

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

MAY-JUNE 2022

LifeSpan Resources

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 New Albany, Indiana 47150

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 Website.....www.lsr14.org



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And on Instagram!
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Main Office Hours

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

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Older Americans Month Celebrates "Aging: My Way!"

Every May, the Administration for Community Living (ACL) leads the celebration of Older Americans Month (OAM). Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no "right" way. That's why the theme for Older Americans Month 2022 is 'Age My Way'.

This year's theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose. This is exactly what we at LifeSpan Resources, are all about! While Age My Way will look different for each person, here are common things everyone can consider:



- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities. (LifeSpan Resources has much to offer in this area, from multiple volunteer opportunities, to our annual Senior Games event, to our senior membership program "The Gang," health and wellness activities, education and workshops.)
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place. (Contact our Aging and Disability Resource Center and talk to an Options Counselor for advice and resources in the area of aging in place.)
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community. (Seniors can sign up for our congregate lunch program to not only get a nutritious daily hot meal, but also join fun activities like arts and crafts, bingo, cards and games, music and more.)

This year, LifeSpan Resources is excited to celebrate OAM with our partners in the aging community. Follow along throughout the month to find resources on aging in place, on our Facebook page and web site.

Join in the fun in May with us at LifeSpan Resources as we celebrate our Older Americans. It's what we are all about, what we work for and who we love at our agency! We've been celebrating our Older Americans for nearly 50 years - and we plan to celebrate them for at least 50 more!

You can also visit the official OAM website, follow ACL on Twitter and Facebook, and join the conversation using #OlderAmericansMonth.

Moving Toward a New Normal

As summer approaches we continue to move forward, hoping that the worst of COVID is finally behind us. Our case managers are back to seeing clients in person as they are able, and we are back to planning in person events throughout the year.

We are also quickly approaching 50 years of service to the residents of Clark, Floyd, Harrison and Scott counties. As we announced in the last issue, we have formed a committee to help plan our 50th Anniversary celebration. We have brought together a great group of folks to ensure this party goes off without a hitch! Thank you to Lucy Koesters, Chief Business Development Officer for leading the team. Learn more about the planning committee on page 4 of this newsletter.

At Lifespan Resources, we are also ready to celebrate Senior Games Hawaiian style! We are back to a full slate of games for 2022, however, we will be enjoying the games at some new and exciting venues throughout Floyd and Clark counties. Senior Games will take place June 6 - 10, 2022 and I want to thank all of our sponsors who make this event such a success each and every year. Please be sure to take a minute to review our wonderful Senior Games sponsors for this year on page 8. We couldn't continue to provide the services we do without their continued support.

I hope you enjoy this issue. It's full of helpful information for continuing to stay healthy and safe throughout the summer months. Take care and stay active!

Sincerely,



Lora Clark, CEO
lclark@lsr14.org



May/June Celebrations

Older Americans Month - May
National Nursing Home Week - May 8 - 14
Mothers' Day - May 8
Armed Forces Day - May 21
Memorial Day - May 30
Flag Day - June 14
Fathers' Day - June 19



LifeNotes is a free bi-monthly publication of
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Please address questions or requests to the above
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LIFESPAN RESOURCES UPDATES

LifeSpan Resources' Extol Magazine Interview

Recently two LifeSpan Resources staff members were interviewed on Extol Magazine's Extol Live Facebook livestream. The interview was conducted by Angie Fenton, CEO and Publisher of Extol Magazine.

The group discussed the services we provide, our new COVID vaccine outreach campaign and our upcoming fundraisers. The full interview is available on LifeSpan Resources' Facebook page, as well as on extolmag.com.



Melissa Richardson and LaQuaysha Greenwell were interviewed by Angie Fenton.



Beware COVID Test Kit Scams

While COVID-19 infections may be receding, COVID-19 is still going to be around in some form or another, which means that scams and frauds will still be very much present. If you need to get a COVID test, but are cautious on where to get them, the USPS is allowing households 2 orders of 4 at-home COVID tests for free. Our SHIP Counselors can help you order kits and/or ensure you are not being scammed by an organization. For more information, call LifeSpan Resources at 812-948-8330. To review some frequently asked questions, visit: <https://faq.usps.com/s/article/At-Home-COVID-19-Test-Kits>.



COVID Vaccine Outreach Campaign

LifeSpan Resources, along with the other Area Agencies on Aging in Indiana, are promoting information on COVID-19 vaccinations, boosters and ever changing CDC guidelines. You may see notices like the one to the right in local area publications such as the News and Tribune, Extol Magazine, Corydon Democrat and others. LifeSpan Resources is here to help our community by promoting the latest information, as well as for transportation to get the vaccine. For more information, call LifeSpan Resources at 812-948-8330 and ask to speak to an Options Counselor.



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CELEBRATE GOOD TIMES



50th Anniversary Committee Formed for 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. Locations and catering are already being discussed, so you know it's going to be an amazing evening, and a great time to reminisce about how far we've come.

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!

Do you have memorabilia to share?

We are looking for photos and memorabilia from the first 50 years of LifeSpan Resources. If you have items we could borrow for a historical display at our celebration, please contact Lucy Koesters, Chief Business Development Officer at 812-948-8330 or lkoesters@lsr14.org.

Committee Members

Lucy Koesters, Committee Chair
Lora Clark
Annette Roberts
Angela Marino
Leslie Meek
Sherry Cookson
Melissa Richardson
Tonya Fischer
Barbara Crecelius
Vern Eswine
Edie Galloway

Frankie Able
Patty Cress
Earlene Bennett
Beth Preher



Bunco, A Fun Time was had by All!

March Senior Games Gang Event - March 11, 2022

Thank you to Eastern Heights Baptist Church in Jeffersonville and Trilogy Health Services for sponsoring the March Senior Games Gang Bunco event! Eastern Heights provided the location and Trilogy (Silvercrest, Hampton Oaks and Autumn Woods) provided amazing and delicious lunches for all our participants.

Grand prize winner was Kathy Combs, Second Place - Karen Brown, Third Place - Ben Meeks, Most Buncos - Tom Scott, the Clothespin winner was Paul Briles, and the prize for Most Losses went to Marianne Meisel

DIVERSITY, EQUITY AND INCLUSION UPDATE

May is Mental Health Month

Back To Basics: Practical Mental Health Information



Since the start of the pandemic, more people are talking about mental health. But mental health conditions and resources can still feel complicated and out of reach.

Around half of people in the U.S. will meet the criteria for a diagnosable mental health condition at some point in their life, so everyone should know what to look out for.

Some risk factors include: trauma; your environment and how it impacts your health and quality of life; genetics; brain chemistry; and your habits and lifestyle.

Take time to ask yourself about your thoughts, feelings, and behaviors to see if this is part of a pattern that may be caused by a mental health condition. Here are some questions to get you started:

- Have things that used to feel easy started feeling difficult?
- Does the idea of doing daily tasks like making your bed now feel really, really hard?
- Have you lost interest in activities and hobbies you used to enjoy?
- Do you feel irritated, possibly to the point of lashing out at people you care about?

Visit www.mhanational.org/may to learn more about the basics of mental health in case you or a loved one need this information.

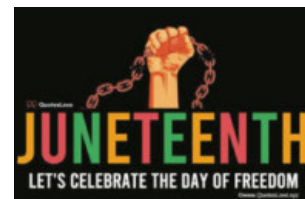
What is Juneteenth?

Juneteenth is an American holiday celebrated annually on June 19 that commemorates the end of slavery in the United States.

On June 19, 1865, Union general Gordon Granger rode into Galveston, Texas with the federal orders that all previously enslaved people in Texas were now free. Though the Emancipation Proclamation had formally freed slaves in America two years earlier, Texas was the most remote of the slave states. So about 250,000 people remained slaves in Texas until Granger carried the orders to Galveston in 1865, finally ending slavery in the U.S.

Today, the holiday is celebrated in cities across the United States with activities as diverse as readings of the Emancipation Proclamation, street fairs, rodeos, cookouts, reading the work of influential Black American writers, and more.

Source:
<https://www.kazoo.hr.com/blog/juneteenth-company-holiday>



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Taking Care of Yourself Exercises to Improve Balance

While holding the back of a sturdy chair, sink, or counter: Stand on one leg at a time for a minute and then slowly increase the time. Try to balance with your eyes closed or without holding on.

- Stand on your toes for a count of 10, and then rock back on your heels for a count of 10.
- Make a big circle to the left with your hips, and then to the right.
- Do not move your shoulders or feet. Repeat five times.

Source: National Institute of Health



Inspiration

The art of being wise is the art of knowing what to overlook.

-- William James



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DON'T MISS SENIOR GAMES 2022

Mark Your Calendar! Senior Games June 6 - 10, 2022



It's Not Too Late to Register!

Aloha Friends! The 36th Annual LifeSpan Resources' Senior Games is back in full bloom and will be held Monday, June 6 – Friday, June 10, 2022, and you don't want to miss it! This year's theme is **Surfin' Seniors!** So get your Hawaiian gear ready to sail away on a tropical adventure of fun and games!

The fun will begin on Monday, June 6th and will run until the Closing Ceremonies on Friday, June 10th. There are ten events to choose from: Dance Contest, Bowling, Mini Golf, Basketball Toss, Toss 'Em, Lap Walks, Horseshoes, 9 Hole Golf, Cards and Games and a Pickleball Exhibition. Gold, silver, and bronze medals are given for each event. Trophies for most medals won by age group; the oldest male and female participant; and the King and

Queen of Senior Games are awarded at the Closing Ceremonies.

One low registration fee of \$15 covers all events, lunches and a t-shirt. T-shirts will be available for pick-up from May 16 - May 27 at LifeSpan Resources' office: 33 State St. (3rd floor YMCA building), New Albany.

To register, print out forms at www.lsr14.org or contact Melissa Richardson, Director of Development at 812-206-7960. We need volunteers and sponsors too!!



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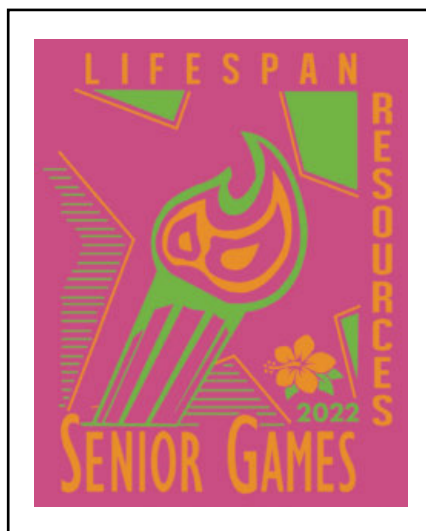
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Greg Nash



Lori Unruh

TAKE CARE OF YOURSELF

Taking Care of Yourself— Depression in Heart Disease

People with heart failure and their caregivers have depression at much higher rates than the general public. Both the caregiver and the person in her care need to be aware of mood changes in themselves and each other. One important reason to treat depression is that it is associated with increased risk of cardiovascular disease. This affects both you and the person in your care. Fortunately, depression responds well to treatment.

It can be difficult to talk about depression, either about your own depressed feelings or the feelings of the person in your care.

Nonetheless, it is important to have that talk with a health care provider and discuss a treatment plan.

Source: *The Comfort of Home for Chronic Heart Failure*



We don't
stop playing
because we
grow old.
We grow old
because we
stop playing.

—GEORGE BERNARD SHAW



LifeSpan Resources Celebrates Social Workers

The need for social workers is great. There are nearly 720,000 social workers in our nation. That number is expected to grow by 12 percent by the end of the decade, making social work one of the fastest growing professions in the nation, according to the Bureau of Labor Statistics. Social workers have been an integral part of our nation for decades.

Social workers played key roles in the Civil Rights and Women's Rights movements and pushed for social programs we now take for granted, including the minimum wage, a 40-hour work week, Social Security and Medicare. The time is always right for social work. However more people are entering the field because the life-affirming services that social workers provide are needed more than ever. This is especially true as our nation continues to grapple with the COVID-19 pandemic, systemic racism, economic inequality, global warming, and other crises. That is why the theme for Social Work Month 2022 is The Time is Right for Social Work.



LIFESPAN RESOURCES BLOOD DRIVE



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.

Contact Melissa Richardson at mrichardson@lrs14.org. We are accepting donations at our main office located at 33 State Street, 3rd Floor, New Albany. **Thank you!**



Blood Drive

**YMCA Greater Louisville -
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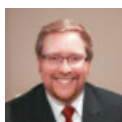
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SUMMER WORD SCRAMBLE

Unscramble the ten summer themed words below.

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2. NCAOE _____
3. NUNYS _____
4. SWRRBAITSREE _____
5. SNSLSSAGUE _____
6. GRNSUIF _____
7. TWMISUSI _____
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UPCOMING EVENTS

National Nursing Home Week

May 8 - 14, 2022

Take a moment to honor and celebrate Nursing Home employees!



Mothers' Day

Sunday, May 8, 2022

Be sure to tell your mom how much she means to you. Celebrate all day!

Senior Games

June 6 - 10, 2022

This year's theme is Hawaiian, so break out your Hawaiian shirt and join us for a week full of fun, games and competition.

Fathers' Day

Sunday, June 19

Dads are there for all the ups and downs of life. Be sure to tell your dad thank you!



Lucy Koesters taught a Dementia Friends workshop to the LSI Discover Class of 2022.



Dementia Friends Workshop

Become a Dementia Friend! Dementia Friends one-hour workshops can be scheduled in person or virtually. All workshops are free. 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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FUN AND GAMES

Father's Day: Dad Jokes!!

They say a joke becomes a dad joke when it becomes apparent. We would say it's when we all groan. Sorry!

We're not sure who invented the term "dad jokes," but we know one when we see one. A dad joke is almost always pithy and frequently corny.

So, in honor of Fathers' Day on June 19, here are some of the best Dad Jokes ever published in *Reader's Digest*.

Source: <https://www.rd.com/article/dad-joke-tweets/>

A ham sandwich walks into a bar and orders a beer. The bartender says, "Sorry, we don't serve food here."



RD

What did the evil chicken lay?
Deviled eggs.



RD

Knock, knock.
Who's there?
Nobel. Nobel who?
No bell, so I just knocked.



How many telemarketers does it take to change a light bulb?

Only one, but he has to do it while you are eating dinner.



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A cheese factory exploded in France.
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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)!

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Now every time you shop and use your Kroger Plus card, you'll be earning rewards for LifeSpan. Thank you!



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 Kentuckiana

New Option!

A Multi-Level Retirement Community in Clarksville, IN

Residential Living

Units starting at a significantly reduced monthly rate of...

1 Bedroom: \$750* 2 Bedroom: \$1,050*

*includes basic utilities only, call for details

These apartments are ideal for older adults who desire the benefits of living in a community setting while maintaining the flexibility of cooking their own meals, doing their own housekeeping, etc.

Assisted Living

- Three Meals a Day
- Medication Administration
- 24-Hour Support
- Housekeeping & Transportation

Medicaid Waiver Accepted

812-282-9691

TDD 1-800-545-1833 x359 | Language Assistance Services 562-257-5255

www.WestminsterVillageRetirement.org

ALF/SNF License #: 192000100-10-1



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



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

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Help LifeSpan Resources help the Moms and Dads. 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.

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



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