

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**MAY– JUNE
2021**

LifeSpan Resources MAIN OFFICE

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New Albany, IN 47151-0995

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Website www.lsr14.org

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MAIN OFFICE HOURS

Monday-Friday: 8:00am-4:30pm

Look Inside:

LSR Helps All Ages: Testimonial

Letter from Lora Clark, CEO

Good Bye: Earlene Bennett - 40+ years

We Need Your Input: Area Plan

Public Hearing

Get Ready! Senior Games 2021

Sing For Your LifeSpan Resources:

Final Results

Thank you: New Grants!

Communities of Strength: Celebrate

Older Americans Month

Deadly Condition: Recognize Sepsis

Voice and Vino 2021: Singers Announced

Moms and Dads Puzzle/Fun Page

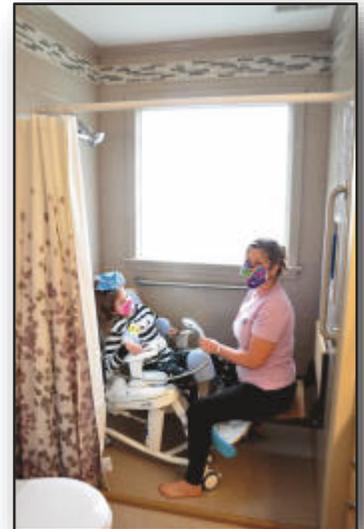
Support Vulnerable Moms and Dads with

Amazon Smiles and Donations!

LifeSpan Resources Helps Clients of All Ages: *Meet Karsyn Wallace*

Imagine watching your energetic, beautiful pre-Kindergarten daughter slip into an exasperating journey where an unidentifiable medical condition begins to chip away at her capabilities and growth.

That's the situation the Wallace family from New Albany found themselves in with their daughter, Karsyn. Almost a decade later, it is a journey that has progressed with a rare terminal medical diagnosis made more difficult with a series of daily caregiver challenges that call upon the very best of what her mother, Kathleen Wallace, calls "Team Karsyn." Wallace points out that an integral part of that care team is a real-life "angel"---LifeSpan Resources' Care Manager Lisa Angell, who works to ensure Karsyn and her family have everything they need to create an effective care giving environment for now 13-year-old Karsyn.



Karsyn and her mom, Karen.

Wallace and her husband, Brad, began noticing unusual little things about their daughter around pre-Kindergarten age. They were mostly things that could be readily explained away if they weren't viewed as part of a pattern. For example, Karsyn suffered from a series of severe, frequent ear infections, which---in hindsight---seemed to be the beginning of her symptoms. There was a later indication of a bit of developmental regression. And, there were some pronounced physical characteristics that just seemed different, such as Karsyn increasingly standing on her toes as she walked. Wallace kept informing Karsyn's pediatrician of her symptoms. But, she ultimately left that pediatrician behind, did some of her own research, and developed a different medical team committed to finding some real answers. The answer she got was a disorder called MPS III Sanfilippo Syndrome.

"I heard what they were saying and tried to just take it in. A degenerative disorder so rare she would have a better chance of being struck by lightning. It was as if ALS and Alzheimers would get together and have a child, this is what it would be. Nobody wants to hear that about their child. The very hardest part of all was hearing the words 'no treatment' and 'no cure,'" Wallace said.

So, she researched it. She looked into possible surgical solutions, experimental stem cell therapy, and any type of possible answer to hang on to, running into dead ends at every turn. A wonderful doctor, listening to her struggle with what to do next,

Continued on page 4

FROM THE CEO

LifeSpan Resources Celebrates One of Our Own

It is hard to believe that it has been more than a year since COVID-19 invaded our lives. While we can see a glimmer of normalcy just around the corner, we are still living very different lives than we did just two years ago. Our congregate sites remain closed; however, we are planning to be able to reopen them in July if all goes well. We are also planning to be together for Senior Games this year, albeit in the form of an all outdoor event. The events will take place June 7-11, 2021. Please see the article in this issue for more information and recognition of our wonderful sponsors.

During May and June, we have a lot to celebrate! Not only do we celebrate the coming of summer, warm weather and beautiful flowers and trees, but we also celebrate our mothers and fathers, Older Americans Month, National Nursing Home Week, Armed Forces Day, Memorial Day and Flag Day! WOW! That's a lot of celebrating! However, the biggest celebration of all at LifeSpan Resources will be a bittersweet one. We will say goodbye to long-time Executive Assistant, Earlene Bennett, as she enters into retirement. Earlene has been with LifeSpan Resources for over 40 years. While we will miss Earlene terribly, she has been training Sherry Cookson, our new Executive Assistant for the last year, so she is leaving us in extremely capable hands. Please see the article on Earlene's tenure in this issue of LifeNotes.

Sincerely,

Lora Clark

Lora Clark, CEO
lclark@lsr14.org



MAY & JUNE

Older Americans Month – Theme Communities of Strength

National Nursing Home Week – May 9-15, 2021

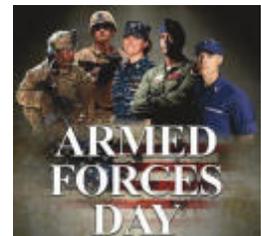
Mothers' Day – May 9

Armed Forces Day – May 15

Memorial Day – May 31

Flag Day – June 14

Fathers' Day – June 20



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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THANK YOU, EARLENE

Thank you, Earlene!

Earlene Bennett, Executive Assistant at LifeSpan Resources, will retire on June 30 after 40+ years of service. We are sad to see her go, but we are excited for her to enjoy her next phase of life with her husband, Mike.

To celebrate Earlene, we would like to make sure you know just a few of the things she has accomplished on behalf of LifeSpan Resources during her tenure. She has been instrumental in assisting and serving the needs of New Albany and southern Indiana residents through her work at LifeSpan Resources since 1992. She has served in coordinating the administrative workings of LifeSpan Resources including the Area Plan, Strategic Plan, Public Hearings, the Community Assessment Survey for Older Adults (CASOA) Survey, Board of Director and Advisory Council meetings, and many others too numerous to mention. Earlene has been a key contributor in managing the annual Senior Games, the Senior Angel Tree project which brought gifts and joy to hundreds of nursing home residents; and recruiting and placing more than 3,600 community service volunteers.

In addition, Earlene has served on all LifeSpan Resources' fundraising committees during her years as Executive Assistant, helping raise hundreds of thousands of dollars to support the service needs of the elderly and disabled. She has been active in many community organizations, including the New Albany Retired Senior Volunteer Program (RSVP), the Indiana Community Organization Active in Disasters (IN COAD), March2Recovery (Disaster Relief efforts for the March 2, 2012 tornado outbreak); and the Southern Indiana Transportation Advisory Group (SITAG).



Earlene, with Pam Clark, Advisory Council Secretary



Earlene with Kina McKinney at LifeSpan Resources

“Earlene is the best executive assistant I have ever had or known, not only to me, but the agency. Her knowledge is invaluable. She has devoted her life to the agency and helping others. I can’t imagine LifeSpan Resources without her, but she has selected the very best replacement for us.” said Lora Clark, LifeSpan Resources CEO.

Thank you, Earlene! We will miss you and your wonderful smile, but we can’t wait to hear about your adventures in retirement.

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CLIENT STORY (CONTINUED)

Meet Karsyn Wallace continued from page 1....

“delivered his wisdom with such grace,” she said. “He told us right now she just needs to be a normal kid, running and playing while she can and to just love her. So that’s what we did.”

The consequences of Karsyn’s diagnosis have been significant for the family over the years---selling a home they loved, removing Karsyn’s brother from private school, her husband switching jobs and working at home more, and dealing with extremely tight COVID protocols. In spite of her seizures and other challenges, they have continued to try to support Karsyn’s quality of life with fun outings to places like the Louisville Zoo. In January of 2019, Karsyn went on a home feeding tube. The prognosis for someone with her condition is a lifespan of 10-14 years.

Wallace said, “I’m just a normal mom. The help just seems to come at every turn when we need it. We don’t always know how it will work out but it always does. LifeSpan Resources is a big part of that. If I had to do it all over again, I would still choose her. I can’t picture anyone else taking care of her. It’s a job I pray never ends.”

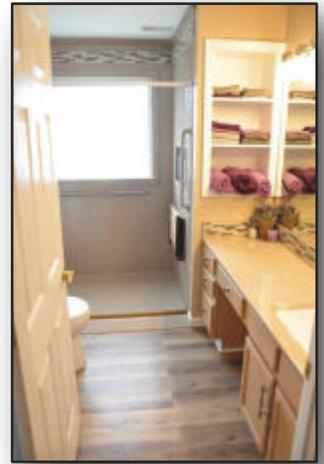
One of the recent ways LifeSpan Resources has helped was to work with the family, as well as other agency and vendor partners, to widen the bathroom doorway and get a roll-in shower installed in their home. It was a gift that has solved one of the family’s most difficult challenges of how to safely bathe Karsyn.

“It has just been amazing the difference it has made,” Wallace said. “No more bending, lifting, pulling, and tugging. No more lifting her in and out of the bathtub. If she happens to have a seizure she is protected. It has been such a blessing.”

Lisa Angell said, “A lot of people think LifeSpan Resources only deals with the needs of the elderly. But, for those who need skilled care, LifeSpan Resources can often help regardless of age. There is just so much we can do to enhance a person’s quality of life and that of their caregivers.”

Angell added, “If anyone is sitting out there wondering if we can help with their own situation, my advice would simply be to give our ADRC (Aging and Disability Resource Center) a call. We have people on staff that can help assess your needs and take steps to navigate the system of funding sources and even Medicaid. When in doubt, whatever the age of the person needing care, the first step is to just ask.”

For questions about resources, options and funding to support independent living, call LifeSpan Resources’ Aging and Disability Resource Center at 812-948-8330 and ask to speak to an Options Counselor.



The new shower was a “gift that solved one of the family’s most difficult challenges.”

LEGAL NOTICE

LifeSpan Resources, Inc. will accept proposals until 9:00 a.m. May 22, 2021 for services to the elderly throughout the 4 county areas of Clark, Floyd, Harrison and Scott in Indiana. Services to be funded under the Older Americans Act include Nutrition Services, Preventive Health, Legal Services, Caregiver Support, Ombudsman and Transportation. Total estimated funds available are \$733,000. For information or proposal packets contact:

Leslie A. Meek, CFO
33 State St, Ste 308, PO Box 995
New Albany, IN 47150
lmeek@lsr14.org
812-948-8330

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INVITATION: Area Plan Public Hearing

The public is invited to LifeSpan Resources’ Public Hearing regarding our upcoming Area Plan for Aging Services: **Weds. May 12; 10 – 11:15 a.m.**

The presentation will include:

- ◆ Overview of the Aging Network
- ◆ Summary of Logic Model Goals & Objectives
- ◆ Federal/State Funding Allocations & Sources
- ◆ Comments/Questions from Audience

To register for the Zoom presentation, contact Sherry Cookson at scookson@lsr14.org

OLDER AMERICANS MONTH CELEBRATION

OLDER AMERICANS MONTH: Communities of Strength



In tough times, communities find strength in people—and people find strength in their communities. Over the past year, we've seen this time and again, as friends, neighbors, and businesses have found new ways to support each other through the pandemic.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme recognizes the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

This year, LifeSpan Resources will celebrate OAM by encouraging community members to share their experiences. Here are some ways to share and connect:

Look for joy in the everyday: How have you recognized and celebrated small moments and ordinary pleasures during the pandemic?

Reach out to neighbors: Have you been able to reach out and connect with your neighbors during the pandemic? If not, it's not too late to leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.

Build new skills: Have you learned any new skills in the past year? (Hello, can you say, "Zoom?") Learning something new allows us to practice overcoming challenges. Have a skill to share? Find an opportunity to teach someone, even casually.

When people of different ages, backgrounds, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate! Please join LifeSpan Resources in strengthening our community - send us your responses to the above prompts. We will share them with the community through our social media and publications! Send to Lucy Koesters at lkoesters@lslr14.org or mail to Lucy at LifeSpan Resources, P.O. Box 995, New Albany, IN 47151.



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NEW GRANTS RECEIVED: MANY THANKS!

Thank You, Grant Funders

LifeSpan Resources would like to thank the following organizations for recent grants received.

Duke Energy Foundation – Thank you to the Duke Energy Foundation for a \$10,000 grant to be used for our Meals2Go! program to help cover costs for additional meals due to the COVID-19 pandemic.

Caesars Foundation – The Caesar’s Foundation granted LifeSpan Resources \$12,500 to help purchase new vehicles for our Transportation department. Thank you for your continued support of LifeSpan Resources.

Metro United Way – Metro United Way recently awarded LifeSpan Resources \$40,000 to cover additional meals costs for the Meals2Go! program due to increased need during the COVID-19 pandemic.

Section 5310 Grant – The Section 5310 Grant allowed LifeSpan Resources to purchase 4 new ADA wheelchair accessible vans to transport clients to doctor visits and social trips. The grant totaled \$188,994. Thank you for supporting the needs of clients every day!



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GET READY: SENIOR GAMES: JUNE 7 - 11, 2021

Mark your calendars and make sure to take part in LifeSpan Resources 35th annual Senior Games - the only community-wide event in southern Indiana specifically for active older adults! Seniors will “move” into the new theme: “*Moving Forward*”.

This year’s games run from Monday, June 7 - Friday, June 11 and will be held completely outdoors in order to maximize safety and social distancing. Face masks, temperature checks and social distancing will be required.

Senior Games focuses on health and wellness with events like Basketball Toss, Dance Off, Mini-Golf, Toss ‘Em, Horseshoes and more. Opening and Closing ceremonies feature a live band, vendor fair, catered lunches, door prizes, and lots of awards.

This year, the some of the events will be held in new locations, so be sure to check out the schedule mailed to your home. Wayne Perkey will be back again by popular demand for Opening Ceremonies, and long-time supporter of the Games and fan favorite, State Representative Ed Clere will be hosting our dance contest and Closing Ceremonies at the New Albany Amphitheater.

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!



To register, print out forms at www.lsr14.org or contact Melissa Richardson, Director of Development at 812-206-7960. We need volunteers and sponsors too!!

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SING FOR YOUR LIFESPAN RESOURCES RESULTS

CONGRATULATIONS, Ella Unruh!!! Winner of Sing for Your LifeSpan Resources

The first annual Sing for Your LifeSpan Resources fundraiser was a rousing success. It raised over \$57,000 to help our clients. Thank you to all the singers, judges and sponsors (listed below), as well as our wonderful emcee, Layla Spring, and especially Mark Maxwell and Jennifer Stricker for all their dedication and hard work on this event.



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DEADLY CONDITION: RECOGNIZE SEPSIS

Do You Know the Signs of A Sepsis Infection?

The Southern Indiana Care Collaborative, a partnership of health care providers in this region (including LifeSpan Resources), is working together to improve the quality of health care for a dangerous and sometimes deadly condition: Sepsis.

What is Sepsis? Sepsis happens when an infection you already have triggers a chain reaction throughout your body. **Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.** Almost any type of infection can lead to sepsis. Infections that lead to sepsis most often start in the lung, urinary tract, skin, or digestive tract.

We are sharing a tool (below) that uses the colors of a stoplight to guide you in managing symptoms of sepsis and can help you identify an infection that could lead to sepsis.

The tool is divided into **green (“all clear”), yellow (“caution”), and red (“medical alert”) zones.** For each zone, the tool provides signs and symptoms and gives specific instructions for managing your recovery, including guidance on when to seek emergency medical assistance.

The second part of the tool helps you make a plan to prevent infections and tips for identifying infections and talking with your health care provider. LifeSpan Resources is proud to be involved in this important work.

Signs of Infection and Sepsis at Home

Common infections can sometimes lead to sepsis. Sepsis is a deadly response to an infection.



Green Zone
No sign of infection.



Yellow Zone
Take action today.



Red Zone
Take action NOW!

Are there changes in my heartbeat or breathing?	My heartbeat is as usual. Breathing is normal for me.	Heartbeat is faster than usual. Breathing is a bit more difficult and faster than usual.	Heartbeat is very fast. Breathing is very fast.
Do I have a fever?	I have not had a fever in the past 24 hours and I am not taking medicine for a fever.	Fever between 100°F to 101.4°F.	Fever is 101.5°F or greater.
Do I feel cold?	I do not feel cold.	I feel cold and cannot get warm. I am shivering or my teeth are chattering.	Temperature is below 96.8°F. Skin or fingernails are pale or blue.
How is my energy?	My energy level is as usual.	I am too tired to do most of my usual activities.	I am very tired. I cannot do any of my usual activities.
How is my thinking?	Thinking is clear.	Thinking feels slow or not right.	My caregivers tell me I am not making sense.
Are there changes in how I feel after a hospitalization, procedure, infection or change in wound or IV site?	I feel well. I had pneumonia, a urinary tract infection (UTI) or another infection. I had a wound or IV site. It is healing.	I do not feel well. I have a bad cough. My wound or IV site looks different. I have not urinated (peed) for 5 or more hours. When I do urinate (pee), it burns, is cloudy or smells bad.	I feel sick. My wound or IV site is painful, red, smells or has pus.

My Plan for Preventing Infection at Home

Things I can do to prevent infection:

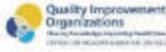
- Wash my hands often, using soap and water for at least 30 seconds, especially after touching door knobs
- Stay away from people who have coughs or colds. Stay away from crowds unless your doctor says it's OK.
- Get recommended vaccines (shots) like flu, whooping cough, pneumonia and COVID-19
- Eat healthy foods and drink water
- Keep my wounds or IV site clean
- Have a plan for getting help when I am in the yellow zone

Look for signs of infection:

- Do a daily check up using this stoplight form
- Report any signs of an infection in the yellow right away!
- Watch for sepsis. Sepsis is a very dangerous response to an infection by your body. Sepsis can lead to tissue damage, organ failure and death. Any one of the signs in the red zone can be a sign of sepsis. Tell your doctor "I am concerned about sepsis."

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.

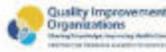


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SAVE THE DATE

TUESDAY, OCTOBER 26TH, 2021 | CAESARS SOUTHERN INDIANA



MEET OUR 2021 PERFORMERS AND JUDGES

2021 Performers

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COVID-19 UPDATES

LifeSpan Resources Continues to Assist with COVID Vaccine Scheduling and Transportation

LifeSpan Resources continues to assist the public with scheduling and providing transportation to and from vaccination sites in Clark, Floyd, Harrison and Scott Counties.

Our Aging and Disability Resource Center staff are screening callers and assisting with the COVID-19 vaccination registration process, if requested.

Our Case Managers are calling all current clients who are now eligible and registering them if requested. We also have additional staff helping individuals complete the vaccine registration process.

If you need assistance with registration or transportation, please call us at 812-948-8330.

Exciting News!

LifeSpan Resources' Congregate Centers Reopening Soon!

Plans to reopen on Monday, July 12 are underway.

Please spread the word and check our web site and social media pages for more information coming soon.

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LIFESPAN RESOURCES 2021 SAVE THE DATES

Date	Event	Location	Time
MAY	<i>Older Americans Month</i>	Communities of Strength	Month long celebration
May 9 –15, 2021	<i>National Nursing Home Week</i>	Honor all nurses!	Week long celebration
Sunday, May 9	<i>Mothers' Day</i>	Celebrate Moms!	All day
Saturday, May 15	<i>Armed Forces Day</i>	Honor all who serve.	All day
Friday, May 28	<i>Dementia Friends Workshop</i>	Virtual Zoom	10:00 am - 11:00 am
Monday, May 31	<i>Memorial Day</i>	LSR Office Closed	LSR Office Closed
Monday, June 7 – Friday, June 11	<i>Senior Games 2021 "Moving Forward"</i>	Opening: Kevin Hammersmith Park Various event venues	Opening: 9:00 am - 1:00 pm
Friday, June 14	<i>Flag Day</i>	Display your flag.	All day
Sunday, June 20	<i>Fathers' Day</i>	Celebrate Dads!	All day
4th Friday of each month	<i>Dementia Friends Workshop</i>	Virtual Zoom	10:00 am - 11:00 am

For more information, contact Lucy Koesters at 812-206-7938 or lkoesters@lsr14.org

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MOTHERS' DAY WORD SEARCH

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Fathers' Day

Punies

The best dads are really punny!

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You did a grape job raisin me!



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LSR Helps All Ages: Testimonial
Letter from Lora Clark, CEO
Good Bye: Earlene Bennett - 40+ years
We Need Your Input: Area Plan Public Hearing
Get Ready! Senior Games 2021
Sing For Your LifeSpan Resources: Final Results
Thank you: New Grants!
Communities of Strength: Older Americans Month
Deadly Condition: Recognize Sepsis
Voice and Vino 2021: Singers Announced
Moms and Dads Puzzle/Fun Page



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