

Streamlines

2022 Spring/Summer Newsletter

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LifeStream
For the young at heart.®

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 information about our events, many of which have been cancelled or rescheduled over the past two years. In April, we excitedly welcomed our communities back into our senior sites for in-person meals, and our Senior Farmers' Market Nutrition Program starts back up in June. For those who can't get out much and/or who may still be at risk, we have information in regard to home-delivered meals and activities that can be done from the comfort and safety of home. Finally, we hope you'll take the time to review LifeStream's Impact Report from our 2021 Annual Report. We hope it shows the dedication and passion we have for serving older adults, individuals with disabilities, and family caregivers.

Sincerely,

Jenny Hamilton,
President & CEO

LifeStream Events

After two years of cancellations and rescheduling, we are looking forward to a Spring and Summer full of events focused on providing information, resources, and support for improving quality of life for older adults and those with disabilities. *Below is a list of our annual events. Join us at one near you!*

Older Americans Month

All May long in all areas!

In celebration of Older Americans Month, LifeStream Services is hosting events in our 12-county service area all month long.

Healthy Aging Expo

May 12, 2022 · Richmond, IN

A drive-thru event featuring a complimentary lunch (to the first 200!), resource bag, prizes, live demos, and greetings from your favorite local vendors!

Aging Well Conference

Thursday, June 2 · Muncie, IN

A conference for caregivers, older adults, wellness enthusiasts, and health professionals to learn how to make positive changes in their lives and the lives of others.

Golf Outing

Wednesday, August 17 · Yorktown, IN

LifeStream's Annual Golf Outing raises funds to help us continue our mission.

JOY Games

September 27, 28, 29 · Richmond, IN

What was previously known as the Area 9 Senior Games, has been revamped to include three days of fun-filled activities for older adults to enjoy.



SAVE THE DATE

LifeStream's 13th Annual Golf Outing

Wednesday, August 17, 2022 · Shotgun start 9 a.m.
The Players Club · Yorktown, IN

Proceeds benefit older adults and people with disabilities to help them remain independent in their homes and communities.



lifestreaminc.org/golf · 765-759-1121

For a complete list of events, details, and support opportunities, visit: lifestreaminc.org/events

Welcome Back to Senior Sites!

LifeStream provides a variety of nutrition programs including senior community cafés, home-delivered meals, and Senior Farmers Market Nutrition Vouchers.

Farmers Market Vouchers

Check for availability!

The Senior Farmers' Market Nutrition Program (SFMNP) provides fresh, unprepared, locally grown fruits, vegetables, and edible herbs to income-eligible seniors who are over the age of 60.

Senior Cafés

Available throughout our service area, various dates

Join us for lunch! Our café sites are now open and provide more than just a meal; it is an opportunity to be active and engaged in the community!

Senior Safety Nets

Various locations and dates

LifeStream Services partners with Second Harvest Food Bank to offer monthly food distributions for those who are 60 and over. Proof of residence and ID are not required.

Home-delivered Meals

Various locations and dates

If you are unable to get to café sites or distributions, LifeStream can deliver meals right to your door if you live in our 12-county service area. Home-bound individuals age 60 years and older might qualify to receive a meal at home on a donation basis.

For full details on locations and hours for Senior Cafés and Senior Safety Net sites as well as more information on how to sign up for meals and vouchers, please visit our Nutrition page at lifestreaminc.org/nutrition or call 765-759-1121.



Stay Connected at Home

Virtual Tours on YouTube

Anytime via YouTube!

Travel from the comfort and safety of your home to sites around the world. These volunteer created videos take you on a tour of iconic sites. New videos are added periodically at bit.ly/youtubetours.

LifeStream Live with Angie

Every Thursday at 2pm on Facebook

Tune in every Thursday at 2pm as Angie Jenkins, Outreach Coordinator, discusses various topics including upcoming events, wellness, nutrition, fraud/scam awareness, and more.

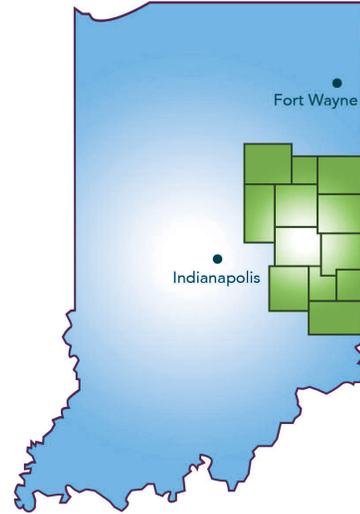
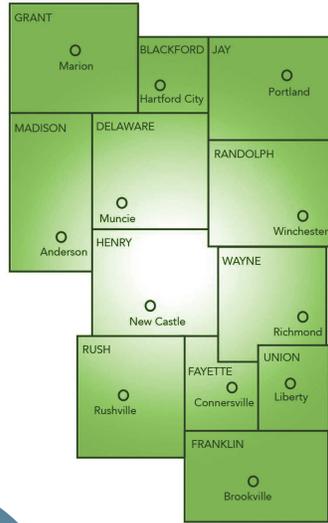
LifeStream's Impact

July 1, 2020 - June 30, 2021

Mission: To provide the right information, resources, and support for improving quality of life and maintaining independence for older adults and those with disabilities.

Vision: In the region we serve, individuals are living lives of quality, choice, and independence.

Values: Respect, Compassion, Collaboration, and Excellence



507 volunteers provided nearly 10,000 hours of service.

Serving 12 counties in East Central Indiana.

79,085 in-home service hours.

299,157 meals provided.

8,541 calls answered by Information & Assistance.

32,977 transportation trips.

To learn more about LifeStream and read our 2021 Annual Report, visit: lifestreaminc.org/about



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Yorktown, IN 47396
lifestreaminc.org

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Staying Safe and Engaged in the Heat



With Spring and Summer comes warmer temperatures and more opportunity to enjoy the outdoors! There is also a chance of extreme heat that can cause dangerous conditions for outside activities. Here are some safe and engaging activities to enjoy while staying cool!

- ✔ **Prepare a Fresh Meal:** Fresh produce tends to be more cost efficient and readily available during the summer. Try visiting a farmer's market earlier in the day to avoid higher temps.
- ✔ **Stay Active and Cool:** Take a stroll through a local park with plenty of shade cover. Keep a water bottle on-hand to stay hydrated. Swimming and water aerobics can help beat the heat while also providing a low-impact way to stay fit.
- ✔ **Enjoy a Cool Treat:** Summer wouldn't be complete without an iced tea, sno-cone, or ice cream! When days are sweltering, a cold treat can help you stay cool!
- ✔ **Reminisce on the Past:** Remembering and talking about summers past is a great way to stay social and revisit those good memories.