

LifeNotes

LIFESPAN RESOURCES NEWSLETTER

**Spring Issue
 2025**

LifeSpan Resources

Main Office

33 State Street
 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 8am - 4:30pm

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Lora Clark Celebrated Upon Retirement from LifeSpan Resources



On Thursday, March 13 staff, community members, dignitaries, and friends and family of **Lora Clark** came together to celebrate her retirement after eight years at the helm of LifeSpan Resources.

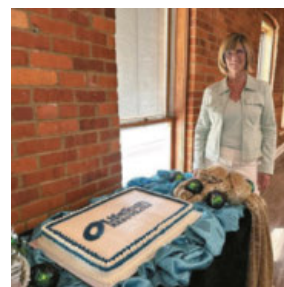
Throughout the evening, board members, staff and community members spoke on the exceptional leadership of Clark and the many initiatives accomplished during her time with the organization and even surprised her with a line dance, Lora's favorite pastime!

During her tenure, Clark eliminated all wait-lists for Transportation and Nutrition Services, grew Voice and Vino to be one of the most popular fundraisers in the region, successfully led the organization through the 2020 pandemic and ensured that the agency's thousands of local clients were able to continue accessing services and support needed to remain living independently in their homes. Clark's many years of experience in the healthcare field was invaluable as the agency recently stepped into the managed care arena and is providing service coordination for the Indiana Pathway's for Aging program. Clark also increased services and programs throughout her tenure and spearheaded additional grant funding and accreditations for agency programs, including case management.

"I have been fortunate to work with superb staff who have a passion for the mission of LifeSpan Resources and a commitment to excellence in their work. Our board members have worked closely with me and our talented staff to ensure that our mission and strategic plan always guided the agency's philanthropy, programming, and leadership in the community."

Clark expressed gratitude to the agency's grantee partners, its many donors, Board and Advisory Council members, volunteers, community organizations and leaders, philanthropy colleagues, public officials, and private business partners for supporting the agency's work. "I leave LifeSpan Resources with fond memories of the last eight years and relationships with colleagues and co-workers that will continue forever. I am profoundly grateful for the opportunity to have led this remarkable organization."

We wish Lora the best and hope she enjoys hiking to many more beautiful waterfalls with Rob and Dolly!



MONTHLY CELEBRATIONS



April - June Celebrations

April 20 - Easter
May 26 - Memorial Day
June 19 - Juneteenth
Older American's Month - May
Women's Health Month - May
Brain Health Awareness Month - May
Alzheimer's Awareness Month - June
Men's Health Month - June



LifeSpan Resources will be closed on Friday, April 18 for Good Friday, Monday, May 26 for Memorial Day and Thursday, June 19 for the Juneteenth holiday.

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The Rev. Tony Toran - President, At-Large
Tonya Fischer - Vice President, Floyd County
Chris Schwaniger - Treasurer, Harrison County
Melissa Woods - Secretary, Scott County
Dr. Deepak Azad, At-Large
Mayor Jeff Gahan, Floyd County
Annette Roberts, At-Large
Lynn Reker, Clark County
Doug Drake, Clark County

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Beth Preher, Vice - President, Floyd County
The Rev. Dr. Albert Cole - Secretary, Clark County
Joyce Cain, Clark County
State Rep. Ed Clere, Floyd County
Michelle Cochran, Scott County
Diane Clark, Clark County
Sandra Krekel, Floyd County
Cheryl Reagan, Clark County
Wilma Sadler-Morton, Clark County
Marti Snyder, Floyd County

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New Albany, IN 47151-0995

Please address questions or requests to the
above address or 812.948.8330 or
information@lsr14.org
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Koesters

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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.

FROM THE CEO

Since I joined LifeSpan Resources in January, I have slowly but surely gotten up to speed regarding the life-changing resources and amazing services this organization provides to individuals living in Scott, Harrison, Floyd, and Clark counties. I know there's still a lot more to learn and I am eager to fully understand the significant impact of the resources we provide.

Over the past few months, I've met some incredible people in these communities who support older adults and individuals with disabilities to ensure they have what they need to live safely, independently and healthily in their homes. It is evident our clients are thankful to have LifeSpan Resources staff members in their lives supporting their needs.

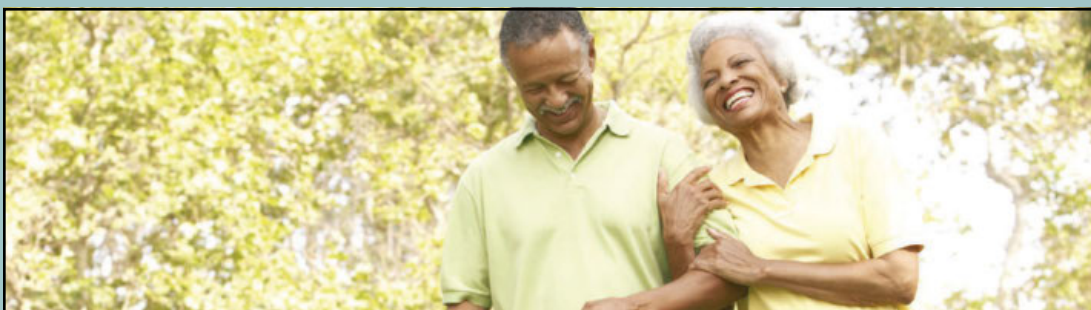
I have also been involved in advocacy efforts for the organization. Currently, House Bill 1391 is under consideration by the Indiana State Senate. This bill would allow CHOICE funding to continue to provide vital in-home services to our clients while avoiding moving to nursing home care. To ensure strong support of this bill, **Advisory Council member, Diane Clark, LifeSpan Resources Chief Operating Officer Angela Marino**, and I met with **Senator Chris Garten** to share with him the impact this bill has on over 5,000 Hoosiers, and how essential it is to maintain this funding, along with providing him education and information regarding the invaluable services Area Agencies on Aging afford individuals and families across the state.

In addition, I've met with some of our sister agencies to learn about the programs they provide the counties they serve and how we may emulate those initiatives to guarantee we're serving our communities to the best of our abilities along with seeking out opportunities for collaboration.

From all the meetings I've had, it's clear to me that there's a heartfelt and unwavering dedication to serve individuals who rely on or need us to maintain an enjoyable, active and medically-stable lifestyle. I am so honored and proud to be a part of this organization.

Looking ahead towards the spring and early summer, I'm excited to experience my first Senior Games the first week of June. I hope you will be a part of this festive, and dare I say, competitive, display of strength, determination, camaraderie, and sportsmanship as we champion the spirit of the Indy 500!

All the best ~
Meredith Lambe, MPA, CEO



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PLANNED GIVING UPDATE



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Partners in Promoting Independent Living

It's very easy to support the work of LifeSpan Resources with a planned gift. One of the easiest ways is to add LifeSpan Resources as a beneficiary in your will or on your retirement account (IRA, 401K). It can be adjusted as your life goals or circumstances change. A gift from your retirement assets can make a powerful, strategic gift since it will not be taxed when left to a non-profit organization (but IS taxed when left to your heirs). So, please consider doing LOTS of good with your estate gifts. When you make this commitment, you are automatically entered into our Legacy Circle membership.



For more information, please contact Lucy Koesters, Chief Business Development Officer at 812-206-7938 or by email at lkoesters@lsr14.org. If you would like to review or fill out a donation intention form, visit <https://lsr14.org/wp-content/uploads/2024/09/Planned>



2024 Annual Report Now Available

Check out LifeSpan Resources 2024 Annual Report, now available on our website. Click the QR code to view.



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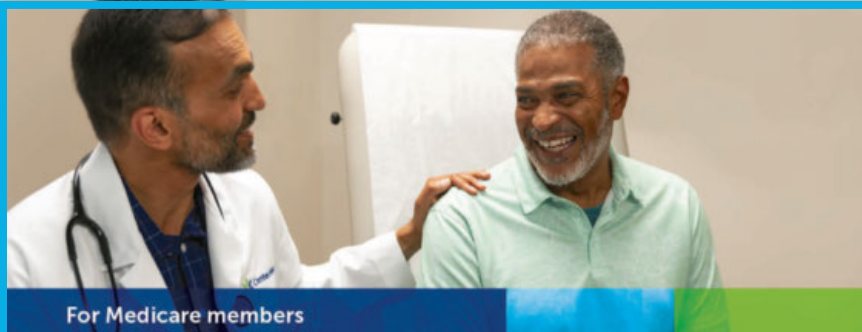


SAVE THE DATE: SENIOR GAMES - JUNE 2-6, 2025



It's almost here! Seniors, start your engines and mark your calendars for **June 2-6, 2025** for some Indy 500-themed fun this summer! Senior Games will be full of competition, games and camaraderie and it is time to register! 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 fun and fast-paced week! The cost is only \$20 for the entire week and includes a t-shirt, lunches, snacks, door prizes, giveaways and, most importantly, medals!

Joining is simple; just fill out the registration form on pages six and seven of this issue and return it to LifeSpan Resources at 33 State Street, PO Box 995, New Albany, IN 47151. **For more information, contact Director of Development, Melissa Richardson at 812-206-7960 or email mrichardson@lsr14.org.**



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SENIOR GAMES REGISTRATION

LifeSpan Resources, Inc.
2025 SENIOR GAMES REGISTRATION FORM
*This year's theme: **Seniors in the Fast Lane!***

Please mail complete form to:
LifeSpan Resources, Inc.
33 State St., 3rd Fl, P.O. Box 995
New Albany, IN 47151-0995



NAME		SG Gang Member: Y N	
ADDRESS			
CITY	STATE	ZIP CODE	PHONE
CELL PHONE		PLEASE CIRCLE ONE: Male Female	
EMAIL ADDRESS:			
DATE OF BIRTH			
AGE GROUP (Please circle one): 55 – 62 63 – 70 71 – 78 79 – 86 87 & over			

Do you wish to compete for the title “Oldest Male” or “Oldest Female” participant? To be eligible you must compete in one medal competition. If so, please write “YES”.

EMERGENCY CONTACT (This is mandatory. Please print.)

NAME	PHONE
------	-------

INDIVIDUAL EVENT REGISTRATION

Registration fee is **\$20.00 per person** (add \$2 for 2X; \$3 for 3X; \$4 for 4X; \$5 for 5X) – payable up-on registration. Please place a check mark in the box beside each event in which you would like to participate. Please try to keep your commitment to participate at each event you register for. This will assist us a great deal when ordering meals. **Please return registration form and payment to LifeSpan Resources by April 18, 2025 to ensure you receive a t-shirt in the proper size.**

MONDAY, JUNE 2 Location: Eastern Heights Baptist Church <input type="checkbox"/> Opening Ceremonies 9 – 9:15 a.m. <input type="checkbox"/> Dance Contest/Lunch 9:15 a.m. – Noon Choose dances: Jitterbug Charleston Twist Waltz (slow) Freestyle (slow) <input type="checkbox"/> Bowling 1 - 4 p.m. (Strike & Spare, Clarksville)	THURSDAY, JUNE 5 Location: Sam Peden Community Park <input type="checkbox"/> Horseshoes 9 - 11 a.m. <input type="checkbox"/> Lunch/Cards & Games Noon - 4 p.m. (Eastern Heights Baptist Church) Choose one game (circle): Texas Hold 'Em Pinochle Checkers Euchre
TUESDAY, JUNE 3 Location All Day: Charlestown Family Activities Park <input type="checkbox"/> Miniature Golf /Lunch 8 a.m. – Noon <input type="checkbox"/> Toss 'Em 1:00 - 3:30 p.m.	FRIDAY, JUNE 6 Location: Eastern Heights Baptist Church <input type="checkbox"/> Closing Ceremonies/Bingo/Awards 9 - 11:30 a.m. <input type="checkbox"/> Lunch/Vendor Fair 11:30 a.m. - 1 p.m.
WEDNESDAY, JUNE 4 Location: Silver St. Park, New Albany <input type="checkbox"/> 3 Lap/6 Lap Walks/Lunch 9 a.m.– Noon → <input type="checkbox"/> Basketball Toss 1:30 p.m. – 4 p.m. (FC YMCA)	Choose (circle one or both): 3 Laps 6 Laps Assistive/Mobility Device Group: 1 Lap 3 Laps

PLEASE COMPLETE REVERSE SIDE OF FORM

SENIOR GAMES REGISTRATION CONTINUED

PLEASE COMPLETE REVERSE SIDE OF FORM

Official 2025 Senior Games t-shirts MUST be worn at all events including the Dance Contest. As with any rule, here's the exception: Closing Ceremonies does not require your 2025 Senior Games t-shirt, but only if you dress according to this year's theme: *"Seniors in the Fast Lane!"*. **The shirts are available on a first come, first served basis.** Please circle the size you would prefer (if you require a larger size than 3X please let us know):

SMALL MEDIUM LARGE EXTRA LARGE 2 X LARGE 3 X LARGE
(2X is \$2.00 more and 3X is \$3.00 more)

T-shirts are available May 22-29, 2025 at:

LifeSpan Resources, Inc., 33 State Street, (3rd Floor), New Albany, IN 47150
Phone: 812-948-8330

Information on any additions or substitutions will be given to you when you pick up your t-shirt. You will also receive an updated schedule of events and an identification badge.

I hereby agree for myself, my executors, administrators, and assigns to indemnify and hold harmless all sponsors, officials and persons and agencies connected with the 2025 LifeSpan Resources Senior Games from all claims for damages arising in connection with my participation in the Senior Games.

I have prepared myself for the events that I have entered by practicing prior to the Senior Games. To the best of my knowledge and belief, I have no physical restrictions which would prohibit my participation in the events I have selected. I have been advised by the sponsors of the Senior Games that it would be in my best interest to consult my physician in regard to participation in the Senior Games. Sponsors and officials have my permission to have a physician attend me if it is deemed necessary during my participation in the Senior Games.

I also hereby give my permission to the sponsors of the Senior Games to use my name and/or picture in any newspaper, broadcast or any other account of the event without remuneration to me.

SIGNATURE	DATE
DOCTOR'S NAME	

Do you require any special assistance? ☐ Yes ☐ No

TRANSPORTATION

If you are in need of transportation through the LifeSpan Resources Transportation program, there will be a fee of \$4.00 per round trip. To schedule your rides please indicate below that you need a ride and **Transportation will contact you to schedule.** Ride availability is limited and will be provided on a first come first served basis.

Are you in need of transportation to your Senior Games events? ☐ Yes ☐ No

Which events (please list): _____

Schedules, registration forms and various other information are available on our website. www.lsr14.org/senior-games.



VOICE AND VINO - OCTOBER 23, 2025

SAVE THE DATE: THURSDAY, OCTOBER 23, 2025

At Caesars Southern Indiana | Doors open at 5 PM | 21+ event.



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VOLUNTEER & OLDER AMERICANS MONTHS



Every April LifeSpan Resources celebrates National Volunteer Month. Without our amazing volunteers, we couldn't provide the variety of services we do in the community.

All volunteers who have helped us over the past year are invited to attend a thank you reception on Wednesday, April 16 from 2 p.m. - 4 p.m. at the Cardinal Ritter Neighborhood Resource Center.

If you have volunteered for us, we'd love to have the opportunity to show you how thankful we are for the donation of your time. **To RSVP, contact Jenny Works, Executive Assistant at 812-206-7904 or email jworks@lsr14.org.**

Every May, LifeSpan Resources celebrates Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, *Flip the Script on Aging*, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.



FLIP THE SCRIPT ON AGING: MAY 2025

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DEMENTIA TRAINING OPPORTUNITIES

Dementia LIVE

Jamie Fried, Wellness Projects Coordinator, provides Dementia Live workshops free of charge for the community. Dementia Live is a new program and is a dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Call 812-948-8330 to schedule your FREE workshop for up to 16 people. Call 812-948-8330 and ask for Jamie Fried or email jfried@lsr14.org for more information.



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** and **Ramona Miller**, Dementia Friends Champions, recently completed a Dementia Friends training for the public at the Floyd County Library.*



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IN THIS ISSUE

Upcoming Events

From the CEO

Planned Giving

Senior Games 2025

Senior Games Registration

Voice and Vino Save the Date

*Volunteer/Older Americans
Month*

Dementia Programs

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 many years to come. For more information, contact **Lucy Koesters, Chief Business Development Officer**, at lkoesters@lsr14.org.



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I would like more information on creating a planned gift legacy to support LifeSpan Resources.	

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