

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**January/February
 2024**

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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LIFESPAN RESOURCES 2023 ANNUAL REPORT - A Super Successful Year!



We celebrated our 50th Anniversary all year long and our Annual Report highlights all of our accomplishments throughout the year. We kicked off several marketing campaigns focused on our 50 years, including a social media campaign highlighting “50 Reasons to Love LifeSpan Resources” and our first-ever television campaign. We held a celebration in May at the IU Southeast Ogle Center attended by local dignitaries, supporters, staff and friends of the agency. The event also featured a video showcasing our 50 years of history; and our local State Representative, Ed Clere,

presented the agency with a State of Indiana House Concurrent Resolution in honor of our impressive milestone.

In addition to the excitement of our 50th year, we kept busy with new initiatives bringing in new services and programs, as well as breaking records in grant funding and fundraising.

Our staff worked hard all year long to serve the thousands of residents of Clark, Floyd, Harrison and Scott counties who rely on us to help them live independently. We were also able to add two new roles to our staff to ensure our clients, congregate site members and case managers are able to utilize our services in an efficient and timely manner. The Wellness Projects Coordinator will serve our congregate sites by implementing new health and wellness programs within the sites. The new Dementia Care Coach will provide support for caregivers and case managers dealing with individuals with various forms of dementia.

Be sure to check out all the amazing accomplishments from 2023 in our updated Annual Report on our website at www.lsr14.org/reports.



FROM THE CEO

Wrapping Up 50 Years of LifeSpan Resources

Wow—2023 flew by! We were so busy celebrating 50 years of LifeSpan Resources and raising awareness of our services that we barely had time to blink before it was all over. We accomplished a lot in 2023. Here are just a few of the amazing items we checked off our “To Do” list: Hired a new Dementia Care Coach to provide support for caregivers and case managers dealing with individuals with various forms of dementia. Hired new multi-lingual case managers. Partnered with Maxwell’s House of Music to offer Rock of Ages, a musical instrument instruction course for seniors.



We also welcomed the Nutrition and Transportation departments back to the main offices at the YMCA. We joined the Community Care Hub of Indiana in anticipation of changes coming from the state regarding Managed Care Long-Term Services and Support. We successfully held our 50th anniversary celebration at the IU Southeast Ogle Center. Case Management received another three year accreditation from NCQA (National Committee for Quality Assurance). We offered the Produce for Better Health program in partnership with the Indiana Association of Area Agencies on Aging and the Anthem Foundation. Lastly, we broke our fundraising record for Voice and Vino, raising \$150,000, and brought in approximately \$500,000 in grant funds for Transportation, Nutrition, Health and Wellness and Technology needs. We received three new vans for our *Rides To Go!* program.

I want to express a sincere thank you to all of our staff who worked so hard in 2023 to reach these goals. I work with an amazing group and I’m so proud of all we have accomplished.



Sincerely,
Lora Clark, CEO
lclark@lsr14.org

January/February Events

- JANUARY** - National Blood Donor Month
- FEBRUARY** - American Heart Month, Black History Month
- FEBRUARY 3** - Wear Red Day
- FEBRUARY 14** - Valentine’s Day

LifeSpan Resources be closed Monday, January 15, for the Dr. Martin Luther King, Jr. holiday, as well as Monday, February 19, for President’s Day.

LifeNotes is a free bi-monthly publication of LifeSpan Resources, Inc.
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New Albany, IN 47151-0995

Please address questions or requests to the above address or 812.948.8330 or information@lslr14.org
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LIFESPAN RESOURCES UPDATES

LifeSpan Resources Meets with Indiana Division of Aging

LifeSpan Resources was excited to host our partners with the Indiana Family and Social Services Administration (FSSA) and Division of Aging along with e-Imagine, the information technology company that supports our case management information system. The group gathered on Thursday, December 7 to share perspectives and brainstorm ideas for improving processes to better serve our clients. The meeting was very successful!



Pictured left: Members of the Indiana FSSA and Division of Aging meeting with LifeSpan Resources Case Management and Aging and Disability Resource Center management team.

Rock of Ages Completes First Round of Music Education

On December 5, Rock of Ages groups performed their songs in front of friends and family at Maxwell's House of Music. These groups spent twelve weeks learning to play a variety of instruments and form a band. Some had never played an instrument before! Here are some photos from the performance. The next FREE Rock of Ages session will begin on Tuesday, March 19, 2024. To register, contact Melissa Richardson, Director of Development at 812-206-7960 or email mrichardson@l1sr14.org.



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Josh "JT" Turner, Floyd County

LIFESPAN RESOURCES FALL ALL STAFF MEETING

LifeSpan Resources semi-annual All Staff Meeting was held on Thursday, November 16 at St. Marks United Church of Christ in New Albany. We had a great turnout and enjoyed lunch from McAllister's Deli. Lots of door prizes were given away and we heard a lot of great staff updates. We also had a special guest presentation from Dr. Marilyn Faulkenburg, EdD, SHRM-SCP. She discussed the ongoing difficulties of finding employees to fill job openings and why this trend will continue for the foreseeable future. Thanks to everyone who worked hard to make this meeting a great success. Check out some of the amazing photos below.



Longevity Awards

Staff members were recognized during the staff meeting for years of service to LifeSpan Resources. Congratulations to the following staff members for their years of service, but a special congratulations goes to Ramona Miller, Director of Nutrition and Transportation, for 30 years of service to our organization!! ***Congratulations and thank you, staff members, for your dedication and service!***

5 YEARS:

- Lonnie Fetz, Van Driver
- Malinda Hart, Administrative Assistant
- Nicole Marcum, Case Manager
- Sherry Cookson, Executive Assistant

10 YEARS:

- Kathy Berry, Case Manager
- Michelle Brantley, Case Manager Supervisor
- Rene Cave, Case Manager
- Kristina Insignares, Case Manager
- Mila Selimovic, Case Manager
- Patricia Strickland, Case Manager

30 YEARS:

Ramona Miller, Director Nutrition and Transportation



Above: Ramona Miller receives her 30 year plaque and recognition from CEO Lora Clark at the recent Fall All Staff Meeting.



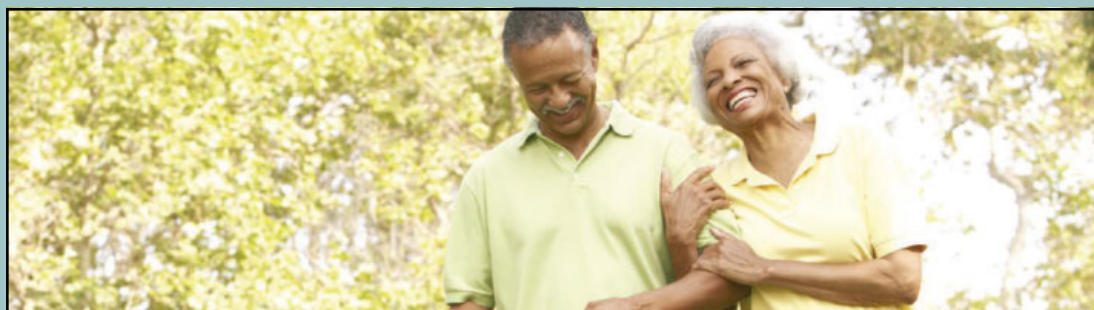
SENIOR GAMES 2024

SAVE THE DATE - JUNE 3-7, 2024

Theme: *Summer in Paris... Ooh! La! La!*

Mark your calendars for a Parisian holiday this summer full of competition, games and camaraderie!

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, 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+. 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.**



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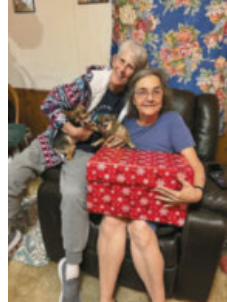


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SENIOR GAMES GANG ANGEL TREE DELIVERY

On Friday, December 8, several Senior Games Gang members came together to spread some Christmas cheer to 70 LifeSpan Resources clients. Each year, LifeSpan Resources collects donated items that include ingredients for a holiday meal, socks, gloves, hats, scarves, candy and more to give to our clients experiencing needs. This year we had an overwhelming donation response and we are grateful to all the individuals and organizations who dropped off items to make the season a little brighter for these folks. Thank you!



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JANUARY/FEBRUARY

Korean American Day - January 13

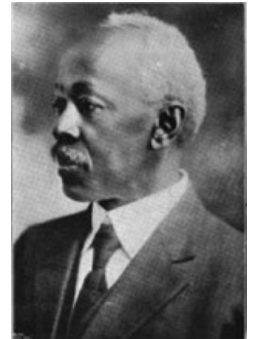
Korean American Day honors those Korean-Americans who created positive changes, broke the race and ethnic barriers, and have embraced the pioneering spirit. One of those individuals was Susan Ahn Cuddy. She was the child of the first couple to immigrate from Korea. She assisted new immigrants in transitioning from Korea to the USA. She also joined the U.S. Navy because she wanted to help Korea escape Japanese rule. Susan was the first female Naval Gunnery, rose to the rank of Lieutenant, and worked for the Library of Congress and the US Naval Intelligence Agency. Susan was nominated in 2003 "Woman of the Year" by the California State Assembly due to her public service and "can do attitude."



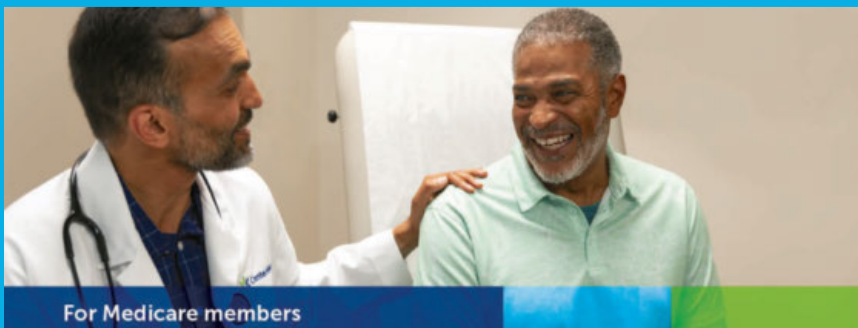
National Freedom Day

National Freedom Day is an annual event celebrated on February 1.

This date marks the anniversary of the approval of the 13th Amendment to the U.S. Constitution in 1865, which abolished slavery in the United States. It serves as a reminder of the fundamental principles of freedom, liberty, and human rights that are the foundation of the United States.



Major Richard Robert Wright Sr. (pictured above), a former slave, is credited with advocating for the establishment of National Freedom Day. He believed that this day should not only celebrate freedom but also serve as an opportunity for reflection and the promotion of goodwill among all Americans.



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HOLIDAY HAPPENINGS

LifeSpan Resources Parties Like Rock Stars!

Throughout the month of December, LifeSpan Resources hosts holiday parties for a variety of volunteers, staff and congregate site members.

The first party of the month consisted of a holiday party for our Board of Directors, Advisory Council and Management team. It also served as our final board meeting of 2023. The party was held at The Exchange in New Albany as a way to thank our volunteer Board and Advisory Council members for all of their hard work and dedication throughout the year. Check out the pictures below.



Far left: Annette Roberts, Board President; Lynn Reker, Board member; and Lora Clark, CEO

Middle: Sherry Cookson, Exec. Admin. Assistant and Wilma Sadler-Morton, Advisory Council member.

Right: Several LifeSpan Resources staff and Board members posed for a picture during the holiday party.

We also hosted holiday celebrations at all of our congregate sites, and a party for the Nutrition and Transportation Departments. Below are some photos from these fun-filled events.



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ANNUAL LSR STAFF HOLIDAY PARTY

LifeSpan Resources Annual Staff Holiday party was held on Friday, December 15! Thank you to our amazing Employee Engagement Committee for organizing the fun and games. Congratulations to the Ugly Christmas Sweater contest winners: Ugly: Michelle Brantley, Uglier: Brea Byrd, and Ugliest: Kristina Insignares.



Above: Ugly, Uglier and Ugliest Sweater contest winners listed above.



Above: Santa was a surprise guest at our party!



Above: Another surprise guest was Frankie Able, long-time LSR employee, pictured with Michelle Brantley, Case Management Supervisor.

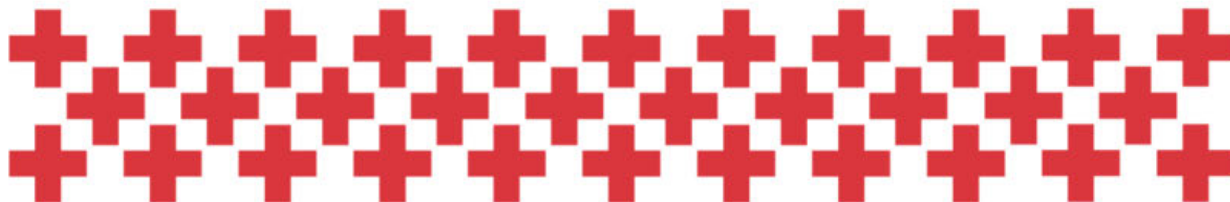


Above: Always fun and games to be had at the LSR employee holiday party!

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Winter Safety—Preventing Falls on Outings

Nearly everyone falls now and then, and some falls are unavoidable. But falling is not an inevitable consequence of aging. Most age-related falls are preventable once you know why they happen and take steps to minimize the risk for yourself and the person in your care. Here are some tips to help prevent falls this winter.

Fall Prevention Measures

- * Stay in when it is rainy or icy outside.
- * Wear good foot support when walking.
- * Have foot pain problems corrected and keep toenails trimmed for good balance.
- * As needed, use a walker or cane for added stability.
- * Consider wearing hip protectors for added protection should you fall.
- * Stop at curbs and check the height before stepping up or down. Be cautious at curbs that have been cut away to allow access for bikes or wheelchairs. The incline may lead to a fall. Avoid gravel paths.
- * Use a shoulder bag or fanny pack to leave your hands free to use hand rails as you go up and down steps and on escalators.
- * Grip strength is a good indicator of health as we age. If you can hold onto something with a strong grip, that may help break your fall and avoid injury.
- * Look carefully at floor surfaces in public buildings. Polished marble or tile floors can be very slippery.
- * Water therapy is a safe way to exercise because there is no danger of falling.



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NEW POSITIONS AT LSR

Dementia Care Coach



Recently LifeSpan Resources was awarded a grant to participate with other Area Agencies on Aging in the state to pilot a program for Dementia Care Coaching. This program is designed to reduce the stress of caregivers who are caring for a

loved one with Alzheimer's or related dementias.

Bridget Byrd is the new Dementia Care Coach at LifeSpan Resources and will be reaching out to the caregivers of our clients with these dementias. The goal of the program is to assist them in stress reduction when taking care of their loved ones with dementia. The overarching goal of the program is to lighten the load of the caregiver so that the client can hopefully remain in their home longer.

Wellness Projects Coordinator



Jamie Fried was recently named the Wellness Projects Coordinator within the Nutrition and Transportation Department. In this role, Jamie will facilitate more evidence-based health and wellness programs in the community, including in our congregate sites and other public locations. She will also assist with LifeSpan Resources programs supporting active older adults such as Senior Games and the Senior Games Gang events.

Both of these positions are part of the Indiana Area Agencies on Aging effort to provide additional benefits and services to the communities we serve.

Congratulations ladies! We appreciate your willingness to serve our communities in these new roles!

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BEAN COUNTER CHOWDER RECIPE

This hearty chowder will quickly become one of your favorite winter-time vegetarian dishes. Loaded with beans, noodles and bright herbs, it is so comforting on a chilly day.

INGREDIENTS

- 1/2 c. chopped onion
- 1 TBSP. canola oil
- 2 garlic cloves, minced
- 1 medium tomato, chopped
- 2 cans (14 1/2 oz. each) chicken or vegetable broth
- 1 3/4 c. water
- 1/2 tsp. each dried basil, oregano and celery flakes
- 1/4 tsp. pepper
- 3 cans Great Northern beans, rinsed and drained
- 1 c. uncooked elbow macaroni
- 1 TBSP. minced parsley

DIRECTIONS

1. In a large saucepan, sauté onions in oil until tender. Add garlic, cook 1 minute longer. Add tomato and simmer 5 minutes. Add broth, water and seasonings. Bring to a boil and cook for 5 minutes. Add beans and macaroni noodles. Return to a boil.
2. Reduce heat; simmer uncovered for 15 -20 minutes or until macaroni is tender.
3. Sprinkle with parsley to serve.



Recipe Courtesy of Taste of Home

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LIFESPAN RESOURCES IN THE COMMUNITY

Koesters Attends National Gift Planners Conference



Lucy Koesters, CBDO, recently attended the National Association of Charitable Gift Planners Conference in Chicago. She learned a lot of great information that will help us sustain our mission well into the future! Pictured here with Pamela Davidson, of Davidson Gift Design, an absolute dynamo and rock star in this arena. Pamela led an informative workshop on launching a planned gift program.

Marino and Meek Attend Compliance Conference

Leslie Meek, CFO and Angela Marino, COO recently attended the Health Care Compliance Association (HCCA) Academy. The academy provides members with resources and support that include education, professional development tools, and networking opportunities to ensure successful compliance programs. Marino said, "The academy proved beneficial and the knowledge we gained will be important as Indiana moves to a managed care model and we begin working with health insurance plans."



Dementia Friends Workshop

A Dementia Friend is someone who wants

to make a positive difference in the lives of people living with dementia through 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. 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 Jessica Meyer at jmeyer@lsr14.org for more information.

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.



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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 or call 812-206-7938.



Donate online at our website www.lsr14.org OR mail in your donation with the form below:

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

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