

# LifeNotes

LIFESPAN RESOURCES NEWSLETTER

SEPTEMBER-OCTOBER  
2021

## LifeSpan Resources MAIN OFFICE

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

New Albany, IN 47151-0995

## PHONE NUMBERS

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Toll Free ..... 888.948.8330

Website ..... [www.lsr14.org](http://www.lsr14.org)

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## MAIN OFFICE HOURS

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

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## TRANSPORTATION PROGRAM UPGRADED AND RENAMED "RIDES TO GO!"



LifeSpan Resources recently unveiled a new name and look for its pick-up transportation services. The transportation service will officially be called "Rides to Go!"

The new logo is similar to the agency's *Meals to Go!* (Meals on Wheels) brand in keeping with the organization's corporate look and colors. "We are excited to have this new look to go along with our expanded transportation services," stated Lucy Koesters, Chief Business Development Officer. "We have updated and expanded our fleet of vehicles and can now serve many more in need and make their ability to get to and from the grocery, the pharma-

cy, and doctor's appointments, easier, more comfortable and more convenient."

LifeSpan Resources transportation program has been in operation in southern Indiana for more than 35 years. It furnishes transportation to life-sustaining therapies such as dialysis, chemotherapy, wound care, radiation treatments; as well as to health care providers, social service organizations, grocery stores, pharmacies, senior centers and other life-enhancing locations. The LifeSpan Resources transportation team continually strives to accommodate all requests for transportation as the organization aims to be as dependable and efficient as possible while providing transportation that is safe and reliable. All drivers are background checked, screened for drugs and alcohol, and highly trained for safe transport of often frail passengers.

"Transportation has been shown to be one of the most needed services in our area, for seniors and disabled individuals to remain independent," said Koesters. "LifeSpan Resources is one of a very few nonprofit providers of this service in southern Indiana. Our program offers safe, comfortable, escorted transportation that is door-through-door to your appointments."

For more information about LifeSpan Resources *Rides to Go!*, or to discuss a transportation contract with your organization, contact Ramona Miller, Director of Nutrition and Transportation at: [rmiller@lsr14.org](mailto:rmiller@lsr14.org). To register an individual for the transportation program, call 812-948-8330 and ask to speak to an Options Counselor. Registration is free, does not require a health care provider's certification, and takes no more than 24 hours.



### Voice and Vino is Almost Here!

I can't believe we are already into fall! This year has flown by and it definitely has not been without its trials for many of us. I am so happy that Voice and Vino can be in person again this fall and that our congregate sites are back open and offering programs for our seniors, however; we are closely monitoring the pandemic updates from the CDC and are prepared to pivot quickly if needed.



Speaking of Voice and Vino! It is almost here and we have a fantastic group of singers and judges for Season 4. Check out their bios on page 4 of this issue. Our performers, along with our judges: Mark Maxwell, Sydney Magers, Lori Unruh and Mike Benson are currently preparing for a night of fun and fundraising, so be sure to get your sponsorships in today! We are also looking for donations for our Raffle and Silent Auction, see our call to action on page 5 of this issue.

Our transportation program recently received a new logo and some upgrades. You should start seeing our new logo on our vans as they travel throughout our four county area providing transportation to the elderly and disabled. We are one of the few transportation services offered in Clark, Floyd, Harrison and Scott counties and we are proud to help our residents remain living independently as long as possible.

LifeSpan Resources has also recently welcomed three new Advisory Council members, as well as welcomed back another advisory council member who has volunteered with LifeSpan Resources for many years - Beth Preher. Beth is coming back to the group after sitting out for a year, as mandated by our bylaws. We are excited to work with these members and benefit from their knowledge of our service area and the clients we serve.

I hope you all have a wonderful fall and I can't wait to share the results of Voice and Vino in our next issue of LifeNotes.

Sincerely,

*Lora Clark*

Lora Clark, CEO  
lclark@lsr14.org



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](mailto: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

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## ADVISORY COUNCIL UPDATES

### Welcome to LifeSpan Resources' New Advisory Council Members



**Kristin Ems** - Kristin recently retired from Harrison County Hospital after 25+ years of service. She holds a bachelor degree in Laboratory Science and a Masters in Healthcare Administration. She resides in Jeffersonville, Indiana. She represents Clark County.



**Maureen Robinson** - Maureen is a therapist at Harrison County Hospital and resides in Depauw, IN. She holds a bachelors degree and a Masters in Social Work. She is an At-Large member.



**Diane Clark** - Diane retired from Harrison County Hospital in 2014, where she was the Assistant Director of Nursing. She currently resides in Jeffersonville, Indiana and has been working with the Clark County Health Department to administer the COVID vaccine throughout the pandemic. She represents Clark County.



**Beth Preher** - Beth is the HR/Payroll Director at Nugent Sand Company in Louisville, KY. Beth is coming back onto the Advisory Council after stepping off for a year due to bylaw requirements. She is a long-time volunteer and supporter of LifeSpan Resources. She is also a member of the Senior Games Planning Committee. She represents Floyd County.

### Thank you, Alma Harris! Outgoing Advisory Council Member



Alma Harris, outgoing Advisory Council member has served LifeSpan Resources since June 2016. During her tenure on the Advisory Council, Harris has held several offices. She was Secretary in 2018 and Vice President in 2019 and 2020. Alma, thank you for your service!

### In Memory of Marquetta Percell



Advisory Council member, Marquetta Percell passed away July 6, 2021. She was born November 23, 1948 in Jeffersonville. Marquetta proudly served in the United States Navy. She retired from NPC, National City Bank, and was a longtime member of Gilt Edge Baptist Church in Jeffersonville. She served on the LifeSpan Resources Advisory Council since 2018. Her family remains in our thoughts and prayers and she will be greatly missed.

#### Board of Directors

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#### Advisory Council

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**Becky Jaenichen**, Floyd County  
**Beth Preher**, Floyd County  
**Maureen Robinson**, At-Large



# VOICE AND VINO: MEET OUR PERFORMERS



## MEET OUR 2021 PERFORMERS



**Kevin Bratcher** - Kevin grew up in New Washington, Indiana. He's a long-time employee of Samtec and the lead singer for the local band, The Mad Taxpayers. Kevin is raising funds for LifeSpan Resources because *"It is a great charity that is helping so many in our community and I can get behind that, for sure!"*

**Seth Ernstberger** - Seth is a transplant to Southern Indiana by way of Muncie, Indiana. He owns Ernstberger Orthodontics with locations in New Albany, Salem and Georgetown, Indiana. Seth and his wife have 5 sons, aged 6 to 14. He is honored and excited to be able to perform at LifeSpan Resources' Voice and Vino and to support LifeSpan Resources and the communities and people it serves. *"I can help a great cause and have a great time doing it-what could be better?"*



**Angie Glotzbach** - Angie Glotzbach is a native of southern Indiana. Angie joined the Baptist Health Floyd family in 2011 and currently serves as a physician alignment manager. When asked why she agreed to perform at Voice and Vino, Angie stated that she feels those of us that have the resources to help themselves should help those that cannot.

**Greg Nash** - Greg is originally from Harrison County and is a proud graduate of Providence High School. He is married to Dr. Christy Nash and is the father of four children. Greg is a Financial Advisor with Edward Jones Investments. When asked why he wanted to perform in Voice and Vino, he said, *"I wanted to step outside my comfort zone and ultimately help a worthy cause and an amazing organization like LifeSpan Resources and the people they serve."*



**Alec Olinger** - Alec is a native of Sellersburg. He is currently in grad school at USI to get his MBA in data analysis. Alec is working as an Assurance Intern at MCM CPAs and Advisors while he finishes up graduate school and will become a full-time Assurance Associate for MCM upon completing grad school. When asked about performing at Voice and Vino, Alec says that, *"I believe it is a great way to help out a community that has done so much for me and helping LifeSpan Resources helps ensure individuals get the proper resources and care to live independently as long as they can."*

**Ashleigh Skaggs** - Ashleigh is a native of Jeffersonville and currently resides in New Albany. She attended the University of Indianapolis and received her Bachelors in Communications and Theatre. She is the owner of Morning Star End of Life Care. When asked why she agreed to perform at LifeSpan Resources Voice and Vino, she stated that she is a huge supporter of the services LifeSpan Resources offers and she knew that by performing at Voice and Vino she could step up and help LifeSpan Resources while also helping those in the community.



**James Sinks** - James is the Floyd County Assessor, and is finishing up his career with JCPS as a Science and Computer Teacher. He earned a degree from Bellarmine University in Science, a Masters of Teaching from Spalding University, and a Masters of Education in Instructional Technology from the U of L. James is an Army Veteran and was proud to serve. When asked why he agreed to perform at Voice and Vino, James stated that he strongly believes in LifeSpan Resources' mission of helping people remain independent as long as possible.

**Matt Williams** - Matt was born and raised in Jeffersonville. He attended IU Bloomington and finished his degree at IU Southeast. Matt is the owner and Principal Broker of the Matt Williams Group Real Estate. When asked why he agreed to perform at LifeSpan Resources Voice and Vino, Matt stated that he was flattered and honored to raise money and awareness for what LifeSpan Resources does. *"As a guy with aging parents, I know firsthand of the needs people have when they get older and I am luckier than most because they live close to me and I am able to help them; some aren't so lucky. LifeSpan Resources provides crucial support to those who truly need help."*



## RAFFLE AND SILENT AUCTION ITEMS NEEDED



### 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](mailto:mrichardson@lsr14.org). We are accepting donations at our main office located at 33 State Street, 3rd Floor, New Albany. *Thank you!*



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## DIVERSITY AND INCLUSION UPDATE

### Hispanic Heritage Month

In 2021, Hispanic Heritage Month begins on September 15 and ends October 15, as it has every year since 1989. It's split across two months because September 15 is a key date in the history of several Latin American countries: It's when Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua declared their independence from Spain in 1821. Much like Black History Month in February and Asian American and Pacific Islander Heritage Month in May, Hispanic Heritage Month is a time for Americans who identify as Hispanic to celebrate the traditions and history unique to their cultural background.

Even if you don't consider yourself Hispanic, Latino, or Latinx, you can still seize the opportunity to learn more about the cultures of the 21 Spanish-speaking countries and territories honored during these four weeks.

#### Here are some activities to try:

- \* Enjoy a classic Latin American dish.
- \* Support a Hispanic or Latino-owned business.
- \* Listen to some Spanish and Latino podcasts.
- \* Learn about Mexican Independence Day. (September 16th)
- \* Read books by Hispanic and Latinx authors.



#### Resources:

[The Best Spanish and Latino Podcasts to Listen to in 2021 \(oprahdaily.com\)](https://www.oprahdaily.com)

[8 Books to Read For Latinx-A-Thon, Hispanic Heritage Month \(oprahdaily.com\)](https://www.oprahdaily.com)

Source: [www.oprahdaily.com](https://www.oprahdaily.com)

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to you at [www.mycommunityonline.com](https://www.mycommunityonline.com)



## JOIN THE SENIOR GAMES GANG



### THERE IS STILL TIME TO JOIN THE SENIOR GAMES GANG!

While we've already started the fun by playing mini golf in August, there's still time to **become a member of the Senior Games Gang!** 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, and deliver the presents in December, 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):

**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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## LIFESPAN RESOURCES UPDATES

### MEDICARE OPEN ENROLLMENT



Medicare open enrollment, also known as the annual election period or annual coordinated election period – refers to the annual period (October 15 through December 7) during which Medicare plan enrollees can reevaluate their coverage — whether it's Original Medicare with supplemental drug coverage, or Medicare Advantage — and make changes if they want to do so.

During Medicare open enrollment, a beneficiary can:

- ⇒ switch Medicare Advantage plans, switch from Medicare Advantage back to Original Medicare or vice versa,
- ⇒ join a [Medicare Part D prescription drug plan](#),
- ⇒ [switch from one Part D plan to another](#), or
- ⇒ drop Medicare Part D coverage entirely.

But the annual open enrollment does not apply to **Medigap** plans, which are only guaranteed-issue in most states during a beneficiary's initial enrollment period, and during limited special enrollment periods.

Medicare open enrollment begins on October 15 and ends on December 7, with changes effective on January 1, 2022. **If you need assistance with open enrollment, please contact LifeSpan Resources to speak with a SHIP Counselor at 1-888-948-8330.**



LOCAL HELP FOR PEOPLE WITH MEDICARE

### COVID UPDATES

**CONGREGATE SITES:** Monday, July 12 was the day we had all been waiting for for over a year! Our Congregate Sites reopened and are now serving daily meals again! Everyone was so excited to be back to together. Below are some photos from opening day, and some of the comments we heard, as well:

Virginia: *I turned down a trip to Jasper just to come here today!*

Julia: *It's wonderful. We needed this and it gets us out of the house.*

Glenn: *35 people came down. This is a crowd for us. It's so exciting to see so many people.*



**RIDES TO GO! Transportation:** Transportation services have been available throughout the pandemic and continue as normal. However, all riders must continue to wear masks while traveling. Several precautions have been put into place on the vans, including regular sanitizing of each vehicle and plexiglass windows behind the driver's seat.

**CASE MANAGEMENT:** At the time of this publication, Case Management is making plans to return to in-home visits in October. Our Case Managers have been providing services to our clients via phone and online evaluations since the beginning of the pandemic. Watch for more information in LifeNotes in the coming months.

**PLEASE NOTE: We continue to closely monitor all CDC updates on the virus variants and will follow any new guidance as it is handed down.**



## NURSING HOME GAMES IS BACK!

### Nursing Home Games 2021 Was a Ton of Fun!

Nursing Home Games was held on Friday, July 16 with three facilities participating: Indian Creek in Corydon, Hillcrest Village in Jeffersonville and Providence in New Albany. The event was held at each location simultaneously with medal winners at each facility.

The participants played five games: Basketball Toss, Cornhole, Ring Toss, Javelin Throw (with pool noodles), and Stacking Competition. In addition, they also competed in an Olympics-themed trivia contest just for fun!



# FUN and GAMES

## LIFESPAN RESOURCES UPDATES

### DREW LANDRETH ACCEPTED INTO LSI DISCOVER CLASS OF 2022



Congratulations to Drew Landreth, LifeSpan Resources' Director of Care Coordination, for his acceptance into Leadership Southern Indiana's (LSI) Discover Class of 2022.

DISCOVER is a nine-month program designed to inform, inspire, connect and empower up and coming leaders in Southern Indiana. It allows them to gain the knowledge and experience they will need to meet the challenges faced by businesses and communities. LifeSpan Resources is proud to have had management team members accepted in this prestigious program every year for more than ten years.

"I am looking forward to participating in the DISCOVER program," said Landreth. "This program will allow me to engage with other leaders in the community and to seek ways to better LifeSpan Resources through my experience with LSI."

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### LIFESPAN RESOURCES TO HOST AMERICAN RED CROSS BLOOD DRIVE



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## **Blood Drive**

**YMCA of Greater Louisville -  
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**Tuesday, September 21, 2021  
9:00 a.m. to 1:00 p.m.**





# FALL PREVENTION AWARENESS MONTH

## IT'S FALL – DON'T YOU FALL!

Balance disorders are one of the main reasons older people fall. Falls and fall-related injuries, such as hip fracture, can have a serious impact on an older person's life. If an older person falls, it could limit his activities or make it impossible for him to live independently. Some balance disorders are caused by problems in the inner ear. Aging, infections, head injury, certain medicines, or problems with blood circulation may also result in a balance problem. Diseases of the circulatory system, such as stroke can cause dizziness. High or low blood pressure can also cause dizziness. Eating low-salt or salt-free foods and avoiding caffeine and alcohol can make symptoms less severe. Maintaining a healthy weight and exercising can also help a person manage blood pressure and balance problems.

It is important to have a potential balance disorder diagnosed and treated as soon as possible.

Source: NIH Senior Health; [www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)

### FALL PREVENTION MEASURES

- Look carefully at floor surfaces.
- Wear good foot support when walking.
- Have foot pain problems corrected and keep toenails trimmed.
- Check curb height before stepping up or down. Avoid gravel or rock yard paths.
- Consider wearing hip protectors for added protection should you fall.
- Use a walker or cane as needed for added stability.

Fall Prevention Educational Programs will be held throughout the month of September in our Congregate Sites. For more information, call 812-206-7936.



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## LIFESPAN RESOURCES SENIOR CENTER CONCEPT

### LifeSpan Resources Studying State of the Art Senior Center Feasibility



Senior Center Concept

*Imagine a place where life, health, joy, and vitality for everyone over the age of 50 – in the Southern Indiana / Greater Louisville Region – is celebrated daily.*

LifeSpan Resources is currently conducting a community survey and feasibility study to analyze the potential for bringing a state-of-the-art senior center to the southern Indiana area. Community and agency leaders have traveled to several nationally-recognized centers in Columbus, Indiana and Lexington, Kentucky to look at the benefits a center of this nature offers the community. The agency aims to bring a beautiful modern center modeled after the best of nationally-accredited centers, with amenities such as a senior-friendly fitness facility, library, classrooms, event spaces, art studio, travel programs, dining hall, pickleball courts, and more.

The center would be architecturally designed with an open and airy floor plan, lots of windows, and along greenspace. Programming aims to be built on the eight pillars of wellness which support physical, emotional, spiritual, social, vocational, intellectual, environmental and financial health. This center concept is unique and would be the only facility of its kind within a 75 mile radius. These facilities have been documented to increase overall longevity of life by keeping participants connected, engaged, active, happy and healthy, thus directly supporting LifeSpan Resources' mission to promote independent living. The feasibility study is currently looking at potential locations and funding streams available for this high impact project.

Please contact LifeSpan Resources' CEO, Lora Clark, at [lclark@lsr14.org](mailto:lclark@lsr14.org) or 812-948-8330 if you have questions, comments, or suggestions.

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## LIFESPAN RESOURCES 2021 SAVE THE DATES

Date	Event	Location	Time
<b>SEPTEMBER/OCTOBER</b>			
<b>SEPTEMBER - All Month</b>	<i>Natl. Senior Center Month</i>		
<b>Monday, September 6</b>	<i>Labor Day</i>	<b>LSR Offices Closed</b>	
<b>September 12-18</b>	<i>Natl. Assisted Living Week</i>		
<b>September 21-27</b>	<i>Natl. Rehab Awareness Week</i>		
<b>Tuesday, September 21</b>	<i>World Alzheimer's Day</i>		
<b>Wednesday, September 22</b>	<i>Falls Prevention Awareness Day</i>	Activities at all Congregate Sites	10:00 a.m. - 1 p.m.
<b>OCTOBER - All Month</b>	<i>Natl. Physical Therapy Month &amp; Natl. Bullying Prevention Month</i>		
<b>Saturday, October 23</b>	<i>Natl. Make a Difference Day</i>		
<b>Tuesday, October 26</b>	<i>Voice and Vino</i>	Caesars Southern Indiana	5:30 p.m. - 9 p.m.
<b>4th Friday of each month</b>	<i>Dementia Friends Workshop</i>	LSR Board Room	10:00 a.m. - 11 a.m.

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

## AUTUMN FUN!

### Pumpkin Cupcakes with Pumpkin Spiced Cream Cheese Frosting

**Prep Time:** 20 minutes    **Total Time:** 55 minutes

**Ingredients:**

18.25 oz. Betty Crocker Golden Vanilla Super Moist Cake Mix

2 tsp. pumpkin pie spice

1 c. canned 100% pure pumpkin

1 c. water

8 oz. cream cheese

1/2 c. canned pumpkin

1 tsp. vanilla extract

1 tsp. cinnamon

1 tsp. pumpkin pie spice

5 tbsp. packed brown sugar

Fall candies for decorating top of cupcakes.

**Directions:**

Preheat oven to 350 degrees. Line cupcake tin with wrappers. Combine cake mix, pumpkin spice, pumpkin puree and water. Mix for 2 minutes. Fill cupcake liners 2/3 full and bake 20-25 minutes. For frosting, mix cream cheese, pumpkin, vanilla, cinnamon, pumpkin pie spice and brown sugar until smooth. Frost cooled cupcakes with frosting. Decorate with fall candies for an extra bit of fall fun!



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On your first visit to [smile.amazon.com](https://smile.amazon.com), you will need to select a charitable organization (LifeSpan Resources) to receive donations from eligible purchases before you begin shopping. AmazonSmile will remember your selection, and then every eligible purchase you make will result in a donation. AmazonSmile will occasionally contact you about donation amounts disbursed to your chosen charity.

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### Dementia Friends Sessions Now IN PERSON!

Dementia Friends workshops will now be held in person starting in September! The workshops are held on the 4th Friday of the every month. Go to [www.dementiafriendsindiana.org](http://www.dementiafriendsindiana.org) to register. The workshop is also available to private groups or organizations FREE of charge. Contact Lucy Koesters at [lkoesters@lsr14.org](mailto:lkoesters@lsr14.org) for more information.

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## Look Inside This Issue!



Letter from Lora Clark, CEO:  
Voice and Vino is Almost Here!  
Advisory Council Updates  
Voice and Vino: Meet our Singers  
Raffle and Silent Auction Items Needed  
Diversity and Inclusion Update  
Medicare: Open Enrollment  
Nursing Home Games  
Landreth LSI Discover 2022 Class Member  
Fall Prevention Month  
Senior Center Feasibility Study



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*Thank you!*