

By Rebecca Patrick



LifeStream’s annual Fall Festival draws crowds of over 400 older adults for a day full of activities and tasty treats.

LifeStream Services

HELPING HOOSIERS MAINTAIN INDEPENDENCE

“It’s not something new that happened, but the pandemic really brought to light this idea of social isolation and loneliness, particularly among older adults and in a lot of the counties we serve because they’re more rural. There is less connectivity. There’s less opportunity for social interaction. So, we’ve really been looking at what kind of programs and volunteers we can get involved with (to alleviate that).”

– Mandy Williams
Vice president of programming
www.lifestreaminc.org

LifeStream has 21 senior community cafés in 12 counties that provide a low-cost meal and fellowship.

Celebrating 50 years:

In 1975, a Ball State University professor pursued and was awarded federal grant funding to establish a senior nutrition program. That led to it being designated an Area Agency on Aging non-profit agency under the Older Americans Act. Today, LifeStream Services is the aging and disability resource center for east central Indiana.

“We’ve definitely seen a lot of growth and change over the years, but our primary functions have really remained the same in terms of services for older adults, individuals with disabilities and caregivers.”

By the numbers:

- In 2024, received over 12,000 calls from the region’s residents
- Three offices and 130 employees in total throughout its area
- Over 500 volunteers last year

Rewarding purpose:

“We have an information and assistance department where individuals can call. In addition, we provide in-home care management to help people get connected with other services. Perhaps they need home healthcare or visiting nurses or physicians. We can help coordinate that for them. Then, we do a wide variety of community programs...wellness programming ... and offer support groups.”

More life-changing offerings:

- Caregiving support
- Low-cost lunch at senior café locations and meal deliveries to home-bound seniors
- Transportation services
- Presentations and lunch and learns to educate people on how to protect their medical identity and insurance information
- Dementia support
- Fitness classes
- Friendly calls and visits to lessen isolation

