

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

LifeSpan Resources Receives NCQA 3-Year Reaccreditation



LifeSpan Resources' Case Management program recently received a 3-year accreditation status by the National Committee for Quality Assurance (NCQA). Three years is the maximum accreditation period and is awarded to organizations that demonstrate a strong performance of the functions outlined in the rigorous standards for accreditation of Case Management – Long Term Services and Supports (LTSS).

NCQA accredits and certifies a wide range of health care organizations with standards that improve the quality of utilization management, member connections, Medicaid services and benefits, member rights, population health management, credentialing, and other components of health care. The accreditation places important weight on measuring participant-rated experience and health outcomes. These evidence-based standards provide a framework for organizations to deliver efficient, effective person-centered care that meets people's needs, helps keep people in their preferred setting and creates alignment with federal, state and managed care organizational requirements.

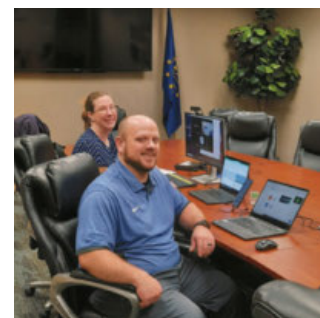
NCQA survey comments about our Case Management program included "dedicated and knowledgeable staff", "comprehensive complex case management program with effective outreach", and "evidence of good collaboration with healthcare partners for continuity and collaboration of care". Drew Landreth, LifeSpan Resources Home and Community-based Services Director, provided leadership throughout the survey process and we couldn't be more proud of our entire Case Management program staff.

"Earning this accreditation demonstrates LifeSpan Resources dedication to the delivery of care in a person-centered and integrated manner to help individuals function optimally in their preferred setting," said Angela Marino, LifeSpan Resources Chief Operating Officer. "These standards are set high to encourage us to continuously enhance the quality of the services we deliver."

LifeSpan Resources Chief Executive Officer Lora Clark said, "This very prestigious award is the culmination of two years of diligent effort. Angela and her team worked countless hours to obtain this accreditation. It just shows our dedication to creating an environment of continuous quality improvement within our agency."

LifeSpan Resources is the designated Area Agency on Aging for the Indiana counties of Clark, Floyd, Harrison and Scott Counties whose mission is "Promoting Independent Living for People of all Ages."

Right: Drew Landreth, HCBS Director and Jessica Meyer, ADRC Supervisor, are set up and ready to begin the virtual NCQA accreditation review.



**MARCH - APRIL
 2023**

LifeSpan Resources

Main Office

33 State Street
 P.O. Box 995
 New Albany, Indiana 47150

Phone Numbers

Main Office.....812.948.8330
 Toll Free.....888.948.8330
 Website.....www.lsr14.org



Check us out on Facebook!
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Main Office Hours

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

Inside This Issue:

From the CEO	2
LSR Updates.....	3
Nutrition Awareness Day.....	4
Produce for Better Health	5
Senior Games Gang.....	6
Voice and Vino	8
Senior Games Reg	9
LSR Blood Drive	11
Volunteer Month	12
Recipes/Fun & Games	13 -14
Support our Mission.....	15

FROM THE CEO

LifeSpan Resources Hits the Ground Running in 2023

Can I just tell you how busy we have been over the last couple of months?? Our Nutrition and Transportation department recently moved back to our main office at 33 State Street, our Case Management team received their National Committee for Quality Assurance (NCQA) reaccreditation for a three-year term and we've been feverishly planning our 50th anniversary invitation-only celebration. Plus, we completed our annual report and it is now ready for you to view! Visit our website at www.lsr14.org/reports/ to view our latest Annual Report.

I'm so proud of all of our staff and the work they do each day, but I would like to take a moment to especially recognize Angela Marino, Drew Landreth, Michelle Brantley, Jessica Meyer, LaQuaysha Greenwell and Carol Vance for spearheading our NCQA reaccreditation process. I would also like to extend a big thank you to all our Case Management staff for their diligence throughout the year in keeping our processes in place. This is a huge undertaking and it just shows our dedication to creating an environment of continuous quality improvement within our agency.

On Thursday, January 26, our Nutrition and Transportation department moved out of their office space on 5th Street in New Albany and moved back into our main offices located at 33 State Street. As we all know, COVID brought changes to how we all do business, and now our Case Managers work primarily from home. This alleviated our space issues in our current location and allowed us to bring the Nutrition and Transportation staff back to our main office. We greatly appreciate our time in the building at 5th Street and appreciate the City of New Albany for allowing us to use this facility for the past 40 years. Read more about this move in this issue of LifeNotes.

We are also wrapping up our plans for our invitation-only 50th Anniversary celebration and we can't wait to share them with you closer to May. Continue to read about our plans in this and future issues of LifeNotes.

We are so close to spring! I'm ready to get back out into nature and some of this unseasonably warm weather has me excited for new hikes and adventures in 2023. I hope you are planning new adventures, too!

Sincerely,



Lora Clark, CEO
lclark@lsr14.org



March/April Celebrations

Patient Safety Awareness Week -
March 12 - 18

National Doctors' Day - March 30

National Minority Health Month - April

Occupational Therapy Month - April

**LifeSpan Resources will be closed on Friday,
April 7, in commemoration of Good Friday.**

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

33 State St., 3rd Floor, PO Box 995
New Albany, IN 47151-0995

Please address questions or requests to the above
address or 812.948.8330 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

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, "Non-discrimination in Federally-Assisted Programs of the Department of Transportation - Effectuation of the Title VI of the Civil Rights Act," 49CFR part 21.

LifeSpan Resources, Inc. assures that no person shall, as provided by Federal and State civil rights law, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity.

LIFESPAN RESOURCES UPDATES

Woods Added to Board of Directors

Earlier this month, Melissa Woods was named to the LifeSpan Resources Board of Directors. She will represent Scott County.

Melissa is the Community Development and Economic Recovery Specialist for the River Hills Economic Development District. She resides in Underwood, Indiana with her husband and daughter.

She chose to join the board because she strongly believes in the mission of LifeSpan Resources and the people we serve.

Welcome Melissa!



Nutrition and Transportation Move Back to Main Offices



Thursday, January 26, 2023 was the end of an era... our time occupying the building at 317 E. Fifth Street in New Albany came to an end. Forty years ago, the City of New Albany allowed us to move into the building (which was a turn of the century arts and crafts style home) in order to operate a small day program for older adults. Some years later, our Transportation program staff moved in and offices were set up. Over the years, this building has also provided office space for our Nutrition, Case Management, Fundraising, and Nursing Home Ombudsman staffs. Having this facility in addition to our main offices located on the third floor of the Floyd County Family YMCA helped alleviate crowded space needs as our agency grew and added staff. The pandemic put an end to the crowding as many of our staff transitioned to work-from-home arrangements. This allowed us to consolidate our staffs at the main office, which we completed on January 26. We are very happy to have everyone in one place! The old building on Fifth Street has been given back to the City of New Albany with gratitude for allowing us to use this space over the years.



All Photos: Move out day... out of the building at Fifth Street on January 26.

2022 Annual Report... Ready for You!

The LifeSpan Resources 2022 Annual Report is here! Be sure to check out our website (www.lsr14.org/reports/) to see our amazing accomplishments from last year!



Board of Directors

Annette Roberts - President, At-Large
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Chris Schwaniger - Treasurer, Harrison County
Tonya Fischer, - Secretary, Floyd County
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Lynn Reker, Clark County
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Pam Clark, Clark County
The Rev. Dr. Albert Cole, Clark County
Ellen Kelley, Clark County
Maureen Robinson, At-Large
Sandra Krekel, Floyd County
Marti Snyder, Floyd County

NUTRITION AWARENESS DAY

Get Ready for Nutrition Awareness Day - Wednesday, March 15, 2023



Each March, LifeSpan Resources joins the Administration for Community Living (ACL), the Indiana FSSA/DA, the other Indiana Area Agencies on Aging, and senior nutrition service providers across the country to celebrate Nutrition Awareness Day. This year, our local celebration will take place on Wednesday, March 15 at each of our congregate centers. Visit www.lsr14.org/congregate-centers/ for locations.

Senior nutrition is now more important than ever. Each year in the U.S., up to half of adults age 65 and older are at risk of malnutrition, and more than 10 million face hunger. In communities throughout the U.S. – including our own – older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent. We are here to help alleviate this situation!

LifeSpan Resources will highlight Nutrition Awareness Day by providing a special well-balanced meal, nutrition education, and presentations by local elected officials and dignitaries. Everyone age 60+ is invited to join the program or just come for a meal on this day (reservations are required by Tuesday, March 14, 2023).

All meals will be prepared by Masterson's Catering of Louisville. For information on the nutrition program or to participate in Nutrition Awareness Day on March 15, 2023, please contact Ramona Miller, Director of Nutrition, at rmiller@lsr14.org or visit www.lsr14.org.

Donations of \$2.50 per meal are appreciated.

DIVERSITY, EQUITY AND INCLUSION UPDATE

March - International Women's Day & Ramadan

For International Women's Day (IWD) 2023 the theme is #EmbraceEquity. Equity isn't just nice to have, it's a must-have. A focus on gender equity needs to be part of every society's DNA.

We can all truly embrace equity. It's not just something we say. It's not just something we write about. It's something we need to think about, know, and embrace. Equity means creating an inclusive world.

LSR Case Manager, Mila Selimovic grew up in Bosnia and celebrated both of these holidays each year. Each year in Bosnia, women are given a half day off from work on March 8, International Women's Day. They celebrate by giving carnations to every woman and it is a day of parties, drinks and dancing.

RAMADAN is celebrated the evening of Wednesday, March 22 to the evening of Friday, April 21. Ramadan is held the ninth month of the Islamic calendar, and observed by Muslims worldwide as a month of fasting, prayer, reflection and community. Fasting lasts from dawn to sunset. The sunset meal is "Iftar". Mila was invited to the "Iftar" several times and she said the food was unbelievable. Muslims from her former country invited their friends into their homes regardless of their religions. The last day of Ramadan is a great holiday. It is celebrated in their homes with lots of food and music. In Bosnia, non-Muslims are always welcome to visit their Muslim friends and celebrate this great holiday together, just as they are welcome to visit us when we celebrate our holidays in the United States.

April - World Autism Month

Every April World Autism Month is celebrated. Throughout the month, the goal is to focus on sharing stories and providing opportunities to increase understanding and acceptance of persons with autism.

Autism, or autism spectrum disorder, refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. According to the Centers for Disease Control, autism affects an estimated 1 in 44 children in the United States.

There is not one type of autism but many subtypes, most influenced by a combination of genetic and environmental factors. Because autism is a spectrum disorder, each person has a distinct set of strengths and challenges. The ways in which people with autism learn, think and problem-solve can range from highly skilled to severely challenged. Some may require significant support in their daily lives, while others may need less support and, in some cases, live entirely independently. Signs of autism typically appear by age two or three but can be diagnosed as early as 18 months. Research shows that early intervention leads to positive outcomes later in life for those with autism.

PRODUCE FOR BETTER HEALTH GRANT

Produce for Better Health Program Offers Free Fresh Produce

A new program offered through LifeSpan Resources, Produce for Better Health, provides bi-weekly boxes of fresh produce to the agency's congregate site participants. Older adults age 60+ and individuals with disabilities are eligible to participate. The project is offered statewide through Indiana's 15 Area Agencies on Aging, is funded by the Anthem Blue Cross and Blue Shield Foundation, and is facilitated by the Indiana Association of Area Agencies on Aging (IAAAA) Education Institute. The program is a quality improvement project that aims to alleviate senior hunger while improving overall health.

Participants are required to track several health statistics including weight and blood pressure to determine outcomes of adding fresh produce to their diet. These outcomes will be studied by the Indiana University Center for Aging Research (IUCAR). Each participant will pick up a box of produce every other week at the meal site.

Research in the area of "food as medicine" has revealed that half of Indiana seniors have trouble eating healthy – which could be due to food insecurity, lack of income, living in a food desert, or lack of transportation to groceries and markets.

"Access to nutritious food is a key social determinant of health that impacts quality health outcomes," said Kristen LaEace, CEO of IAAAA. "We appreciate the importance the Anthem Blue Cross and Blue Shield Foundation is placing on health equity with this investment. Another promising aspect is our partnership with IUCAR and the participants themselves, which will allow us to measure the impact of this investment over time on participants' health, including malnutrition risk, weight, blood pressure and the ability to remain in their own homes."

To join the program, you must be a registered participant at one of LifeSpan Resources congregate centers. For more information, contact Ramona Miller, Dir. of Nutrition and Transportation, at rmiller@lsr14.org or 812-206-7936.



Above: Sample produce box provided by Masterson's Catering.

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SENIOR GAMES GANG

Senior Games Gang Toss 'Em Event

February brought our annual Toss 'Em event at the Southern Indiana Sports Complex. Thank you to the Floyd County Parks and Recreation Department for the location and the Medicare Workshop for sponsoring our lunch! Check out the photos below.



Toss 'Em Winners:



Ladies

1st Place - Jean Pittman - Score of 69
2nd Place - Betty Walter - Score of 51
3rd Place - Dorothy Beckman - Score of 48
(51 after the toss off!)

Men

1st Place - James Schellenberger - Score of 75
2nd Place - Ben Meeks - Score of 54
3rd Place - Angus Hart - Score of 43



Upcoming Senior Games Gang 2023 Events:

- **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 Family YMCA Multi-Purpose Room

We are also looking for lunch sponsors for each event. Please contact Melissa Richardson, Director of Development at 812-206-7960 or by email at mrichardson@lsr14.org to reserve your event!



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SENIOR GAMES: SAVE THE DATE



Senior Games: Rockin' the 50's!

Save the Date: June 5-9, 2023
Seniors are Rockin' and 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.



Want to Sponsor Senior Games?

Visit lsr14.org/senior-games/ to sponsor Senior Games 2023! General sponsors are needed, as well as lunch and snack sponsors for Tuesday, Wednesday and Thursday of the Games.

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SAVE THE DATE
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VOICE and VINO
season 6

LIFESPAN RESOURCES
ANNUAL GALA

Join us for an evening of
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Do you have a local singer you'd like to nominate or sponsor?
Contact Melissa Richardson, Director of Development, at 812-206-7960 or mrichardson@lsr14.org.

Sponsorships are now available! Visit voice.lsr14.org to secure your sponsorship today!

Can you help with our Voice and Vino Raffle and Silent Auction?

LifeSpan Resources is collecting for our awesome Voice and Vino raffle, silent auction and wine pull! Can you donate a bottle of wine, good bourbon, a gift card or another amazing raffle-worthy item such as a condo for week at the beach?

We are also 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.



IT'S TIME TO REGISTER FOR SENIOR GAMES



LifeSpan Resources, Inc. 2023 SENIOR GAMES REGISTRATION FORM

This year's theme: **Seniors Are Rockin' and Rollin' (50's)**

Please mail complete form to:
LifeSpan Resources, Inc.
33 State St., 3rd Fl, P.O. Box 995
New Albany, IN 47151-0995



NAME			SG Gang Member: Y N	
ADDRESS				
CITY	STATE	ZIP CODE	PHONE	
CELL PHONE		PLEASE CIRCLE ONE: Male Female		
EMAIL ADDRESS:				
DATE OF BIRTH				
AGE GROUP (Please circle one): 55 – 62 63 – 70 71 – 78 79 – 86 87 & over				

Do you wish to compete for the title "Oldest Male" or "Oldest Female" participant? To be eligible you must compete in one medal competition. If so, please write "YES".

EMERGENCY CONTACT (This is mandatory. Please print.)

NAME	PHONE
------	-------

INDIVIDUAL EVENT REGISTRATION

Registration fee is \$20.00 per person (add \$2 for 2X; \$3 for 3X shirt; \$4 for 4X; \$5 for 5X) – payable upon registration. Please place a check mark in the box beside each event in which you would like to participate. Please try to keep your commitment to participate at each event you register for. This will assist us a great deal when ordering meals. Please return registration form and payment to LifeSpan Resources by April 21, 2023.

MONDAY, JUNE 5 Location: Eastern Heights Baptist Church <input type="checkbox"/> Opening Ceremonies 9 – 9:15 am <input type="checkbox"/> Dance Contest/Lunch 9:15 – Noon <input type="checkbox"/> Bowling 1 - 4 pm (Blackiston Bowl)	THURSDAY, JUNE 8 Location: Sam Peden Community Park <input type="checkbox"/> Horseshoes 9 - 11 am <input type="checkbox"/> Lunch/Cards & Games Noon - 3 pm (Westminster) <input type="checkbox"/> Pickleball Exhibition 4 - 5:30 pm (TBD)
TUESDAY, JUNE 6 Location: Charlestown Family Activities Park <input type="checkbox"/> Miniature Golf /Lunch 8 am – Noon <input type="checkbox"/> Basketball Toss 1:30 - 3:30 pm (Floyd Co. YMCA)	FRIDAY, JUNE 9 Location: Eastern Heights Baptist Church <input type="checkbox"/> Closing Ceremonies/Bingo/Awards 9 - 11:30 am <input type="checkbox"/> Lunch/Vendor Fair 11:30 am - 1 pm
WEDNESDAY, JUNE 7 Location: Kevin Hammersmith Memorial Park <input type="checkbox"/> Toss 'Em/Lunch 9:00 am - Noon <input type="checkbox"/> 3 Lap/6 Lap Walks 1- 4 p.m. (Silver St. Park)	

PLEASE COMPLETE REVERSE SIDE OF FORM

SENIOR GAMES REGISTRATON CONTINUED

PLEASE COMPLETE REVERSE SIDE OF FORM

Official 2023 Senior Games t-shirts MUST be worn at all events including the Dance Contest. As with any rule, here's the exception: Closing Ceremonies does not require your 2023 Senior Games t-shirt but only if you dress according to this year's theme: "Seniors are Rockin' and Rollin'. **The shirts are available on a first come, first served basis.** Please circle the size you would prefer (if you require a larger size than 3X please let us know):

SMALL MEDIUM LARGE EXTRA LARGE 2 X LARGE 3 X LARGE
(2X is \$2.00 more and 3X is \$3.00 more)

T-shirts are available May 22-31, 2023 at:

LifeSpan Resources, Inc., 33 State Street, (3rd Floor), New Albany, IN 47150
Phone: 812-948-8330 or 1-888-948-8330.

Information on any additions or substitutions will be given to you when you pick up your t-shirt. You will also receive an updated schedule of events and an identification badge.

I hereby agree for myself, my executors, administrators, and assigns to indemnity and hold harmless all sponsors, officials and persons and agencies connected with the 2023 LifeSpan Resources Senior Games from all claims for damages arising in connection with my participation in the Senior Games.

I have prepared myself for the events that I have entered by practicing prior to the Senior Games. To the best of my knowledge and belief, I have no physical restrictions which would prohibit my participation in the events I have selected. I have been advised by the sponsors of the Senior Games that it would be in my best interest to consult my physician in regard to participation in the Senior Games. Sponsors and officials have my permission to have a physician attend me if it is deemed necessary during my participation in the Senior Games.

I also hereby give my permission to the sponsors of the Senior Games to use my name and/or picture in any newspaper, broadcast or any other account of the event without remuneration to me.

SIGNATURE	DATE
DOCTOR'S NAME	

Do you require any special assistance? ☐ Yes ☐ No

TRANSPORTATION

If you are in need of transportation through the LifeSpan Resources Transportation program, there will be a fee of \$4.00 per round trip. To schedule your rides please indicate below that you need a ride and **Transportation will contact you to schedule.** Ride availability is limited and will be provided on a first come first served basis.

Are you in need of transportation to your Senior Games events? ☐ Yes ☐ No

Which events (please list): _____

Schedules, registration forms and various other information are available on our website. www.lsr14.org/senior-games.



LIFESPAN RESOURCES BLOOD DRIVE



Blood Drive YMCA of Greater Louisville - Floyd County Branch

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

Tuesday, March 21, 2023
9:00 a.m. to 1:00 p.m.



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APRIL IS VOLUNTEER MONTH

April is National Volunteer Month! Check Out the Benefits!

Volunteering is the chance to make a difference, give back, and help others in need. Charitable organizations could not perform needed services without the help of dedicated volunteers. However, there is much more to being a volunteer than giving back to your community. Research has proven that volunteering supports a healthy mind and body. Check out these nine awesome benefits of volunteering:

- Counteracts the effects of stress and anxiety
- Combats depression
- Increases self-confidence
- Provides a sense of purpose
- Positively affects physical health
- Enhances socialization
- Helps retirees restructure their time
- Builds new skills, enhancing brain health
- It's FUN!

Volunteer activities range from fairly structured assignments to informal helping of neighbors. There are many non-profit organizations, churches, hospitals, and schools looking for help.

So how do you find volunteer opportunities? If you have a favorite local non-profit, check out their web site for volunteer tasks. At LifeSpan Resources, we LOVE volunteers! We always have opportunities in a variety of areas including helping out at our senior congregate centers, clerical office tasks, fundraiser gala committees, springtime outdoor spruce ups, advisory committees and more.

We hope you will consider volunteering. For opportunities at LifeSpan Resources, please visit our web site's volunteer page: www.lsr14.org/volunteer.



Above: Rhonda James, SHIP volunteer, provides SHIP and Medicare Counseling to the community throughout the year.

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SPRING RECIPES

Lemon Crinkle Cookies



yield: 36 cookies prep time: 10 minutes cook time: 10 minutes total time: 20 minutes

These Lemon Crinkle Cookies are light and fluffy on the inside, sweet and crunchy on the outside, and bursting with lemon flavor!

INGREDIENTS

- 1 cup butter (softened)
- 2 cups granulated sugar
- 4 large eggs
- 4 Tbsp. lemon juice
- 4 Tbsp. lemon zest
- 4 tsp. baking powder
- 4 1/2 cups AP flour
- Wilton Food Coloring - pink, blue, yellow, purple
- 1 1/2 cups powdered sugar (to roll the cookie dough in)



INSTRUCTIONS

1. Cream the softened butter and sugar together until completely combined.
2. Add in eggs and mix until the dough is fluffy.
3. Add in lemon juice and lemon zest and mix until fully incorporated.
4. Add in the baking powder.
5. Mix in the flour, a third at a time.
6. Split into four portions and use food coloring to tint the cookie dough pink, yellow, blue and purple.
7. Refrigerate the dough for two hours.
8. Roll dough into balls and roll in powdered sugar.
9. Bake in a 350 degree oven for 8-10 minutes.

Food Coloring Formulas: Pink - 3 drops of Pink, Blue - 3 drops of Blue, Yellow - 3 drops of Yellow, Purple - 3 drops of Pink and 1 drop of Blue.

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- | | |
|-----------|-----------|
| 1. _____ | 16. _____ |
| 2. _____ | 17. _____ |
| 3. _____ | 18. _____ |
| 4. _____ | 19. _____ |
| 5. _____ | 20. _____ |
| 6. _____ | 21. _____ |
| 7. _____ | 22. _____ |
| 8. _____ | 23. _____ |
| 9. _____ | 24. _____ |
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G O G G R Y A C A R R O T E H
D W E S G I B B U N A N Y S I
U E P A R A D E J E L T S P C
C R J L A I N S A H O L I Y K
K S G E S J R S U N D A Y O A
L C A R S T A S B A S K E T N
I K S H J H B U N N Y E G S I
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