

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**JANUARY– FEBRUARY
2021**

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!
@LifesSpanResourcesInc



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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Fun and Games

Winter Home Safety Tips for Seniors

The winter season can be one of the most beautiful times of year, but you might also find yourself in a bit of trouble if you're one of millions of older people living alone or with limited mobility. Family and friends can help you prepare your home by following these winter home safety tips so that you can rest assured that you're living in the safest environment possible.



One of the biggest dangers for seniors is falling. When a fall occurs, there is a much larger risk of breaking a bone or being left unattended for hours (or even days) at a time. To decrease the likelihood of a fall happening while walking to your car or to check the mail, make sure that your walkways are salted and/or shoveled if you live in a snowy/icy area. Hire some help or get neighbors or family to help.

The winter weather can certainly increase the probability of power outages. With heavy snowfall and icy conditions, power lines can become weighed down and power outages become much more likely. Be sure to stock up on flashlights and batteries so that you can find your way around your home if the lights go out. Create a pile of blankets that are easily accessible so that you can keep warm if the heat goes out. Also, make sure to have hats, scarves, and sweaters that you can layer available and easy to access so that you can keep your body heat up. And, of course, keep non-perishable foods in your pantry that you can eat cold. Your refrigerator/freezer will be out of commission during the power outage, so keeping food in your pantry that won't spoil and doesn't have to be heated up is ideal.

It is also important that carbon monoxide detectors are kept up-to-date in order to decrease the risk of carbon monoxide poisoning from the use of fireplaces, heaters, or lanterns. With a carbon monoxide detector, you will ensure your home does not become filled with poisonous, invisible gas that could take your life during your sleep.

The winter season brings about chilly temperatures and it is likely that you will use your fireplace a time or two during the cold season. Before the cold weather rolls in and the fireplace is used on a regular basis, get your chimney and flue inspected by a professional to ensure that all parts are in working order. Having both of these inspected and cleaned yearly will leave you with peace of mind that using the fireplace will do nothing but keep you warm.

Most households have a fire extinguisher, but very few people actually know how to use it. In case something goes wrong and a fire is started, you will want a fire extinguisher on-hand and ready to use. If you are unsure of how to actually use your fire extinguisher, have a family member or a firefighter teach you how to use it so that you can effectively protect and prepare yourself for any emergency that might arise.

Continued on page 4...

FROM THE CEO

A New Year... A Time to Move Forward!

Happy New Year! I don't know about you, but I'm ready to move forward with 2021. 2020 wasn't at all what we expected on the cusp of a new decade, but it definitely will go down in the history books and our memories as one of the most difficult years we've all had to experience. I feel for the many people who've faced illness, loss of loved ones, jobs and isolation. I'm hopeful the pandemic will resolve sometime this year and that we can look to the future with renewed positivity and excitement.



We chose our 2021 Senior Games Theme to be: "Moving Forward" - to reflect moving past the difficulties of the past year and looking positively toward the future. Senior Games will take place June 7 – 11, 2021. We are unsure at this time if the event will be offered outdoors or at-home, but we are determined to get back to the fun in June, so, be sure to mark your calendars and watch for more information in the coming weeks and months.

And, as we move forward, we are excited to announce our new Annual Fund format. We have new giving levels to choose from that will help us better recognize our donors. A mailing was sent out at the end of 2020 to many of our long-time supporters, but if you would like to donate to the greatest needs at LifeSpan Resources, please see the Annual Fund article in this issue of LifeNotes.

Let's take this opportunity to look at 2021 as a new beginning. A time to work on mending our broken lives and look toward February, the month of LOVE. Focus on those we love and moving forward, onward and upward!

Thank you for letting LifeSpan Resources help you through the difficulties of 2020, we hope you will continue to let us help you navigate this new normal and keep you healthy and happy at home.

Sincerely,

Lora

lclark@lsr14.org



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

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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.

ANNUAL FUND CAMPAIGN

Resolved: Sharing Life and Hope in the New Year

Let's face it, the events of 2020 have fundamentally changed us all. For many of us, 2020 has meant a time for self examination about what is truly important in our lives and what it means to value, care for, and provide genuine hope for others. A time for reordering our priorities, considering how we spend our resources, and focusing on what really matters in life.

LifeSpan Resources is in the daily business of caring for others and imparting a genuine sense of hope for their lives. It may be a low-income senior widow who is trying hard to continue to independently live in her home in spite of multiple health challenges. Or, a young man on disability who can no longer drive and needs reliable transportation to medical appointments. Often, the challenge is as basic as hunger, where delivery of a week's supply of meals from a friendly, caring LifeSpan Resources driver brings both nutrition and critical human contact.

As we begin a New Year, we hope you will consider some of the ways you can partner alongside LifeSpan Resources to help meet some of the most basic of human needs. We hope you will begin to consider becoming one of our annual donors through our new Annual Fund. This giving opportunity makes it possible for you, as an individual, corporation, business, or organization to support the basic and immediate needs of LifeSpan Resources and its clients, from transportation, to meals on wheels, to caregiver support, to activities such as our annual Senior Games. Annual Fund gifts may be offered for the general support of LifeSpan Resources' most urgent client needs or designated for an area of care or program that you most treasure. Our Annual Fund categories are:

- ♦ LifeSpan Resources **Visionary**: \$2,500 or more (Can provide fuel for a year or 100 wheelchair rides).
- ♦ LifeSpan Resources **Sustainer**: \$1,000 to \$2,499 (Provides up to 140 hours of caregiving).
- ♦ LifeSpan Resources **Leader**: \$500 to \$999 (Can provide up to 145 hot congregate meals and activities).
- ♦ LifeSpan Resources **Provider**: \$250 to \$499 (Can allow 30+ seniors to participate in Senior Games)
- ♦ LifeSpan Resources **Ambassador**: \$100 to \$249 (Provides 4 rides or 6 weeks of meals).
- ♦ LifeSpan Resources **Supporter**: \$25 to \$99 (Provides one medical trip or up to two weeks of meals).

We hope you will join in the satisfaction of supporting LifeSpan Resources with a gift to our Annual Fund. All gifts will be recognized in our Annual Report. What will you do to help be a part of our important work in 2021 and beyond? Please contact us if we can help you make some incredible, important, caring, and compassionate LifeSpan Resources service to others happen. For all you do, thank you!

Board of Directors

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Winter Home Safety Tips, continued

Still driving? You may not drive nearly as often in winter, so it's important to keep your car ready to go. Have the oil, tires, battery and wipers checked. Consider a AAA membership, which can offer peace of mind if your car breaks down any time. If you don't drive, have a list of transportation options prepared ahead of when you might need this service. Register for ride service on one of the apps like Uber or Lyft and have a family member show you how to access a ride. Call your local area agency on aging (LifeSpan Resources) and set up your service for non-emergency medical, wheelchair or older adult social transportation, so you can get a ride when you need it.

You may want to consider having extra in-home care during the winter. Personal caregiving tasks include helping with bathing and dressing, meal preparation, medication reminders and housekeeping. Just having a second set of hands can be incredibly helpful in completing some of those daily tasks that might be more difficult during the cold winter months. LifeSpan Resources can help arrange these services for you. Call the number listed at the bottom of this article for more information.

Because it can be difficult and dangerous to get around, you may have less social contacts during the winter. These can breed feelings of loneliness and isolation. Arrange a check-in system with family, friends or a home care agency. Arrange for check in phone calls or visits daily or weekly. Home care agencies often offer companion services. Also check with our local retired senior volunteer program (RSVP), which offers friendly callers and visits.

Winter safety tips are important for everyone, but they are especially important for seniors and disabled individuals who live alone or further away from family and friends. However, most will want to enjoy the beauty and magic of the season. With a bit of preparation, you can put your worries at ease, and just enjoy the wintertime.

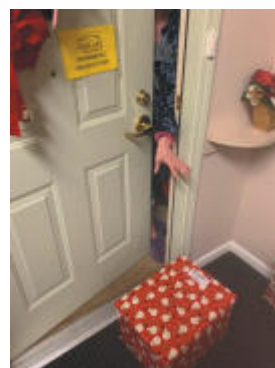
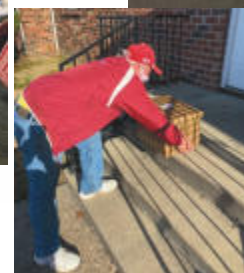
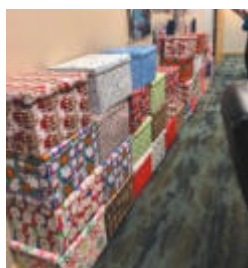
If you need assistance navigating some of these preparations, call LifeSpan Resources at 812-948-8330 and ask to speak to one of our Options Counselors.

Source: www.aginginplace.org



Senior Angel Tree Project and Deliveries

The Senior Games Gang filled and delivered 40 holiday boxes filled with goodies and gifts to our neediest clients in December. Thanks you!




HOLIDAY HAPPENINGS

Holiday Board of Directors and Advisory Council Joint Meeting



On Monday, December 14, the LifeSpan Resources Board of Directors and Advisory Council held their annual joint board meeting. This year, the meeting was held virtually due to COVID-19. So, a few LifeSpan Resources elves took to the streets to deliver gifts and lunch to all of our dedicated board and advisory council volunteers. Pictured are a few of the deliveries! We greatly appreciate all of our volunteers and their dedication to the aged and disabled in our community.



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SENIOR GAMES & SENIOR GAMES GANG UPDATE

Senior Games 2021– Moving Forward

SENIOR GAMES
GANG 2021
moving forward



SAVE THE DATE

SENIOR GAMES 2021 • JUNE 7-11, 2021

Mark your calendars and make sure to take part in LifeSpan's 35th annual Senior Games - the only community-wide event in southern Indiana specifically for active older adults! Seniors will be "moving on up" with the new theme: "*Moving Forward.*"

This year's games run from Monday, June 7 - Friday, June 11. It is our hope to be able to do an in-person event this year, even if it is entirely outdoors.

Senior Games includes events like Basketball Toss, Dance Off, Bowling, Mini-Golf, Horseshoes, Toss 'Em, Lap Walks, and more. Opening and Closing ceremonies feature a live band and DJ music, vendor fair, catered lunches, door prizes, and lots of awards.

All local adults age 55+ are eligible to participate in this fantastically fun week! The cost is only \$15 for the entire week and includes a t-shirt, lunches, snacks, door prizes, giveaways and most importantly, medals! Registration will open in March. *It's also 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.

For more information, contact Director of Development, Melissa Richardson at 812-206-7960 or email mrichardson@lsr14.org.

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Life Span Resources, New Albany, IN B 4C 01-2036

SMP: Prevent Medicare Fraud

Help Stop Medicare Fraud

DO:

- Ask questions. You have the right to know about your care, including how much it costs.
- Keep a record of the dates of Medicare services received.
- Report suspected instances of fraud to your local SMP (LifeSpan Resources).
- Review your Medicare Summary Notices (MSNs) and Explanations of Benefits (EOBs):
 - ✓ Did you receive the service or the product?
 - ✓ Did your doctor order this service or product?
 - ✓ Were you billed for a service or product more times than you received it?
 - ✓ Were the services on your statement related to your condition?

DON'T:

- Don't give out your Medicare number. Only your doctor or your other Medicare providers should need it.
- Don't give your Medicare number to telephone callers or door-to-door solicitors.
- Don't accept "free" medical services in exchange for your Medicare or Social Security number.

How Your Senior Medicare Patrol (SMP) Can Help

SMPs use trained senior volunteers to help educate and empower seniors in the fight against health care fraud. Your SMP can help you with questions, concerns, or complaints about potential fraud and abuse issues. Contact LifeSpan's SMP coordinator, Frankie Able at 812-948-8330 for more information or questions.



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Life Span Resources, New Albany, IN

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INTRODUCING - SING FOR YOUR LIFESPAN RESOURCES!

About Sing for your LifeSpan Resources

Lifespan Resources, Inc. will be hosting a live virtual fundraising concert on February 28, 2021 featuring some of the area's most talented students and young adults aged 21 and under. It is designed to raise awareness, and funds for LifeSpan Resources.

Lora Clark, CEO of LifeSpan Resources said, "The goal of this fundraising concert is two-fold. This will be a showcase of premiere talent. But the part that really warms my heart, is that these community-minded performers are doing this knowing how it can benefit people right here in our own area. Voice and Vino at the Casino is our annual autumn fundraising talent showcase for adults. We are thrilled to now have the opportunity to host an event that will feature the youth of our region."

The live streaming concert is not a singing contest, but a fundraising contest. Each performer is challenged to raise the most funds through donations and sponsorships. The performer who raises the most money wins the "Golden Microphone Award".

The event, managed by Mark Maxwell, will be live streamed from Maxwell's House of Music. Maxwell declares, "You have to see this! These performers are absolutely incredible. I wish I would have understood performance and stagecraft like that at their age!"

When asked why they wanted to participate, he added, "Each one of them and their parents said the pandemic has kept them idle long enough. They all want to be a part of something that allows them to do what they love, but also to make a difference right here in our community. Save the date and tune in, because it's going to be something special!"

Please see below for sponsorship opportunities for this event.

SPONSORSHIP OPPORTUNITIES

	<p>★ TITLE SPONSOR (\$10,000)</p> <ul style="list-style-type: none">○ FEATURED BANNER (:15) at beginning of show, with voiceover○ 10 POP-UP LOGOS throughout show○ BIG CHECK PRESENTATION with :30 INTERVIEW at end of show○ LOGO included in all marketing○ COMPANY MENTIONS in social media posts○ LOGO featured on the event web-page○ Performer SHOUT OUTS on individual social media channels
	<p>★ PLATINUM SPONSOR (\$5,000)</p> <ul style="list-style-type: none">○ FEATURED BANNER (:10) at beginning of show, with voiceover○ 5 POP-UP LOGOS throughout show○ LOGO included in all marketing○ COMPANY MENTIONS in social media posts○ LOGO featured on the event web-page
	<p>★ GOLD SPONSOR (\$2500)</p> <ul style="list-style-type: none">○ 3 POP-UP LOGOS throughout show○ LOGO included in all marketing○ COMPANY MENTIONS in social media posts○ LOGO featured on the event web-page
	<p>★ SILVER SPONSOR (\$1000)</p> <ul style="list-style-type: none">○ LOGO included in all marketing○ COMPANY MENTIONS in social media posts○ LOGO featured on the event web-page

For Sponsorship Opportunities, please contact Melissa Richardson at 812.206.7960.



LifeSpan
RESOURCES
A member of the  iConnect Alliance.

SAVE THE DATE
February 28, 2021

LIVE VIRTUAL CONCERT

Featuring community-minded youth performers who will be competing for the "Golden Microphone Award".
The one who secures the most donations / sponsorship dollars for LifeSpan Resources WINS!



HOSTED BY LAYLA SPRING
(2018 American Idol Finalist & Fan Favorite)

THE SINGERS



JACKSON SNELLING



PEYTON MAHAN



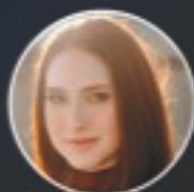
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ANDREW WASHAUSEN

THE JUDGES



Dawne Gee
WAVE 3



Jimi V.
Legendary Louisville Vocalist



Kelly K.
DJX

FOR MORE INFORMATION ABOUT THIS EVENT, OR HOW TO BECOME A SPONSOR,
PLEASE CONTACT MELISSA RICHARDSON AT 812.206.7960 OR MRICHARDSON@LSR14.ORG

SAVE THE DATE - VOICE AND VINO 2021

SAVE THE DATE

TUESDAY, OCTOBER 26TH, 2021 | CAESARS SOUTHERN INDIANA

VOICE and VINO
season 4

LIFESPAN RESOURCES
ANNUAL GALA

Join us for an evening of
ENTERTAINMENT & FUN!

At a later date, we will determine if the event will be live or virtual, so watch your mail.

FEATURING 8 LOCAL SINGERS, 4 SLIGHTLY FAMOUS JUDGES & 1 STAGE!

Do you have a local singer you'd like to nominate or sponsor?
Contact Melissa Richardson, Director of Development, at 812-206-7960 or mrichardson@lsr14.org.

THANK YOU CAESARS FOUNDATION

Thank You, Caesars Foundation

LifeSpan Resources would like to thank the Caesars Foundation of Floyd County for their continued support of our mission. LifeSpan Resources recently received a grant for \$12,500 to go toward the purchase of new vehicles for our transportation fleet. The Caesars Foundation has been a long-time supporter of our mission and the clients we serve, and we greatly appreciate their generosity.



**Celebrating Dr.
Martin Luther
King Day on
January 18**

*"If I cannot do great things,
I can do small things in a great
way."*

Martin Luther King



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Will Chandler

The logo for AccessiCare Elder Home Care. It features a blue house icon with an upward-pointing arrow, followed by the word "AccessiCare" in a large, blue, cursive font, and "Elder Home Care" in a smaller, blue, sans-serif font below it.

A portrait of Jon Baker, a man with short hair, wearing a suit and tie.

Jon Baker
US Veteran,
Owner

A portrait of Debra Baker, a woman with blonde hair and glasses, wearing a pink shirt and a dark jacket.

Debra Baker
RN,
Owner

AccessiCare offers 24 hour, 7 days a week, non-medical, personal home care to provide that extra support and help to make staying home a possibility.

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Life Span Resources, New Albany, IN D 4C 01-2036

EASY VALENTINE TRIFLE RECIPE



VALENTINE'S DAY DESSERT TRIFLE

A simple yet fancy Valentine's day dessert. Pink and red trifle to celebrate the day of love!

INGREDIENTS:

- 4 cups cheesecake flavored pudding (instant works fine, also vanilla flavor will work too) - color pink with food coloring or use strawberry flavor
- 3-4 cups whipped cream (fresh is best!)
- 2-3 cups of cubed white cake, pound cake or angel food cake (9x13 size cake)
- 1 cup raspberries (fresh or frozen)
- 2 cups strawberries (sliced, fresh or frozen)
- **Optional:** You can add more berries if you like, the more the better!

Wash and pat the berries dry. Let them air dry while you prep the rest. Cut the cake into cubes, whip your cream and make the pudding. Then start layering in a medium size bowl or trifle dish. Start with the pudding, then cake cubes, then fruit and whipped cream. Continue layering until all the ingredients are gone, finishing with whipped cream on top. Refrigerate for at least 2 hours. Enjoy!

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Matchmaker

MATCH EACH OF THE 14 QUOTES BELOW WITH THE POPULAR ROMANTIC MOVIE IT'S FROM.

- 1 - I want all of you, forever, you and me, every day.
- 2 - You should be kissed, and often, by someone who knows how.
- 3 - As you wish.
- 4 - I want the fairy tale.
- 5 - Nobody puts baby in a corner.
- 6 - You will never age for me, nor fade, nor die.
- 7 - I wanted it to be you. I wanted it to you be so badly.
- 8 - You complete me.
- 9 - I'm just a girl, standing in front of a boy, asking him to love her.
- 10 - To me, you are perfect.
- 11 - I think I'd miss you even if we'd never met.
- 12 - Here's looking at you kid.
- 13 - Our love is like the wind. I can't see it, but I can feel it.
- 14 - You make me want to be a better man.

- A - You've Got Mail**
- B - As Good As It Gets**
- C - The Notebook**
- D - Princess Bride**
- E - Gone With the Wind**
- F - The Wedding Date**
- G - Dirty Dancing**
- H - A Walk to Remember**
- I - Notting Hill**
- J - Casablanca**
- K - Love Actually**
- L - Jerry Maguire**
- M - Pretty Woman**
- N - Shakespeare in Love**

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MARK YOUR CALENDARS

Date	Event	Location	Time
Wednesday, January 1	<i>New Year's Day</i>	Office Closed	Office Closed
Monday, January 18	<i>Martin Luther King, Jr. Day</i>	Office Closed	Office Closed
Friday, February 14	<i>Valentine's Day</i>	<i>Celebrate with your loved ones!</i>	
Monday, February 15	<i>President's Day</i>	Office Closed	Office Closed
Friday, February 19	<i>Senior Games Gang: Virtual Bingo</i>	<i>Via Zoom – details will be sent out closer to the event</i>	11:30 am – 12:30 pm
Sunday, February 28	<i>Sing for your LifeSpan Resources</i>	<i>Virtual Fundraising Competition</i>	6:00 – 7:30 pm
Wednesday, March 18	<i>Nutrition Awareness Day</i>	All Congregate Centers (virtual)	11:00 am - 1:00 pm
Friday, April 2	<i>Good Friday</i>	Office Closed	Office Closed
Friday, April 16	<i>Senior Games Gang: Horseshoes</i>	<i>Sam Peden Community Park 3037 Grant Line Rd New Albany, IN 47150</i>	11:00 am - 1:00 pm

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From the CEO: A Time to Move Forward
Annual Fund Campaign
Winter Safety Tips
Holiday Happenings
Senior Games & Gang Updates
Prevent Medicare Fraud
Sing for Your LifeSpan Resources
Voice & Vino: Save the Date
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Fun and Games



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