

Streamlines

2023 Spring/Summer Newsletter

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LifeStream
For the young at heart.®

LifeStream Update

Dear Friends of LifeStream:



On May 11, 2023, after more than three years, the United States Department of Health and Human Services will end the COVID-19 Public Health Emergency. During those three years, LifeStream shifted our

programs and events to deliver information and services as safely as possible. Many of our annual events were either cancelled, moved outdoors, or delivered online. In looking ahead to 2023, we are excited to share that all of our events are currently planned to resume “normal” operations, and we hope you’ll make plans to join us! You can find information on these events on page 3.

It’s also important to continue safely connecting with friends and family. Social connections, good nutrition, and practicing healthy habits can go a long way in improving and maintaining overall health and well-being in all of us, not just older adults. Make a plan to take up a new hobby with a friend, join one of our Enhance Fitness or Geri-Fit classes, or visit a farmer’s market this summer to get some fresh, local produce. Keep checking our website for information on the Senior Farmers’ Market Nutrition Program, expected to kick off in June.

As the Public Health Emergency comes to a close, you may have questions about what that means for you and Medicaid eligibility, COVID-19 vaccine guidance, or other in other areas. Our Information and Assistance department can be reached at 800-589-1121, or through chat on our website at www.lifestreaminc.org to answer questions and point you to the most accurate community resources to help keep you healthy and independent.

In addition to details about our annual events in this issue of StreamLines, you can also find information about our Produce for Better Health program, thoughts from our Caregiver Programs Coordinator in recognition of Brain Awareness Month (June), and tips for safe, fun activities to beat the summer heat.

Finally, we hope you’ll take the time to review LifeStream’s Impact Report from our most recent annual report (July 1, 2021-June 30, 2022). 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

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!*

Healthy Aging Expo

Thursday May 11 · Richmond, IN

Join us back inside for complimentary lunch (to the first 200!), resources, local tastings, activities, \$100 Grand Prize drawing and more! More information can be found at lifestreaminc.org/healthy-aging-expo

Aging Well Conference

Thursday, June 1 · 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

Thursday, August 17 · Yorktown, IN

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

JOY Games

September 13, 14, & 15 · 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.

Fall Festival

Thursday, September 28 · Liberty, IN

LifeStream's annual Fall Festival invites older adults for a day of pontoon boat rides, a health fair, car show, musical entertainment, crafts, bingo, and much more.



SAVE THE DATE

LifeStream's 14th Annual Golf Outing

Thursday, August 17, 2023 · 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

Produce for Better Health

LifeStream provides a variety of nutrition programs including senior community cafés, home-delivered meals, and now, the Produce for Better Health Program.

As part of the effort to provide nutritious foods to older adults, LifeStream has partnered with Anthem to provide fresh fruits and vegetables each month at no cost as part of the Produce for Better Health Program. The amount of food received equals at least two additional servings of fruits or vegetables per day.

In regard to LifeStream's participation, Nutrition Administrator Dana Pierce said, "This program is an important reminder that good nutrition is essential for healthy aging and optimal health. Eating a balanced diet can help maintain strength, vitality, and overall well-being. We're looking forward to new programs focusing on nutrition and nutrition education this year."

In exchange for being enrolled in the program, participants answer questions each month about weight, blood pressure, and overall health, and share those answers with LifeStream. The program

evaluates whether adding additional fruits and vegetables to a participant's diet improves their health. To help track progress, the program supplies a bathroom scale and blood pressure monitor, also at no cost to the participants.

In addition to the questions answered each month, the program will use information that is already available from health care providers via the "Indiana Health Information Exchange" to continue to assess health and improvements. No information about participant health is shared publicly or with persons outside of the program. The program assesses data across all program participants and does not evaluate health status as an individual.

For those interested in learning more about the Produce for Better Health Program, please reach out to LifeStream Nutrition Administrator, Dana Pierce, at dpierce@lifestreaminc.org or visit our Nutrition page at lifestreaminc.org/nutrition.

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.

Geri-Fit Virtual Wellness Classes

Anytime via the internet!

Geri-Fit is a 45 minute video-led strength training exercise class for older adults. Most of the body building exercises are performed seated in chairs with a set of light dumbbell weights. As you become stronger, you can advance to heavier dumbbells in order to challenge yourself even more. Enrollment is open to older adults of all ages and fitness levels, simply work out at your own pace! Visit lifestreaminc.org/wellness for more information on how to register.

LifeStream's Impact

July 1, 2021 - June 30, 2022



537 volunteers provided **29,420** hours



8,578 calls answered by Information & Assistance



267,471 meals provided



230,000 in-home service hours



12 counties served in East Central Indiana

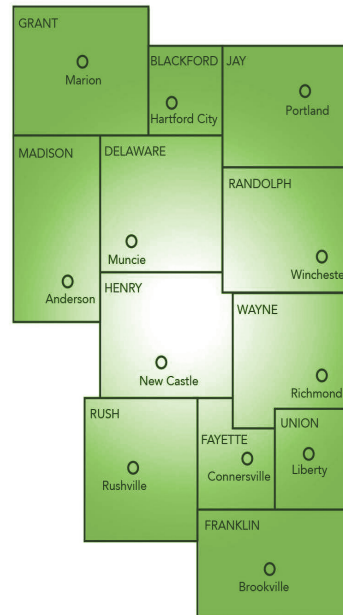


38,910 transportation trips

Mission: 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



Outreach Corner...

An update from Angie Jenkins, Outreach Coordinator

Spring is here! The grass is getting greener, flowers are beginning to bloom, and the birds are singing.

LifeStream has a couple of events that are just right around the corner. May 11th is our Healthy Aging Expo in Richmond, then we have our Annual Aging Well Conference just a few weeks later on June 1st. These events are a great opportunity to learn about resources in your community. As we continue to work on these events, we are also out in the community learning of new resources from support groups, educational events, movie days and more.

Here's a "Did You Know?" fact... Social participation and social support are strongly connected to good health and well-being throughout life. By participating in leisure, social, cultural, and spiritual activities, older adults are able to enjoy respect and esteem, remain informed, and maintain or establish supportive and caring relationships.

It's great to know that our community partnerships are working hard to make a positive impact!

- **Parkinsons Support Group:** 2nd Thursday of every month at 3:00pm at the Riverside Avenue Baptist Church in Muncie
- **Senior Movie:** 1st Friday of every month at 12:30pm at the Alex Movie Theater in Alexandria, hosted by Essential Senior Connections
- **Senior Movie Day:** 1st Wednesday of every month at 1:00pm at the Towne Square Cinema, 117 W Franklin St., Winchester (\$3.00 fee)
- **Monthly Movie :** 3rd Tuesday of every month at 10:00am at Majestic Care, 1029 E. 5th St. Connersville
- **Thriving Thursday:** 2nd Thursday of every month at 11:30am at the Fayette Senior Center, 477 N. Grand Ave, Connersville
- **Medical Monday:** 2nd Monday of every month at 11:00pm at the Central United Methodist Church, 15th and Main, Richmond
- **Morning w/ Seniors:** 3rd Wednesday of every month at 10:00am at the Elwood YMCA, 620 Main St, Elwood
- **Lifelong Learners:** Every Monday at 10am at the Kennedy Library 1700 W. McGalliard Rd. Muncie
- **Support Group for Persons with Low Vision :** 1st Thursday of every month at 10:30am at the Central United Methodist Church, 1425 East Main St., Richmond
- **Dialysis Caregiver Support Group :** 4th Tuesday of every month at 6:00p, at the Crosspoint Biker Church, 1130 E Baseline, Connersville
- **Euchre at the Elwood YMCA :** Every 2nd and 4th Wednesday of the month at 10:00am at the YMCA, 1620 Main St., Elwood

We hope you have a chance to visit some of these partners and participate in these events.

To learn more about what is happening at LifeStream, contact Angie Jenkins, Outreach Coordinator, at 765-759-1121 ext. 121 or email ajenkins@lifestreaminc.org.

June is Brain Awareness Month

An update from Hollyn Neal, Caregiver Programs Coordinator

With June being Alzheimer's and Brain Awareness month, in this month's issue we are going to be discussing dementia.

Dementia is an overall, umbrella term that describes a wide range of symptoms severe enough to reduce a person's ability to perform every day tasks. With that being said, dementia is not a specific disease. There are many different diseases that cause dementia – the most common being Alzheimer's Disease (60-80% of all cases). Other less common forms of dementia that you may have heard about include Dementia with Lewy Bodies, Frontotemporal Dementia, and Vascular Dementia.

Some symptoms of dementia include memory loss that disrupts daily life, confusion with time or place, withdrawal from work or social activities, and changes in mood or personality. It is important to note that if you notice any of these symptoms in yourself or a loved one, you should talk to the individual's medical practitioner. It is best not to jump to any conclusions about what may be causing these symptoms, but rather let a doctor examine the individual to get to the underlying cause.

A couple of communication tips for engaging with those living with dementia include:

- Speak slowly and clearly, and talk in a gentle and relaxed tone.
- Be patient and supportive. Let the person know that you are listening and trying to understand. Show that you care about what he or she is saying and be careful not to interrupt.
- Avoid arguing. If the person says something you don't agree with, let it be. Arguing usually only makes things worse and often increases agitation for the person with dementia.

This has been a very quick overview of dementia, signs and symptoms, and communication tips for engaging with those living with dementia. You may think of this as a

sneak peek to Dementia Friends, which is an hour-long session that goes much more in depth on each of these. These sessions may be completed virtually or in person. If you are interested in going through a Dementia Friends session or any of our other dementia related education programs, please reach out to Hollyn Neal; Caregiver Programs Coordinator at (765) 759-1121 ext. 101.

Reid Health PACE center in Richmond, IN is hosting a car show in partnership with LifeStream Services on June 10th, 2023. All proceeds from this event will go to the Alzheimer's Association. There will be food trucks, raffles, and unique cars! We hope that you will join us for this special event.





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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.