

SPRING 2019

LIFESCAPE

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



A Lot to Look Forward to This Year

Thank you for checking out our 2019 Spring edition of our Lifescape Newsletter. We have an exciting year ahead of us! In this edition we will share some Lifescape events coming up this year, as well as what we have been up to over the past few months. Along with securing Dan Hampton as our guest speaker for our Lifescape Senior Expo we are adding another great new community event!

Thank you for your support and thank you for reading. As always Lifescape aims to empower older adults to choose lives of independence and dignity.

INSIDE...

We Honor Veterans 2019, Lifescape 4th of July Classic Run/Walk, Day of Caring, Adult Day Program, and more...

Keep the Wheels Turning! Returning in May



Promoting Independence and Enhancing the Quality of Life for Seniors

Lifescape works closely with Kelley Williamson Mobile and this May we will have our 3rd annual Keep the Wheels Turning promotion! Through this fundraiser we work with Kelley Williamson Mobile to raise money for Lifescape's Meals on Wheels program and other programs and services. There was incredible support



from the community during last year's Keep the Wheels Turning promotion, with thousands of people making donations.

Show your support for Lifescape this May by stopping by a Kelly's Market in Winnebago County and purchasing a Lifescape "Keep the Wheels Turning" icon for \$1!

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.

Main Office
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



We Honor Veterans – Wednesday, May 29th!

Lifescape is proud of our veteran clients and the sacrifice they made for our country. We invite you to join us on May 29th at 1:30 pm as the Lifescape Adult Day Program, volunteer veterans, and our friends at Hospice Care of America will put on the We Honor Veterans event! The We Honor Veterans event will take place at Lifescape's Adult Day Program located at 1330 S. Alpine Rd. Rockford, IL 61108. This event honors the service and sacrifice of more than a dozen veterans and veterans' families who participate in our Adult Day Program. Veterans will receive a ceremonial certificate and pin. The event is open to the public and we invite you to help us honor our veteran clients with this wonderful ceremony.

Our We Honor Veterans event is important to Lifescape, because we want to recognize our clients who went above and beyond to serve our nation. Thank you to all who served our country!



Health & Wellness Workshops

Interested in leading our Health & Wellness workshops?

We are hosting a FREE Chronic Disease and Diabetes Self-Management leader training workshop May 6th – May 10th at Heartland Church from 9:00 – 4:30 each day.

Contact Danica at [815-490-1107](tel:815-490-1107) to learn more and register!

A Letter from a Caregiver & Daughter Utilizing Lifescape's Services

Lifescape Adult Day Program is Simply Wonderful!!!

In 2013 I moved back to Rockford to become a full-time live in caregiver for my parents. In 2015 my father who had been home bound and had become very ill passed.

After the death of my father, some friends told me about the Adult Day Program with Lifescape, and the wonderful time that they had at Lifescape. I talked with my mother about the program and she was not the least bit interested. Before retirement, my mother worked for a nursing home and probably related the Adult Day Program as being similar to a nursing home. My mother had become accustomed to her self-appointed comfort zone - her bedroom. I could see that her posture was changing, and she complained about being very achy. I assumed this was from her non activity and watching TV for hours at a time.

It was recommended to me that as a caregiver, I may benefit from going to the Lifescape Caregiver Support that meets twice a month. At the Lifescape Caregiver meetings, they help caregivers under the importance of understanding the needs of their loved ones, and also how to take care of themselves in the process of caring for others.

At one of the meetings some of the caregivers were discussing the Adult Day Program and how reluctant their mothers were to attend. Actually, both women stated that their mothers cried when they were told that they would be starting the Day Program. They share with me that the anxiety their Moms had was short lived and how the program became the highlight of their mothers' life's.

I came home and talked with my mother and we decided to make an appointment with Gwen the Director, and Kelly the Site Manager for a tour and visit. The experience was awesome! The first thing I noticed was how attractive the décor is, and how fresh and clean everything was. The wall colors are so warm and inviting! When we walked in, there was a table of people playing and watching dominoes, having a ball! Then there were people playing games, coloring, reading, watching TV and some just resting in the big beautiful colored leather recliners.

My mother decided immediately right there before we could get to the car to discuss things, that she wanted to become a part of the program and was anxious to know how soon she could start!!!!

Everyday, she is excited to go to Lifescape, which she calls "School" and to "hang out" with her friends what she calls "The Kids". She comes home with some of the funniest stories, and tells me of songs from long ago and some of the conversations that she has had with others discussing things from long ago. Her appetite has increased which is a wonderful thing and her doctors have seen a positive change in her health and memory! She shares with all about the fun she has "At School"!

Lifescape has been a great experience to me as a caregiver. I know that when Mom is at Lifescape she is at a safe place, the staff at Lifescape is incredible. My mother and I know that she is cared for and treated with respect.

She is transported to and from Lifescape on the Van which was our choice and it gives me just a little extra time to get a few more things done and get rested up before she arrives home

Like I said at the beginning **"LIFESCAPE ADULT PROGRAM IS SIMPLY WONDERFUL"**

Anita Winbush - Caregiver/Daughter





©photo by E

LIFESCAPE JULY 4TH CLASSIC RUN/WALK

A RACE FOR THE AGES! - IN MEMORY OF JOE MARINO

Thursday, July 4, 2019 | Races Start at 7:00am | Register at: www.runsignup.com

Lifescape 4th of July Classic Run/Walk - A Race for the Ages!

Lifescape is thrilled to be adding another community event! Join us for the Lifescape 4th of July Classic Run/Walk on July 4th, 2019 (Formerly known as the MELD/YSN Classic). This race is in memory of Joe Marino and his contributions to Rockford's 4th of July celebration and to our community.

Lifescape 4th of July Classic Run/Walk is a race for the ages! Join us in celebrating our great nation through this wonderful event. This is a race for everyone whether you are an experienced runner looking to win prize money, this is your first race, or you are just looking for a fun event to do with your family. You have the choice of running an 8k, a 2-mile, or participating in the 1-mile family fun walk. Early bird race registration fees are available through April! All racers will receive race swag, including finisher medals, an all you can eat pancake breakfast, and a stylish one of a kind race T-shirt.

This year we are adding a post-race breakfast and celebration at the Rockford City Market Pavilion. The breakfast is included in the run/walk registrations. Non-runners/walkers and race spectators are welcome to join the post-race fun, but if they would like breakfast it will be \$5 at the event. The after party will include live music from the local band Long-shot, awards, refreshments, and breakfast! The post-race breakfast and celebration starts immediately following the 8k Run. Hot Cakes on the Go will be providing all you can eat pancakes. We will also have breakfast sausage and refreshments. A BIG THANK YOU to Eckburg Insurance Group for sponsoring our post-race breakfast!

All race proceeds go toward supporting Lifescape's services and programs.

To register for the 8k, 2-mile, or 1-mile family fun walk go to www.runsignup.com and search "Lifescape 4th of July Classic".



Day of Caring - Watt Global Media

At the end of 2018 we happily hosted Watt Global Media for their United Way Day of Caring. 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. Watt Global Media's team came out and volunteered in our kitchen preparing meals for our Home Delivered Meals clients. It was wonderful having their team helping our kitchen staff and as always, they brought high energy and an eagerness to help!

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 our up to date volunteer opportunities.

You can also contact our volunteer coordinator Danica Gray at 815-490-1107 or dgray@lifescapeservices.org.

Thank you Watt Global Media and United Way for your continued support!



LIFESCAPE Senior Expo

Lifescape Senior Expo
Guest Speaker - Dan Hampton

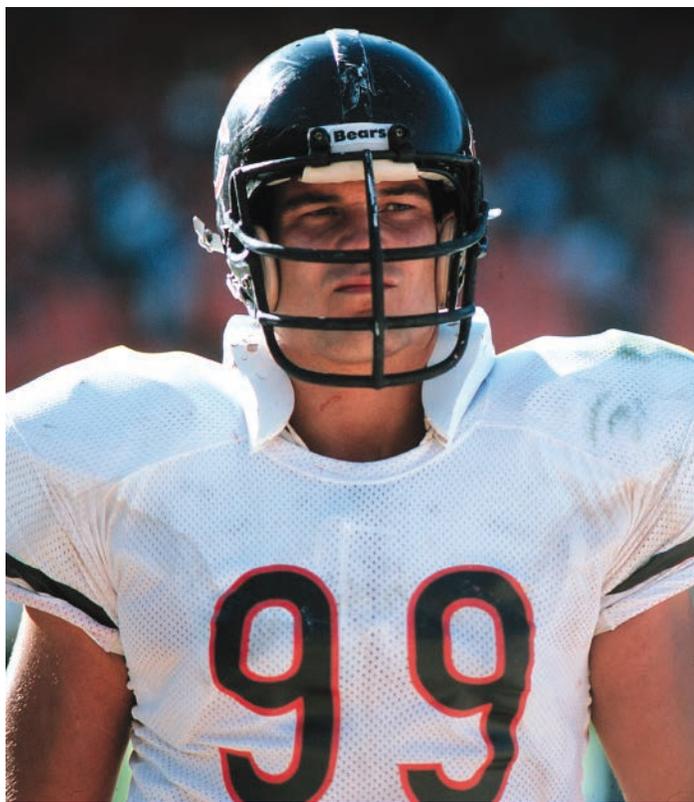
LIFESCAPE SENIOR EXPO

A Community Resource for Older Adults,
Caregivers, and Families

Saturday, September 7, 2019

9:00 a.m. - 3:00 p.m.

Rock Valley College
Physical Education Center



Dan Hampton Hall of Famer

The Lifescape Senior Expo will feature around a hundred exhibitors, offer health screenings, and a mid-event guest speaker. Last year we invited Michele McAfee of Rockford Symphony Orchestra to present "The Healing Power of Music". We are planning another great show this year and have already locked down a stellar guest speaker.

We are excited to announce that Chicago football Hall of Famer Dan Hampton will be our guest speaker at the 2019 Lifescape Senior Expo! Along with signing autographs and meeting attendees he will be presenting on his time as a professional athlete. We hope to see you all this fall! With Rockford being home to unwavering Chicago sports fans, we decided to invite Dan Hampton to be our guest speaker. Dan Hampton is a retired Hall of Fame American football defensive tackle. Dan will start speaking at 11:30am and following his speech will be doing a meet and greet until 1:00pm.



Rock Valley College features ample parking, easy access for exhibitors, and is an excellent East Side location. This facility hosts other large community events such as college fairs and high school graduation ceremonies.

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

Exhibit space is still available!

Interested vendors can register on our website www.Lifescapeservices.org under the "Events" tab on the menu bar.



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

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 to learn more.



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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 or call 815-490-1609 to make your donation.