

HOOSIER UPLANDS

EMPLOYEE NEWSLETTER



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.

We are excited to welcome Dr. Daniel O'Brien as the new Medical Director for our hospice team. We look forward to the experience, leadership, and compassionate care he will bring as we continue our mission of providing exceptional care to our patients and families.

At the same time, we want to extend our deepest gratitude to Dr. George Sorrells for his dedicated service, unwavering commitment, and countless contributions as our Medical Director. His guidance has helped shape our organization and positively impacted the lives of so many patients, families, and team members.

We are especially grateful that Dr. Sorrells will continue to be part of our hospice family as our Backup Medical Director. His continued support and expertise will ensure a seamless transition while allowing us to benefit from his knowledge and experience.

Please join us in welcoming Dr. O'Brien to this important role and in thanking Dr. Sorrells for his years of exceptional leadership and their ongoing commitment to our hospice team and community.



Welcome



Welcome

We were awarded funding through Duke called Vibrant Communities Grant. The funds are primarily for Lawrence, Orange, and Martin Counties. With limited funding for Washington Co.

- Must be a Duke customer (will need to provide a Duke bill)
 - Live within one of the above counties
- Help with transportation for medical reasons, past due medical bills, and past due water bills

Please feel free to refer clients to Amanda Johnson. It is first come first served until funding is depleted.

Hoosier Uplands Strategic Development and 21STCC Staff helped put on the Back to School Bash event on Thursday, July 23rd at the Lawrence County Fairgrounds. There were tons of free school supplies being passed out by local businesses and by Hoosier Uplands. Hoosier the Bison came and took pics with the kids, there were free hair cuts and free face painting. 812BBQ also donated free meals for families to take home. Bubble Tea Barn and Soda Babe also attended as vendors also. We had a little over 1,100 attendees! It was a beautiful day for a great event! Below are pics of staff as well as some vendors and what school supplies were being passed out to the community. There were also tons of raffle prizes attendees were able to enter with tickets!





Hailey England and Carrie Ritchison attended as a vendor at the Mitchell's Playground Project Event on Saturday, July 25th. They raised funds to replace Mitchell's playground equipment, but total amounts are pending. During the event, it was announced that SICIL donated \$25,000 and Bedford Federal also donated \$25,000. At our vendor booth, we gave out treat bags, free popsicles and information about some of Hoosier Uplands programs/events. It was a great event!





Presented by the
Rural Dementia
Network

What is Normal vs. Not Normal in Aging

We have all likely walked into a room and forgot what we went in to do or had trouble remembering a person's name. Does that mean we have dementia?

Learn about normal cognitive changes that frequently occur as we age versus abnormal changes that may suggest the need to speak with a healthcare professional.

Wednesday, September 30th

11 am

Mitchell Community Public Library*

*Registration Required.

Call 812-849-2412 to sign-up.

Ages 18+

LUNCH PROVIDED!

Email LScott24@iuhealth.org
with questions.



Brain Health

with the Rural Dementia Network

Tuesday, September 29th
6 pm

Mitchell Community Public Library*

Research is showing that by acting now, you may be able to delay or prevent decline as you continue to age by making some simple changes in your life.

Learn the most recent information about the pillars of brain health and the lifestyle choices that impact cognitive decline.

***DINNER PROVIDED!**

Registration Required. Ages 15+.

Call 812-849-2412 to sign-up.

Email LScott24@iuhealth.org with questions.



MITCHELL
Community Public Library



Mental Health FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Mental Health First Aid Certification Courses

Two Upcoming Opportunities to Build Skills That Save Lives

Learn how to recognize, understand, and respond to signs of mental health and substance use challenges.

1 Mental Health First Aid for Military, Veterans and Their Families



Date: September 29, 2026



Time: 8:00 AM – 4:00 PM



Location: Hancock County Extension Office
972 E. Park Ave., Greenfield, IN 46140



Format: Fully in person. No online pre-work required.

- Designed specifically for military members, veterans, and their families.
- Learn practical skills to support someone experiencing a mental health or substance use challenge.
- Use the MHFA Action Plan (ALGEE) to respond with confidence and connect people with help.

2 Mental Health First Aid for Adults



Date: October 14, 2026



Time: 8:30 AM – 4:00 PM



Location: Washington County Community Foundation,
Suite 100
1707 North Shelby Street, Salem, IN 47167



Format: Blended course. Includes 2 hours of mandatory online pre-work plus the full in-person class.

- Learn to recognize signs of common mental health and substance use challenges.
- Build confidence in offering support and connecting people with appropriate resources.
- Practice using the Mental Health First Aid Action Plan (ALGEE).



Instructors

Kimber Nicoletti-Martinez, LCSW
Kevin Davis, MPH



Registration / More Information

Kimber Nicoletti-Martinez, LCSW
knicolet@purdue.edu

In Partnership With



Attending the full course is required for certification.

Sponsored by:



SENIOR FITNESS

Participate in a FREE group fitness class for Seniors aged 60+ that features light stretching, strengthening, and balance skills.



**Mitchell Community
Public Library**



**Fridays @ 1 pm:
August 21 & 28
September 4 & 11**



All materials provided!



**ATTENTION
PLEASE!**



Sign up by calling
812-849-2412

Instructed by Staci Fiddler

Questions:

Call Staci at 812-797-6329





Grand Opening!

at Limestone Edge Apartments

Thursday, August 13, 2026

10:00am – 1:00pm

3301 S Shawnee Dr. Bedford, IN

Join us for a brief ribbon cutting ceremony, tour of the property, and the opportunity to learn more about this important addition to our community. Light refreshments provided.

We look forward to celebrating with you!



Please share with your family & friends that Hoosier Uplands Hospice is seeking dedicated person(s) to join our team as a Hospice Volunteer.

Hospice Volunteers are caring people who want to make a difference in the lives of others. Most volunteers provide patient/family support by giving the caregiver a chance to “take a break”. This can be time for running errands, getting groceries, working in the yard or just taking a nap. Volunteers visit with the patient and family, offering a “listening ear”.

Hoosier Uplands Hospice encourages surviving family members to wait one year following a loved ones’ death to serve as a volunteer.

Anyone wishing to become a volunteer may contact Lee Grimes, Volunteer Coordinator at (812) 849-4447; ext. 4348.

Hoosier Uplands will provide Hospice Volunteer training at no cost.

The greatest gift you
can give someone is your
TIME
Because when you give your
TIME
you are giving a portion of your life
that you will never get back...

MITCHELL OPERA HOUSE '26-'27 SCHEDULE OF EVENTS

June 20th
7 p.m.

The Monarchs
\$30 Adults /
\$15 Kids 12 and under

July 11th
7 p.m.

Sounds of Summer: A Beach Boys Tribute
\$35 Adults /
\$18 Kids 12 and under

July 18th
7 p.m.

Carolanne Miljavac
\$35 Adults /
\$18 Kids 12 and under

July 25th
7 p.m.

Bloomington Jazz Orchestra
\$10 Adults /
\$5 Kids 12 and under

August 1st
7 p.m.

Kirby Stailey and the Dash
\$25 Adults /
\$13 Kids 12 and under

August 8th
7 p.m.

Nathan Stanley
\$25 Adults [Online] / \$35 [At the Door]
\$10 Kids 12 and under

August 15th
7 p.m.

Rachel Holt
\$20 Adults /
\$10 Kids 12 and under

August 22nd
7 p.m.

Houses of the Holy: The True Zeppelin Experience
\$25 Adults /
\$13 Kids 12 and under

*Tickets can be purchased in advance at Ace Hardware in Mitchell or by visiting our website.
Doors open 45 minutes before show.*

217 N. 7th St.
Mitchell, IN 47446



812-849-4447
grayhill@hoosieruplands.org

WHAT IS SFAE?

SFAE are substance-free alternative events that are organized, social, or recreational activities that explicitly exclude the use of alcohol, tobacco, and other drugs. These events provide safe, welcoming environments that promote wellness and community connection without relying on substances for entertainment.





SFAE EVENT SCHEDULE 2026

AUG 22

MONSTERS UNIVERSITY



SEPT 12

DIARY OF A WIMPY KID



OCT 31

TRUNK OR TREAT



NOV 28

**ICE AGE: DAWN OF THE
DINOSAURS**



Hoosier Uplands Head Start

is taking applications for enrollment in our
FREE preschool program



Call to schedule an
appointment to complete an
application today!

Bedford812-275-0052
Mitchell812-849-4448
Loogootee..... 812-295-4700
Paoli..... 812-723-3687
Salem812-883-5368



INCOME GUIDELINES

Persons in family Income

1.....	\$15,960
2.....	\$21,640
3.....	\$27,320
4.....	\$33,000
5.....	\$38,680
6.....	\$44,360
7.....	\$50,040
8.....	\$55,720

*The following are categorically
eligible to complete an application:
Recipients of SNAP, SSI, and TANF;
as well as Foster and Homeless.*

Serving Lawrence, Martin, Orange, and Washington Counties
www.hoosieruplands.org

SCAN TO APPLY



**GO FOLLOW OUR HOOSIER
UPLANDS HOME HEALTH AND
HOSPICE FACEBOOK PAGE! LINK IS
BELOW.**

**[https://www.facebook.com/profile.php?
id=61574608183275](https://www.facebook.com/profile.php?id=61574608183275)**



UPCOMING BIRTHDAYS FOR AUGUST!

August Employee Birthdays:

4th - Stephanie Stinson

5th - Blaine Blevins and John Mess

7th - Ryan Nicholas

8th - Anna Brough and Marissa Cox

9th - Jackie Carley and Jenasin Duzan

10th - Robert Burns

14th - Alverta Hart and Karianne Hopkins

15th - Hannah Wires

16th - Diane Budd and JB Henderson

18th - Samantha Bowles, Mary Crowder and Liberty Irwin

24th - Sydney Owens

26th - Shawn Williams

27th - Joanie Evans

28th - Zona Collins

29th - Becky Haagsma

30th - Kimberly Cornelius



*Happy
Birthday*



HOOSIER UPLANDS CAN HELP YOUR CHILD SLEEP SAFE!

WE OFFER PACK N PLAYS AND SAFE SLEEP
TRAINING FOR THOSE IN NEED! CALL US
AT 812-849-4447 AND ASK FOR WHITLEY
CLEMENTS!

*We can help keep
your child safe!*

**HOOSIER UPLANDS OFFERS FREE CAR SEATS,
AND FREE CAR SEAT CHECKS FOR THOSE IN
NEED.**

**CALL OUR OFFICE AT 812-849-4447 AND ASK
TO SPEAK WITH WHITLEY CLEMENTS!**

**Car seats offered include convertible, combination,
high back booster and booster seats!**



PRAYERS REQUESTED:

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Pray for a successful new school year!