

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.



Come and visit our

HOOSIER UPLANDS FOOD PANTRY



With the threat of no SNAP benefits in November, and knowing some may receive this food assistance to supplement your family, Hoosier Uplands is having a food pantry for the month of November for those who may be in need. This will be located in the break room.

Staff may bring in non perishable food items that could be available for staff.



The extras will be donated to the food pantry located here in Mitchell.

Please use this resource if you are in need.
Thank you!



THE STRATEGIC DEVELOPMENT DEPARTMENT HAD FOUR INDIANA CHILD PASSENGER SAFETY TECHNICIANS PARTICIPATE IN THE CAR SEAT CLINIC HELD AT THE BEDFORD HOPE RESOURCE CENTER ON 10/23. 17 INSPECTIONS WERE COMPLETED AND 13 SEATS DISTRIBUTED TO FAMILIES IN NEED. EVERY SINGLE CHILD WE SAW LEFT SAFER THAN THEY ARRIVED. THANKS TO OUR PARTNERS WITH IU HEALTH, SICHC, AND RILEY PEDIATRICS.



Free Health Screenings

**TUESDAY,
NOVEMBER 18TH, 2025
9AM-12PM**

**THE SOLUTIONS CENTER
1490 W Main St, Mitchell, IN**

**TAKE CONTROL OF YOUR HEALTH BY KNOWING
YOUR NUMBERS. STOP IN FOR A FREE
SCREENING THAT INCLUDES:**

- blood glucose and cholesterol
 - a 9-hour fast before your test is recommended.
- blood pressure
- hemoglobin A1c
 - fasting not needed
- lung screening
- nutrition services
- STI testing
- health coaching

WALK-INS WELCOME: no appointment needed
Questions? Contact Britney Arce at barce@iu.edu



SCHOOL OF NURSING
INDIANA UNIVERSITY
Bloomington



SCHOOL OF PUBLIC HEALTH-BLOOMINGTON
**CENTER FOR COMMUNITY-ENGAGED DISSEMINATION
AND IMPLEMENTATION RESEARCH**



Appointment Preferred:
Contact the mobile lung screening team
(317) 962-LUNG (5864)
email: lunscreening@iuhealth.org

*SPECIAL
EDITION*

Engagement

*SPECIAL
EDITION*

REBEKAH & NIKOLAS

are getting married



REBEKAH HAWKINS, FROM THE AHEC PROGRAM, GOT ENGAGED TO FIANCÉ NIK BAILEY IN AUGUST. THEY ARE PLANNING TO GET MARRIED IN MAY OF 2026!

Congrats!

Staff Spotlight: Community Engagement

In September, Serenity Now staff therapist Angela Pohlen had the privilege of speaking at the monthly meeting of the South Central Association of the Visually Impaired (SCAVI), held at the Bedford Free Methodist Church. Drawing on both her professional expertise and her lived experience as someone who is visually impaired, Angela led an engaging session on managing anxiety, depression, and grief.

The presentation combined psychoeducation on symptoms and coping strategies with practical exercises, imagery techniques, and an open Q&A that encouraged members to share and connect. Participants responded with enthusiasm, and the SCAVI president personally invited Angela to join the group, noting her insight and the value of her contributions.

Angela's biggest message to attendees was that therapy is not something to fear but a supportive resource for growth and healing. She emphasized that shared experiences within groups like SCAVI foster bonds and provide unique support systems that can make challenges easier to navigate.

We are proud of Angela for representing Serenity Now in the community and for her dedication to helping others feel seen, supported, and empowered.

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

UPCOMING BIRTHDAYS!

November Employee Birthdays:

1st - Nicole Padgett

3rd - Juanita Sneed

6th - Glenda Duncan

17th - Misty Sallows

18th - Jennifer Livingston

22nd - Michelle Bush

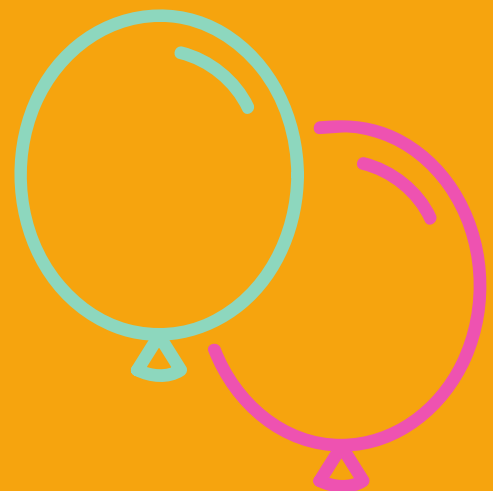
26th - Lauren Buehrle and Kirstie Lowry

27th - Martina Nicholson

29th - Brandon Hall

30th - Jerry Jewell

*Happy
Birthday*





Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,

130

people die by
suicide every day.

*Source: American Foundation
for Suicide Prevention*

From 1999 to 2019,

841,000

people died from
drug overdoses.

*Source: Centers for Disease
Control and Prevention*

Nearly

1 IN 5

in the U.S. lives
with a mental illness.

*Source: National Institute
of Mental Health*

Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*. <https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.). *Drug overdose deaths*. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). *Mental illness*. <https://www.nimh.nih.gov/health/statistics/mental-illness>

REGISTER TODAY!

Delivery Format:

Blended. 2 hours of online pre-work and a full day certification course. Completion of pre-work is required to attend in-person

Date and Time:

November 13, 2025 8:30am-4:00pm

Location:

Washington County Community Foundation Suite 100, Salem, IN

Where to Register:

Kimber Nicoletti-Martinez at knicolet@purdue.edu

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

MHFA is being co-sponsored by Hoosier Upland and Indiana AgrAbility.

HOOSIER UPLANDS

21ST CENTURY AFTERSCHOOL PROGRAM

Enrollment packets are available in your school office or you can call Hoosier Uplands and ask for Carrie Ritchison or Stephanie Stinson

Funded by 21st Century Community Learning Centers through IDOE.

ACADEMIC BASED PROGRAMMING

- Snack Time (3-3:30)
- Homework Time (3:30-4)
- STEM and or Literacy Time (4-4:45)
- Free time (4:45-5:45)



812-849-4447

critchison@hoosieruplands.org
sstinson@hoosieruplands.org

Spots fill fast

FREE TO ALL SITES

**Open
Enrollment
for the
'25-'26
School Year!**

Sites Served

Mitchell
Orleans
Shoals

West Washington
Springs Valley
Paoli

NEW!



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!**



PRAYER REQUESTS

None at this time