



Annual Report to the Community 2009



Dear Friends

For many, 2009 may not have been the best of years. A weakened economy left numerous people and organizations financially vulnerable without much hope of a lifeline. Older adults and retirees witnessed their pensions and retirement funds dwindle overnight as the stock market crashed to the lowest its been in decades.

Even though times may be bad, *LifeTime* has practiced fiscal responsibility to ensure the quality of our services will not be hindered. In 2009, we were able to upgrade our public transportation dispatch system and laid the groundwork to expand *Catch-A-Ride* service capabilities. We were also able to save our Nutrition and *Catch-A-Ride* customers some money during the month of May when we suspended service fees for Older Americans Month.

As you flip through the pages of our annual report, we hope you get a sense of how the services we provide help the residents of our community today and for the future.

Sincerely,

Sally Beckley
Executive Director

Gary Green
Chairman of the Board

Board Members

Emeritus Member

Dellas Ross
Elected 1987

Dearborn County

Donnie Hastings, Jr.
Vice Chairman
Elected July 2003

Jefferson County

Bob Jacobson
Elected August 2006
Steve Strandmark
Elected July 2005

Ohio County

Gary Green, Chairman
Elected March 2004
Doris Slack
Elected November 2004

Ripley County

Barbara Fitch
Elected March 2007
Jan Wespiser
Elected August 2007

Switzerland County

Judy Firth, Treasurer
Elected September 2001
Roger Nay
Elected May 2004



L to R: Gary Green, Barbara Fitch, Doris Slack, Judy Firth, Donnie Hastings, Jr., Steve Strandmark

Advisory Council

Dearborn County

Lester Renner, Chairman
Elected November 2005

Jefferson County

Mary Elizabeth Goldsmith
Elected April 2000
Nancy Crozier, Secretary
Elected July 2003

Ohio County

Sara Richard
Elected March 2003
Brenda O'Neal
Elected April 2003

Ripley County

Virginia Miller
Elected January 2005
Ted Hartshorn
Elected July 2007

Switzerland County

Linda Bond
Elected September 2006
Carolyn Green
Vice Chairperson
Elected July 2003

At-Large

Nance Widdowson
Elected July 2006



Back Row L to R: Brenda O'Neal, Carolyn Green, Nance Widdowson, Ted Hartshorn, Nancy Crozier.
Front Row L to R: Sara Richard, Virginia Miller, Linda Bond

Our Mission: Working together to provide services that help people maintain their independence.

LifeTime 2-1-1 Information and Referral

2-1-1 is the national abbreviated dialing code for information on and referrals to appropriate community based organizations and government resources. *LifeTime 2-1-1* has an extensive database of resources. Those who dial 2-1-1 can not only find resources for long-term care, but also many other community resources, such as food pantries and support groups. They also maintain an updated list of private pay service providers that families may utilize. They also keep the community informed of the programs *LifeTime* provides by attending local health fairs.



Information and Referral staff attend local health fairs and educational events.

What is an Aging and Disability Resource Center (ADRC)?

For nearly 35 years, *LifeTime Resources* has been providing both services and resources to the residents of Dearborn, Jefferson, Ohio, Ripley and Switzerland counties. Our focus has always been to help area older adults and those with disabilities to remain independent and in their own homes by finding appropriate services and resources that will accomplish that objective.

In Fiscal Year 2009, *LifeTime* was certified as an Aging and Disability Resource Center (ADRC). An ADRC is an enhanced Information and Assistance service that explores the various long term care options available to older adults and those with disabilities. Basically, we have been designated as the local source for community resources for older adults and persons with disabilities as well as an entry point for those needing government assistance such as Medicare and Medicaid.

The ADRC is funded by the U.S. Administration on Aging and serves to help people who may have become frustrated by trying to find information and access to supports and services on their own. As the designated local ADRC, *LifeTime* will continue to help ease some of the confusion that comes with applying or searching for long-term care services and government programs. We have programs and services that can help you or a loved one whether you need help applying for Medicare, need a little help around the house or with personal care, or even need help determining if a loved one needs to be placed in a nursing facility.

Our Resource Library is maintained through the ADRC. The library contains materials related to aging and caregiving. Books and videos are available for checkout, and there is a computer with internet access for those needing help applying for various services. We also have materials that can help you plan for your future such as Advanced Directive forms, THE F.I.L.E., a folder containing a summary record of important personal documents, pill boxes, and our Older Adult and Caregiver Resource Guide full of local, state and national resources for aging and caregiving. The Resource Library is located at our Dillsboro office and is open 8:00 a.m. to 4:30 p.m. Monday through Friday.

Contact with the ADRC can be made by dialing 2-1-1. Through the ADRC you can receive a free Options Assessment for you or a loved one, which will help determine what long term care options would best meet your needs.



Some helpful items that can be found in our Resource Library.

Aging in Place

As we age, most of us want to stay independent in our community as long as possible. If you plan to be one of those people, have you thought about the obstacles you will face to accomplish this? Will you remain in your current home, move to a retirement community or assisted living facility, or will you downsize to a smaller home or apartment. All of these options will allow you to remain independent, but may pose obstacles. Assessing these obstacles and then fixing them are the first steps to Aging in Place.

Aging in Place is a concept with many variables. It is anything that makes it easier for a person to stay in one's home, such as simple home modifications and Meals on Wheels. The concept also entails making a community more senior friendly by making signs more recognizable or adding more benches in parks and city sidewalks.

Over the past year, *LifeTime* has held two seminars regarding Aging in Place. The first was held in October 2008. This seminar reviewed the findings of the AdvantAge Survey that was completed the previous spring in partnership with the Indiana Division of Aging, the Center for Aging and Community and the U.S. Administration on Aging. The survey measured the strength and weaknesses of the community compared to the needs of the older adults in the community. The seminar also provided information on the home modifications we need as we age to promote safety and accessibility.



Lisa Cox, JDC Construction, speaks to area residents about home modifications at an Aging in Place Conference.

In May, during Older Americans Month, we held an Elder Law Seminar. The seminar focused on how to protect assets while trying to pay for long-term care by planning ahead for life's long term care transitions. The speakers expressed the need to file essential paperwork such as Durable Power of Attorney for both Healthcare and Finances, a Living Will, and a Last Will and Testament to ensure financial stability and that wishes are made known.

Options Counseling & Case Management

When you realize that you or a loved one's independence is declining, what will your course of action be? In the past, many people thought it was inevitable to be placed in a nursing facility once you could no longer care for yourself. However, due to bold initiatives from the state of Indiana, families have more options when determining the long-term care of a loved one.

LifeTime Resources employs certified Options Counselors who assess your specific situation and assist you in developing a care plan that will help you or a loved one stay as independent as possible. Once a care plan is in place, our certified Case Managers monitor the plan to ensure it continues to meet your needs.

Some of the resources available to those needing assistance are home health aides, homemaker services, Meals on Wheels, and adaptive aids. With help from these resources, many individuals are able to stay in their homes longer and age in place effectively.

When mobility assistance is recommended, our Options Counselors can arrange construction of a wheelchair or walker ramp through *LifeTime* Housing Group. Lift chairs are just example of an assistive device that is frequently recommended to help people get to their feet while in their home.

In some situations, Options Counselors and Case Managers can help individuals transition from a nursing facility into their own home or the home of a caregiver.

Our Values: Integrity, Quality, Compassion, Cooperation.



Local residents enjoying a meal at the Moores Hill SNAC .

Nutrition

After adding salad and lunch box meal options to the Nutrition Program in 2008, we chose in 2009 to focus on providing more activities at the Senior Nutrition Activity Centers (SNACs). Nintendo Wii consoles were installed at six SNACs. So far, the most popular game played on the Wii is bowling with baseball coming in second place. Two of the SNACs, Vevay and Rising Sun, are involved in a Wii bowling tournament competing to win a traveling trophy. The Wii has also worked its way into our local Senior Games which are held annually during the summer.



Osgood SNAC participant playing Nintendo Wii.

We also received one-time stimulus funding through the American Recovery and Reinvestment Act. The funds allowed *LifeTime* to waive donations for meals during the months of May and June and offer second meals to SNAC participants. By doing this, we not only saved our nutrition customers some money, but also were able to significantly raise the number of meals served.

As always, we provided a needed service to area homebound individuals with our Meals on Wheels program. Our meal deliverers not only bring a hot meal to our customers, but also a friendly daily visit.

Health and Wellness

Health and Wellness is a vital aspect to remaining independent as you age. Introducing the Nintendo Wii at the SNACs was just one way of keeping area older adults active. In 2009, we implemented or set the groundwork for three new activities that would help older adults increase activity, range of motion and stability.

We sponsored a community volunteer to become certified to teach a Senior Yoga class at Switzerland County YMCA. The Senior Yoga class meets twice a week for an hour and incorporates a chair for stability with the fundamentals of Yoga. The class offers participants a way to not only increase flexibility, but also an effective way to learn relaxation techniques.

The fear of falling is an understandable concern for older adults. Falls are more likely to cause injury as we age. In 2009, *LifeTime* laid the groundwork to initiate *A Matter of Balance*, a fitness class that teaches people that falling and the fear of falling is controllable by making changes to their environment that reduce the risk of falls, setting realistic goals for increasing daily activity, and promoting exercise to increase strength and balance. We have a Master Trainer for *Matter of Balance* who has trained several community volunteers to teach the classes.



Senior Yoga at Switzerland County YMCA.

Health & Wellness continued on next page

Enhance Fitness is another program we are offering in Rising Sun and Vevay. In 2009, two of our SNAC Directors became certified Enhance Fitness Instructors. Enhance Fitness classes are designed to increase strength, boost activity levels and elevate a persons mood and focus on stretching, flexibility, balance low impact aerobics and strength training exercises. Enhance Fitness is an evidence based program that has been tested and proven effective at over 227 sites around the country.

Blood pressure and blood sugar screenings are also offered at various SNAC's so participants can monitor their health regularly.



A blood pressure screening in Madison.

Sentry Services

Sentry Services, our Adult Guardianship program, provides court appointed representation to adults both in the community and institutional settings who are unable to advocate or make informed decisions for themselves. Sentry Services is staffed by Registered Guardians and is a service of last resort, only utilized when no other appropriate individual is able to provide assistance.

In keeping with the Standards and Ethics of the National Guardianship Association (NGA), Sentry Services provides the least restrictive representation that is necessary ranging from Health Care Representation to Full Guardian. By following the NGA's Standards of Informed Consent and Substitute Judgment, Sentry Services' clients are involved in the planning and decision-making process to the fullest extent of their capability.

Sentry Services provides competent management of property, supervises all income and disbursements of assets, manages the assets for the benefit of the ward, and employs prudent accounting procedures when managing estates.

Every holiday season, Sentry Services sponsors the Angel Tree Project. *LifeTime* employees and community members volunteer to purchase gifts for Sentry Services' clients. The gifts donated bring joy to those who may not otherwise receive gifts during the holidays.

Transportation

Catch-A-Ride, our public transportation program, continued to improve and expand in 2009. We installed Easy Rides scheduling and dispatching software in our dispatch center to allow for easier communication between drivers, dispatch and customers. The Easy Rides software is specially designed for rural transit systems.

In May, we gave free rides for the second year in a row to those 60 and over in honor of Older Americans Month, allowing passengers to save a little money for other needs.

Catch-A-Ride received a New Freedom Grant in 2009 that allowed us to purchase two new mini-vans. The New Freedom Grant also allowed us to set the groundwork for an enhanced transportation service for the frail elderly and persons with disabilities. This enhanced service, called *Catch-A-Ride Extra*, was developed to assist the frail elderly and those with disabilities who need extra help getting to their destinations. The program offers an escort service that helps these individuals. through doors, carrying items to and from the van and announcing an arrival at a destination when necessary.

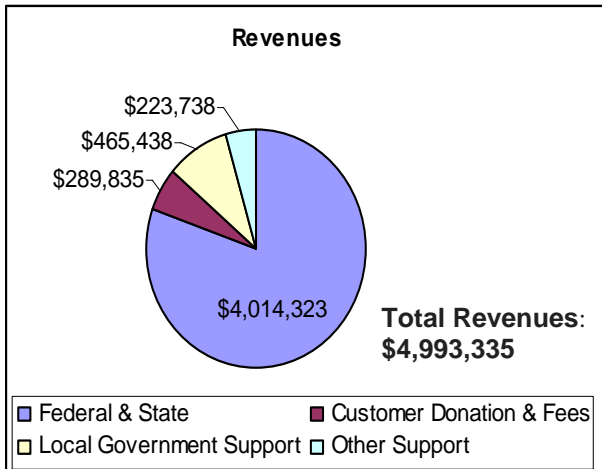


A *Catch-A-Ride* customer is assisted onto a bus by a chair lift.

All individuals requesting this specialized form of transportation must first be assessed for eligibility by a *Catch-A-Ride* employee. The assessments, which started in August 2009, screen for walking ability, health conditions, reliance on mobility aids, memory, and risk of falls. Due to the increased level of service, *Catch-A-Ride* Extra cannot offer discounted fares.

Adequate access to transportation is key to remaining independent no matter what age or ability. It is our hope that *Catch-A-Ride* Extra will help more people become independent as the service progresses.

Financial Report

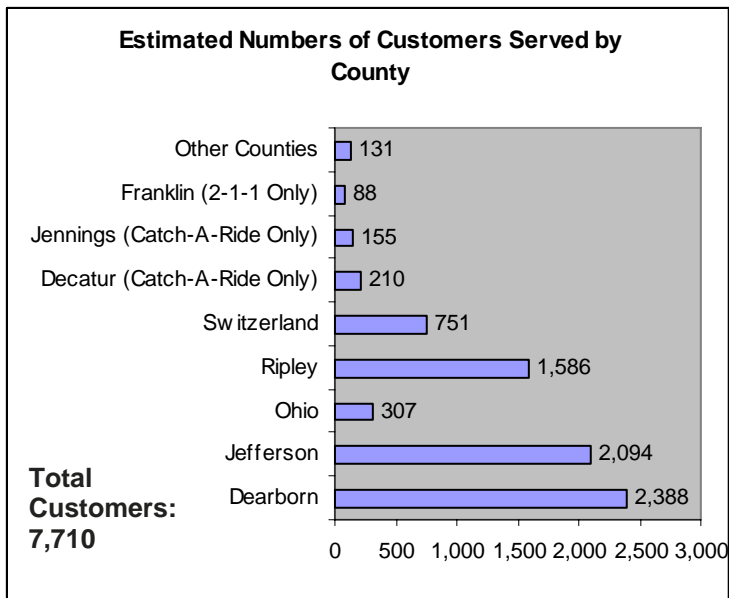


Total Units of Service Delivered

Transportation	130,248	one way trips
2-1-1	4,768	contacts
Nursing Home Pre-Screening	7,145	1/4 hours
Nursing Home Ombudsman	595	hours
Guardianship	10,475	1/4 hours
Legal Assistance	45	hours
SNACs	39,352	meals served
Health & Wellness	4,753	hours
Case Management	44,341	1/4 hours
Meals on Wheels	43,087	meals served
In-home Services	150,639	1/4 hours
Total Units	435,448	

Expenses

Administration	\$ 308,116
Resource Development	\$ 36,953
Case Management	\$ 596,638
Ombudsman Contract	\$ 17,982
In-Home Services	\$ 791,057
Catch-A-Ride	\$ 2,311,497
I & A	\$ 130,980
SNAC	\$ 268,406
MOW	\$ 306,184
Sentry Services	\$ 120,105
Legal Aid	\$ 8,596
Health Promotion	\$ 15,903
TANF	\$ 3,541
Equipment Expense	\$ 2,999
Building & Grounds Expense	\$ 63,096
Total Expenses	\$ 4,982,053



For over 34 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.

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**.

Helping older adults of southeast Indiana Age in Place safely and effectively.

Donors July 2008 - June 2009

Andy & Vera Ahaus
 Dean Benning
 Wilfred & Betty Bischoff
 Linda Bond
 William & Judy Briner
 Emma R. Brown
 Dorothy Burley
 Janeen Christ
 Nancy Crozier
 Bonnie Deion
 Judy Firth
 Barbara Fitch
 Dennis & Nancy Flannery
 James Fritsch
 Wanda Gamble
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 Gary Green
 Mary Elizabeth Goldsmith
 Irvin & Frances Hartman
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 Donnie Hastings, Jr.
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 Bob Jacobson
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 Violet Ravenscraft
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 Martha Turner
 Marianne Ungru
 Linda Waite
 Lois Wanstrath
 Jan Wespiser
 Lillian White
 Mark & Teresa Widoff
 Nance Widdowson
 Donald & Mary Ellen Witt
 Ron Zimmerman

Organizations

Decatur County Memorial
 Hospital
 I & M Tanners Creek/
 People Helping People
 IAAAA Education Institute
 Kappa Kappa Kappa-
 Beta Omega Chapter
 Trade and Industrial Supply,
 Inc.

Local Government Funding

Dearborn County

Dearborn County
 City of Greendale
 City of Lawrenceburg
 Town of Moores Hill
 Town of Dillsboro
 Town of St. Leon
 Center 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
 Center Township
 Franklin Township
 Johnson Township
 Otter Creek Township
 Shelby Township

Switzerland County

Switzerland County
 Town of Patriot
 Town of Vevay
 Cotton Township

Craig Township
 Jefferson Township
 Pleasant Township
 York Township

Our Generous Grantors

Aging & Community Services
 Dearborn Community
 Foundation—(Aurora Grant
 Program)
 The Health Foundation of
 Greater Cincinnati
 Indiana Family & Social
 Services Administration
 Indiana Department of
 Transportation
 Southeast Indiana Regional
 Planning Commission

United Fund/ United Way

United Way of Greater
 Cincinnati-Dearborn & Ohio
 Counties
 Franklin County United Way
 Jefferson County United Way
 United Fund of Switzerland
 County

Donations from the community come in several forms. One of the most thoughtful ways is that of a Memorial. Those who have been touched by the work our agency does keep us in their thoughts and choose to designate *LifeTime* as an organization for loved ones to contribute to in their memory.

In 2009, a plaque was placed in the Resource Library in memory of Carl and Jayne Defenderfer. Carl served on the *LifeTime* Board for several years and both were advocates for the needs of older adults in our area. Carl passed away in November 2006 and Jayne followed in June 2008. The memorial donations their loved ones gave after their deaths were put toward making upgrades to our Resource Library. The memorials were a fitting tribute to the Defenderfer's legacy.



This Resource Library is dedicated in the memory of
Carl and Jayne Defenderfer
 Both volunteered countless hours to make others aware of resources that would enhance their life.



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
 Dillsboro, IN 47018
 812-432-5215/800-742-5001
 www.lifetime-resources.org

Remembering *LifeTime* in your Wills and Memorials is a Lasting and Loving Gift!