

LIFENOTES

LIFESPAN RESOURCES NEWSLETTER

812.948.8330



LSR14.ORG



SUMMER ISSUE 2026

LifeSpan
RESOURCES
*Promoting Independent Living
for People of all Ages*

A member of the INconnect Alliance.

Main Office

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Office Hours:

Monday - Friday 8 am - 4:30 pm



Check us out on Facebook!
[@LifeSpanResourcesInc](https://www.facebook.com/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. 2000d 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.

Ruby Jubilee - 40 Years of Senior Games



LifeSpan Resources celebrated 40 years of Senior Games June 1-5, 2026. It was a week of fun, fellowship and fitness while jamming to music from the 1980's. Enjoy these fun photos!



From the CEO

As we manage the many challenges that have come our way recently, it has been reassuring to see that the compassion and dedication to serve our communities has not faltered at LifeSpan Resources. We continue to branch out into new areas of health services to better serve older adults and those with disabilities. This fall, we will add Community Health Workers (CHW) to provide assistance to patients discharged from the hospital, nursing homes, and other health entities to ensure they have the necessary resources to heal timely and safely, and avoid readmission. Our case managers **Blair Redmon**, **Jordan Davidson** and **Laurie Miller** successfully completed the CHW certification program and will start this endeavor very soon, along with another new program we've recently added, Veterans Self-Directed Care.

We are equally excited to be adding **Dr. Christy Nash** to our team as our diabetes educator! Thanks to a significant grant from the Clark County Health Department, we will initially establish the diabetes education program in Clark County. The program will be available to Clark County individuals with diabetes and those diagnosed with pre-diabetes free-of-charge! We hope to soon bring this program to Floyd County.

Sincerely,
Meredith A. Lambe, CEO



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LSR Adds Community Health Workers



LifeSpan Resources recently added three Community Health Workers (CHW) to our portfolio of services that we offer for older adults and those with disabilities of any age.

Our new Community Health Workers also serve as Case Managers for our CHOICE clients and are familiar faces in the office. Laurie Miller, Jordan Davidson and Blair Redmon (pictured above) recently received CHW certification through the Indiana Community Health Workers Association (INCHWA) thanks to a grant from Southern Indiana Works.

The program will assist area medical facilities to decrease unnecessary Emergency visits and readmission rates for patients with chronic diseases such as diabetes, high blood pressure and unhealthy weight. The Community Health Worker will follow the patient for 90 days or longer to ensure improved health outcomes.

Our services include:

- Disease prevention education
- Assessing social determinants of health
- Care coordination
- Acting as a health advocate

For more information on this new service and how to make a referral, contact Michelle Brantley at 812-948-8330.

Get Involved!

Interested in volunteering for LifeSpan Resources? Fill out our volunteer application at www.lsr14.org/volunteer.

Nursing Home Games 2026

On Thursday, June 18, Nursing Home Games was held at Wedgewood Healthcare in Clarksville, Indiana. Thirty-four residents from three different nursing homes participated. Check out the fun pictures below.



***Nursing Home Games King and Queen -
Oldest Participants:
Donald Sceifer & Anna Wells***



Join the Senior Games Squad

The Senior Games Squad is a membership program for area adults age 55+. The program offers an outlet for socialization and friendship, plus monthly members-only health and wellness activities to remain active in the community.

Membership includes free registration for the week-long annual Senior Games, held the first full week of June each year, as well as a special t-shirt with the Senior Games Squad logo on the sleeve.

Squad membership dues, most importantly, serve as donations to LifeSpan Resources mission of 'Promoting Independent Living for People of All Ages'. Donations help provide services such as *Meals to Go!* home delivered meals, *Rides to Go!* transportation, Options Counseling and other in-home supports and services.

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

FIRST EVENT - Friday, Aug. 14 - 11am -1pm
Bowling @ Strike & Spare, Clarksville



SENIOR GAMES SQUAD

Get Involved!

Interested in volunteering for LifeSpan Resources? Fill out our volunteer application at www.lsr14.org/volunteer.

Join Us - Voice and Vino Season 9

Join us for an evening of fun and excitement as eight local and talented singing acts take the stage at Caesars Southern Indiana on **THURSDAY, November 19, 2026** with four local celebrity judges. This event will be live at the casino and also livestreamed to watch at home! The live portion at the casino will feature wine tasting from local wineries, wine and bourbon pulls, silent auction and buffet dinner. At-home viewers will be able to donate to their favorite singer(s) and bid on auction items. Most importantly, Voice and Vino at the Casino will not only entertain guests, but it will also help raise awareness and much needed funds to support the mission of LifeSpan Resources: *Promoting Independent Living for People of All Ages*.

Meet the singers that will vie for your attention, applause and dollars in 2026. Start voting now for the performer of your choice at voice.lsr14.org! Contact Melissa Richardson at mrichardson@lsr14.org to sponsor, purchase tickets or for more information.

MEET THE SINGERS



*State Rep. Wendy
Dant-Chesser*



Dan Graf



Brooke Lang



Bruce Morris



Grace Platt



*Brian & Katie
Morgan (duet)*

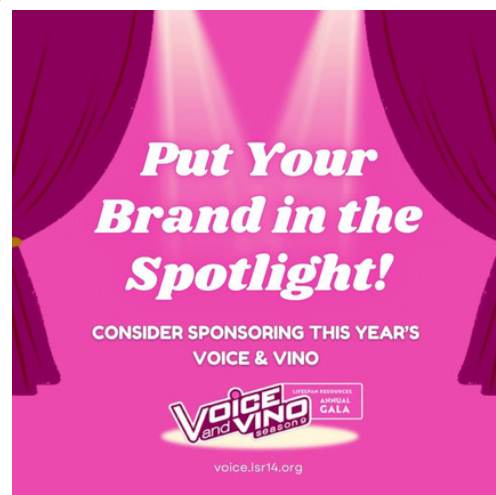


*Nicole Minton
& Kierra Brooks (duet)*



*Christy Ralston &
Julie Avery (duet)*

We are currently seeking donations of wine, bourbon, vacation packages, gift cards and more. If you would like to donate, please contact Melissa Richardson at mrichardson@lsr14.org.



Ems Added to LifeSpan Resources Legacy Circle

LifeSpan Resources Advisory Council member, Kristin Ems was recently inducted into the LifeSpan Resources Legacy Circle thanks to a significant annual gift and planned gift combination donation. These donations will be used to support our Meals to Go! home-delivered meals programs that serve the residents of Clark, Floyd, Harrison and Scott counties. This gift is extremely helpful to ensure LifeSpan Resources can continue to provide services to older adults and those with disabilities now to keep them living independently for as long as possible, as well as in the future. For more information on our planned giving program, visit our website. Thankyou so much!



Kristin pictured at the 2025 Gold Hoosier Award winner ceremony.



Pictured left to right: Dr. Al Knable, Chris Loop, Meredith Lambe, CEO of LifeSpan Resources, Jamie Fried, LSR Nutrition and Wellness Supervisor, and Floyd County Treasurer, Steve Burks.

LSR Receives Grant from Floyd County Legacy Foundation

The Floyd County Legacy Foundation recently awarded \$10,000 to LifeSpan Resources to assist in bridging our funding gap for home-delivered meals. Our Meals to Go! program provides dietician-approved meals for local homebound older adults, age 60+, and those with disabilities who are unable to prepare a daily nutritious meal and have no one to assist them. The meal, friendly visit and safety check help recipients cope with three of the biggest threats of aging: hunger, isolation and loss of independence.

Thank you, Walmart Spark for Good

Thank you to Walmart Clarksville for a \$2,000 Spark for Good Grant. LifeSpan Resources will use this grant to purchase tires for four of our Rides to Go! Transportation vans. Pictured are Walmart Health and Wellness Team members: Craig Von Allman, Optician, Anne Boggess, Optician, Mike Lloyd, Store Manager and Diego Flores, LSR Transportation Supervisor.



Cress Named LSR Golden Hoosier

Patty Cress, long-time Senior Games participant and volunteer, was named LifeSpan Resources Golden Hoosier Award winner for 2026 at Closing Ceremonies of Senior Games. This award was given to Patty to recognize her volunteer service in southern Indiana. Not only does Patty volunteer for LifeSpan Resources, but she also volunteers for IU Southeast and the Falls of the Ohio State Park. Thank you Patty, for your service to our community!

Heat Stroke – Be Aware

Heat stroke is often thought of as a danger only when people are outside in blazing sun. During periods of high temperatures, especially when humidity is elevated, indoor environments can quickly become unsafe. For older adults and those with chronic health conditions, the risk of heat-related illness can be significant.

Seniors Are at Greater Risk

Older adults are particularly vulnerable to heat stroke and other heat-related illnesses. As we age, the body becomes less efficient at regulating temperature. Seniors may not sweat as effectively or may not feel thirsty until dehydration has already begun.



Heat Exhaustion vs. Heat Stroke

Recognizing early warning signs can prevent a life-threatening emergency. Heat exhaustion occurs when the body becomes dehydrated and overheated. Symptoms may include:

- Heavy sweating and cold, clammy skin
- Dizziness or fainting
- Weak, rapid pulse
- Muscle cramps
- Nausea or vomiting
- Fast, shallow breathing

If untreated, heat exhaustion can progress to heat stroke, which is a medical emergency. Heat stroke occurs when the body can no longer regulate its temperature. Body temperature may rise to 103°F or higher within minutes. Warning signs include:

- Hot, red, dry skin (often without sweating)
- Rapid, strong pulse; throbbing headache
- Confusion, dizziness, or disorientation
- Loss of consciousness.
- Heat stroke can cause permanent disability or death if not treated immediately.

What to Do in an Emergency

If you suspect heat stroke, act quickly. **Call 911 immediately** while beginning cooling the person.

- Move the person to a shaded or cool area.
- Remove excess clothing.
- Cool the body using any available method: a cool bath or shower, spraying with water, or placing cool, wet cloths on the skin.
- Fan the person to increase evaporation.
- Monitor body temperature and continue cooling until temperature drops to about 101–102°F.
- Never delay emergency care—heat stroke is life-threatening.

Courtesy of: *Caregiving in the Comfort of Home*, Caregiver Assistance Newsletter, August 2026

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

812.948.8330



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LSR Rides to Go! FREE Program for Clarksville & Jeffersonville Residents a Huge Success

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

The program was implemented earlier this year and has experienced rapid growth as word has spread throughout the community. Southern Indiana has limited options for assisted public transportation, making the service an important resource for residents who otherwise might miss medical appointments or go without essential services.

"Access to transportation is often the key that allows people to maintain their health, independence, and quality of life," said Diego Flores, LifeSpan Resources' transportation supervisor. "Many residents in our community struggle to find transportation options that can accommodate their needs. Through the support of the Jeffersonville Township, we're able to help connect people with the healthcare and essential services they depend on."

Riders have expressed tremendous gratitude for the program, sharing appreciation for both the Jeffersonville Township Trustee's commitment to addressing transportation barriers and LifeSpan Resources' dedication to providing compassionate, reliable service.

"I have been a resident of this area for 60 years, and I have never experienced a service like this before. I want to sincerely thank Jeffersonville Township for paying for my transportation and LifeSpan Resources Transportation for providing such fantastic, courteous, and helpful service. The care and professionalism shown by everyone involved have made a tremendous difference, and I am truly grateful," said one of the program's clients, L.S.

Jeffersonville and Clarksville 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 or email jholtman@lsr14.org.



Learn on the go with helpful caregiving tools, no app required!
lsr14.trualta.com

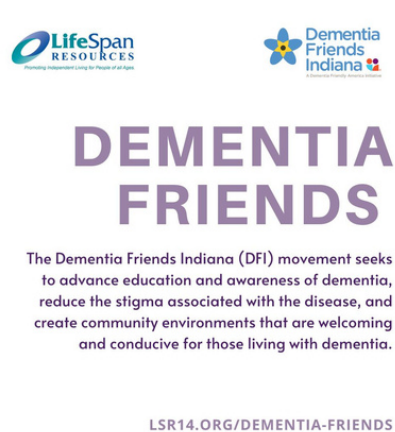


Looking for legal services?

LifeSpan Resources funds a legal services program, which provides legal assistance and legal education.

Visit us online.

lsr14.org/legal-services



DEMENTIA FRIENDS

The Dementia Friends Indiana (DFI) movement seeks to advance education and awareness of dementia, reduce the stigma associated with the disease, and create community environments that are welcoming and conducive for those living with dementia.

[LSR14.ORG/DEMENTIA-FRIENDS](https://lsr14.org/dementia-friends)



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LifeNotes is a free quarterly 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 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.



Donate by clicking the QR code OR mail in your donation with the form below:

Donor Name:	Email & 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:	
I would like more information on creating a planned gift legacy to support LifeSpan Resources.	

All donations can be mailed to (include this form please):

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