

WELLNESS GUIDE



LifeStream
For the young at heart.®

Who We Are

LifeStream Services is an Area Agency on Aging and East Central Indiana's Aging and Disability Resource Center. LifeStream provides programs and services to help older adults and people with disabilities remain independent and active in their homes and communities.

Our Mission

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

Office Locations

Headquarters

1701 Pilgrim Blvd.
Yorktown, IN 47396

Pendleton

1 Plaza Dr., Suite 6
Pendleton, IN 46064

Richmond

2404 National Rd. W.
Richmond, IN 47374

Connect With Us



800-589-1121



@lifestreamservices



lifestreaminc.org

LifeStream Wellness Programs

LifeStream Services is dedicated to promoting healthy and active living in the communities we serve. Our wellness programs are designed to help individuals improve their quality of life and maintain independence. Wellness programs are a great fit for those who are looking to become more active, are already active and want a challenge, or simply for fun! Programs can be done individually or in a group setting.

Meet the Wellness Educator

Gina Harvey

Gina graduated from Indiana University with a degree in Sports Management. She has dedicated 15+ years focused on improving the health and wellbeing of others. Gina lives in Bath, Indiana with her husband and five children. She enjoys spending time with family, riding horses, and helping on the family farm.



Wellness Programs

WELLNESS PRESENTATIONS

Is there a wellness related topic that you want to learn more about? Invite us to come speak to your group to share information on a variety of wellness topics including

- **Health Screenings**
- **Stress Management**
- **Nutrition**
- **Exercise**

Presentation topics can be customized to fit your needs. You can request a presentation by visiting lifestreaminc.org/speakers-bureau or contact Gina Harvey, Wellness Educator, at 765-759-1121 or gharvey@lifestreaminc.org.

COMMUNITY EVENTS

LifeStream hosts and attends a variety of events to promote healthy and active living.

- **Healthy Aging Expo**
- **Aging Well Conference**
- **JOY Games**
- **Fall Festival**
- **LifeStream Golf Outing**
- **Caregiver Appreciation**
- **County Fairs**

Learn more about these events and more at lifestreaminc.org. Hosting an event of your own? We'd love to learn more and participate! Please send to Angie Jenkins, Outreach Coordinator, at 765-759-1121 or ajenkins@lifestreaminc.org.

Healthy Eating Every Day

This course is designed to help people identify the reasons for their poor eating choices and acquire the lifestyle management skills needed to improve their eating habits permanently.

What to expect:

In this class you will set personal goals and learn how you can utilize the Healthy Eating Every Day behaviors to achieve your goals. Topics covered include portion control, how to limit calorie dense foods, and how to accumulate at least 30 minutes of moderate physical activity daily.

Benefits of this course include:

- Improve eating habits in ways that fit your lifestyle.
- Make eating enjoyable and realistic.
- Learn and practice behavior change skills that support your new healthy eating habits.



Wellness Programs

Matter of Balance

A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels.

You will learn to:

- View falls as controllable.
- Set goals for increasing activity.
- Make changes to reduce fall risks at home.
- Exercise to increase strength and balance.

Who should attend?

- Anyone concerned about falls.
- Anyone interested in improving balance, flexibility, and strength.
- Anyone who has fallen in the past.
- Anyone who has restricted activities because of falling concerns.



Bingocize®

Bingocize® is a 10-week, evidence-based health promotion program approved through both SNAP-Ed and The National Council on Aging (NCOA). Bingocize® combines exercise and health information with the familiar game of bingo, which is a great and fun way to get seniors moving and socializing. It's meant to be played twice a week on nonconsecutive days. Each session usually lasts 45-60 minutes. Bingocize® can be implemented remotely or in a traditional face-to-face setting.

Goals of the program are to help older adults:

- Improve and/or maintain mobility and independence
- Learn and use health information focused on falls reduction, improved nutrition, and other health-related behaviors
- Make changes to reduce fall risks at home
- Engage older adults in social settings



Wellness Programs

Drums Alive®

Experience the transformative power of cognition, movement, music and rhythm. EveryBODY comes alive with Drums Alive! This is a fun, evidence-based wellness program that improves physical, mental, and social-emotional well-being.

This interactive weekly class can be customized to meet your ability level and schedule.

This program positively impacts:

- Stress and Anxiety
- Mood
- Blood Pressure
- Natural Immune System
- and much more!





Geri-Fit

Geri-Fit is a 45-minute video-led strength training exercise class for older adults. There is a virtual option available to do from the comfort of your home. Enrollment is open to older adults of all ages and fitness levels, simply work out at your own pace!

What to expect:

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.

Wellness Programs

Home Meds

As you get older, the way medications work in your body can change. And while medications are very important in helping to control many illnesses, they can also have serious side effects. Each year, nearly 100,000 older adults go to the ER because of medication-related issues including falls, dizziness, heart issues, or confusion.

What to expect:

HomeMeds is a free and convenient review of all your medications by a trained professional. The participant's medicines will be reviewed by a trained pharmacist. If needed, the participant's personal physician will be contacted for changes if indicated.

You may benefit from HomeMeds if...

- You see multiple doctors or fill prescriptions at multiple pharmacies.
- You take over-the-counter drugs or supplements.
- You have recently experienced a fall, dizziness, or unusual confusion.
- You have been recently been to the ER or hospital.
- You take blood thinners or diabetes medication.

Enhance Fitness

A full hour of fun, focused on dynamic cardiovascular exercise, strength training, balance, and flexibility - everything older adults need to maintain health, and functions as they age.

- Strength Training: Train with light weights.
- Flexibility & Balance: Increase your range of movement and help prevent falls.
- Aerobic & Cardio: Experience improvements in walking and breathing.

What to Expect:

- Expect a casual atmosphere. This one-hour class is attended by older adults like you - not athletes - interested in improving their life through exercise.
- Expect an energetic, certified instructor who leads our series of exercises and provides individual attention.
- Classes begin with a warm-up period. At times, you work with light soft-weights (provided). Classes finish with a cool-down session.



Ready to lead an active life?



Visit the LifeStream Website

Visit www.lifestreaminc.org/wellness to learn more about each of these programs and find a participating location near you. If you don't see a class offered in your area, let us know! If we have enough interest, we can work on providing something in your area.



Contact the Wellness Educator

If you have questions or want to learn more about the LifeStream wellness programs give Gina a call at **765-759-1121 ext. 190** or email gharvey@lifestreaminc.org.



Head over to our Facebook Page

Join the wellness conversation happening on Facebook where you will find weekly wellness tips, event updates, and more. Like/follow our page at www.facebook.com/lifestreamservices.