

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**MARCH - APRIL
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



Check us out on Facebook!
[@LifespanResourcesInc](https://www.facebook.com/LifespanResourcesInc)



And on Instagram!
[@lsr14na](https://www.instagram.com/lsr14na)

MAIN OFFICE HOURS

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

Look Inside:

Nutrition Awareness Week

Letter from Lora Clark, CEO

Check out our 2022 Annual Report!

Thank you elected officials

Thank you, grant funders

9 Benefits to Volunteering

Legacy Circle Inaugural Event

50th Anniversary Celebration Plans

Senior Games and Gang Updates

Don't Miss: March Blood Drive

Protect your back!

Covid Vaccine updates

Women's History / Arab Am. Heritage Mo.

Spring Fun / Gardening / Save the Dates

Nutrition Awareness Week: March 14-18, 2022 -- 2022 is also the 50th Anniversary of the Senior Nutrition Program!

Each year LifeSpan Resources celebrates Nutrition Awareness Week in March with a variety of activities. This year is extra special due to the fact that 2022 is the 50th Anniversary of the United States' Senior Nutrition Program.



SENIOR NUTRITION PROGRAM
CELEBRATE • INNOVATE • EDUCATE

Since 1972, the national Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act ([OAA](#)), local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and wellbeing. LifeSpan Resources operates 6 of these congregate hubs in our 4-county service area.

The theme selected for this celebration is: "Celebrate. Innovate. Educate." which highlights the many accomplishments of the national and local programs, along with the innovative approaches and education used to support senior citizens.

Across the state of Indiana, all Area Agencies on Aging will celebrate the national anniversary along with a special meal and nutrition education for Nutrition Awareness Week. Two dietary topics will be our focus: plant protein and hydration. A special menu of lentil soup, key west vegetables, fresh orange slices, corn bread and milk will be served to accompany the nutrition focus in all of our congregate meal sites. Our local elected officials and dignitaries are invited to come to a site, have lunch with our seniors, and celebrate the amazing accomplishments of the Senior Nutrition Program.



For more information, or to have lunch at a congregate site, please contact Ramona Miller at 812-206-7936.

FROM THE CEO

LifeSpan Resources Annual Report is Here!



The theme at LifeSpan Resources for 2021 was “remaining flexible!” I think we all felt that way as the pandemic ebbed and flowed. Early in the year, we were cautiously optimistic that we would be able to return to normal, but as we all witnessed, the pandemic was not through with us!

We slowly moved into a new normal of cautiously reopening and hosting events in-person, with masks and social distancing. We welcomed back our Senior Games participants to an in-person, all outdoor event in June. In July, we reopened our congregate sites to ecstatic participants. And, best of all we hosted our 4th annual Voice and Vino at the Casino and raised \$125,000!

Our annual report is ready for you to review, and our list of accomplishments is long. I’m so proud of our dedicated team who serves well over 3,500 clients in our Southern Indiana counties each year. Our staff works hard to ensure that all of our clients receive the services they need to remain living independently for as long as possible. In spite of the pandemic’s added demands, our staff remained flexible and committed to doing whatever it took to serve our communities.

If you would like to view our 2021 Annual Report, please log onto our website at: www.lsr14.org/reports. To request a printed copy, please contact Sherry Cookson, Executive Assistant, at scookson@lsr14.org.

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

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.

Thank you, Elected Officials

Thank you, **State Representatives, Karen Engleman and Rita Fleming; and State Senator Chris Garten** for your willingness to sit down with our executive team recently to discuss new long-term care proposals that would change the way some Hoosiers access services that allow them to remain independent and age in their own homes. The LifeSpan Resources executive team voiced 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.



Left to right: Angela Marino, COO, State Rep., Karen Engleman and Lora Clark, CEO.



Left to right: Lucy Koesters, CBDO, Angela Marino, COO, and State Senator Chris Garten.

Under these changes, the state would sign a contract with a managed care organization to provide both medical services and in-home services. Currently in Indiana, managed care organizations primarily provide healthcare-related services, while the Area Agency on Aging network helps residents navigate and access social services such as meals on wheels.

Thank You

Left to right: Angela Marino, COO, State Rep., Rita Fleming and Lora Clark, CEO.



Mary Alice Fortener Steps Down from Board of Directors; Dr. Rev. Albert Cole joins Advisory Council

Long-time LifeSpan Resources board member, **Mary Alice Fortener**, recently stepped down from the Board of Directors. Mary Alice held various positions on the board including Treasurer and Secretary from 2017 to 2022. Her dedication to our mission has always been evident and we thank her for her years of service.

Dr. Rev. Albert Cole recently joined the LSR Advisory Council. Dr. Rev. Cole was a Principal within the Jefferson County Public School System and the Pastor at New Progressive Baptist Church.

Welcome Dr. Cole!



Board of Directors

Annette Roberts - President, At-Large
Doug Drake - Vice President, Clark County
Chris Schwaniger - Treasurer, Harrison County
Tonya Fischer, - Secretary, 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
Dr. 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

THANK YOU, ANTHEM!

We would like to thank Anthem for a recent grant we received. The grant funds will be utilized to provide shelf stable emergency meals to eighty clients who receive home delivered meals through LifeSpan Resources Meals to Go! program. Our caterer, Masterson's, will provide and deliver the meals to the selected clients. The eighty clients selected to receive these meals are considered the most fragile and nutritionally needy of those who receive meals. The clients and staff of LifeSpan Resources are very appreciative of these grant funds.



April is National Volunteer Month

Check out these 9 benefits!

By Lucy Koesters

Volunteering is the chance to make a difference, give back, and help others in need. Charitable organizations could not perform needed services without the help of dedicated volunteers. However, there is much more to being a volunteer than giving back to your community. Research has proven that volunteering supports a healthy mind and body.



Check out these nine awesome benefits of volunteering:

- Counteracts the effects of stress and anxiety
- Combats depression
- Increases self-confidence
- Provides a sense of purpose
- Positively affects physical health
- Enhances socialization
- Helps retirees restructure their time
- Builds new skills, enhancing brain health
- It's FUN!

If you are considering doing some volunteer work, first ask yourself:

- Is there a cause or mission I care deeply about?
- How much time do I want to spend?

Volunteer activities range from fairly structured assignments to informal helping of neighbors. There are many non-profit organizations, churches, hospitals, and schools looking for help.



Volunteers from Brightwell Behavioral Health prepare to serve lunch during Senior Games 2021.

So how do you find volunteer opportunities? If you have a favorite local non-profit, check out their web site for volunteer tasks. At LifeSpan Resources, we **LOVE** volunteers! We always have opportunities in a variety of areas including helping out at our senior congregate centers, clerical office tasks, fundraiser gala committees, springtime outdoor spruce ups, advisory committees and more.

We hope you will consider volunteering. For opportunities at LifeSpan Resources, please visit our web site's volunteer page: www.lsr14.org/volunteer.

LEGACY CIRCLE INAUGURAL EVENT



On February 10, LifeSpan Resources held their first annual Legacy Circle Induction Ceremony at Baer's City Winery. Individual donors were designated as founding members at the reception. These donors received a pin and certificate for their generosity toward LifeSpan Resources and the clients we serve. Thank you so much to our sponsors for the evening: Mansion on Main/Bridgepointe Gardens, Baer's City

Winery and Kathy L. Copas Communications; and to State Rep. Ed Clere for emceeding our program.



State Rep. Ed Clere and Lora Clark, CEO, inducted Greg and Christy Nash, Ruth Heideman, and Beth Preher into the Legacy Circle. Ed and Amy Clere are also members, along with 37 others. LifeSpan Resources greatly appreciates these dedicated donors!

To find out more about the Legacy Circle, contact Lora Clark, CEO at lclark@lsr14.org or 812-206-7942.



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

Hellenic Senior Living is the choice for an affordable assisted living for the distinguished adult. Relax, with the security of a worry-free home. We are confident that you will experience the care, comfort and enjoyment that "home" brings.

Learn more at hellenicseniorliving-newalbany.com

ABOUT HELLENIC SENIOR LIVING:

- Private apartment options for seniors
- Ongoing health monitoring
- Three restaurant style meals served daily
- Transportation assistance
- Assistance with activities of daily living
- Variety of stimulating activities
- Medication Management
- Beauty/barber services



2632 Grant Line Road • New Albany, IN 47150 | 812-944-9048  



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

FAREWELL, FRANKIE/50TH ANNIVERSARY CELEBRATION

LIFESPAN RESOURCES TO CELEBRATE 50 YEARS IN 2023

It's hard to believe, but LifeSpan Resources will celebrate 50 years of serving the residents of Clark, Floyd, Harrison and Scott counties in 2023, and we are already planning a HUGE celebration.

A committee has been formed to determine exactly how we will celebrate throughout the year, and how we can continue to raise awareness for the needs of our clients with this milestone.

Watch for more information on upcoming celebration events in future issues of LifeNotes and on our Facebook page and web site. We look forward to celebrating with you all in 2023!



FRANKIE ABLE RETIRES FROM LSR

Frankie Able retired on February 28th, 2022. She started her career with us in July 1988 and has been the face of LifeSpan Resources in the community ever since. She is a Certified Information and Referral Specialist through the Alliance of Information and Referral Systems (AIRS) and a certified State Health Insurance Assistance Program (SHIP) counselor. Her knowledge of community resources, Medicaid and Medicare is unmatched. She has always provided a caring and listening ear, as well as solutions, to everyone who called the ADRC in need of support. In addition, Frankie has always been the party planner extraordinaire within the office, whether it be Halloween, Christmas or pitch-ins, she was always ready to have some fun!

Thank you, Frankie, for your incredible contributions to our team and those we serve. We will miss you!



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



SENIOR GAMES GANG 2022 UPDATE

Senior Games Gang Brings in the New Year with Fun Events!

On Friday, January 14, the Senior Games Gang welcomed in the New Year and met to play games and create Valentine cards for our clients. To kick off the new year, Gang members were encouraged to invite friends to see what we are all about. In total, we had six visitors check out the Gang. And on February 11, we hosted our popular annual Toss 'Em tourney at the Southern Indiana Sports Center. (Photos on our Facebook page)

UPCOMING GANG EVENTS:

Friday, March 11, 2022 - Bunco - 10 a.m. - 1 p.m. at Eastern Heights Baptist Church, Jeffersonville

Friday, April 22, 2022 - Horseshoes Tournament and Pitch-in Picnic - 9:30 a.m. - 1 p.m. at Community Park, New Albany



Left: Several Gang members made Valentine cards for our clients.



Right: These Gang members enjoyed a competitive game of euchre.



STAND OUT

with a **PREMIUM DIGITAL AD** on **MYCOMMUNITYONLINE.COM**



CONTACT US AT 800-950-9952

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.950.9952

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

ADT Authorized Provider | SafeStreets | **1-855-225-4251**



WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community

CONTACT US AT careers@4lpi.com OR www.4lpi.com/careers



SAVE THE DATE

TUESDAY, OCTOBER 25, 2022

CAESARS SOUTHERN INDIANA



MEET OUR 2022 PERFORMERS AND JUDGES

2022 Performers

Brian Elmore Erin Houchin Allan Parnell
Missi Sprigler Celina Ware Marie Wilkerson Craig Zirnheld

2022 Judges

TC Baker, Greg Nash, Jill Robertson and Lori Unruh

For sponsorship information, contact Melissa Richardson, Dir. of Development at 812-206-7960 or email at mrichardson@lsr14.org.

LIFESPAN RESOURCES TO HOST AMERICAN RED CROSS BLOOD DRIVE



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, March 22, 2022
9:00 a.m. to 1:00 p.m.**

Register online at redcrossblood.org

SENIOR GAMES: MONDAY, JUNE 6 - FRIDAY, JUNE 10

Senior Games 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. Check out the schedule below for locations and times.

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. Also, 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 and access to special "Members Only" events, and a holiday community service project.

To register, visit our website at www.lsr14.org/senior-games/, or contact Director of Development, Melissa Richardson at 812-206-7960 or by email mrichardson@lsr14.org for a registration form.



SCHEDULE OF EVENTS

(Please note some new locations!)

MONDAY, JUNE 6 - New Albany Amphitheater

(shuttle rides available from YMCA parking lot)

- Opening Ceremonies 9:00 – 9:15 am
- Dance Contest 9:15 – 10:45 am
- Lunch 11:00 am – 12:00 pm
- Bowling 1:00 – 4:00 pm (**Blackiston Bowl, Clarksville**)

TUESDAY, JUNE 7 - Charlestown Family Park

- Miniature Golf/Lunch 8:00 am – Noon
- Basketball Toss 1:00 - 3:00 pm (**Floyd Co. YMCA**)

WEDNESDAY, JUNE 8 - Kevin Hammersmith Park

- Toss 'Em/Lunch 9:00 am – Noon
- Lap Walks 1:00—4:00 pm (**Silver Street Park**)

THURSDAY, JUNE 9 - Sam Peden Comm. Park

- Horseshoes 9:00 – 11:00 am OR
- Golf (9 holes) 7:30 - 11:00 am (**Cherry Valley GC**)
- Lunch/Cards & Checkers Noon – 3:00 pm
- (**Westminster Village**) Card Games: Euchre, Pinochle, Checkers, Texas Hold 'Em
- Pickleball Exhibition (optional) 4:00 – 5:00 pm (TBD)

FRIDAY, JUNE 10 - Silver Heights Camp

- Closing Ceremonies/Awards 9:00 - 11:30 am
- Lunch/Vendor Fair 11:30 am - 1:00 pm

Back Strain – Lift Correctly

Each part of the body is made to work a certain way and to work with specific other parts of the body. Certain parts are for certain activities and perform best when they are used the way they were intended. You have some control over making your individual parts work better and stronger. You also have control over whether or not you use them wisely. The proper use of your body is called *body mechanics*.

Body mechanics involves standing and moving one's body so as to prevent injury, avoid fatigue, and make the best use of strength. When you learn how to move, control and balance your own body, you can more easily and safely control and help or move another person. Back injuries among caregivers are common and many such injuries are preventable.

General Rules

The following hints will help you use proper body mechanics and be safe.

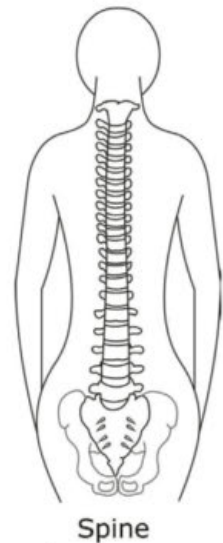
- ➔ Only lift as much as you can comfortably handle.
- ➔ Always let the person you are helping know what you are going to do.
- ➔ To create a base of support, stand with your feet 8"–12" apart with one foot a half step ahead of the other.
- ➔ Bend your knees slightly.
- ➔ Keep your spine in a neutral (normal arched, not stiff) position while lifting.

- ➔ USE YOUR LEGS instead of your back to do most of the work—leg muscles are stronger than back muscles.
- ➔ If you can adjust the bed, keep the top at about waist level. If it is low or you are tall, put one foot on a footstool to relieve pressure on your lower back.

Preventing Back and Neck Pain

Back pain is one of the most common reasons people go to the doctor or miss work, and it is a leading cause of disability worldwide. To prevent injuries to yourself, get rest and maintain:

- Good nutrition and physical fitness.
- Good body mechanics.
- A stress management program such as daily meditation.
- A stretching routine before you lift.
- A back strengthening exercise program.



Spine

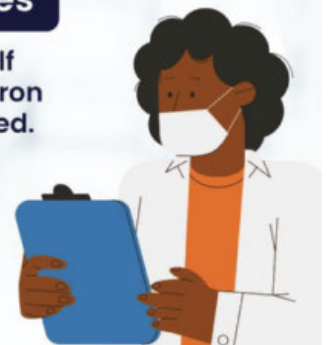
Adapted from The Comfort of Home: Caregiver Series, © 2022 CareTrust Publications, www.comfortofhome.com

COVID-19 Booster Doses

The best way to protect yourself from COVID-19, including Omicron is to get vaccinated and boosted.

- Who?** Everyone ages 12 and older should get a booster.
- When?** At least 5 months after your second Pfizer or Moderna shot, or 2 months after Johnson & Johnson.

As of 1/5/2022



LIFESPAN RESOURCES - CALL US FOR THE LATEST COVID VACCINE INFORMATION

The COVID-19 vaccines are safe and effective, and continue to be highly effective against hospitalization and severe outcomes of COVID-19. The emergence of the omicron variant underscores the importance of getting vaccinated and getting a booster. If you have questions or are eligible to schedule your booster, let LifeSpan Resources help! For more information on the COVID vaccine, please call 812-948-8330 and ask to speak to an Options Counselor.

DIVERSITY, EQUITY AND INCLUSION

MARCH: WOMEN'S HISTORY MONTH

Women's History celebrations started as a local, week-long event in California in 1978. This was to celebrate and recognize the contributions and achievements of women throughout American history. In 1980, President Jimmy Carter issued a Presidential Proclamation making the first week of March National Women's History Week. In 1982, Congress issues publications to recognize the first Women's History Week and over the next 5 years more publications would be issued. In 1987, the celebration would be extended to officially make the month of March, Women's History Month. Since 1995, every President has issued annual proclamations for Women's History Month. Each year, the National Women's History Alliance chooses a theme. The theme for 2022 is "*Women: Providing Healing, Promoting Hope.*" With the COVID-19 pandemic wreaking havoc all around the world, this is the time to recognize women as healers and givers of hope. According to the Center for Economic and Policy Research, women make up 64.4% of frontline workers. Women of color and immigrants are also disproportionately represented in front-line industries. Please make sure to recognize the contributions of the women in your life. A simple thank you goes a long way!



APRIL: ARAB AMERICAN HERITAGE MONTH



Arab-American Heritage began as sporadic celebrations in the 1990s to recognize the culture and contributions of Arab and Arabic-speaking Americans. In 2017, the Arab American Institute began an initiative to con-

solidate these celebrations and have a national recognition. On April 1, 2021, the U.S. Department of State issued a proclamation recognizing April as Arab-American Heritage month. There are many misconceptions about Arab-American culture. For example, many people believe that Arab-American people are all Muslims. In fact, only about 25% of Arab-Americans are Muslim, while 77% are Christian. There are currently 3.7 million Arab-American people in the United States.

Because of the misunderstandings of Arab-American culture and the rise in xenophobia, there are negative impacts on the lives of Arab-Americans, especially in education. Because of these issues, many students seeking degrees in counseling, psychology, and social work have not received proper counseling to assist in their pursuit of these fields. In honor of our Arab-American neighbors, spend some time in April exploring the culture, food, and history of these people.

STOP THE PAIN!

Dr. Stan Schooler has over 30 years of experience & is dedicated to keeping you active & pain free!

- Ultrasound Evaluation of Problem Area
- Injections with Ultrasound
- Movement Analysis
- Exercise Prescription

BE YOUNGER NEXT YEAR!

Call Dr. Schooler for an appointment today at 812-949-3482 or go to activeathletemedicine.com

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Brett Reineck** to place an ad today!
breineck@lpicommunities.com or
(800) 950-9952 x2511

Call your local licensed Humana sales agent.

Humana.

Y0040_GHHXDFEN18 Accepted

Talk with your local licensed Humana Sales agent today.

812-946-5365 (TTY: 711)

Will Chandler

Jon Baker
US Veteran, Owner

Debra Baker
RN, Owner

AccessiCare offers 24 hour, 7 days a week, non-medical, personal home care to provide that extra support and help to make staying home a possibility.

Locally owned by a Registered Nurse and U.S. Veteran. Our caregivers are drug tested, nationally background checked and trained in caregiving skills and dementia/Alzheimer's care.

AccessiCare offers a wide range of services:

- Light housekeeping • Meal Preparation • Bathing Assistance
- Hair Care • Dressing • Bathroom assistance
- Feeding assistance • Laundry • Medication reminders
- Transportation to non-medical appointments and errands
- Companion/conversation • Respite care • Safety

Call 812 725-3843 to schedule a free assessment today!

FUN FACTS ABOUT SPRING

- The first day of spring is called the vernal equinox. The term *vernal* is Latin for “spring” and *equinox* is Latin for “equal night.”
- The fall and spring equinoxes are the only two times during the year when the sun rises due east and sets due west.
- On the first day of spring, a person at the North Pole would see the sun skimming across the horizon, beginning six months of uninterrupted daylight. A person at the South Pole would see the sun skimming across the horizon, signaling the start of six months of darkness.
- Spring usually arrives on March 19, 20 or 21. The reason the equinoxes and solstices don’t always come on the same day is that Earth doesn’t circle the sun in exactly 365 days.
- Easter always falls on the first Sunday after the first full moon after the spring equinox.
- While the spring equinox typically occurs on March 20 or 21, meteorological spring begins on March 1, a month when average temperatures increase by 10 degrees over the month.
- In China, the coming of spring coincides with celebrations for the Chinese New Year. The holiday falls on the first day of the first lunar month, in January or February. Groundhog day has its roots in the ancient seasonal festival.
- For the Japanese, the opening of the cherry blossom, Japan’s national flower, in March or April signals the start of spring.



FREE EDUCATIONAL WORKSHOPS

Attendees receive a FREE CONSULTATION

Virtual and on - line Options available

Check website: timmellaw.com

or

Call 812-590-2771 for availability.

TIMMEL
ASSOCIATES, LLC

Your legal team for **Estate Planning & Elder Law**

- Estate Planning & Asset Protection
- Elder Law-Medicaid & VA Planning
- Probate & Estate Administration



Margaret F. Timmel
Jessica Richards

 : facebook.com/TimmellawLLC

2733 Charlestown Road
New Albany, IN 47150

Licensed in Indiana & Kentucky

LIFESPAN RESOURCES 2022 SAVE THE DATES

Date	Event	Location	Time
MARCH	<i>Women's History Month, National Nutrition Month</i>	Nut Awareness: March 14-18 at LSR Congregate Centers	10:30 a.m.—Noon
Friday, March 11	<i>Senior Games Gang: Bunco</i>	Eastern Heights Baptist Church, Jeffersonville	10:00 a.m. - 1:00 p.m.
Thursday, March 17	<i>St. Patrick's Day</i>	Wear your green!	
Tuesday, March 22	<i>Blood Drive</i>	Floyd Co. YMCA	9:00 a.m.—1 p.m.
Thursday, March 31	<i>50th Anniversary Celebration of the OAA Sr Nut. Program</i>	Come eat lunch at a Congregate Nutrition Site!	
APRIL	<i>Volunteer Month, Arab American Heritage Month</i>	Consider volunteering with LifeSpan Resources!	
Friday, April 1	<i>April Fool's Day</i>	Play a joke on someone!	
Friday, April 15	<i>Good Friday</i>	LSR Offices will be Closed	
Sunday, April 17	<i>Easter</i>	Hide some Easter Eggs!	
Friday, April 22	<i>Senior Games Gang: Horseshoes Tourney</i>	Sam Peden Community Park, New Albany	9:30 a.m. - 1:00 p.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.

HOSPARUS HEALTH® Create more moments.

ASSISTED LIVING AND SO MUCH MORE



Harrison Springs Health Campus
812-625-7284 • Corydon, IN

The Villages at Historic Silvercrest
812-302-8231 • New Albany, IN

Autumn Woods Health Campus
812-302-8272 • New Albany, IN

Hampton Oaks Health Campus
812-722-4302 • Scottsburg, IN

trilogyhs.com • [f](#) [t](#)



SonBlest Elder Care
— Established 1991 —

Non-Medical Caregivers To Your Home

3-24 hour non-medical caregiver
services at reasonable rates

- Personal Care • Meal Preparation • Med Reminders
 - Light Housekeeping • Companionship • Errands
- Locally Owned & Operated Since 1991
No Contracts • No Deposits • No Sales Pitches

812-283-7015

Call 24/7 • All Workers Fully Screened
www.sonblesteldercare.com

**SUPPORT OUR
ADVERTISERS!**



YOU CAN STOP TRACK TRAGEDIES.



OLI.ORG

#RAILSAFETY



For ad info. call 1-800-950-9952 • www.lpiconmunities.com

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

DIY GARDENING FUN

Do-It-Yourself Shoe Rack Planter

Are you a crafter who loves everything DIY? Or, perhaps you're a frustrated gardener living in an apartment with little outdoor space? This idea is perfect for either of you: gardening with vertical planters or vertical gardening with shoe organizers! This is a great low-cost, space-saving alternative.

Supplies:

- Cloth Shoe Rack
- Pebbles
- Soil
- Orange Peel
- Seeds

Hang the shoe rack outdoors. Add pebbles in the bottom of each pocket then fill with potting soil. Insert seeds into half of an orange peel, then bury partially in the soil. Water and watch your plants bloom all spring long! This would be a great option for an herb garden.



www.clbllegal.com

CLLB Law

318 Pearl St Ste 200, New Albany, IN 47150
(812) 725-8224



CLLB Law

Fenley Office Suites Brownsboro
4965 US-42 Ste 1000, Louisville, KY 40222

Estate Planning & Probate • Long Term Care Planning • Medicaid Crisis Planning & Eligibility • Family Law • Real Estate Law • Civil/Criminal Litigation.

Whether it is discussing options for after you're gone or protecting your assets as you grow older, we are here to help give you peace of mind.



SUPPORT LIFESPAN RESOURCES WITH AMAZON SMILES



It's the Easiest Way to Support our Mission

Did you know that you can support LifeSpan Resources just by shopping on Amazon?? To shop at AmazonSmile simply go to smile.amazon.com on your web browser or activate AmazonSmile on your Amazon Shopping app on your iOS or Android phone (found under settings on your app). On your browser, you may also want to bookmark smile.amazon.com to make it even easier.

On your first visit to 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.

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

Become a Dementia Friend!

Become a Dementia Friend, like Lora, our CEO; and Leslie, our CFO. Dementia Friends one-hour workshops can be scheduled in person or virtually. Please register prior to the workshop so we can gather your free materials. All workshops are free. **Go to 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 for more information.



Welcome home. At Cedar Court, a Senior Living Community nestled snugly in the hills of scenic Corydon, Indiana, those two words are at the heart of all we do. We have a passion for filling your retirement years with wonderful days and warm memories.



125 Hilltop Drive NE | Corydon, IN 47112 | P 812.734.0888 | F 812.734.0889



Westminster Village...
A Senior Living Community You'll Be Proud to Call Home

Where Life Begins at 62!

Independent Living	Assisted Living
<ul style="list-style-type: none">• Activities program• Housekeeping services• Transportation services• Monitored alert system• Evening meal• Pet friendly	<ul style="list-style-type: none">• 24 hour support• Assistance with daily living activities• Medication administration• 3 meals daily• Housekeeping, laundry & transportation services

  **2200 Greentree N. Clarksville, IN** **812.282.9691**
AL license # 19-000100-1




Kaiser HOME SUPPORT SERVICES
Compassion Makes House Calls.

Our mission is to compassionately empower people of all ages and abilities in achieving greater independence, increased community integration, and personal growth in a manner that responds to their own choices, needs and cultural values.

2633 Grant Line Rd., New Albany, IN 47150 • Main Office – 812-945-6868 • www.kaisersupport.org



 **LifeSpan Resources**
33 State Street, 3rd Floor
P.O. Box 995
New Albany, IN 47151-0995

NON-PROFIT ORG
U S POSTAGE
PAID
LOUISVILLE KY
PERMIT #1225

Look Inside This Issue!



Nutrition Awareness Week
Check out our 2022 Annual Report!
Thank you elected officials and grant funders
9 Benefits to Volunteering
Legacy Circle Inaugural Event
50th Anniversary Celebration Plans
Senior Games and Gang Updates
Don't Miss: March Blood Drive
Protect your back!
Covid Vaccine updates
Women's History/Arab Am. Heritage Mo.
Spring Fun /Gardening/Save the Dates



Spring into Action and Donate 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!)

Donate online at our website www.lsr14.org OR Mail in your donation with the form below.



Donor Name:		Phone:	
Address:			
City, State, Zip Code:			
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:			
Address:			
City, State, Zip Code			



Thank you!

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