

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**NOVEMBER– DECEMBER
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
Website**www.lsr14.org**



Check us out on Facebook!
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And on Instagram!
@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!

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Thank you, Julie Young
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Medicare Open Enrollment/Client
Survey
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Voice and Vino Results/Thank You
National Family Caregiver Month
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Updates/Fall Activities

**What a year this
has been. . .**

**PPE, masks and
wipes, oh my!**



LifeSpan Resources, like the rest of the world, was caught off guard by the challenge of the pandemic. The unexpected longevity of the virus' effects led to many changes in our service delivery. While we acknowledge some changes have been inconvenient, no clients have gone without services such as home delivered meals, transportation, in-home caregiving and case management. As of this writing, we anticipate holding on to new protocols – Zoom meetings, shuttered congregate sites, phone assessments, and home delivery of meals, etc. - for the foreseeable future, or until we get guidance that it is safe to re-open meal sites and return to in-person activities.

Our Covid-19 response has included fielding a 14% increase in calls to our options counselors in our Aging and Disability Resource Center (ADRC), a 21% increase in our case management hours and a 75% increase in home delivered meals each month. Our fundraising efforts are especially critical this year to continuing services to the elderly and disabled clients who most need our help. We'd be very grateful to accept your donations this holiday season (there is a donation slip on the back cover of this issue).

LifeSpan Resources remains committed to the neediest folks in our southern Indiana area. We've been here for more than 45 years and we will be here for many more. If you, or someone you know, needs help remaining independent - whether that is a need for meals on wheels, assisted transportation, in home care, or advice and consultation; don't hesitate to call and talk to an Options Counselor.

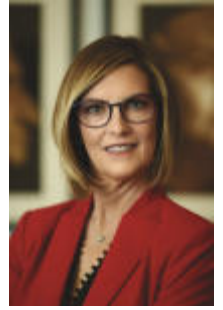
Thank you and Happy Holidays
from LifeSpan Resources.



FROM THE CEO

A Year of Pivots!

We had a wonderful night for our Season 3 of Voice and Vino. Earlier in the year we worried over whether or not we could host an in person gala as we've done in the past, and in the end we knew we had to pivot to a virtual edition. It certainly turned out great! The singers all did a fabulous job, not only singing, but raising funds. My hat is off to them all - but most especially to our winner Larry "TC" Baker who raised the roof with his rendition of China Grove by the Doobie Brothers and brought in over \$17,000 to support our clients. What a wonderful night and gift to the community! Thank you to all of our singers, judges, donors, volunteers, Keith Kaiser, The Marketing Company, Underproduction Multi-Media, and everyone who made this magical night happen.



We recently learned that Voice and Vino was voted "Best Social Services and Charitable Event" by the readers of the News and Tribune. We are so proud and grateful to all who voted, thank you so much! We have achieved this recognition in just three short years! If you have not experienced the fun and magic of LifeSpan Resources' Voice and Vino, be sure to mark your calendars now for October 26, 2021. We certainly hope to be back with a live event at Caesar's, but if not, you can rest assured that our team will once again put together a fabulous event – live or virtual – and you won't want to miss it!

I'm also really proud of our team for pivoting our annual Senior Games to an "At Home" version this year. It was a fun week September 14 - 18 when our seniors tuned in to a Zoom meeting each morning for game instructions, then completed their activity at home and called in their completion in order to be entered into drawings for great prizes. Thanks to our hosts, Wayne Perkey and State Representative Ed Clere, who added a touch of class and fun to our Opening and Closing Ceremonies via Zoom. We hope to see everyone back next year the first week in June – live or virtual – either way, it will be fun!

Our new three-year strategic plan is under review by our board of directors who will provide their feedback by the end of the year. Once approved, the plan includes initiatives to insure the inclusion and diversity of our staff, plus some exciting initiatives that will enhance our offerings to our clients and to the community. Stay tuned!

I continue to be so proud of our staff for their amazing fortitude in serving those most in need throughout the pandemic. And speaking of commitment, we have several employees who received longevity awards at our all staff meeting on November 5. Most notably, Earlene Bennett, who is retiring next year, has been with us for 40 years! Now that's commitment! Have a wonderful holiday season and stay safe.

Lora Clark

Lora

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

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 LEGACY PROGRAM

The Envelope, Please, for Service to Others

The pandemic has brought many inconveniences to our lives these past few months. But, here at LifeSpan Resources, it has also given us the enormous gift of some structured time for listening, reflection, planning, and dreaming for both our short-term and long-term future. You'll be hearing lots more about all of this in the months ahead.

One of the things reaffirmed to us has been the appreciation, spirited volunteerism, and treasured support of those we serve, as well as their family and friends. So often, especially as a LifeSpan Resources client receives a variety of life-giving services from food to medical transportation, we're asked how they and their family can give back to help others. How they can, in gratitude, help pay it forward. We most often hear this question upon the death of a client, whose family so appreciated the support LifeSpan Resources was able to offer their loved one.



We now have a new opportunity to offer in response to these inquiries. LifeSpan Resources is in the process this month of delivering a supply of giving envelopes to every funeral home in southern Indiana. Survivors of a loved one can now conveniently designate LifeSpan Resources as a recipient of memorial gifts. If a client is working on their own pre-need arrangements with a funeral

home, this is also a great time to consider looking forward and designating LifeSpan Resources as their own memorial recipient. The new envelopes allow for a variety of gift giving options and provide a convenient way for donors to add and mail a check at their convenience. LifeSpan Resources so appreciates our family and friends who sincerely want to give back and help make care possible for future clients. Thank you!

Thank you, Julie Young



Julie Young recently stepped down from the LifeSpan Resources Board of Directors due to business commitments. Julie had been a board member for a year. She is co-owner of Strandz-N-Threadz. Thank you, Julie for your continued dedication and service to LifeSpan Resources. You will be missed!

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
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Dr. Deepak Azad, At-large
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SENIOR GAMES UPDATES

Senior Games At Home Edition: A “ROARING” Good Time

While Senior Games was far from normal this year, we still had a roaring good time. We met each morning September 14-18 via Zoom to introduce the daily activity. On Monday, long-time local radio and TV host Wayne Perkey joined us for Opening Ceremonies. Then, everyone completed their activities and reported back to the LifeSpan Resources team. Each afternoon we logged back onto Zoom to find out the winners for the day. This year, the winners were chosen by chance. Everyone who participated each day was put into a drawing, with a male and female winner being chosen each day. On Friday, we had a fantastic closing ceremony with Senior Games friend, State Representative Ed Clere hosting as the emcee.

See below for our list of 2020 Senior Games Winners. Thank you to everyone who participated! We look forward to seeing you all again next June!



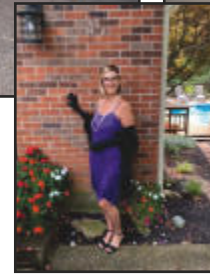
Senior Games 2020 King & Queen

Queen: Pat Pearson

King: Dan Griffin



Flappers spotted!



Senior Games 2020 Medalists by Event

Basketball Toss

Female: Patty Cress

Male: Angus Hart

Toss Em

Female: Joyce Schafer

Male: Tom Scott

Dance Contest

Female: Rebecca Resch

Male: Ron Clark

Scavenger Hunt

Roger Cookson



Mini Golf

Female: Joyce Schafer

Male: Tom Scott

4 Lap Walks

Female: Jean Lawson

Male: Roger Cookson

9 Lap Walks

Female: Martha Felten

Male: Bill Lynch

Trivia

Bernita Stillman



Daily Zoom meetings

MEDICARE UPDATE

October 15 Through December 7, 2020 Is Medicare Open Enrollment

ARE YOU NEW TO MEDICARE OR JUST NEED HELP COMPARING PLANS? HELP IS ON THE WAY! Contact your local **Senior Health Insurance Program (SHIP)**. SHIP is a free unbiased counseling program provided by the Indiana State Department of Insurance. **LifeSpan Resources** your designated Area Aging on Aging, a member of the In-Connect Alliance has SHIP counselors available to assist by telephone. For assistance in Clark, Floyd, Harrison and Scott counties call 1 888 948-8330 ext. 7902 or ext. 3918 and ask for a SHIP Counselor.



LOCAL HELP FOR PEOPLE WITH MEDICARE

Watch Your Mail - Client Satisfaction Surveys Are Coming Your Way!

We Need Your Feedback!



At LifeSpan Resources we are committed to continual quality improvement in our case management programs. Conducting an annual client satisfaction survey is one way for us to obtain your valued feedback and learn about areas in which we could improve. Please watch your mail for the annual client satisfaction survey coming your way in the next few weeks. We look forward to hearing from you!



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SENIOR GAMES GANG UPDATE

Senior Games Gang Senior Angel Tree Project



The holiday gift box Angel Tree project will kick off on Friday, Nov. 20 from 11 AM - 1 PM in the LifeSpan main office board room. Come on down and enjoy holiday music and treats as we conduct a “wrapping marathon!” **Please bring as much holiday wrapping paper and tape as you can. If you have extra scissors, ribbons and bows, bring them as well.** We only need 4 volunteers, so if you are interested, please RSVP as soon as possible at 812.948-8330. Keep in mind, all COVID precautions

must be adhered to. Masks are required and temperatures will be taken.

We are also now taking donations at LifeSpan of items to fill the boxes. In December, we will gather needy client names in the community and schedule deliveries of the boxes. Let us know if you'd like to help deliver the boxes!

It's a great opportunity to give back and see firsthand who is being served and helped by the Senior Games Gang.



Donations Needed:

- Canned Ham
- Can Sweet Potatoes
- Can Cranberry Sau.
- Wrapped Candy
- Hot Cocoa Mix
- 2 in 1 Shampoo
- Toothpaste
- Kleenex
- Lotion
- Powder
- Toilet Paper Roll
- Winter Hats
- Gloves
- Scarves
- Fuzzy Socks
- Puzzle Books

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NEW CORPORATE TRANSPORTATION VIDEO

Senior Games Gang Registration



It's not too late to become a member of LifeSpan Resources' Senior Games Gang, a membership program for area adults age 55+. There are three different membership levels. Each level of membership includes free registration for next year's Senior Games as well as a free t-shirt with the Senior Games Gang logo on the sleeve and access to special "Members Only" events, and a holiday community service project.

Check It Out!

LifeSpan Resources recently developed a new Corporate video with the help of The Marketing Company and Underproduction Multi-Media. The focus of the video was on the Transportation program. Lack of transportation is a huge issue for those who want to remain independent for as long as possible. That's where LifeSpan Resources steps in. Not only do we provide medical transportation for the elderly and disabled, but we also provide social transportation to and from the grocery, pharmacy, and more.

To view the video, visit www.lsr14.org/about.



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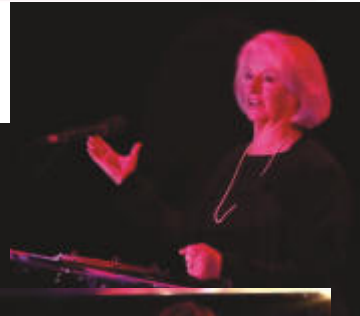
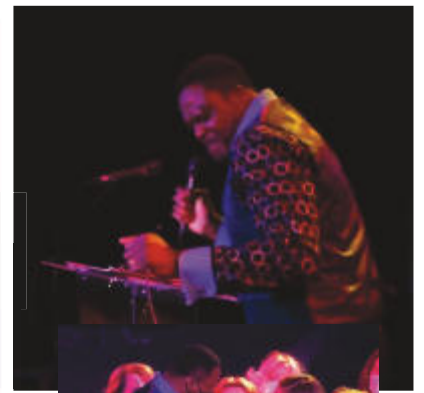
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VOICE AND VINO-RESULTS

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NATIONAL FAMILY CAREGIVER MONTH

November is National Family Caregiver Month - Caring for YOUR Nutrition

Are you a family caregiver? You may not think of yourself that way, but if you spend time tending to the needs or concerns of a person with an ongoing illness, injury or disability you are considered a caregiver.

Approximately 85% of people with dementia and chronic illness are cared for exclusively in their own homes. On average, their loved ones provide 12 hours of assistance a day. That can be difficult to juggle with work and other responsibilities, and it often takes an economic and physical toll. As a result, caregivers often report significant stress, depression, anxiety and fatigue.

Caregiving also can take its toll on caregiver nutrition. Limited time to cook or shop may result in reaching for sweets or picking up fast food, which don't need a lot of preparation or advance planning. Nutrients that can fall short include protein and fluids, as well as fiber, vitamins and minerals from fruits and vegetables that may not be present in convenience items.

That leaves the caregiver at risk of malnutrition, and, in turn, more susceptible to the physical effects of stress. The good news is that eating a healthful diet can reduce the negative effects of stress. So, while caregivers are often rightfully focused on making sure they provide healthy meals for those they care for, it is very important for caregivers to keep their own nutrition and hydration at the top of their priority list.

How can you do this to your full list of items on your "to do" list? A good way to start a new habit is to take the first few steps first. Begin with drinking beverages at each meal and 2-3 times between meals. Examples of healthy drinks include: water, milk, juice (for those fruits/vegetables you may be missing), or non-sweetened drinks. Next, focus on protein, a key nutrient that builds strength and provides important minerals. Ways you can add protein to your day include:

- ✿ **At meals, eat your protein first** *Include a high-protein food like fish, chicken, beef
- ✿ **Eat cheese or eggs with every meal**
- ✿ **Replace cereal with eggs** * **Pair peanut butter or yogurt with fruit**
- ✿ **Top your food with chopped almonds** ***Try a variety of plant proteins like nuts**
- ✿ **Choose Greek yogurt** **Peanut butter, beans, and tofu**
- ✿ **Have a protein shake** * **Drink a liquid supplement like Ensure or Glucerna**

To find more ideas for high protein foods, increasing fluids and other ways to prevent malnutrition, visit <https://order.nia.nih.gov/sites/default/files/2019-05/whats-on-your-plate-508.pdf> for a resource on "Smart Food Choices for Health Aging", consult your healthcare provider, contact a dietitian, or go to reliable websites like the Academy of Nutrition and Dietetics, US Department of Agriculture and the National Council on Aging.

1 Schneider J, Murray J, Banerjee S, Mann A. EURO CARE: a cross-national study of co-resident spouse carers for people with Alzheimer's disease: I--Factors associated with carer burden. *Int J Geriatr Psychiatry*. 1999 Aug; 14(8):651-61

This article was provided by the Administration for Community Living (ACL). For more information about ACL visit: <https://acl.gov/>



IN MEMORY OF CHUCK MILLER

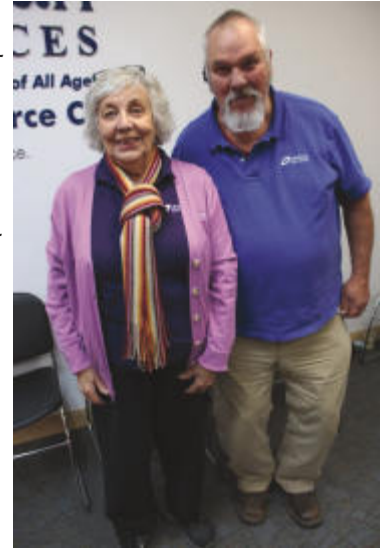
We Will Miss You, Chuck!



It is with great sadness that we share the news of the passing of Chuck Miller, one of our Transportation drivers, and husband of Ramona Miller, Nutrition/Transportation Director. Chuck passed away September 9, 2020. He was a farmer, and was a retired driver for Superior Vault Company. He had also previously worked as a maintenance worker for the Jeffersonville Housing Authority, and was a current driver for LifeSpan Resources.

"Chuck was one of a kind - a true gentleman and a gentle soul. He was extremely polite and conscientious toward his clients and fellow staff members. He was a valuable team player, always offering ways to improve our service." said Lucy Koesters, LifeSpan Resources Chief Business Development Officer. "We will remember his kindness and his smile. Rest in peace, Chuck. We will miss you."

Chuck is survived by his wife Ramona; daughters, Majella Miller (Kristian Beckort) and Davida (Jim Padgett) Miller, and son, Isaiah Miller (Marcy); three sisters and two brothers, and three grandsons and three granddaughters.



Pictured above: Chuck at the staff holiday party.

Pictured right: Chuck and Carol Kauffman



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Finance Department Audit Update

If you haven't seen the staff from the Finance Department at LifeSpan Resources come out into the sunlight recently it's because they've been deep into the thralls of their yearly "Single Audit", required for all Non-Profits who expend over \$750,000 in Federal Awards in a given fiscal year. This fiscal year, or 3 simultaneous fiscal years really, has been especially challenging. LifeSpan was told at the end of the last "State Fiscal Year", which runs July 1st to June 30th, that all State Funds would remain on State Fiscal Year, but all Federal funds would be moved to a Federal Fiscal Year, which runs from October 1st to September 30th. Add in the Calendar Fiscal Year for W2's and you have quite a conundrum of bookkeeping to maintain. Include all the new funding due to the pandemic, all with its own set of very specific rules, and the complexity grows even higher.



Thank you, to our fantastic Finance Department for hanging in there as the requests slowly wind down in the audit process!



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LIFESPAN RESOURCES FALL ACTIVITIES

Longevity Awards

Each fall LifeSpan Resources recognizes our staff for length of service. This year five individuals were recognized:

5 Year Service Awards

- **Traci Fetz**, Nutrition/Wellness Coord./Van Driver
- **Carol Kaufmann**, Nutrition Coordinator
- **Tracey Sanders**, ADRC Options Counselor
- **Patricia Trombley**, Care Manager

In addition, **Executive Assistant, Earlene Bennett** was recognized for **40 years of service to LifeSpan Resources!** Congratulations to you all and thank you for your dedication and service.



Thanksgiving Tradition



We are pleased to continue a tradition of partnering with the New Albany Salvation Army to deliver a hot Thanksgiving meal to homebound clients in Floyd County. Volunteers head to the kitchen at the Salvation Army early on Thanksgiving morning to cook the turkeys and fixings. They box up to forty complete Thanksgiving dinners that are delivered by yet more volunteers to LifeSpan's neediest home bound clients. Some clients do not have any local family members and would not be able to enjoy a turkey dinner without this help. We are very grateful to the Salvation Army and their volunteer crew bringing some warmth and good nutrition to our clients. All deliveries are socially distanced at the door and masks and gloves worn by volunteers.



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HOLIDAY FOOD AND FUN

Holiday Jokes and Games

What kind of music do elves like?

“Wrap” music

What does the Gingerbread man use to make his bed?

Cookie Sheets

What is Santa Claus’s favorite potato chip?

“Crisp Pringles”

Which one of Santa’s reindeer has the worst manners?

“RUDE-olph”, of course!



Pumpkin Fluff Dip

Ingredients:

1 - 15 oz. can pumpkin

1 pkg. - 3.4 oz. JELL-O Vanilla Instant Pudding

1 tsp. pumpkin pie spice

1 tub (8 oz.) COOL WHIP whipped topping, thawed



Mix pumpkin, dry pudding mix and pumpkin pie spice in large bowl until well blended. Stir in COOL WHIP. Refrigerate for 1 hour.

Serve dip in a small hollowed out pumpkin with cinnamon graham crackers or gingersnap cookies.

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From the CEO: A Year of Pivots
Planned Giving Envelope
Thank you, Julie Young
Senior Games Results
Medicare Open Enrollment/Client Survey
Senior Angel Tree Project
Voice and Vino Results/Thank You
National Family Caregiver Month
In Memory of Chuck Miller



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