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LifeStream
For the young at heart.®

LifeStream Update

Dear Friends of LifeStream:



As the end of the year approaches, I'm proud to reflect on LifeStream's nearly 50 years of service and to share our vision for the future. As we approach our milestone anniversary, our commitment to improving the quality of life for older adults, people with disabilities,

and caregivers across our 12-county service area remains as strong as ever. As one of our core services, we know transportation is especially important.

For many older adults, transportation is the key to staying active and independent. Whether it's getting to medical appointments, buying groceries, or visiting friends and family, safe and reliable transportation helps older adults and people with disabilities live full lives.

Other programs we continue to offer include our nutrition programs, non-Medicaid case management for individuals age 60 and over, information and assistance for any age/need, Medicaid waiver case management for individuals ages 59 and younger, wellness classes, community events, and caregiver support. We are continuously working to adapt

and ensure that each of our programs meets the needs of our community members.

I want to thank each of you for your continued support of LifeStream. Whether you are a volunteer, community partner, or supporter, your involvement helps us fulfill our mission. We are grateful to have your support as we embark on the next 50 years of service. The following pages highlight our recent involvements and provides updates on the programs and services that make a difference in the lives of so many throughout East Central Indiana.



Our Golden Year

Sincerely,

Jenny Hamilton,
President & CEO

Staying Connected

For many older adults, winter can bring isolation. Isolation can often lead to depression and loneliness. Find some helpful ways to stay connected to your community!

- ✔ **Blooming Health:** Sign up to receive call or text notifications from LifeStream about new programs or events near you. To register, call 765-405-0022 or email ekatz@lifestreaminc.org
- ✔ **Café Sites:** LifeStream has senior community cafés throughout 12 counties in Indiana. Lunch is available on a donation basis to those who are 60 years of age and over and their spouse.
- ✔ **Volunteer:** The LifeStream Volunteer Program matches students, children, adults and groups with community needs. We have an opportunity for almost anyone to contribute – contact us for information about volunteer opportunities!
- ✔ **Wellness Classes:** LifeStream is dedicated to promoting healthy and active living in the communities we serve. We provide a variety of health and wellness programs and classes, both virtual and in-person, to help promote active living among older adults, people with disabilities, and their caregivers.
- ✔ **Virtual Tours:** With the help of Ball State University student volunteers, LifeStream invites you to travel from the comfort and safety of your home to sites around the world. Our playlist of virtual tours is added to periodically, so check out our YouTube playlist often at bit.ly/LifeStreamTours



For a complete list of nutrition sites, virtual events and tours, wellness classes, social events, and volunteer opportunities to take part in this winter, visit: lifestreaminc.org

LifeStream 2024 Event Wrap-up



LifeStream Outreach

We are looking forward to a new year full of events focused on providing information, resources, and support for improving quality of life for older adults, those with disabilities, and caregivers. *Below is a list of our annual events. Join us at one near you!*

Healthy Aging Expo

Richmond, IN

The annual Healthy Aging Expo is a free event for the community to learn more about programs, services, and activities available to older adults in the Wayne County area and beyond.

More information can be found at lifestreaminc.org/expo

Aging Well Conference

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.

More information can be found at lifestreaminc.org/agingwell

Golf Outing

Yorktown, IN

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

More information can be found at lifestreaminc.org/golf

JOY Games

Richmond, IN & Muncie, IN

Those 55 and older are invited to join us for some friendly competition in activities including pickleball, Bingo, chair volleyball, Euchre, a golf scramble, and more.

More information can be found at lifestreaminc.org/joy-games

Fall Festival

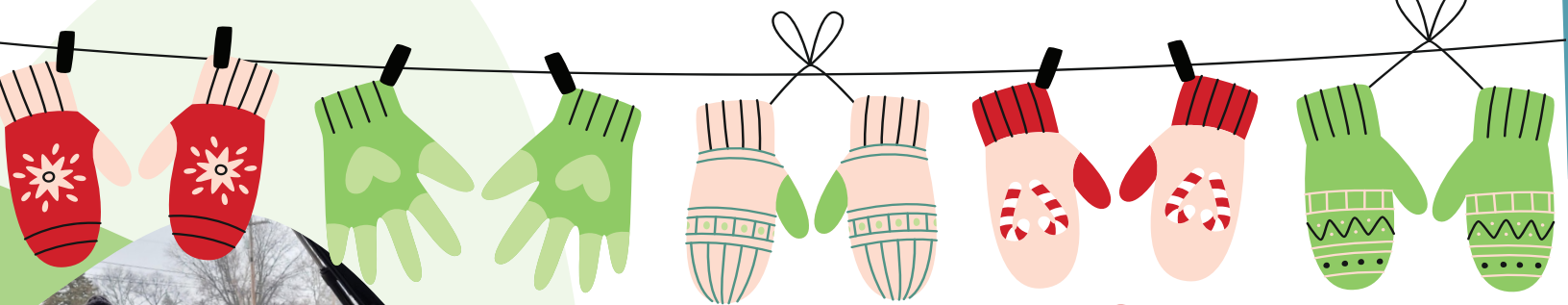
Liberty, IN

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

More information can be found at lifestreaminc.org/fall-festival



Make yourself at home. ✓



Angel Wish

Warm & Cozy Holiday

You can help deliver hope to older adults who are isolated during the holidays. Each year, LifeStream's AngelWish program coordinates doorstep delivery of a special gift to seniors, individuals with disabilities, and caregivers. AngelWish is a beacon of hope, providing reassurance that their community cares.

How you can help:

Make a Monetary Donation - With your \$30 donation, an older adult will receive a holiday gift set.

Donations can be made:

- **Online:** visit lifestreaminc.org/angelwish
- **Mail:** Cash/check donations can be mailed to LifeStream's Headquarters at 1701 Pilgrim Blvd. Yorktown, IN 47396. Make checks payable to LifeStream Services.
- **Contact:** Angie Jenkins, Outreach Coordinator, 765-759-1121 ext. 121 or ajenkins@lifestreaminc.org

Volunteer - LifeStream needs delivery elves to help ensure 750 AngelWish gift sets are delivered by December 20. People of all ages can volunteer.

LifeStream®

Learn more and sign up:

www.lifestreaminc.org/angelwish

Volunteer: Laura Bray, Volunteer Services

Administrator, 765-759-1121 ext. 136 or lbray@lifestreaminc.org

Donate/Sponsor: Angie Jenkins, Outreach Coordinator, 765-759-1121 ext. 121 or ajenkins@lifestreaminc.org



Honoring the “Golden Hoosiers” of Indiana

LifeStream Services held our annual LifeStream Golden Hoosier Award luncheon and ceremony this past June! Nominees of the Golden Hoosier Award are special older adults who demonstrate excellence, passion, and commitment to volunteering and helping others in their community.

Local Golden Hoosiers Lonnie Snow (Wayne County) and Randy Davis (Jay County) were both nominated to the State for the Golden Hoosier Award, where Randy was 1 of 17 recognized as an Indiana Golden Hoosier.

LifeStream relies on volunteers to assist in a variety of ways, including passing out meals at the café sites, making calls and visits to lonely older adults, crocheting or knitting gifts for clients, conducting administrative office tasks, and more.



Those interested in volunteering with LifeStream Services can learn more by visiting lifestreaminc.org/volunteer or contact Laura Bray, Volunteer Services Administrator, by calling 765-808-8827 or email lbray@lifestreaminc.org.

Volunteer Concierge Program

When you can't, we can.

What is the Volunteer Concierge Program?

A volunteering initiative in which individuals are matched with older adults in need of a friendly visit or task assistance such as housekeeping, meal prep, light yard work, or companionship.

Who can volunteer?

Volunteers must be 18 years of age or older with a desire to impact an older adult's life through support and companionship.

How to sign up to volunteer

Those interested in being part of the Volunteer Concierge Program can fill out an application at lifestreaminc.org/support/volunteer or contact Laura Bray, Volunteer Services Administrator, at 765-808-8827 or lbray@lifestreaminc.org.



Learn more about LifeStream and the Volunteer Concierge Program at 800-589-1121 or visit www.lifestreaminc.org.

SHIP Counseling During Open Enrollment

Open Enrollment is an annual period between October 15 and December 7 in which Medicare beneficiaries are able to make changes to their healthcare coverage for the following year.

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.

LifeStream SHIP counselors are available during Open Enrollment in Delaware and Wayne counties. Those interested in reviewing their current coverage should call LifeStream Services at 800-589-1121 to make an appointment. Appointments will be limited. Please follow LifeStream on Facebook or visit lifestreaminc.org for announcements regarding community events and virtual info sessions throughout the Open Enrollment period.



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

Yorktown becomes a Dementia Friendly Community

Welcome Dementia Friendly Yorktown to the DFA Network!

Dementia Friendly America® is a multi-sector, national collaborative on a mission to foster communities that are equipped to support people with dementia and their caregivers by working to become dementia friendly. We are proud of the care and work the community put in to making this happen.



Key Goals Among Dementia-Friendly Communities include:

- Increasing awareness and understanding of dementia and people living with dementia
- Increasing awareness and understanding of brain health and risk reduction
- Collaborating with public, private, not-for-profit and health care sectors to better serve people living with dementia and care partners
- Addressing the changing needs of people with dementia and care partners
- Creating social and cultural environments that are inclusive to people living with dementia
- Improving the physical environment in public places and systems so that they are dementia friendly

Hang up on MEDICARE CARD SCAMS



MEDICARE REPRESENTATIVE

Scammers call claiming to be from Medicare and asking you to verify your personal information.

VERIFY INFORMATION

Scammers claim you need to verify your Medicare number to receive or continue benefits.



COMPROMISED MEDICARE CARD

Your Medicare card was compromised so you need to move money from your bank account to a "safer" account.

PLASTIC MEDICARE CARD

Scammers offer you a plastic version of the Medicare card for a fee.



<https://www.consumer.ftc.gov/blog/2018/06/hang-medicare-card-scams> PECLID:2WAK3KAZP0G7BYLWY23JGBH72DLVYVW4K3P0JY5G059PL_NATV2322V9

SMP RESOURCE.ORG
SUPPORTED BY GRANT # 90MPRC0001 FROM ACL

Medicare Open Enrollment

MARKETING VIOLATIONS

THERE ARE LIMITS ON HOW MEDICARE PLANS CAN CONTACT YOU.

MEDICARE PLANS:

- CAN'T CALL YOU IF YOU DON'T HAVE A RELATIONSHIP WITH THEIR COMPANY.
- CAN'T SEND YOU EMAILS IF YOU HAVEN'T AGREED TO THIS FORM OF CONTACT.
- CAN'T COME TO YOUR HOME TO SELL MEDICARE PRODUCTS WITHOUT AN INVITATION.
- CAN'T LEAVE FLYERS, DOOR HANGERS, OR LEAFLETS ON YOUR CAR OR AT YOUR HOME, UNLESS YOU MISSED A SCHEDULED APPOINTMENT.



SMP RESOURCE.ORG
877-808-2468

SUPPORTED BY GRANT # 90MPRC0002 FROM ACL

To learn more about Medicare Fraud and how to spot it, prevent it, and report it, reach out to LifeStream at I&A@lifestreaminc.org. To learn more about Senior Medicare Patrol, visit their website at www.smpresource.org

Exercise Your Right to Vote this Election Season!

As this year's General Election nears, it's important to exercise your right to vote! Below is some information to help ensure your vote is counted.

General Election Day:

Tuesday, November 5th, 2024

Photo ID is required of all voters casting a ballot in person. *There are exceptions for certain confined voters and voters casting absentee ballots by mail.* Acceptable forms of ID include: **driver's license, passport, military ID or picture ID from the Bureau of Motor Vehicles.**


Early Voting Dates:

October 8th-November 4th, 2024

In-person absentee voting can be done at your board of elections beginning 28 days before Election Day and no later than 12:00 pm on the day before Election Day. Each county has its own schedule, so be sure to check what the dates and times are in your area.



For more information on voting procedures, polling places, and more, please visit www.vote411.org/indiana



Help for you and your loved one starts here.

If you step in to provide help or assistance to a friend, family member, or loved one – *you're a caregiver.*

LifeStream Services can help with support, transitions, education, and planning for those who STEP In to caregiving.

Programs and resources include:

- ✔ Caregiver Kits (Memory, Parkinson's, & Kinship)
- ✔ Care Team Resource Binder
- ✔ Care Coaching
- ✔ Powerful Tools for Caregivers
- ✔ Speakers Bureau
- ✔ Dementia Friends
- ✔ Memory Cafés
- ✔ Caregiver Support Groups
- ✔ Respite Care
- ✔ PASTA - Parenting A Second Time Around



STEP in

LIFESTREAM CAREGIVER PROGRAMS

a program of

LifeStream

More Information:

800-589-1121 • lifestreaminc.org

Caregiving and Humor: An Essential Combination

If you step in to provide help or assistance to a friend, family member, or loved one – you're a caregiver!

Please join us for the 2024 National Caregivers Month Event! The purpose of this event is to recognize nonprofessional caregivers and care partners for all they do and give them an opportunity to laugh and take time for themselves.

We are honored to welcome Sky Sands – facilitator, educator, entertainer and “EnterTrainer” as this year’s speaker offering comedy, magic and motivational components. Mixing magic, audience participation, impressions and fast paced improvisation, one would not call what Sky does a “show,” but rather a unique experience.

With over 10 years of experience, Sky has honed his craft to an art...one that he still embraces each time he’s on stage, regardless of the audience size or location. *Sky says “Fun is Fun!”*

Wayne County

Wednesday, November 13, 2024 · 9:45am-2pm

The Leland Legacy

900 S. A Street, Richmond, IN 47374

Delaware County:

Thursday, November 14, 2024 · 9:45am-2pm

Minnetrissa Museum & Gardens

1200 N. Minnetrista Pkwy, Muncie, IN 47303



Sky Sands, comedian

Cost to register:

Fee covers meal, speaker, and caregiver activities.

Caregivers/Care Partners: Cost sponsored by LifeStream

Professionals: \$10

Want more information about the event? Please reach out to our Caregiver Programs Coordinators at stepin@lifestreaminc.org or (765) 759-1121 ext. 101 or 281

To register for this event, scan the QR code. For information about LifeStream Services, additional resources, and upcoming events, visit lifestreaminc.org



Scan to register!



1701 Pilgrim Blvd.
Yorktown, IN 47396
lifestreaminc.org

Return Service Requested

Non-Profit
Organization
U.S. Postage
PAID
Permit No. 5
Yorktown, IN 47396

800-589-1121 | **lifestreaminc.org** | **facebook.com/lifestreamservices**

New LifeStream Buses Hit the Roads!

We're excited to announce the arrival of LifeStream's brand-new fleet of buses! Our buses are designed with comfort and accessibility, ensuring our communities have access to safe and reliable transportation.

LifeStream Services provides transportation or the contact information for those that do in all twelve of our counties. Whether it's a ride to the grocery store, a trip to the doctor, or a ride to the park, LifeStream can get you where you need to be in East Central Indiana.

As we approach cooler weather, consider scheduling your rides in advance to secure a spot!

To receive more information or to schedule a ride, please call 888-589-1121.

