

# LIFENOTES

## LIFESPAN RESOURCES NEWSLETTER

812.948.8330



LSR14.ORG



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### LifeSpan RESOURCES

Promoting Independent Living  
for People of all Ages

A member of the INconnect Alliance.

#### Main Office

33 State Street, PO Box 995  
New Albany, IN 47151-0995  
Phone: 812.948.8330

#### Office Hours:

Monday - Friday 8 am - 4:30 pm



Check us out on Facebook!  
[@LifeSpanResourcesInc](#)

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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 Now Offers GUIDE Program



LifeSpan Resources has recently partnered with Aging & In-Home Services of Northeast Indiana to offer the GUIDE program. GUIDE (Guiding an Improved Dementia Experience) is a

program offering ongoing support focused on improving the quality of life of individuals living alone with mild to severe dementia or living with their caregivers. Eligibility for the program requires the individual with the cognitive impairment be on Medicare (Part A & B).

#### Program Benefits:

- Access to long term care resources
- Improved health outcomes
- Reduced caregiver burden

#### GUIDE Services

The Nurse Practitioner will provide:

- An annual assessment
- Dementia symptom management
- Collaboration with the Primary Care Provider and Specialists

The Care Navigator will provide:

- Care coordination
- Person-centered care planning
- Caregiver education and support

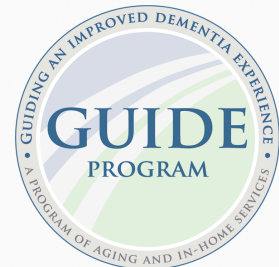
#### Eligibility

Eligible participants must have the following:

- A potential diagnosis of dementia or exhibiting cognitive impairment.
- Medicare Parts A & B

This program is currently not available to individuals enrolled in Medicare Part C (Advantage Plans), PACE or receiving Hospice care.

For more information, or to make a referral, please call 812-948-8330 and ask to speak with Blair Redmon.



## From the CEO

As the days get warmer and the sun shines longer, I'm witnessing more signs of spring every day. Not only are the birds singing louder, but the flowers are blooming, and the trees are flourishing with leaves. All welcomed signs we made it through winter and brighter, greener days are ahead!

As the state has taken business away from us and given it to the for-profit managed care companies to the detriment of our clients, their health and home-life situations, we are renewing our position in the communities we serve as we seek a variety of new opportunities to best serve southern Indiana residents and do all that we can to support them. I hope this season of growth brings new partnerships and opportunities to best impact all those for whom we serve.

*Sincerely,  
Meredith A. Lambe, CEO*



## Board of Directors

- President - Rev. Tony Toran (At-Large)
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- Secretary - Melissa Woods (Scott County)
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## Brantley Receives SHIP Certification



Michelle Brantley, Business Development and Operations Manager, recently received her certification as a Medicare State Health Insurance Assistance Program (SHIP) counselor. SHIP Counselors are trained, unbiased experts who help people understand their Medicare options and benefits. They offer free, one-on-one guidance to Medicare beneficiaries, caregivers, and families, making it easier to navigate what can feel like an overwhelming system.

SHIP Counselors can help you:

- Compare Medicare Advantage and Part D plans
- Know when and how to enroll in Medicare at age 65
- Understand Medigap (supplement) policies
- Review coverage options based on your health needs and budget
- Identify programs that may help lower your healthcare costs
- Spot potential billing errors or fraud
- Get answers to your Medicare questions in clear, simple language.

They will not sell insurance or push specific plans. The goal of the SHIP Counselor is to empower you to make confident, informed decisions about your health coverage, and it is FREE!

To speak with a SHIP Counselor at LifeSpan Resources, call 812-948-8330.

### Get Involved!

Interested in volunteering for LifeSpan Resources? Fill out our volunteer application at [www.lsr14.org/volunteer](http://www.lsr14.org/volunteer).



# Thank you, Senior Games Sponsors

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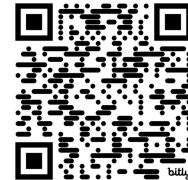
# Senior Games 2026 June 1-5, 2026



*Ruby Jubilee - 40 Years of Fun, Fellowship and Fitness*

It's hard to believe, but in 2026 LifeSpan Resources will celebrate 40 years of Senior Games! So, this next year's theme will be Ruby Jubilee - 40 Years of Fun, Fellowship and Fitness. The theme will take us all back to 1986 with a 1980's costume contest and 80's music all week long! Get your best Madonna, Michael Jackson or Richard Simmons costume ready, because Senior Games will be totally bodacious!

Registrations are currently being accepted. To register, click the QR code below or call 812-948-8330 for more information.



# LifeSpan Resources Annual Report Now Available

LifeSpan Resources Annual Report is now available on our website at [www.lsr14.org/reports](http://www.lsr14.org/reports). Copies are also available for pick up at our main office.



## Advocacy Alert! Every Voice Counts!



Advocacy plays a vital role in ensuring older adults receive the care, respect, and resources they deserve. As policies and funding decisions are made at local, state, and national levels, it's essential the voices of seniors, and those who serve them, are heard loud and clear.

For many older adults, programs like home-delivered meals, transportation, caregiver support, and wellness programs are not luxuries—they are lifelines. Advocacy helps protect and expand these services, especially during times of budget cuts or shifting priorities. By speaking up, older adults can help decision-makers understand the real-life impact these programs have on independence, health, and quality of life.

Advocacy is not complicated. It's as simple as calling or emailing a legislator, sharing a personal story or concern with the media, participating in a town hall meeting, or supporting local initiatives that benefit seniors. When everyone comes together - individuals, caregivers, volunteers, and service providers - this collective voice can drive positive change.

**Recently there has been much media coverage of the detrimental effects of the new Pathways for Aging program in the state of Indiana.** This change took the Aging and Disabled Medicaid Waiver Case Management program out of the control of local Area Agencies on Aging and gave it to three for-profit health insurance companies. The results have been devastating not only for the actual patients, but also for other life-sustaining and enhancing programs such as Meals on Wheels and transportation. These supportive programs have traditionally been enhanced by revenues gained through Area Agencies' successful management of the Medicaid waiver programs.

By advocating for a return to the local area agencies' management of Medicaid programs for older adults, awareness will be created where it matters - with the public, and with elected officials. Every voice counts! Together you will rebuild the support, services and programs older adults have come to rely on in order to thrive with dignity and independence.

**For an advocacy packet with sample email, letter and call script templates to advocate to the media and your elected officials, please contact Lucy Koesters at 812-206-7938.**

Learn more about reporting a problem to the ombudsman

Anyone can file a complaint with the Ombudsman on behalf of a long-term care facility patient.

lsr14.org



Reporting a problem

## April is Volunteer Month



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 24 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](mailto:jworks@lsr14.org).



## Voice and Vino Season 9

### Mark Your Calendars!

Kick off the holidays with Voice and Vino Season 9! This year, the annual fundraiser will be held on **Thursday, November 19, 2026** at Caesars Southern Indiana. This year, we plan to incorporate a holiday flair with our decor and our performances! It should be an amazing event to start the 2026 holiday season.

Do you have bourbon, wine or another item fitting for our silent auction? We are currently seeking donations. To donate, contact Melissa, Richardson, Director of Development at 812-206-7960.

## Thank You, Kindness Club



In March, the Kindness Club (right) at Greenwood Elementary in Louisville, KY chose LifeSpan Resources as a recipient of one of their many service projects. The elementary students collected shelf stable foods to be donated to our home delivered meals clients. Huge thanks to our Board Treasurer, Chris Schwaniger for arranging



this donation. These items were recently delivered to our clients. Client, R.F., was so grateful to have the extra items on hand. She is able to maintain living independently thanks in part to the delivery of meals each week that she is able to reheat in the microwave. R.F. is pictured above left with Masterson's Catering delivery driver, James Ellis, and Jamie Fried, LifeSpan Resources Nutrition and Wellness Supervisor.

## Celebrating Older Americans Month: *Champion Your Health*

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.



This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health – advocating for themselves, accessing preventive care, and making informed decisions that support independence.

"Championing your health is about making daily choices that support your body and mind," said LifeSpan Resources CEO, Meredith A. Lambe, "Small, consistent actions – from preventive care to staying socially connected – can help people maintain their health and independence as they age."

How can individuals take charge of their health at every age?

- Stay up to date on preventive care and screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.
- Practice daily habits that support mental health and resilience.

LifeSpan Resources Congregate Centers will host a variety of Older Americans Month events throughout the month of May. Visit our website at [lsr14.org/nutrition-wellness](http://lsr14.org/nutrition-wellness) to view our monthly Activities Calendars. All adults age 60+ and their caregivers are welcome to register at one of our sites for the activities. We'd love for you to join us!

## Thank you, Duke Energy

LifeSpan Resources recently received a \$10,000 grant from the Duke Energy Foundation for fuel for our *Rides to Go!* transportation program. We provide rides to various life-sustaining locations such as adult day programs, doctor visits, dialysis and cancer treatments. This grant will help alleviate the growing cost of fuel for our fleet of vans.



*Pictured above right to left: Diego Flores, Transportation Supervisor, David Franklin and Alissa Melton, RAUCH clients, Meredith A. Lambe, LSR CEO, Lisa Huber, Duke Energy, Allen Riley, LSR Driver and Katrina Thomas, RAUCH Supervisor.*

## LifeSpan Resources Celebrates Nutrition Awareness Day



On Wednesday, March 18, LifeSpan Resources celebrated Nutrition Awareness Day at all of our Congregate meal sites. Pictured left, Senator Gary Byrne and Allie St. Germain, Regional Director at the Office of U.S. Senator Todd Young, attended Nutrition Awareness Day at the Joe Rhoads Center in Corydon. Each location enjoyed a variety of presentations from community leaders.

## LSR Rides to Go! Offers FREE Program for Clarksville & Jeffersonville Residents

Thanks to new funding from Jeffersonville Township, we are now offering free transportation services to eligible residents of Clarksville and Jeffersonville. We will provide transportation for essential trips such as medical appointments, pharmacy visits, grocery shopping and other essential errands for daily living.

**Residents should call 812-948-9701 to schedule a trip.** Our drivers will assist the rider in filling out the one page application. Our drivers will also need to photograph an ID or official piece of mail. For more information, visit [lsr14.org/transportation-rides-to-go](http://lsr14.org/transportation-rides-to-go) or email [jholtman@lsr14.org](mailto:jholtman@lsr14.org).

## Southern Indiana Mah Jongg Group Growing



The Four Winds and Friends Mah Jongg Club of Southern Indiana has grown tremendously over the last two years, but they are still looking for new members. The group started with small learning sessions at the Floyd County Library in March 2024, and today they have 23 members.

“I worked with LifeSpan Resources to help publicize the first few learning sessions and we’ve been growing ever since!” said Annette Roberts, Club member and LifeSpan Resources Board member.

“Mah Jongg boosts your brain health. It isn’t the same thing over and over, it’s fast-paced, but it’s a lot of fun!” said member, Peggy Bannon.

The group meets once a week. They divide their time between the Galena Digital Library on the first and third Friday of the month and the second and fourth Tuesday at St. Mark’s United Methodist Church Youth Lounge. Both locations meet from Noon to 3 p.m.

All are invited to observe at any time. **For more information, contact Nancy Snyder at 502-762-8333.**

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[lsr14.trualta.com](http://lsr14.trualta.com)

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LifeNotes is a free quarterly publication of LifeSpan Resources, Inc.  
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Please address questions or requests to the above address or 812.948.8330 or [mrichardson@lsr14.org](mailto:mrichardson@lsr14.org)

## 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](mailto:lkoesters@lsr14.org).



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