

**LifeTime Resources**  
 13091 Benedict Drive  
 Dillsboro, IN 47018  
 812-432-6200  
 800-742-5001  
 www.lifetime-resources.org

**Executive Director:**  
 Sally Beckley



*Sally Beckley*  
 Executive Director

Dear Friends,

The mission of *LifeTime Resources* is more than just words on a piece of paper. "Working together to provide services that help people maintain their independence," is at the basis of everything we do. In answer to a question on a recent employee survey, we found that 97% of our employees believe we are focused on the mission. That is because the people who work and volunteer for *LifeTime*, do it because they believe in what we do.

Although waiting lists for in-home services is the norm throughout Indiana, *LifeTime* does not have a waiting list. Despite the difficult economic environment and budget cuts from state and federal funding sources, we persevered and nearly every person that came to our office was helped in some way.

We could not have accomplished this without the dedication of everyone who is involved here at *LifeTime*. From our Board of Directors and Advisory Council to our employees, it is their work that makes our success possible. In May, Steve Strandmark, Board Chairman in 2011, and Judy Firth, Board Secretary, retired from our Board of Directors. Both showed enduring leadership over the years in helping form policies that help *LifeTime* serve older adults and those with disabilities. They will be missed and *LifeTime* wishes them luck in their future endeavors.

As for our employees, we will let them show you how *LifeTime* can help you in their own words. Please take a few minutes to read what they have to say. You will see how our employees work together to achieve our mission.

*Sincerely,*  
*Sally*



Judy Firth and Steve Strandmark retired from *LifeTime's* Board of Directors after several years of service. Both held executive positions in 2011.

**2011 Board Members:**

- Judy Firth
- Barbara Fitch
- Gary Green
- Donnie Hastings, Jr.
- Bob Jacobson
- Roger Nay
- Doris Slack
- Jeff Stratman
- Steve Strandmark
- Linda Tuttle

**2011 Advisory Council**

- Linda Bond
- Nancy Crozier
- Mary Elizabeth Goldsmith
- Carolyn Green
- Ted Hartshorn
- Virginia Miller
- Brenda O'Neal
- Sara Richard
- Cynthia Rottinghaus
- Viji Saravanan
- Nance Widowson

**Our Mission:**

*Working together to provide services that help people maintain their independence*

**Our Vision**

*Helping you today, Improving your tomorrow.*

**Our Values**

*Integrity, Quality, Compassion, Cooperation*

**ADRC**

When older adults and caregivers need information about how to remain independent, the Aging and Disability Resource Center, or ADRC, is the first place to call. By calling the ADRC, area residents can learn about: health care information, financial assistance for bill paying or home repair, legal assistance and other topics pertinent to older adults and caregivers. The ADRC also offers a Resource Library for public use. **"It's a one stop shop," says Paula, Telephone Options Counselor.**

Sometimes people need modifications to their homes, such as grab bars or walk-in showers for the bathroom, to remain independent. Virginia is one such person. She called the ADRC and spoke to Paula about a functional problem with her bathroom. Paula gave Virginia's daughter the contact for a community resource. An application and project estimates were filed and they are awaiting approval for a grant to start work. As the ADRC continued to work with Virginia, other needs were identified. Homemaker services and a personal emergency response system were authorized.

**"It is gratifying to 'lend an ear' to someone who is distressed or overwhelmed with a situation and needs someone to talk to," says Paula.**

A common question Shirley, Information and Assistance Coordinator, receives is about navigating the Medicare and Medicaid Application process. She is one of four SHIP (state health insurance assistance program) Counselors at *LifeTime*.

**"Medicare and Medicaid are very confusing programs. By speaking to someone on these matters it helps them understand the programs a little better, and then they are able to make sound decisions," says Shirley.**

Bernice contacted the ADRC after losing her job and her health insurance, which was supplementing her husband's Medicare Part A plan. With help from Shirley, they enrolled her husband in a Medicare Part B plan, found a suitable Medicare Part D plan and a supplemental plan to meet her husband's needs. Shirley provided them a little peace of mind during a stressful time.

If you need help finding resources and service for yourself or a loved one, please call the ADRC at 812-432-6200 or 800-742-5001 Monday through Friday, 8:00 a.m. to 4:30 p.m. Online referrals and inquiries can be made by visiting our website at [www.lifetime-resources.org](http://www.lifetime-resources.org). Information and resources are the keys to remaining independent in your home.



SHIP Counselors L to R: Nathalie Stephan, Shirley Baker, Kit Gomien, and Paula Mause.



Agency Partner

## Options Counseling and Case Management

The objective of this program is to find resources and services that help individuals remain in their homes, avoiding and even leaving nursing facilities. This task falls on the shoulders of our nine dedicated Options Counselors and Case Managers.

Nathalie, Options Counselor for Jefferson and Switzerland counties, has helped families formulate creative plans that include a variety of resources. This was the case with two older couples in Jefferson County. Both had an excellent support from family and friends for their everyday care, but needed some extra community supports.

**"Give them the resources and information!" Nathalie says. "Information and support is a powerful intervention when families are blessed with members that are able to utilize it."**

Sometimes, however, families need more than information for their loved one to remain independent. Rita is an example. She was receiving Meals on Wheels for a few years and her family helped with cleaning and other care, but it wasn't enough. Her family simply could not keep up with her increasing needs. Rita had resigned herself to the idea of moving into a nursing facility. Ripley County Case Manager, Dot, identified funding sources available to Rita and set up additional services including home health aide for bathing and homemaking services. Now, Rita has the assistance she needs, her family members feel supported in their efforts to help her remain at home, and the concern about moving to a nursing facility has been eased.

**"I like being able to help people who are feeling frustrated and scared, and might think that there are no options out there," says Dot. "Opening doors to possibilities to help someone remain in his or her home is quite rewarding."**



Case Manager Adam Cisler, left, talks with a client about his case plan during a recent home visit.

## Nutrition

*LifeTime's* nutrition program is important to so many people in the community. Whether a person is attending their local Senior Nutrition Activity Center (SNAC) or receiving Meals on Wheels, people get some unexpected benefits from these nutrition services.

Vevay SNAC Director, Debbie Cox, says the mental and physical activities at the SNACs help improve and empower the lives of the people who participate. **"Eighty percent of my clients would be in assisted living facilities if not for *LifeTime* Resources. The meals, exercise, and fellowship, I believe, adds longevity to each person's life."** Debbie also says that when she serves the SNAC participants, it's like helping family. The most popular activities at the SNACs are Cornhole, Bingo, and Nintendo Wii video games such as bowling and golf.



Left: Jane Probst delivers a meal to a customer in Aurora. Right: Debbie Cox, far back, serves up veggies for Vevay SNAC customers.

Meals on Wheels offer not only a hot meal to customers, but also daily human interaction for those who may rarely have visitors. On occasion, Meal Deliverers have even saved lives. Laura Lockridge of Madison has had customers fall prior to her arrival. Unable to help them get to their feet, she called family members to assist. She also helps customers complete short domestic tasks as well. **"I've changed a calendar, set a clock, changed a light bulb, and folded a bed sheet."** Small tasks to most of us, but so important to many of those we serve.

## Catch-A-Ride

Most people realize that without personal transportation, independence is limited; and living in a rural community compounds this fact. *Catch-A-Ride* (CAR) public transportation provides low-cost, dependable and accessible door to door or curb to curb transportation to anyone in the community who needs it. Our Drivers and Customer Service Representatives report that customers use *Catch-A-Ride* for grocery shopping, healthcare appointments, hair cuts, work and many other purposes. One driver said a passenger, Shirley, uses *Catch-A-Ride* to shop for other residents of her apartment complex that are unable to get out.

For those customers who are frail or severely disabled and need extra assistance, *Catch-A-Ride* Extra provides door through door service. **"*Catch-A-Ride* allows for independence and dignity to go places, even if in a wheelchair or living in a nursing home," says a driver with *Catch-A-Ride* for seven years.**

Our drivers enjoy having the opportunity to meet and help new people. They see every day that *Catch-A-Ride* gives area residents the independence they need to maintain their daily routines. **"I enjoy helping people, giving them independence," says another driver.**

In 2011, *Catch-A-Ride* was approved for interstate travel and now travels to Cincinnati, Northern Kentucky and Louisville on a rotating day and week schedule. The expanded service allows many residents to travel to healthcare appointments and other locations across state borders for a nominal fee. For more information, call 812-432-3960 or 800-330-7603.



CAR Maintenance Coordinator, Dennis, (seated) talks to a potential customer about *Catch-A-Ride* at the Caregiver Resource Fair in Madison.

## Sentry Services

Amy and Diana work in our adult guardianship program advocating for their client's basic needs without being overly restrictive. Most Sentry Services' clients have some form of mental illness or decline, or a traumatic brain injury. No longer able to make informed decisions regarding their finances, personal health, and safety, Sentry Services looks out for the client's best interests.

One example is Sharon. Sharon has no family and lives in a nursing facility. Her history is one of multiple relocations due to her mental health issues. Sentry Services found Sharon a facility that satisfies both her physical and mental health needs. Sharon has been living in her current nursing home for 3 1/2 years. She participates in a day program that offers group therapy.

**"Sentry Services works toward LifeTime's mission by advocating and being the voice for the clients to ensure that they are residing in the least restrictive environment and receiving the quality of care that is needed to maintain their independence and a high quality of life," says Amy.**

Every November, Sentry Services orchestrates the Angel Tree program that helps provide holiday gifts for their clients giving them some welcome holiday cheer. Without Angel Tree, many clients would not receive gifts during the holidays.

Both Amy and Diana enjoy their work and feel it is rewarding. **"I feel good knowing that I make a difference in others' lives everyday," says Diana**



Amy, center, listens to her client speak about his concerns during a routine visit.

## Health and Wellness

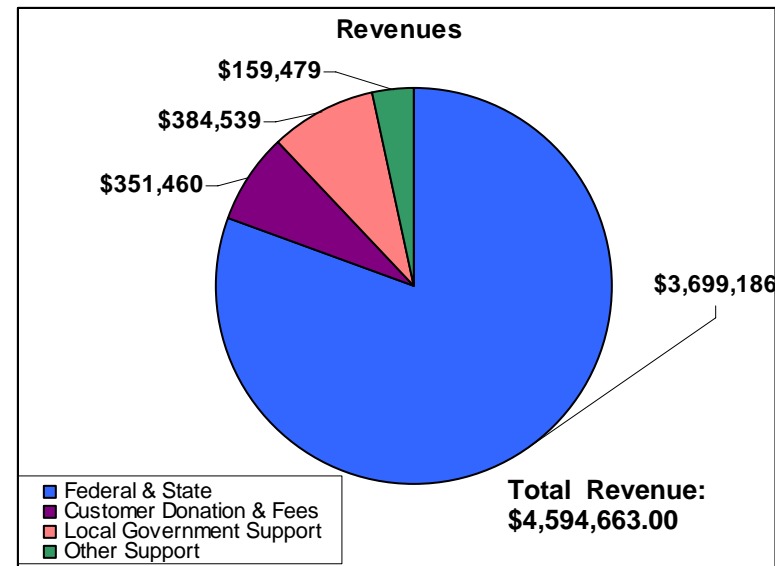
Everyday, new data is released regarding the benefits of a healthy diet and maybe more importantly, physical activity in relation to healthy aging. LifeTime actively promotes these claims by offering a variety of evidence-based classes in the community. *Living a Healthy Life* is one class that has helped those with chronic illnesses, such as diabetes and arthritis, find ways to cope or decrease the symptoms of their conditions through a mixture of nutrition tips, exercise and relaxation techniques. *A Matter of Balance* helps those who are in danger of falling or who are afraid of falling gain control over their fears through balance exercises and discussion. Our most physical evidence-based class that we offer older adults is *Enhance Fitness*. The low-impact aerobic exercise and weight training class most resembles a traditional class at a gym. We have heard positive feedback from all of these classes and plan to offer more opportunities in the future.

LifeTime also conducted two Aging in Place Seminars in 2011. The first one was held in March at the Dearborn Adult Center in Lawrenceburg and focused on alternative methods to aging well, such as nutrition, aromatherapy, acupuncture, and therapeutic touch. Indiana Attorney General Greg Zoeller also spoke about the "Do Not Call List" and promoting fiscal wellness. In June, a Resource Fair for Caregivers was held at Brown's Gym in Madison. Caregivers were able to learn about ways to cope with caregiver stress and the event was highlighted with a Laughter Yoga demonstration.



Enhance Fitness class at Brown's Gym during the Caregiver Resource Fair in Madison.

## Financial Report



**Expenses**

Administration	\$ 239,643.00
Resource Development	\$ 33,255.00
Case Management	\$ 573,680.00
Ombudsman Contract	\$ 16,982.00
In-Home Services	\$ 657,091.00
Catch-A-Ride	\$ 2,343,109.00
ADRC	\$ 99,662.00
Senior Nutrition Activity Center	\$ 255,070.00
Meals on Wheels	\$ 293,083.00
Sentry Services	\$ 136,870.00
Legal Aid	\$ 6,754.00
Health & Wellness	\$ 40,419.00
Equipment Expense	\$ 3,080.00
<b>Total Expenses</b>	<b>\$ 4,698,700.00</b>

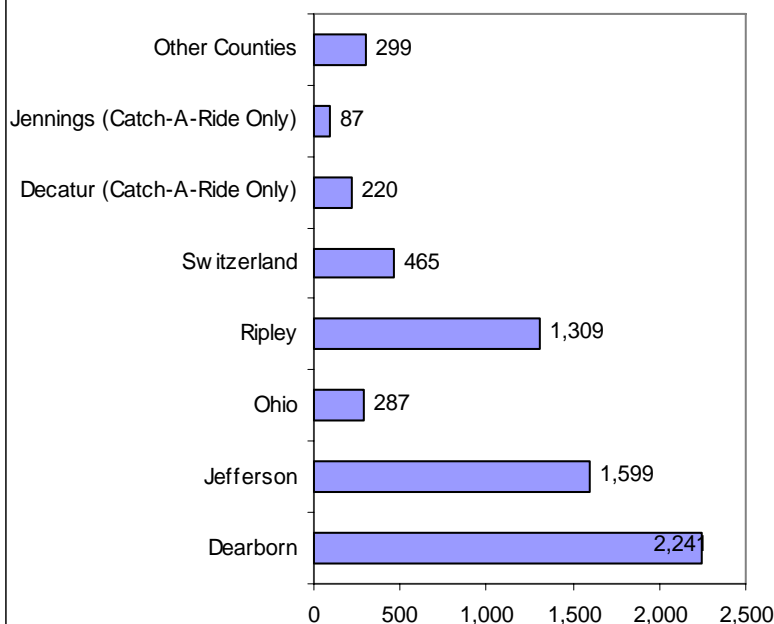
## Total Units of Service Delivered

Transportation	123,086	one way trips
ADRC	2,966	call or contact
PAS*	9,503	1 complete level 1 PAS
Ombudsman	566	hour
Sentry Services	12,447	1/4 of an hour
Legal Aid	129	hour
SNAC	33,097	meals served
Health & Wellness	8,787	hour
Case Management	45,170	1/4 of an hour
Meal on Wheels	36,911	meals served
In-Home Services	137,705	1/4 of an hour

\*Nursing Facility Pre-Admission Screening

For over 35 years, we have been serving residents of Dearborn, Jefferson, Ohio, Ripley, and Switzerland counties. Our programs are designed to meet the growing needs of the people in our community. All services provided by LifeTime Resources are provided without regard to race, age, color, religion, sex, disability, national origin or ancestry and are available to individuals of all incomes.

## Estimated Number of Customers Served by County



## Donors (July 1, 2010-June 30, 2011)

Larry Bauman  
 Dean Benning  
 Ethel Biddle  
 Linda Bond  
 Joe & Donna Brady  
 William Briner  
 Dorothy M. Burley  
 Steve Crabtree  
 Nancy Crozier  
 Brenda Dorsey  
 Teresa & Sam Elliott  
 Judy Firth  
 Barbara Fitch  
 Dennis Flannery  
 James Fritsch  
 Mary Elizabeth Goldsmith  
 Mr. & Mrs. Ray  
 Grassman  
 Carolyn Green  
 Gary Green  
 Beryl & Mikel Haegenian  
 Donnie Hastings, Jr.  
 Dennis Harmeyer  
 Ted Hartshorn  
 Chris Houchens  
 Bob Jacobson  
 Shelley Dreyer  
 Randal & Barbara  
 Johnston  
 Bonnie Jo Kelley  
 Louise Koenig  
 Nancy Laker  
 Marie Lichlyter  
 Ruth M. Marsh  
 Virginia Miller  
 Roger Nay  
 Brenda O'Neal  
 Mr. & Mrs. James Pursifull  
 Luella Ropers  
 Dellas Ross  
 Cynthia Rottinghaus  
 Angie Rowlett  
 Betty Seufert  
 Jean Schuman  
 Barbara Shell  
 Doris Slack  
 Sara Richard

Viji Saravanan  
 Jeff Stratman  
 Steve Strandmark  
 Martha Turner  
 Linda Tuttle  
 Marianne Ungru  
 Mr. & Mrs. Frank Weiler  
 Nance Widdowson

Organizations  
 Dearborn County Hospital  
 East Enterprise  
 United Methodist Church  
 I & M Tanners Creek/  
 People Helping People  
 Interim Healthcare

Local Government Funding

Dearborn County  
 Dearborn County  
 City of Aurora  
 City of Greendale  
 City of Lawrenceburg  
 Town of Dillsboro  
 Town of Moores Hill  
 Center Township  
 Jackson Township  
 Lawrenceburg Township  
 Manchester Township  
 Sparta Township

Decatur County  
 Decatur County  
 City of Greensburg

Jefferson County  
 Jefferson County  
 City of Madison  
 Town of Hanover  
 Hanover Township

Jennings County  
 City of North Vernon

Ohio County  
 Ohio County  
 City of Rising Sun

Ripley County  
 Ripley County  
 City of Batesville  
 Town of Milan  
 Town of Napoleon  
 Town of Osgood  
 Town of Sunman  
 Town of Holton  
 Adams Township  
 Franklin Township  
 Johnson Township  
 Laughery Township  
 Otter Creek Township  
 Shelby Township

Switzerland County  
 Switzerland County  
 Town of Patriot  
 Town of Vevay  
 Cotton Township  
 Jefferson Township  
 Pleasant Township

Our Generous Grantors  
 Community Foundation of  
 Madison & Jefferson Co.  
 Dearborn Community  
 Foundation/City of Aurora  
 IAAA Education Institute  
 Indiana Department of  
 Insurance  
 Indiana Department of  
 Transportation  
 Indiana Family and Social  
 Service Administration  
 Ohio County Community  
 Foundation  
 Purdue University  
 Southeast Indiana Regional  
 Planning Commission

Senior Games Sponsor  
 Dearborn County Hospital

United Way  
 United Way of Greater  
 Cincinnati  
 Jefferson County United Way

LifeTime Resources' state and federal funding levels are inadequate to meet the needs of our service area. Our success in providing services is directly related to our ability to generate community support. We are a 501(c)(3) not-for-profit corporation which makes all donations to LifeTime Resources tax deductible. If you wish to make a donation using your debit or credit card, please call our office at **(812) 432-6200**.

### Yes, I want to help!

- Please use the enclosed donation to help a deserving person.
- Please send me information about volunteering.
- Please send me information regarding the services you offer.
- I am interested in estate planning options.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

### Please return to:

LifeTime Resources, Inc  
 13091 Benedict Drive  
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 812-432-5215/800-742-5001  
[www.lifetime-resources.org](http://www.lifetime-resources.org)