

WINTER 2022

LIFESCAPE

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



Lifescape Welcomes 2022!

Welcome to the first Lifescape newsletter of 2022! In this edition we will discuss how we wrapped up 2021 and what we have to look forward to this year. You will meet a new staff member, hear about card making events our AmeriCorps Seniors team organized, meet an Adult Day Program client who turned 100 last year, learn about our revamped Caregiver Support Group and more. We hope you enjoy your read and look forward to another year of service!

INSIDE...

Meet Elsie,
AmeriCorps Senior Card Making Event,
Interview - Kyle Mattox,
Caregiver Support Group,
The Lifescape 60+ Challenge and more...

Meet Elsie

In October 2021, one of our clients at Adult Day Program turned 100 years old. In honor of her 10 decades of life, we talked to Elsie and her daughter. Here are 10 things about her life.



1. Elsie was born in October 1921.
2. She grew up on a farm. She still tells the stories of cooking on the cook stove on the front porch in the summer months.
3. While living on the farm, Elsie learned about butchering & packing meat, canning, gardening, & cooking. Elsie is an avid gardener & canner. Canning everything from pickles, to green beans, to apple sauce.
4. She married the love of her life Richard in 1946 and they were married for 54 years before he passed in 2000.
5. Elsie was a stay at home mom. She raised 2 children, a son and a daughter who are 8 years apart.
6. Elsie **LOVES** all things chocolate.
7. Once her children were a little older, she took a course in cake decorating and grew a small business from there. She spent 20 years baking & decorating wedding cakes out of her home. Her daughter Denise was the official "dishwasher" during that time.
8. To this day Elsie has a love for recipes spending her free time looking through her recipe boxes and books.
9. Sewing is one of Elsie's passions, making most of her own wardrobe as well as her daughters.
10. Elsie's daughter always remembers her mother saying: "If you want seconds, eat what you take, food is expensive, and we don't waste food."

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
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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

AmeriCorps Seniors Card Making Event!



AmeriCorps Seniors

Our AmeriCorps Seniors team has been providing safe community events for current volunteers and potential volunteers. AmeriCorps Seniors has organized a variety of card making events over the past few months. Volunteers and community members gathered to make cards for older adults in our region and to thank emergency workers. Cards were made for first responders, meals on wheels clients, hospice patients, and older adults in our community.



*An Interview with
Our Newest Comprehensive Care
Coordination Caseworker*
Kyle Mattox

We got the opportunity to sit down with our newest member of our Comprehensive Care Coordination team, Kyle Mattox. He shared some information about his time at Lifescape and what brought him here.

Tell us a little about yourself...

"My name is Kyle Mattox, I am 25 years old. My hometown is Sterling, IL. I graduated from Western Illinois University with a bachelor's degree in psychology."

How did you learn about Lifescape?

"I first learned of Lifescape through a fellow co worker here. But what grabbed my attention was being able to work with elderly. When I graduated my initial intent was to work with children. But I was also just looking for a place to start building experience. I was a little hesitant on how I would be because I've never worked with elderly people before. But one of my strengths is being able to adapt to new situations. Now after stepping into this field I'm loving it more than I thought I would."

What do you like about your job?

"I love hearing all the stories from each participant and getting a sense of what their life was like.



I also love making a difference in their life and getting the help they need."

What are your hobbies?

"Hiking, camping, reading, and playing video games."

Who are your favorite sports teams?

"Chicago Bears and Chicago White Sox."

What is an interesting fact about you?

"I am an eagle scout."

Interested in Joining our Team?

Lifescape Community Services/Community Kitchen is a dynamic and rewarding place to work.

We consider our employees to be our most valuable resources. Regardless of the position, we are all here to provide quality, professional services – either directly or indirectly.



Check out current job openings, sign up for job alerts, or fill out a general application at www.lifescapeservices.org



Caregiver Support Group

We are so pleased to welcome back our newly revamped Family Caregiver Support Program. As we move forward, we hope to continue to serve you by addressing these specific caregiver topics and concerns.

Some topics of discussion include:

- Provide Caregiver Support to non-professional caregivers caring for family member (60+) requiring 24/7 supervision
- Reduce Caregiver Burn-out
- Increase Caregiver Resilience
- Provide opportunities for caregiver health promotion-health & wellness activities to lessen caregiver associated stress and maintain physical safety
- Reduce caregiver social isolation and loneliness
- Provide support, advocacy, case management, education, training, and resources/referrals
- Provide peer-to-peer support

Caregiver Program Process

- Meet with our caregiver specialist, in person or over the phone, to complete a comprehensive benefit screening for the caregiver and care-recipient

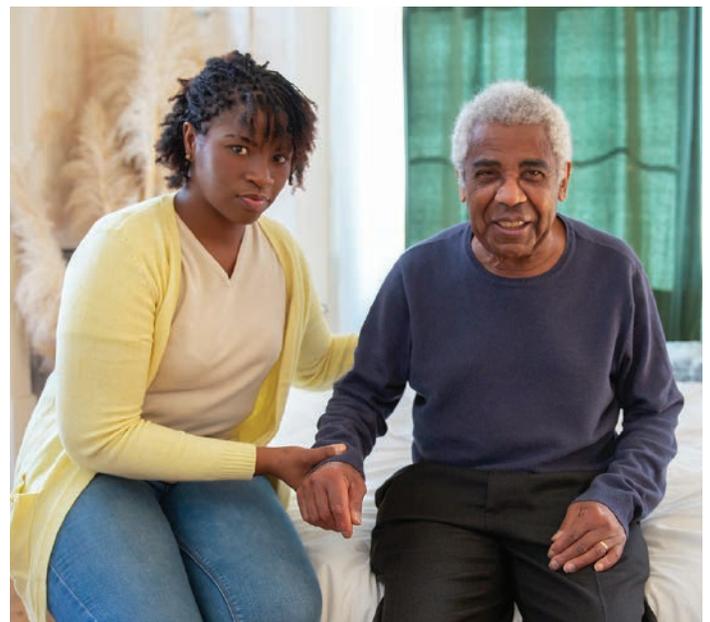
- Create a caregiver plan and track progress targeting and addressing caregiver associated issues and topics
- Attend monthly Support Group Meetings for education/training sessions, health promotion, and health & wellness events: We do our best to give you ample time to make care giving arrangements, so you don't miss the necessary support meetings
- Receive our monthly Caregiver mailing which will contain information about our monthly support group and helpful tips and information

What you can expect:

Monthly Family Caregiver Mailing Letter contains:

- Information on the end-of-the-month (every fourth Thursday but subject to change) support group meetings, presentations, or events
- Helpful tips and information

We do our best to give you ample time to make care giving arrangements, so you don't miss the necessary support meetings, education/training sessions, or amazing self-care events.

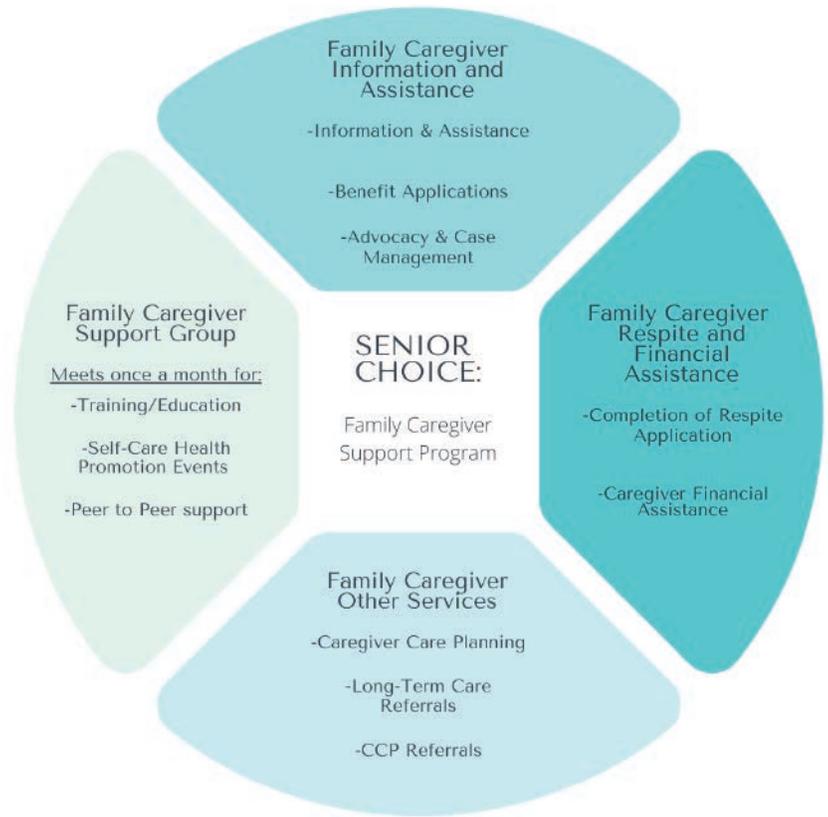




Contact us today to learn more and sign up:

Program Family Caregiver Specialist:

Erica Inkale
 Family Caregiver Specialist
 Senior Care Caseworker
 Ph: (815) 963-1609
 einkale@lifescapeservices.org



Caregivers Support Groups, Education/Trainings, and Event Calendar:

Every 4th Thursday of the Month from 1:30 - 2:30 pm

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| <p>Jan 27 Relaunch/Reintroduction to the New Family Caregiver Program</p> <p>Feb 24 Education/Support Group: <i>Respite and Financial Assistance</i>
 National Caregiver Day: <i>February 18, 2022</i></p> <p>Mar 24 Caregiver Self-Care Event: <i>Circle of Wellness</i></p> <p>Apr 21 Education/Support Group: <i>Becoming an Advocate for Medical/ Social Needs for Care Recipient POA etc.</i></p> <p>May 26 Caregiver Presentation: <i>Catholic Charities Long Term Care Ombudsman Program - Julie Schuppner</i></p> <p>June 23 Education/Support Group: <i>Understanding Alzheimer for Alzheimer's and Brain Awareness</i></p> | <p>July 21 Education/Support Group: <i>Role Reversal</i></p> <p>Aug 25 Caregiver Presentation: <i>End of Life - Heartland Hospice</i></p> <p>Sept 22 Education/Support Group: <i>Fall Prevention for Fall Prevention Awareness Month</i></p> <p>Oct 20 Education/Support Group: <i>Strategies to address Caregiver Health</i></p> <p>Nov TBA Caregiver Self-Care Event: <i>Caregiver Appreciation Event for National Caregiver Month</i></p> <p>Dec No Group or Event. Enjoy your Holiday Season!</p> <p><i>Dates are subject to change. Refreshments provided.</i></p> |
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LIFESCAPE **4TH of JULY** Classic RUN/WALK

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



The Lifescape 4th of July Classic Run/Walk is a race for the ages!
 Join us on July 4th in celebrating our great nation through this wonderful event.
Early bird race registration fees are available through April, 2022!

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. All racers will receive race swag, including finisher medal, a stylish one of a kind race T-shirt, and an all you can eat pancake breakfast.

Following the race will be a post-race breakfast and celebration at the Rockford City Market Pavilion. The breakfast is included in the run/walk registrations. The after party starts immediately following the 8k and will include live music, awards, refreshments, and breakfast! Hot Cakes On The Go will be providing all you can eat pancakes. There will also be breakfast sausage and refreshments.



Register at: www.Runsignup.com

All race proceeds benefit Lifescape's services and programs.

LIFESCAPE Lifescape Community Services, Inc.
 705 Kilburn Ave. Rockford, IL 61101
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Monday, July 4, 2022

8k Run 7:00am	2-Mile Run 7:10am	1-Mile Family Fun Walk - 8:00am
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Starts And Finishes On N. Madison St. In Front Of Trolley Station

Register at: www.Runsignup.com
 For more information, contact:
 Zach Satterlee at zsatterlee@lifescapeservices.org

LIFESCAPE 60+ CHALLENGE

- Donate **60+** Dollars
- Volunteer **60+** Minutes
- Help Community Members **60+**

MAY
2022

OLDER AMERICANS
MONTH
TAKE THE
CHALLENGE

May is annual **Older Americans Month**. Older Americans Month is a time to encourage and recognize the countless contributions that older adults make to our communities. In honor of **Older Americans Month**, Lifescape is organizing a community challenge.

The Lifescape **60+** Challenge is simple. During the month of May:



Donate 60+ Dollars to Lifescape's programs and services.



Volunteer 60+ Minutes to an older adult in your life or through a senior serving community organization.



Help Community Members 60+ simply from donating and volunteering.

A generous local community member has agreed to match all donations up to \$25,000 to double the impact of the Lifescape **60+ Challenge!** Participants will receive goodies in recognition of their participation, including a **"I Took the 60+ Challenge"** bag, yard sign, and more!

You can learn more about this challenge and how to participate at www.lifescape60pluschallenge.com, or by giving us a call at **815-490-1103**.



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

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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.

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 Carli at 815-490-1107 or cjonet@lifescapeservices.org to learn more.



Lifescape Community Services
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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 **2021 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 or call 815-490-1609 to make your donation.