

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**November/December
2023**

LifeSpan Resources

Main Office

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P.O. Box 995
New Albany, Indiana 47150

Phone Numbers

Main Office 812-948-8330
Website www.lsr14.org



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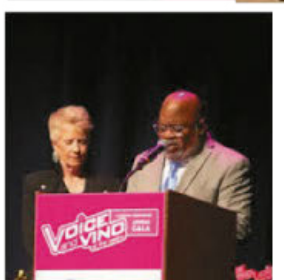
Main Office Hours

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

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**Congratulations
Lori Wyatt (individual)
and
Diane Williamson and
Art Decker (duet),
Voice and
Vino Winners 2023!**



Check out more amazing photos from the evening at www.lsr14.org.

FROM THE CEO

Voice and Vino Season 6 - A Record-Breaking Event!

WOW! I think Voice and Vino at the Casino Season 6 was our best yet! The event was held on Tuesday, October 24 at Caesars Southern Indiana. Our individual and duet performers were amazing! We experienced everything from classic Dean Martin to 1980's rap, as well as a little Dolly Parton! It was a night of fun and entertainment from start to finish. Be sure to check out additional photos inside this issue of *LifeNotes*.

We raised \$150,000 to support our 3,000+ senior and differently-abled clients in Clark, Floyd, Harrison and Scott counties who need our help to remain living independently. This year, we crowned two separate winners: Lori Wyatt was our individual winner raising over \$43,000, a record fundraising effort! Our first-ever duet winners were Diane Williamson and Art Decker raising over \$19,000. Thank you to all of our singers and judges for a wonderful event.

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

Happy Holidays,
Lora Clark, CEO
lclark@lsr14.org



Friday, November 10, 2023

November/December Events

November - American Diabetes Month

November - National Alzheimer's Awareness Month

November - National Family Caregivers Month

November - Home Care & Hospice Awareness Month

Great American Smokeout - November 16, 2023

LifeSpan Resources will be closed Thursday, November 23 - Friday, November 24 for the Thanksgiving holiday. We will also be closed Friday, December 22 and Monday, December 25 for Christmas, as well as Friday, December 29 and January 1, 2024 for New Year's.

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

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LIFESPAN RESOURCES UPDATES

Medicare Open Enrollment: Let Us Help You

Medicare open enrollment, also known as the annual election period or annual coordinated election period, refers to the annual period (October 15 through December 7) during which Medicare plan enrollees can reevaluate their coverage -- whether it's Original Medicare with supplemental drug coverage, or Medicare Advantage, and make changes if they want to do so. During Medicare open enrollment, a beneficiary can:

- switch Medicare Advantage plans, switch from Medicare Advantage back to Original Medicare or vice versa,
- join a Medicare Part D prescription drug plan
- switch from one Part D plan to another, or
- drop Medicare Part D coverage entirely.



Note that the annual open enrollment does not apply to Medigap plans, which are only guaranteed-issue in most states during a beneficiary's initial enrollment period, and during limited special enrollment periods.

Medicare open enrollment began on October 15 and ends on December 7, with changes effective on January 1, 2024. If you need assistance with open enrollment, please contact LifeSpan Resources to speak with a SHIP Counselor at 1-888-948-8330.

Employee & Volunteer Appreciation Picnic

The 2nd Annual LifeSpan Resources Employee and Volunteer Appreciation Picnic was held on Saturday, September 30 at Kevin Hammersmith Memorial Park. It was a fabulous afternoon with great food and fellowship, tons of door prizes, kids activities and some surprise visitors. Many thanks to our own Employee Engagement Committee for planning this wonderful event and to the numerous sponsors and donors of all the fun prizes!



Thank you to our fabulous Employee Engagement Committee for planning our wonderful picnic! Here are the committee members: Angelia Reedus, Tera Swift, Kina McKinney, Jessica Meyer, Michelle Brantley, Malinda Hart. Not pictured: Chandra Stacy and Traci Lehman.

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LIFESPAN RESOURCES HISTORY PRESERVED

50 YEARS OF HISTORY PRESERVED AT LIBRARY'S HISTORY ROOM

LifeSpan Resources has partnered with the Floyd County Library's Indiana History Room staff to preserve many years of historical memorabilia contained in scrapbooks that were assembled by dedicated volunteers over the years. The scrapbooks were on display at the agency's 50th anniversary celebration earlier this year. Lucy Koesters, LifeSpan Resources Chief Business Development Officer said, "The scrapbooks were rescued from the bottom of a dusty storage closet several years ago. I knew they were a vast treasure trove of the agency's early days. They told the story of the first council on aging in the area (The South Central Indiana Council for the Aging and the Aged), and how dedicated community leaders wrote the first state grants and received funding for the Elderly Nutrition Program." The council eventually received designation as the local Area Agency on Aging (AAA) and it grew programmatically and financially from that point on.



"The scrapbooks are filled with wonderful pieces of memorabilia including many newspaper articles, old photos, early brochures, flyers and other information," Koesters said. "They document not only the facts about the early days of the agency, but also the style of dress, the older ways of doing business, conversational styles, customs of the local churches and civic groups, and much more. It would be such a shame to let these old binders crumble into dust," Koesters continued.

Koesters reached out to the staff at the Floyd County Library to gauge interest in preserving the memorabilia. To her delight, Allison Kilberg, Special Collections & Exhibitions Leader with the Indiana History Room, was excited to view the binders and immediately set out to plan a preservation project. Earlier this fall, a volunteer from the local Retired Senior Volunteer Program (RSVP), was chosen to begin working on the project which entails a delicate and slow process. The volunteer is Debbie Vietzke. Each binder was numbered and its contents summarized by Koesters before turning it over to the library. Vietzke works on one binder at a time digitally scanning each page into a system that will eventually be available to the general public. Vietzke wears white gloves to first number each page of the binder. She then removes the page from the book and scans it. Each page is digitized into the system until all pages are scanned in order of the book. The pages are then reassembled back into the book.

Kilberg said the technology used is called Optical Character Recognition (OCR). "After a scanned file is uploaded to the Internet Archive, various processes kick in to analyze the content and make it more accessible. OCR allow a computer to recognize and convert images of text into a format that it can read. This allows the text to be electronically searched, edited, and displayed online. For example, if you scan a newspaper article, a human will look at it and know that the image contains words that can be read; however, without OCR, a computer will just interpret it as a picture, not recognizing that it contains text."

Kilberg also provided more information on the Indiana History Room and how the public can utilize this amazing community resource: "The Floyd County Library's Indiana History Room houses a diverse range of materials documenting the history of Floyd County and its residents, from major events to daily life. The library maintains a large collection of books, research files, microfilm, and digital resources related to genealogy, notable buildings, historic businesses, military history, and more. While materials can't be checked out due to their rare and fragile nature, the Indiana Room is open to everyone, and trained staff can provide research guidance. The Indiana Room also has a new 'DigiStation,' where patrons can use the library's equipment to digitize their family photos, scrapbooks, documents, and VHS tapes."

For the LifeSpan Resources memorabilia project, the library will scan a total of nine large format scrapbooks documenting the agency's history from 1972 until 2010. Once all the pages of a particular book are in the computer, the system can be accessed and operated somewhat like a Kindle book, where the user can touch and "turn" the pages. Each binder takes up to two weeks to complete. There has been no set timetable as of now for when the project will be completed and available for public viewing. "But at least we are in the process. And it is such a great relief to know that our agency's history will be preserved via this wonderful partnership with the Floyd County Library. I am so very grateful," Koesters said. For more information on the Indiana History Room go to: <https://floydlibrary.org/indiana-history-room/>. See photos of the process on page 5.

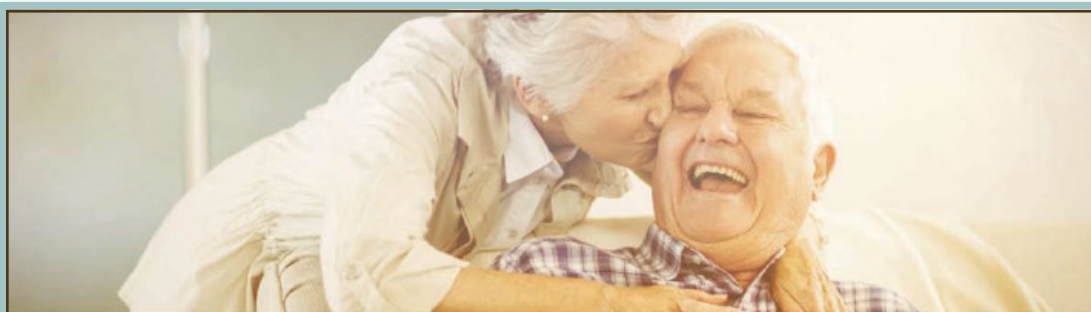
HISTORY PRESERVED

50 YEARS OF HISTORY....



Left and above: The pages are carefully numbered, removed, scanned and re-assembled. At completion, the public can access the scrapbooks in digital format online.

Left: Debbie Vietzke, RSVP volunteer, works on preparing LifeSpan Resources' historical scrapbook pages for scanning at the Floyd County Library's Indiana History Room.



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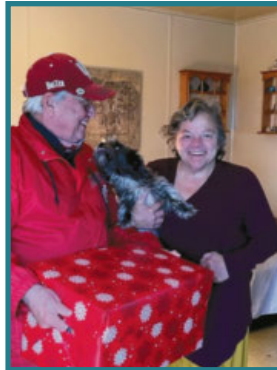
SENIOR ANGEL TREE DONATIONS NEEDED

SENIOR GAMES GANG ANGEL TREE PROJECT

The holiday gift box Angel Tree project will kick off on Friday, November 17 from 11 a.m. - 1 p.m. in the LifeSpan Resources main office board room when we will be wrapping the boxes that will be filled at a later date.

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

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



Donations Needed:

- Canned Ham
- Canned Sweet Potatoes
- Canned Cranberry Sauce
- Canned Green Beans
- Boxed Stuffing Mix
- Wrapped Candy
- Hot Cocoa Mix
- 2-in-1 Shampoo
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DIVERSITY, EQUITY AND INCLUSION

NOVEMBER/DECEMBER

No Shave “Movember”

Get your moustaches ready! November is Movember. Moustaches are grown to bring awareness to the importance of men's health issues, including prostate cancer, testicular cancer, and men's suicide. The goal is to encourage men to ask their doctors for regular screenings so any issues can be caught early. The Movember Foundation started in 2004 and has raised \$837 million and funded over 1,000 projects in 20 countries. Fellas — ask your doctor what important screenings you need today!



International Day of Persons with Disabilities Day

December 3 is International Day of Persons with Disabilities (IDPD) Day. This day promotes the rights and well-being of persons with disabilities at every level of society, and raises awareness of these individuals in all aspects of political, social, economic, and cultural life.

In 1992, the United Nations called for an international day of celebration for people living with disabilities to be held each year on December 3. This day focuses on:

Celebration – to recognize the diversity of our global community, and to cherish the role we all play, regardless of our abilities;

Learning – to understand and learn from the experiences of people living with a disability;

Optimism – to look toward the future and the creation of a world where a person is not characterized by their disabilities, but by their abilities;

Action – where all people, organizations, and charities not only show support for International Day of People with Disabilities, but take on a commitment to create a world characterized by equal human rights.

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THANK YOU CADELLAS FOR THE JEWELRY FUNDRAISER!



ANNUAL LSR HALLOWEEN PARTY

*We sure know
how to have a
good time!*



LifeSpan Resources Annual Staff Halloween Party was held on Friday, October 27! Thank you to our amazing Employee Engagement Committee for organizing the fun and games. Congratulations to the costume contest winners: Angel Encinas AKA "Bob Ross" - Most Likely to Save the World; Patricia Strickland - "Teenagers Bedroom" - Most Creative; and Amber Atwood "Sumo Wrestler" - Funniest. And, a special thank you to State Representative Ed Clere for joining us!

Alzheimer's Disease and Wandering

One of the most troubling aspects of Alzheimer's Disease (AD) is the person's tendency to wander. There is no way to predict who will wander or when it might happen. However, some of the reasons can be pain or restlessness, side effects of medication, a noisy or stressful environment, an attempt to meet basic needs (finding the toilet). Wandering may also be a natural release for boredom or agitation. If this is the reason, wandering within a safe confined space may be encouraged. When faced with episodes of wandering, try to find the *cause*.

You cannot always prevent wandering, but you can do many things to reduce the chances it will happen. Provide opportunities for exercise. Exercise might include singing, rhythmic movements, walking at an indoor mall, or dancing. Develop areas indoors and outdoors where the person can explore and wander independently and safely. Reduce noise and confusion, particularly at mealtimes.

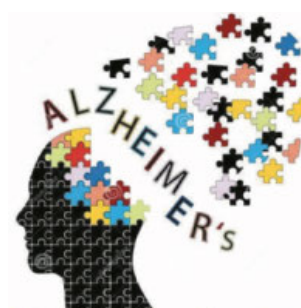
Clearly label bathrooms, living rooms, and bedrooms with large letters or pictures. Try attaching a yellow strip of plastic, symbolizing caution, across doors to prevent wanderers from entering or leaving the room.

Install electronic alarms or chimes on windows and doors.

Monitor medication for changes, especially anti-depressants or anti-anxiety drugs.

Determine whether wandering is related to previous lifestyles. Find out how the person coped with change and stress and **learn about patterns** of physical exercise and lifetime habits, both at home and at work. (Did the person always react to an argument by going out and walking for an hour? Did he always jog in the afternoon?) Have a plan of action if wandering occurs.

Source: *The Comfort of Home for Alzheimer's Disease: A Guide for Caregivers*



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Key: 1. Rocking Around the Christmas Tree, 2. Frosty the Snowman, 3. Silent Night, 4. Silver Bells, 5. Blue Christmas, 6. I'll Be Home for Christmas, 7. We Three Kings, 8. Joy to the World, 9. Let it Snow, Let it Snow, Let it Snow, 10. Santa Baby



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HOLIDAY RECIPE

FESTIVE POPCORN BALLS

Popcorn balls with marshmallows are fun to make with the kids, great for gifting, and a fun treat for holiday bake sales as well.

Place the balls in a cellophane baggie and tie them with a ribbon or twine for a festive and easy gift or bake-sale-ready goodie. Or add several to a goodie box for a gift for neighbors, friends, or co-workers.



Ingredients

- * 1/2 c. unpopped popcorn kernels
- * 1/2 c. unsalted butter
- * 1 10 ounce bag miniature marshmallows
- * 1 cup red & green M&M candies
- * 1/3 cup festive sprinkles

Instructions

1. Pop your popcorn kernels using your preferred method. Separate any unpopped kernels and set aside the popped popcorn.
2. In a large pot, melt butter over medium-low heat. When the butter is melted, add in the marshmallows. Heat the marshmallows, stirring often, until melted and smooth.
3. Remove marshmallows from heat and stir gently into popcorn. Stir to coat completely.
4. Once popcorn is well-coated and has cooled a bit, fold in M&M's and sprinkles with a rubber spatula.
5. Spray hands with non-stick cooking spray. Scoop one cup at a time to form into balls.
6. Allow popcorn balls to cool completely.

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LIFESPAN RESOURCES IN THE COMMUNITY

LSI ANNUAL MEETING



Left to Right: front row – LaQuaysha Greenwell, Angela Marino, Tina Denzik, Tera Swift, Drew Landreth; Left to Right: back row – Jessica Meyer, Amber Atwood, Michelle Brantley

Legends and Leaders was the theme of Leadership Southern Indiana's (LSI) annual meeting. Several past and future LSI alumni from LifeSpan Resources attended the event and enjoyed networking with other community leaders. In the spirit of competition it was also exciting to learn that Michelle Brantley, class of 2023, was a member of the "Best Class Ever" LSI Leadership Discovery award.



Dementia Friends

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 seek 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.

Photo Above: Lucy Koesters, Chief Business Development Officer, recently completed a Dementia Friends training for the LSI Discover Class of 2023 at First Savings Bank. There were 35 new Dementia Friends made at this training.

Let us hold a free workshop at your workplace, in person. These workshops are also available to private groups or organizations FREE of charge. Contact Lucy Koesters at lkoesters@lslr14.org for more information.



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Thank you, Sponsors

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LSR in the Community

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

PLEASE consider putting LifeSpan Resources in your will or making a Planned Gift. Know that you will be supporting your community friends and neighbors in need. For more information, contact Lucy Koesters, Chief Business Development Officer, at lkoesters@lsr14.org.



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Address: City, State, Zip Code:	
<input type="checkbox"/> I would like more information on creating a legacy to support LifeSpan Resources.	

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