

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

SEPT - OCT 2023

LifeSpan Resources

Main Office

33 State Street
 P.O. Box 995
 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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Rock of Ages FREE Music Lab - Learn to Play! Join a Band! Registration Now Open!

"There are few things that stimulate the brain the way music does... If you want to keep your brain engaged throughout the aging process, listening to or playing music is a great tool. It provides a total brain workout."

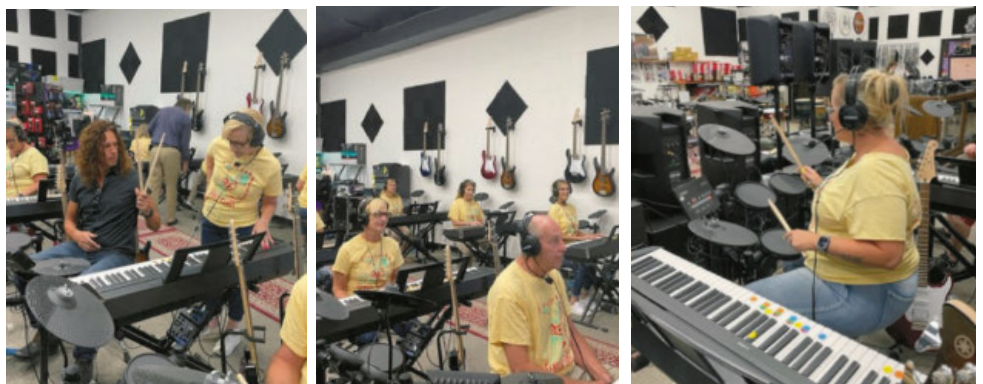
When older adults take piano lessons, "their attention, memory and problem-solving abilities improve, along with their moods and quality of life. You don't have to become a pro, just take a few lessons."

Source: hopkinsmedicine.org/health/wellness-and-prevention/keep-your-brain-young-with-music



Maxwell's House of Music (MHOM) has developed a new music learning lab for beginner musicians of all ages. LifeSpan Resources has partnered with MHOM to offer *Rock of Ages* free of charge to seniors age 60+ as an opportunity to learn a new instrument, provide socialization and keep brains youthful. The program will begin September 19 and we are currently seeking participants who want to learn to play **keyboard, bass, drums, lead guitar, or rhythm guitar**. For more information, call Maxwell's House of Music at 812-283-3304 and ask for the man himself, Mark Maxwell – you know, from *The Crashers*!!

You can also call Melissa Richardson at LifeSpan Resources 812-948-8330 for information OR visit lsr14.org/important-announcements to print out a registration form. Be sure to pick the instrument you want to learn at the bottom of the sheet. Registration forms need to be returned to LifeSpan Resources no later than September 18. Mail your registration form to 33 State St., PO Box 995, New Albany, IN 47151. The first 48 who sign up can participate!



Above: LSR Staff trying out the new music lab at Maxwell's House of Music.

FROM THE CEO

LifeSpan Resources Planning Biggest Voice and Vino Ever!

LifeSpan Resources has upped the game for Voice and Vino Season 6! We've added duets to the mix for our singing competition, as well as added a HUGE new limited-quantity raffle to our already amazing raffle and silent auction items.

This year, we are excited to announce two duets: Diane Williamson and Art Decker, and Diane's brother, David Williamson and his singing partner, Penny Smith! So, not only will we announce an individual winner, we will also announce a duet winner. Remember, it isn't the person who sings the best, it's the person and duet who raise the most money! Check out our singers in this issue and make a donation at voice.lsr14.org today! We've also added a new raffle opportunity for 2023. Thanks to Masterson's Food and Drink and Captain's Quarters Riverside Grille, we will offer a dinner cruise aboard the CG Princess (cash bar available) for the winner and 60 of their closest friends! How exciting is that? Only 200 tickets will be sold for \$100 each. The drawing will be held on Tuesday, October 24 at 8 p.m. at Voice and Vino. You don't need to be present to win, but you need to purchase your ticket ASAP! Once the tickets are gone, you miss out for this year. To purchase a ticket, see one of our Board members or Advisory Council members, or contact Melissa Richardson, Director of Development, at 812-206-7960 or email mrichardson@lsr14.org.

It will be an exciting evening! I hope to see you there.

Sincerely,



Lora Clark, CEO
lclark@lsr14.org



September/October Celebrations

September 4 - Labor Day

October 10 - World Mental Health Day

Healthy Aging Month - September
National Senior Center Month - September
Breast Cancer Awareness Month - October

September 10 - 16 - National Assisted Living Week

September 18 - 22 - Falls Prevention Awareness Week - Theme:
"From Awareness to Action"

October 9 - 13 - National Case Management Week

**LifeSpan Resources will be closed on Monday, September 4,
in commemoration of Labor Day.**

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

Clark Steps off of LifeSpan Resources Advisory Council



Lora Clark, CEO of LifeSpan Resources presents Pam with a plaque of appreciation for her service.

Pam Clark recently stepped off of the LifeSpan Resources Advisory Council at the August Advisory Council meeting after serving two consecutive terms from 2018 to 2023. She served as Secretary of the Council from 2020 to 2022.

Clark is the Director of Minority Health Initiatives with Community Action of Southern Indiana. She has been a wonderful addition to our Advisory Council and we appreciate her dedication to the aging and those with disabilities in our community.

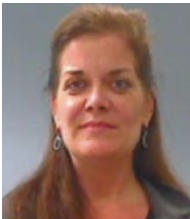
Thank you for your service, Pam!

Fried and Angell Present Case Studies at State Conferences



Recently, **LifeSpan Resources Options Counselor Jamie Fried** presented a case study on a client, the communication to and from the Health Plan (Humana) and all of the processes involved in the care transitions plan for this Dual Special Needs Plan (D-SNP) client.

Jamie presented the case study to nine different health plans, as well as three other Area Agencies on Aging, the Medical Director of the Division of Aging, and other state staff.



LifeSpan Resources Case Manager Lisa Angell presented a client case study during the July Indiana University Geriatric Workforce Enhancement Program and Family and Social Services Agency Division of Aging Zoom Session.

Lisa discussed a particularly complicated patient transition that took place after the patient had been hospitalized five separate times over a 90-day period. The goal of the presentation was to provide insight to the Indiana Division of Aging on the complications that can arise during care plan transitions. Fortunately this case ended positively, but not before the patient experienced a near death medication error. Her presentation brought up a lot of good discussion regarding the difficulties of communication between all parties involved in transitioning patients from hospital to home or other locations.

Congratulations Jamie and Lisa! Your expertise is much appreciated!

Greenwell Accepted into LSI Elevate Program

LaQuaysha Greenwell, Case Management Supervisor, was recently accepted into the Leadership Southern Indiana Elevate program for 2023-24. Elevate allows new leaders to enhance and add to their workplace power skills by learning directly from other recognized community leaders.

Congratulations, LaQuaysha!



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LIFESPAN RESOURCES OMBUDSMAN PROGRAM

Indiana Long-Term Care Ombudsman Program

LifeSpan Resources partners with the Indiana FSSA Long Term Care Ombudsman Program, which assists residents of long-term care facilities (nursing homes), assisted living facilities, and adult foster care homes with complaints or concerns. The Ombudsman receives, investigates, and attempts to resolve problems or complaints affecting the health, safety, rights, and welfare of residents in long-term care facilities.

Ombudsman services are confidential and free.

Reporting a Problem

If a client (or family member) has a complaint regarding food, lost possessions, or insufficient care that has not been suitably addressed by the administrator of the client's facility, one may contact the Ombudsman. After permission has been given to look at a client's record, the Ombudsman will investigate and talk with the appropriate people regarding the complaint. The Ombudsman will then work with the facility and client to resolve the issue.

The Ombudsman also works closely with Adult Protective Services and the Indiana State Board of Health when investigating complaints concerning abuse or neglect. Anyone can file a complaint with the Ombudsman on behalf of a long-term care facility patient.

Facility and Assistance Information

The Ombudsman is also available to answer questions and provide information and referral about Long-Term Care facilities. This information includes:

- Medicaid questions
- Medicare questions
- How to look for a nursing home.
- How to resolve a complaint on your own using the Internet.

The Ombudsman also provides in-service training for residents, family members, long-term care facility staff, and churches.

The Ombudsman also works with facilities to identify issues and problem areas in long-term care facilities; and recommends needed changes.

Please contact our Indiana State Long Term-Care Ombudsman (serving Clark, Floyd, Harrison and Scott counties) with any of these concerns or issues:

Contact:

Mary Cleavinger

Phone: 812-913-7361

Email: mary.cleavinger@ilsa.gov

Office Hours:

Monday – Friday

8:30 a.m. – 4:30 p.m.



DIVERSITY, EQUITY AND INCLUSION

Monthly Awareness Recognition

September - Suicide Prevention Month:

If someone is at risk for suicide, you can watch for warning signs, including:

- Talking about being a burden
- Being isolated
- Increased anxiety
- Talking about feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide

Contact the 988 Suicide and Crisis Lifeline if you are experiencing mental health-related distress or are worried about a loved one who may need crisis support.

- **Call or text 988**
- **Chat at 988lifeline.org**

Connect with a trained crisis counselor. 988 is confidential, free, and available 24/7/365.

Source: Risk and Protective Factors | Suicide | CDC

October - Down Syndrome Awareness Month and Hispanic American Heritage Month

Down Syndrome Awareness Month - This awareness month started in the 1980s by the National Down Syndrome Society. The goal was to spread awareness and greater understanding about Down Syndrome and to promote advocacy and foster inclusion. Down Syndrome is a condition in which a person has an extra chromosome or an extra piece of a chromosome. This extra copy changes how a baby's body and brain develop. It can cause both mental and physical challenges during their lifetime. There are more options than ever for jobs and living arrangements for those living with Down Syndrome and doctor's continue to learn more about their challenges.

Hispanic Heritage Month - Each year, Americans observe Hispanic Heritage Month from September 15 to October 15, by celebrating histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. September 15 is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate on September 16 and 18, respectively. Columbus Day or Día de la Raza, which is October 12, falls within this 30-day period.

Celebrate the moments that matter most.

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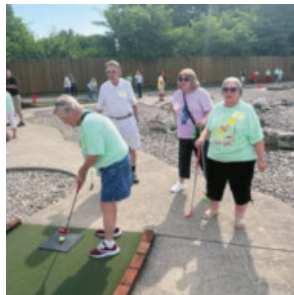
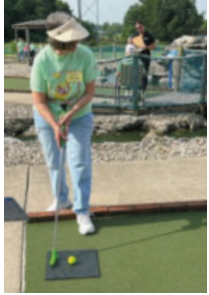
SENIOR GAMES GANG

Senior Games Gang Mini Golf

The Senior Games Gang had a wonderful time playing Mini Golf at the Charlestown Family Activities Park. Mayor Treva Hodges even made a surprise visit to welcome us and to visit with our Gang while they played golf! A fabulous lunch was provided by **Timmel Associates** and the location was donated by the **City of Charlestown**! Thank you to both of these sponsors.

Mini Golf Winners

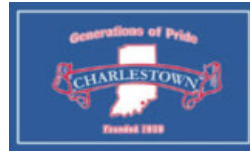
Check out some pictures below from our fun day of golf!



Men: Bronze - Tom Scott, Silver - Angus Hart, Gold - Ken Whobrey

Women: Bronze - Barbara Peay, Silver - Sandy Briles, Gold - Marilyn Scott

Congratulations to all!



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THANK YOU, GRANT FUNDERS



LifeSpan Resources recently accepted a \$12,000 grant check awarded by the **Caesars Foundation of Floyd County** during their bi-annual awards ceremony. The funds will be used toward the purchase of a new transit van for our *Rides2Go!* Transportation program. Thank you Caesars Foundation of Floyd County!

We're excited to have received a grant from **Glick Foundation's** Glick Community Relief Fund, which will help us provide much-needed relief to community members who are struggling to meet their basic needs of medical and social transportation. Thank you, Glick Foundation for our \$10,000 grant for vehicle match!



LifeSpan Resources was recently awarded a \$12,000 grant from Samtec Cares. These grant funds will be used to provide medical and social transportation for seniors and individuals of all ages experiencing disabilities through our *Rides2Go!* Transportation program. **Thank you, Samtec Cares!**

Once again, LifeSpan Resources is the proud recipient of grant funds from **Metro United Way** for *Rides to Go!*, our medical and social transportation program. This year, LifeSpan Resources received \$17,623.28 to aid in transporting the seniors and persons experiencing disability to and from medical and social trips such as dialysis, pharmacy and doctor visits. We greatly appreciate Metro United Way's dedication to the residents of Clark, Floyd, and Harrison counties.



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VOICE AND VINO GOLDEN TICKET 2023



New for 2023 - Win a Dinner Cruise for You and Your Friends!

Only 200 Tickets Available! Get Yours Today!



Want to attend?

Table sponsorships and individual tickets are selling fast! Get yours **TODAY** before they are sold out!

For more information, visit voice.lsr14.org or contact Melissa Richardson at mrichardson@lsr14.org to purchase your tickets today!

In celebration of LifeSpan Resources 50th Anniversary, we've added a new raffle opportunity for Voice and Vino 2023. Thanks to Masterson's Food and Drink and Captain's Quarters Riverside Grille, we will offer a dinner cruise aboard the CG Princess (cash bar available) for the winner and 60 of their closest friends! How exciting is that? Only 200 tickets will be sold for \$100 each. The drawing will be held on Tuesday, October 24 at 8 p.m., at Voice and Vino. You don't need to be present to win, but you need to purchase your ticket ASAP! Once the tickets are gone, you miss out for this year. To purchase a ticket, see one of our Board members or Advisory Council members, or contact Melissa Richardson, Director of Development at 812-206-7960 or email mrichardson@lsr14.org.

Bourbons, Brews, and Best Experiences at Voice and Vino

While fine wines have always been a highlight at Voice and Vino, bourbons, craft beers, and thrilling experiences are also having a moment this year. A fun-loving and enthusiastic donation team is developing an expanded array of our popular bourbon and brews offerings for silent auction. The team is also working on a new silent auction approach this year called "Best Experiences." What's a "Best Experience"? It is defined as something you may have always wanted to do for fun but never quite had the opportunity. Here are just a few the team already has lined up. How about a tandem skydiving experience? A champagne hot air balloon ride for two? If you prefer to stay out of the skies, there's a weekend cabin getaway in Gatlinburg. Or, how about painting lessons for your family? A weeklong language, culture, and cooking camp experience for a young person? Lots more are in the works. Or, you may be inspired to offer the LifeSpan Resources silent auction a special experience that you dream up and donate, knowing all silent auction proceeds will go to support LifeSpan Resources programs and services.

Our donation team meets primarily via a private Facebook group to easily share leads and coordinate ideas and visits as it is convenient for all. But, we also have some fun exploring local brew pubs and eateries to brainstorm. Want to be a part of the most fun and creative volunteer team imaginable? Contact Melissa Richardson in the LifeSpan Resources development office at 812-206-7960 and just say you're all in for "Bourbons, Brews, and Best Experiences" at Voice and Vino!

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!

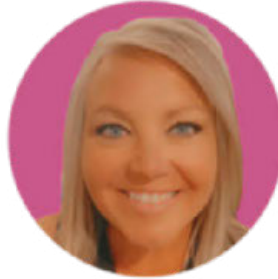
**Tuesday, October 24, 2023 -
Caesars Southern Indiana**



♪ 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

Sponsorships are still available! For more information, visit voice.lsr14.org.

CAREGIVER NEWS AND FALLS PREVENTION

Storms - Stay Safe When the Power Goes Out

In case of a power outage, use battery-operated equipment to listen to news and radio stations for updates. During and after an emergency, it is important to stay calm. Stay tuned to your local emergency station and follow the advice of trained professionals. Unless told to evacuate, avoid roads to allow emergency vehicles access. What you do next can save your life and the lives of others.

- Assist family or neighbors who may be vulnerable if they are exposed to extreme heat or cold.
- Locate a flashlight with batteries to use until power comes back on. Do not use candles—this can cause a fire.
- Keep your refrigerator and freezer doors closed as much as possible to keep in cold.
- Do not use the kitchen stove to heat your home—this can cause a fire or fatal gas leak.
- Use extreme caution when driving. If traffic signals are out, treat each signal as a stop sign—come to a complete stop at every intersection and look before you proceed.

Source: *Caregiving in The Comfort of Home®*, Caregiver Assistance News August 2023

Falls Prevention Awareness Week - September 18-22, 2023

From Awareness to Action

Did you know that falling is NOT a normal part of aging? Despite this, every 11 seconds, an older adult is seen in an emergency department for a fall-related injury.

LifeSpan Resources is committed to empowering all older adults in southern Indiana to age well, and that includes avoiding falls. On September 18-22, 2023, we are partnering with the National Council on Aging (NCOA) to observe Falls Prevention Awareness Week.

Falls remain a leading cause of injury for people aged 65 and older. Falls threaten older adults' safety and independence and generate enormous economic and personal costs. However, through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among older adults can be substantially reduced.

NCOA offers a Falls Free Check Up to help older adults understand their risk for falling. Answer thirteen simple questions to assess your risk score and learn steps to reduce your risk. Visit ncoa.org/FallsFreeCheckUp to take the risk assessment.



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):

- **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. - 1 p.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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- Companion/conversation • Respite care • Safety

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SENIOR FARMERS MARKET NUTRITION UPDATE

Senior Farmers Market Nutrition Program 2023

LifeSpan Resources has been informed by Indiana State Department of Health that the new electronic benefits program and mobile app for the Senior Farmers Market Nutrition Program remains delayed. Since we will not be able to process applications and distribute funds in a timely fashion before markets begin to close this fall, we have decided to step away from this program for the 2023 season.

We apologize for this hardship and want you to know that we remain dedicated to helping seniors access nutritious food options. We have a program, *Produce for Better Health*, available for individuals in our senior center congregate meal program. Participants receive a large box of fresh fruits and vegetables every two weeks. The produce is based on what is fresh and in season at the time of distribution, so the boxes are different each time! Participants are required to attend a senior center congregate meal site for hot lunches and activities. If interested, you may contact the site nearest you to reserve a lunch. Your reservation must be made by Wednesday, a week in advance. Site and contact information is below:

Clark County - Yellowwood Terrace Harrison County - Joe Rhoads Senior Center

2100 Greentree North
Clarksville, IN 47129

Contact: Traci Lehman
812-704-2644

123 S. Mulberry St
Corydon, IN 47112

Contact: Rick Haines
812-738-7603

Floyd County - Mark Elrod Towers

1 Wolfe Trace
New Albany, IN 47150

Contact: Pat Sullivan
812-697-8032

Scott County - Bacala Senior Center

69 E. Wardell St
Scottsburg, IN 47170

Contact: Dixie Robinson
812-206-7970



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or

Call 812-590-2771 for availability.

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FALL RECIPE

Apple Nachos



Ready in under 5 minutes, apple nachos make a great snack, breakfast or light lunch. They are a well-loved classic. enjoyed by both kids and adults!

Apple Nachos features fresh apple slices drizzled with natural nut butter and topped with chocolate chips, shredded coconut, slivered almonds and cinnamon. So healthy and good!

Prep Time: 5 min Total Time: 5 min

Yield: Serves 1 - 2

INGREDIENTS:

2 apples of choice
1/4 – 1/3 cup natural nut butter (peanut, almond, sunflower, etc.)
small handful chocolate chips (I used Enjoy Life Mini Chips)
small handful shredded coconut
small handful slivered almonds, optional
sprinkle of cinnamon
1 tablespoon lemon juice

Instructions: Wash, core and cut your apples into 1/4 inch slices. Heat your nut butter just until warmed and somewhat runny (20-30 seconds). On a plate, lay your apple slices in a single layer around the outside edge, then layer another overlapping layer as shown. Drizzle the nut butter in a circular motion, from the middle of the plate to the outside edge. Top with chocolate chips, coconut flakes, almonds and sprinkle of cinnamon (or whatever you've chosen to use as your toppings).

Source: <https://simple-veganista.com/apple-nachos>

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Become a Dementia Friend

Look at this good-looking group of new Dementia Friends to the right! Thanks to Lucy Koesters, Chief Business Development Officer, for facilitating the workshop for the 2023 Leadership Southern Indiana DISCOVER class 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!

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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