

SUMMER 2020

# LIFESCAPE

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



## Lifescape Receives Valuable Support

We want to start of this edition of our Lifescape newsletter by extending our gratitude for your unwavering support. The support of you and our community allows us to continue to provide our programs and services. This year continues to challenge us and disrupt our normal programs and services. Lifescape has always and will always provide valuable resources for you and the older adults in your life.

In this newsletter we will update you on what we have been up to over the past several months, as well as give you insight into what to expect in the upcoming months.

Before we get into our updates and information, we want to share a few examples of the valuable support you all have recently provided.

## INSIDE...

*Valuable Support Community, Program Status Updates, Senior Expo Cancelled, RSVP Program, Virtual Lifescape 4th of July Classic Run/Walk 2020 and more...*



## Examples of Support

- We recently reached out asking for monetary donations as we ramp our services back up and we received a great response. The donations reached over \$5,000 and are continuing to come in. This will provide over 1,000 meals to seniors receiving home delivered meals!
- Community partners stepped up in a big way to provide valuable funding for our nutrition services. We want to especially thank Hormel Foods in Rochelle, Fiat Chrysler Automobile, United Way of Rock River Valley, United Way of Lee County, Rochelle Area Community Foundation, the Boone County Community Foundation, and the Illinois COVID-19 Response Fund.
- Lifescape reached out to the community early in this pandemic for volunteers, and the community readily responded.
- We held our RSVP Senior Supply Donation Drive and we were blown away by the response we received.
- Stockholm Inn held a Stockholm for Seniors event, where half of Swedish pancake sales were donated to Lifescape, and cars were lined up all day for takeout!

**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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(815) 490-1125

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



# Update on Status of Programs and Services!

Like many other organizations, Lifescape’s programs and services have been affected by the current pandemic. The status of our programs and services are changing based on the status of the virus, so the list below is accurate as of now.

**Please keep an eye out for updates on our programs and services, because their status can change with the changes of the COVID-19 pandemic.**

## Adult Day Program **NOT OPERATING**

Our Adult Day Program is currently closed due to COVID-19. With our facility being closed we are delivering our clients meals, checking on them via phone at least once a week, and working with their caregivers to maintain their care plans.

## Adult Protective Services **ADJUSTED OPERATION**

Lifescape staff is taking extra precautions by completing screening for health symptoms, conducting appointments outside where possible, limiting face to face contact, practicing social distancing, and offering other methods to acquire services such as on the phone, electronically, or by mail. A caseworker works with individuals to find the best and safest method to work with the individual.

## Comprehensive Care Coordination **ADJUSTED OPERATION**

Lifescape staff is taking extra precautions by completing screening for health symptoms, conducting

appointments outside where possible, limiting face to face contact, practicing social distancing, and offering other methods to acquire services such as on the phone, electronically, or by mail. A caseworker works with individuals to find the best and safest method to work with the individual.

## Health Promotion Programs **NOT OPERATING**

Our Health Promotion Programs are currently not running due to COVID-19.

## Nutrition Services **NORMAL OPERATION**

We have loosened restrictions for receiving meals. Now, the only requirement for receiving Meals on Wheels is that you need to be 60 years old or older. Lifescape and our meal delivery drivers are taking



every precaution necessary to keep our thousands of clients healthy and safe. Our drivers are wearing face masks, changing gloves in between every delivery, and making sure to wash their hands constantly and keep their vehicles clean.

## Retired and Senior Volunteer Program (RSVP) **NORMAL OPERATION**

This program is running as normal with additional precautions to ensure the safety of our volunteers, staff, and volunteer stations.

## Senior Choice **ADJUSTED OPERATION**

Lifescape staff is taking extra precautions by completing screening for health symptoms, conducting appointments outside where possible, limiting face to face contact, practicing social distancing, and offering other methods to acquire services such as on the phone, electronically, or by mail. A caseworker works with individuals to find the best and safest method to work with the individual.



# CANCELED

**After much thought and many discussions Lifescape has decided to cancel the 2020 Senior Expo due to the COVID-19 Pandemic.** We are sad that we are unable to put this wonderful event on for the community this fall, and we will miss seeing our community partners and community members.

We do not want our older adults, caregivers, and families to miss out on valuable resources and information, so **we are putting together a 2020 Lifescape Senior Expo Resource Guide.** Instead of walking through the Rock Valley College Physical Education Center and viewing the over 100 booths, the public will be able to read about these wonderful

organizations and companies from the comfort of their home. The resources guide is free, and we will be sharing this resource guide with our clients and will have them available for pickup at our 705 Kilburn office. The resource guide will also be available in PDF version so we can share the information electronically via social media and email. We plan on having the 2020 Lifescape Senior Expo Resource Guide finished and available by the beginning of October.

Again, we are extremely disappointed to not have our annual Lifescape Senior Expo but are happy to share our area's wonderful resources through the 2020 Lifescape Senior Expo Resource Guide.



# Lifescape Adds Retired and Senior Volunteer Program (RSVP) to Our Programs & Services



## What is RSVP?

Lifescape's Retired and Senior Volunteer Program (RSVP) works with any individuals 55 and older in helping finding volunteer opportunities in Boone and Winnebago counties. You can use the skills and talents you've learned over the years or develop new ones while serving in a variety of volunteer activities within your community. Along with providing volunteer opportunities within Lifescape's many programs and services we partner with other service-oriented groups in Boone and Winnebago counties.

## Help Where It Is Most Needed

RSVP volunteers choose how, where, and how often they want to serve, with commitments ranging from a few hours to 40 hours per week. RSVP matches volunteers with volunteer opportunities within our organization as well as with many other local organizations. This gives you the chance to find the perfect volunteer opportunity for you. Our program has 3 major focus areas. These focus areas are Healthy Futures, Environmental Stewardship, and Disaster Services.

## Healthy Futures

Healthy Futures is your opportunity to work with local groups on making a meaningful difference in the health of our community. Some volunteer opportunities include: working with local seniors who are experiencing loneliness, volunteering with local

groups to help fight hunger, helping provide valuable and engaging workshops to seniors on topics such as balance and disease management, providing health and nutrition education presentations in our community, providing transportation services to local older adults and individuals with disabilities, and many other opportunities.

## Environmental Stewardship

By volunteering in our Environmental Stewardship program, you are helping to build a better world for our current residents and for future generations. Through these volunteer opportunities you will partner with local environmental groups to clean up local parks and forest preserves, maintaining nurseries and plant life, and other fun initiatives to benefit our local land.

## Disaster Services

Disaster Services are essential to our community's ability to prepare and support each other in hard and unexpected times. Through these volunteer opportunities you will be working with community partners to deliver education and other disaster preparedness interventions, helping individuals prepare disaster readiness plans, providing emergency food and housing services, and many other opportunities.

You can find more information and volunteer site information on our website at [www.Lifescapecservices.org](http://www.Lifescapecservices.org).



## RSVP Means Results

Your time is valuable, and we maximize every minute. Our highly structured program focuses on making a tangible difference. National performance measures guide our efforts and ensure your work contributes to real, lasting change in your community. We will prepare you for success with pre-services orientation and training from the organizations where you will serve.



## Giving Back Is Good For You, Too

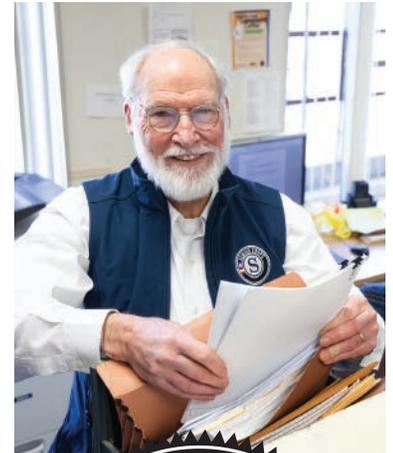
Older Americans who volunteer frequently live longer and report better health. Volunteering can lead to more friendships and a better outlook.

## Becoming a Volunteer Station

Utilizing the time and talents of dedicated RSVP volunteers can help provide the extra support you need to assist with important programs/projects, extend outreach, and strengthen awareness. – at no cost.

## Who is eligible to become a volunteer station?

- A Public or private 501 (C) 3 nonprofit organization/entity
- A Proprietary Health Provider
- A faith-based organization\*



If you would like to get more information or participate in the Lifescape RSVP of Boone and Winnebago counties please email [lifescapersvp@lifescapeservices.org](mailto:lifescapersvp@lifescapeservices.org), give us a call **815-963-1609**.

## ..... Meet our Lifescape RSVP Team .....



### Hi, my name is Carli Jonet and I am the RSVP Director

My background has given me the experience working with many populations from pregnant moms to seniors. I am so happy to be back with the senior population and becoming a part of helping this community thrive! I am excited to see the relationships, partnerships and community involvement with the RSVP program and how much great work we all can do for this community and our lovely seniors.



### Hi, my name is Lisa Johnson and I am the RSVP Volunteer Coordinator

I come from a background in Natural History after working many years at the Burpee Museum of Natural History and the Byron Forest Preserve. I always enjoyed working with volunteers in those positions and greatly appreciated how much they added to those organizations. I look forward to meeting and working with Boone and Winnebago County's seniors to provide opportunities for them to use their skills and talents to enrich our community and help those who are less fortunate.



### Hi, my name is Jared Christensen and I am the RSVP Assistant

I was introduced to Lifescape through volunteering as part of Lifescape's social isolation initiative. During the last few months, I have had the pleasure of getting to know many of the unique, hardworking, and talented seniors in our local communities. I am excited to continue working with the RSVP team and all the volunteers from our great northern Illinois senior population. It is exciting to be part of something that can benefit our communities by developing close, personal and working relationships with all of our great citizens.



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**LIFESCAPE** **VIRTUAL 4TH of JULY**  
*Classic* **RUN/WALK**  
**A RACE FOR THE AGES! - IN MEMORY OF JOE MARINO**

**VIRTUAL Race 2020!**



In late June and early July, we held our Virtual Lifescape 4th of July Classic Run/Walk presented by AARP Illinois. This race is in memory of Joe Marino and his contributions to Rockford’s 4th of July celebration and to our community.

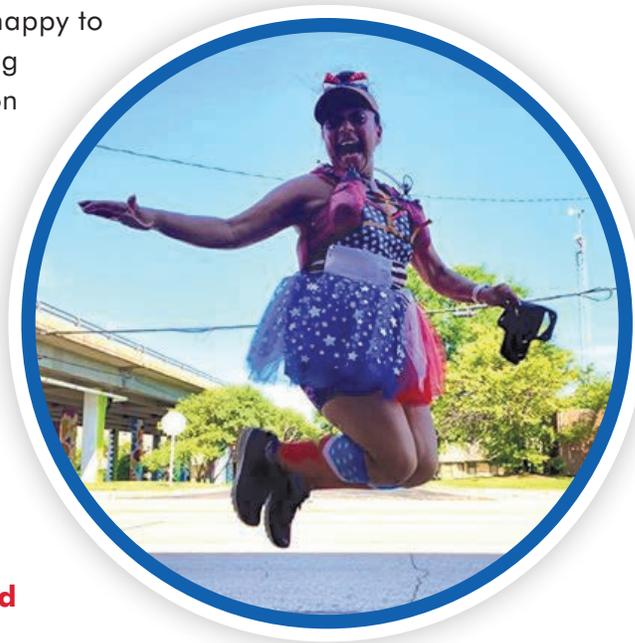
With COVID-19 we were unable to congregate for an in-person race, so we held a virtual run/walk. Instead of gathering together to race on the 4th of July, racers did

their run/walk on their own on the week leading up to the 4th of July. Runners and walkers participated on neighborhood sidewalks, in their favorite parks, and many other places. Participants then sent in their times and any fun photos and videos they took on their run/walk. The photos you see here were taken by our runners and walkers and the rest can be seen on our Lifescape Facebook page.



We missed seeing all the participants on July 4th, but we were happy to organize a fun and exciting event to celebrate our nation and supporting local seniors. All participants received custom Rockford Art Deli T-shirts, finisher medals, and a race bib!

**All race proceeds benefit Lifescape's services and programs and this year we raised over \$30,000! Thank you to all our participants and our sponsors.**



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

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**About Us:** 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, Retired & Senior Volunteer Program, 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](mailto:kkrieger@lifescapeservices.org) to learn more.



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## THANK YOU SPONSORS!

Without the support of our community we would not be able to offer our community events.  
Thank you to all that have sponsored our **2020 Events**.



## Make a 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](http://www.lifescapeservices.org) or call 815-490-1609 to make your donation.