

WINTER 2018

# LIFESCAPE

Helping older adults choose a healthy, connected and informed life.



In Memory of  
Dr. Michael Werckle  
1939-2018

## Thank You, You Make a Wonderful Difference

We appreciate you taking the time to read our holiday edition of our Lifescape Newsletter. We hope you are enjoying this holiday season and we wish you a safe and joyful holiday. There is a lot of exciting things going on at Lifescape and we will do our best to fit it all into the next 8 pages. We hope you enjoy!

In the past year Lifescape **served over 430,000 meals, fed nearly 11,000 seniors** and our caseworkers **provided casework services to almost 6,000 clients**. Lifescape is ever-growing and ever-proud of the community we serve and are supported by.

Lifescape aims to continually meet the needs of our 8-county region of service and we would not be able serve without you. So, we want to take a moment to thank you before you dive into our holiday edition of our Lifescape Newsletter. Thank you, you make a wonderful difference!

*This newsletter is dedicated to Dr. Michael Werckle. Dr. Werckle was a Lifescape board member, physician, and community leader. We thank you for the great impact you had on our community. Your memory lives on in every person we serve. Thank you Dr. Werckle.*

## New Vehicle from The Blazer Foundation

This summer The Blazer Foundation made another generous donation to Lifescape. Lifescape is adding clients to our Nutrition Program every day and with our growing client base it is important to maintain our vehicles while adding more vehicles to our fleet of over 30 vehicles. A big thank you to The Blazer Foundation for donating another vehicle! Your donation is making a huge impact every day.



**INSIDE...**  
*Senior Expo,  
Day of Caring,  
Veterans  
Honored,  
Adult Day  
Program,  
and more...*

**MISSION STATEMENT:** The mission of Lifescape Community Services is to promote independent living and enhance the quality of life for individuals by providing affordable nutrition and other services, with an emphasis on the aging population.

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705 Kilburn Avenue  
Rockford, IL 61101  
815-963-1609

**Rock Falls**  
206 Dixon Avenue, Suite 1  
Rock Falls, IL 61071  
(815) 490-1125

**Lifescape Adult Day Program**  
1330 S. Alpine Road  
Rockford, IL 61108  
(815) 964-2433

# LIFESCAPE Senior Expo

## Music of Our Lives

*New Location, Same Great Event*

On September 8 we had our annual Lifescape Senior Expo. This year's theme was Music of Our Lives, in tribute to the outstanding music that older adults grew up listening to! Local bands, our incredible guest speaker, volunteers, our staff, and the support of our community made this event a great success. This was the first year we held the event on a Saturday and at Rock Valley College. By being on a weekend and at RVC's centralized location we were able to attract a broader audience and provide easier access to the community.

In the morning, local musicians, Espinosa & Coffey, played acoustic hits from a variety of artists ranging from the 1950s to today. Midday, special guest, Michele McAfee of Rockford Symphony Orchestra, gave a captivating presentation titled "The Healing Power of Music". Michele took the audience on a journey through years of research and studies and explained some ways that music effects our brains,



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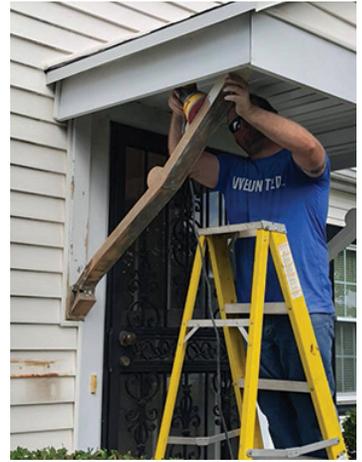
**Keep an eye out for the details on Lifescape Senior Expo 2019!**

beyond the obvious pleasure we gain from listening to our favorite tunes. Fred & Ginger, an acoustic duo with a couple of 'old souls', wrapped up the day with an eclectic mix of music from the 1960s to today.

Over 80 local businesses and organizations showcased services, products, and information. As in years past, we offered health screenings during the expo. This is one of the aspects of our expo that makes it so beneficial. Local older adults, families, and caregivers can discover resources in our region while gaining easy access to important health screenings. Our health screening area was made possible by Winnebago County Dental Society, Walgreens, Schnucks Pharmacy, Lions Hearing Screening Bus, and OSF Healthcare.

Thank you to all our sponsors, vendors, volunteers, and community members who attended!





## 2018 Day of Caring

Lifescape is proud of the partnership we maintain with United Way. Every year Lifescape and United Way get the opportunity to serve in a very special way. Through United Way's Day of Caring, Lifescape is able to provide necessary services, while adding additional service projects. Over 100 UTC Aerospace Systems employees came out to volunteer at 10 of our clients' homes. Some volunteers spent the day doing important yard work in preparation for winter, while others were busy installing railings and painting for our clients. Along with UTC's project, over 30 Wipfli staff members came to our Kilburn office to volunteer in our kitchen and around our office. This is the 2nd year that Wipfli donated time at Lifescape. They were incredibly helpful, and our kitchen staff loved having them in the kitchen for a few hours!

Lifescape is always looking for volunteers, this includes individual and small group volunteer opportunities. Go to the volunteer section of our website to see the most up to date volunteer opportunities. Thank you UTC, Wipfli, and United Way for your continued support!



## Keep the Wheels Turning

In May we had our 2<sup>nd</sup> Keep the Wheels Turning promotion. Again, we partnered with Kelley Williamson Mobile to raise money for Lifescape's

Meals on Wheels program and other programs and services. Thousands of generous community members gave a dollar to show their support for Lifescape and the older adults in our community. Thank you to everyone

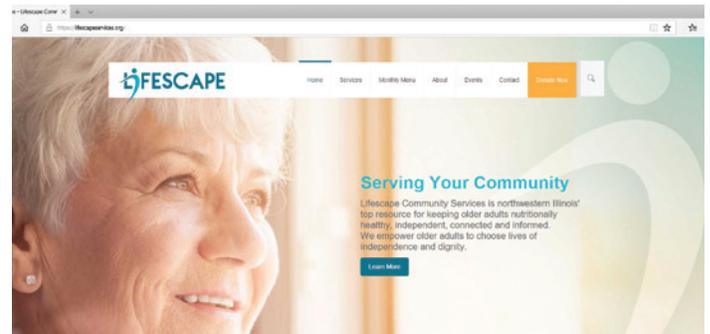
that supported Lifescape Community Services by making donations at Winnebago County Kelley's Market locations this past May. We are grateful for the ongoing support we receive from our community members.

**In May 2019 we will run our 3<sup>rd</sup> Keep the Wheels Turning promotion.** Please stop by a Kelly's Market in Winnebago County to support this promotion and all our wonderful services.



## Updated Website

Thanks to the work of Lifescape staff and Ignition Studio we were able to launch our updated website this past September. It is important to point out that we still have the same url; our website can be found at [www.lifescapeservices.org](http://www.lifescapeservices.org). The new website offers users a clearer view of Lifescape's programs, services, and mission. If you have not already checked it out, please take a few minutes to scroll through it. When you finish reading this newsletter go to [www.lifescapeservices.org](http://www.lifescapeservices.org). We hope you all love it as much as we do! Encourage your friends and family to check out the new website and see if they know anyone who could benefit from our wonderful services and programs.



## Sterling Office Moves to Rock Falls

Over the summer our Lifescape office in Whiteside County moved from Sterling to Rock Falls. The Sauk Valley Area Chamber of Commerce helped to welcome us in with a ribbon cutting ceremony. Lifescape staff and board members enjoyed the opportunity to meet community members who came to check out our new office location. Their new address is 206 Dixon

Ave Ste 1 Rock Falls, IL 61071. Feel free to stop in and see if you or anyone else you know could benefit from their services. Call and schedule a tour to learn more about our Comprehensive Care Coordination program and our Adult Protective Services.

In addition to the move, the Adult Protective Services program began providing interventions for older

adults and persons with disabilities who are harmed or at serious risk of harm because of self-neglect. The Community Care Program also began offering assistance obtaining automated medication dispenser services for older adults. Please contact the Rock Falls office at (815) 490-1125 if you have any questions or are interested in services.



## An Interview with Dave Yocum



Dave Yocum works out of Lifescape's Oregon office as a Home Delivery Meal Driver in Ogle County. He had his 5-year work anniversary this past October. In Dave's 5 years with Lifescape he has made an incredible impact on the organization. He has won multiple employee awards including: Employee of the Quarter,

Employee of the Year, and Lifescape's prominent Mission Focused Award. The Mission Focused Award is reserved for the employee that best lives Lifescape's mission through their everyday actions. There is no doubt that Dave lives Lifescape's mission. Mike Hughes, Executive Director, has even joked that we should just rename the Mission Focused Award the Dave Yocum Award.

Along with being a stellar employee, Dave has shown that he is a truly selfless man. Dave delivers meals to clients Monday through Friday and has a great rapport with his clients and coworkers. As well as doing excellent work, he goes above and beyond to help Lifescape. In Dave's spare time he collects cans, aluminum, and other metal scrap. About every 6 months Dave takes his collection of scrap and exchanges it for money. As if collecting scrap isn't a good enough deed, Dave then takes the money he gets for the scrap and donates it back to Lifescape. When Dave was asked what motivates him to collect scrap and donate the money, he said: "I figured that the extra scrap is not doing any good laying in a landfill. Plus, it is an honor and a privilege to work for Lifescape and I want to do anything I can do to help the organization."

Dave Yocum is an example of a great Lifescape employee, as well as a wonderful example of what it means to be a kind and thoughtful person. Thank you for your wonderful work Dave!

**“... it is an honor and a privilege to work for Lifescape and I want to do anything I can do to help the organization.”**

## What's New with the Lifescape Adult Day Program?

Since moving to our Alpine Road location, in 2016, our Adult Day Program has continued to receive wonderful feedback. With its beautiful open floorplan, enriching programming, and dedicated staff we are able to provide top notch care for older adults and functionally or cognitively impaired adults. The program strives to keep families together by meeting the needs of adults who want to remain in the least restricted environment, but need supervision during the day. Below is a letter we received from the wife of one of our former clients:

Lifescape,

I have been a caregiver for my husband since the beginning of his Alzheimer's. When I realized I needed help, I heard about the Lifescape Adult Day Program at our Alzheimer's support group. My husband loved it from the first day. He has always been a people person, so he enjoyed being around other people. He made friends and liked the big, bright, and open space.

He attended on a regular basis. I appreciated having such a wonderful place to take my husband. I was also grateful for the freedom it gave me for the rest, running errands, and attending meetings and activities. I have since moved my husband to a dementia facility.

The staff are friendly, kind, loving, patient, and a caring group of individuals. They give the adults attending the Adult Day Program the attention and care they need. Plus, they always have time to answer my questions.

We didn't use it, but they had a bus service for those who needed it.

I would gladly tell anyone seeking adult day care for their loved ones, to take a look at Lifescape's Adult Day Program.

— Wife of former Adult Day Program client



## We Honor Veterans – Thank You for Your Service!

In June our Adult Day Program, volunteer veterans, and our friends at Hospice Care of America put on the We Honor Veterans event! This event honors the service and sacrifice of more than a dozen veterans and veterans' families who participate in our Adult Day Program. Veterans received a ceremonial certificate and pin. Lifescape is proud of our veteran clients and the sacrifice they made for our country. Thank you for your service!



## Health & Wellness Workshops

Over 300 individuals attended a Health & Wellness workshop this year!

Currently, we offer Chronic Disease Self-Management, Diabetes Self-Management, and A Matter of Balance—all of which are free to host AND to attend!

Lifescape is looking for host sites for the upcoming 2019 year. If you are interested in hosting or attending a workshop, contact Danica at **815-490-1107** or **[dgray@lifescapeservices.org](mailto:dgray@lifescapeservices.org)** to learn more.

*"I enjoyed the class very much. I highly recommend it to all levels of activity, there is no judgment in any way. I now feel more comfortable walking and have started exercising! Thank you, this was a good class."*

— Julia & Virginia



## ADMIT Fast Track

In June our Lifescape Adult Day Program was a host site in 2018's ADMIT Fast Track. ADMIT Fast Track was a day where community members traveled and visited organizations in the Rockford area. Each location decorated their office to a different theme. Our staff and clients did a great job decorating our office and dressing up to fit The Wizard of Oz theme. Thank you to everyone that stopped by!



If you know anyone who might be interested in participating in our Adult Day Program call 815-964-2433 to schedule a free visit today!



Lifescape Community Services, Inc. / Community Kitchen, Inc.

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**Lifescape Is:** Lifescape Community Services is a comprehensive regional agency empowering older adults to live an independent and high-quality life. Based in Rockford, Lifescape provides services in an eight-county region of northwestern Illinois, including Boone, Carroll, Jo Daviess, Lee, Ogle, Stephenson, Whiteside and Winnebago counties. The agency serves thousands of older adults each year through its Meals on Wheels program, Adult Day Program, Health & Wellness services, Adult Protective Services, Comprehensive Care Coordination, and its Information and Assistance Department.

# Volunteer Opportunities

This year, we had volunteers donate **over 15,000 hours** of their time! But we aren't done yet! Help us deliver or pack meals, assist in large events, or even become a Health Promotion workshop facilitator! NEW this year is the Lifescape Ambassador position where you can help us engage community members at health fairs, plan your own events, or attend networking events with us!

Contact Danica at 815-490-1107 or [dgray@lifescapeservices.org](mailto:dgray@lifescapeservices.org) to learn more.



Lifescape Community Services  
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## Proudly Partnering with



# Thank You to Our Sponsors

Without the support of our community we would not be able to offer our community events. Thank you to all of the sponsors of our Lifescape Senior Expo – Music of Our Lives this past September.

## Gold Level



## Silver Level



## Bronze Level



## Make Your Gift Today!

Please join the many generous donors and sponsors featured in this edition of our Newsletter by making your own year-end gift.

Send your gift in the enclosed envelope, visit [www.lifescapeservices.org](http://www.lifescapeservices.org) or call 815-490-1111 to make your donation.