

HOOSIER UPLANDS EMPLOYEE NEWSLETTER

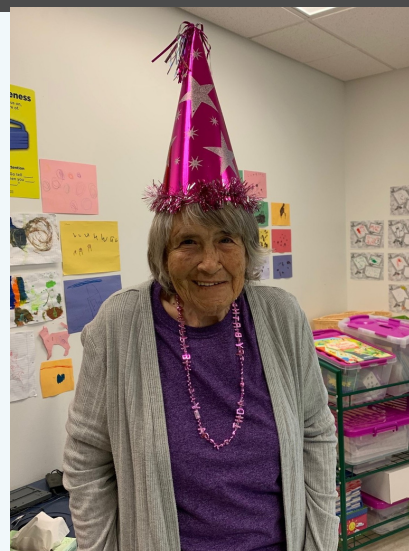


Gratitude
turns what we have
into enough



Mission Statement

The mission of Hoosier Uplands, is to plan, implement or cause to be implemented, and provide comprehensive services to the poor, elderly, and disabled. The corporation strives to alleviate poverty, improve living conditions, and provide access to health care and social services to those families and individuals in need within our service area. All endeavors are 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.



When the Head Start school year comes to a close on May 19, 2022, Faye Hammond will begin to prepare for a new chapter in life, this time as a Head Start retiree. Faye began her Head Start career as a cook with Hoosier Uplands on August 27, 1973 when classes were held in French Lick in the shelter house at the park. Faye has served as a teacher and assistant teacher in addition to serving as the cook in Paoli. When Hoosier Uplands moved the Lawrence, Orange and Martin county Head Start classes to the old school in Huron in 1988, Faye took a short sabbatical from October of 1988 until August of 1990. She missed the children and the work to the point that she returned and rejoined the Head Start family on August 13, 1990.

Faye definitely has made Orange County a better place through her work in Head Start. Recently when Kris Mathews was at the Paoli center taking an enrollment application on a child, the parent saw Ms. Faye and immediately got up and went to hug her. The parent had been in Head Start with Ms. Faye as his teacher and years later still loved her and thanked her for being a part of his life. This is not uncommon. Everyone loves Ms. Faye.

As one of Faye's co-workers shared, "Faye is the heart and soul of the Paoli center. She is the queen bee and more loved than she can imagine! Working with Faye has been a joy and I have learned so much from her over the last two and a half years of working here with her. I am forever thankful for her!" This sentiment has been expressed over and over by those that have had the privilege of working with Faye. Faye's retirement will leave a huge void at the Paoli center. We all wish her well as she transitions into retirement.





Hoosier Uplands Hospice Has Been Named a 2022 Hospice Honors Recipient

Congratulations on receiving Hospice Honors 2022!

Hospice Honors is a landmark compilation of hospices providing the best patient and caregiver experience.

This prestigious annual review recognizes hospices that continuously provide the highest level of quality as measured from the caregiver's point of view.

Hospice Honors acknowledges high performing agencies by analyzing performance of Hospice CAHPS quality measures. The awards are an exclusive recognition for hospices that have selected HEALTHCAREfirst as their hospice survey partner.

HOSPICE HONORS

This certificate is awarded to
Hoosier Uplands Hospice - 151556

for continuously providing the highest level of satisfaction through
care as measured from the patient's point of view.

A handwritten signature in black ink, appearing to read 'Nanci Gupke', written over a horizontal line.

Signature

April 1, 2022

Date

HEALTHCARE *first*
by ResMed

Combatting Social Isolation in the world of COVID

With the pandemic and the increased turbulence of the world. Studies show we are more isolated than at any time in history. According to the WHO, currently as many as one in three people aged 45 and older are coping with loneliness.

The number for all Americans is 1 in 10 who feel lonely or isolated all or most of the time! Loneliness is the pain we feel when our social connections fail to meet our needs. Whereas social isolation is the state of having a smaller number of social contacts. Both are a significant problem even prior to COVID. With the past two years, it's fair to say this is a situation almost all of us have felt during this time.

The health risks of loneliness include:

- Increased risks of premature death from all causes
- A 40% increased risk for dementia
- 29% increased risk of heart disease and 32% increased risk of stroke
- Higher rates of depression, anxiety and suicide

Warning signs for isolation also include:

- Signs that a person might be isolated
- Deep boredom, general lack of interest and withdrawal
- Losing interest in personal hygiene
- Poor eating and nutrition
- Significant disrepair, clutter and hoarding in the home

We can lessen isolation's negative effects by taking steps to address the challenges isolation presents:

- Engage in enjoyable or relaxing activities. Exercise and stretching, reading, listening to music, meditation and prayer, journaling, and hobbies can help relieve stress that can be associated with isolation.
- Daily routines promote a sense of purpose and normalcy.
- Develop a schedule.



- Eating well, getting enough sleep, and engaging in physical activity can promote better mental health.
- Stay connected. If conditions limit in-person contact, phone calls, email, texting, social media platforms, and videoconferencing can be used to stay in touch. A personal one that I have done recently is mailing letters to loved ones. This rather archaic form of communication is one that at least is a physical item for them to hold while they are reading.
- Join a group, be it hiking or other hobby. Going back to church and having the fellowship of with others.
- Stay informed. Keeping in current information available can help in mitigating fear and putting risk into a relative form that will allow safer practices to be utilized.

As is often the case, no miracle pill exists to fix this problem. What we can do is try to promote self-care, encourage and check in with loved ones, coworkers and even the friendly interactions in a store may be the highlight of someone's day.

During the height of the pandemic, I was taking one of my frequent walks on the trail of a nearby state park, hearing someone coming up the trail and wanting to maintain social distancing, I simply waited at the time before I started down. The poor hiker stumbled a bit a particularly tall step and I asked if she was ok. Apparently, I was too quiet as I scared the daylights out of her! After assuring her of her safety, the discussion led to not being sure of where she was at and how to get to her car. I provided a map and showed her location, key markers to look for and where she was parked. I was thanked and left to finish my walk. It was a few days later and I see a post on social media and made a comment that the pictures looked familiar.

It ended up being the lady I had met earlier on the trail. What ensued was a glowing description of how important this seemingly mundane meet up on the trail was for her. It was an all too needed reminder that we do not get to determine our value to others; it is others who determine the gift we present to them with any charitable act. This is something I hope many will better appreciate as we progress through this year.



EMPLOYEE ASSISTANCE PROGRAM

The employee assistance program is now open to all employees. Employees may request assistance to pay for any health, dental, or mental health co-pay or bill balance that is in employee's name.

How to request assistance:

Please contact Emily Webb for an Employee Assistance Form, and submit form and a copy of bill to Emily. On a monthly basis, the Health and Wellness committee will review all requests using an anonymous system.

Contact:
ewebb@hoosieruplands.org



The Indiana Emergency Rental Assistance (IERA) program is designed to decrease evictions, increase housing stability, and prevent homelessness by helping renter households whose income has been negatively impacted by COVID-19 with rent and utility assistance.

IERA can provide you with up to 12 months of rental assistance. Qualifying applicants may also receive utility and/or home energy assistance. This includes help with paying past due utilities (electric, gas, water, sewer, and trash) and home energy (fuel oil, wood, coal, pellets, and propane) expenses along with internet assistance for past due expenses.

Please contact Amy Hopper at ahopper@hoosieruplands.org with any questions.

Client Assistance Transportation Program!

Hoosier Uplands has been awarded a grant in the amount of \$100,000 through the Indiana Housing and Community Development Authority to provide transportation assistance to those in need. This program is available to clients that are at or below 200% of the federal poverty level and must demonstrate that they have a need that is related to the COVID-19 pandemic in some way. Preference will be given to those who demonstrate a need for assistance to gain/maintain employment and or access to community resources and services. The types of assistance provided will include:

- Gas cards up to \$250
- Transportation vouchers up to \$250
- Vehicle repairs up to \$1,000
- Car payments up to \$500
- Car insurance premiums for up to three months and no more than \$600

Other transportation needs outside of these listed up to \$500 will also be considered. This other category of transportation assistance may include, but is not limited to, assisting individuals with driver's education course costs, driver's license reinstatement fees, license plate/vehicle registration fees, vehicle titling fees, and/ or driver's license issuance/renewal fees. Due to the broadness of these transportation needs, specific requests falling under this component will be reviewed and approved on a case-by-case basis. Clients will be required to complete an application for assistance that provides their statement of need as well as income verification. Qualifying households are eligible for up to \$1,500 total for transportation related needs.

To apply, please complete the application: <https://form.jotform.com/212623385491053>

For questions, please contact Amanda Wolfe at 812-849-4457.



Drive to Remove Roadblocks

Hoosier Uplands has partnered with Grant Law, PC. to provide a program called Drive to Remove Roadblocks for citizens in Lawrence, Orange, and Martin Counties. This project is being funded through Hoosier Uplands' local funding. The goal of this program is to provide needs based legal services to citizens to help seal or expunge their criminal history, allowing them to compete fairly and on equal footing in the job market, and to give them an equal opportunity to access better housing. This is available to clients that meet the financial criteria, those who are at, or under, 200% of the Federal Poverty Level, based on family size. Grant Law Firm works with these clients, evaluates their driving history, and works to remove the barriers they face in obtaining a valid driver's license or to obtain specialized driving privileges. This effort requires significant time with the clients, research, and lawyering to effectively advocate for the client to achieve the expungement.

The community will benefit from the program through having citizens who can obtain and or improve employment which will help to increase their self-sufficiency. This program removes real world barriers to maintaining or obtaining quality employment and housing and will make a real impact on the lives of clients in our service area. To date, nearly 230 cases have been assisted through this funding!

Those in need can contact Grant Law, PC at (812) 797-1882.

