SUMMER 2020

GIVE 65 July 15th - July 17th EVENT

Mark your calendars to offer a donation in support of our Endwright Center during this year’s GIVE65 online fundraising event. The more pledges, the higher chance we could receive a matching grant from the Home Instead Foundation of up to $5,000.

Donations of $10 or more are accepted at 5 am July 15th through 10 pm July 17th. we’re encouraging donors to schedule a gift on July 13 or 14. Scheduled gifts are the first to be processed and the first to be matched. Scheduling your donation increases our chance of taking home matching grants.

Visit our project page to support our music and balance programming!

https://www.give65.org/area10
Area 10 Agency on Aging is partnering with Ellettsville True Value to create the Fan Club. Now through Labor Day, anyone can visit the Ellettsville True Value and say you’d like to join the Fan Club. You will have an option to purchase a fan that will be given to a local older adult or individual in need served by Area 10.

Ellettsville True Value is offering a 10 percent discount on all fan options:

- 7” small personal fan
- 12” three-speed table fan
- 16” stand fan
- 20” box fan

Older adults are particularly vulnerable in warmer temperatures. As people age, their bodies lose some ability to adapt to heat. Area 10 serves vulnerable populations and is committed to distributing needed fans to help keep individuals more comfortable during these extreme temperatures. Please swing into Ellettsville True Value to support their efforts.
For many, COVID-19 has changed the way we go about our day to day lives. We have had to adopt minor and major lifestyle changes that reduce our risk of being exposed to COVID-19. The closure of senior community centers, congregate meal sites, places of worship, gyms, libraries, and other local businesses over the past three months disrupted what many considered their norm, and challenged us to find ways to support a new, socially distant normal.

Three months of physical and social distancing has left an emotional toll on many older adults already. Before COVID-19, 43% of American adults over 60 already considered themselves lonely (Victor 2015). Loneliness is characterized by the subjective distressed feeling of being alone. Social isolation affects nearly 1 in 5 older adults (Perissino 2012). Social isolation is defined as the objective physical separation from friends, family, and community. Research shows that both prolonged loneliness and isolation can have negative health outcomes, including:

- increased risk of heart disease or worsened outcomes
- Increased risk of depression and anxiety
- Increased risk of frailty
- Increased risk of Alzheimer’s
- Increased risk of diabetes or poor control of disease
- Poor sleep
- Systemic inflammation
- Higher health care costs

In contrast, social support, social integration, and high-quality relationships are strong protective factors against loneliness and isolation. Support can come from family, friends, pets, neighbors, coworkers, organizations, and other community involvement.

3 Ways to Combat Loneliness & Isolation

- Reach Out to Your Network- set up weekly calls by phone or video chat or send letters or postcards via snail mail
- Stay Mentally & Physically Fit- by challenging yourself with Brain Games & keeping up with your fitness routine
- Know Where to Find Resources & When to Ask for Help- look to local agencies like Area 10 Agency for programs that are already in place to support the interests and needs of older adults.

Summer 2020
The Endwright Senior Community Centers are currently offering virtual and socially-distant in-person activities to support the mental, physical and social health of senior community members.

Join us for virtual balance exercise classes, floor yoga, chair yoga, restorative yoga, group guitar lessons, Sing for Joy! Dementia-friendly community choir, watercolor painting, social hours, trivia, and more!

Upcoming socially-distant in-person activities include: walking groups, ping-pong, Moves & Grooves dance fitness, pickle ball, acrylic painting, and so much more to come!

Balance Exercises are recorded weekly by our Health & Wellness Coordinator, Kris Campbell, and can be accessed for FREE at www.area10agency.org/endwright

To find out more information, please visit www.area10agency.org/endwright, call us at 812-876-3383 x515 or email Endwright Activities & Programming Manager at njones@area10agency.org.
Senior Farmer’s Market Vouchers are now available to any Monroe and Owen County resident 60 years and older with monthly gross income at or below $1,968 for one person, $2,658 for two-person household. Each older adult receives $20 in vouchers to use a local farmers market to purchase produce. This year the process is even more simplified due to COVID-19. Interested individuals call Area 10 Agency on Aging at 812-876-3383. A staff person will review eligibility over the phone and get basic required information to complete your application. Vouchers will be mailed to all individuals this year. An Area 10 staff person will be present at the Bloomington Farmer’s Market every other weekend beginning June 29th between 10 and noon (weather permitting), located next to the SNAP information table.

Contact: Suzanne Donnelly, Nutrition Manager, 812-876-3383 ext. 553 or sdonnelly@area10agency.org

Individuals can choose to have someone else use their voucher for them, called a proxy. That proxy needs to be identified during the application call, or later with calling a staff person before using the voucher. This year, also, Area 10 is coordinating community volunteers to serve in that proxy role. If interested in having a volunteer do the shopping, please contact Amy Wardlow at 812-876-3383 ext. 523.

An exciting new opportunity is the partnership with the City of Bloomington Parks and Recreation Department to offer additional vouchers totaling $42 to each Monroe County resident, making the available vouchers $62 this year! For information on Market Bucks, visit the SNAP table at the entrance to the market. Proxies may also pick up the additional market bucks for the voucher holder.

Senior Farmer’s Market Vouchers are made available through the U.S. Department of Agriculture. The extra vouchers for Monroe County are available from the generous support of the Bloomington Health Foundation and Bloomington Parks and Rec.
She was the voice of Area 10. She was the face of Area 10. For over 20 years Heather Donovan helped thousands of elderly and disabled people and their families in Monroe and Owen Counties by providing information, resources and help in various ways to pave their way for a better life. She not only believed and promoted the mission of Area 10 but also had a personal mission to help those in need. On June 2nd, the Area 10 family experienced a devastating loss as we learned of her unexpected death.

Heather came to Area 10 over 20 years ago. She began as an Administrative Assistant. She worked the longest amount of time in the Aging and Disability Resource Center. She was the original Owen County Adult Guardianship Program Manager and also served as Housing Manager. According to Area 10 CEO Chris Myers, “Heather was part of and worked with nearly every single program and service we provide. Aside from not getting her CDL and driving a Rural Transit bus, she literally stepped into all other program operations”.

During her years at Area 10, Heather returned to college at the encouragement of her husband, Steve. Besides working full time and raising her daughter, Caitlyn, she took classes part-time at Ivy Tech. Later, she was admitted to the IU School of Social Work. After 8 years, Heather successfully earned her BSW in 2017. Tragically her husband passed away in 2015 and didn’t see Heather complete her dream.

Mark Rogers, of the Owen County Community Foundation, notes that Heather was “our poster child” for encouraging people to pursue continuing education.
She received five scholarships from the organization including the Roma Wilson Scholarship in recognition of a single parent supporting a family while pursuing a college degree. On the applications, Heather noted her goal was to provide a safe environment for the elderly and disabled. Mark notes, “Heather was a proud member of our Owen County community”. She became professionally involved with OCCF as a representative from Area 10 with their Emergency Preparedness Committee in 2012. “She was our case management expert and she was absolutely delightful to everyone! She was always willing to do extra duties and always there for preparation and implementation of mock drills”. Heather also spearheaded a program establishing the coordination of several food pantries in the area. Mark states, “Heather was so gracious and her calm and gentle influence impacted the success of the program”. She was also recently part of the COVID response team.

Mark proudly recounts how Heather created the Owen County Guardianship Program. She was commended by the Indiana Supreme Court when a Justice came to Spencer and gave her special recognition for her work on the program. He notes one of the board members once told Mark, “If Heather is doing it, it will be great” In closing, Mark comments, “Her smile was unforgettable!” Another person commenting on her smile is former Area 10 Board Member, Janice Wiggins. "After my first meeting with Heather I knew she was the person that I would want to continue helping me. She personally helped me for so many years in sorting through the mirage of Prescription D insurance plans. Heather was such a gracious accommodating person to work with. Always greeted me with that warm beautiful smile and I was so fortunate to have her expertise. She will be missed."

According to Liz Jones, co-worker in the ADRC area, “She had a great sense of humor and could be mischievous, playing office pranks during her early years. She was incredibly kind and thoughtful. She loved her family dearly and often shared about them with her co-workers. She was a creative cook, who loved to go morel mushroom hunting.” Greg Boruff, Fleet Manager, recounts a story of how Heather got her Area 10 nickname of “Bubbles” from a couple of Area 10 employees. “Heather was always so giggly when they gave her a hard time and they nicknamed her “Bubbles”. Dad [who also worked at Area 10] would always call her that, so I just kinda carried on the tradition. Gonna miss “Bubbles” that’s for sure.”

Rosemary Doherty who worked with Heather longer than anyone else at Area 10 also noted her sense of humor, “Heather would always take any opportunity to bring a little humor and
inject some glorious fun into whatever was going on here at Area 10!!!” Rosemary recalls one Halloween when Heather and two other employees dressed up in shiny shoulder length pink hair wigs and came in as the Area 10 Girl Group. She also remembered that “Heather brought in a remote-control rodent with red light up eyes that at the most unexpected moments she would send running around the outer office eliciting cries of surprise”!

Rosemary commends Heather for “the way she was endlessly and cheerfully willing and able to do whatever needed to be done”. She praised Heather for “her heroic efforts and her ability to remain open, cheerful and positive despite the personal tragedy of Steve’s death, her own major health problems and the incredible difficulties of completing her social work degree while working full time.” She also recalls Heather’s concern for her co-workers and how she helped out tenants in Area 10 apartment complexes.

Heather was dedicated to her clients and spent time after office hours to make sure their needs were met. Andrew Nelson, Area 10 IT consultant and long-time friend of Heather’s was one of the last people to speak with Heather. She had contacted him on the Sunday before her death with some computer problems. He notes, “I remember telling her she needed to get outside instead of working because it was such a beautiful day”. In a recent Area 10 survey, many of Heather’s clients praised her by describing her as wonderful, amazing, always helpful, professional and supportive. One noted, “I feel very fortunate to have her. We have become friends”. Another stated, “I love her to pieces!”

Outside of work, Heather loved to spend time with family. She also enjoyed creating many amazing crocheted items including her last project of an afghan made out of intricate sunflowers designs. She loved to cook, make peach wine and salsa. She had worked very hard recently to create a frog pond and put on Facebook an image of her one and only frog resident.

The Area 10 family has lost a beloved co-worker and friend. Perhaps the words of Area 10’s Chris Myers in a memo to Area 10 personnel will also be of comfort to all of those who knew or were associated with Heather. “We know how much of an impact she has made, proof positive of one person’s ability to change the world. We know how much we loved her and will miss her. May her spirit dance freely and weave around to kiss us every once in a while, like the sweet fragrance of lilac blossoms in the springtime”.

Continued……..
Senior Salute in 2020

Area 10 takes our responsibility to our community and older adults seriously. Because of this, we have made the difficult decision to cancel the in-person gathering for Senior Salute this year.

Instead, we are exploring ways to honor older volunteers in our community in safe and socially-distanced ways. We hope to periodically highlight an extraordinary senior volunteer and tell their story.

If you know a dedicated volunteer with an awesome story to tell, let Amy Wardlow know at awardlow@area10agency.org or 812-269-2808. They should be at least 55 years of age, a resident of Monroe or Owen county, and willing to be recognized!
Rural Transit has continued to provide service to Putnam, Owen, Monroe and Lawrence County during the COVID-19 stay at home order. Transit drivers had to adapt to changes in procedures to continue to serve our community in the safest way possible.

Plastic barriers were added to each vehicle to protect the drivers and each driver is cleaning commonly shared areas, and disinfecting between each client’s transport. Drivers are wearing masks, face shields, and gloves to help protect against spreading any germs. Drivers are also offering face masks to passengers that may not have access to one. I would like to give a big shout out to all the drivers at Rural Transit who have graciously continued to serve our community during this time. They have provided safe transport to and from medical appointments and have done grocery and/or prescription deliveries to those in our community that might have otherwise done without.

Changes have occurred daily to our “normal” and the team at Rural Transit has adjusted flawlessly through each of those. I would also like to say Thank you to Chris Myers who as Executive Director of Area 10, has made sure PPE supplies are available for all the staff, so that we can continue to serve those in community that need us.

Lisa Salyers, ~ Assistant Transit Manager
The RSVP department of Area 10 has a new program called “Friend to Friend”. We have been reaching out to individuals who have become very isolated during this current season of life. In addition to individuals in their homes, we have partnered with the local nursing facilities to connect residents with friends. This program connects a volunteer with either a particular person or with a facility. Contact is made through calls, letters, emails, or cards. For residential facilities, the volunteer makes either cards or writes a letter and delivers them. At the residential facility, the cards or letters are handed out to the residents.

One of our Friend volunteers has supported others at six different locations. She and her children have been making place cards. Allison Oeding and her children make a place card (a card you would put on a table to mark someone’s seat at an elegant dinner) for each resident. She and her children are amazing. She will send me an email saying she is finished and is going to drop those off and is ready for a location. Allison told me she used to be big into scrap booking. Every one who receives one has reported that they absolutely love these.

We still have plenty of people who would enjoy receiving cards. If you are interested in volunteering, please contact Area 10 and leave me a message. I will be happy to get back to you. Many of these residents no longer have visitors and several have to stay in their room. This is a very lonely time for many people. My contact info is Dawn Kramer 812-876-3383 ext. 554 or by email dkramer@area10agency.org.
April - June 2020 Donations

Mary Rothert
Michael Evans
Tim Martindale
Ed & Wendy Bernstein
Dawn Norris
Susanne Schwibs
Bloomington Lions Club
Andy & Susie Graham
Ed Greenbaum
Janet Hatton
Marianne Kielian-Gilbert
Patricia Harris
Rebecca Johnson
Carlene Quinn
Ron Smith
Teresa Ann White
Nancy Buckles
Linda Baker
Randy Goodman
Jean Emery
Janet Lemon
Allen & Nancy White
Terri Beatty
Kari Glade
George Vlahkis
Donna Yates
Don & Beverly Warren
Susan Sgambelluri
Kathleen Cruikshank
John Braun
Chris Myers
Jennifer Schopf ‘In honor of Kerry Conway’
Lisa Chaplin
Rebecca Eberle
Laura Karcher
Olivia Reed
James Van Der Mark
Theresa Taylor-Norbu
J&C Alternative Options
James & Chery Gucinski
Liz Bade
Amy Wardlow
Diana Rojahn
Gail Frasier
Matthew Nelis
Janice Rigsby
Jacklyn & Austin Lord
Matthew Ross
Carol Hill

Ann Robinson
Dawn & April Harmen
Jeannine Butler
Margaret L. Brown
St, Paul’s Catholic Church

In Memory of
Nancy Ciskowski

Di Wang
Cai Liping
Darron Aldtich
Michelle Garner
Teresa Kirkoff
Jill Eifert
Scott Gondeck

Grants Received
Glick Foundation $10,000
United Way of Monroe County $20,000
Putnam Community Foundation $3,700
Community Foundation of Bloomington & Monroe County $2,350
Employee Anniversaries

Kathy Cravens      6 Years
Justin Jackson     3 Years
Na’Kia Jones       2 Years
Dawn Kramer        3 Years
Henry Liszewski    1 Year
Heather Miller     1 Year
Chris Myers        6 Years
Melissa Roemer     7 Years
James Roop         1 Year
Lisa Salyers       9 Years
Kelly Walter       5 Years
Amy Wardlow        3 Years
Elizabeth Westhues 10 Years
Paul White         7 Years
Amanda Wood        13 Years

Thank you for your years of dedication!
Our wonderful community partners, whose generous support enables us to continue our great work!

Thank You!