

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**JULY-AUGUST
2022**

LifeSpan Resources

MAIN OFFICE

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P.O. Box 995

New Albany, IN 47151-0995

PHONE NUMBERS

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Website www.lsr14.org



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MAIN OFFICE HOURS

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

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Senior Games: Back in Full Bloom with Surfin' Seniors

Senior Games 2022 was a rousing success! We had amazing venues, fantastic weather, and a week full of safe, good-hearted competition. Throughout the week we were welcomed to various venues by New Albany Mayor Jeff Gahan, Charlestown Mayor Treva Hodges, and Clarksville City Council Vice-President Karen Henderson. We appreciated each of them taking the time to welcome us to their wonderful cities. We also enjoyed the hilariously bad jokes provided by our emcee, State Representative Ed Clere, at the Opening Ceremonies. In addition, we want to thank 17-year-old Ella Unruh for singing the National Anthem at our Opening Ceremonies and Pastor TC Baker for the Invocation and for serving as the emcee for our Closing Ceremonies.



FROM THE CEO

LifeSpan Resources' Senior Games Was a Surfin' Success!

Welcome to summer! We just wrapped up a wildly successful Senior Games and I can't even begin to tell you how many smiles and laughs I got to witness throughout the week! We had amazing venues and fantastic weather. The costume contest at the end of the week was so much fun, and the creativity of the costumes was unbelievable.

I want to take a moment to thank all of our event sponsors, dignitaries, in-kind donors and meal sponsors for your dedication to Senior Games. Without each of you, we wouldn't be able to provide such fun and socialization each year. I would also like to say thank you to the staff and volunteers of Senior Games who worked countless hours to make sure everything went off without a hitch. Thank you for all your hard work!

We will also bring back Nursing Home Games in full force this year. It will be hosted by Providence-Diversicare. We can't wait to see our nursing home friends again and watch them compete for their own medals!

We are now gearing up for Voice and Vino season five, our gala fundraiser on October 25 at Caesars Southern Indiana, and we've got an amazing line up of singers ready to perform for you at the event. Currently, we are seeking donations for our Silent Auction and Raffle. Please see the article on page 9 of this issue for more information.

Lastly, I hope you all stay safe in this extreme heat. Remember to stay indoors during the heat of the day. Try to run errands and exercise either early in the morning or later in the evening.

Sincerely,

Lora Clark

Lora Clark, CEO
lclark@lsr14.org



July-August Celebrations

July 4 - Independence Day

August - Summer Sun Safety Month



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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

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Angela Marino - Chief Operating Officer

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Lucy Koesters - Chief Business Development Officer

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LIFESPAN RESOURCES UPDATES

Mary Alice Fortener Recognized for Board Service

Outgoing board member Mary Alice Fortener was recognized at the June board meeting for her years of service to LifeSpan Resources. Mary Alice has served on the board of directors since 2016. During her tenure, she held the offices of Treasurer and Secretary.

Thank you for your service, Mary Alice. We will certainly miss you!

Right: Lora Clark, CEO, and Annette Roberts, Board President, present Mary Alice with a plaque recognizing her service to the LifeSpan Resources Board of Directors.

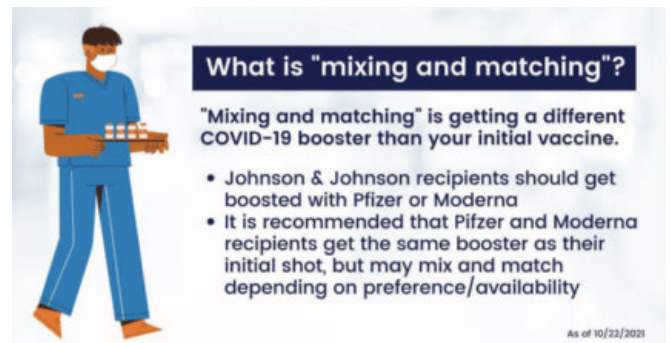


Phoebe DeWees Retires from LifeSpan Resources

On May 23 we celebrated Phoebe DeWees' retirement after 10 years of service to LifeSpan Resources (most recently as our awesome Aging & Disability Resource Center Supervisor). We will miss Phoebe's wit and willingness to help others. Phoebe, we hope you enjoy many years of fun and relaxation. You will definitely be missed by your co-workers and clients! ***Congratulations Phoebe!***

Which COVID-19 Booster is Right for You?

If you've already gotten one or two doses of the COVID-19 vaccine, be sure you are getting the best booster to help you stay safe and healthy. The following are guidelines provided by the CDC to help you determine which vaccine booster is right for you.



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CELEBRATE GOOD TIMES

50th Anniversary: May 2023



In light of our 50th Anniversary coming up in May 2023, we will be placing this ornamental logo on our publications in the coming months to bring awareness to the longevity and importance of LifeSpan Resources and the services we provide to the elderly and disabled of Clark, Floyd, Harrison and Scott counties in southern Indiana. Watch for this logo to appear in ads, social media, and much more over the coming months!

Do you have memorabilia or stories to share?

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

Meals to Go! Nutritious and Complete Meals Delivered Right to Your Door!

The graphic includes the LifeSpan Resources logo at the top right. On the left, it says 'Weekly meal delivery to:' followed by a checklist: '✓ Clark', '✓ Floyd', '✓ Harrison', and '✓ Scott', with 'Counties' written below. To the right of the checklist is a photo of a plate of food with a glass of milk. At the bottom, a blue box contains the text 'Call LifeSpan Resources at 812-948-8330 for more info!'.

What could be more helpful when you are elderly, disabled, homebound, recovering from a hospital or rehab stay, have no one at home to help prepare meals or can't afford healthful foods? LifeSpan Resources' *Meals to Go!* program is here to help!

LifeSpan Resources provides weekly frozen meal delivery to the homebound of Clark, Floyd, Harrison and Scott counties. All of our meals are prepared locally by Masterson's Catering of Louisville. All meals are planned and approved by a Registered Dietician to meet 1/3 of the daily intakes established by the Dietary Guidelines for Americans. Meals are delivered in seven pack boxes of frozen meals that can be heated easily in your microwave or oven. Meal plan choices include Regular Dinner Box, Breakfast Box, Diabetic-Friendly, Soft Foods, and Puree Meals. Meal boxes include seven complete meals with entrée, vegetables, soft whole-grain breads, low-sugar desserts or fruits and fresh 1% milk.

Meals To Go! home delivered meals are available on a long-term or short-term basis.

For Information on the *Meals To Go!* program and to request home delivery, contact LifeSpan Resources at (812) 948-8330 and ask to speak with an Options Counselor to complete an intake and get set up to begin receiving meals.

July is Disability Pride Month



Each of our clients is unique and each disability is life changing. Although people often don't think of age as a disability, according to the Americans with Disabilities Act, "having a physical or mental impairment that substantially limits a major life activity does mean that you are disabled." Dis-

abilities cross all demographics. They don't discriminate and it is the only minority that one can be born into and become part of at any time in your life.

Disability Pride Month has been celebrated since 1990. There are parades held in large communities like Boston and New York. There are more than 160 million people living with a chronic disease or disability in the United States. The American with Disabilities Act was passed on July 26th, 1990. This act is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life.

This month is a reminder of how our differences make us stronger. It's about loving ourselves even on our hard days. The staff at LifeSpan Resources is here to help. While each of your experiences may be different, we can help people cope with systemic barriers. For some of our clients, it may be barriers to services such as insurance, care providers, transportation and meals, just to name a few. We are proud to serve our aging and disabled clients. "Be Loud Be Proud!" (Let's Celebrate our Differences).

Senior Citizen Day - August 21

On August 21st, National Senior Citizens Day recognizes the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and services they give throughout their lives.

According to the 2017 census, 47 million seniors live in the United States. By 2060, that number will nearly double. Their wealth of knowledge and experience offers so much to the next generation. As technologies advance, these are the people who've experienced each step of change. Not only have they contributed to it, but they understand first-hand the benefits and the drawbacks. They know life without the advancements that exist today.

Our seniors are pioneers of science, medicine, psychology, civil rights and much more. Their valuable contributions create better places to live. They deserve the respect and dignity their achievements earn them. The day encourages supporting senior citizens to live their lives to the fullest and as independently as possible.



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PLANNED GIVING

When Modifying Your Will Means a Time-Consuming Expense...

Completing and filing your will with your attorney, and sharing it with those important to your end-of-life matters, can feel like a major bucket list accomplished. There's a simple feeling of assurance in knowing this important work has been completed and that your loved ones, as well as the valued charities you chose to support, will be automatically honored upon your death.

But often, following the expensive and drawn out process of developing your will, the years roll by and your priorities have changed. However, it may not be financially practical to change your legal will to accommodate these new priorities. So, what are some other possibilities?

Consider modifying beneficiaries of things like insurance policies or other securities, or even designating LifeSpan Resources as a new beneficiary. Many of us have had the experience of receiving a notice that a long-time insurance policy needs a beneficiary named. Likewise, some of us have received notification from a former employer that we have not named a beneficiary for a retirement or profit-sharing account. Consider these situations as new opportunities to designate LifeSpan Resources as a beneficiary—supporting our work without revising your will. Of course, if you still would like some assistance unraveling and modifying the basics of your will, please call us at 812-948-8330. We'll be happy to help you help LifeSpan Resources!

LifeSpan Resources is your support when you need us: when a disabled grandchild needs assistance, when meals on wheels or transportation helps your parent remain independent; when your neighbor needs care at home, or in many other situations... why not consider helping LifeSpan Resources continue this important work by naming us a beneficiary?



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WINNERS: SENIOR GAMES 2022

SENIOR GAMES ROYALTY

King and Queen

Congratulations to **Roger Cookson** and **Jill Ramboz**, the King and Queen of Senior Games 2022!



Thank you to our Platinum Sponsors:

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Oldest Participants:

Eugene Frieberger (92) - *not pictured*
Norma Keller (94)



Most Medals

MEN

55-62 - Vernon Gatton
63-70 - Roger Cookson
71-78 - James Tanner
79-86 - William Colvin and Barry James (tie)
87+ - Richard Darnell

WOMEN

55-62 - Jill Ramboz
63-70 - Barb Duncan
71-78 - Patty Cress
79-86 - Joyce Thomas
87+ - Florence Rayman

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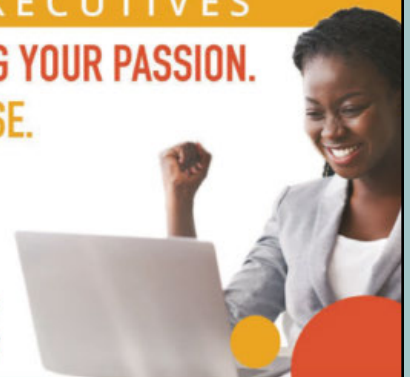


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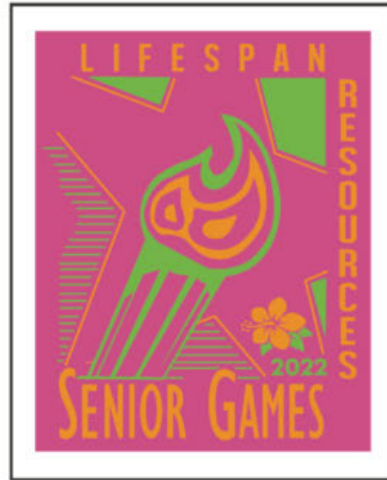
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SENIOR GAMES GANG: REGISTER TODAY

Now's the Time to Register for the 2022-23 Senior Games Gang!

Since the inception of LifeSpan Resources' membership group, the Senior Games Gang, new friends have been made, tons of medals won, and, most importantly, the Gang has raised over \$95,000 to support our clients with programs such as home delivered meals, transportation, and numerous in-home services. Every year, the Gang has been a Platinum sponsor of the Senior Games! As a Senior Games Gang member, you receive LifeSpan Resources logo gifts, free registration for Senior Games 2023 including a free t-shirt with the Gang logo on the sleeve; plus all Gang members will be featured in the Senior Games Program.

We host monthly "Members-Only" events just for Gang members August 2022 through May 2023 including the Holiday Senior Angel Tree program! Lunch and/or snacks are always included to add to the fun. See the schedule below for the upcoming events.



Senior Games Gang 2022/23 Events (All Dates and Times are Tentative):

- **Miniature Golf:** Friday, August 5, 2022, 11 a.m. - 1 p.m. at Family Activities Park, Charlestown
- **Chair Volleyball:** Friday, September 19, 2022, 11 a.m. - 1 p.m. at Pineview Center Gym, New Albany
- **Cards and Games:** Friday, November 11, 2022, 11 a.m. - 1 p.m. at Charlestown Senior Center
- **Angel Tree Box Wrapping:** Friday, November 18, 2022, 11 a.m. - 1 p.m. at LifeSpan Resources
- **Angel Tree Delivery:** Friday, December 9, 2022, 10 a.m. - 1 p.m. at LifeSpan Resources
- **New Years' Crafts and Cards:** Friday, January 13, 2023, 11 a.m. - 1 p.m. at Floyd County YMCA Multi-Purpose Room
- **Toss 'em: Tourney** Friday, February 10, 2023, 11 a.m. - 1 p.m. at Southern Indiana Sports Center, New Albany
- **Bunco:** Friday, March 10, 2023, 11 a.m. - 1 p.m. at Eastern Heights Baptist Church, Jeffersonville
- **Horseshoes and Picnic:** Friday, April 14, 2023, 11 a.m. - 1 p.m. at Community Park, New Albany
- **Spring Crafts and Cards:** Friday, May 12, 2023, 11 a.m. - 1 p.m. at Floyd County YMCA Multi-Purpose Room

Visit our website at www.lsr14.org/senior-games-gang to print the Senior Games Gang registration form.

Mail it in with your dues so you don't miss out on the fun all year long!

Get Ready! Voice and Vino at the Casino-Season 5

October 25, 2022 at Caesars Southern Indiana

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@lsr14.org. We are accepting donations at our main office (33 State Street, 3rd Floor, New Albany)—OR we will come pick up your donations!! Thank you!



THE SINGERS



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Belden**



**Brian
Elmore**



**Mayor
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**Erin
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**Liz
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**Melissa
Sprigler**



**Celina
Ware**



**Craig
Zirnheld**

DONATE TODAY! To donate to the singer of your choice, visit voice.lsr14.org.

THANK YOU, GRANT FUNDERS



Once again, LifeSpan Resources is the proud recipient of grant funds from **Metro United Way** for Rides to Go!, our medical and social transportation program. This year, LifeSpan Resources received \$35,246.56 to aid in transporting the elderly and disabled to and from medical and social trips such as dialysis, pharmacy and doctor visits. We greatly appreciate Metro United Way's dedication to the residents of Clark, Floyd, Harrison and Scott counties.



We have received a \$7,500 grant from the **Glick Foundation** through the Glick Community Relief Fund. With this funding, LifeSpan Resources will be able to provide matching grant dollars for our federal 5310 grant to go towards new vehicles for our Rides to Go! program.



LifeSpan Resources was also recently awarded \$1,650 by the **Floyd Memorial Foundation** to allow us to add Bingocize as a new wellness program at Yellowwood and Mark Elrod Towers congregate sites.

Bingocize is a highest-tier, evidence-based wellness program that incorporates the fun of Bingo with exercise and health education.



Farmers Market Voucher Update



LifeSpan Resources has been notified that Farmers Market vouchers will not be available until August. Upon receipt of the vouchers we will begin the application process. We've also been told the voucher values have been increased to \$40 for 2022! So, it will definitely be worth the wait!

Please contact Carol Kauffman at ckaufmann@lsr14.org or 812-948-8330 for more information or to be added to the waitlist.

A Matter of Balance— Falls Prevention Program: Coming Soon!

LifeSpan Resources provides evidenced-based health and wellness programs at our congregate senior centers. We also collaborate with other community agencies to provide these programs which increases the availability of access to them for the elderly and disabled in our community. Many older adults experience concerns about falling. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. LifeSpan Resources is collaborating with the Floyd County Family YMCA and New Albany Housing Authority to provide this program.

Those leading the program classes must be certified coaches. Training was provided by Generations, AAA 13, with Alma Kramer, Master Coach. Those sent by LifeSpan Resources are: Traci Lehman (LifeSpan Resources), Willa Banet (New Albany Housing Authority), and Christina Scott, Rosezeta Williams, and Martha Sommerville (Floyd County Family YMCA).

Information about forthcoming classes will be on our website. Classes will begin later this year.



LIFESPAN RESOURCES BLOOD DRIVE

Michelle Brantley Accepted into LSI Discover Class 2023



Michelle Brantley, LifeSpan Resources' Case Management Supervisor, was recently accepted into Leadership Southern Indiana's (LSI) Discover Class of 2023.

DISCOVER is a nine-month program designed to inform, inspire, connect and empower leaders. LifeSpan Resources is proud to have had management team members accepted in this program every year for more than ten years.

"I look forward to participating in the DISCOVER program," said Brantley. "This program will allow me to expand my leadership skills within our organization and community."

Congratulations Michelle!

LSR Blood Drive: Tuesday, July 26, 2022

YMCA Greater Louisville - Floyd County Branch

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LSR ALL STAFF MEETING

LifeSpan Resources Holds Semi-Annual All Staff Meeting

The staff of LifeSpan Resources recently gathered at St. Marks United Church of Christ for their semi-annual all staff meeting. Integrity HR provided a rousing game of Jeopardy as part of our HIPAA training, as well as prizes for the winners. Thanks for making it fun! We also loved seeing everyone in person!



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CAREGIVER INFORMATION

Seniors and Heat Stress

The elderly and those with long-term medical and mental health conditions are more vulnerable to heat. The elderly may not have the same warning signs and may not recognize that they are dehydrated until it is too late. The sweating mechanism can weaken, or chronic conditions and medications may interfere with the ability to regulate temperature and sweat.

- **Stay in air-conditioned buildings** as much as possible. If your home doesn't have air conditioning, locate an air-conditioned shelter in your area. If you have a fan, you can help it **cool the room down** even further by simply placing a bowl of ice in front of it.
- **Drink more water** than usual and don't wait until you're thirsty to drink. If your doctor limits the amount of fluids you drink or has you on water pills, ask how much you should drink during hot weather.
- **Wear cooler clothing** – loose, lightweight, and light-colored clothing.
- **Cool down with cool showers** and baths.
- **Avoid strenuous activities** and get plenty of rest.
- **Check on neighbors** and have someone do the same for you.
- **Stay informed**; check the local news for health and safety updates.
- **Cool your house** with energy-efficient LED lights. Use thick curtains with a white reflective backing for keeping a sun-facing room cool. Don't use the stove or oven to cook—it will make you and your house hotter.

Source: *Heat Stress in Older Adults* | *Natural Disasters and Severe Weather* | CDC; *Caregiving in the Comfort of Home*; weather.gov

Become a Dementia Friend!

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@lslr14.org for more information.

Below: Ramona Miller recently taught a Dementia Friends workshop to the Charlestown Senior Center members.



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FUN AND GAMES

Fourth of July Trivia

1. The United States of America declared independence in what year?
 - a. 1876
 - b. 1776
 - c. 1476
 - d. 1676
2. Who wrote the Declaration of Independence?
 - a. George Washington
 - b. Benjamin Franklin
 - c. Thomas Jefferson
 - d. John Hancock
3. Which city was the first to celebrate Independence Day on July 4th?
 - a. Norfolk, VA
 - b. Washington, DC
 - c. New York, NY
 - d. Philadelphia, PA
4. How many people signed the Declaration of Independence?
 - a. 32
 - b. 25
 - c. 18
 - d. 56
5. Fourth of July celebrations increased heavily in the U.S. after what war?
 - a. War of 1812
 - b. American Civil War
 - c. World War I
 - d. World War II
6. Where is the original Declaration of Independence kept?
 - a. Philadelphia, PA
 - b. Jamestown, VA
 - c. Washington, D.C.
 - d. Plymouth, MA



Answers: B, C, D, D, A, C



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