

# LifeNotes

## LIFESPAN RESOURCES NEWSLETTER

**JANUARY-FEBRUARY  
2022**

### 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](http://www.lsr14.org)



Check us out on Facebook!

@LifeSpanResourcesInc



And on Instagram!

@lsr14na

#### MAIN OFFICE HOURS

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

#### Look Inside:

Protect Yourself this Winter

Letter from Lora Clark, CEO

Holiday Celebrations Galore

Join Our Legacy Circle

Thank you, Grant Funders

A Little Slip Can Ruin the Day

Senior Games: Back in Full Bloom

Voice and Vino Save the Date

Long-Term Care Changes

Valentine's Day Word Search

Lovely Valentine's Treat

Annual Report/Audits

Upcoming Events

Remembering Martin Luther King, Jr.

Amazon Smiles and Donations!

### Protect Yourself and Your Loved Ones This Winter!

*Take extra steps to keep your home safe during winter storms:*

**Be extremely careful when using a wood stove, fireplace, or space heater:**

- Turning on the stove for heat is not safe; have at least one of the following heat sources in case the power goes out:
  - \* Extra blankets, sleeping bags, and warm winter coats.
  - \* Fireplace with plenty of dry firewood or a gas log fireplace.
  - \* Portable space heater.
- Use fireplaces, wood stoves, or other combustion heaters only if they are properly vented to the outside.
- Do not burn paper in a fireplace.
- Use only the type of fuel your heater is designed to use—don't substitute.
- Keep heat sources, like space heaters, at least 3 feet away from drapes, furniture, or bedding. Never cover your space heater.
- Never place a space heater on top of furniture or near water.
- Never leave children unattended near a space heater.
- Make sure that the cord of an electric space heater is not a tripping hazard.
- Avoid using extension cords to plug in your space heater.



**If there is a power failure:**

- Use battery-powered flashlights or lanterns rather than candles.
- If you must use candles, never leave lit candles unattended.

**Use generators and other appliances safely:**

- Generators should be located at least 20 feet from any window, door, or vent and in a space where rain and snow will not reach them.
- Protect yourself from carbon monoxide poisoning by installing a battery-operated CO detector.
- Never use generators, gas or charcoal grills, camp stoves, or similar devices inside your home, in basements, in garages, or near windows.
- Plug in appliances to the generator using individual heavy-duty, outdoor-rated extension cords.

**Extreme cold can cause water pipes in your home to freeze and rupture.**

**When expecting very cold or freezing temperatures:**

- Leave all water taps slightly open so they drip continuously.
- Allow heated air to reach pipes. Open cabinet doors beneath your sinks.
- If your pipes freeze, thaw pipes slowly with warm air from a hair dryer.
- If you cannot thaw your pipes, or the pipes have burst, use bottled water.
- As an emergency measure, if no other water is available, snow can be melted for water. Bring water to a rolling boil for one minute.

Source: <https://www.cdc.gov/disasters/winter/duringstorm/indoorsafety.html>; March 2021

### Looking Back on 2021

I can't believe we are already starting another year! Where has the time gone? **I have to say, our team at LifeSpan Resources hit it out of the ballpark in 2021!** Here are just a few highlights of our 2021 accomplishments:

**Our team successfully completed all of the 2020-21 Area Plan and 2019-2021 Strategic Plan goals. Our case management team was recognized as second in the entire state for initial COVID-19 registration assistance.** Our employee satisfaction survey was completed with a 99% participation rate and most importantly, our satisfaction rate increased by 5% compared with the 2018 survey! We created a Diversity, Equity and Inclusion committee to encourage empathy, respect and inclusion within our organization. We said Happy Trails to Earlene Bennett as she retired from LifeSpan Resources after 40+ years of service, and we welcomed Sherry Cookson as the new Executive Assistant! **Our three fundraisers for the year, Voice and Vino at the Casino, Senior Games, and Sing for Your LifeSpan Resources raised a combined \$217,400 for client services! Our grant writers brought in over \$310,000 in grant allocations for the year.**

**But most importantly, during COVID, we served 961 clients 200,784 frozen home-delivered meals. Our home delivered meals service was up over 100%.** Our congregate meal sites re-opened in July 2021. Folks were so happy to return to their friends! Our transportation drivers provided over 12,600 trips during FY21 year. **We purchased five new Ford Transit vans to replace older high mileage vans within our fleet, and we rebranded our transportation program to "Rides to GO!"**

These are just a few of the many accomplishments from our staff over the last year. **To say I'm proud is an understatement.** The staff here at LifeSpan Resources goes out of their way to make sure our clients are well-taken care of throughout the year and advocate on their behalf whenever possible. **Thank you to our staff for all your hard work.**

Sincerely,



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

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.



# LIFESPAN RESOURCES UPDATES

## HOLIDAY CELEBRATIONS GALORE!



.....

*Our Senior Games Gang elves recently delivered Angel Tree boxes to some of our clients. Fifty boxes were filled with a variety of items to provide a holiday meal and other gifts for our clients this holiday season!*



*Our Board of Directors, Advisory Council and Management Team gathered at the Exchange for a holiday luncheon to thank our volunteer board members for their hard work throughout the year.*



*The Congregate Centers held celebrations at each of the locations with Pitch-In luncheons and door prizes. The Transportation and Nutrition Department also held an end of year meeting.*

### Board of Directors

**Annette Roberts - President, At-Large**  
**Doug Drake - Vice President, Clark County**  
**Chris Schwaniger - Treasurer, Harrison County**  
**Mary Alice Fortener - Secretary, Clark County**  
**Tonya Fischer, Floyd County**  
**Dr. Deepak Azad, At-Large**  
**Barb Crecelius, At-Large**  
**Mayor Jeff Gahan, Floyd County**  
**James Goldman, Harrison County**  
**Ishmael White, Scott County**  
**Rev. Tony Toran, At-Large**

### Advisory Council

**Cheryl Fisher - President, Harrison County**  
**State Rep. Ed Clere, Vice-President, Floyd County**  
**Pam Clark - Secretary, Clark County**  
**Tara Avis, Harrison County**  
**Diane Clark, Clark County**  
**Rev. Albert Cole, Clark County**  
**Leslie Curry, Clark County**  
**Kristin Troyer Ems, Clark County**  
**Ellen Kelley, Clark County**  
**Glen Hammack, Floyd County**  
**Becky Jaenichen, Floyd County**  
**Beth Preher, Floyd County**  
**Maureen Robinson, At-Large**

**You are Cordially Invited....**



**...to join our brand-new  
LifeSpan Resources Legacy Circle.**

Your participation in this new program designates you as an extra-special supporter of LifeSpan Resources' circle of caring. Your gift to the Legacy Circle represents your own personal or business legacy. The program will build and sustain longer-term independent living for those in our care.

When you join the Lifespan Resources' Legacy Circle, you receive a beautiful lapel pin and certificate; plus invitations to connect with our work in the community throughout the year. Join us today!

### **Our Legacy Circle gift levels include:**

- Friend of LifeSpan Resources \$75-\$149
- Faithful Supporter \$150-\$250
- Ambassador \$251-\$1,000
- Visionary Partner \$1,001-\$5,000
- Cornerstone Builder \$5,001-\$10,000
- Landmark Benefactor \$10,001 plus

If you are also thinking about your estate plans and longer-term giving, we can help you evaluate your options and connect you with professionals who can help you achieve your legacy goals.

To make a gift, please log onto our website at [www.lsr14.org](http://www.lsr14.org) and click on the end-of-year donation tab on our homepage. To find out more about the Legacy Circle, contact Lora Clark, CEO at [lclark@lsr14.org](mailto:lclark@lsr14.org) or 812-206-7942.

Thank you for considering joining the new LifeSpan Resources Legacy Circle!



Main Office

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33 State Street, PO Box 995  
New Albany, IN 47151

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

Clark & Floyd Counties: 812-948-8330

Harrison & Scott Counties: 888-948-8330  
(Toll Free)



## RECENT GRANTS RECEIVED

### THANK YOU, GRANT FUNDERS!



**Caesars Foundation of Floyd County** – Caesars Foundation of Floyd County recently awarded LifeSpan Resources \$8,000 to help purchase new vehicles for our Transportation *Rides to Go!* program. Thank you for your continued support of LifeSpan Resources. Director of Development, Melissa Richardson and Chief Business Development Officer, Lucy Koesters accepted the award at a recent celebration hosted by the foundation and Executive Director, Josh Kornberg (pictured left).



**TARC Section 5310 Grant** – The Section 5310 Grant allowed LifeSpan Resources to purchase 3 new modified full-size vans to transport clients to doctor visits and social trips. The grant totaled \$157,200. Thank you for supporting the needs of our clients every day!



### Your Life ENRICHED.

Hellenic Senior Living of New Albany is the new standard for assisted living in our community. Our affordable assisted living options can fit in to anyone's budget.

Call **812-944-9048** for more information about all of the financial options available to you and your family.

#### MEDICAID WAIVER IS ACCEPTED

#### Newly Licenced Senior Living Community

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

## WINTER SAFETY TIPS

### A Little Slip Can Ruin the Day

Among older adults, *falls* are the leading cause of injury deaths, and the most common cause of nonfatal injuries and hospital admissions for trauma, especially during the winter months. In planning for home safety, follow a few simple guidelines, adapting them to your own needs:

- ◇ Wear shoes with good traction and non-skid soles, and stay inside until the roads are clear.
- ◇ Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavement that could be iced over.
- ◇ Transitioning from outside the home to inside, from downstairs to upstairs, and from room to room should be as smooth as possible.
- ◇ Think level thresholds, nonskid flooring, and no loose rugs or carpeting to snag feet, walkers, canes, or wheelchairs.
- ◇ Not only does ample lighting prevent falls, it deters crime. Well-lit pathways, entrances, and driveways scare off burglars.
- ◇ Keep work surfaces, frequently used drawers, tables, countertops, and storage areas at a comfortable height, to prevent the need to reach up high or bend down low to retrieve items or complete tasks.



*Source: Caregiving in The Comfort of Home Newsletter, January, 2022*

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)





## SENIOR GAMES 2022 UPDATE

### Senior Games: Back in Full Bloom!



## Save the Date

June 6-10, 2022

Surfin' Seniors!!



Aloha friends! Sail away with us on a tropical Hawaiian adventure full of competition, games and camaraderie! 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, 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](mailto:mrichardson@lsr14.org).



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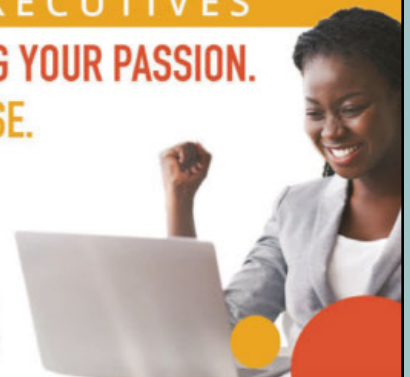
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**SAVE THE DATE**

TUESDAY, OCTOBER 25<sup>TH</sup>, 2022 | CAESARS SOUTHERN INDIANA

**VOICE and VINO**  
season 5

LIFESPAN RESOURCES  
**ANNUAL GALA**

Join us for an evening of  
**ENTERTAINMENT & FUN!**

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*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](mailto:mrichardson@lsr14.org).

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



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**Blood Drive**

**YMCA of Greater Louisville -  
Floyd County Branch**

**Sponsored by  
Lifespan Resources**

American Red Cross Bus  
33 State Street  
New Albany, IN 47150

**Tuesday, January 25, 2022  
9:00 a.m. to 1:00 p.m.**



### Long-Term Care Changes

Indiana is proposing to change the way some Hoosiers access services that allow them to remain independent and age in their own homes. Under managed care, the state would sign a contract with a “managed care organization” to provide both medical services and in-home services. Right now in Indiana, managed care organizations primarily provide health care-related services while the Area Agency on Aging network, of which LifeSpan Resources is a part, helps residents navigate and access social services such as meals on wheels. “LifeSpan Resources already is a trusted and local resource in the community helping seniors and individuals of any age with a disability, along with their caregivers to navigate the complex care maze,” said Lora Clark, CEO. The Executive team at LifeSpan Resources has met with all legislators that cover our service area to voice the importance of keeping Hoosiers’ needs and the trusted network of Indiana’s 15 Area Agencies on Aging at the center of any future managed care system. **Thank you to Senator Erin Houchin, Senator Kevin Boehnlein, Representative J. Davisson, Representative Zach Payne and especially Representative Ed Clere for your willingness to discuss these changes.**

Please mark your calendars for February 18th and attend one of the upcoming opportunities to voice your thoughts on potential changes to the long-term services and supports system. Each session will be an hour-long. For more information on the sessions, please contact our office at 812-948-8330.

#### LOCATIONS:

**Community Action of Southern Indiana** – 1613 East 8<sup>th</sup> Street,  
Jeffersonville

**Time:** 11:00 am to 12:00 pm

**Mark Elrod Towers** – 1 Wolfe Trace, New Albany

**Time:** 1:30 pm to 2:30 pm

Sessions will be hosted by LifeSpan Resources, Indiana Minority Health Coalition, Indiana Family and Social Services Administration, and Advancing States.



### REMEMBERING DR. MARTIN LUTHER KING, JR.



Each year on the third Monday of January, America honors the birth, life, and dream of Dr. Martin Luther King, Jr.

Dr. King organized the Southern Christian Leadership Conference (SCLC), which provided a base to pursue further civil-rights activities, in the South and later nationwide. His philosophy of nonviolent resistance resulted in his arrest on numerous occasions in the 1950s and 60s. His 1963 protest in Birmingham, Alabama earned him worldwide attention. He brought together more than 200,000 people on the March on Washington in August 1963 where he delivered his famous “I Have a Dream” speech. In 1964, at the age of 35, he was the youngest man and the third black man to be awarded the Nobel Peace Prize.

His interests widened from civil rights to include criticism of the Vietnam War and a deeper concern over poverty. His plans for a Poor People's March to Washington in 1968 were interrupted for a trip to Memphis, Tennessee in support of striking sanitation workers. On April 4, 1968, he was shot and killed on the balcony of the Lorraine Motel.

Martin Luther King, Jr. Day is the only national holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities, according to the corporation for National & Community Service.

**It is a time to remember the injustices that Dr. King fought. A time to remember his fight for the freedom, equality, and dignity of all races and peoples through nonviolence.**

# VALENTINE'S DAY WORD SEARCH



## VALENTINE'S DAY



Q A E K J D T Y L I J L X Z L C L C  
V V Y C G L R V Y S L W Z Y D A L H  
Z D A P U A U C J S Z O F D A N P O  
F X T L U P R A J Z L Y V C R D O C  
D V M R E F I R W H I T E E A Y O O  
I D B B Z N R D O V S J M I Y R Q L  
L E C S L A T I U W O S H T O O D A  
F Y H T O A H I E F A T U L U B U T  
M Q F E T L S D N N E O E O F F M E  
J W H N N R E V E E D S E V J R B B  
R G G M E R P S W S X I J E S T X W  
B W B W W L U S E G U I Z E I H N T  
P B O F S Y D S S J F Z S G H I R Q  
O L X K H X O I P C V S B A V Z S X  
F U S L U R W P I B I L N C X G O F  
Y P N C W C F O N K Q F E P U K M K  
J B E M I N E P K T B M L H Q A R L  
A J T T I K W Z I K P H E A R T S L

- HEARTS
- ROSES
- CANDY
- RED
- PINK
- CUPID
- SWEET
- LOVE
- FRIEND
- CHOCOLATE
- VALENTINE
- WHITE
- KISSES
- HUGS
- FEBRUARY
- I LOVE YOU
- BE MINE
- ARROW
- FLOWERS
- CARD



## LOVELY VALENTINE TREATS

### VANILLA BUTTER VALENTINE'S DAY POPCORN

Total Time - Prep: 10 minutes Cook: 5 minutes

Makes 8 servings

#### Ingredients:

- 2 bags of movie butter flavored popcorn prepared
- 1 package vanilla flavored candy melts pink - 12 ounces
- 1 cup red/pink/white chocolate candies (M&M's)
- Valentine's themed sprinkles



#### Directions

Place popped popcorn in a large bowl, set aside. Melt candy melts in the microwave, cooking on high and stirring every 20 seconds. Pour melted candy over popcorn and toss to coat. Add candy and sprinkles and toss some more to evenly distribute. Spread popcorn out on sheet pans and allow to set in a cool dry place for 15 minutes. Break into manageable sized pieces and ENJOY!

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<p><b>AVAILABLE FOR A LIMITED TIME!</b></p> <p><b>ADVERTISE HERE NOW!</b></p> <p>Contact <b>Brett Reineck</b> to place an ad today! <a href="mailto:breineck@lpicommunities.com">breineck@lpicommunities.com</a> or <b>(800) 950-9952 x2511</b></p>	
<p>Call your local licensed Humana sales agent.</p> <p><b>Humana.</b></p> <p><small>Y0040_GHHHXDFEN18 Accepted</small></p>	<p>Talk with your local licensed Humana Sales agent today.</p> <p><b>812-946-5365 (TTY: 711)</b></p> <div><p>Will Chandler</p></div>



## ANNUAL REPORT/AUDITS

### 2021 Annual Report Coming Soon!

The LifeSpan Resources 2021 Annual Report will be coming soon! Be sure to check out our website ([www.lsr14.org](http://www.lsr14.org)) at the end of January 2022 to see our amazing accomplishments!



### Direct Services: Congratulations on Clean Reviews/Audits



The LifeSpan Resources Nutrition and Transportation departments recently completed two separate reviews/audits for Title III evidence-based health and wellness programs; and for our TARC Federal 5310 grants. Both reviews were passed with flying colors! *Congratulations to Director Ramona Miller and her amazing teams!*



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# LIFESPAN RESOURCES 2022 SAVE THE DATES

Date	Event	Location	Time
<b>JANUARY/FEBRUARY</b>			
<b>Saturday, January 1</b>	<i>New Year's Day</i>	<b>Offices Closed Dec. 30-31, 2021</b>	
<b>Friday, January 14</b>	<i>Senior Games Gang: Happy New Year Celebration</i>	<b>YMCA Multi-Purpose Room</b>	1:00 - 3:00 p.m.
<b>Monday, January 17</b>	<i>Martin Luther King Day</i>	<b>Offices Closed</b>	
<b>Friday, January 28</b>	<i>Dementia Friends (pls register—see our web site)</i>	<b>LSR Board Room</b>	10:00 a.m. - 11:00 a.m.
<b>February - All Month</b>	<i>American Heart Month</i>		
<b>Friday, February 4</b>	<i>National Wear Red Day</i>		
<b>Monday, February 14</b>	<i>Valentine's Day</i>		
<b>Monday, February 21</b>	<i>Presidents' Day</i>	<b>Offices Closed</b>	
<b>Friday, February 25</b>	<i>Dementia Friends (pls register—see our web site)</i>	<b>LSR Board Room</b>	10:00 a.m. - 11:00 a.m.

## A special kind of compassion.



The earlier you reach out, the sooner we can help create more moments and memories. Whether that means six months or three years, let us help you or your loved one get the most out of life at every stage. Call 800-264-0521 or visit [HosparusHealth.org](http://HosparusHealth.org).

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## NURSING HOME FRAUD - BEWARE

### Help Stop Nursing Home Fraud



Medicare doesn't generally pay for long-term nursing home care. However, Medicare Part A covers medically necessary, short-term care in a skilled nursing facility (SNF) within a nursing home under certain conditions. SNFs play a crucial role in providing therapy and rehabilitation after you or a loved one have suffered a debilitating illness or stroke. After a qualifying stay in the hospital, Medicare beneficiaries frequently need some time in a SNF to regain their strength.

However, some unscrupulous facilities (even some associated with national chains) have taken to fraudulent billing.

Report potential nursing home care fraud, errors, or abuse if:

- You see on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) charges for:
- Services that were not deemed medically necessary by your doctor
- Therapy services or visits that were billed to Medicare but were not provided
- More expensive services than what you were provided
- More therapy than what you were provided
- Skilled nursing services for dates after you were released from the SNF
- You are forced to remain in a SNF until your Part A benefits have expired even though your condition has improved, and you wish to change to home health care services

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 Resources' SMP coordinator, Frankie Able at 812-948-8330 for more information or questions.



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### Become a Dementia Friend!

Become a Dementia Friend, like Lora, our CEO; and Leslie, our CFO. Dementia Friends one-hour 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](http://www.dementiafriendsindiana.org) for more information or 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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## We Love it When You 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.

(Also: see our new Legacy Circle Donor Recognition Program in this issue!)

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**Thank you!**