

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

MAY - JUNE 2023

LifeSpan Resources

Main Office

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

Phone Numbers

Main Office.....8129488330
 Toll Free.....888.948.8330
 Website.....www.lsr14.org



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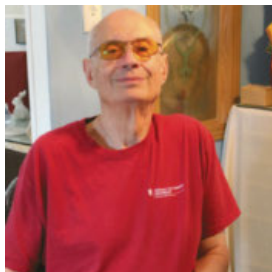
Main Office Hours

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

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LSR: the Answer to New Albany Man's Care Needs



Imagine being 83 years old, alone, legally blind, struggling with health and mobility issues, and striving to live independently. John, a New Albany resident, says he couldn't imagine it without the help of LifeSpan Resources.

John, a retired engineer and teacher, who helped care for his wife, Carolyn, until her death in 2015. Increasingly, he has found himself in need of additional support. And, that's where LifeSpan Resources comes in.

"My case manager, Lisa Angell, has seen me through everything from COVID shots to knee surgery and rehab," he said. "She has been absolutely remarkable. Knowledgeable, friendly, and always attentive."

One of John's biggest challenges was bathing. His home bathroom had a very impractical large garden bathtub and old carpeting. There was also a small shower stall with a narrow entryway, which was unable to accommodate even the most basic of safety grab bars. Bathing felt dangerous but major bath reconstruction was a problem financially.

"LifeSpan Resources was able to explore some partnerships through resources like Medicare and the Indiana Division of Aging. They brought in three companies to recommend potential solutions and offer bids," he said.

The result? The old carpeting is gone and replaced by new plank flooring. The garden tub is gone and in its place is a roomy shower stall with three grab bars, a seat, and a shower curtain instead of an unsafe glass door.

"I'm all set for now and whatever accessibility needs I may encounter into the future," he said. "And, as a retired engineer, I can say the whole design and construction was extremely high quality and first class. I feel so blessed."

The blessings have continued through LifeSpan Resources other services. John receives a regular supply of easy microwavable meals through the *Meals to Go!* program. That eliminates the need for him to stand at the stove for longer periods of time, and work with knobs and burners that are tough for him to see. He also benefits from a *Help at Home* worker, who comes each week to assist with basic house cleaning and errands.

Lisa Angell, John's case manager said, "John is so very gracious and kind about what LifeSpan Resources has done for him. He has had very loyal staff for four years now. And he's just a very intelligent and interesting person."

John urges anyone who is struggling with independent living issues, or those who have care responsibilities, to contact LifeSpan Resources and have a conversation to help determine what type of support may be available.

"LifeSpan Resources has really changed my life," John said. "It is just so much easier now. Without this help, I really couldn't live here safely. I know I have someone who always listens and will be responsive, whatever comes my way."

For more information on services, please call 812-948-8330 and ask to speak with an Options Counselor.

FROM THE CEO

LifeSpan Resources Senior Games are Almost Here!

I can't believe it's already almost summer! The flowers and trees are beautiful and, by the time you read this, we've just celebrated 50 Years of LifeSpan Resources with an amazing party at the Ogle Center at IU Southeast. It's hard to believe we've already been planning this for a year! I know the committee has worked diligently to make this an amazing event and I can't wait to share photos with you in the July/August issue.

We are also rapidly approaching Senior Games 2023. This will be our 37th year for the games and they just keep getting better and better! This year's theme is the 1950's, so keep an eye out for poodle skirts and leather jackets the first week of June! They will be all the rage! Registration is currently open and we are seeking sponsors and volunteers to help throughout the week. Be sure to check out the article in this issue for more information, or contact Melissa Richardson, Director of Development at [mrichardson@lslr14.org](mailto:mrichardson@lsr14.org) or call 812-206-7960.

Our staff have also been out and about in the community raising awareness regarding the services we provide to the community. This year, we brought back our Vendor Fair which was held on Thursday, April 27 at St. Mark's United Church of Christ. This event allowed our Case Managers and other staff to meet with some of the many vendors who provide services to our clients. It was a great networking event and we look forward to hosting it again next year!

I hope you all have a wonderful May and June. We will be celebrating Older Americans Month in May. The theme for 2023 is "Aging Unbound". So, be sure to read the article about it in this issue. Also, be sure to get outside and enjoy the sunshine. I know I sure will!

Sincerely,



Lora Clark, CEO
llark@lslr14.org



May/June Celebrations

Mental Health Awareness Month - May

Older Americans Month - May

National Nursing Home Week - May 6-12

Memorial Day - May 29

National Senior Health Fitness Day - May 31

Juneteenth - June 19

LifeSpan Resources will be closed on Monday, May 29, in commemoration of Memorial Day and Monday, June 19 in commemoration of Juneteenth.



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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@lslr14.org
CEO - Lora Clark Editor in Chief: Lucy Koesters

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LIFESPAN RESOURCES UPDATES

Several New Members Added to Advisory Council

Josh "JT" Turner was added to the Advisory Council (AC) at LifeSpan Resources during the February meeting.

After completing high school, JT enlisted in the United States Air Force in 2000, serving with distinction and honor until 2006. This experience instilled in him the values of discipline, teamwork, and the importance of giving back to one's community. Upon returning home, he began working at Samtec in New Albany.

JT is husband to Jessica, and father to their two children, Lucas and Joleen.

JT's passion for service extended into local politics when he decided to run for city council. Elected as the 5th District City Councilman in New Albany, JT has become a tireless advocate for his constituents, striving to improve quality of life and address local issues.



Pictured left to right: Lora Clark, LSR CEO; Cheryl Reagan; Michelle Cochran; Wilma Sadler-Morton; Joyce Cain, and AC President Diane Clark

Joyce Cain, Michelle Cochran, Cheryl Reagan and Wilma Sadler-Morton were all appointed to the Advisory Council at LifeSpan Resources during the April meeting. Sadler-Morton and Cain have served previous terms on the Council.

Cain is a retired high school educator and Machine Operator at Philip Morris. She has lived in Jeffersonville for 46 years and is active in many social clubs in the community, including the Super Senior Social Club. Cain will be an At-Large member. She has previously served on the AC.

Cochran is a Social Worker at the VA Clinic in Scott County and lives in New Washington. She has lived in the area all of her life and feels it is important to be a part of organizations that can help improve the lives of the aging population. She will represent Scott County.

Reagan lives in Jeffersonville and is a retired teacher from the Greater Clark County School System. She currently works part-time at the Wilson Education Service Center in Charlestown. Reagan represents Clark County.

Sadler-Morton is a retired EEO Counselor/Investigator with the US Postal Service. She has lived in the area all of her life and represents Clark County on the AC.



Kelley Steps Off the Advisory Council

Ellen Kelley recently stepped off of the Advisory Council for LifeSpan Resources after serving one five-year term from April 2018 through April 2023. She served as Vice-President in 2018, and President in 2019 and 2020.

Thank you, Ellen! We appreciate your dedication to LifeSpan Resources!

Left: Ellen Kelley receives a plaque of appreciation from CEO Lora Clark at the April AC meeting.

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Wilma Sadler-Morton, Clark County
Marti Snyder, Floyd County
Josh "JT" Turner, Floyd County

MAY IS OLDER AMERICANS MONTH

LifeSpan Resources Celebrates Older Americans Month



Our Senior Center Congregate Sites will be celebrating Older Americans Month throughout the month of May. You can be a part of this celebration by participating at one of our sites. Each site offers a hot lunch, socialization, activities (bingo, cards, games, etc.), nutrition education, blood pressure checks, and much more.

What is Older Americans Month?

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Following are some ways you can participate in Older Americans Month:

Participate at one of our Congregate Senior Centers near you by contacting the Health and Wellness Site Coordinator:

***Yellowwood** - 2100 Greentree North, Clarksville, IN 47129; contact Traci Lehman – 812-704-2644

***Mark Elrod** - 1 Wolfe Trace, New Albany, IN 47150; contact Pat Sullivan – 812-697-8032

***Joe Rhoads Senior Center** - 123 S. Mulberry Street, Corydon, IN 47112; contact Rick Haines – 812-736-3267

***Bacala Senior Center** - 69 E. Wardell Street, Scottsburg, IN 47170; contact Pat Amos – 812-206-7970

Each site will host activities celebrating Older Americans Month. Checkout the monthly menu and activity calendar for each site on our website lsr14.org. Below are some great ways to live "Aging Unbound":

- embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits.
- explore the rewards of growing older. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- Stay engaged in your community. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives.

DIVERSITY, EQUITY AND INCLUSION UPDATE - Monthly Awareness

May is Mental Health Awareness Month. It was established to increase the awareness of the importance of mental health and wellness and to celebrate recovery from mental illnesses. Mental Health is prevalent in all ages and is essential for a person's overall health. This month raises awareness of trauma and the impact it can have on the emotional, mental, and physical well-being of children, families, and community. Throughout May, people will bring their voices together to advocate, support and raise awareness for mental health. 46% of Americans will meet the criteria for a mental health condition at some point in their lifetime, and half of those people will develop conditions by the age of 14.

According to the National Alliance on Mental Health (NAMI) there are the multiple days in May that are designated to specific causes: May 2: Childhood Depression Awareness Day; May 3: National Anxiety Disorders Screening Day; May 11: Children's Mental Health Awareness Day; May 18: Mental Health Action Day; May 24: World Schizophrenia Awareness Day.

June is Pride Month. During June, we celebrate our LGBTQIA+ friends, families, and neighbors and remember the fight to obtain equal rights. Did you know that since *Obergefell v. Hodges* declared same-sex marriage legal in 2015, same sex couples can now qualify for their spouse's Social Security benefits? This is also true for couples who were not able to legally marry prior to the ruling but can prove they would have if they had the opportunity. The living spouse can claim survivor's benefits. They just need to apply through social security. Since the 2015 ruling, same-sex couple are now able to access the same Medicare and Medicaid rules as their opposite-sex couple counterparts.

50 YEAR CELEBRATION

LifeSpan Resources 50th Year Celebration is in Full Swing!



Back in January, we shared a front page LifeNotes article on the history of LifeSpan Resources and we hope readers found it interesting. We certainly are proud of that history and the growth we have experienced over the years. We started with an \$18,000 grant to start a senior nutrition program and have grown into a \$9 million agency serving over 3,000 clients annually. Our services include *Meals to Go!*, *Rides to Go!* transportation, case management, in home caregiving, legal services help, senior lunch congregate sites, health and wellness programs, Senior Games and Senior Games Gang membership programs and so much more. our Aging and Disability

Resource Center fields calls from thousands of individuals annually -- answering questions and connecting people to the services and resources that help them remain independent. Our service area includes Clark, Floyd, Harrison and Scott counties in Indiana.

To celebrate and promote our 50 years of service, you may have seen some of our television ads currently running. It's the first time we have ever produced television ads and it's very exciting to see them and know they are helping spread the word about the services we can provide.

We also produced a new historical video that debuted at our celebration event on May 11. Stay tuned for more information we will share about the event and the video in our next issue.

And, as always, we are here for you! If you need help, or know someone who needs help to remain living independently in their homes, call us and ask to speak to an Options Counselor to get FREE advice and consultation.

If you feel so moved, and especially if you know how we have helped folks in your community, please consider making a donation! It's so easy.. just scan this QR code or visit us at <https://www.lsr14.org/donate/> You will be helping out your neighbor if you do. Thank you!

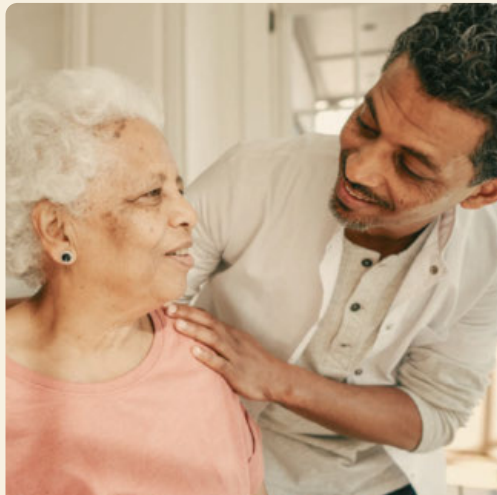


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SENIOR GAMES GANG

Senior Games Gang Horseshoes Event

April brought our annual Horseshoes event at the Sam Peden Community Park. Thank you to the Floyd County Parks and Recreation Department for the location and Brightwell Behavioral Health for sponsoring our lunch! Check out the photos below.



Horseshoes Winners:

Ladies

1st Place - Kathy Eversole - Score of 34
2nd Place - Betty Walter - Score of 33
3rd Place - Kathy Combs - Score of 28

Men

1st Place - Jude Walter - Score of 19
2nd Place - Roger Cookson - Score of 18 (not pictured, standing in his place, his wife Sherry)
3rd Place - Ralph Henshaw - Score of 14



We are also looking for lunch sponsors for each event starting in the fall. 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 still needed.

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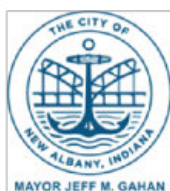
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New for 2023! We have two dueling duets, complete with a brother and sister throw down! This year will offer two winners, one single fundraiser, and one duet team fundraiser!



♪ THE SINGERS ♪



Marie Fulkerson



Hollie Laslie



**Diane Williamson
& Art Decker**



Greg Nichol



Kirk Randolph



Lori Wyatt



**David Williamson
& Penny Smith
(not pictured)**

THE JUDGES



Dayna Ashley



Greg Nash



Jill Robertson



Lori Unruh

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Want more information?

Contact Melissa Richardson, Director of Development, at 812-206-7960 or mrichardson@lsr14.org.

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 Cooler Package” which will include a YETI cooler 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.



LIFESPAN RESOURCES BLOOD DRIVE



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Back Safety Tips for Caregivers - Be Cautious When Lifting Others

Back Safety – Don't Get Hurt!

As a caregiver, at some point you will have to help the person in your care move to a chair or be asked to pick up a heavy object. It is very easy to be injured doing this and left unable to perform your caregiving duties. Attention to the safest way to move your body—and the person in your care—will keep you from unnecessary injury. If you feel a back strain, get help; don't do it alone. Most muscle strain injuries to both the caregiver and care receiver are preventable if you follow some simple rules.

The proper use of our bodies is called body mechanics. It involves standing and moving in ways that prevent injury and make the best use of strength. When you learn how to move, control, and balance your own body, it's easier to control and help or move another person.

The following hints will help you use proper body mechanics and be safe.

- ❑ Only lift as much as you can comfortably handle.
- ❑ Always let the person you are helping know what you are going to do.
- ❑ To create a base of support, stand with your feet 8"–12" apart with one foot a half step ahead of the other.
- ❑ Bend your knees slightly.
- ❑ Keep your spine in a neutral (normal arched, not stiff) position while lifting.
- ❑ USE YOUR LEGS instead of your back to do most of the work—leg muscles are stronger than back muscles.
- ❑ If you can adjust the bed, keep the top at about waist level. If it is low or you are tall, put one foot on a footstool to relieve pressure on your lower back.

The Golden Rule. . .

First, consider the task at hand. Think about what you are capable of, what assistance you might need, and to what degree the one in your care can assist you. Then, eliminate hazards such as clutter, remove rugs or excess furniture. Always consider the space you need to move, pivot, or transfer, and allow for more space than you think you need.

**Check out some daily
Back Strengthening
Exercises on page 13!**

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SUMMER SALAD RECIPE

Daily Back Strengthening Exercises

- **Hug Your Knees**—Lie on your back with knees bent and soles on the floor. Use your arms to hug one knee at a time to your chest. Ten times each knee.
- **Flatten Your Back**—Lie on your back with knees bent and soles on the floor. Take deep breaths as you tighten your abdominal muscles and press the small of your back into the floor. Hold to a count of 15 as you continue to breathe deeply.
- **Chest Lift**—Lie on your stomach in a relaxed position. Put your hands palms down at chest level and raise your head and chest from the floor. Breathe and hold this position for a count of 25. Gradually increase the time you are able to remain in this position.



5 A Day Salad

Prep Time: 20 minutes

Servings: 4

This nutrient-packed salad uses ten different vegetables, and each serving is equal to five cups of vegetables!

INGREDIENTS

Salad:

- 4 cups spinach (fresh)
- 4 cups romaine lettuce
- 2 cups green pepper (chopped, or use red, yellow, or orange)
- 2 cups cherry tomatoes
- 1 cup broccoli (chopped)
- 1 cup cauliflower (chopped)
- 1 cup yellow squash (sliced)
- 1 cup cucumber (sliced)
- 2 cups carrot (chopped)
- 1 cup zucchini (sliced)



Directions:

1. Wash all of the vegetables, chop or slice, then mix them together in a large mixing bowl.
2. Top this colorful meal with the nonfat or low-fat dressing of your choice.

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10. Vacation Activities
11. Items in Your Carry-on
12. Things in a Hotel

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2. Campfire Food
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5. Summer Camp Activities
6. Fishing Supplies
7. Woodland Animals
8. Rainy Day Activities
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10. Tent Brand
11. Hiking Gear
12. Trees

How many words can you come up with that fit these themes, going from A to Z? Start with 1 and give an answer from A to Z, working your way down the list.

For example: Forms of Transportation: **A**irplane, **B**oat, **C**ar.... Beach Destinations: **A**ruba, **B**ahamas, **C**alifornia.

See how many words you can come up with!

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Become a Dementia Friend

Look at this good-looking group of new Dementia Friends to the right! Thanks to Ramona Miller, Director of Nutrition and Transportation, for facilitating the workshop for LifeSpan Resources transportation team recently.



A Dementia Friend is someone who wants to make a positive difference in the lives of people living with dementia through increased awareness and support. Dementia Friends seeks to advance education and awareness of dementia, reduce the stigma associated with the disease, and create community environments that are welcoming for those living with dementia.

To become a Dementia Friend, let us hold a workshop at your workplace, in person. These workshops are available to private groups or organizations FREE of charge. Contact Lucy Koesters at lkoesters@lsr14.org for more information.

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