

SUMMER 2019

LIFESCAPE

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



An Exciting Year at Lifescape, With More to Come

In this summer newsletter, you will get a glimpse at what Lifescape has been up to for the past few months. 2019 has been a busy year for Lifescape, and there is plenty more to come. In July Lifescape held our Lifescape 4th of July Classic – A RACE FOR THE AGES! Hundreds of people participated, and thousands of dollars were raised for Lifescape. In May we held our 3rd annual Keep the Wheels Turning icon sale. With the help of Kelly Williamson Mobile staff and our generous community we sold more icons this year than ever before!

It's that time of year again, the Lifescape Senior Expo is back! **Lifescape Senior**

Expo is Saturday, September 7 at Rock Valley College's Physical Education Center. This year we are bringing in **Chicago football Hall of Famer Dan Hampton**. He will be our guest speaker at 11:30 AM and will meet attendees after he speaks until 1:00 PM. This is an event you won't want to miss. More information on the Lifescape Senior Expo can be found on page 2 of this newsletter.

Thank you for checking out this edition of the Lifescape Newsletter. Your support enables Lifescape to continue to empower older adults to choose lives of independence and dignity.

INSIDE...

2019 Lifescape Senior Expo,
Lifescape 4th of July Classic Run/Walk,
Open House,
Keep the Wheels Turning,
Health & Wellness Workshops,
and more...

LIFESCAPE Senior Expo

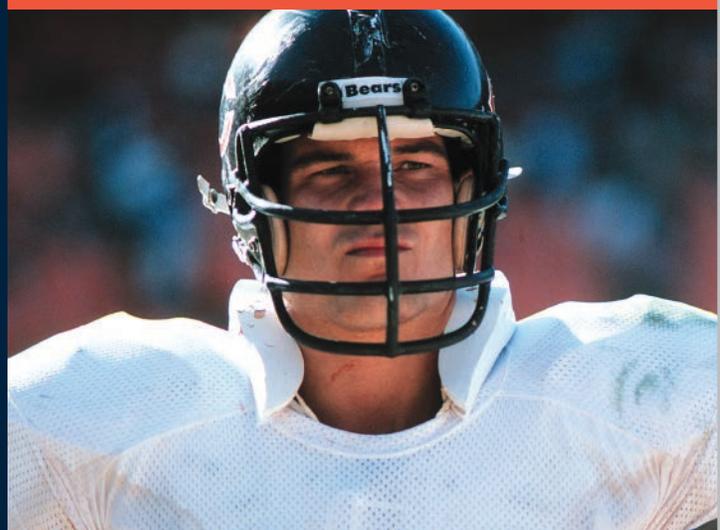
DARE TO BE A CHAMPION
A COMMUNITY RESOURCE FOR OLDER ADULTS, FAMILIES & CAREGIVERS

GUEST SPEAKER: DAN HAMPTON!

SATURDAY, SEPTEMBER 7, 2019
9AM TO 3PM

ROCK VALLEY COLLEGE • PHYSICAL EDUCATION CENTER

DAN HAMPTON SPEAKS AT 11:30AM



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
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Rock Falls, IL 61071
(815) 490-1125

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

LIFESCAPE Senior Expo

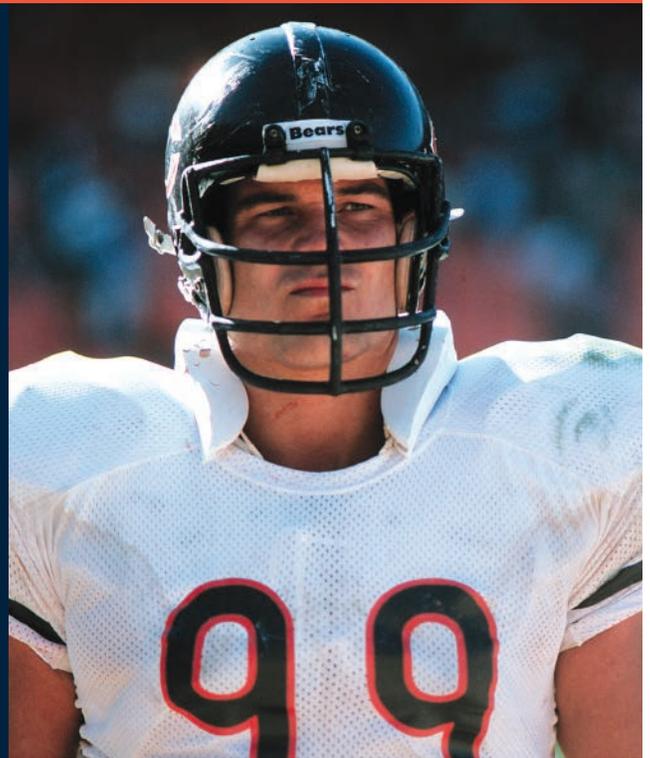
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The Lifescape Senior Expo will feature around a hundred exhibitors, offer health screenings, and a mid-event guest speaker.

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. 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 Famer American football defensive tackle. Dan will start speaking at 11:30 AM and, following his speech, will be doing a meet and greet until 1:00 PM. We hope to see you all this fall!

**DAN
HAMPTON
SPEAKS AT
11:30AM**





THANK YOU TO OUR SPONSORS!



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 SENIOR EXPO

Saturday, September 7, 2019

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

Rock Valley College
Physical Education Center

For More Information, Contact:
Zach Satterlee at
zsatterlee@lifescapeservices.org

Lifescape Community Services, Inc.
P: 815.963.1609 F: 815.963.1627





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LIFESCAPE JULY 4TH CLASSIC RUN/WALK

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

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



On July 4th, 2019, hundreds of people gathered on Madison Street for Lifescape’s first annual Lifescape 4th of July Classic – A RACE FOR THE AGES! We registered over 850 runners and walkers, and raised just under \$50,000! This event was in honor of Joe Marino and his contributions to Rockford’s 4th of July festivities and the entire Rockford community. Thank you for all that you did for our area Joe!

At 7:00 AM with plenty of sunshine and temperatures floating just above 70 degrees, our first race kicked off. It was a sight to see! Racers were stretching all the way down Madison street sporting their best 4th of July outfits. Many wore our one of a kind race shirts that were made locally by Rockford Art Deli.

Runners made their way up Madison Street to connect to the bike path

before reaching their turning point and returning to the start/finish line. After running or walking, participants received a refreshingly cold towel provided by Crusader Community Health and a beautiful red, white, and blue finisher medal. Once runners/walkers cooled down, they made their way over to the Rockford City Market Pavilion for our ALL YOU CAN EAT pancake breakfast. In addition to endless pancakes, we provided breakfast sausage, fruit, and a variety of refreshments. Participants enjoyed their breakfast while listening to the wonderful live music from local band, Long Shot. While enjoying the music, breakfast, and refreshments, we handed out award medals to overall winners, as well as top finishers from our 18 age divisions. Executive Director, Mike Hughes, did the honor of announcing race award winners and thanking the community

members who attended our event. The event wrapped up before 11:00 AM and participants went on to enjoy the rest of their 4th of July. Lifescape hopes that you all had a wonderful holiday and we hope to see you at next year's Lifescape 4th of July Classic.

Thank you to all the sponsors, racers, volunteers, and to the community for coming together to support our race and organization.

The funds raised will benefit Lifescape's programs and services and help us to continue empowering

older adults to choose lives of independence and dignity.

Lifescape will continue to provide the Lifescape 4th of July Classic. Early Bird pricing is now available and interested participants can register at www.runsingup.com.

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"**

We are so thankful for the generosity of all of our supporting sponsors. See the extensive list on page 8.



Adult Day Program Open House

Tuesday October 29th, 2019 • 1:00 p.m. - 4:00 p.m.

1330 South Alpine Road, Rockford, IL 61108

Are you curious about what the Adult Day Program is, or how your loved one could benefit? Have you ever wondered what your loved one does at the Adult Day Program each day? Please join us on Tuesday October 29th from 1-4pm for our 1st Annual Adult Day Program Open House.

Come see our facility, meet the staff, ask questions to learn about our program, & enjoy some light refreshments. We hope to see you there. If you have questions about this event, please contact our center at 815-964-2433.

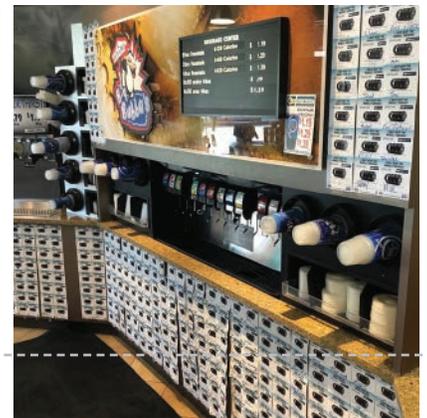


Keep the Wheels Turning - May 2019

In May, we had our 3rd 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. We were able to raise over \$3,400 this May. 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.

Rockford's Applewood location raised the most, and in appreciation, their staff received 4 tickets and a parking pass for an upcoming Cubs vs. Brewers game. Their store was covered in icons and it was wonderful to be able to see the support our community continually shows!

Next May, we will run our 4th annual Keep the Wheels Turning promotion. Thank you to Kelly Williamson Mobile for being such a huge supporter of Lifescape, especially our Home Delivered Meals program. Please stop by a Kelly's Market in Winnebago County to support this promotion and all our wonderful services.



Health & Wellness Workshops

Are you or someone you know interested in participating in our Health & Wellness workshops? Reach out to **Kristin Krieger at 815-490-1107** to find a class near you.

The Lifescape Health Promotion program offers the highest level, evidence-based workshops designed to promote the health and independence of older adults. Workshops consist of a variety of group activities and cover a wide range of topics. These free workshops are hosted at various locations throughout your community.

A Matter of Balance – This is an award-winning program designed to manage falls and increase activity levels.

Diabetes Self-Management Program - Developed

by Stanford University, this workshop is proven to improve the health and well-being of seniors living with Diabetes. The program consists of interactive workshops during which you will learn skills to help you regain control and manage your Diabetes.

Chronic Disease Self-Management Program - Developed by Stanford University, this program is proven to improve the health and well-being of seniors living with chronic illnesses. The program consists of interactive workshops during which you will learn skills to help you regain control and manage your chronic illnesses.

More information on our Health and Wellness Workshops can be found at www.lifescapeservices.org

A Lifescape Leader - Dawn Atchley

At the beginning of August, Dawn Atchley, Lifescape’s Chief Human Resource Officer, retired after working at Lifescape for 14 years. Dawn started at Lifescape in 2004 as a bookkeeper and quickly showed she had much to give our organization and our community. After working as a bookkeeper for a few years, Dawn changed roles and became Lifescape’s Chief Human Resource Officer. Dawn spent over a decade in this role doing incredible work for our organization

As our Rockford employees gathered in our conference room for Dawn’s retirement party, we realized that she had hired almost everyone in that room. For most of us, Dawn was the first person that we interacted with at Lifescape. She opened the door to our time at Lifescape and welcomed us with as much kindness and patience that a new employee could hope for. Not only was Dawn a marvelous Human Resource Professional and team member, she was also always spreading positivity and fun around the office. Dawn is now happily retired with



her husband and we wanted to let you know what a wonderful asset she has been to Lifescape. Through Dawn, Lifescape has assembled a wonderful team that continues to make a huge impact on the older adult population of Northwestern Illinois. Thank you for your time at Lifescape Dawn! Wishing you a happy retirement!



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 Kristin at 815-490-1107 or kkrieger@lifescapeservices.org to learn more.



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



Make Your Gift Today!

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

Send your gift in the enclosed envelope, visit www.lifescapeservices.org or call 815-490-1609 to make your donation.