

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

JULY - AUG 2023

LifeSpan Resources

Main Office

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 New Albany, Indiana 47150

Phone Numbers

Main Office.....8129488330
 Website.....www.lsr14.org



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Main Office Hours

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

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Senior Games 2023

Senior Games 2023 was held the first full week of June in various locations throughout Clark and Floyd Counties. The theme was the 1950's in honor of LifeSpan Resources 50th Anniversary. A fun time was had by all. Everyone enjoyed the competition, socialization and wonderful food donated by several of our vendors. Thank you to Indiana State Representative Ed Clere for emceeding Opening Ceremonies, Charlestown Mayor Treva Hodges for emceeding Closing Ceremonies and New Albany Mayor Jeff Gahan for welcoming us to two different city parks! Check out the amazing photos below and see inside this issue for the most medal winners, King and Queen, and the Oldest Participants!



FROM THE CEO

Remembering and Rockin' and Rollin' Through the Spring

Our 50th Anniversary celebration we've been planning for the last year has now come and gone! We had a wonderful time celebrating with the community, our elected officials, staff, board, advisory council, supporters, volunteers, friends and family on Thursday, May 11 at the IU Southeast Ogle Center. During the event, Indiana State Representative Ed Clere presented LifeSpan Resources with a House Concurrent Resolution from the Indiana House of Representatives congratulating LifeSpan Resources on our 50 years of service to the community (see photo below). Photos from the evening are featured on page five of this issue of *LifeNotes*. I would also like to thank Congresswoman Erin Houchin for mentioning us on the house floor and recognizing our years of service. And, we even received a congratulatory letter from U.S. Senator Todd Young!

After our 50th celebration, we quickly switched gears to Senior Games 2023. It was the 37th Annual event and the theme was the 1950s, "Seniors are Rockin' and Rollin'!" The games took place June 5-9 and we had a wonderful week and beautiful weather to go with it. We had many positive comments about the Senior Games from our attendees and our participation increased to its highest level since COVID. We had more than 170 individuals registered! We are always looking for ways to make each year bigger and better, so keep your eyes peeled for a new theme for 2024 and more exciting adventures with the Senior Games. Be sure to check out the photos from Senior Games on the front page of this issue.

Sincerely,



Lora Clark, CEO
lclark@lslr14.org



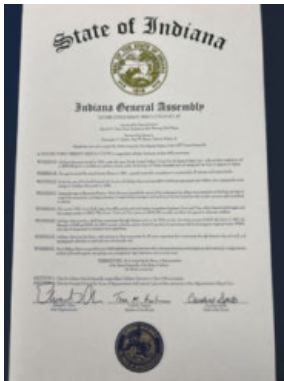
July/August Celebrations

July 4 - Independence Day

**National Minority Mental
Health Awareness Month - July**

August 26 - Women's Equality Day

**LifeSpan Resources will be closed on Tuesday, July 4, in
commemoration of Independence Day**



*Left: Concurrent Resolution
presented by State
Representative Ed Clere.*

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@lslr14.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.

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LIFESPAN RESOURCES UPDATES

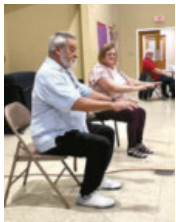
Indiana U.S. Senator Mike Braun Visits LifeSpan Resources

Indiana U.S. Senator Mike Braun visited LifeSpan Resources on Friday, May 19. He met with Chief Executive Officer Lora Clark and Chief Operating Officer Angela Marino to discuss the significance of advocating for Older Americans Act funding and ensuring our clients have access to these cost-effective in-home services. He also congratulated us on providing much-needed services in our community for over 50 years, assisting aging persons and individuals with disabilities, as well as their loved ones.

Senator Braun is a ranking member of the U.S. Senate Special Committee on Aging and we appreciate his dedication to a cause we directly champion each day.



LifeSpan Resources Holds Semi-Annual All Staff Meeting at St. Mark's



LifeSpan Resources held our semi-annual All Staff Meeting on May 16 at St. Mark's United Church of Christ in New Albany. We welcomed several new staff members and celebrated promotions and job changes. In addition, Rick Haines, our awesome Joe Rhoads Site Manager, provided a Tai Chi demonstration. Lucy Koesters recapped the 50th Anniversary celebration for everyone who was unable to attend and shared the memorabilia.

Goldman Steps Off Board of Directors

James Goldman stepped off the LifeSpan Resources Board of Directors during the June meeting. Goldman served three consecutive three-year terms and served as President from July 2018 through June 2020.

James, thank you for your dedication and service!



Division of Aging Visits LSR

Indiana Division of Aging Director, Leslie Huckleberry, and Andrew Bean, Deputy Director; recently met with the leadership team and spent the afternoon learning about the exciting happenings at LifeSpan Resources. Lora Clark, Chief Executive Officer, and Lucy Koesters, Chief Business Development Officer, provided information about the fundraising activities we host throughout the year and how those funds are used to support our mission. They were impressed with the emphasis the agency places on ensuring we meet the needs of older adults and persons of all ages experiencing disabilities in our communities. Also in attendance was Angela Marino, Chief Operating Officer; Leslie Meek, Chief Financial Officer and Drew Landreth, Home & Community Based Services Director.



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
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The Rev. Dr. Tony Toran, At-Large
Lynn Reker, Clark County
Melissa Woods, Scott County

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Pam Clark, Clark County
Michelle Cochran, Scott County
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Marti Snyder, Floyd County
Josh "JT" Turner, Floyd County

LIFESPAN RESOURCES 50TH CELEBRATION RECAP

Here are a few photos of the wonderful evening held at the IU Southeast Ogle Center on May 11, 2023. Thank you to the committee for all of their hard work. It paid off with a beautiful and flawless event. We also want to thank Stumler Catering and Naked By Sunday for the wonderful food and drinks, Mayor Gahan, former Indiana State Senator Ron Grooms and Indiana State Representative Ed Clere for speaking on our behalf, Jamey Aebersold and his band for the fantastic music, and also Tara Bassett for emceeing the program portion of the evening.



DIVERSITY, EQUITY AND INCLUSION

Monthly Awareness Recognition

July - Americans With Disabilities Act: July 26, 2023 marks the 33rd anniversary of the Americans With Disabilities Act (ADA). The ADA guarantees that those who are those who are experiencing disabilities are not discriminated against for their status in many areas including: employment, state and local programs and resources, and private and non-profit businesses. It also provides guidelines for inclusive spaces for folks who need support, such as designated parking spaces, adaptations for those who are hard of hearing and blind, and allowing service animals in public spaces that would not normally allow for animals to enter. In the United States, 12.7% of those not residing in institutions were considered disabled as of the 2019 Census. According to the Centers for Disease Control, adults with disabilities often also have comorbidities like diabetes, heart disease, and obesity. They say 1 in 4 of the disabled population have unmet medical needs due to costs. LifeSpan Resources offers many services to seniors and those with disabilities to ensure they are granted the rights and services they need to live independently as long as possible. For more information on our services, call 812-948-8330.



August - Women's Equality Day. The U.S. Congress designated August 26 as "Women's Equality Day" in 1973. The date was selected to commemorate the 1920 certification of the 19th Amendment to the Constitution, granting women the right to vote. This was the culmination of a massive, peaceful civil rights movement by women that had its formal beginnings in 1848 at the world's first women's rights convention in Seneca Falls, New York. The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women's continuing efforts toward full equality. Workplaces, libraries, organizations, and public facilities now participate with Women's Equality Day programs, displays, video showings, or other activities.

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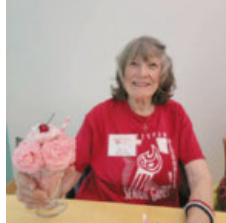
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SENIOR GAMES GANG

Senior Games Gang Cards and Crafts

May brought our final Gang event for the 2022-23 year. We met at the Floyd County Family YMCA for a Cards and Crafts event, where many of our attendees helped make table decor for our upcoming Senior Games. Thank you to the Floyd County Family YMCA for the location and Trilogy Health Services for sponsoring our lunch! Check out the photos below.



Nursing Home Games 2023

Nursing Home Games took place on Thursday, June 15 at Charlestown Place. We had over 20 individuals join us from three facilities: Charlestown Place, Green Valley Care Center and Hampton Oaks. The 1950s theme carried into Nursing Home Games and everyone enjoyed the theme décor, as well as an authentic diner lunch complete with meatloaf, mashed potatoes, green beans, macaroni and cheese and chicken and dumplings. There was even a cake congratulating LSR on 50 years of service. They played Basketball Toss, Toss 'Em, Cup Stacking, Trivia, Javelin, and Ring Toss. Check out our winners below.

King and Queen (oldest participants):
Earl Jackson (91)
Trudy Grove (101)



Medal Winners (below): Jane Royse, Shirley Kruer, Bobby Hobbs, Mary Ross, Jack Petty, Sandy Humphress, Marvin McClellan, Peggy Bruce, Richard Campbell, Naoma Ritchey, Sheila Maxwell, Frank Earl, Avis Martin, James Barks, and Glenda Hoffman. **Congratulations!!**



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SENIOR GAMES 2023 WINNERS



Senior Games: Rockin' the 50's!

King and Queen
Patricia Howard & Dan Griffin



Most Medal Winners

Women

Age 55-62: Theresa Simmons (not pictured)

Age 63-70: Joyce Shipp

Age 71-78: Patty Cress

Age 79-86: Patricia Howard (not pictured)

Age 87+: Rita Campbell



Most Medal Winners

Men

Age 55-62: Curtis Zoellers

Age 63-70: Ken Whobrey

Age 71-78: Paul Briles

Age 79-86: Dan Griffin

Age 87+: Bill Tabor



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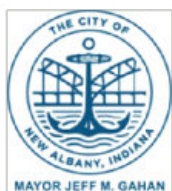
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THANK YOU, SENIOR GAMES SPONSORS



MEET OUR VOICE AND VINO PERFORMERS

Meet our 2023 Singers and Judges!

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



**Penny Smith &
David Williamson**

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 a 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.



JOIN THE SENIOR GAMES GANG TODAY

Now's the Time to Register for the 2023-24 Senior Games Gang!

Since the inception of LifeSpan Resources Senior Games Gang, new friends have been made, tons of medals won, and, most importantly, the Gang has raised over \$100,000 to support our clients with programs such as home delivered meals, transportation, and numerous in-home services. Every year, the Gang has been a Platinum sponsor of the Senior Games! As a Senior Games Gang member, you receive LifeSpan Resources logo gifts, free registration for Senior Games 2024 including a free t-shirt with the Gang logo on the sleeve; plus all Gang members will be featured in the Senior Games Program.

SENIOR GAMES
GANG

We host monthly "Members-Only" events just for Gang members August 2023 through May 2024 including the Holiday Senior Angel Tree program! Lunch and/or snacks are always included to add to the fun. See the schedule below for the upcoming events.

Senior Games Gang 2023/24 Events (All Dates and Times are Tentative):

- **Miniature Golf:** Friday, August 4, 2023, 11 a.m. - 1 p.m. at Family Activities Park, Charlestown Center, NA
- **Chair Volleyball:** Friday, September 8, 2023, 11 a.m. - 1 p.m. at Southern Indiana Sports Center, NA
- **Cards and Games:** Friday, November 3 2023, 11 a.m. - 1 p.m. at Charlestown Senior Center
- **Angel Tree Box Wrapping:** Friday, November 17, 2023, 11 a.m. - 1p.m. at LifeSpan Resources
- **Angel Tree Delivery:** Friday, December 8, 2023, 10 a.m. - 1 p.m. at LifeSpan Resources
- **New Years' Crafts and Cards:** Friday, January 12, 2024 11 a.m. - 1 p.m. at FC YMCA Multi-Purpose Room, NA
- **Toss 'em:** Friday, February 9, 2024, 11 a.m. - 1 p.m. at Southern Indiana Sports Center, NA
- **Bunco:** Friday, March 8, 2024, 11 a.m. - 1 p.m. at Eastern Heights Baptist Church, Jeffersonville
- **Horseshoes and Picnic:** Friday, April 12, 2024, 11 a.m. - 1 p.m. at Community Park, NA
- **Spring Crafts and Cards:** Friday, May 10, 2024, 11 a.m. - 1 p.m. at FC YMCA Multi-Purpose Room, NA



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



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MAH JONGG, ANYONE?

Calling All Experienced Mah Jongg Players!

LifeSpan Resources would like to start a Southern Indiana Mah Jongg group. However, to get started we need:

1. At least four experienced players that follow the National Mah Jongg League of Rules.
2. Individuals who would like to play together to polish and improve skills.
3. Once our group is established, we can invite new members that want to learn.

If you are interested, please contact Melissa Richardson, Director of Development at 812-206-7960 or email her at mrichardson@lsr14.org.



Senior Farmers Market Nutrition Program 2023

There are many changes to the Senior Farmers Market Nutrition Program for 2023. It is moving to electronic (eSFMNP) coupons. The state is working on new software (which is not quite ready yet) to be used for enrolling participants and issuing electronic coupons.

The changes include:

- Coupons will be worth \$50.00.
- Coupons will be an app which you will download to your smart phone, after receiving an email invitation OR a barcode which will be printed for you to keep.
- Coupons will expire 30 days after the issue date.
- When purchasing items at the farmers market, show the registered farmer your barcode to pay for your items. The amount will be deducted from the \$50 you have on your coupon account. It will deduct until you are at \$0.00 or 30 days have passed.

We will start coupon distribution when the new state software is ready for utilization. We will post places, dates, and any other information on our LifeSpan Resources Facebook page.



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SUMMER SALAD RECIPE

Red, White & Blue Cheesecake Salad



Yield: 12-14 Servings

Author: Mandy Rivers | South Your Mouth

Prep Time: 10 Min

Total Time: 10 Min

This berry cheesecake salad recipe is the perfect patriotic dessert for 4th of July with strawberries, blueberries and cream cheese filling.

INGREDIENTS

- 2 pounds strawberries
- 1 pint blueberries
- 1 8-oz. package cream cheese, at room temperature
- 1 teaspoon vanilla extract
- Pinch of salt
- 2 cups powdered sugar
- 1 large (16-oz.) tub Cool Whip, thawed
- 4 cups mini marshmallows

INSTRUCTIONS

1. Remove stems from berries. Cut strawberries into small pieces (similar in size with the mini marshmallows) then set aside. You need to prep your berries before mixing the cheesecake mixture as it will start to set up pretty quickly once mixed.
2. In a very large bowl, beat cream cheese, vanilla, salt and powdered sugar until smooth and creamy. Add half of cool whip then stir until smooth. Fold in remaining Cool Whip.
3. Fold in strawberries, blueberries and mini marshmallows then transfer into a resealable container.

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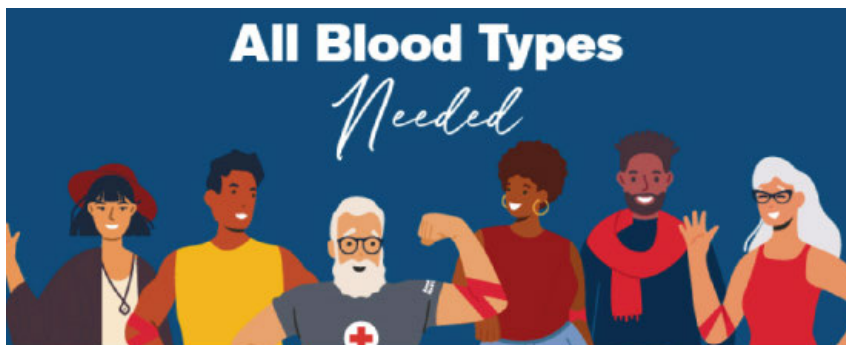
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Now every time you shop and use your Kroger Plus card, you'll be earning rewards for LifeSpan Resources. Thank you!

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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Support our Mission

Don't forget to make your tax-deductible donation. Thank you!

Every dollar donated will have a major impact on the life of an older adult!

\$100 provides four transportation trips for a medically fragile individual.

\$50 provides a week of Meals to Go! for a homebound individual.

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Donor Name:		Phone:	
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Amount of Gift:	Do you wish to remain anonymous? (Circle) Yes No		
This gift is in HONOR / MEMORY of (Circle):			
Send an acknowledgement of donation to, Name:			
Address:		City, State, Zip Code:	
Would you like to be contacted regarding planned giving or leaving LSR a gift in your will?			

All donations can be mailed to (include this form please):
LifeSpan Resources, Inc.
P.O. Box 995, New Albany, IN 47151-0995