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HOOSIER UPLANDS

Economic Development Corporation

2018



“People Helping People Since 1966”

Trey Hollingsworth Visit

On Monday, September 10th, United States Representative, Trey Hollingsworth, visited Hoosier Uplands. Mr. Hollingsworth has been to the agency's Head Start program as well as the main office in the past year and a half. This time, he toured the agency's low-income housing project, Stalker Apartments. One of the clients was kind enough to let him tour her apartment as well. He was extremely impressed by how beautiful it was. Mr. Hollingsworth was also impressed by how well the tenants took care of the place. While at the apartments, David Miller, and Natalie Wells, discussed the needs of housing programs along with mental health services and the low reimbursement rates for mental health. Mr. Hollingsworth was very impressed by the Stalker Apartments and the work that Hoosier Uplands is doing.



Congratulations to Eric Zink for completing his first year as the Chief Financial Officer (CFO) of Hoosier Uplands!
His official one year was on 9/1/2018

2018

Hoosier Uplands



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2018



Hoosier Uplands

Economic Development Corporation

500 West Main Street • Mitchell, Indiana 47446
(812) 849-4447 • Toll Free (800) 827-2219 • Fax (812) 849-6785
www.hoosieruplands.org

Persons with hearing/speech disabilities please call Frontier's TRS at (800) 743-3333
An Equal Opportunity Employer

All services provided by Hoosier Uplands are provided without regard to sex, race, color, age, religion, national origin, ancestry, sexual orientation, gender identity (or expression), disability or veteran status.

Corporate Mission Statement

Our mission is to plan, implement or cause to be implemented, and provide comprehensive services to the poor, elderly, and disabled.

This corporation will strive to alleviate poverty, improve living conditions, and provide access to health care and social services to those families and individuals in need within the service area.

All our endeavors will be pursued with the client in mind, never forgetting the value of every human being or the importance of our responsibility to the public which we serve.



Pictured left to right is Martha Fields, Board Chairperson – Lawrence County, Janie Johnson – Board Member - Martin County - 2018 Community Services Award recipient, Alverta Hart - Staff employee – Community Services Award recipient and David L. Miller, CEO.

On December 18, 2018, the Annual Community Services Award was acknowledged and presented by CEO, David L. Miller. The Community Services Award went to board member, Janie Johnson – Martin County and Alverta Hart, Employee Staff

2018

Message from the Board of Directors

In 2018, Hoosier Uplands has continued in its quest to end poverty and provide comprehensive services to those in our five county area. We have taken measures to improve living conditions in our communities and provide access to health care and social services. We were able to serve 695 patients in our home health and hospice program; as well as, over 1,000 clients in our Aging Program. Serenity Now, our mental health clinic in Bedford, has served over 1500 patients.

An open house was held in November at the Eagle Place Apartments in Loogootee for the community to see the former school's transformation. Twenty apartments were made available for people over the age of 55. Hoosier Uplands is now maintaining 438 apartments in the five counties.

Making a difference in our community are the events held at the Mitchell Opera House. Forty-one events were presented in 2018 with 4,300 in attendance. We are proud that since the re-opening of the Opera House in July 2015, over 17,500 have visited and enjoyed many events.

The Board of Directors of Hoosier Uplands continues to be blessed by the dedication and service of the staff, led by our outstanding CEO, David Miller. We are looking forward to another successful year. May God continue to bless Hoosier Uplands.

Martha Fields
Board Chairperson

Message from the Chief Executive Officer

In 2018, we completed our 53rd year as a corporation serving south central Indiana. In 2018, we were proud to have been able to provide funding through our Community Development & Improvement Program to many organizations like the Grace House in Marengo, West Boggs Park in Loogootee, Paoli High School, Salem High School, Bedford North Lawrence High School, the Mitchell and Orleans Police Departments, the Paoli Fire Department, Spring Mill State Park, and the Salem YMCA, just to name a few. We also served thousands of people through the many services outlined in this booklet.

This year, our Head Start program opened a new classroom at Needmore School and initiated a classroom with Applied Behavior Analysis which brings children with autism into the classroom. Our Head Start program continues to pave the way for many of its peers in the state.

During 2018, we employed over 230 people and our apartment projects paid over \$ 139,000 in local property taxes to support local government and schools. Hoosier Uplands is an asset to the communities we serve in so many ways.

I am proud to have served the corporation since 1987, I am proud of our Board of Directors, and I am proud of our staff. We all look forward to an even more productive year in 2019.

David L. Miller
Chief Executive Officer

2018



Area XV Agency on Aging

Area XV Agency Aging and Disability Services

The Aging and Disability Services Division of Hoosier Uplands serves those who are facing the loss of independence due to age or disability. The Area XV Agency on Aging provides a diverse range of services to provide for the disabled and elderly residents of Crawford, Lawrence, Orange, and Washington counties.

Service needs vary with each individual. The first point of contact for every inquiry made by or on behalf of an elderly or disabled client is our Aging and Disability Resource Center. The staff will provide information and resources that are available within the communities, conducts the initial intake procedures, and initial needs assessment for the individuals requesting assistance.

When clients need additional assistance, the Information & Referral/Aging and Disability Resource Center will offer Long-Term Support Options Counseling. Options Counseling is an interactive decision-support process whereby consumers, family members and/or significant others are supported in their deliberations to determine appropriate long-term care choices. Also, the Information and Referral/Aging & Disability Resource Center will make referrals to our Case Management staff.

Case Management provides a professional case manager who will set up an appointment for a home visit. The case manager assesses the needs of the client to determine the appropriate services and a funding source to meet the client's needs.

Some of the services available for a client include: home health aide, homemaker, attendant care, respite, home delivered meals, transportation, skilled nursing care, durable medical equipment, assistive technology, home modifications and personal emergency response systems. The funding sources allocated to provide these services include: Social Services Block Grant (SSBG), Community and Home Options to Institutional Care for the Elderly and Disabled (CHOICE), Medicaid Waiver and Title III funds. In addition, the Family Caregiver grant funding under Title IIIIE can provide respite for clients over the age of 60 and provide supplemental services such as home delivered meals, homemaker and medical supplies. These services under Title IIIIE are provided on a temporary basis.

There are seven Senior Center/Congregate Nutrition sites within the four county area. These sites provide free meals to those people who are 60 years of age and older.

Legal Services are available to individuals age 60 and over. Services provided include power of attorney, guardianship, wills and general legal advice.

The division also has special events sponsored by Hoosier Uplands. They are designed to assist the elderly and disabled by providing information. Our Information, Health, and Fun Fair is one of the biggest events. Relevant information and a range of health screenings are available to attendees of this event. The division sets aside one day to honor the Nursing Facilities and Group Homes with a day of senior games.



Area XV gives a high priority to bridging the gaps where funds are not available. One such program is Aging Special Services. When funds are available, the program can assist with paying for medications, equipment, rent and other items. The division also has a video library with several videos to loan on health, family caregiving and general information.

State Health Insurance Program (SHIP) counselors help with Medicare Part D plans, Medicare Advantage Plans, and Medicare Fraud. These counselors also help consumers apply for the Extra Help Program, Qualified Medicare Beneficiary (QMB) and any other concerns they have with their Medicare. They are on-site, so they are able to take walk-ins, set up appointments and make home visits.

Knowing not all needs of the elderly and disabled are met by services provided by our agency, there are a series of Community Service Guides for Crawford, Lawrence, Martin, Orange, and Washington Counties. These are also available on our website: www.hoosieruplands.org.

One of the goals most of the services provide is to assist individuals to remain as independent as possible in their home environment. There are times individuals require 24 hour care in a nursing facility. The Pre-Admission Screening Program is a federally mandated program that assists families in determining whether or not nursing home placement is appropriate, and if necessary, helps with facilitating the placement. We also work with area nursing facilities & hospitals to coordinate care transition from a facility to the person's home.

The Angel Foundation program is in its 16th year. The goal is to grant wishes to terminally ill clients who are 18 years or over and have a projected life span of one year or less.



Shawn Williams
Director of Aging and Disability Services

AgrAbility

The AgrAbility program enables a high quality lifestyle for farmers, ranchers, other agricultural workers, and their families affected by disability. Funded through the USDA, it is managed by Purdue University with Hoosier Uplands contracted to serve southern Indiana. In 2018, the National Training was held in Maine with Hoosier Uplands serving as part of the planning team. Hoosier Uplands responsibilities include working with Purdue Extension, Area Agencies on Aging, Centers for Independent Living, Future Farmers Administration (FFA) Chapters, rehabilitation facilities, clients, and others as needed. AgrAbility's mission is to enhance and protect quality of life and preserve livelihoods.

South Central Indiana Area Health Education Center (AHEC)

The South Central Indiana Area Health Education Center (AHEC) through Hoosier Uplands served a total of 12 counties in south central Indiana during 2018. AHEC's assist in the training of health professionals, recruit students into health professions careers, provide continuing education for health professionals, especially for providers in underserved communities and respond to emerging health issues. A total of 14 mini-grants were funded which provided opportunities for health professionals and students to take part in continuing education programs and community based events in the service area. A total of 53 students were exposed to health careers through summer camps sponsored by AHEC and IU Health Bedford and Paoli Hospitals. Over 300 health professionals received continuing education credits through AHEC sponsored programs.

The Kids into Health Careers Program provided health career information to over 1,100 middle and high school students with a variety of programs. The programs inform students about a variety of health careers and encourage students to seek careers as health professionals.

The Health Care Professional's Training Program places health professions students in rural and underserved sites to increase the number of providers there and to improve the health of the underserved population. Two new sites were developed in 2018 that train family medicine students, physician assistant, nursing students, respiratory care, pharmacy, physical therapy and occupational therapy students.

Tobacco Prevention and Cessation Commission (TPCC)

Daviess, Knox and Lawrence counties have Tobacco Prevention and Cessation grants through the Indiana State Department of Health. The hard work of the coalitions and program coordinators has resulted in additional businesses, healthcare providers, school districts, and service organizations instituting tobacco-free and cessation systems policies, as well as increased awareness about the dangers of secondhand smoke and other tobacco products like e-cigarettes.

Coalitions in Daviess, Knox and Lawrence counties continued to build coalition support for comprehensive smoke-free air

ordinances that would protect more workers from secondhand smoke in workplaces and public places. They also educated community leaders and members about smoke-free home policies in low-income and public multi-unit housing. The Knox County coalition continued to work to try to build support for a comprehensive tobacco-free policy at Vincennes University. The coalition began collecting signatures from those who support a smoke-free air ordinance in Vincennes.

Outreach was conducted with healthcare clinics, businesses, organizations, public housing administrators, and educational institutions in order to increase coalition partnerships, tobacco cessation, comprehensive policies, and the use of Quitline services throughout the Daviess, Knox, and Lawrence County area. The Daviess County Coalition reaches out to: 32 Preferred Network members and 740 Smoke-Free Washington supporters who signed a petition and/or sent postcards to city councilmen. The Knox County Tobacco Prevention and Cessation Coalition reaches out to: 40 Preferred Network members and 27 coalition members/partners. The Breathe Easy Lawrence County coalition reached out to: 44 Preferred Network members, 61 coalition members and 942 Smoke-Free Bedford supporters who signed a petition and/or sent postcards to elected officials.

Lawrence County also has a youth-led movement dedicated to exposing the tobacco industry and empowering Hoosier teens to fight back against their deceptive marketing practices. Lawrence County's teens participated in many events such as: Kick Butts Day; World No Tobacco Day; Safe Night; Great American Smoke Out; and hosting school assemblies to encourage their peers to stay away from tobacco.

The Daviess, Knox, and Lawrence County Coalitions strengthened their relationships with healthcare providers by disseminating information and coordinating training events in order to educate healthcare providers regarding motivational interviewing, cessation systems and integration of the Quitline fax referral form into their electronic medical records system and Quit4Life. Trainings, information, and policy change were targeted to reduce the high smoking rate among pregnant women.

Each of these coalitions had an active presence during community events such as the 4-H fair, community festivals, and health fairs. The coalitions use these opportunities to reach out to the community in an effort to educate citizens about the Indiana Tobacco Quitline and gain their support for tobacco free policies.

2018

Michael Edwards

Director of Aging, Health, and Education



Children's Services Division

Head Start

In January of 1964, President Lyndon B. Johnson declared The War on Poverty in his State of the Union speech. Part of the government's thinking on poverty was influenced by new research on the effects of poverty, as well as on the impacts of education. This research indicated an obligation to help disadvantaged groups, compensating for inequality in social or economic conditions.

Shortly after President Johnson's 1964 State of the Union speech, Sargent Shriver took the lead in assembling a panel of experts to develop a comprehensive child development program that would help communities meet the needs of disadvantaged preschool children.

Project Head Start, launched as an eight-week summer program by the Office of Economic Opportunity in 1965, was designed to help break the cycle of poverty by providing preschool children of low-income families with a comprehensive program to meet their emotional, social, health, nutritional, and psychological needs. The program continues to hold true to these cornerstones today.

Hoosier Uplands provides Head Start services in Lawrence, Martin, Orange and Washington counties in centers operated in Bedford, Mitchell, Loogootee, Paoli and Salem. Classes operate on schedules that mirror the local public school schedules in each of the counties.

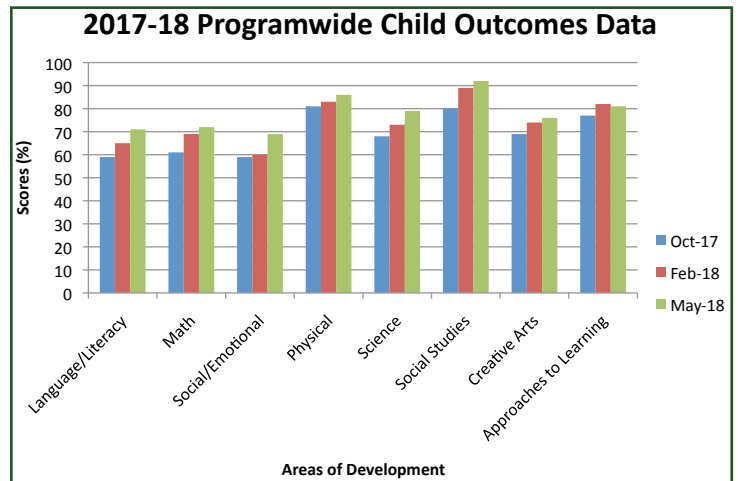
The beginning of the 2018-2019 school year in August brought some exciting opportunities for the Head Start program. Through a partnership with North Lawrence Community Schools, a Head Start classroom was opened at Needmore Elementary School. Additionally, a partnership was formed with Supportive Community Innovations to open the first Applied Behavioral Analysis (ABA) classroom at the Bedford Head Start Center for children with autism.

Funding for Head Start is provided through the U.S. Department of Health and Human Services. Hoosier Uplands' funding year begins on May 1st and ends on April 30th. The initial funding allocation for the May 1, 2018 through April 30, 2019 grant period was \$2,304,413 for program operations and \$28,147 for staff training and technical assistance. Head Start also received supplemental funding in the amount of \$59,915 for Cost-Of-Living Allowances which was used to increase the hourly rate of pay for currently employed staff, and an additional \$236 for training and technical assistance. Total funding for the program year is \$2,392,711.

In addition to the federal funding received for the Head Start program, Hoosier Uplands is required to secure a local non-federal match. During calendar year 2018 (which encompasses two school years), Head Start recorded 27,336 volunteer hours from 647 volunteers totaling \$632,241.

Realizing that children must be healthy in order to learn, staff expends a great deal of effort ensuring each child receives a physical, dental and vision examination each year. For calendar 2018, 98.6% of those enrolled were up to date on all requirements of Indiana's Early and Periodic Screening, Diagnosis and Treatment (EPSDT) schedule for their age. Through their routine screenings, 76 were found to have vision problems and 18 had hearing problems. During calendar year 2018, Head Start provided services to 415 children, 75 of whom had an Individual Education Plan (IEP).

One critical measure of success for a Head Start program is child outcomes in multiple areas of development. Below is a chart that shows program wide child outcomes for the 2017-2018 program year.



Early Head Start

The Early Head Start program was designed in 1994 by an Advisory Committee on Services for Families with Infants and Toddlers formed by the Secretary of Health and Human Services based on years of research regarding early brain development. The mission of Early Head Start is to promote healthy prenatal outcomes for pregnant women, enhance the development of very young children, and promote nurturing relationships.

In 1999, Hoosier Uplands received the funding necessary to broaden the scope of their early childhood services to include Early Head Start. At that time the agency was one of only 14 providers of Early Head Start services in the state. Today there are Early Head Start programs in 53 of Indiana's 92 counties.

Funding for Early Head Start is also provided through the U.S. Department of Health and Human Services and the grant begins on May 1st and runs through April 30th each year. For the 2018-2019 program year that began on May 1, 2018, Hoosier Uplands received \$757,642 to provide Early Head Start services to 66 infants, toddlers and pregnant women; as well as \$19,699 to provide Cost of Living Allowances for staff, and \$18,186 for training and technical assistance for staff for a grand total of \$795,427.



As with the Head Start program, Early Head Start must generate a local match for the federal dollars awarded. During calendar year 2018, Early Head Start received a total of 11,413 hours of volunteer time from 103 volunteers valued at \$206,894.



During calendar year 2018, Early Head Start staff:

- **Provided home-based services to 128 infants, toddlers and pregnant women.**
- **Served 42 children with an Individual Family Service Plan (IFSP).**
- **Administered 97 Devereaux Early Childhood Assessments to enrolled children.**
- **Completed 189 Ages and Stages Questionnaires to determine developmental progress.**
- **Completed 40 Edinburgh Postnatal Depression Scale screenings.**
- **Provided 109 hearing screenings, 77 vision screenings, and 148 nutrition screenings.**

A trend we are seeing in both the Head Start and the Early Head Start programs is that we are serving a growing number of children who are in foster care or are homeless according to the federal McKinney Vento Act. Below is a comparison for the 2017/18 total program year and the 2018/19 program year from August 1st through December 31st, 2018.

| Program Year | Head Start Children in Foster Care | Head Start Homeless Children | EHS Children In Foster Care | EHS Homeless Children |
|------------------------------------|------------------------------------|------------------------------|-----------------------------|-----------------------|
| May 1, 2017 through April 30, 2018 | 29 | 21 | 25 | 9 |
| Aug-December 2018 | 43 | 14 | 21 | 3 |

USDA Child and Adult Care Food Program

Hoosier Uplands continued to serve as a sponsor for the USDA Child and Adult Care Food Program administered through the Indiana Department of Education during 2018. The program provides reimbursement for meals and snacks served to children in the agency's Head Start and after school programs.

During 2018, a total of 110,348 reimbursable meals and snacks were served to an average of 478 children per month during the school year. Reimbursement received during 2018 totaled \$193,836.33, an increase of \$6,293.62 from 2017.

Debbie Beeler
Director of Children's Services

Information Technology Services

In 2018, the IT Services department at Hoosier Uplands expanded its resources and scope. In April, IT Services welcomed the addition Alan Rutherford as Assistant IT Director. Alan had been the primary IT Director for Paoli Community Schools and has already proven to be a valuable addition to the agency. IT Services also entered into an interagency agreement with the Paoli School Corporation and will be doing IT administration and consulting for Paoli Schools. This is in addition to the agreement with the City of Bedford for their IT work as well. IT Services had several projects that were implemented not only throughout the agency, but at City of Bedford and Paoli Community Schools as well. In all, IT Services is responsible for the administration of over 1500 devices (desktop, notebook, tablets, misc. mobile devices), and 20+ servers.

Some of the projects that were implemented in the agency in 2018 included several application upgrades to Home Health, Serenity Now, Fiscal and Aging. We also implemented in house training for several different departments on general productivity software. For the past several months, we have been migrating the agencies desktop and laptop units from Windows 7 to Windows 10 in anticipation of the end of life date of Windows 7 in 2020. We've also started the process of upgrading agency servers in conjunction with the end of life date of Windows Server 2008 in 2020. We've also utilized web services and application to give easier access to departments who rely on them. We've also renegotiated several different contracts to bring better voice and data services to the outreach offices in our service area.

At Paoli Community Schools, with the start of school, IT helped create and upload user accounts for IREADY, Pearson Realize, and Pivot systems as well as created logins for new students and staff in email, TylerSis, etc. IT Services submitted the necessary state reports including Real-Time, Title I, Graduation, and Real Time access for PK students. Also, IT Services provided support and repaired multiple chrome books during the first month, including screens, hinges, batteries, motherboards, and assorted peripherals along with numerous repairs and replacements of desktop units.

At the City of Bedford, there were several departments that implemented new applications and hardware devices including four server migrations and replacements as well as numerous IT services. The largest project that IT services was involved with was in conjunction with the City of Bedford Administration and their voice/data reseller Central Communications Inc., on the technology design and implementation of the new StoneGate Arts & Education Center in downtown Bedford. This project, which first began development and planning back in 2016, is part of the Stellar Community Grant awarded to the City of Bedford (see pictures below). The dedication and ribbon cutting ceremony was on Nov 28, 2018 and was attended by many prominent representatives of the Bedford and state community including former Lt. Gov Sue Ellspermann president of Ivy Tech Community College. The new Shawna M. Girgis building currently has an enrollment of over 600 students, 38 classes and two degree programs. IT Services helped with the design and implementation of the state-of-the-art classrooms, workshops, studios, a black box theater and administrative offices.



2018 Income City Of Bedford
2018 YTD (As Of Dec 1st) \$25,356.79
2018 Income Paoli Community Schools
2018 YTD (As Of Dec 1st) \$15,510.00

Andrew Wolber
Director of Information Technology Services

Alan Rutherford
Assistant Director



Community Services

The Energy Assistance Program

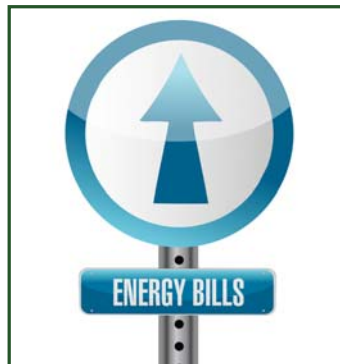
The Low-Income Home Energy Assistance Program (LIHEAP) Block Grant is a federally funded block grant offered through the U.S. Department of Health and Human Services. The LIHEAP Block Grant funds individual states to assist low-income families with the high cost of their home energy. Since July 1, 2006, the block grant has been administered by the Indiana Housing and Community Development Authority (IHCDA). Throughout Indiana and locally, the program is known as The Energy Assistance Program (EAP). The Hoosier Uplands Energy Assistance Program serves low-income households subject to an energy burden and has outreach offices in Lawrence, Martin, Orange and Washington Counties to respond promptly to eligible households with a heating emergency. An income based program, an energy assistance benefit can off-set the high cost of energy for households at or below 150% of the federal poverty guideline. Hoosier Uplands received \$2,620,177.31 to administer the program in 2017-2018.

- 3,594 Households served
- 2,050 Elderly served
- 1,208 Disabled served
- 3,459 Households received Summer Cool benefits
- 6,890 Household members served

The Indiana Home Energy Assistance Program, commonly referred to as "State EAP" is a program through the Attorney General's Office that provided 1,502 homeowners with a \$60 benefit towards their heating source as a result of the multi-state mortgage settlement. The 2017-2018 program was funded at \$134,298.15.

Energy Assistance administered the Duke Helping Hand Program for Duke Energy in Lawrence, Martin, Orange and Washington counties. Hoosier Uplands received \$55,100 for the 2017-2018 program year. Duke Energy customers approved for energy assistance were eligible to receive a benefit of \$100- \$300 toward their electric service.

Department staff in our Bedford & Salem offices also assisted Jackson County REMC in administering their Share-A-Watt Program. Elderly or disabled customers received a \$50 electric credit through this program as long as funding allowed.



Robin Grissom
Director of Energy Assistance

Weatherization

Hoosier Uplands continues to contract with the Indiana Housing and Community Development Authority (IHCDA) to provide energy conservation measures to reduce the utility bills of low income residents of Lawrence, Martin, Orange and Washington counties. The United States Department of Energy (DOE) and the Low Income Home Energy Assistance Program (LIHEAP) allocate funding to Indiana Housing and Community Development Authority (IHCDA) for distribution to a network of local Community Action Agencies to perform weatherization services.

Eligible Clients receive a comprehensive energy audit unique to each client's home to determine which energy efficiency upgrades will maximize energy savings for the client. Because the work completed on the client's home is funded through the federal government, all audits and energy efficiency upgrades are provided at no cost to the client.

Our 2017-2018 Department of Energy (DOE) Weatherization grant contract was funded at \$214,022. This grant allowed services to be provided to 23 households at an average cost per home of \$7,000 with a \$1,388 budget per home for Health and Safety.

Our Low Income Home Energy Assistance Program (LIHEAP) grant for 2017-2018 was funded at \$268,702. We were able to weatherize 16 homes under the capital intensive section of this grant with a total average cost per home of \$11,500. In the mechanical section of the grant, we were able to do repairs or replace nine heating systems at an average cost per home of \$4,500.



Indiana Housing and Community Development Authority (IHCDA) also provided additional funding through a State LIHEAP grant in the amount of \$94,272 and these funds paid for 21 additional households. Each sub-grantee had the discretion to allocate 0-100% of their award to the deferral/healthy homes program. This funding helped resolve deferral issues, which may arise during the inspection of the home. That will allow the residence to be weatherized after the deferral issue has been resolved.

In 2017-2018, Indiana Community Action Association (ICAA) provided additional funding through Vectren Share the Warmth Program. Hoosier Uplands received \$14,558 of that funding which helped weatherize seven households.

Duke Energy also contributed funding to agency's that are located within their service areas. This funding is distributed through Indiana Housing and Community Development Authority (IHCDA). Hoosier Uplands received \$5,754.24 in which we utilized for deferral issues. This funding helped weatherize two homes.

This was the fifth year of Hoosier Uplands Local Weatherization Initiative. The primary focus of this funding is to overcome obstacles which do not allow us to provide weatherization services or correct issues discovered during the weatherization process which Indiana Housing and Community Development Authority (IHCDA) considers an unallowable measure of cost. During 2018, 21 households received assistance with the program cost of \$32,248.83.

All Weatherization staff and contractors who audit or work within our client's homes must complete a certification and continuing education requirement which assures that qualified people are working within these homes.

JR Robling
Director of Weatherization

Baby & Me: Tobacco Free~ Orange County

The Baby & Me: Tobacco Free (BMTF) program at Hoosier Uplands began in July of 2015 as the result of a two year grant from the Indiana State Department of Health, Division of Maternal and Child Health. The program was extended for another two years, due to the success of the program in our communities. The BMTF program is an evidence-based, national program, designed to encourage and assist pregnant women and their families to stop using tobacco products. The program coordinator meets with pregnant mothers and a qualifying partner four times throughout the pregnancy to provide cessation counseling. For each tobacco-free, post-delivery month, for up to a year, the mother and partner each receive a voucher for \$25 worth of diapers and wipes as an incentive to remain tobacco-free. Two vouchers are also available for parents who are tobacco-free prior to delivery. Participant's referrals are received from the Women, Infant, and Children (WIC) offices in Crawford, Martin, Orange, and Washington counties.

Since the program began, a total of 248 referrals have been received and there are 48 active participants who have either started their sessions or still have time before their estimated delivery date. A total of 18 mothers have finished the program since 2015 and received all 14 vouchers. There are currently thirteen mothers in the postpartum phase of the program and are receiving vouchers. There are 12 participants in the prenatal phase, seven participants have quit smoking and four of them have started receiving vouchers. There are nine partners that are enrolled in the program and four of them are currently receiving vouchers.



Martin County Health Department

The Health Department performs various functions within the county. These include, but are not limited to: maintaining and retrieving vital health information; reviewing and approving septic system installations; sanitary engineering functions; follow-up on public health complaints, animal bites, and communicable diseases; lead screenings; immunizations for adults and children; food inspections; and to serve as a resource for health information in the community. Funding for the Martin County Health Department include county funding, Indiana State Department of Health Local Health Maintenance funding, and Indiana Local Health Department Trust Account funding.



During 2018, 557 birth and death certificates were issued, seven home births were recorded and 74 home deaths were recorded. A total of 16 genealogy reports were issued to the public. There were 16 residential sewage disposal system applications and 18 soil reports were received in 2018. A total of 17 septic installations were completed. There were 43 contractor/homeowner meetings attended for various environmental related issues. There were 55 food establishments inspected. During weekly clinics and special events, 901 patients were immunized. These patients received a total of 1,758 injections. The Health Department also provided 10 free blood pressure screenings. The Health Department and WIC office also did a total of 69 free lead screening tests for children.

Martin County WIC Department

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a program that provides nutrition and health education, breastfeeding support, referrals to health and social services, and a debit card to buy healthy foods free of charge to Indiana families who qualify. WIC nutrition staff meets with each WIC participant to review nutrition and health behaviors, provide individual nutrition advice, support families making changes for better health, and offer a selection of healthy foods.

In 2018, there were 994 WIC appointments as well as 79 hemoglobin tests and 443 WIC certifications completed for women, infants, and children in Martin County.



Alyssa Prince
Chief Strategy Officer

2018



- City of Mitchell
- Bedford Public Library
- Springville Community Center
- Town of Paoli
- Washington County Economic Growth Partnership
- Grace House in Marengo
- Spring Mill State Park
- West Baden Church Restoration
- Washington County YMCA
- Bedford North Lawrence Schools
- West Boggs Park in Loogootee
- Paoli High School
- Paoli Fire Department
- Martin County Humane Society
- Bedford Boys Home
- Orleans Police Department
- Salem High School

COMMUNITY SERVICE

David L. Miller
Chief Executive Officer



This year we completed the long awaited Eagle Place project, a senior housing complex in Loogootee.



Our goal is to provide a living environment that is safe, adaptable, comfortable, and affordable, increasing the probability that everyone can remain independent in their home as life circumstances change.

The department works diligently to keep pace with the ever changing funding sources and regulations to meet the needs of their clients. One way we do this is by attending trainings throughout the year and the annual housing conference in Noblesville in October where we receive training on the latest compliance issues, fair housing, tenant landlord law, maintenance, and current drug and pest control issues. Our Director stays involved on a national level by participating on the Council for Affordable Rural Housing as the Education Committee Chair and on the state level by staying active in the Affordable Housing Association of Indiana as Vice President. She also continues her education to keep her licensure as an Indiana Real Estate Broker. Our team consists of 11 full time staff and two part time staff to work diligently every day for our clients and organization.



Natalie Wells
Director of Community & Housing Development

Family Services

Hoosier Uplands Budget Counseling Program has offered assistance to hundreds of families over the years. This money management program is a free service that assists persons of any income by offering cost cutting suggestions, developing spending plans and assisting with basic credit information. This program is supported in part by contributions from some area financial institutions.

Hoosier Uplands offers HUD Housing Counseling to residents of Lawrence, Orange, Martin and Washington counties. Housing counseling is a free service that assists individuals with many types of housing issues such as: housing selection, money management, fair housing, mortgage default/delinquency/foreclosure, pre-purchase/pre-rental counseling, loss mitigation and renter assistance. There were 51 families who received housing counseling services in 2018.

Section 8 Housing/Choice Voucher Program

The Section 8 Housing Choice Voucher Program, which is HUD funded, assists low-income tenants with acquiring and paying for a better place to live. All types of rental housing, including single homes, apartments, duplexes, low-rise and mobile homes may qualify for this program. The units must be located in Lawrence (excluding Bedford City limits and a two-mile radius), Orange, Washington, Martin, Daviess, Greene (excluding Linton, Bloomfield and Jasonville city limits), Dubois and Pike counties. A unit does not become part of the HCVP until a certified family requests to reside in the unit, the unit meets the program standards and a contract is written.

Initial applications are taken by staff persons, and placed on a waiting list that is maintained by Hoosier Uplands. When eligibility is completed, the tenant is given a voucher that states Section 8 will be assisting them with a portion of the rent. Eligible tenants will not pay more than 40% of their adjusted monthly gross income toward rent (including utilities) and the remaining portion is paid directly to the owner by Hoosier Uplands. Once on the program the family must comply with the lease and program requirements. The owner must provide decent, safe and sanitary housing at a reasonable rent. The dwelling must pass the housing standards of the program and be maintained to those standards as long as the owner receives housing assistance payments. During 2018, all county waiting lists were closed due to the number of applicants on each list. Hoosier Uplands ended 2018 with 409 active Section 8 participants. The Section 8 Housing Choice Voucher Program disbursed \$1,566,029 to property owners of the eight counties that we serve in 2018. Tenants received \$73,161 for utility reimbursements in 2018.



Amy Hopper
Director of Housing and Family Services

Hoosier Uplands Scholarship Program

The Hoosier Uplands Scholarship Program was initiated in 1993 by the Hoosier Uplands Board of Directors to promote post-secondary education in the social services, health, and education fields and to be awarded to students who exhibit a financial need. It is offered to one graduating senior from each high school in the five county area we serve. Those counties are Crawford, Lawrence, Martin, Orange, and Washington.

The selection of each student is made by each school's scholarship committee which consists of school staff, or the school's community foundation which is business men or women within the community.

Applications are available from the high school guidance counselors, and must be returned to them by their given deadlines.

As of Fall 2018, Hoosier Uplands presented 220 graduating students with scholarship awards amounting to \$298,550. To date, the amount of the scholarship is \$1,400 per student.

2018 marked the 26th year of the Hoosier Uplands Scholarship program.



2018 Hoosier Uplands Scholarship Winners



Left to right: Chelsey Schofield-Bedford North Lawrence High School, Adam Goen-Mitchell High School, Carly Morris-Salem High School, Tori Bolton-West Washington High School, and Rachel Lowe-Paoli High School. Not Pictured: Makayla Parks-Crawford County High School, Elizabeth Stoll-Loogootee High School, Haylee Davis-Shoals High School, Owen Jenkins-Orleans High School, Sydney Emmons-Springs Valley High School, and Hannarose Sorrells-Eastern High School

Ginger Knight
*Director of Administrative Services
Coordinator of Scholarship Program*



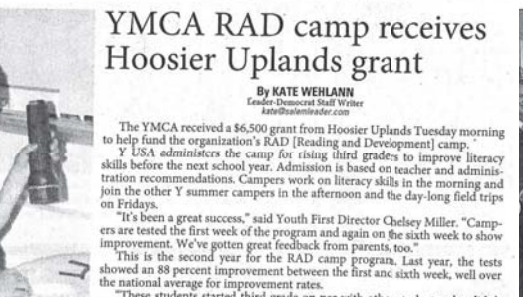
Eagle Place Apartments now accepting

By Jessica Shinn Staff Writer
Hoosier Uplands is now accepting applications for Eagle Place Apartments, located at 510 Church Street in Logansport. The complex will feature a mix of one, two, and three-bedroom units, each with modern amenities including in-unit laundry, stainless steel appliances, and hardwood-style flooring. Residents will also have access to a community room, a pet-friendly area, and a secure parking garage. The apartments are priced from \$550 to \$1,200 per month. Applications are accepted on a first-come, first-served basis. For more information, visit hoosieruplands.org or call 812.849.4447.



Opera House to feature musical

By KATE WEHLANN Staff Writer
The Opera House in Logansport is preparing for the opening of its new musical, "Twisted Gold." The production, which runs from September 13 to 15, tells the story of a young man who becomes a legend after a tragic accident. The cast includes local actors and musicians, and the production is being directed by local theater enthusiast [Name]. Tickets are available for purchase at the door or in advance. For more information, visit theoperahouse.org.



YMCA RAD camp receives Hoosier Uplands grant

By KATE WEHLANN Staff Writer
The YMCA of Logansport received a \$6,500 grant from Hoosier Uplands to support its RAD (Reading and Development) camp. The camp, which runs from September 17 to 21, is designed to help children improve their reading skills and self-confidence. The grant will be used to purchase books and materials for the camp. The YMCA is grateful for the support from Hoosier Uplands and looks forward to a successful camp season.



Place Apartments ready to welcome residents to the nest

By KATE WEHLANN Staff Writer
The new Place Apartments in Logansport are now ready to welcome residents. The complex, located at 100 North Main Street, features modern amenities and a pet-friendly environment. The apartments are priced from \$600 to \$1,000 per month. Applications are accepted on a first-come, first-served basis. For more information, visit placeapartments.org or call 812.849.4447.



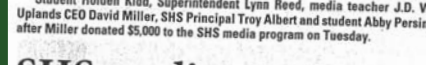
Hoosier Uplands to continue afterschool program

By KATE WEHLANN Staff Writer
Hoosier Uplands is pleased to announce that it will continue its afterschool program for the 2018-2019 school year. The program, which runs from 3:00 p.m. to 5:00 p.m., provides a safe and supervised environment for children to complete their homework and engage in various activities. The program is open to children ages 5 to 12. For more information, visit hoosieruplands.org or call 812.849.4447.



Space memories

By DERRICK TIPTON Staff Writer
Former astronaut Charlie Duke shares stories at Mitchell Opera House. Duke, who flew on the Apollo 16 mission, spoke to a crowd of about 100 people at the Mitchell Opera House on Monday night. He shared stories of his time in space, including the challenges of living and working in a small, confined environment. Duke's presentation was part of a series of events celebrating the 50th anniversary of the Apollo 11 mission.



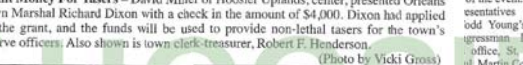
SHS media program receives \$5,000 donation

By KATE WEHLANN Staff Writer
The Salem High School media program received a \$5,000 donation from Hoosier Uplands. The donation will be used to purchase equipment and materials for the program. The program is run by student Abby Persinger and is open to all students interested in media. For more information, visit shsmedia.org or call 812.849.4447.



Humane Society receives \$18,500 grant

By KATE WEHLANN Staff Writer
The Martin County Humane Society received an \$18,500 grant from Hoosier Uplands. The grant will be used to support the society's efforts to care for and adopt out homeless animals. The society is grateful for the support from Hoosier Uplands and looks forward to a successful adoption season.



Hoosier Uplands donates \$15,000 to gym

By KATE WEHLANN Staff Writer
Hoosier Uplands donated \$15,000 to the Springfield Community Center gym. The donation will be used to purchase equipment and materials for the gym. The gym is open to all community members and is a popular destination for exercise and recreation. For more information, visit springfieldgym.org or call 812.849.4447.



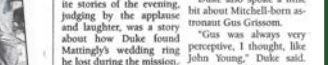
Grace House receives grant

By KATE WEHLANN Staff Writer
The Grace House in Logansport received a grant from Hoosier Uplands. The grant will be used to support the house's efforts to provide a safe and supportive environment for women and children. The house is open to all women and children in need of a safe place to live. For more information, visit gracehouse.org or call 812.849.4447.



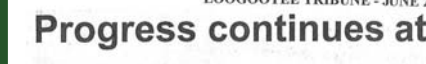
Animal Science Pavilion fund gets \$21,200 boost

By KATE WEHLANN Staff Writer
The Animal Science Pavilion fund received a \$21,200 boost from Hoosier Uplands. The boost will be used to support the pavilion's efforts to provide a safe and supportive environment for animals. The pavilion is open to all animals in need of a safe place to live. For more information, visit animalscience.org or call 812.849.4447.



ABA Therapy class for autistic students

By KATE WEHLANN Staff Writer
The ABA Therapy class for autistic students is now open for enrollment. The class, which runs from 9:00 a.m. to 12:00 p.m., provides a safe and supportive environment for students to learn and grow. The class is open to all autistic students in need of a safe place to learn. For more information, visit aba.org or call 812.849.4447.



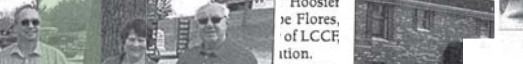
Progress continues at Eagle Place

By Jessica Shinn Staff Writer
The progress on the Eagle Place Apartments is continuing. The building is now under construction and is expected to be completed by the end of the year. The apartments will feature modern amenities and a pet-friendly environment. The project is being managed by Hoosier Uplands and is expected to provide a safe and supportive environment for residents. For more information, visit eagleplace.org or call 812.849.4447.



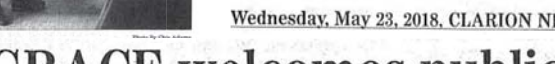
Let the games begin

By KATE WEHLANN Staff Writer
The Hoosier Uplands board and staff are excited to announce that the season of games is beginning. The games, which run from September to November, provide a fun and competitive environment for children to play. The games are open to all children in need of a safe place to play. For more information, visit hoosieruplands.org or call 812.849.4447.



Hoosier Uplands grants town \$14,000 for farmers market

By KATE WEHLANN Staff Writer
Hoosier Uplands granted \$14,000 to the town of Logansport for the farmers market. The grant will be used to support the market's efforts to provide a safe and supportive environment for farmers and customers. The market is open to all farmers and customers in need of a safe place to buy and sell. For more information, visit farmersmarket.org or call 812.849.4447.



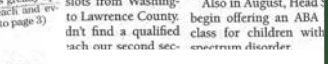
GRACE welcomes public

By KATE WEHLANN Staff Writer
The Grace House in Logansport is now open to the public. The house provides a safe and supportive environment for women and children. The house is open to all women and children in need of a safe place to live. For more information, visit gracehouse.org or call 812.849.4447.



Hoosier Uplands makes donation to Bedford Boys Home

By KATE WEHLANN Staff Writer
Hoosier Uplands made a donation to the Bedford Boys Home. The donation will be used to support the home's efforts to provide a safe and supportive environment for boys. The home is open to all boys in need of a safe place to live. For more information, visit bedfordboys.org or call 812.849.4447.



New Head Start class opening in Needmore Elementary School

By KATE WEHLANN Staff Writer
A new Head Start class is opening in Needmore Elementary School. The class, which runs from 8:00 a.m. to 12:00 p.m., provides a safe and supportive environment for children to learn and grow. The class is open to all children in need of a safe place to learn. For more information, visit headstart.org or call 812.849.4447.



Alliance donates to Eagle Place

By KATE WEHLANN Staff Writer
The Alliance donated to the Eagle Place Apartments. The donation will be used to support the apartments' efforts to provide a safe and supportive environment for residents. The apartments are open to all residents in need of a safe place to live. For more information, visit alliance.org or call 812.849.4447.



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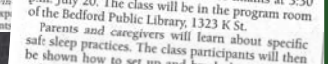
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Class offered on safe sleep

By KATE WEHLANN Staff Writer
A class on safe sleep is being offered. The class, which runs from 9:00 a.m. to 12:00 p.m., provides a safe and supportive environment for parents to learn and grow. The class is open to all parents in need of a safe place to learn. For more information, visit safesleep.org or call 812.849.4447.



Home Health Care

"Not All Home Care and Hospice Agencies are Created Equal"



Hoosier Uplands Home Health Care & Hospice continues to be CHAP accredited. A CHAP accredited organization meets the highest quality standards in the nation.

Melissa was elected to the NAHC and IAHHC Board of Directors. She was voted in as Vice-President of the IAHHC Board of Directors; and named chair of the IAHHC Hospice Committee. She was also named to the NAHC Education Committee and the Annual Meeting Committee.



Hoosier Uplands Home Health Care was once again, voted #1 in the Times-Mail Newspapers Reader's Choice Awards as the Best Home Health Services in the readership area! Melissa states, "Congratulations to all of the staff at Hoosier Uplands Home Health Care & Hospice, as we could not have received this honor without the hard work and dedication of our Excellent, Award Winning, Staff!"



Standing-left to right: Cheryl Boone and Karen Cooper were honored for 25 Years of Service.

Standing-left to right: Mandi Dersch, RN, Assistant Director presents Annette Gilliland, RN, South Team Leader with the Jennifer Hacker Award



Standing-left to right: Rhea McClintock, CNA; congratulating Annette Gilliland on her receipt of the Jennifer Hacker Award.

Standing-left to right: JoDeana McNabb, Charlotte Braman Award Recipient, Cheryl Boone, 25 Years of Service, Shawna McDonald, 15 Years of Service and Lee Wright, five Years of Service.



Home Health and Hospice Team: Seated-left to right: Debbie Guthrie, Judi Taylor, Sundae Cox, Betty Stone and Marsha Benson. Standing-left to right: Mandy Blevins, Debbie Fessel, Mary Ann Knight, Miranda Karnes, Christina Singleton, Annette Gilliland, Karen Cooper and Rhea McClintock.



Sitting-left to right: Shawna McDonald, Accounts Processor, Cheryl Boone, Hospice Billing/Accounts Receivable Manager, Melissa Jeremiah, RN, CHCE, Director of Operations, Lee Wright, Accounts Processor and JoDeana McNabb, Director of Accounting Services. Standing-left to right: Mary Ann Knight, HHA Scheduler, Sarah Miller, Clinical Records Manager, Vanessa Lumley, LPN, Plan of Care Review Nurse, Mandi Dersch, RN, Assistant Director, Linda Fisher, RN, Hospice Patient Care Coordinator, Lee Grimes, Hospice Volunteer Coordinator, Molly Baker, RN, Clinical Services Supervisor, Lexi Williams, Office Manager, and Lori Williams, Intake Coordinator.

We welcome Marilyn Morana, PT as our Therapy Services Supervisor.



Pictured to the left are two of our Hospice RN's: Standing left to right: Beth Frigerio and Phyllis Morris

"The Choice of Hoosier Uplands Families for Generations"

Home Health Care

Home Health staff provided 25,051 skilled care visits to patients. Skilled services are provided by Registered Nurses, Licensed Practical Nurses, Home Health Aides, Social Services, Physical Therapists, Physical Therapy Assistants, Occupational Therapists and Speech Therapists.

Have you heard what our patients and their loved ones are saying about Hoosier Uplands Home Health Care?

"Therapists were excellent. Gave me great instructions with exercises. I was able to return to work 2 weeks after my surgery. Very pleased."

"This agency is excellent in providing health care, it is highly appreciated."

"I'm 82 years old; without this help I'd probably be in a nursing home."

"All have been very good to me and have been welcome in my home. Couldn't be anymore kind or respectful!"

"I could not ask for better help. I have the very best."

"The people are very patient with elderly people with a hearing impairment."

"All the nurses were very kind and helpful. They showed so much patience with me in my early struggles to adapt to my ileostomy. They helped me when I needed an extra hand, and gave me helpful tips to make changing the appliance on my own easier."

"...PTA worked hard to get me to my goal of being more active and to reduce my fear of falling."

"Probably the best in Southern Indiana!"

Client Maintenance

The Client Maintenance program provided 4,303 hours of service. Services include Home Health Aide Visits; and Home Health Aide and LPN Respite Care.

Health Care Division

Home Health & Hospice received a contribution from the Trustee of the Edgar & Roberta Mulzer Foundation.

Hospice received charitable contributions from the Lawrence County Community Foundation Partnership.

Hospice

Hospice field staff provided support to 80 families. Services are provided by Registered Nurses, Licensed Practical Nurses, Hospice Aides, Social Services and other auxiliary services. Hospice also provides spiritual, volunteer, bereavement support and dietary counseling.

Medicare requires Hospice have at least five percent of its patient care/office hours provided by volunteers. Volunteers donated 282 hours, which is six percent, for a savings to Hoosier Uplands Hospice of \$11,898.

Bereavement support is offered up to 12 months following a patient's death to the patients loved ones. This support may include a series of bereavement letters, phone contact, visits, an annual memorial service and other information and referral as requested. There were 56 bereavement families followed.



WE HONOR VETERANS

Hoosier Uplands Hospice is Level four accredited in the "We Honor Veterans" program; meaning we increase access and improve quality of care for Veterans. Hoosier Uplands Hospice is one of only 10 Level four hospices in the state of IN.

Have you heard what our patients and their loved ones are saying about Hoosier Uplands Hospice?

"Your team is a true blessing. Without your help I don't know what we would have done. God blessed the family with Hospice care. I have thanked the Lord many times for folks like you."

"I would like to thank Hoosier Uplands. They are five star in my book. I don't know how we would have made it without you!"

"Everyone was wonderful. I always felt that I was not alone. They were always helpful."

"All the Hospice Team were just like angels. It wasn't just a job to them. They became like family to me and my family. They were a Godsend. Thanks to all of them."

"They were very kind and good to us. They got me a little angel for his death. I keep it out. They were the angels. They showed me what to do, if they weren't there; how to move him and make him comfortable. They were very good and gave me things to read."

"Everyone who came out to our home, they were all so very special, caring and respectful."

"Their support for me was very beneficial. The nurses who came were unfailingly kind and compassionate. That emotional support meant so much."

"Your hospice worked as a team so everything went well. We were very pleased."

"Dad got excellent care. We couldn't have done this without everyone's help. A big thank you to Hoosier Uplands."



Love begins by taking care of the closest ones - the ones at home.
- Mother Teresa

Melissa Jeremiah, RN, CHCE
Director of Operations

JoDeana McNabb
Director of Accounting Services



Strategic Development

Before and After School Services

The 21st Century Community Learning Centers (CCLC) Afterschool Programs secured funding for Cohort 9, which serves children in the Burris, Fayetteville, Hatfield, Springs Valley, and West Washington elementary schools. In 2018, the program served 271 children in grades Kindergarten through 6th, which was an increase of 25 children from 2017. Hoosier Uplands 21st CCLC Afterschool Programs also has Cohort 8 funding, which serves Orleans and Shoals elementary schools. Cohort 8 served 160 students in 2018, which was an increase of 66 students from 2017.

The daily schedule includes a healthy snack, including; fresh fruits, vegetables, dairy and whole grain items approved by the United States Department of Agriculture (USDA). Monday through Thursday, students have 30 minutes of homework or academic enrichment time. The program focuses on STEM and literacy, working to improve our students' reading levels. At least once per week, students work in the computer lab on the MyON reading portal. Following this, students have an hour block of enrichment activities which include: literacy, science, character development, crafts, and service projects. Fridays are considered Fun Fridays because the day is more relaxed where students can play games, get active with the SPARK physical education curriculum activities, listen to a guest speaker, watch a movie, or have a holiday celebration. The goal of the 21st CCLC program is to provide a variety of educational and enrichment activities in a fun learning environment.

The SAFER morning program for Burris and Hatfield elementary schools is a paid program that provides students with before school child care at the Burris site. The program starts at 6:30 a.m. and goes until the beginning of the school day. In 2018, the morning program served 20 students.



CHAT (Choices Helping Abstinent Teens)

Hoosier Uplands' CHAT (Choices Helping Abstinent Teens) Program is an abstinence education program that encourages youth to practice abstinence to protect themselves from the consequences of engaging in sexual activities. The program is funded by the Indiana State Department of Health, Division of Maternal and Child Health, along with in-kind funds from local partners.

The program teaches participants to make responsible decisions, to respect themselves as well as others, and the importance of developing a positive self-image through the use a curriculum called Making a Difference. The curriculum educates the participants on how to get out of high-risk situations, how to set physical limits, and the appropriate negotiation and refusal skills necessary to communicate abstinence. The CHAT program is offered to junior high and high school students during health classes in Lawrence, Martin, Orange, and Washington counties. This eight-module program is also designed to educate students about how to have healthy relationships, including ways to deal with peer pressure and partner pressure.

The following information depicts data retrieved by junior high and high school students in Lawrence, Orange, Martin and Washington counties who participated in the program and activities. 86% of students who participated, reported that the program increased their knowledge that an unintended pregnancy and/or STD could be a consequence of sexual activity. 92% of students who participated, reported that the program made them realize their choices will make an impact on their life. 91% of students who participated reported that the program increased their knowledge that teen pregnancy could get in the way of reaching their goals and dreams. A total of 611 students were serviced during the 2017-2018 grant year.



Opera House

In 2018, the Mitchell Opera House completed its third full year of business after being renovated and re-opened in July of 2015. The historic venue was built in 1906 and was County Hall when it first opened. In 1908, the building became an Opera House and hosted Vaudeville acts, first run movies and more until 1930 when it closed and became a storage facility for fire trucks and equipment. It became the "Teen Canteen" in the 1950s and City Hall from the 1960s until 1981. At that point, the Hartzell family took the initiative to restore the venue and make it an Opera House once again. The venue re-opened in 1985 and hosted occasional shows until it closed in 2012.

After the closure in 2012, the Opera House began restoration in the fall of 2014 and 256 days later, re-opened on the 4th of July! The venue has since hosted regular musical performances along with a variety of other events. In 2018, the venue hosted a total of 39 events including: community gatherings, fundraisers, music, movies, rentals, a wedding and more. Major sponsors and contributors of the Opera House in 2018 included: German American Insurance, Hoosier Hills Credit Union, Lawrence County Tourism Commission, Lehigh Cement Company, MCM CPA's & Advisors LLP, New Hope Services, and Old National Bank.

Safe Night

Safe Night is an evening promoting the prevention of alcohol, tobacco, and other drugs. It also encourages non-violence among youth in our community along with overall healthy living. This year's event planned to have long time favorites such as, airbrush face painting, t-shirt tie-dyeing, inflatable games and obstacle courses, hot dogs and chips, ice cream, snow cones, popcorn, and much, much more. A teen area was set up as well for 2018 to help encourage greater attendance from the teen age group. Unfortunately, for the first time in 18 years, the event had to be cancelled due to a massive storm right before the event that downed a powerline and made the fairgrounds lose electricity for hours. Luckily, many items will be able to be used next year and give us a head start for the 2019 event. Donations, grants, and sponsorships for the 2018 event totaled \$15,348.94.



Safe Sleep

In 2016, Hoosier Uplands began implementing the Indiana Safe Sleep Program in Crawford, Lawrence, Martin, Orange, and Washington counties. The Indiana State Department of Health, in partnership with the Cribs for Kids National Infant Safe Sleep Initiative, implements a statewide program that provides education and infant survival kits to infant caregivers and families. The survival kits contain one



infant portable crib, fitted sheet with imprinted safe sleep messaging, a wearable blanket, a pacifier, and safe sleep recommendations for those in need and at risk. Caregivers who do not have a safe place for their child to sleep and are unable to purchase a crib themselves are eligible for the program. In 2018, Hoosier Uplands distributed 56 cribs to local families in need of a safe place for their child to sleep.

Child Restraint Distribution Grant

In November of 2017, Hoosier Uplands had eight employees complete the Child Passenger Safety certification. The Indiana Criminal Justice Institute then awarded Hoosier Uplands a car seat safety grant to serve the families and/or youth caregivers of Lawrence, Orange, Martin, and Washington counties in December of 2017. This allows Hoosier Uplands to educate families and caregivers, provide replacement car seats when needed free of cost, and teach families and caregivers the proper procedures for installing child safety seats.

Site locations for inspections include: Bedford Head Start, Loogootee Head Start, Mitchell Head Start, Paoli Head Start, Salem Head Start, Early Head Start, and the main Hoosier Uplands office. Each of these sites provide car seat inspections by appointment for families in need. In 2018, the program distributed a total of 107 car seats!

STAR Program

Hoosier Uplands' STAR (Strong Teens Acting Responsibly) Program is an abstinence based instructional program that includes nine lessons/modules. The program is offered to junior high/middle school health classes in Daviess, Dubois, Jackson, Martin, and Pike Counties. The program is federally funded and contracted through a partnership with Health Care Education & Training (HCET). Through the use of the Making a Difference curriculum, the program provides students with information to help them make important decisions regarding their sexual health. The STAR Program encourages students to practice abstinence in order to prevent teen pregnancies, sexually transmitted diseases, and other risks associated with sexual behaviors. The program also educates students on different ways to deal with pressures they receive from their partner and peers, what safe and healthy relationships look like, and provides an activity centered on substance abuse prevention.



The following are some of the main goals for the STAR Program: to increase students refusal and negotiation skills, to assist students in identifying future goals and dreams, to increase students intentions to abstain from sexual activity, to increase positive attitudes and confidence in regards to abstinence, and to educate students on the risks associated with sexual behaviors.

A total of 1,271 students were served by the program in 2018 with 1,002 of the students participating in 100% of the program.

Alyssa Prince
Chief Strategy Officer

2018

[illegible]

In November, Carrie Long, PMHNP, attended the Psychiatric Update 2018 conference in Las Vegas, NV. This comprehensive two-day conference provided training in state of the art diagnostic and therapeutic issues in patients with mood disorders. A large number of patients seeking treatment at Serenity Now suffer from some type of mood disorder. Carrie gained valuable knowledge that she has been able to utilize in her own practice and share with the rest of the staff.

Serenity Now Psychiatric & Counseling Clinic



Dr. John Eckard attended the 2018 Fall Psychopharmacology Update conference sponsored by the American Society of Clinical Psychopharmacology in New York City this October. The conference addressed a variety of pertinent clinical concerns such as medication choice in treatment resistant schizophrenia, treatment resistant depression, and treatment resistant bipolar disorder. Additionally, there was a review of the current opioid crisis, dementia, and use of psychotropic medication during pregnancy.

All of our therapists attended the first day of the Annual Brown County Conference hosted by Meadows Bloomington Hospital in Nashville, IN. This training provided the required continuing education credits in ethics needed to maintain licensure. Michael Dockery, LMFT, and Tom Trent, LCSW, attended the second day of the conference, as well. The conference provided education about addictions, gender identity issues, preventing school violence, and updates on several different treatment modalities.

Mary Miller, LMHCA, completed an intensive eight week certificate course in Dialectical Behavior Therapy (DBT). DBT is a type of therapy utilized for clients who have severe and chronic problems, including personality disorders, suicidal thoughts, impulse control, and addictions. Mary will be facilitating a DBT group in 2019. Kristy Ritter graduated from Ivy Tech Community College with an Associate's Degree in Applied Science. The education and skills she learned have allowed her to take on more clinical job responsibilities at the clinic.

The staff at Serenity Now is always looking for ways to fill in gaps of service in our community. Like many rural communities, Lawrence and the surrounding counties continue to struggle with the substance abuse epidemic. In October, Randy Bugh, LMHC, LCAC, started a group for individuals dealing with substance use disorders. This two-hour group meets on a weekly basis as an additional service for clients in individual therapy. During the group sessions, participants learn about the biology of addiction, how to prepare for change, taking action, and relapse prevention. Two of our Master's level interns from Indiana University assist Randy with facilitating this group which gives them a unique opportunity to strengthen their skills.



We continue to partner with the IU School of Education and IU School of Social Work to provide their counseling students an opportunity to learn in their chosen field. This year we had a total

of three Master's level interns. Supervising interns provides our therapists with opportunities for continuing education credits; as well as, keeping them up to date on current research and changes in the field. We expect additional internship opportunities in the future. We have successfully hired a total of three therapists who have completed their internship with Serenity Now.

Serenity Now continues to provide after-hours appointments, on a limited basis, for individuals and families for counseling and medication management services. This helps clients who are unable to miss work without risk of losing their job and students trying to avoid missing too much school.



We expect to continue growing the clinic in 2019. We have a new Licensed Clinical Social Worker, Terri Klingelhofer LCSW, which will be joining our practice in January. This will help us better meet the needs of the communities we serve as Lawrence County has a shortage of Licensed Clinical Social Workers.

We hope for these and other opportunities to further strengthen Serenity Now and look forward to continuing to serve the psychiatric needs of the community in 2019.

John Eckard, MD
Clinic Director/Psychiatrist

2018



Total Agency Funding for 2018

Community Services Funding

| | |
|----------------------------------|---------------------------|
| LIHEAP Energy Assistance | \$2,620,177.00 |
| LIHEAP Weatherization | \$268,702.00 |
| Indiana Weatherization | \$94,272.00 |
| Dept of Energy Weatherization | \$214,022.00 |
| Community Services Block Grant * | \$339,375.00 |
| CSBG Innovative Grant | \$127,687.00 |
| Vectren Share the Warmth | \$14,558.00 |
| Duke Helping Hand Program | \$55,100.00 |
| Rental Income Various Properties | \$2,068,058.00 |
| HUD Housing Counseling | \$25,948.00 |
| Indiana Energy Assistance | \$134,298.00 |
| Section 8 Housing | \$1,838,870.00 |
| Persimmon Park HOME Grant | \$1,000,000.00 |
| Duke Energy Weatherization | \$5,754.00 |
| IHCDA CHDO Grant | \$25,000.00 |
| SUBTOTAL | \$8,831,821.00 41% |

Area Agency on Aging Funding

| | |
|----------------------------------|---------------------------|
| FSSA Older Americans Act | \$605,880.00 |
| FSSA Older Hoosier Funds | \$34,885.00 |
| FSSA CHOICE Program | \$728,788.00 |
| Case Management Services | \$743,050.00 |
| Medicaid Admin/ Intake | \$145,624.00 |
| Pre Admission Screening | \$15,146.00 |
| FSSA Social Services Block Grant | \$201,601.00 |
| NSIP Food Program | \$34,710.00 |
| SHIP Counseling | \$7,801.00 |
| Senior Games & Angel Foundation | \$6,095.00 |
| SUBTOTAL | \$2,523,580.00 12% |

Children's Services Funding

| | |
|---|---------------------------|
| Head Start & Early Head Start | \$3,188,238.00 |
| USDA Food Program | \$193,837.00 |
| 21st Century Community Learning Centers | \$450,000.00 |
| Local After School Fees | \$4,816.00 |
| Child Passenger Safety | \$3,985.00 |
| SUBTOTAL | \$3,840,876.00 18% |

Health Care Related Funding

| | |
|---|---------------------------|
| Home Health Care & Hospice | \$3,558,851.00 |
| Martin County Health Department | \$81,339.00 |
| Choices Helping Abstinent Teens | \$75,324.00 |
| ISDH WIC Martin County | \$82,520.00 |
| ISDH TB Contracts | \$147,319.00 |
| Ind Tobacco Prevention & Cessation | \$143,500.00 |
| Purdue Agrability Grant | \$51,350.00 |
| Area Health Education Center | \$318,400.00 |
| IU School of Medicine Student Placement | \$11,200.00 |
| Serenity Now Psychiatric & Counseling | \$997,439.00 |
| STAR Program | \$135,000.00 |
| Safe Night Donations & Sponsors | \$7,648.00 |
| Baby and Me Tobacco Free | \$64,246.00 |
| SUBTOTAL | \$5,674,136.00 26% |

Miscellaneous Funding

| | |
|--------------------------------------|------------------------|
| Information Technology Department | \$33,816.00 |
| Miscellaneous Cash Donations | \$5,658.00 |
| St. Vincent DePaul- Loogootee | \$2,000.00 |
| Mitchell Opera House Operations | \$73,107.00 |
| Local Mini Grants Awarded | \$14,500.00 |
| Community Development & Improvement | \$434,036.00 |
| Old National Bank Foundation | \$10,000.00 |
| Lehigh Cement Company | \$11,000.00 |
| Lawrence County Econ Growth Council | \$7,000.00 |
| Lawrence County Coordinating Council | \$6,000.00 |
| Martin County Alliance | \$1,500.00 |
| Hoosier Uplands Scholarship Program | \$18,100.00 |
| SUBTOTAL | \$616,717.00 3% |
| GRAND TOTAL | \$21,487,130.00 |

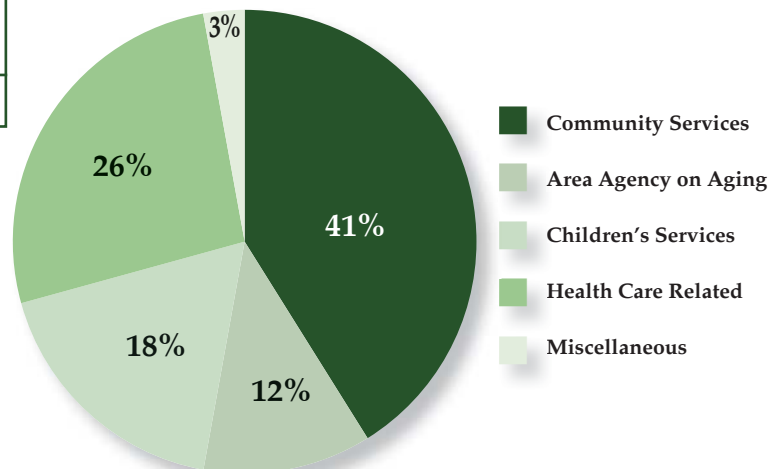
*Includes carry over funds
Does not include "In-Kind"

100%



David L. Miller
Chief Executive Officer

2018 Agency Funding Profile (by service)



Members of the Board ~ 2018



Representing Crawford County

Mary Alice Brown, Low-Income Sector
(*Alternate*)

Sharon Mitchell, Low-Income Sector
(*Treasurer*)

Billy Joe Walker, Low-Income Sector
Marolyn Holzbog, Private Sector
Bill Mitchell, Private Sector
Edna Brown, Public Sector
Angela Crecelius, Public Sector
Mary Stutzman, Public Sector

Representing Lawrence County

Sara Luallen, Low-Income Sector
Angela Turpin, Low-Income Sector
Martha Fields, Private Sector
(*Chairperson*)

Greg Taylor, Private Sector
Charlotte Speer, Public Sector
James Oswalt, Public Sector

Representing Martin County

Suzanne Brown, Low-Income Sector
Gerald Montgomery, Low-Income Sector
Herman Campbell, Low-Income Sector
(*Alternate*)

Janie Johnson, Private Sector
Rosalee Wininger, Private Sector
Vicky Bauernfiend, Public Sector
Don Bowling, Public Sector

Representing Orange County

Janet Harrison, Low-Income Sector
Robert Jones, Low-Income Sector
David Dedrick, Private Sector
Reita Nicholson, Private Sector (*Secretary*)
Richard Beaty, Public Sector
Richard Dixon, Public Sector
Marietta Hager, Public Sector (*Alternate*)

Representing Washington County

Karan Jones, Low-Income Sector
Ava Kinney, Low-Income Sector
Lisa Crane, Private Sector
Ronnie Pennington, Private Sector
(*Vice Chairman*)
Max Bedwell, Public Sector
Jack Mahuron, Public Sector

Local Support is an integral part of Hoosier Uplands' success. Your donations of cash or volunteer work are much needed and appreciated.

To contribute to any of Hoosier Uplands' programs contact:
David L. Miller,
Chief Executive Officer

Thank you.

Policy Advisory Councils ~ 2018

Aging and Disability Advisory Council

Lisa Crane
Marietta Hager- Vice Chairperson
Lynn Jeffers
Eileen Lambdin
Jan Newlin-Chairperson
Janice Pendegrass
Mary Stutzman

Head Start and Early Head Start Policy Council

Representing the Bedford Center—Korbyn Kline and Heather Payton
Representing the Loogootee Center—Ludemia Burgess and Shara Freeman
Representing the Mitchell Center—Whitney Melton
Representing the Paoli Center—Billy Watson and Kym Kinsey
Representing the Salem Center—Brittany Curry and Amber Simmons
Representing Early Head Start—Shayla Basler and Janet Turner

Representing the Community:
Lawrence County—Courtney Hutchinson
Orange County—Gerdena Stroud
Martin County—Mayor Noel Harty
Washington County—Rhonda Mills

Representing the Board of Directors:
Marietta Hager
Janet Harrison

2018





Agency Staff Recognized

With 10 years or more of service

Congratulations

45 Years

Margaret Staggs

43 Years

Ola Faye Hammond

38 Years

Debbie Coleman

31 Years

David Miller
Trudy Wells

30 Years

Cindy Bailey
Debbie Beeler
Suzanne Coleman
Chris Johnson
Debbie Terry

29 Years

Cindy Bradley
Ginger Knight

28 Years

Annette Gilliland
Debbie King
Kris Mathews
Jenni Snow

27 Years

Vanessa Lumley

25 Years

Cheryl Boone
Karen Cooper
Irene Ervin
Amy Hopper

24 Years

JoDeana McNabb
Angelia Owens

23 Years

Diane Budd
Donna Skeen

22 Years

Addie Datish

21 Years

Jody Manning

20 Years

Glenda Duncan

19 Years

Melissa Jeremiah
Patricia Robbins
Linda Self
Linda Tarr
Natalie Wells

18 Years

Marsha Benson
Debbie Guthrie
Alverta Hart
Michelle Diane Short

17 Years

Julia Albright
Kim Hall
Jill Jones

16 Years

Amy Alcorn
Jody Brewer
Connie Griego
Pam Oakley

15 Years

Maria Banks
Brandon Hall
Shawna McDonald
Theresa Pate
Deanna Porter

14 Years

Michael Edwards
Linda Fisher
Karianne Hopkins
Rusti Coulter
Jennifer Rutherford

13 Years

Joanie Evans
Amber McBride
Betty Stone
Robert vander Kleij
Barbara Weber-White
Lori Williams

12 Years

Robin Grissom
Angelica Hackler
Debra Smith
Angela Stewart

11 Years

Carol Baker
Tammy Jones
Diana Kidwell
Chrystal Tincher
Sheila Tritle

10 Years

Samantha Bowles
Tamara Burgess
Audra Gerkin
Lee Grimes
Robin Guthrie
Terry Hupp
Janine Martin
Judith Taylor
Shawn Williams

2018

Hoosier Uplands Facilities



Bedford Office/Head Start Center

710 6th Street • Bedford, IN 47421
(812) 279-0412 Outreach Office
(812) 275-0052 Head Start
(812) 279-1891 Fax

Community Services Office

521 West Main Street • Mitchell, IN 47446
(812) 849-4457
(800) 333-2451 Toll Free
(812) 849-4467 Fax

Early Head Start Office

502 W. Warren Street • Mitchell, IN 47446
(812) 849-5446
(800) 276-2242 Toll Free

Loogootee Head Start

401 South Oak Street • Loogootee, IN 47553
(812) 295-4700 (also used as fax)

Mitchell Administrative Office

500 West Main Street • Mitchell, IN 47446
(812) 849-4447
(800) 827-2219 Toll Free
(812) 849-6785 Fax (Administration)
(812) 849-0627 Fax (Children's Services)
(812) 849-3068 Fax (Housing & Family Services)
(812) 849-0547 Fax (Home Health)
(812) 849-0547 Fax (Hospice)
(812) 849-6974 Fax (Strategic Development)

Mitchell Head Start Center

1240 Orchard Street • Mitchell, IN 47446
(812) 849-4448

Mitchell Opera House

217 N 7th Street • Mitchell, IN 47446
(812) 849-4447

Paoli Head Start Center

414 W. Longest Street • Paoli, IN 47454
(812) 723-3687 • (812) 723-4633 Fax

Paoli Hoosier Uplands

Energy Assistance Office

200 S. W. Court Street, Suite 3 • Paoli, IN 47454
(812) 723-4607
(812) 723-3496 Fax

Salem Hoosier Uplands

Office/Head Start Center

902 S. Aspen Drive • Salem, IN 47167
(812) 883-5368
(800) 487-8890 Toll Free
(812) 883-8085 Fax

Serenity Now Psychiatric & Counseling Services Clinic

2125 16th Street • Bedford, IN 47421
(812) 275-4053 • (812) 275-5494 Fax

Shoals Office

Martin County Health Department
Corner of Second & Main Street
P.O. Box 716 • Shoals, IN 47581-9998
(812) 247-3303 • (812) 247-2009 Fax

APARTMENT PROJECTS

Aspen Meadows/Salem

1017 Aspen Drive • Salem, IN 47167
(812) 896-1543

College Hill Apartments/Paoli

College Hill • Paoli, IN 47454
(812) 723-0838

Eagle Place Apartments

510 Church Street • Loogootee, IN 47553
(812) 709-0368

Larkin Apartments/Loogootee

103 Public Square • Loogootee, IN 47553
(800) 487-8890

Lost River Place Apartments I & II/Orleans

6402 N. Vance Street • Orleans, IN 47452
(812) 865-3653

Midtown Suites Apartments/Mitchell

122 N. 6th Street • Mitchell, IN 47446
(812) 849-4639

New Horizon Apartments/Salem

905 Aspen Drive, Suite 105 • Salem, IN 47167
(812) 883-3306

Persimmon Park Apartments/Mitchell

406 Wade Street • Mitchell, IN 47446
(812) 849-4639

Phoenix on the Square Apartments/Paoli

200 West Court Street • Paoli, IN 47454
(812) 723-0838

Pioneer Creek Apartments/Mitchell

100 Pioneer Creek Lane • Mitchell, IN 47446
(812) 849-1414

Shawnee Apartments/Bedford

100 Shawnee Lane • Bedford, IN 47421
(812) 275-8314

Spring Town Apartments/Marengo

144 S. Main Street • Marengo, IN 47140
(812) 365-9120

Stalker Apartments/Bedford

1429 8th Street, Suite 100 • Bedford, IN 47421
(812) 277-8562

Stonecutters Place Apartments/Bedford

1030 16th Street, Bedford, IN 47421
(812) 275-5205

Taylor Apartments/Campbellsburg

133 State Road 60 • Campbellsburg, IN 47108
(812) 755-4010



Special Thanks

2018 Hospice Memorial Donations In Remembrance

Nancy Armand
Sally Lauster

Fern Long



*also our sincere
thanks to*

Dr. Luke Mosemann
Medical Director

Dr. Daniel O'Brien
Physician Designee

Our Major Partners in 2018

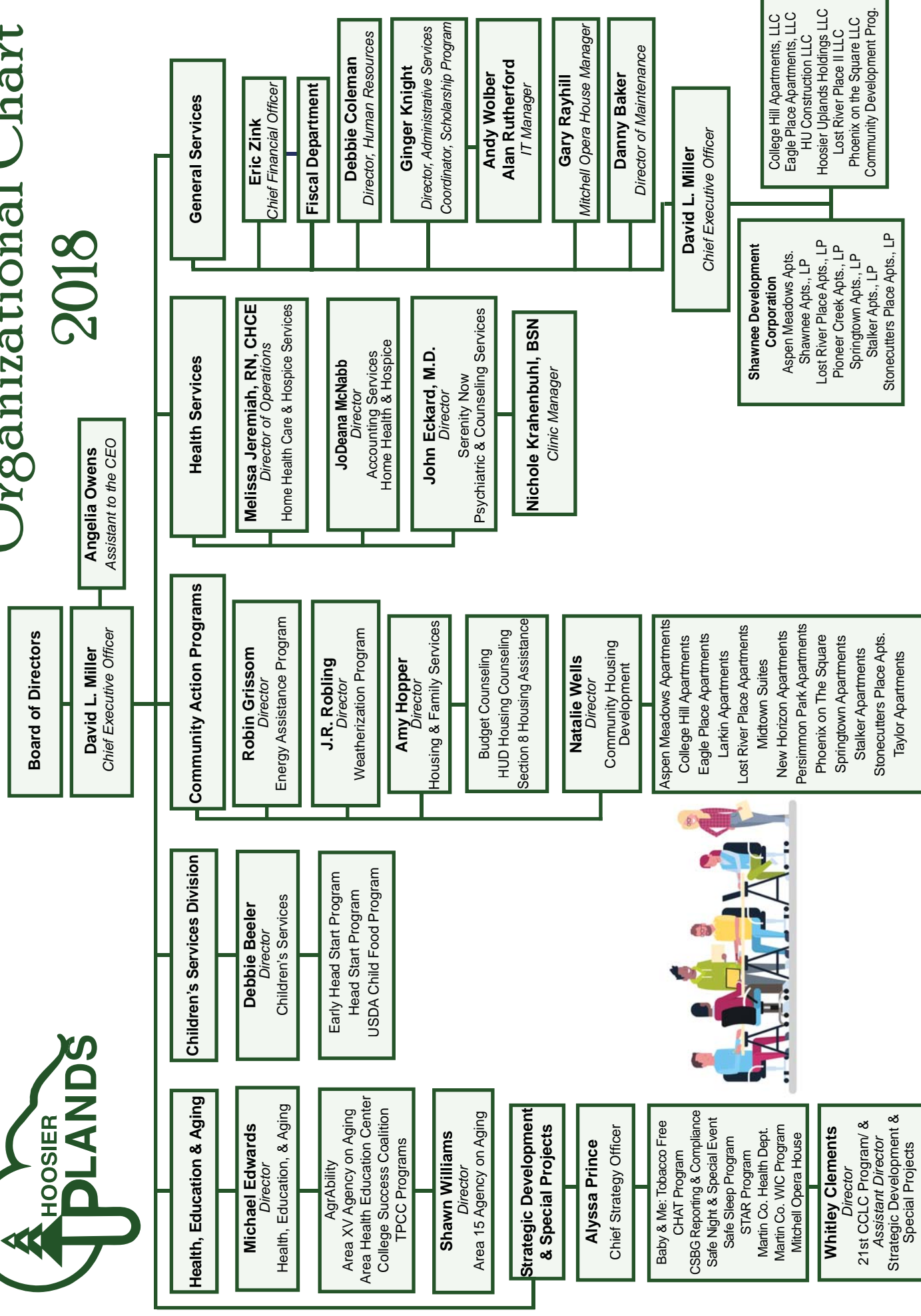
Bedford Office Supply
Bedford Public Library
Ben Franklin/Ace Hardware
Blue River Services – Crawford, Orange,
& Washington County WIC
City of Mitchell
Dare to Care Food Bank
Delta Dental Foundation
Duke Energy
Family and Social Service Administration
Federal Home Loan Bank - Indianapolis
Fifth Third Bank
German American Insurance
Health Care Education and Training
Hoosier Hills Credit Union
Indiana Criminal Justice Institute
Indiana Arts Commission
Indiana Department of Education
Indiana Housing and Community
Development Authority - IHCDA
Indiana Limestone
Indiana State Department of Health
IU School of Public Health
Indiana University School of Medicine
Joan Emery Prentiss Fund
Keach & Grove Real Estate
Kelly Chastain - McDowell, MA CCCA
Lawrence County Circuit Court
Lawrence County Community Foundation
Lawrence County Economic Growth Council
Lawrence County Fair Board
Lawrence County Tourism Commission
Lehigh Cement Company
Lions Club - Bedford, Salem, Georgetown

Local Coordinating Council
Martin County Board of Health
Martin County Commissioners
McDonald's - Mitchell
Milestone Ventures Inc.
Military One Source
Mitchell Community Schools
Mountjoy, Chilton and Medley LLP
Edgar and Roberta Mulzer Foundation
New Hope Services Inc.
North Lawrence Community Schools
Old National Bank
Old National Bank Foundation
Older Americans Services Corporation
OLJMG Joint Services
Orleans Community Schools
Redemption Church
ResCare
Salem Community Schools
Shoals Community Schools
Springs Valley Community Schools
St. Vincent DePaul - Loogootee
The Mentor Network/TSI
UAW Local 440
US Department of Health and Human Services
US Department of Housing and
Urban Development
Vectren Inc.
Vincennes University Nursing Program
West Washington School Corporation
WestGate@Crane Technology Park

*These businesses, organizations and individuals supported Hoosier Uplands
with in-kind services, volunteer time, and/or cash donations in 2018.*



Organizational Chart 2018



*248 employees

Effective: 11/30/18

