

**NOVEMBER-DECEMBER  
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.isr14.org](http://www.isr14.org)

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### MAIN OFFICE HOURS

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

### Look Inside:

Letter from Lara Clark, CEO

LSR Updates

All Staff Meeting - Longevity Awards

Diversity, Equity, Inclusion Update

Fire Safety

Senior Angel Tree Donations Needed

Voice and Vino Recap

Thank you, Voice and Vino Sponsors

Thank you, Wineries, Cadellas

LSR Halloween Party

Medicare Open Enrollment

Salvation Army Thanksgiving Meals

Dementia Friends

Employee Appreciation Picnic

Easy Apple Crisp

Support LifeSpan Resources

## Voice and Vino Season 5 - Record-Breaking Year

**Nearly \$150,000 Raised**

*Caesars Southern Indiana, October 25, 2022*



**Congratulations  
Mayor Treva Hodges,  
Voice and Vino  
Winner 2022!**

## FROM THE CEO

### Oh What a Night! Record-Breaking Voice and Vino Season 5

I can't even put into words how amazing Voice and Vino at the Casino Season 5 was on Tuesday, October 25! Our seven fantastic performers sang their hearts out to a sold out crowd at Caesars Southern Indiana. We had back up dancers, Hispanic songs, and one male singer even dressed like a woman for his performance! It was a night of fun and entertainment from start to finish. Be sure to check out additional photos inside this issue of *LifeNotes*!

We raised nearly \$150,000 to support over 3,000 elderly and disabled clients in Clark, Floyd, Harrison and Scott Counties who need our help to remain independent. This year the proceeds were raised in honor of our 50th Anniversary. It's hard to believe that LifeSpan Resources has been working tirelessly in our community for this long. We provide the assistance and care our elderly and disabled clients need to live independently for as long as possible, and it's a mission that can continue to thrive due to the generosity of your donations each year.

I want to take a moment to thank the LSR staff, volunteers, Caesars staff, underproduction multi-media and The Marketing Company for their efforts to ensure our gala goes off without a hitch each and every year. And, every year, they help us make it bigger and better. Thank you from the bottom of my heart!

Sincerely,

*Lora Clark*

Lora Clark, CEO  
lclark@lsr14.org



#### November/December Celebrations

Diabetes Awareness, Alzheimer's, Home Care &  
Hospice Awareness Month - November

Great American Smokeout - November 19, 2022

LifeNotes is a free bi-monthly publication of  
LifeSpan Resources, Inc.

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Please address questions or requests to the above  
address or (812) 948-8330 or toll free 1-888-948-8330  
or [information@lsr14.org](mailto:information@lsr14.org)

CEO - Lora Clark      Editor in Chief, Lucy Koesters

#### Executive Staff

Lora Clark, MBA, BSN, RN - Chief Executive Officer

Angela Marino - Chief Operating Officer

Leslie Meek - Chief Financial Officer

Lucy Koesters - Chief Business Development Officer

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## LIFESPAN RESOURCES UPDATES

### Avis Steps Off Advisory Council, Snyder Rejoins

Tara Avis recently stepped off the LifeSpan Resources Advisory Council after serving one five-year term. Tara is with the Harrison County Veterans Services Office.

*Thank you, Tara for your valuable service to LifeSpan Resources and our Advisory Council!*



Martina "Marti" Snyder rejoined the LifeSpan Resources Advisory Council during the October meeting. Marti is the Veteran Services Officer in Floyd County.

Marti previously served a five-year term on the Advisory Council from 2013-2018. Marti wanted to return to the council because she understands the needs of our veterans and knows they need more resources available to them.

*Welcome back, Marti!*

### 50th Anniversary: May 2023



We previewed our 50th Anniversary corporate video at Voice and Vino on Tuesday, October 25. A longer version will be shown at our 50th Anniversary Celebration to be held in May 2023. We can't wait for you all to see what we've been up to for the last 50 years! Thank you to everyone who helped us tell our story, including The Marketing Company and Underproduction Multi Media.



Nov. 11, 2022

#### Board of Directors

Annette Roberts - President, At-Large  
Doug Drake - Vice President, Clark County  
Chris Schwanger - Treasurer, Harrison County  
Tonya Fischer - Secretary, Floyd County  
Dr. Deepak Azad, At-Large  
Barb Creceius, At-Large  
Mayor Jeff Gahan, Floyd County  
James Goldman, Harrison County  
Ishmael White, Scott County  
The Rev. Tony Toran, At-Large  
Lynn Reker, Clark County

#### Advisory Council

Cheryl Fisher - President, Harrison County  
Beth Preher, Vice-President, Floyd County  
Pam Clark - Secretary, Clark County  
Diane Clark, Clark County  
The Rev. Dr. Albert Cole, Clark County  
Leslie Curry, Clark County  
Kristin Troyer Ems, Clark County  
Ellen Kelley, Clark County  
Maureen Robinson, At-Large  
Marti Snyder, Floyd County

# LSR ALL-STAFF MEETING - LONGEVITY AWARDS

## LifeSpan Resources Holds Fall All-Staff Meeting

Staff members attended the Fall All-Staff Meeting on Tuesday, October 11 at Board and You in New Albany. Thank you to our guest speakers, Anne Darku and John Edwards-Wohrle for talking with us on Diversity, Equity, Inclusion, Belonging, and the use of pronouns.

In addition to our guest speakers, several staff members were also recognized for their years of service. Thank you to ALL our staff for your dedication and continued service to our clients! Each of you make a huge difference in the lives of others each and every day.

### Longevity Award Recognition:



#### 5 Years

Andrew Landreth, Home & Community Based Services Director  
LaQuaysia Greenweil, Health Partnerships Options Counselor  
Jessica Meyer, ADRC Supervisor  
Debbie Cochran, Finance Specialist  
Sheila Cox, Case Manager  
Paige Jordan, Case Manager  
Lora Clark, CEO



#### 10 Years

Hannah Dubberly, Case Manager  
Lucy Koesters, Chief Business Development Officer  
Tera Swift, Senior Accountant  
(pictured with Lora Clark, CEO)  
Lisa Angell, Case Manager (not pictured)



#### 15 Years

Leslie Meek, Chief Financial Officer  
Tim Lengel, Case Manager Supervisor  
(pictured with Lora Clark, CEO)





## DIVERSITY, EQUITY AND INCLUSION UPDATE

### November: Diabetes Awareness Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes, like eating healthy, getting more physical activity, and losing weight.

American Diabetes Month is a great time to raise awareness about diabetes risk factors and encourage people to make healthy changes.

Check out the National Diabetes Prevention Program [www.cdc.gov/diabetes/prevention/index.html](http://www.cdc.gov/diabetes/prevention/index.html) for some great ideas for reducing your risk, or helping to control your diabetes.



### International Human Rights Day

Human Rights Day is observed every year on December 10<sup>th</sup>. The slogan for this year's Human Rights Day is "All Human, All Equal". In 1948 the United Nations adopted the Universal Declaration of Human Rights (UDHR). The UDHR is a landmark document, which declares the incontrovertible rights that all human beings are entitled to regardless of race, color, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. The principles of equality and non-discrimination are at the heart of human rights. This includes addressing and finding solutions for deep-rooted forms of discrimination that have affected the most vulnerable people in societies, including women and girls, indigenous peoples, people of African descent, LGBTQIA people, migrants and people with disabilities. The day is marked both by elite political conferences and meetings and by cultural events and exhibitions dealing with human rights topics. The five-yearly United Nations Prize in the Field of Human Rights and Nobel Peace Prize are awarded on this day.

### Wherever you are, we are with you.

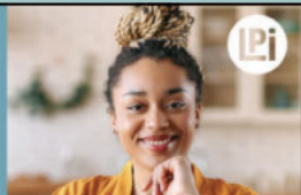
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## FIRE SAFETY MONTH - NOVEMBER

### Alzheimer's, Dementia and Fire Safety

Alzheimer's disease and dementia can impair a person's vision, depth perception, sense of smell and sensation to heat. These make it difficult to respond to an emergency and pose an enormous threat should a fire occur. A loss of or decrease in smell is common in people with Alzheimer's disease. Therefore, they may not be able to smell smoke. **Install smoke alarms inside each bedroom, outside each sleeping area, and on every level of the home.** Smoke alarms can *double* the chance of surviving a fire by providing early warning and time for escape.

#### The Big Four Fire Starters:

**Smoking.** Never leave smoking materials unattended. Use wide lipped "safety ashtrays." Douse ashtrays with water and empty them into a metal container. Never smoke in bed or on upholstered furniture. **Never smoke near an oxygen tank.**

**Heating equipment.** Especially dangerous are kerosene heaters, woodstoves and electric space heaters. Buy only UL approved heaters and use only the manufacturer's recommended fuel. Once a year, have chimneys, fireplaces, wood stoves and furnaces serviced. **Never use a cook stove to heat your home.**

**Cooking.** Most kitchen fires occur when cooking food is left unattended. If you must leave the kitchen while cooking, turn off the burner. If a fire starts in a pan, put a lid on it. **Never throw water on a grease fire.** Keep flammable liquids and paper away from the stove. Keep a fire extinguisher in the kitchen and learn how to use it. **Never cook while wearing robes or loose fitting garments.**

**Faulty wiring.** Many seniors live in older homes with wiring problems. Regularly inspect cords for exposed wires or loose plugs. Unplug them when not in use. **If you see or smell smoke coming from any electrical appliance or outlet shut off the main breaker and call an electrician at once.**



Source: U.S. Fire Administration; Home Safety Council



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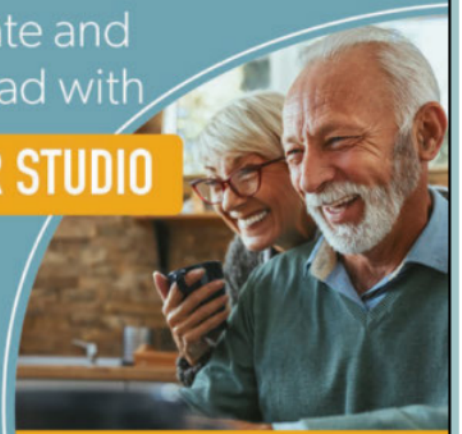
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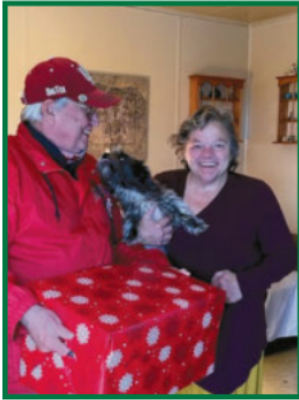
## SENIOR ANGEL TREE DONATIONS NEEDED

### Senior Games Gang Senior Angel Tree Project

The holiday gift box Angel Tree project will kick off on Friday, November 18 from 11 a.m. - 1 p.m. in the LifeSpan Resources main office board room when we will be wrapping the boxes that will be filled at a later date.

We are now taking donations at LifeSpan Resources of items to fill the boxes. In December, we will gather needy client names in the community and schedule deliveries of the boxes. Let us know if you'd like to help deliver the boxes!

It's a great opportunity to give back and see firsthand who is being served and helped by the Senior Games Gang.



#### Donations Needed:

- Canned Ham
- Can Sweet Potatoes
- Can Cranberry Sauce
- Can Green Beans
- Boxed Stuffing Mix
- Wrapped Candy
- Hot Cocoa Mix
- 2-in-1 Shampoo
- Toothpaste
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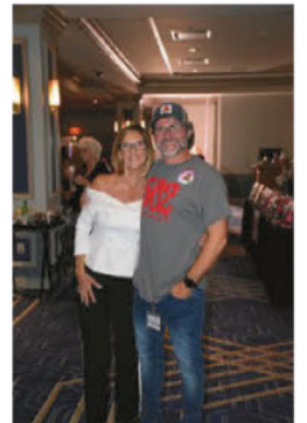
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## VOICE AND VINO SEASON 5



Nearly \$150,000  
Raised in 2022!  
**THANK YOU!**





## VOICE AND VINO: THANK YOU, SPONSORS!

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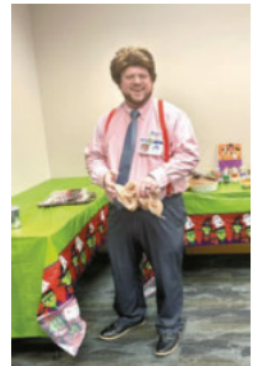
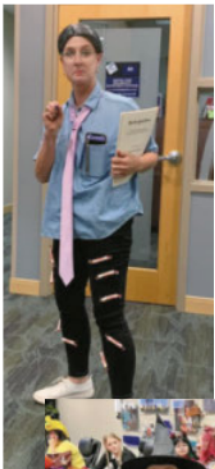
## THANK YOU WINERIES, BREWERIES, CADELLAS

THANK YOU TO THE LOCAL WINERIES AND BREWERIES  
FOR PROVIDING TASTINGS. THANK YOU CADELLAS FOR THE JEWELRY  
FUNDRAISER!



### HALLOWEEN PARTY 2022

Each year, the staff of LifeSpan Resources celebrates Halloween with a pitch-in party. All of the Congregate sites joined in as well, hosting their own fun parties. Below are a few pictures from the various events.





## MEDICARE OPEN ENROLLMENT IS HERE

### It's Time for Medicare Open Enrollment: Let Us Help You!

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.

Note that 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.

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.



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## THANKSGIVING/BECOME A DEMENTIA FRIEND

### Thanksgiving Tradition Continues



We are pleased to continue the tradition of partnering with the New Albany Salvation Army to deliver a hot Thanksgiving meal to homebound clients in Floyd County. Volunteers head to the kitchen at

the Salvation Army early on Thanksgiving morning to cook the turkeys and fixings. They box up to forty complete Thanksgiving dinners that are delivered by more amazing volunteers to LifeSpan Resources' neediest homebound clients. Some clients do not have any local family members and would not be able to enjoy a turkey dinner without this help. We are very grateful to the Salvation Army and their volunteer crew for bringing some warmth and good nutrition to our clients each year.



### 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@lsr14.org for more information.

*Below: Lucy Koesters recently taught a Dementia Friends workshop to the staff at First Savings Bank.*



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## LSR EMPLOYEE APPRECIATION PICNIC

### First-Annual Employee Appreciation Picnic

The LifeSpan Resources Employee Engagement Committee hosted an Employee Appreciation Picnic for staff, volunteers and their families on Sunday, September 18 at Kevin Hammersmith Memorial Park in New Albany. All staff attendees were entered into a drawing for a variety of fabulous door prizes that included a television, luggage, a cornhole set and more! These items were provided through generous donations from various community organizations and businesses. Check out the photos below from the picnic.



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## OLD-FASHIONED APPLE CRISP

*This easy apple crisp is made the old-fashioned way like Grandma used to make, and is perfect with a scoop of vanilla ice cream and salted caramel sauce!*



### Ingredients:

- ◇ 6 Golden Delicious apples, peeled and chopped
- ◇ 2 TBSP sugar
- ◇ 1 3/4 tsp. cinnamon, divided
- ◇ 1 1/2 tsp. lemon juice
- ◇ 3/4 c. old-fashioned oats
- ◇ 3/4 c. all-purpose flour
- ◇ 1/2 c. cold, unsalted butter, diced into cubes
- ◇ Pinch of salt



Instructions: Preheat oven to 350 degrees. Butter or spray 8" x 8" baking dish with cooking spray. Set aside. In a mixing bowl, add chopped apples, granulated sugar, 3/4 tsp of the cinnamon and lemon juice. Stir to combine, then transfer to prepared baking dish. In a separate bowl, add brown sugar, oats, flour, 1 tsp cinnamon, salt, and diced cold butter. Use a pastry cutter to cut the butter into the oat mixture, until mixture resembled pea-sized crumbs. Spread topping evenly over apples. Bake 40-50 minutes, until golden brown and bubbly. Serve warm and enjoy!



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