

SPRING 2021

# LIFESCAPE

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



George Hammonds

## Spring is Here!

We have plenty of updates to share and a lot to look forward to! In this edition of our newsletter, we will fill you in on what has been going on at Lifescape, tell you about upcoming events, share a few stories of generous community members, and give you a deeper look into some of our programs and services.

This newsletter is in memory of George Hammonds. George joined our Adult Day Program family in April of 2017 and drove a transportation bus for clients of Lifescape's Adult Day Program. From the start we knew George was special, he had

to be, to desire to drive a bus for seniors, when he himself was over 80 years old. George had a gentle soul, one that was responsive to the needs and desires of those who rode his bus. George will be remembered for his humble & patient demeanor, his smile that could brighten an entire room, his love & devotion to his wife, his unending faith, and his love for all things lemon. We never would have imagined the stamp George would leave on the hearts of all who knew him when he first joined the Lifescape team. George is missed terribly, but we feel so blessed to have had him in our lives.

**Need a Ride?** Lifescape has been providing transportation services in our community for over 3 decades. This service is incredibly important and is available for adults 60 or older living in or near Rockford. Rides are available for a variety of needs, including medical appointments, grocery trips, general errands, social opportunities, and more. Our transportation program is run by a dedicated and hardworking team of drivers and our Lifescape Transportation Coordinator.

Meet Kelsey! She is Lifescape's Transportation Coordinator. Kelsey has been in her role for almost 2 years and does a spectacular job of coordinating rides for Lifescape Transportation clients. If you are interested in learning more, give Kelsey a call at 815-490-1133.



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**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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## Generous Local Students Donate Activity Kits to Adult Day Program Clients!

Lifescape Adult Day Program was fortunate to have the opportunity to work with two generous area students. Alex is the granddaughter of our former client, Ms. Evelyn. Alex recognized how challenging the pandemic had been for older adults to find meaningful activities to do while at home. Her dedication to her grandmother fueled her desire to be of some assistance. Alex and her classmate, Cat, were able to apply for, and secure, a grant which allowed us to work together to create and distribute activity kits to all the Adult Day Program clients. Alex and Cat are students of UIC College of Pharmacy and members of the Kappa Psi Pharmaceutical Fraternity.

Each kit contains a variety of easy-to-use items that provides our clients with some needed supplies to use at home whenever they are unable to attend in-person programming. Also included in these kits were uplifting and inspirational messages. We look forward to witness how these kits impact our client's lives.

Again, thank you Alex and Cat for your dedication to this project!



# AmeriCorps Seniors Expands to 3 New Counties of Service



## AmeriCorps Seniors

This April we expanded our AmeriCorps Seniors RSVP to Dekalb, Lee, and Whiteside Counties. Our program now serves the 5 counties of Boone, Dekalb, Lee, Whiteside, and Winnebago. Lifescape's AmeriCorps Senior Retired and Volunteer Program works with individuals 55 and

older to find volunteer opportunities in Boone and Winnebago counties. Expanding this program allowed us to hire 4 new staff for the program. Learn more about our great additions to our AmeriCorps Seniors RSVP staff below:

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



**Hi, my name is Amy Ortiz and I am the RSVP Volunteer Coordinator of Whiteside County.** I am excited to help expand this great program into Whiteside County. I have held various roles within the community working with children, adults, and seniors. Community service has always been very important to me. I am excited to help connect fantastic volunteers with our great partners and leave a lasting impact in this community. Amy can be reached at: (815) 490-1124 or by email at [aortiz@lifescapeservices.org](mailto:aortiz@lifescapeservices.org).



**Hi, my name is Eliot Huggins and I am the RSVP Volunteer Coordinator of Lee County.** I just moved to the area from East Lansing, Michigan, and I am so excited to engage with a new community and to be a part of such an amazing program. My background is in organizing for the Michigan Regional Council of Carpenters and Millwrights and I cannot wait to translate those skills into cultivating meaningful relationships with members of the Lee County community. Should you have any questions about the RSVP program, please feel free to reach out! Eliot can be reached at: (815) 490-1272 or by email at [ehuggins@lifescapeservices.org](mailto:ehuggins@lifescapeservices.org).



**Hi, my name is Holly Klatt and I am the RSVP Volunteer Coordinator of DeKalb County.** I was born and raised in DeKalb and am so excited to be working in and helping the community I consider home! I graduated from NIU with a Bachelor's in Public Health and love the variety of skills I have learned. I have worked both clinical and public health jobs in the past and really enjoy making those connections with individuals in the community. In my free time you can usually find me volunteering at the DeKalb Elks Lodge. I look forward to seeing some familiar faces in the community and meeting some new ones! Holly can be reached at: (815) 490-1115 or by email at [hklatt@lifescapeservices.org](mailto:hklatt@lifescapeservices.org).



**Hi, my name is Najla Edwards and I am the RSVP Assistant for DeKalb, Lee and Whiteside Counties.** I recently graduated from NIU with a BA in Communications. I plan to bring the skills I have acquired during school to the senior population. It is important for seniors to be integrated into the community and it is something that is dear to my heart. I am so excited to be a part of the RSVP program and I am looking forward to helping this amazing community prosper.



# LIFESCAPE **4TH of JULY** Classic RUN/WALK

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



## Sunday, July 4, 2021 - Starting at 7am!

Lifescape 4th of July Classic is a race for the ages! This is a race for everyone, whether you are an experienced runner, this is your first race, or you are just looking for a fun event to do with your family. This race is a wonderful way to celebrate our nation and support a local nonprofit. The Lifescape 4th of July Classic is in memory of Joe Marino and his contributions to Rockford's 4th of July celebration and to our community.

Racers have the choice of running an 8k, a 2-mile, or participating in the 1-mile family fun walk. All racers will receive race swag, including finisher medals, stylish one of a kind race T-shirts, and.... PANCAKES! After the race, all participants are invited to make the short walk to the Downtown Rockford City Pavilion (Where City Market is held) to pick up their Post-Race TAKE HOME Pancake Breakfast! We will have pancakes, plus plenty of



other fresh breakfast foods and refreshments.

There will be a rolling start from 7am to 9am in an effort to maintain social distancing. 8k runners need to start by 8:00 whereas the 2-mile runners have until 8:30 am. Racers can come anytime during this timeframe to participate in their race. Further Covid-19 protocols and guidance will be communicated as we get closer to race day.

For those that cannot make it to the event or would like to participate virtually, you have the option of running all of the races virtually and still collecting all the race swag! **Register at [www.Runsignup.com](http://www.Runsignup.com)**



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**About Us:** Lifescape Community Services is a comprehensive regional agency helping older adults to live an independent and high-quality life. Based in Rockford, Lifescape provides services in an nine-county region of northwestern Illinois, including Boone, Carroll, DeKalb, 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, AmeriCorps Seniors Retired & Senior Volunteer Program, Comprehensive Care Coordination, and its Information and Assistance Department.

# Lifescape's Nutrition Staff Delivers

Lifescape's nutrition department has been working tirelessly to ensure that older adults in our area are receiving quality meals and service. COVID-19 has hit the aging population especially hard, and this can be seen in our massive increase in Meals on Wheels clients. Throughout the pandemic our kitchen has produced hundreds of additional meals per day. Even when times were especially tough over the past year and a half, Lifescape did not have a waitlist. This means when someone calls in seeking our services, they are registered and assigned to a route right away. We realize this is essential in providing the highest quality service to our area's older adults.

Along with ensuring our clients are receiving their delicious and nutritious meals our drivers take on the equally important duty of confirming our clients are safe and healthy. They are trained to make sure that clients are responding to their knocks on the door and rings of their doorbells. Our drivers are not only our client's only source of nutritious meals, but they also serve as some older adult's only form of direct contact with a person during a given day. This service is more important now than ever. Many of our clients are already socially isolated and we could not allow this virus to further isolate them. Thank you to Lifescape's nutrition staff! This has been a difficult time, but you all stepped up to ensure the safety and wellbeing of our area's older adults.





# 1,2....3 FOOD BOX DRIVE THRU'S!

Through a collaboration with Heartland Community Church and a generous donor, we were able to organize and fund 3 Senior Food Box Drive Thru's! Between these 3 events we packed and distributed 1,250 food boxes to older adults in the Rockford area. The 2nd Senior Food Box Drive Thru was even funded by one of our Lifescope AmeriCorps Seniors RSVP volunteers, Jayendra (Jay) Shah. After volunteering at our first Senior Food Box Drive Thru, Jay asked how

much the event costs to hold. After learning the event cost around \$20,000 to organize, he immediately agreed to fund the 2nd event out of his own pocket! Lifescope is lucky to have generous community members like Jay participating in our programs and volunteering at our events. Thank you to Jay, all our volunteers, staff, and Heartland Community Church for making these events so successful!



# ..... Our 2020 Lifescope Legends .....



**Congratulations to Warren Sanders**  
for being selected as our Employee of the Year, and to **Yazmin Real** for receiving our Lifescope Mission Award.

Warren is one of our dedicated Home Delivered Meals Drivers and Yazmin is our Senior Choice Caseworker and Grandparents Raising Grandchildren Specialist.



# Volunteer Opportunities

Lifescape Community Services is always looking for volunteers.

Help us deliver or pack meals, assist in large events, or even become a Health Promotion workshop facilitator!

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 our **2021 Lifescape 4th of July Classic Sponsors!**



## 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.