

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**NOVEMBER-DECEMBER
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!

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And on Instagram!

@lsr14na

MAIN OFFICE HOURS

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

Look Inside:

Voice and Vino: Congrats Greg Nash!

Letter from Lora Clark, CEO:

Voice and Vino Breaks Records

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LSR Golden Hoosier Named

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Holiday Fun and Games

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Amazon Smiles and Donations!

VOICE AND VINO AT THE CASINO: BACK IN PERSON AND A ROUSING SUCCESS!



*Congrats Greg Nash,
Winner Voice & Vino
2021!*



*Caesars Southern Indiana
October 26, 2021*



*For more photos, visit
www.lsr14.org/voice-vino*

FROM THE CEO

Voice and Vino Season 4 was a Record-Breaker!

Wow oh wow, what an amazing night we had on October 26 for Season Four of *Voice and Vino at the Casino*. We packed the house out at Caesars Southern Indiana. Attendees were all dressed up and ready to party the night away with their friends. Caesars treated us like royalty with a delicious plated dinner and providing a fabulous venue for our eight singers to wow the crowd! And boy did they! They brought the house down with their infectious songs, bringing in donations all night long. We raised \$120,000 this year, a new record! All to support over 3,000 clients in southern Indiana who need our help to remain independent.



This year the proceeds are going to support our active older adults with health and wellness programs like the Senior Games and Senior Games Gang membership program which keeps our seniors connected and active all year long! I have too many people to thank in this letter but please know how much I appreciate each and every person who helped put this spectacular event together! Thank you!

Sincerely,

Lora Clark

Lora Clark, CEO
lclark@lsr14.org



Welcome to the LifeSpan Resources Board of Directors, Tony Toran



Rev. Tony Toran - Rev. Toran is the Executive Deputy Director of the New Albany Housing Authority. He is a graduate of New Albany High School, IU Southeast and Simmons Bible College. He resides in New Albany, Indiana and he will serve as an At-Large member.

LifeNotes is a free bi-monthly publication of
LifeSpan Resources, Inc.

33 State St., Third Floor, P.O. Box 995,
New Albany, IN 47151-0995

Please address questions or requests to the above
address or (812) 948-8330 or toll free 1-888-948-8330
or information@lsr14.org

CEO - Lora Clark Editor in Chief: Lucy Koesters

Executive Staff

Lora Clark, MBA, BSN, RN - Chief Executive Officer

Angela Marino - Chief Operating Officer

Leslie Meek - Chief Financial Officer

Lucy Koesters - Chief Business Development Officer

LifeSpan Resources, Inc. complies with all provisions prohibiting discrimination on the basis of race, color, or national origin of Title VI of the Civil Rights Act of 1964, as amended, 42 U.S.C. 200d et seq., and with U.S. DOT regulations, "Nondiscrimination in Federally-Assisted Programs of the Department of Transportation – Effectuation of Title VI of the Civil Rights Act," 49 CFR part 21.

LifeSpan Resources, Inc. assures that no person shall, as provided by Federal and State civil rights laws, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity.

Jaenichen Named 2021 LSR Golden Hoosier

Becky Jaenichen has volunteered at LifeSpan Resources for more than 20 years, serving on the agency's Legislative Advocacy Committee contacting legislators about legislation affecting the aging network and/or elderly. As a member of the Advisory Council, Becky serves as a liaison, providing input on support services for elderly and disabled persons in southern Indiana. She also serves on the Planning Committee of the annual Senior Games fundraiser that is a sporting event for those age 55 and above and served for many years on the Senior Citizens Angel Tree Committee that provided gifts of clothing and toiletries to homebound elderly and nursing home residents annually.

CEO Lora Clark said, "Becky has worked tirelessly for 20 years on behalf of the aging and disabled population in southern Indiana. Her committee work, knowledge of the community and contacts have proven extremely beneficial in making positive changes in operations and events supporting

these individuals. Becky has brought resources, ideas and a cheerful can-do attitude to all of the projects she has been involved with at Lifespan Resources and we couldn't think of someone more deserving of this award than her."

Not only has Becky volunteered tirelessly for LifeSpan Resources, she is also a member of DePauw United Methodist Church, where she was Class Secretary, wrote for the newsletter for 17 years, and was a Discovery Kids leader. As an U.S. Army wife, Becky volunteered as a life-saving instructor for 30 years and as a swimming instructor for 40 years and served as a Cub Scout Den Leader and Coach.

Becky is also a member of AARP and served as Program Chairperson and newspaper correspondent. In addition, she is a NARFE member and Program Chairperson. In the Pilot Club of New Albany, she served on the Board of Directors as Chaplain, Secretary, Vice President and President.



Thank you, Becky for your dedication and service to your community! We appreciate you and are thrilled to bestow this honor on you! Congratulations!

Board of Directors

Annette Roberts - President, At-Large
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Chris Schwaniger - Treasurer, Harrison County
Mary Alice Fortener - Secretary, Clark County
Tonya Fischer, Floyd County
Dr. Deepak Azad, At-Large
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Becky Jaenichen, Floyd County
Beth Preher, Floyd County
Maureen Robinson, At-Large

LIFESPAN RESOURCES UPDATES

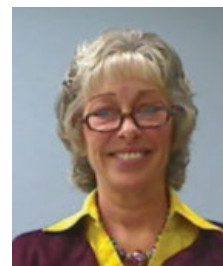
Case Management Retreat

This fall our Case Managers and Options Counselors detoured from their normal monthly staff meeting to focus on team building at Kevin Hammer-smith Park in New Albany. On a beautiful Friday afternoon, they focused on communication, collaboration and leadership, and a fun day was had by all!



Longevity Awards

Each fall LifeSpan Resources recognizes our staff for length of service. This year two individuals were recognized for 20 years of service: **Angela Marino, Chief Operating Officer** and **Gwen Voyles, ADRC Phone Options Counselor**.



Left to right: Angela Marino and Gwen Voyles



LifeSpan Resources Holds Annual Staff Halloween Party - Virtually!



The staff at LifeSpan Resources participated in a virtual Halloween party on Friday, October 29. The costumes were amazing and lots of laughs were shared, especially during the games provided by Frankie Hunter Able! Costume contest winners were: Funniest - Drew Landreth - Pringles Man; Most Creative - Colette Taylor - 80's Rock Star after a Car Accident, and Most Likely to Save the World - Angela Marino as Dorothy from the Wizard of Oz (there's no place like home.... Get it? She stayed home!!!)



Fox Law Offices, LLC Recognized for Pro-Bono Services

Fox Law Offices, LLC was recently recognized by the LifeSpan Resources Board of Directors for the continued support of LifeSpan Resources' clients. Over the last 13 years, Fox Law Offices has provided nearly \$200,000 in pro-bono services to the clients for much needed legal services. Each year, LifeSpan Resources is required under the Older Americans Act to provide funds for Client Legal Services. Each year, Fox Law goes above and beyond for our clients and we are extremely grateful to them for their support and dedication to the older adults in our community.



Fox Law Offices, LLC

LIFESPAN RESOURCES UPDATES

Thanksgiving Tradition Continues



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



Check It Out! New Corporate Video

LifeSpan Resources recently developed a new Corporate video with the help of The Marketing Company and Underproduction Multi-Media. It debuted at Voice and Vino on Tuesday, October 26. The focus of the video was on the Senior Games Gang and Senior Games held each June. The goal is to provide a fun way for seniors to stay active and engaged in our community. The Senior Games Gang is a membership program for individuals 55+ that offers monthly games in a group setting.

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



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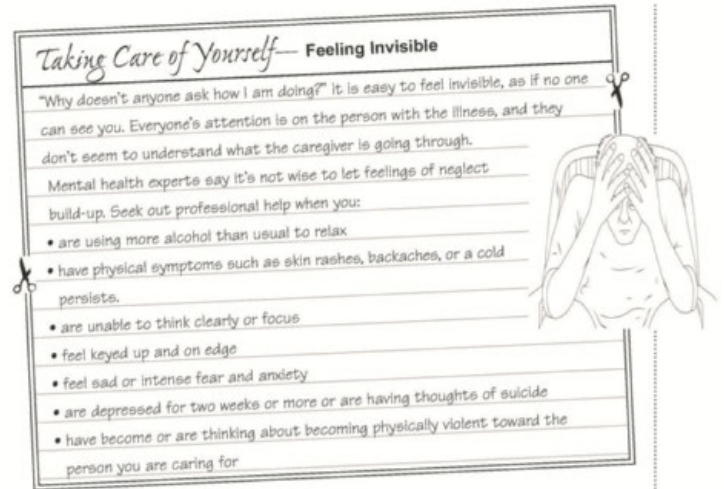
Life Span Resources, New Albany, IN A 4C 01-2036

NOVEMBER: NATIONAL FAMILY CAREGIVER MONTH

BURNOUT: ARE YOU SUFFERING FROM IT?

Often caregivers are not even aware that they are suffering from burnout until a friend or family member points out that they are not themselves. Caregivers can underestimate the impact of the work they are doing and the time and emotional energy they are using. Try not to be offended, but listen if you are told that you are more irritable than usual, seem to be losing your temper with the person you are caring for, and do not appear to be doing well.

Burnout may have some of the same symptoms as depression, but is not the same and cannot be helped with medication. Burnout may explain your loss of interest in activities you used to enjoy, your run-down condition, feelings of hopelessness and helplessness, even wanting to hurt yourself or the person you are caring for. If you have these feelings, it is time to re-evaluate your caregiving situation. You should take steps to get more support and relief from the constant responsibility and stress of caring for a loved one. Spouse caregivers have special problems as they gradually lose the emotional support of the partner who is ill and must now be his or her emotional, as well as physical, support. It is especially important for spouse caregivers to seek out a support system. For more information, call LifeSpan Resources and ask to speak to an ARDC Counselor at 812-948-8330.



Wherever you are, we are with you.

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SENIOR GAMES GANG ANGEL TREE PROJECT

Senior Games Gang Senior Angel Tree Project

The holiday gift box Angel Tree project will kick off on Friday, Nov. 20 from 11 AM - 1 PM in the LifeSpan Resources main office board room when we will be wrapping the boxes to be filled.

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

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



Donations Needed:

- Canned Ham
- Can Sweet Potatoes
- Can Cranberry Sauce
- Wrapped Candy
- Hot Cocoa Mix
- 2 in 1 Shampoo
- Toothpaste
- Kleenex
- Lotion
- Powder
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- Gloves
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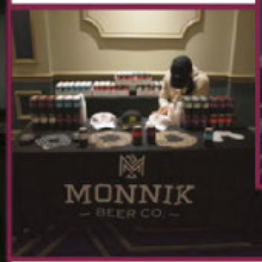
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VOICE AND VINO AT THE CASINO UPDATE



*Oh What a Night!
Over \$120,000 Raised!*



For more photos, visit
www.lsr14.org/voice-vino

Caesars Southern Indiana October 26, 2021

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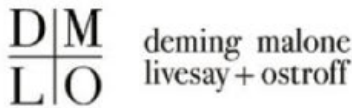
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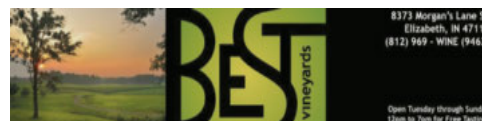
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TASTINGS AND TREATS

Cadella's



Offering Long-Term Gifts for Life and Hope

As the holiday season brings joyful gatherings with cherished family and loved ones---perhaps for the very first time since the pandemic---it is a time that often imparts a real sense of the passing of time.

Where did all of those years go?

How is it possible that our children have grown to become parents and our grandchildren and great-grandchildren have---well---just GROWN?!

What a time for gratitude. What a time for thinking toward the future with hope and reflecting upon what life will be like for the generations of our family and friends to come. What a time to begin to consider what type of legacy we will begin to nourish now and leave behind when we die.

Here at LifeSpan Resources, we dwell in hope each day...

... Every time a senior thanks us for putting a person-centered careplan in place, or providing them with a ride to a medical appointment.

... Every time we cut the red tape and help some parents receive the medical equipment they need so their child can live independently.

...Every time our seniors develop new skills and confidence at everything from painting to pickleball.

Continued on page 11...



OFFERING LONG-TERM GIFTS, CONTINUED

Our vision is to keep increasing the compassionate services we provide and meeting more human needs than ever in Clark, Floyd, Harrison, and Scott counties. We need your help to make this happen.

As you spend time with your loved ones this holiday season, and reflect on the type of legacy you may want to leave now and upon your death, we hope you will consider becoming a part of our LifeSpan Resources Legacy Circle. An array of giving possibilities is listed below and we stand ready to help you explore these and many more, coordinating and assisting with your legal counsel, accountant, or other financial services professional. You can offer a gift in memory of a loved one or support a LifeSpan Resources program that has had special meaning to you and your loved ones. Gifts can include money or securities such as life insurance proceeds or stock. You can make a simple one-time gift or remember LifeSpan Resources in your estate plans.

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We celebrate those who have joined our Legacy Circle by remembering them with an attractive lapel pin, a framed certificate, and an opportunity for special events during the year. Join us today! For more information, contact Lucy Koesters at lkoesters@lsr14.org.



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Will Chandler

HOLIDAY FUN AND GAMES

 Christmas Word Scramble

1. ahwtre _____
2. eimlostteo _____
3. ganle _____
4. tomrnaen _____
5. iokcsoe _____
6. neiererd _____
7. gnobotag _____
8. spnetre _____
9. ogsntcik _____
10. soclar _____



Answers: 1. wreath 2. mistletoe 3. angel 4. ornament 5. cookies 6. reindeer 7. toboggan 8. present 9. stocking 10. carols

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LIFESPAN RESOURCES 2021 SAVE THE DATES

Date	Event	Location	Time
NOVEMBER/DECEMBER			
NOVEMBER - All Month	Natl. Family Caregiver Month, Diabetes and Alzheimer's Awareness Month		
Thursday, November 11	Veteran's Day		
Friday, November 12	Senior Games Gang: Cards and Games	Charlestown Senior Center	11:00 a.m. - 1:00 p.m.
Friday, November 19	Great American Smokeout		
Friday, November 19	Dementia Friends	LSR Board Room	10:00 a.m. - 11:00 a.m.
DECEMBER - All Month	Natl. Safe Toys and Gifts Month		
December 1 - 7, 2021	Natl. Handwashing Awareness Week		
Friday, December 17, 2021	Dementia Friends	LSR Board Room	10:00 a.m. - 11:00 a.m.
December 24 & 27, 2021	Christmas Eve and Christmas Day Observed	LSR Offices Closed	

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HOLIDAY TREATS

Holiday Pretzel Treats

These tasty treats contain the perfect balance of salty and sweet flavor. And best of all they are super easy to make!

In fact, if you have any little helpers in the kitchen with you, this is a great recipe for them to get involved.

Ingredients:

- Square Mini Pretzels
- Hershey Kiss or Hugs Candies
- Red and Green M&M's

Instructions:

The first step in making these treats is to preheat your oven to 175° F. If your oven doesn't go below 200°F that is fine. Just use the lowest setting possible. Then line a baking sheet with parchment paper and place individual pretzels on the baking sheet. Now place an unwrapped Hershey Kiss on top of each pretzel. This will be the most time consuming process of this entire recipe, and this is where those little helpers can come in handy! Once each one is topped, carefully place the baking sheet in the oven until the chocolate begins to soften. This should take anywhere from 5-7 minutes. You want the chocolate to soften enough so it can be smashed down into a circle. However, you don't want the chocolate to melt completely. Pull the tray out of the oven and immediately top each holiday pretzel treat with a single M&M. Be sure to push the candy down into the softened Hershey Kiss.



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Remember to ALWAYS shop at [Smile.Amazon.com](https://smile.amazon.com)!

Dementia Friends Sessions Now IN PERSON!

Dementia Friends workshops have now returned to In Person! Please register prior to the workshop so we can gather your free materials. All workshops are free. Go to 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 for more information.



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Letter from Lora Clark, CEO:
Voice and Vino Breaks Records
Welcome New Board Member
LSR Golden Hoosier Named
LifeSpan Resources Updates
Family Caregiver Month
Senior Games Angel Tree Project
Voice and Vino Pictures
Voice and Vino Thank You Sponsors
LifeSpan Resources Legacy Society



'Tis the Season to Give to LifeSpan Resources. Thank you!

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

\$100 provides 4 transportation trips for a medically fragile elderly individual.

\$50 provides a week of Meals to Go! for a homebound individual.

\$25 provides one hour of Respite care for an overwhelmed Caregiver.

*'Tis the
Season
Giving^{of}*

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Thank you!

