

# LifeNotes



LIFESPAN RESOURCES NEWSLETTER

**JANUARY - FEBRUARY  
2023**

## 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](http://www.lsr14.org)

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### MAIN OFFICE HOURS

Monday-Friday: 8:00 a.m.-4:30 p.m.

### Look Inside:

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Support LifeSpan Resources

## LifeSpan Resources Kicks Off 50 Years of Service to the Residents of Clark, Floyd, Harrison and Scott Counties



LifeSpan Resources has been serving senior citizens, and adults and children with disabilities, since 1973, with a mission to provide services that would allow them to live independently for as long as possible.

Our organization has grown from a tiny council on aging into a \$9.5 million organization, serving over 3,000 clients annually.

In 1972, a local steering committee attended a commission on aging meeting in Indianapolis to learn more about funding for services from the Older Americans Act and to plan the local area agency. The committee studied ways to serve the elderly including providing nutrition and transportation.

In May 1973, the fledgling agency was officially designated an Area Agency on Aging for Area 14 by the Indiana Family and Social Services Administration and was named **South Central Indiana Council for the Aging and the Aged, Inc.** Thelma Bertrand was named the first Executive Director and the agency received an initial planning grant of \$18,000 to establish six senior nutrition sites. Bertrand retired after 11 years at the helm, having grown the agency to \$2 million and adding several more programs.

After Thelma Bertrand, Pat Jewell-Howard was named the second Executive Director. Over the next ten years the agency experienced explosive growth as more programs were added and services expanded. In 1999, the agency changed its name to LifeSpan Resources, Inc. to reflect the changing demographics of its clientele, which now included a growing number of children. Jewell-Howard retired in 2007. By this time, the agency had grown to \$3.5 million and was in the process of conducting a Capital Campaign to create the new Floyd County YMCA, which would include offices for LifeSpan Resources. (Continued on page 3.)



South Central  
Indiana  
Council  
for the  
Aging



436 Bank St. Suite 100  
New Albany, IN 47150  
(812) 948-8330  
(812) 948-0147 Fax

## FROM THE CEO

### 2023 Kicks off 50 Years of Service to Our Community

It's hard to believe that LifeSpan Resources has been serving the residents of Clark, Floyd, Harrison and Scott counties for 50 years! I'm so blessed to be a part of this organization and to be able to provide much-needed services to our aging and disabled residents.

As you can read in our front page article, we have a rich history and continue to add services and programs to promote independent living in any way possible. It's impossible to grow without evolving to fit the needs of the community and that is something I believe we have done a great job with over the years. While we started with Nutrition and Transportation services, we've added the Aging and Disability Resource Center, the Medicaid Waiver program, Medicare Counseling, CHOICE in-home services, the Senior Games and Senior Games Gang, as well as many more programs!



Our longevity wouldn't be possible without the dedication and hard work of our staff. Over the years, we've had some amazing employees and we continue to have the best employees around. Their care and concern for our clients is top notch, and they always look for ways to ensure our clients are receiving all of the services they need.

If you know of someone who needs in-home services, or just a help up, feel free to call 812-948-8330 and ask to speak with an Options Counselor. Anyone can make a referral and we are available Monday through Friday 8:00 a.m. - 4:30 p.m.

Sincerely,

A handwritten signature in black ink that reads "Lora Clark".

Lora Clark, CEO  
lclark@lsr14.org



### January/February Celebrations

**National Blood Donor Month** - January

**American Heart Month** - February

**Wear Red Day** - Friday, February 3, 2023

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](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

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.

## 50th Anniversary continued...



million.

Keith Stormes came on board as the third Executive Director in 2008. During his tenure, he oversaw the move from the offices on Bank Street to the new YMCA building on State Street. At this time, the agency also received official designation as an Aging and Disability Resource Center (ADRC) staffed with Options Counselors who provide resources and connections to services for the aging and disabled. Stormes added more programs to the agency during his tenure. Upon retirement in 2017, he left an even larger agency at \$5.7

In 2017, Lora Clark became the agency's fourth leader as CEO. She immediately eliminated all wait lists for services, a huge community benefit that continues today. During her time at the agency, evidence-based health programs have been added to all congregate sites to improve the health and well-being of our attendees. She also began the wildly-popular gala fundraiser, ***Voice and Vino at the Casino***. The gala grew from a \$20,000 fundraiser to well over \$100,000 in five years and continues to grow each year.

Over the years, the agency has fielded requests for help with disaster relief including floods, tornados, winter storms and the granddaddy of them all, the COVID-19 pandemic.

LifeSpan Resources has always been focused on serving people: people who are elderly, frail, alone, in poor health or disabled individuals of any age. And it will always be committed to helping these individuals remain independent and connected in our community. As it looks to the future, the agency sees the importance of providing facilities and programs such as a state of the art senior center to keep people connected and healthy starting at a younger age.

## Krekel Rejoins Advisory Council

Sandra Krekel rejoined the LifeSpan Resources Advisory Council during the December meeting. Sandra is a Social Worker and the Medical Foster Home Coordinator at the VA New Albany Clinic.

She previously served a five-year term on the Advisory Council from 2012-2017. Sandra says the Advisory Council will be a great way to stay informed about activities, events and programs that impact her clients—Veterans who are aging and/or chronically ill.



### 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  
**The Rev. Tony Toran**, At-Large  
**Lynn Reker**, Clark County

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**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  
**Sandra Krekel**, Floyd County  
**Kristin Troyer Ems**, Clark County  
**Ellen Kelley**, Clark County  
**Maureen Robinson**, At-Large  
**Marti Snyder**, Floyd County

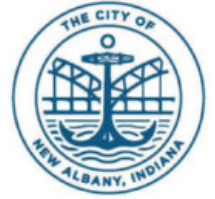


## THANK YOU, GRANT FUNDERS!

### LifeSpan Resources Receives Local Grants



**American Rescue Plan Grant** – The City of New Albany Redevelopment Commission and the New Albany City Council recently awarded LifeSpan Resources \$50,000 to provide Meals on Wheels through our Meals to Go! program for residents of Floyd County.



*Left: CEO Lora Clark receives the \$50,000 grant check from Economic Development Director, Claire Johnson (left) and Tonya Fischer (right), LSR Board Member and Economic Development Business Coordinator.*



**Community Foundation of Southern Indiana Capacity Building Grant** – The Community Foundation of Southern Indiana recently awarded LifeSpan Resources a \$21,000

Capacity Building Grant to purchase new technology for Case Managers. This grant will provide new laptops to replace the oldest laptops in the organization, thereby providing greater efficiencies for our staff when meeting with clients and interacting with state and federal agencies.



*Check presentation above: Drew Landreth, Home & Comm. Based Services Director; Angela Marino, COO; Lora Clark, CEO and Community Foundation of Southern Indiana Board Member, J. Scott Waters.*

### Options Counselors Now Available Monday-Friday In Person—Ready to Serve You at Our Main New Albany Office

Have you ever wondered who you could talk to about care resources (Long-Term Services and Supports) for a loved one? Not sure where to start? Then let us introduce you to Theresa Davidson, Gwen Voyles, Jamie Fried, Valerie Weaver and LaQuaysha Greenwell, Health Partnerships Options Counselor (pictured below). They are the Phone Options Counselors at LifeSpan Resources and would be happy to help you obtain services in your home, the home of a family member or other community settings. Long-term services and supports involve a variety of programs like home delivered meals, transportation, assisted living and personal care. Our team can guide you to options for care that are low cost or no cost according to your special needs and circumstances. Gwen Voyles said, "I love being part of a team that can do so much good with just a phone call." Theresa Davidson explained, "As a Phone Options Counselor I assist individuals in the community with questions as big as 'How can I get my family member into assisted living, or keep them home safely?' or as small as 'Can you help me set up transportation to my well-check next Friday.'

Our Options Counselors can be reached by calling 812-948-8330. Or, if you would rather meet in person, you can schedule an appointment or simply walk in to our Main Office located at 33 State Street, 3rd Floor, New Albany, IN 47150. Our Options Counselors are in the office and available to help between the hours of 8:00 a.m. - 4:30 p.m.



## DIVERSITY, EQUITY AND INCLUSION UPDATE

### International Holocaust Remembrance Day - January 27

The United Nations General Assembly designated January 27—the anniversary of the liberation of Auschwitz-Birkenau—as International Holocaust Remembrance Day.

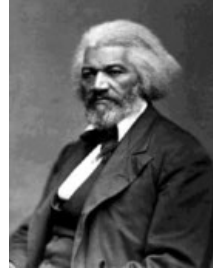
On this annual day of commemoration, the UN urges everyone to honor the six million Jewish victims of the Holocaust and millions of other victims of Nazism; and to develop educational programs to help prevent future genocide.

The Holocaust was the systematic, state-sponsored persecution and murder of Jews by the Nazi regime and its allies and collaborators.

Head to the library on January 27 and check out a book or two on World War II. If you have kids or grandkids, helping them to develop knowledge about this history and enhancing their awareness of genocide and war can help raise compassionate leaders for the next generation.



### February - Black History Month Celebrates Fredrick Douglass



**"The life of the nation is secure only while the nation is honest, truthful and virtuous."**

Fredrick Douglass, American Abolitionist, was born into slavery and became a respected orator, writer, abolitionist, and civil rights leader as well as a presidential consultant to Abraham Lincoln and convinced him that slaves should serve in the union army and abolishment of slavery should be the primary goal of the war. He delivered a speech, "What to the slave is the fourth of July?" so all Americans could reflect on the oppression of black Americans on a day when we all celebrate freedom. Douglass gave this speech in 1852, many years after his escape from slavery. He is also famous for advocating for equality and human rights and the rights of women and is known for saying; "It was hers before she comprehended it. It is inscribed upon all the powers and facilities of her soul, and no custom, law or usage can ever destroy it."

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## SAVE THE DATE: SENIOR GAMES—JUNE 5-9, 2023

### Senior Games: Rockin' the 50's!



### *Save the Date*

June 5-9, 2023

**Seniors are Rockin' and a Rollin'!**



**Don't make us give you a knuckle sandwich! Be sure to mark your calendars for all of the groovy events in 2023 - Senior Games!** 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. All local adults age 55+ are eligible to participate in this fantastically fun week! **The cost is**

**only \$20** for the entire week and includes a t-shirt, lunches, snacks, door prizes, giveaways and, most importantly, medals! Registration will open in March. ***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, access to special "Members Only" events, and a holiday community service project. **For more information, contact Director of Development, Melissa Richardson, at 812-206-7960 or email [mrichardson@lsr14.org](mailto:mrichardson@lsr14.org).**



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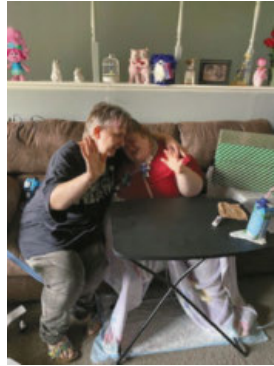




## HOLIDAY HAPPENINGS

### LifeSpan Resources Knows How to Party for the Holidays!

Throughout the month of December, LifeSpan Resources becomes a regular Santa's Workshop and Celebration Station! We kick off the month with Senior Angel Tree box stuffing and delivery. Each year we provide boxes filled with food, toiletries, gloves, socks, scarves and more to our neediest clients. On delivery day, our wonderful Senior Games Gang elves and other volunteers hand deliver boxes! Below are just a few photos from delivery day.



We also host a holiday party for our Board of Directors, Advisory Council and Management Team as part of our last board meeting of the year. This year, it was held at Board and You in New Albany as a way to thank our volunteer board members for their hard work throughout the year. Below are some pictures from the BOD/AC/Management Party.



We host holiday celebrations at all of our Congregate sites and at the Nutrition and Transportation Office. Some include Elvis, Santa, sing-a-longs, Dirty Santa games and other fun activities, but they all include amazing food and camaraderie. Below are some photos from the various parties at these locations.





## Charitable Bequests - A Gift in Your Will

*We give a lot to our community... won't you consider helping us continue our legacy with a planned gift?*

A popular and enduring planned gift is a simple charitable bequest, which is a gift made through your will. Bequests are popular because they give you the opportunity to leave a lasting legacy. When you make a charitable bequest, you retain full use of your property during your life, so there is no disruption of your lifestyle and no immediate out-of-pocket cost. To make a bequest, simply designate that part of your estate passes directly to us. Since a charitable bequest can take many forms, you have remarkable flexibility in how you make this designation. For example, you can leave...

- ♦ a specific asset
- ♦ a specific sum of money
- ♦ a percentage of your estate
- ♦ what remains of your estate after you have provided for all of your other beneficiaries.

You can also state exactly how you want your bequest to be put to use, such as providing support for our Meals to Go! program. Or, you can provide an unrestricted bequest that can be used whenever and wherever it's needed most. Most importantly, you can change your bequest whenever you choose. You remain in complete control of the planning process.

**We sincerely appreciate your consideration for adding a bequest for LifeSpan Resources in your will. And, if you do make this decision, PLEASE LET US KNOW! You will be added to our Legacy Society! Please see our web site for more information- coming soon - on our new Planned Giving section under the Donate tab.**



## LifeSpan Resources Knows How to Party... continued

Of course we don't leave our staff out! We hosted a staff holiday party on Thursday, December 15 that included lots of delicious food, an Ugly Sweater Contest, Holiday Sock contest and lots of fun games. Below are a few pictures from the celebration.



**Monday, January 16, 2023 - LSR Offices  
will be closed in observance of Dr. King's  
birthday.**





### Valentine Trivia Quiz



- 1, In which country is it customary for women to give men chocolate on Valentine's Day?  
a, Japan    b, Canada    c, Switzerland    d, Italy
- 2, Which movie was NOT released on Valentine's Day?  
a, Silence of the Lambs    b, A Good Day to Die Hard    c, Daredevil  
d, 50 Shades of Grey
- 3, How much do people spend on Valentine's Day in America?  
a, \$10.5 million    b, \$8.3 billion    c, \$19.7 billion    d, \$40.2 billion
- 4, Which fast-food chain offers tableside service on Valentine's Day?  
a, KFC    b, Burger King    c, Quizno's    d, White Castle
- 5, In Roman mythology, who is Cupid's mom?  
a, Psyche    b, Venus    c, Juno    d, Luna
- 6, Which president lost his first wife on Valentine's Day?  
a, John Tyler    b, Millard Fillmore    c, Theodore Roosevelt    d, Woodrow Wilson
- 7, What was the name of the small heart-shaped sweets, manufactured by Swizzel, which had short romantic messages printed on them?  
a, Parma    b, Chews me    c, Jelly Belly    d, Love Hearts
- 8, Which one was considered Shakespeare's most romantic play?  
a, Romeo and Juliet    b, Othello    c, The Tempest    d, Hamlet
- 9, Today we associate love with the heart, but this wasn't always the case. In medieval times, which internal organ was believed to cause love?  
a, The eyes    b, The liver    c, The kidneys    d, The lips
- 10, Approximately what percentage of Valentine's Day cards are purchased by women?  
a, 15    b, 85    c, 65    d, 35
- 11, What is the approximate date of the first Valentine ever sent?  
a, 1415    b, 1316    c, 1217    d, 1615
- 12, A Roman myth says that roses grew when Cupid was carrying a certain liquid to the gods on Mt. Olympus. Cupid spilled the liquid and from that spot roses grew. What was the liquid?  
a, ambrosia    b, nectar    c, olive oil    d, wine



[www.MyPartyGames.com](http://www.MyPartyGames.com)

Answer Key: 1. A, 2. D, 3. C, 4. D, 5. B, 6. C,  
7. D, 8. A, 9. B, 10. B, 11. A, 12. B



## LIFESPAN RESOURCES UPDATES

### Hart Joins Administrative Team

Malinda Hart recently transferred departments within LifeSpan Resources to join the Administrative staff in the Main Office. Malinda is now the Administrative Assistant and will be the first smiling face you see as you walk through the doors at the main office on State Street.

Hart has been with LifeSpan Resources since 2008. She first volunteered with LSR, then went on to work in several different departments. Most recently, she was the Program Assistant in the Nutrition and Transportation Department.

She resides in Clarksville with her husband Angus.

**Congratulations Malinda!**



*Pictured left to right: Sherry Cookson, Exec. Assistant and Malinda Hart.*

### Brantley Panelist for ELEVATE Program

On December 6, 2022, Michelle Brantley, Case Management Supervisor, served as a panelist for the Leadership Southern Indiana ELEVATE class. She spoke to the group about LifeSpan Resources, what we do, who we serve, and discussed ways they can help our organization.

**Pictured below left to right:** Lauren Wagoner - Youthlink Southern Indiana (panelist); Suzanna Jacobson - My Camp (panelist); Michelle Brantley, LifeSpan Resources (panelist); Pam Grieb - Samtec (lunch sponsor)





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## ANNUAL REPORT COMING SOON/BECOME A DEMENTIA FRIEND

### 2022 Annual Report Coming Soon!

The LifeSpan Resources 2022 Annual Report will be coming soon! Be sure to check out our website ([www.lsr14.org](http://www.lsr14.org)) in early 2023 to see our amazing accomplishments!

# ANNUAL REPORT



*LifeSpan Resources would like to congratulate all the newly-elected officials coming into office this January!*

### Become a Dementia Friend!

What is a Dementia Friend? It is someone who wants to make a positive difference in the lives of those with dementia. 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](mailto: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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## RED CROSS BLOOD DRIVE/COVID TESTS AVAILABLE

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### Blood Drive YMCA of Greater Louisville - Floyd County Branch

American Red Cross Bus  
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**Tuesday, January 17, 2023**  
**9:00 a.m. to 1:00 p.m.**



### COVID Tests Available

The White House recently announced a new limited round of free at-home COVID-19 tests for the winter. Households can now order either standard at-home tests or tests that are more accessible for people who are blind or have low vision. Shipping is free.

Older adults and people with disabilities who need support ordering the free at-home tests can contact LifeSpan Resources' Aging and Disability Resource Center by calling 812-948-8330 and asking to speak with an Options Counselors. Options Counselors are available Monday through Friday from 8:00 a.m. - 4:30 p.m.



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# VALENTINE'S DAY STRAWBERRY HEARTS

## How to Make Strawberry Hearts

### Equipment

- Small, wooden sticks/skewers

### Ingredients

- 2 lbs. medium to large fresh strawberries
- 2 cups dark or milk chocolate chips



### Instructions:

1. Rinse strawberries gently and pat dry.
2. With a small, sharp knife, in a circular motion, carve out the stem of the strawberry. See photo to left.
3. Slice the strawberry in half.
4. At the top of each berry half, cut a small 'V' shape.
5. Gently insert wooden stick into the bottom of the heart-shaped strawberry.
6. Heat chocolate chips in microwave for 30 seconds. Repeat in 30 second intervals until chocolate chips are melted and smooth.
7. Dip strawberries in melted chocolate. Let dry on parchment paper until chocolate completely dries.
8. Enjoy with your favorite Valentine!



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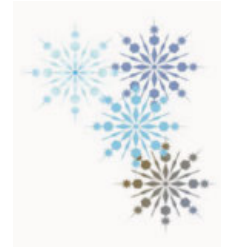
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