

**SEPTEMBER-OCTOBER
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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@LifespanResourcesInc



And on Instagram!
@lsr14na

MAIN OFFICE HOURS

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

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Thank you, Grant Funders

Nursing Home Games/Elevate Participants

Dementia Training

Fall Fun

Spooky Treats

Support LifeSpan Resources

Congregate Site Health and Wellness Programs

LifeSpan Resources has Senior Congregate sites in each county we serve: Clark - Yellowwood Terrace; Floyd - Mark Elrod Tower; Harrison - Joe Rhoads Senior Center and Palmyra Senior Center; Scott - Bacala Senior Center. They provide hot nutritious meals at the centers Monday through Friday (advance registration for the meal is required). Each center also provides monthly blood pressure checks or other health screenings, as well as nutrition education and evidence-based health and wellness programs. These programs offer proven ways to promote health and prevent disease among older adults. The programs are required to be listed on the Administration for Community Living and the National Council on Aging's list of "highest tier" evidence based programs. The programs we currently provide are:

A Matter of Balance – This class is designed to reduce the fear of falling and improve activity levels. We have partnered with the Floyd County YMCA. There is a class currently meeting at the YMCA.

Walk with Ease – helps people with arthritis or other related conditions reduce pain, increase balance, strength and walking pace, and improve overall health. The seniors love this program and we offer it yearly at our centers.



Above: Tai Chi at Joe Rhoads

Tai Chi for Arthritis – Is provided at Joe Rhoads Senior Center and the Harrison County YMCA. Rick Haines, Health and Wellness Nutrition Site Manager and Tai Chi instructor in Corydon is a black belt in Taekwondo. This program can help reduce falls by up to 70% when practiced regularly.

Active Living Every Day– This program addresses barriers to physical activity by fostering self-confidence, social support, and skills to set realistic goals. It offers tips for incorporating activity into everyday living. This program is provided year-round at the Bacala Senior Center in Scottsburg.

Bingocize – We are purchasing this program to be provided at Yellowwood and Mark Elrod Tower. Bingocize combines the game of Bingo with exercise and health education.

Any senior can join our congregare sites. Visit our website at www.lsr14.org/congregate-centers/ to see a list of addresses and contact information for each center.



Above: Walk with Ease

FROM THE CEO

LifeSpan Resources' Gearing Up for Fall and Voice and Vino

I don't know about you all, but we have been busy this summer at LifeSpan Resources! We just finished our first in-person Nursing Home Games in three years, and we had a great time! We were so excited to be able to bring back Nursing Home Games for 2022. Check out some of the photos from this fun and festive day in this issue.

Our transportation department has also been preparing four new vans to put into rotation for our Rides to Go! program, and we recently received a grant from Duke Energy to offset rising fuel costs for this program. We greatly appreciate the support that Duke Energy and our many grant funders provide our organization. We couldn't do all that we do without them. Check out the articles in this issue.

We've also welcomed a new board member, Lynn Reker, who I think will be an amazing asset to our Board of Directors. Lynn brings many years of not-for-profit and hospice experience. I look forward to working with her over the next several years.

As you all know, we are also gearing up for Season 5 of Voice and Vino at the Casino. Singers are already practicing and fundraising for LifeSpan Resources. Take a minute to make a donation to the singers or to our raffle and silent auction! All proceeds go toward furthering our mission of providing independent living for people of all ages.

As we wrap up summer, we have been preparing for our 50th Anniversary with a special historical video. Check out the sneak peek photos in this issue.

Thank you for your continued support of LifeSpan Resources. Your ongoing support has helped us serve our clients for the past 50 years.

Sincerely,

Lora Clark

Lora Clark, CEO
lclark@lsr14.org



September/October Celebrations

Nat'l Senior Center Month - September

Nat'l Assisted Living Week - Sept. 11 - 17, 2022

Nat'l Rehab Awareness Week - Sept. 19 - 25, 2022

World Alzheimer's Day - Sept. 21, 2022

Nat'l Physical Therapy Month - October

Make a Difference Day - October 22, 2022

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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

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

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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

Lynn Reker Joins LSR Board of Directors

Lynn Reker recently joined the LifeSpan Resources Board of Directors. Lynn was the Director of Mission Advancement for Providence Self Sufficiency Ministries for five years prior to retiring.

She is originally from Chicago, IL, but has lived in the area for the last 30 years. Prior to COVID, she was involved with hospice and end-of-life care at various long-term care nursing facilities, and was an active volunteer in nursing homes in Kentucky and Indiana facilitating music and art activity programs.

Lynn is very passionate about improving the quality of life for older adults. She feels working with LifeSpan Resources will allow her to continue to offer support to our mission through her experience working with the elderly. **Welcome to the LifeSpan Resources' Board of Directors, Lynn!**



Clere and Jaenichen Step Off Advisory Council



Becky Jaenichen and State Representative Ed Clere both long-time LifeSpan Resources and Senior Games supporters, stepped off the Advisory Council in August. Jaenichen has served one five year term on the Advisory Council. Ed has served two five year terms and served as Vice-President in 2021.

Becky has been a tireless volunteer. She is currently a Senior Games Committee member and a member of the Senior Games Gang. State Representative Clere has long supported LifeSpan Resources as emcee of Senior Games, as well as supporting us through local and state legislation. **Thank you Becky and Ed for your continued dedication and support of LifeSpan Resources!**

Left: Beth Preher, AC Vice President, Becky Jaenichen, Lora Clark, CEO, and State Rep. Ed Clere.

LifeSpan Resources Joins the United Community Platform

LifeSpan Resources' Aging and Disability Resource Center is happy to announce that we have joined the United Community platform, Unite US. Unite US is a platform powered by the Metro United Way that features health, education, community, and social care providers. These providers can use Unite US to send and receive referrals to help community members with resources to address their healthcare, education, financial wellbeing, and/or social needs. LifeSpan Resources is excited to have this valuable resource to assist our clients. We are also excited to partner with United Community to spread the word about Unite US as they expand the number of providers participating in the platform in Southern Indiana.



Metro United Way

Board of Directors

Annette Roberts - President, At-Large
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Chris Schwaniger - Treasurer, Harrison County
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Ishmael White, Scott County
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Lynn Reker, Clark County

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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

50TH YEAR FOR LSR/MEDICARE OPEN ENROLLMENT

50th Anniversary: May 2023



Here is a sneak peek of our latest corporate video in the making. The video theme is 50 years of LifeSpan Resources! A shortened version of the video will premier at Voice and Vino at the Casino in October 2022; and the full-length video will premier at our 50th Anniversary celebration in May 2023. Thank you to everyone who helped us tell our story, including The Marketing Company and Underproduction Multi-Media.



MEDICARE OPEN ENROLLMENT



Medicare open enrollment, also known as the annual election period or annual coordinated election period – refers to the annual period (October 15 through December 7) during which Medicare plan enrollees can reevaluate their coverage — whether it's Original Medicare with supplemental drug coverage, or Medicare Advantage — and make changes if they want to do so.

During Medicare open enrollment, a beneficiary can:

- ⇒ switch Medicare Advantage plans, switch from Medicare Advantage back to Original Medicare or vice versa,
- ⇒ join a [Medicare Part D prescription drug plan](#),
- ⇒ [switch from one Part D plan to another](#), or
- ⇒ drop Medicare Part D coverage entirely.

But the annual open enrollment does not apply to [Medigap](#) plans, which are only guaranteed-issue in most states during a beneficiary's initial enrollment period, and during limited special enrollment periods.



LOCAL HELP FOR PEOPLE WITH MEDICARE

Medicare open enrollment begins on October 15 and ends on December 7, with changes effective on January 1, 2023. **If you need assistance with open enrollment, please contact LifeSpan Resources to speak with a SHIP Counselor at 1-888-948-8330.**

September: Suicide Prevention Month



Suicide is the 10th leading cause of death in the U.S. While more women attempt suicide, men are nearly 4x as likely to die by suicide as women. In fact, 78% of people who die by suicide are men. Older adults make up approximately 18% of the suicides. Men, aged 65 and up, have

the highest overall rate of suicide. Older adults tend to plan suicide more carefully and use more lethal methods. Suicidal behavior is prevalent in older adults because of loneliness, grieving lost loved ones, a loss of independence, chronic illness/pain, cognitive impairments, and financial trouble. Warning signs of suicidal ideation in older adults include: loss of interest in activities that used to be enjoyed, giving away sentimental items, avoiding social activities, neglecting self-care and hygiene, not taking medications, preoccupation with death, and a lack of concern for personal safety.

The National Suicide Prevention Lifeline recommends 5 steps to take if you believe a loved one is at risk of suicide. 1. Directly ask if a person is considering harming themselves. 2. If you can, be with them in person to stave off loneliness. If not, remain on the phone until help can be found. 3. Keep them safe by determining if they have a plan in place. Find out who they can reach out to for help. 4. Help them connect with help. Reach out to hotlines and/or their therapist if they have one. 5. Follow-up with them to make sure they are taking the steps discussed. Reaching out shows you care. **As of July 2022, you can call 988 for suicide prevention and crisis intervention.**

October - Breast Cancer Month

Breast cancer is the most common cancer for women in the U.S. In 2021, it was estimated that 43,250 women in the United States would die in 2022 from breast cancer. At some point in their lives, 1 in 8 women will develop breast cancer. You can reduce your risk with diet, exercise, limiting alcohol, not smoking, and maintaining a healthy weight. 85-90%, of cases occur due to genetic abnormalities that are a result of the aging process. In 5-10% of cases, the cancer is caused by inherited genetic abnormalities and the risk nearly doubles if a first-degree relative had cancer (mother, sister, daughter). In women under 45 who develop breast cancer, black women are more likely to not only have breast cancer but also die from it. Over the last 10 years, death rates in women over 50 have decreased due to advanced treatment and earlier screening. It is very important to follow your doctor's orders for mammograms to increase the likelihood of catching the cancer early.



LPi

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LSR PILOTING NEW SPECIAL NEEDS HEALTH PLAN PROGRAM

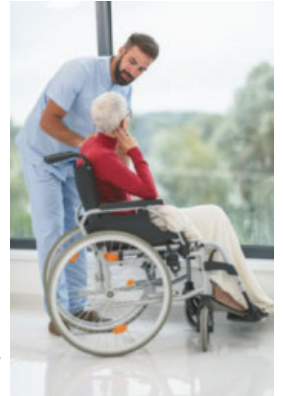
LifeSpan Resources Participates in New Special Needs Health Plan Program

LifeSpan Resources was chosen to participate in a new program with the Division of Aging regarding D-SNP (Dual Special Needs) Health Plans. Last year, LifeSpan Resources was asked by the Division of Aging to be one of four Area Agencies on Aging to spearhead this newly formed interactive experience with the Health Plans.

Drew Landreth, Home & Community-Based Services Director, Phoebe DeWees (retired) and now Jessica Meyer, ADRC Supervisor have been at the forefront of the project for LifeSpan Resources. The program focuses on clients who have been admitted to a hospital or skilled nursing facility and will need additional care to return home safely. This allows our Case Managers to coordinate additional services and care with the insurance carrier to prevent readmissions of these clients.

Earlier in the year, the Division of Aging and Centers for Medicare & Medicaid Services (CMS) began to require these D-SNP Health Plans to make “proactive referrals” to the Area Agencies on Aging for patients that have experienced a care transition to a nursing facility, but are not current LifeSpan Resources clients. This has opened up the availability for Case Management services to be allocated to a population that has never been assessed for these services. In this last quarter, the requirement for Health Plans to include those with a Dementia diagnosis to be referred for services has opened the door further for LifeSpan Resources to serve our community more effectively. Over the past few months referrals have increased nearly 200%.

Jessica has been instrumental in reporting numbers and trends to the Division of Aging, as well as giving feedback for continuous improvement. Drew has been recognized by the Division of Aging for process management initiatives, including the increased percentages of on-time Case Management metrics that are currently established with this program. ***Way to go Drew and Jessica!***



NEVER MISS A NEWSLETTER!

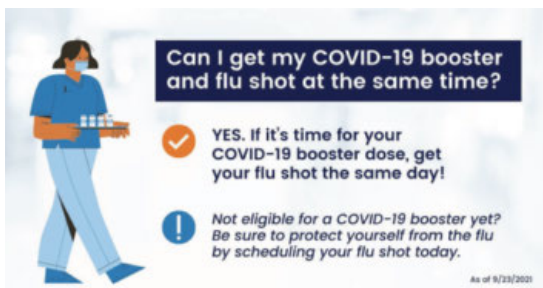
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Four Tips to Help You Talk to Older Adults About Preventing Falls

Talking is one of the easiest ways to create awareness and spark action regarding preventing falls in older adults. You don't have to be a falls expert to talk with an older adult and their health care providers about **falls prevention**. And it also shouldn't deter you from speaking with other family, friends, and neighbors. Falls are serious but talking about them doesn't have to be. **Use these four tips to talk about falls:**

- **Be open and kind:** Ask questions, share a fact, or share your own experience.
- **Avoid blame:** Nobody is at fault for a fall. Provide solutions that do not make the person feel judged.
- **Be assertive:** Show that you care by how you deliver your message. Use "I" statements to let others know how you are thinking and feeling.
- **Listen:** Sometimes no solution will make an older adult feel better about falling. Be there and listen to their concerns and give support when they are ready for the next step in reducing falls.



Now that it is fall, get your Flu and COVID-19 booster shots at the same time! Stay healthy for the holidays.

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VOICE AND VINO SEASON 5: OCTOBER 25, 2022

Get Ready! Voice and Vino at the Casino Season 5

October 25, 2022 at Caesars Southern Indiana

Join us for an evening of fun and excitement as local and talented singers take the stage at **Caesars Southern Indiana on Tuesday, October 25** with four local celebrity judges. This event will be live at the casino and also livestreamed to watch at home. The live portion at the casino will feature wine tasting from local wineries, a raffle, a wine pull, and dinner. At-home viewers will be able to donate to their favorite singer and bid on auction items. Most importantly, Voice and Vino at the Casino will not only entertain guests, but it will also help raise awareness and funds to support the mission of LifeSpan Resources: *Promoting Independent Living for People of All Ages*.



Here are the singers that will vie for your attention, your applause, and your donations. Make a general donation or donate to the singer of your choice at voice.lsr14.org!

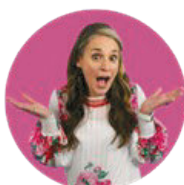
THE SINGERS



**Jonathan
Belden**



**Brian
Elmore**



**Mayor
Treva Hodges**



**Dr. Curtis
Jordan**



**Melissa
Sprigler**



**Celina
Acosta**



**Craig
Zirnheld**

THE JUDGES



**Jill
Robertson**



**Lori
Unruh**



**Pastor Larry
"TC" Baker**



**Greg
Nash**

Can you help with our Raffle and Silent Auction?

LifeSpan Resources is collecting for our 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 located at 33 State Street, 3rd Floor, New Albany. Thank you!



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):

- **Chair Volleyball:** Friday, September 9, 2022, 11 am - 1 pm at Pineview Center Gym, New Albany
- **Cards and Games:** Friday, November 11, 2022, 11 am - 1 pm at Charlestown Senior Center
- **Angel Tree Box Wrapping:** Friday, November 18, 2022, 11 am - 1pm at LifeSpan Resources
- **Angel Tree Delivery:** Friday, December 9, 2022, 10 am – 1 pm at LifeSpan Resources
- **New Years' Crafts and Cards:** Friday, January 13, 2023, 11 am - 1 pm at FC YMCA Multi-Purpose Room
- **Toss 'em:** Friday, February 10, 2023, 11 am - 1 pm at Southern Indiana Sports Center, New Albany
- **Bunco:** Friday, March 10, 2023, 11 am - 1 pm at Eastern Heights Baptist Church, Jeffersonville
- **Horseshoes and Picnic:** Friday, April 14, 2023, 11 am - 1 pm at Community Park, New Albany
- **Spring Crafts and Cards:** Friday, May 12, 2023, 11 am - 1 pm at FC YMCA Multi-Purpose Room

Visit our website at www.lsr14.org/senior-games-gang to print the Senior Games Gang registration form or fill out the form below and mail it in with your dues today so you don't miss out on the fun all year long!

To become a member, complete the form and return it with your donation.

Yes, I'm ready to join the fun and sign up for the 2022-2023 Senior Games Gang!

NAME:

ADDRESS:

CITY, STATE, ZIP:

EMAIL:

PREFERRED PHONE#:

Circle your preferred donation level and schedule:			Please circle your preferred gift(s) based on your Level.	
Level	One Time Donation	Monthly Donation	Ceramic Mug	Blanket
Gold (<u>2 gifts</u>)	\$240	\$20	Wine Tumbler	Beach Towel
Silver (<u>1 gift</u>)	\$120	\$10	Umbrella	
Bronze	\$60	\$5	No Gifts Please	

Make checks payable to LifeSpan Resources. Add 'Senior Games Gang' on check note field.

Mail to: 33 State Street, PO Box 995, New Albany, IN 47151-0995.

Credit Cards are accepted; please contact Tera Swift (812-206-7940) to set up payment.

THANK YOU, GRANT FUNDERS

Duke Energy Grant Helps Offset Rising Fuel Costs



LifeSpan Resources recently received an \$11,000 grant from the Duke Energy Foundation to help cover increased fuel costs within our Rides to Go! Transportation Program. Recently, Lisa Brones-Huber, Govt & Community Relations Manager with Duke Energy presented a check to Ramona Miller, Transportation and Nutrition Director and Lora Clark, CEO of LifeSpan Resources. Also included in the photo are two of our clients, Mr. & Mrs. John Ritchey, who utilize our services for dialysis services three days a week. ***Thank you, Duke Energy!***



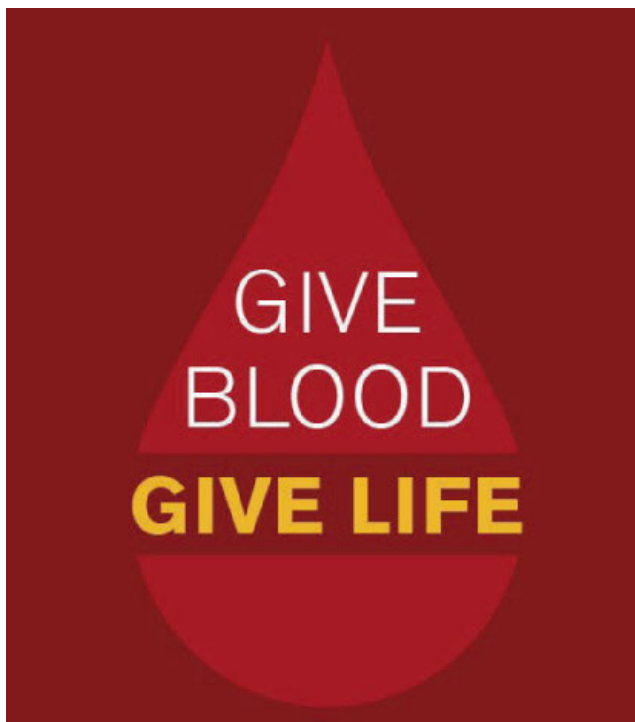
Rides to Go! Transportation Program Receives Four New Vans



LifeSpan Resources recently took delivery of FOUR new wheelchair accessible vans! These vans were purchased with the help of a federal 5310 Grant administered through TARC of Louisville. "We are very grateful for this partnership that allows us to replace our aging fleet one vehicle at a time. Our clients love riding in the new vans!" said Ramona Miller, Director of Nutrition and Transportation.

Thank you, Ramona for developing this important relationship and grant. It allows our clients to ride to their medical and social trips safely and comfortably.

LifeSpan Resources to Host Blood Drive: Tuesday, Sept. 20, 2022



Blood Drive

**YMCA of Greater Louisville -
Floyd County Branch
Hosted by LifeSpan
Resources**

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

**Tuesday, September 20, 2022
9:00 a.m. to 1:00 p.m.**

MORE LIFESPAN RESOURCES UPDATES

Nursing Home Games is Back!

We had so much fun on June 29 at our first in-person Nursing Home Games in three years! Participants competed in Ring Toss, Corn Hole, Javelin, Basketball, Cup Stacking and Trivia. Many thanks to our host, Diversicare of Providence. Congratulations to all our winners!



Swift and Meyer Accepted into LSI Elevate Class of 2023

Senior Accountant, Tera Swift and ADRC Supervisor, Jessica Meyer were recently accepted into the Leadership Southern Indiana Elevate Class of 2023. ELEVATE is a regional program that helps leaders get to the next level in their professional and personal development. It will allow Tera and Jessica to learn executive level leadership skills and how to network to become stronger leaders within LifeSpan Resources.

**Congratulations
Jessica and Tera!**



**Pictured above: Left: Jessica Meyer,
Right: Tera Swift**

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DEMENTIA TRAINING

Staff Attends Teepa Snow Training

Lucy Koesters, Chief Business Development Officer and Ramona Miller, Director of Transportation and Nutrition recently attended a training session with world renowned Dementia Education trainer, Teepa Snow. Teepa is an occupational therapist who specializes in dementia care and dementia education. She has a private practice that allows her to train, speak and consult nationally.



Left: Ramona, Teepa and Lucy



Right: Teepa during training

Become a Dementia Friend!

Become a Dementia Friend! Dementia Friends one-hour workshops can be scheduled in person or virtually. 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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FALL FUN

The Best Fall Bucket List: See How Many You Can Complete

1. Take a Nature Hike
2. Make a Fall Wreath
3. Decorate Pumpkins
4. Watch a football game
5. Drink a Spiced Latte
6. Visit a Haunted House
7. Make a Costume
8. Make & Drink Hot Apple Cider
9. Decorate Your Porch for Fall
10. Go Camping
11. Stargaze in Your Backyard
12. Plant Fall Flowers
13. Bake Pumpkin Bread
14. Watch a Scary Movie
15. Go Apple Picking
16. Visit a Pumpkin Patch
17. Build a Bon Fire
18. Read a Scary Story
19. Try a New Fall Recipe
20. Explore a Corn Maze
21. Roast Pumpkin Seeds
22. Light a Fall Candle
23. Look at the Fall Foliage
24. Plant Fall Vegetables
25. Go On a Hayride
26. Start a Gratitude List
27. Make a Fall Floral Arrangement
28. Decorate Your Mantle for Fall
29. Visit a Farmers Market
30. Roast Marshmallows in the Fire
31. Read by the Fireplace
32. Play Touch Football
33. Make Carmel Apples
34. Bake Fall Themed Sugar Cookies
35. Plan a Fall Family Photo Shoot
36. Bake a Pumpkin Pie
37. Play In the Leaves
38. Attend a Fall Festival
39. Make S'mores
40. Attend a Halloween Party
41. Go Trick or Treating
42. Have Fun Apple Bobbing
43. Bake an Apple Pie
44. Visit a cemetery
45. Learn the Thriller Dance
46. Listen to Halloween music
47. Build a Scarecrow
48. Make Caramel Corn
49. Try a New Fall Craft
50. Watch a Football Game



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SPOOKY TREATS

Scarecrow Crunch Snack Mix

This recipe for Scarecrow Crunch Snack Mix is fun to look at, fun to eat and it tastes delicious! It's the perfect combination of sweet and salty. Plus it's ridiculously easy to make! Once mixed, this Scarecrow Crunch Snack Mix can be left out for casual munching or portioned out into cello bags and given away! Who doesn't love a handmade goody bag full of yummy treats?!

Loaded with the perfect mix of salty and sweet treats, this "boo-tiful" blend is exactly what you need to celebrate the spookiest night of the year!

Prep Time: 5 minutes Total Time: 5 minutes Servings: 12 cups

Ingredients

- ◆ 6 cups caramel corn with nuts
- ◆ 2 cups Chex cereal or Life cereal - plain, honey or cinnamon
- ◆ 2 cups pretzels
- ◆ 1/2 cup candy corn
- ◆ 1/2 cup candy pumpkins
- ◆ 1/2 cup Reese's Pieces
- ◆ 1/2 cup mini Rolos

In a large bowl, mix all ingredients. Stir gently until evenly distributed.



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