

Streamlines

2021 Fall/Winter Newsletter

Deliver Hope for the Holiday Season

The past couple of years have been challenging to say the least. All of our lives changed in March 2020 when the COVID-19 pandemic took hold in the United States. However, no other age group was as drastically affected by the pandemic as senior citizens who are among the most vulnerable to suffering severe COVID-19 complications.

LifeStream has seen the needs among seniors increase firsthand. The need for meals has nearly doubled; requests for emergency supplies and food has skyrocketed; and effects of isolation has impacted so many. LifeStream has worked tirelessly the past two years to meet the critical and emergent needs brought on by the pandemic to ensure the people we serve continue to have access to programs and services that are vital in helping them remain safely in their homes, and living with respect and dignity.

As we enter into the holiday season, we know there are thousands of senior citizens who are spending the holidays alone. This is where AngelWish comes in. AngelWish is LifeStream's annual program which coordinates doorstep delivery of a special gift to seniors who are isolated and alone during the holiday season. The gift delivered by a volunteer is often the only gift and visit the recipient will receive during the holidays. AngelWish, like all of the other senior programs, has seen an increase in demand due to the pandemic.

This is where you come in. AngelWish is a volunteer and donation driven event. Donations made by the community help us purchase the gifts. Any additional funds supports the Client Assistance Fund, which helps us purchase emergency need items for those we serve.

To ensure all gifts are delivered by December 24, volunteers are needed to help us deliver to the recipients. We expect to deliver to 1,000 senior citizens between December 6 and December 24. The AngelWish program benefits individuals in Blackford, Delaware, Fayette, Franklin, Grant, Henry, Jay, Madison, Randolph, Rush, Union, and Wayne counties so we need people across East Central Indiana to help. Volunteers of all ages are welcome, however, those under the age of 18 must be accompanied by an adult.

If you or your business is interested in supporting the AngelWish program, you can sign up by:

- Making a donation or becoming a sponsor by visiting lifestreaminc.org/angelwish. If you have questions regarding donation/sponsorship, please contact Angie Jenkins, Outreach Coordinator, at 765-748-6994 or ajenkins@lifestreaminc.org.
- Mailing cash or a check in the enclosed envelope to LifeStream's Headquarters at 1701 Pilgrim Blvd. Yorktown, IN 47396. Please note AngelWish.
- Signing up to deliver gifts to seniors at lifestreaminc.org/support/volunteer. If you have questions regarding volunteering, please contact Laura Bray, Volunteer Services Administrator, at 765-808-8827 or lbray@lifestreaminc.org.

LifeStream Update

Dear Friends of LifeStream:



Early during the COVID-19 pandemic, older adults were identified as a highly vulnerable group to the virus. In response to the people we serve suddenly becoming the most vulnerable group to a highly contagious virus, we shifted our focus and awareness

within our programs and services. LifeStream, like all Area Agencies on Aging, received Families First Coronavirus Response Act (FFCRA) and Coronavirus Aid, Relief, and Economic Security Act (CARES) funds to help provide needed support to older adults during the pandemic. We have also had many groups and organizations reach out to see how they can help.

One of the fastest and largest increases in need we saw was for food. Our home-delivered meal numbers tripled from pre-pandemic to the first year of the pandemic, and the number of people in need continues to rise. In response, we partnered with Second Harvest Food Bank and Gleaners Food Bank to help provide additional food for seniors in need. This was made possible by the assistance and support from the community including: the Arby's Foundation, American Electric Power, Whitewater Valley REMC, Glick Foundation, Harrah's Hoosier Park, and Heart of Indiana United Way. We are extremely grateful to the partners who have assisted with this much needed service. Additionally, we are also working on new partnerships for new projects in the coming months to help reduce isolation for older adults.

During the pandemic we've seen a lot of focus on the differences between all of us and things we feel differently about – masks, vaccines, etc. We've also seen how people have stepped up to help their neighbors in need, such as community partners helping with funds or food; our wonderful volunteers assisting in delivering food to those who cannot get it picked up; or people who just want to help donate to food pantries and programs. It is these positives that we focus on as we continue to navigate these unprecedented times.

In this issue of Streamlines, we have articles on how you can help provide holiday cheer to older adults, how LifeStream is providing support to family caregivers, and we celebrate our wonderful Golden Hoosier winners. Golden Hoosiers are individuals who have given hundreds of hours of service to their community. I hope as we continue through this pandemic that we can embody the spirit of these Golden Hoosiers and focus more on what we can do for others instead of where we disagree.

Sincerely,

A handwritten signature in cursive script that reads "Jenny Hamilton".

Jenny Hamilton,
President & CEO

SHIP Counseling During Open Enrollment

Open Enrollment is happening now through December 7. Open Enrollment is an annual period between October 15 and December 7 in which Medicare beneficiaries are able to make changes to their current healthcare coverage

LifeStream Services is a partner with the State Health Insurance Assistance Program (SHIP) which provides free, impartial health insurance information for people with Medicare. SHIP is a part of a federal network of State Health Insurance Assistance Programs and is not affiliated with any insurance company or agency, and does not sell insurance.

Navigating the complexities of healthcare is a challenging task. That's where SHIP counseling comes in. SHIP helps answer your questions about Medicare, Medicare Supplement Insurance, Medicare Advantage, Medicaid long-term care insurance, prescription coverage, and low-income assistance. SHIP provides tools and information to help you make decisions regarding your healthcare coverage, and strives to help you be wise consumers and get the most value for your health insurance dollars.

The SHIP program:

- provides you with educational materials and brochures.
- helps you understand Medicare and organize your records.
- educates you on how Medicare claims are filed and how you can appeal Medicare decisions.
- teaches you to assess your needs so you can make informed decisions about your health insurance policies.
- informs you of your rights as someone with Medicare or a health insurance policy holder.
- show you how to evaluate the various prescriptions, Medicare supplements, and long-term care insurances that are currently available.

LifeStream SHIP counselors are available during Open Enrollment in Blackford, Delaware, Fayette, Franklin, Grant, Henry, Jay, Madison, Randolph, Rush, Union, and Wayne counties. Those interested in reviewing their current coverage should call LifeStream Services at 800-589-1121. Please follow LifeStream on Facebook or visit lifestreaminc.org for announcements regarding community events and virtual info sessions throughout the Open Enrollment period.



Navigating Medicare

For more information regarding the State Health Insurance Assistance Program please visit in.gov/ship.

Caregiver Support

Are you caring for a loved one or helping to raise children as a grandparent or another relative to a child? LifeStream Services provides programs to assist caregivers and provide support to them in the vital roles they play in the lives of their loved ones. Learn more about LifeStream programs and upcoming special events for caregivers below.

PASTA (Parenting a Second Time Around)

PASTA is an educational and support group for adults providing kinship care, such as grandparents raising grandchildren or an aunt raising a niece or nephew. Being a primary caregiver for grandchildren and/or other children can be both a blessing and a challenge. The expectations of providing care for children, especially when older, can be overwhelming and exhausting. PASTA provides an ideal opportunity for older caregivers to receive assuring, personal support specific to their circumstances.

Powerful Tools for Caregivers

Powerful Tools focuses on our well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being.
- Manage time, set goals, and set problems.
- Master caregiver transitions and be part of decision-making.
- Communicate effectively with the person needing care, family members, doctors, and other helpers.
- Find and use community resources.

Interested in participating in or hosting one of these programs? Please contact Angie Jenkins, Outreach Coordinator, at 765-748-6994 or ajenkins@lifestreaminc.org.



November Caregiver Events

Kinship Resources Drive-Thru

Friday, November 5 from 3:30pm to 5:30pm at the YMCA of Muncie - Downtown

Adults providing care for a child relative (a niece, nephew, grandchild, etc.) are invited to the Kinship Resources Drive-Thru. The event will provide valuable resources and items to assist the caregiver of the child(ren) including shelf stable food, books, information on local resources, and more. This is a free event and registration is not required.

Caregiver Drive-Thru Appreciation

Wednesday, November 3 from 11:00am to Noon at The Leland Legacy, Richmond

Tuesday, November 9 from 11:00am to Noon at Minnetrista, Muncie

Wednesday, November 10 from 11:00am to Noon at Majestic Care of Connersville

Caregivers are invited to drive-thru to receive a sweet treat and caregiver resources in celebration of National Family Caregivers Month in November. Registration is not required, simply drive-thru to receive an appreciation gift.

Local Volunteers Honored by State of Indiana

Linda Morris of Parker City, Jan Bronnenberg of Anderson, and Edna Cox of Richmond were three of 21 older adults to receive the Golden Hoosier Award from the State of Indiana at a virtual ceremony on Wednesday, September 15. The Golden Hoosier Award acknowledges outstanding Indiana senior citizens for the impact they have made on the lives of others and their entire community. The award is the highest honor given to a senior in Indiana.



The Golden Hoosier Award

The *LifeStream* Golden Hoosier Award is announced in the Spring and acknowledges outstanding volunteerism among senior citizens in LifeStream's 12 county service area including Blackford, Delaware, Fayette, Franklin, Grant, Henry, Jay, Madison, Randolph, Rush, Union, and Wayne counties. LifeStream then nominates the recipients and runner-up candidates for the statewide Golden Hoosier Award. Jan Bronnenberg was one of two recipients of the LifeStream Golden Hoosier Award, and Linda Morris and Edna Cox were both recognized as runner-up candidates for the LifeStream Golden Hoosier Award. Additional honorees of the LifeStream Golden Hoosier Award include Jane Ann Runyon, of Portland, and Ann Herman, of Richmond.

- ✔ Linda Morris, a retired teacher of 33 years in rural Randolph County, Ind., is devoted to giving back to her community. One cause in particular that is close to her heart is the Historic Farmland USA Community Center. Linda has been a board member since 2018 and is now the president. She not only oversees the daily operations, but is continuously seeking opportunities to enhance the programs and the senior center. Additionally, Linda worked with a group to re-establish the only senior center in Randolph County in 2019 where she has been instrumental in establishing its 501c(3) status.
- ✔ At 86 years old Edna Cox spends her time giving back to her community. Her volunteer work includes 15 years with the Wayne County 4H Fair where she assists in judging and donates items for crafting for 4H and the Special Clovers. Additionally, Edna has volunteered at the Centerville-Abington Senior Center with LifeStream's meal program for nearly 20 years. She helps with home-delivered meals to homebound senior citizens and assists in delivery of food with the LifeStream-Gleaners monthly food distribution. When asked why she volunteers Edna stated: "I do what someone needs and sometimes I don't think I do enough. I love helping others. That is what life is all about – doing for others!"
- ✔ Jan Bronnenberg has been a volunteer with St. Vincent Anderson for 11 years. Jan was inspired to start a Nursing Honor Guard program at St. Vincent Anderson after attending a funeral of a fellow nurse in which she noticed a nurse in a white uniform and cap that stood at the foot of the casket. Since its start in 2014, the program has honored 179 RN's and LPN's. Jan has started 16 Nursing Honor Guard programs throughout the state of Indiana.

Learn more about these remarkable individuals and their volunteer work at lifestreaminc.org/golden-hoosier-recipients.

Jan, Linda and Edna are three of many volunteers who make a difference across the state of Indiana and beyond. LifeStream relies on volunteers to assist in a variety of ways including passing out meals at the café sites, making calls to lonely seniors, crocheting or knitting gifts for clients, completing administrative office tasks, and more. Those interested in volunteering with LifeStream Services can learn more by visiting lifestreaminc.org/support/volunteer or by contacting Laura Bray, Volunteer Services Administrator, at 765-759-3372 or by email, lbray@lifestreaminc.org.



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Getting Prepared for the Winter



Now is the time to prepare for the cold winter months ahead. Make sure your home is ready for the cold, and plan ahead in case of emergencies. Follow these four tips to make sure you are winter ready!

- ✔ **Car Maintenance:** Driving in the winter can be dangerous; make sure you have a blanket, flashlight, hat/gloves, snacks, jumper cables, batteries, and emergency flares in case of a breakdown or accident.
- ✔ **Stock Supplies for Unexpected Power Outages:** Have an easy to get to spot with a flashlight, battery-powered radio, non-perishable food, and warm clothes.
- ✔ **Prepare for Snow & Ice Removal:** Make sure you own a shovel and ice melt, or request help from a neighbor or friend/family member in advance if you are unable to do these tasks alone.
- ✔ **Swap your cooler weather bedding for warm, winter bedding.** Use a cozy down comforter or wool blankets, and make sure extra blankets are nearby.