

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**JULY – AUGUST
 2021**

LifeSpan Resources

MAIN OFFICE

33 State Street, Third Floor
 P.O. Box 995

New Albany, IN 47151-0995

PHONE NUMBERS

Main Office 812.948.8330

Toll Free 888.948.8330

Website www.lsr14.org

Check us out on Facebook!

@LifespanResourcesInc



And on Instagram!

@lsr14na



MAIN OFFICE HOURS

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

Look Inside:

Senior Games Wrap Up

Letter from Lora Clark, CEO:

Good Bye: Earlene Bennett - 40+ years

Voice and Vino: Become A Sponsor

Congregate Centers Reopen!

Diversity & Inclusion Update

Join the Senior Games Gang

Thank you, Senior Games Sponsors

Senior Games Winners!

Transportation Update

Older Americans Month Submissions

FEMA Offers COVID 19 Funeral

Assistance

Upcoming Events & Summer Recipes

Support Vulnerable Moms and Dads with

Amazon Smiles and Donations!

Senior Games 2021: Moving Forward!



Senior Games 2021 is in the books! A wonderful time was had by all; everyone was especially excited to be together in person again! Thank you to all the volunteers, sponsors, LifeSpan Resources staff and participants who made this a week to remember! And, a special thanks goes to State Rep. Ed Clere, Mayor Treva Hodges, Wayne Perkey, Mayor Jeff Gahan and Van Vance for helping us celebrate all week long! Check out our winners list and more in this edition of LifeNotes!

2021: The Summer of Fun and Farewells

Earlene Bennett, LifeSpan Resources' executive assistant, is retiring on June 30 after 40+ years! Wow, I am so eternally grateful that I have had the opportunity to work with Earlene for my four years with the agency. I am having a hard time imagining life at LifeSpan Resources without her. Earlene's unwavering dedication, her knowledge of the history of the agency and her great attitude, will be sorely missed – and her dependability and professionalism will be hard to replace, to say the least. I will miss her greatly but sincerely hope she will come back to visit us here at LifeSpan Resources. Maybe I can even convince her to volunteer – after a much needed break, of course.



Earlene leaves us in good hands, as Sherry Cookson will be taking over the reins on July 1. You can reach Sherry at scookson@lsr14.org.

Life will certainly go on at LifeSpan Resources, as it is in the rest of the world. We are so grateful to see the pandemic finally starting to ease up. We were able to hold our 35th annual Senior Games in June in person and all outdoors. What a wonderful week! Everyone was so happy to see their friends and have an enjoyable week filled with laughter and friendly competition.

We are also very happy to be reopening all of our congregate/senior meal sites to in-person dining and activities in July and August. We can help you or your loved ones get signed up for this great program any time. Just call our offices!

Our board of directors and advisory council will also resume in-person meetings this summer. Life is finally getting back to normal!

I hope you can get outside and enjoy some beautiful sunny summer weather. Warmth is a good thing in my book!

Sincerely,

Lora Clark

Lora Clark, CEO
lclark@lsr14.org



LifeNotes is a free bi-monthly publication of
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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

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Leslie Meek - Chief Financial Officer

Lucy Koesters - Chief Business Development Officer

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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.

THANK YOU, EARLENE

Celebrating Earlene Bennett and 40+ Years of Service to LifeSpan Resources!

On June 17, LifeSpan Resources held a retirement party for Earlene Bennett and it was nice to be able to be together in person to celebrate her. After working for LifeSpan Resources for more than 40 years, plenty of memories were shared, and tears were shed. We will miss Earlene's consummate professionalism, her vast knowledge of all things LSR, her efficiency and her work ethic. But most of all we will miss her kindness and her smile! Best wishes Earlene!



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SAVE THE DATE

TUESDAY, OCTOBER 26TH, 2021 | CAESARS SOUTHERN INDIANA



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2021 Performers

Kevin Bratcher Dr. Seth Ernstberger Angie Glotzbach
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To become a sponsor, contact Melissa Richardson, Director of Development
At 812-206-7960 or by email, mrichardson@lsr14.org



Can you help with our Raffle and Silent Auction?



LifeSpan Resources is collecting for our awesome Voice and Vino raffle, silent auction and wine pull! **Can you donate a bottle of wine, good bourbon, a gift card or another amazing raffle-worthy item?** We are looking for help in the form of donations for the wine pull (**where patrons “pull” a mystery bottle of wine worth \$20 - \$100+;** for a “Gift Card Tree,” which will hold up to \$600 worth of gift cards; and a “Bourbon Fire Pit Package” which will include a portable fire pit filled with exclusive brands of bourbon.

Don't Forget: Voice and Vino at the Casino will be held on Tuesday, October 26, 2021, from 5:30—9:00 PM at Caesars Southern Indiana. Contact Melissa Richardson at mrichardson@lsr14.org. We are accepting donations at our main office located at 33 State Street, 3rd Floor, New Albany. *Thank you!*



CONGREGATE CENTER REOPENING!

LifeSpan Resources' Congregate Centers Reopening July 12!

As we start to come back to a little bit of normalcy following the pandemic, LifeSpan Resources is excitedly preparing to reopen our Congregate Centers. Attendees will notice a few changes, but we look forward to welcoming everyone back safely. A few things to note:

- *Masks will be recommended if not vaccinated.*
- *Hand sanitizer will be provided and encouraged.*
- *Meals will be fresh prepared and served hot each day.*
- *Chef salads will be offered as the hot meal alternative.*
- *Sanitizing of high-touch areas will occur frequently.*
- *Group programs and activities will begin in August.*
- *Please reserve your meals in advance by calling the center up to a week ahead.*
- *See our web site for site locations and phone numbers: www.lsr14.org.*

**WELCOME
BACK!**

We are excited to welcome you back to a Congregate site near you!



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DIVERSITY AND INCLUSION UPDATE

Diversity and Inclusion Committee Update

Last summer, LifeSpan Resources committed to reinstating our Diversity and Inclusion Committee. Over the past year, this group of volunteer employees have been working toward structuring the committee, as well as creating Vision and Mission Statements.

They determined the general responsibilities of the group, which include:

- Working with leadership to create the D&I strategy, initiatives and challenges.
- Participate in the D&I subcommittee responsible for forming, implementing and steering diversity awareness and employee engagement.
- Serve as D&I champions
- Enlist support and promote participation in D&I related initiatives
- Identify community-related opportunities for LifeSpan Resources to engage in the support and promotion of D&I.
- Participate in meetings and develop best practices.

Committee Members:

Frankie Able, Michelle Brantley, LaQuaysha Greenwell, Rick Haines,
Jessica Meyer and Ramona Miller

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JOIN THE SENIOR GAMES GANG



JOIN THE SENIOR GAMES GANG!

Are you looking for fun, friendship and maybe a little competition year round? Want to support LifeSpan Resources mission of "Promoting Independent Living for People of All Ages?" **Become a member of the Senior Games Gang, and you can do it all!** The Gang is a membership program for area adults age 55+. Gang members develop new friendships and enjoy members-only events throughout the year! *In addition to these events, we will also do our Senior Angel Tree Project again this year! We will host a box wrapping party in November, so watch your mail for details!* There are several membership levels – so pick the donation amount that is within your budget. All members receive gifts such as a deck of LifeSpan Resources-branded playing cards, ball caps, umbrellas, mugs and more!

EVENT LINEUP 2021/2022 GANG YEAR (TENTATIVE DATES/TIMES):

Miniature Golf: Friday, August 6, 2021, 9:30 am - 12 pm at Family Activities Park, Charlestown
Chair Volleyball: Friday, September 17, 2021, 1 - 4 pm at Pineview Center Gym, New Albany
Cards & Games: Friday, November 12, 2021, 10 am - 1 pm at Charlestown Senior Center
Angel Tree Delivery: Friday, December 10, 2021, 10 am - 1 pm at LifeSpan Resources
Toss 'em: Friday, February 11, 2022, 11 am - 1 pm at Southern Indiana Sports Center, New Albany
Bunco: Friday, March 11, 2022, 10 am - 1 pm at Eastern Heights Baptist Church, Jeffersonville
Horseshoes & Picnic: Friday, April 22, 2022, 9:30 am - 12 pm at Community Park, New Albany

For a registration packet or more info, please call Melissa Richardson at 812-206-7960.



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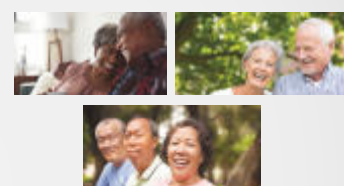
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SENIOR GAMES 2021 SPONSORS

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SENIOR GAMES WINNERS

CONGRATULATIONS to all of our Senior Games Medal Winners!

Senior Games 2021 is in the bag! It was a fantastic week with lots of fun and (mostly) friendly competition, food, socialization, and many dignitaries making appearances. There were lots of winners, and NO losers! Over 100 seniors age 55+ participated in Dance Off, Basketball Toss, Bingo, Corn Hole "Toss Em", Horseshoes, Pickleball and Mini Golf.

Thanks to our Platinum Sponsors:

LifeSpan Senior Games Gang

Masterson's Catering

Hellenic Senior Living

Communicare



Thank you to our many additional sponsors, in-kind donors and volunteers! Without you, The Senior Games could not happen!

To check out some awesome photos and the complete winners list, go to: www.lsr14.org/senior-games
For more photos, visit our Facebook page: [Facebook.com/lifespanresourcesinc](https://www.facebook.com/lifespanresourcesinc)



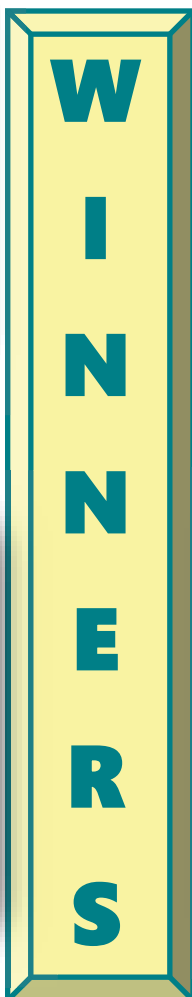
*Senior Games 2021 King and Queen:
Roger Cookson and Jill Ferguson*



*Senior Games 2021 Oldest Participants:
Florence Rayman (93) and Charlie Marking -
not pictured (90)*



*Most Medal Winners - Male:
Roger Cookson, Jude Walter, Barry James, Joe
Wafford and Ben Meeks*



*Most Medal Winners - Female:
Jill Ferguson, Sandy Briles, Dorothy Beckman,
Mazie Baumann and Barbara Duncan*

TRANSPORTATION AND OLDER AMERICAN'S MONTH UPDATES

NEW VANS FOR TRANSPORTATION

Thanks to a recent TARC 5310 Grant and matching funds from various entities in southern Indiana. LifeSpan Resources recently purchased FIVE new wheelchair equipped vans to replace older vehicles in our fleet. "These vans allow for greater efficiencies within our transportation department," said Ramona Miller, Director of Transportation at LifeSpan Resources. "They will save on maintenance and allow us to provide additional medical and social trips for those in need."

For more information on LifeSpan Resources' transportation program, visit us at www.lsr14.org, or call 812-948-9701 to schedule a trip.



Right: One of the new vans that was recently added to the fleet.



In the last issue of LifeNotes we asked for responses to prompts in celebration of Older American's Month. See one of those comments below by C Pugh! To read more of these comments, subscribe to our monthly e-blast. To subscribe, visit our website at www.lsr14.org and scroll to the bottom of the page.

C Pugh

Age 78

I was not overly fearful about the Covid 19 threat but played by the rules of quarantine. But by December 2020, cabin fever set in. I worked around the house and played with my cats. By Valentine's Day, 2021, it was getting to me. I missed people and doing things. Then I remembered how we were taught many years ago to protect ourselves with fire drills, possible bomb threats, etc. so I just decided not to get "bent out of shape."

Well said and a great attitude!

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**Tuesday, July 13, 2021
9:00 a.m. to 1:00 p.m.**

HEAT STROKE AND EXHAUSTION: KNOW THE SIGNS

HEAT STROKE & HEAT EXHAUSTION

Heat stroke is the most serious heat-related illness. Body temperature may rise to 106°F or higher within 10–15 minutes. It can cause death or permanent disability if emergency treatment is not provided. *Heat exhaustion* is less severe, more common, and occurs when the body becomes severely dehydrated. If left untreated, it leads to heat stroke. If you suspect a person is having a problem with the heat, get them to shade and begin cooling with water spray, fans, cool compresses, sips of cool water and call 911.



SIGNS OF HEAT STROKE

- *High body temperature (above 103°F)*
- *Red, hot, dry skin (no sweating)*
- *Rapid, strong pulse*
- *Throbbing headache*
- *Dizziness, nausea, confusion*
- *Unconsciousness*

SIGNS OF HEAT EXHAUSTION

- *Heavy sweating, cold, clammy skin*
- *Dizziness or fainting*
- *A weak and rapid pulse*
- *Muscle cramps*
- *Fast, shallow breathing*
- *Nausea, vomiting or both*

WHAT TO DO:

- *Have someone call 911 while you begin cooling the person*
- *Monitor body temperature; continue cooling efforts until body temperature drops to 101–102°F.*
- *If emergency medical personnel are delayed, call the ER for further instructions.*

Source: American Heart Association; Department of Health and Human Services; Caregiving in the Comfort of Home



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FEMA OFFERS FUNERAL ASSISTANCE

FEMA Offering Funeral Assistance to Those Affected by COVID-19

The COVID-19 pandemic has brought overwhelming grief to many families. FEMA is dedicated to helping ease some of the financial stress and burden caused to people before, during and after disasters; including the pandemic.

FEMA is offering financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020. To be eligible for funeral assistance, you must meet the following criteria:

- ⇒ *The death must have occurred in the U.S., including the U.S. territories, and the District of Columbia*
- ⇒ *The death certificate must indicate the death was attributed to or caused by COVID-19*
- ⇒ *The applicant must be a U.S. citizen, non-citizen national or qualified alien.*

Eligible expenses may include, but not limited to:

- ⇒ *Transportation for up to two people to identify the deceased individual*
- ⇒ *The transfer of remains, a casket or urn*
- ⇒ *A burial plot or cremation niche*
- ⇒ *A marker or headstone*
- ⇒ *Clergy or officiant services*
- ⇒ *Cremation or interment costs*
- ⇒ *Costs associated with producing multiple death certificate*

How to Apply

Call FEMA's COVID-19
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LIFESPAN RESOURCES 2021 SAVE THE DATES

Date	Event	Location	Time
JULY			
Sunday, July 4	<i>Independence Day</i>		
Monday, July 5	<i>Official Observance Day</i>	LSR Office Closed	LSR Office Closed
Friday, July 16	<i>Nursing Home Games</i>	Virtual	9:00 a.m. - Noon
Friday, July 23	<i>Dementia Friends Workshop</i>	Virtual Zoom	10:00 a.m. - 11:00 a.m.
AUGUST			
Friday, August 6	<i>Senior Games Gang Mini Golf Event</i>	Charlestown Family Activities Park	9:30 a.m.—12:00 p.m.
Friday, August 20	<i>Dementia Friends Workshop</i>	In Person -- LSR Board Room	10:00 a.m. - 11:00 a.m.

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

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SUMMER FUN!

No-Bake Strawberry Blueberry Trifle

Prep Time: 30 minutes **Total Time:** 30 minutes

Ingredients

17 oz angel food cake cut into 1" cubes (I used 1 1/2 blocks)
1 lb fresh strawberries hulled and sliced
1 lb fresh blueberries
1/4 cup water
2 Tbsp sugar
2 Tbsp lemon juice from 1/2 medium lemon
2 packages 8 oz each cream cheese, softened at room temp
3/4 cup granulated sugar
2 cups heavy whipping cream
1/2 tsp vanilla extract

What you will need:

4 or 5 qt trifle dish or make it in a 9x13 casserole dish.

Directions:

In a measuring cup, combine 1/4 cup water, 2 Tbsp sugar and 2 Tbsp lemon juice and stir until sugar is dissolved. Set aside until needed. Beat together 1 lb cream cheese and 3/4 cup sugar on medium speed until creamy and smooth, scraping the bowl a couple times. With mixer on, pour in 2 cups heavy cream then turn mixer to medium/high and continue beating until whipped and fluffy. Add 1/2 tsp vanilla and beat until incorporated. Place 1/3 of your sliced angel food cake into the bottom of your trifle dish and brush with 1/3 of your syrup. Add 1/3 of your cream and loosely spread it over cake pieces. Add 1/2 of the sliced strawberries. Repeat with remaining ingredients (adding 1/2 of the blueberries for the second fruit layer). Frost the top with last 1/3 of cream and decorate with remaining fruit.



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Why are there not any knock-knock jokes about America? Because freedom rings.

A battery and a firework were arrested. One was charged, the other let off.

Which colonists told the most jokes? Punsylvanians.

What did one firecracker say to the other firecracker? My pop's bigger than your pop.



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Look Inside This Issue!



Senior Games Wrap Up
Letter from Lora Clark, CEO
Good Bye: Earlene Bennett - 40+ years
Voice and Vino: Become A Sponsor
Congregate Centers Reopen!
Diversity & Inclusion Update
Join the Senior Games Gang
Thank you, Senior Games Sponsors & SG Winners!
Transportation Update
FEMA Offers COVID 19 Funeral Assistance



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

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Amount of Gift:		Do you wish to remain anonymous? (Circle) Yes No	
This gift is in HONOR / MEMORY of (Circle):			
Send an acknowledgement of donation to, Name:			
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Thank you!



All donations can be mailed to (include this form please):
LifeSpan Resources, Inc.
P.O. Box 995, New Albany, IN 47151-0995



Thank you!