherry is our current Administrative Assistant and has been with the organization since December 2018. Previously, Sherry worked for 20 years as an Administrative Assistant at the Land of Lincoln Legal Assistance Foundation, Inc. in Central Illinois.

Sherry will spend the next year shadowing Earlene and learning all the details of the Executive Assistant position. A replacement has yet to be named for Sherry.

Congratulations Sherry and Earlene!



Earlene Bennett, left; with Sherry Cookson

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CLIENT SUCCESS STORY

Collaboration Brings New Van for Medically Fragile Client



James Craig, LifeSpan client, with wife, Michelle

James Craig has been utilizing LifeSpan Resources' services for many years. Due to his advanced muscular dystrophy, he is cared for by his wife, Michelle, for all of his daily living needs. A huge challenge was just getting out of the house.

It took 45 minutes or more to get James in and out of the car for doctor's appointments and trips. James couldn't go on rides, or even simple outings like the drive-thru to get dinner. It just wasn't feasible to get him out on a regular basis. Because of this, he was starting to get depressed. Michelle spoke with Lisa Angell, their LSR case manager, regarding the possibility of getting an accessible van with a lift.

For months, Michelle researched vans that would fit their needs, and allow the family to transport James easier and safer. After talking with Lisa, they came up with a plan. The Craigs would buy the van and LifeSpan would work with the state to obtain funding for \$15,000 worth of compliant modifications that would fit James's

needs. They worked with Superior Van & Mobility in Louisville, KY to locate a van. Superior located a van that would meet their needs in Nashville, TN and they picked it up for the family that same day. The van was perfect, allowing for ease of transportation and meeting all of the family's goals for helping James.

Lisa Angell was grateful to be able to help this family: "I've been able to change people's lives. It makes my job so rewarding at the end of the day. I was thrilled to be able to help Michelle and James."



James' modified van has changed his life.

For more information about LifeSpan Resources' services, please call 812-948-8330 to speak with an Options Counselor.

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VOICE AND VINO GOES VIRTUAL FOR 2020

THURSDAY, OCTOBER 27, 2020

VOICE AND VINO VIRTUAL EDITION IS ONLY WEEKS AWAY!

The event will still consist of all the exciting entertainment you've experienced at the in-person event. Our fantastic singers will be performing their favorite songs, with the winners announced that evening. An online silent auction will be available in the days leading up to the event.

Donate to the singer of your choice at one.bidpal.net/voiceandvino or you may send a check directly to LifeSpan with the singer's name listed. Singers raise money by individual donations and sponsorship dollars. The singer who raises the most money will still be the winner in our virtual edition!

All proceeds will support LifeSpan's client services, including transportation, which provides medical and social trips for the elderly and medically fragile in Clark, Floyd, Harrison and Scott counties.

WE ARE PLEASED TO ANNOUNCE THIS YEAR'S LINEUP OF SINGERS



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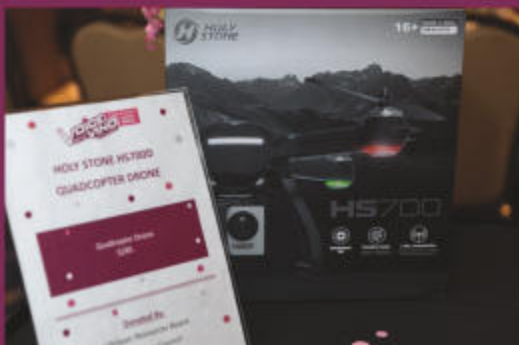
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Individual tickets are also available for this exclusive event! To purchase tickets or to sponsor log on to one.bidpal.net/voiceandvino. To buy tickets via check, please send to: LifeSpan Resources, PO Box 995, New Albany, IN 47150.



This year's silent auction will be jam-packed with fabulous items including an American Queen Riverboat Cruise, gift card trees, bourbon baskets and much more!



LifeSpan is currently looking for sponsors and donations for the silent auction. For more information on sponsorship levels or donations, please contact Melissa Richardson at mrichardson@lsr14.org or call 812-406-7960.

LIFESPAN CASE MANAGER TAPPED FOR STATE PROGRAM

Lisa Angell, Case Manager, Picked to Present Case Study for State-Wide Training



In partnership with the Indiana University Geriatric Workforce Enhancement Program (IU GWEP), the Indiana FSSA/Division of Aging (DA) has been providing virtual training and support sessions for all Indiana Area Agencies on Aging this year. LifeSpan Resources' case managers and options counselors have taken the opportunity to participate in the training series that has used the approach of peer support and shared learning experiences. The Division's focus has been on supporting case managers and options counselors during this uncharted time of Covid-19. Carol Vance, LifeSpan Case Manager Supervisor, said, "It is great under these crazy times that the DA put together this educational series, it has been outstanding!"

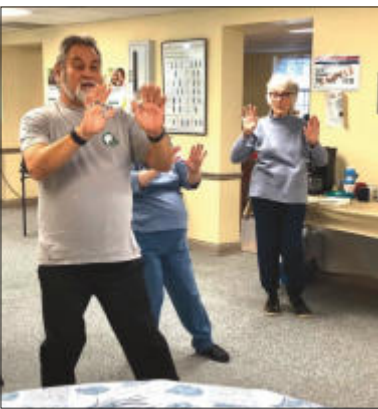
Lisa Angell, one of LifeSpan's talented case managers, was tapped to be a presenter at the last session in the series. Lisa presented a case study that focused on Dementia, specifically a recent client success story that took place during the COVID-19 pandemic. We are PROUD of Lisa and our whole team who have been so dedicated to learning about and providing the supports needed to our clients during this pandemic!

Lisa has been with LifeSpan Resources for eight years and was previously recognized as Care Manager of the Year in 2018 by Med Scope, for her outstanding care management skills.

If you or someone you know would like more information about LifeSpan Resources' services and the supports that may be available please call 812-948-8330 and ask to speak with an Options Counselor.



Rick Haines Earns Recertifications for Tai Chi



Rick Haines, Wellness and Nutrition Coordinator at the Joe Rhoads Center Congregate site in Corydon, Indiana, recently earned re-certification for several Tai Chi forms including Arthritis and Arthritis for Falls Preventions.

Rick has been certified in Tai Chi, along with Tai Kwon Do, for many years. Last year, he was able to train under Dr. Paul Lam, a world leader in the field of Tai Chi for Health Improvement. Since Tai Chi for Arthritis was a recognized highest-tier evidence-based health and wellness program of the state of Indiana, Rick pursued certification in that specific form.

"We are so proud of Rick and his dedication to our seniors in Harrison County. His efforts and enthusiasm are a blessing to LifeSpan Resources," said Ramona Miller, Nutrition Director.

Above: Rick leads a Tai Chi class at the Joe Rhoads Center.

Right: Rick continues to lead "Alley Tai Chi" in order to maintain social distancing.



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. 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.**

To become a Dementia Friend, join us for an interactive Zoom DFI session. Go to www.dementiafriendsindiana.org and click on Virtual Sessions to register for an informative session in September or October with a LifeSpan Resources Dementia Friends Champion!

LifeSpan Participates in Scott County Chamber Golf Outing



The Scott County Chamber of Commerce recently held their annual golf outing at Westwood Golf Course in Scottsburg. LifeSpan Resources' team for 2020 consisted of: (pictured right) *Lyle Kelly, Ricky Casteel, Mark Striffler and Drew Landreth*. The fifth unofficial team member pictured is *CFO, Leslie Meek*.



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IN MEMORY OF DAVID MANN

We Will Miss You, David!

It is with great sadness that we share the news of the passing of David Mann, one of our long time Transportation drivers. David passed away July 11, 2020. He started driving with LifeSpan Resources after retirement from Fischer Packing in 2008. David was an avid fan of the New Albany Bulldogs, IU basketball and Alabama football. He had a great sense of humor and a wry wit that will be greatly missed by his clients, our staff, and especially his fellow drivers.



“David cared for all those he transported and strived to assure their safety and well-being at all times. He was always a great advocate for LifeSpan Resources, and he will be missed by all of us at LifeSpan,” said Ramona Miller, LifeSpan Resources Transportation Director.

David is survived by his wife of 35 years, Loretta; children, David Allen Mann (Taunya), Danny Mann (Tracy), Michael Brown (Stephanie), Jennifer Schulz, Deborah Deskins (Willie); four sisters, 9 grandchildren and 15 great grandchildren. We will all miss David very much.

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LIFESPAN UPDATES

Richardson Accepted into Leadership Discover Class of 2021



Congratulations to Melissa Richardson, LifeSpan Resources' Director of Development, for her acceptance into Leadership Southern Indiana's (LSI) Discover Class of 2021.

DISCOVER is a nine-month program designed to inform, inspire, connect and empower up and coming leaders in Southern Indiana. It allows them to gain the knowledge and experience they will need to meet the challenges faced by businesses and communities.

LifeSpan is proud to have had management team members accepted in this prestigious program every year for more than ten years.

"I am excited that I get to participate in the DISCOVER program," said Richardson. "This program will allow me to engage with other leaders in the community and to seek ways to better LifeSpan Resources through my experience with LSI."

New LifeSpan Strategic Plan is Currently Underway

LifeSpan Resources' Executive Team recently met with Andrew Takami of Andrew Takami Philanthropy, to begin talking about a new three-year Strategic Plan. The current plan will be completed at the end of September. The executive team and board of directors held a retreat in August to further develop the plan. Watch for more information on our Strategic Plan initiatives in the coming months!



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FUN AND GAMES

Fall Word Scramble

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NOCRA _____
QUSASH _____
REINOBF _____
FLAE _____
UNMTUA _____
OTOBFLFAL _____
ESRET _____
DEIHYAR _____
STERHAV _____
KNPIUPM _____
NOCR _____
OALWHELENE _____
RAOHCDR _____

WORD BANK

Pumpkin • Leaf • Trees • Football • Halloween • Apples • Squash • Corn • Autumn • Acorn • Bonfire • Hayride • Harvest • Orchard

Spider Web Brownies



Ingredients

- 1 box of brownie mix + ingredients
- vanilla frosting

Instructions

Preheat the oven to 350 degrees and line an 8x8

baking dish with parchment paper.

Combine the brownie mix and ingredients.

Pour the brownie batter into the baking dish and bake according to package directions.

Remove from the oven and let cool.

Once cool, cut the brownies into 9 squares.

Scoop the frosting into a microwave safe dish and heat for about 10 seconds.

Fill the small sandwich baggy about 1/2 full with vanilla frosting.

Use the kitchen scissors to snip one corner.

Starting at the center of each brownie, gently squeeze the sandwich baggy and make a spiral with the frosting.

Use the toothpicks to drag the frosting from the center to the outer edges of the brownie. Repeat with all the brownies.

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Do you shop at Kroger and have a Kroger Plus card or keychain? Then you're almost ready to help support LifeSpan Resources each visit! Go to www.kroger.com and create an account linked to your Kroger Plus account if you do not have an online account.



Once signed in, type Community Rewards in the search bar and press enter. This will take you to the Community Rewards section under your account. Click the blue "Enroll Now" button. Type LifeSpan Resources in the search bar and click the blue Enroll button under our name. When LifeSpan Resources appears on the list, select us by clicking the circle next to our name. Then click "Save".

Now every time you shop and use your Kroger Plus card, you'll be earning rewards for LifeSpan. Thank you!



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Don't Forget to Fall into action and help fulfill our mission. Thank you!

Every dollar donated will have a major impact on the life of an older adult!

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\$50 provides a week of Meals to Go! for a homebound individual.

\$25 provides one hour of Respite care for an overwhelmed Caregiver.

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All donations can be mailed to (include this form please):
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Thank you!