These last few weeks have been a whirlwind for all of us, adjusting our work lives and our home lives to face the coronavirus threat. The individuals Area 10 serves need us more now than ever before, and even more people who are in the high risk category but otherwise would not normally need our assistance. Individuals suddenly quarantined and homebound needing prescriptions and food, groceries or home delivered meals.

As I’ve seen every day, our staff stood up and strong together to do everything we can now and in the days and weeks to come. Our Area 10 family is fiercely committed to the individuals we serve and it shows. I couldn’t be prouder to stand with this amazing group of people.

And, like others, Area 10 has realized real losses in funding and support because of these conditions. Revenue counted on for ongoing transit operations fell out of the bottom beginning 3/16. Same with Endwright Center and Endwright East by being forced to close, for the safety of our members.

Check out what we’re doing, how we’ve pivoted, and support our work!

With gratitude, Chris Myers
Executive Director

- We continue live answering information & referral, options counseling, and intakes.
- Our Care Management team is working remotely & responding, checking in regularly with all of our individuals, making emergency plans and being certain they have everything they need.
- Home delivered meals and groceries are continuing to be delivered to homes.
- Endwright is providing live web-based programming. Free, posted on our website balance classes for anyone. Drumming, strings, yoga and tai chi streaming to paying registrants.
- Rural Transit continues with regular services (reduced now by 75%) and 3/23 began medication and grocery pick up and delivery in all four counties, FREE OF CHARGE
- Area 10 initiated a call-out beginning 3/17 for community volunteers willing to help run errands for homebound and/or quarantined individuals in Monroe and Owen counties. We have web forms for individuals who need assistance and those who want to volunteer. We have a cadre of volunteers waiting to help!
JOIN ME IN GIVING

There are several of us who have not lost our jobs, have not realized a financial threat from this pandemic. And, the CARES Act will distribute to every adult $1,200.

I challenge those of you, like me, to take that distribution and turn it towards organizations who are on the front lines, helping people, getting us through this...together.

I am donating my entire distribution of $1,200 to the great work of Area 10.

I invite you to consider doing the same. If not all, then some. There are many other local organizations truly fighting alongside us. If you don’t need that distribution, please let it help those of us who are making a difference every day!

~Chris

NEED HELP? OR HELP OTHERS!

Area 10 is coordinating community volunteers to run errands for homebound and/or quarantined individuals in Monroe and Owen counties.

For volunteers interested in helping in this time, please use this link to complete an online application. For individuals who are homebound and/or quarantined and need assistance, please use this link.

All volunteers will be screened with Area 10’s usual processes and protections. Our goal is to help individuals who need it most while enabling healthy, mobile individuals to help their neighbors and beyond!
Taking Care of Our Neighbors

For all of us, life has been turned upside down in the last few weeks. I am very blessed to be able to continue to work even though it is from home. I have always thought that a person had “arrived” when they were able to say they worked from home. However, I have been able to do this for over a week and I think I have “arrived” at a few other thoughts. This article is about some of those other thoughts.

I have been contacting our clients in our Caring Companions program just to check on them, making sure they are okay, that they have enough food and any necessary medications. I don’t know what I expected to find, but the results have been encouraging.

The clients we work with are usually the ones that have little to no support within the community; however, many have neighbors, family and friends that have stepped up and filled the gap. This is a huge encouragement to me. This is renewed my faith in humanity. It has also renewed some of our client’s faith in their community and our agency. Many of them were so pleased that I even thought to call and check on them. I have spent several hours calling everyone in our Caring Companions program and each one had a story to tell. So many of them wanted to tell me how thankful they were that I would even think of them at a time like this. Most of our clients have someone who is willing to bring them groceries at this time. But many of them do not have someone who is willing to just talk to them. This is why many of the conversations I had with each one took quite some time. Each one wanted to thank me, but they also realized that I was someone who cared about them, so the conversations were generally lengthy. Every one of our “Neighbors” (the Caring Companions clients) was grateful.

I was also able to make sure that a few people who were without food could have some delivered. One lady told me that they were okay at the moment and she had someone coming to her home and taking her to the store the next day for groceries. She wanted to make sure that she wasn’t taking the help when “someone else was surely more in need” than she was. I found this refreshing. I did assure her that if during this uncertain time she needed assistance that I would be happy to send out a volunteer to help her get groceries.

One of the main things I have learned from this time “working from home” is how isolating it is to never or very rarely see another person. I have family around me but that outside contact is so very important. Many of our “neighbors” live alone with very little outside contact. I have always wondered why our most requested need is for friendly visiting; but, after this time “working from home,” I have a firsthand understanding of the isolation one can feel. I do feel this time has given me a chance to talk to and get to know many of our neighbors as well as our volunteers. I will totally be happy to return to my office and my “work” family. But for the time being I will continue to “work from home” and get to know people through the modern invention “the phone”.

One final note. If you know someone who is not able to get out please call them. This is a hard time for many people. People who are isolated do not feel that other people care about them, so please let them know they are loved and cared for.

— Dawn Kramer
RSVP Assistant Manager
Testimonial from our COVID-19 Errand Assistance

"I don't know what I could say except it's the best thing that ever happened to me. They got everything I needed! I hope they keep it up. That really helped me a lot! I think they're wonderful. If they need their groceries and can't go to the store, I don't know anything better than this. Area 10 is doing everything they can for elderly people and I appreciate that."

— Barbara, 4/2/2020

Employee Anniversaries

Thank you for your years of dedication!

Liz Jones 13 Years
Kirstine Campbell 5 Years
Caitlin Roof 5 Years
Larry Bowman 1 Year
Walter Davis 1 Year
Cheryl Dees 11 Years
Taylor Isom 1 Year
James M Dunn 2 Years
Sheila Grubb 5 Years
Back to the Spring and Summer Activities

Do you have spring cleaning yet to do, or gardening, yard work and other projects on the horizon this summer? Or maybe vacation and other outdoor fun you are looking forward to? As much fun as these activities usually are, they can sometimes lead to an aching back, and sometimes to downright back PAIN. With this in mind I want to say a few things about back health.

First, here are some things you can do to keep your back healthy:

1. Stop smoking. Smoking can damage the spinal disks, weaken the ligaments, and thin the bones.
2. Lose weight. Reduce the load on your spine.
3. Choose the right mattress. It should exert pressure evenly on your body.
4. Sleep right. When sleeping on your side, place a pillow between your knees. When on your back, have only a small pillow under your head, and a pillow under your knees. Do not sleep on your stomach.
5. Learn to lift correctly. Keep the object close to your body with you trunk upright and lift with your legs. Do not bend, twist, or turn while lifting.
6. Stay balanced. When carrying two or more objects, try to hold about the same amount in each hand.
7. Don’t overreach. Stand on a stool or stepladder to get objects above shoulder level.
8. Push, don’t pull. It is easier on your spine.
9. Stand and sit correctly. When standing keep your head up, chest out, stomach in. When sitting, again head up, back against back of chair, knees level with, or slightly higher than, your hips, and feet flat on the floor. Place a small towel behind the curve of your lower back.

Improve and maintain a good fitness level. Any type of fitness activity/class will be helpful, but there are some exercises you can do specifically for back/abdominal strength that will help PREVENT future back issues.

If back pain does occur follow these steps:

1. Undergo testing only if your pain lasts longer than a month, or if your symptoms show signs of a serious problem, such as weakness in one leg, or sciatica- dull, aching pain that radiates from the back through one buttock and thigh to below the knee. Other symptoms which may need further testing would be: recent trauma or high risk of osteoporosis, fever, night sweats, or recent bacterial infection, unexplained weight loss, history of cancer, or incontinence.
2. At first limit activity to gentle stretching, and low impact movements, but stay active, as immobility can lead to tightness and worsen the pain.
3. Apply ice the first few days to reduce any inflammation. Then use heating pads or heat rub to increase blood flow and speed healing.
4. As an alternate or in addition to drug treatment, consider back-strengthening exercises, relaxation, yoga, massage, acupuncture, and/or spinal manipulation for acute or chronic pain. Studies have shown that these treatments can be at least as effective, and certainly safer than drugs and surgery. Choose the one that you feel most comfortable with, and avoid ones that you are skeptical of.
5. Some over the counter medications may help, but can cause problems if used long term, so use caution. A doctor can prescribe stronger pain medicines if needed, or also a muscle relaxant if needed.
6. If the above techniques don’t work, ask to be referred to a pain-management clinic.

Consider surgery only if symptoms clearly match the abnormality seen on an imaging test, and don’t forget to get a second opinion.

If you’d like more information on this topic, contact Kris Campbell, Endwright Center Health & Wellness Specialist, at 812-876-3383, ext. 542, or

Spring 2020
Area 10 Welcomes Our New Staff Aboard and Existing Staff to New Positions!

**Lesa Hofferth**

Lesa joins us as the Nutrition Outreach Coordinator. She comes with a great passion for serving older adults, having worked with Elder Care Home Connections for quite a few years. Before that, she actually helped coordinate the Meals on Wheels in Evansville.

Welcome!!!

**Adelyn Shinn**

Welcome Adelyn Shinn who joined the Area 10 Care Management Team on 2/17/2020. She comes to us with education in Social Work and experience with Care Management.

Welcome!!!

**Payton Anderson**

Payton joined the Area 10 Care Management Team on 2/17/2020.

She comes to us with education in Social Work and experience with Care Management.

Welcome!!!

Spring 2020
Caregiver University Classes are sponsored by the IU Health Alzheimer’s Resource Service and Area 10 Agency on Aging. They are offered at Monroe County Public Library at no cost. Classes are designed to help care partners build knowledge, hands-on skills, and awareness of local resources. All classes are free open to the public.

Caregiver University Monroe County

July 13th (1-3pm) – Positive Physical Approach
August 10th (1-3pm)– Hand Under Hand
September 18th (10:30-11:30am)– Meet Your Area Agency on Aging

To register call 812.349.3050 or www.mcpl.info

January—March 2020 Donations

Dawn Norris
Beth Hatcher
Ethel Satter
Donna Marcus
German American Bank
Susan Sgambelluri
Gary & Judy Armstrong
Kathleen Cruikshank
Dawn & April Harman

Terri Miles
Erika Oliphant
Studio 560
John Braun
Chris Myers
Janice Wiggins
Millie McGees
Community Foundation
Our wonderful community partners, whose generous support enables us to continue our great work!

Thank You!

Garden Villa

Richland Bean-Blossom Health Care Center

caregiver homes from Seniorlink

MEADOWOOD HEALTH PAVILION

FIVE STAR SENIOR LIVING

Comfort Keepers

Evergreen Village at Bloomington