ON THURSDAY, JUNE 21ST, a longtime community volunteer and Retired Senior Volunteer Program (RSVP) member was honored at the statehouse with the Golden Hoosier Award. Joined by family and RSVP Assistant Director Dawn Kramer, LeRoy Rothrock graciously accepted the honor from Lieutenant Governor Suzanne Crouch.

[LeROY ROTHROCK] has devoted over 60 years to making his community a better place.
As announced at the ceremony: “LeRoy Rothrock is the type of volunteer who is the first one on site and the last to leave. He has devoted over 60 years to making his community a better place by working with the Hoosier Hills Food Bank, Wheeler Mission, the Hannah Center Crisis Pregnancy Center, Twin Lakes Recreation Center, and Clear Creek Christian Church. He assists with operations, does custodial and carpentry work, serves as a greeter on a weekly basis, collects donations, and assists with fundraisers and special events. LeRoy’s philosophy is that he sees a job that needs doing and he has the ability to do it, it’s his job to get it done. One of the most important jobs he does is making visits and phone calls to lonely seniors in his community. He also sends cards to remind vulnerable individuals that someone is thinking of them. LeRoy is a great leader by example and inspires those around him every day.”

Congratulations to LeRoy!
LeRoy’s nomination exemplifies the critical contributions older adults make to the fabric of our community.

UPCOMING EVENTS
Mark Your Calendars!

- **July 11** Caregiver University “Finding the Care That’s Right for YOU” 11 -12 p.m. Monroe County Public Library Ellettsville Branch
- **July 21** Fun in the Sun! Community Yard Sale & BBQ 7:00-2:00p.m. Stonecroft Health Campus 363 S Fieldstone Blvd, Bloomington — Proceeds Benefit Area 10!
- **August 22** Caregiver University “Positive Physical Approach (PPA) and Hand-Under-Hand (HUH)” 10-12 p.m. Monroe County Public Library
- **September 13** Caregiver University “Understanding Hospice and Palliative Care” 3-4 p.m. Monroe County Public Library
- **September 15 – October 4** 50 Plus Senior Games (Area 10 Endwright Center annual event)
- **September 21** Senior Salute 11:30 – 1 p.m. Area 10’s Endwright Center
Area 10 Agency on Aging will once again offer their Senior Farmers’ Market Nutrition Program for low income seniors in Monroe and Owen Counties. Eligible seniors receive four $5 vouchers that can be used at the local Farmers’ Markets to purchase fresh produce.

Suzanne Donnelly, Area 10 Nutrition Manager notes, “Whether you’re cooking for yourself or others, fresh foods always offer a solid nutritional base along with exciting variety options that you may not find at a grocery store. Farmers Markets offer a wide variety of interesting and sometimes unique foods that are only available seasonally. The Senior vouchers offer an opportunity to not only stretch your dollars but also your taste buds.”

Eligibility requirements for the vouchers include being a Monroe or Owen County resident over the age of 60 years. There are also income requirements. For example, the annual income guideline for a senior living by themselves would be $22,459 before taxes and insurance. Persons applying for the vouchers must show a Driver’s License or State ID. Vouchers are available to those under 60 years old if they are disabled and living in senior housing that serves congregate meals through Area 10.

Local Farmers’ Markets include: Ellettsville Farmers’ Market, 6002 W. State Road 46 (Bender Lumber Parking Lot); Bloomington Farmers’ Market, 401 N. Morton Street (parking lot of the Shower’s building, City Hall) on Saturdays from 8 am-1 pm; Owen County Farmers’ Market, 459 W. Morgan Street (parking lot next to Babbs Grocery store) on Saturdays from 8:30 am-12:30 pm and Smithville Farmers’ Market, S. Strain Ridge Road (next to Old Smithville School) on Saturdays from 8 am-12 pm.
Senior Farmers’ Market
Nutrition Program

Ms. Donnelly cautions people using the vouchers to check with the individual vendors at the markets as not all vendors will accept them. Those vendors who do accept the vouchers should have a sign posted in their area that states “WIC and Senior Farmers’ Markets Checks Accepted Here.” People using the vouchers cannot receive cash back on purchases.

Vouchers can be obtained at the Area 10 Agency on Aging office in Ellettsville at 631 W. Edgewood Drive from 8 am to 4:30 pm Monday through Friday or at the Bloomington Farmers’ Market every other Saturday beginning June 30 from 9 am-12 noon.

For more information, call Area 10 at 812 876-3383.

April – June 2018 Donors

Alexis Pruitt
Allen and Nancy White
Amanda Turnipseed
Andrew Lowry
Catherine Sherwood-Laug
Chris Myers
Denise and Barry Lessow
Denver Wrightsman
Donna Kinkead
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Elizabeth Shaffer
Faye Eklins
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Millikan Smiles
Monroe Place
Patricksburg Methodist Church
Personal Financial Services, LLC
South Central Community Action Program, Inc.

Thanks to our 2018 Community Partners!
Area 10 Welcomes Our New Staff

Na’Kia Jones  
*Nutrition Outreach Coordinator*  6/25/18

She’s no stranger to Area 10, though, as she’s been volunteer leading a balance class in our Endwright Center. A recent graduate in health and human studies with a minor in gerontology, Na’Kia brings a community minded perspective on service and will be a great addition to our team.

Rebecca Mueller  
*Case Manager*  4/16/18

Rebecca literally hit the ground sprinting with gaining knowledge about the complexities of our in-home services. Not only does Rebecca hold a master’s in public health, but she brings an active history of service and involvement in community health issues. A quick learner, Rebecca stepped right in to help with the hefty case load on the other staffs’ shoulders while securing her state case management certification in record time!

Partnering with IU Health for Stepping On series

July 10th from 1-3 p.m. begins a collaboration with the IU Bloomington Hospital where they will be providing a free seven week session on “Stepping On.”

Stepping On is designed specifically for people who are: 1) at risk of falling, 2) have a fear of falling, or 3) who have fallen one or more times. Participants meet for two hours a week for seven weeks. Workshops are facilitated by trained Leaders and provide a safe and positive learning experience.

Subjects covered include: Simple and fun strength and balance exercises; The role vision plays in keeping your balance; How medications can contribute to falls; Ways to stay safe when out and about in your community; What to look for in safe footwear; How to check your home for safety hazards.

Interested in registering? Give Endwright Center staff a call at 812-876-3383 ext. 515.
AREA 10 AGENCY ON AGING is partnering with Loren Wood Builders for this year’s Safe at Home event to make seniors’ homes safer and more accessible. Volunteers and professionals will offer safety home assessments and develop work plans for a one-day community service event.

The one-day community service event is scheduled for Saturday, October 27th. The goal is to make homes safer for older Hoosiers—each year, one in three adults age 65 and older falls, resulting in $19,000 on average in healthcare costs and is the leading cause of injury death for this age group. Research shows the best way to prevent falls for persons at moderate to high risk of falls includes home modifications, which can be as simple as installing a $30 grab bar in the bathroom. The National Council on Aging has a fact sheet available here: https://www.ncoa.org/wp-content/uploads/Falls-Prevention-Fact-Sheet-2018.pdf

We are looking for eligible home projects for the day. If you or your loved one lives in a home that has any of the following needs, give us a call at 812-876-3383 and speak to one of our ADRC representatives. Be sure to mention Safe at Home!
Eligible projects may include: leaf raking, gutter cleaning, light bulb replacement, smoke detector and/or carbon monoxide detector battery replacement or unit replacement, grab bar and hand rail installation, possibly ramp or widened step build, and other minor household safety improvements. We are accepting interested calls through August to allow time for home visits and assessments.
TO MOST PEOPLE, planting tomato plants on the deck of their apartment would be a minor event. However for someone who thought they would be living for the rest of their life in a nursing home, this is a major symbol of their freedom and independence.

That independence is gained through a program developed in 2005 called the Money Follows the Person (MFP) to help senior citizens and people with disabilities transition from nursing home facilities into home and community based programs allowing them to either live in their own apartment, a family home or assisted living facility. The program is open to people residing in a nursing home at least 90 days and who qualify for the Medicaid Waiver Program. Twenty-four hour care is not an option in this program.

Amanda Wood, Area 10 Care Manager, has administered the program and provided option counseling for Area 10 or two years. "People in the program have better outcomes both physically and psychologically. They like being on their own and having more freedom and space. They like the idea of creating their own schedules. They don’t have to share a room and can choose their own menu and mealtime."

She noted there are younger people who are in nursing homes because of serious injuries who thought they would live the rest of their life in a nursing facility but have been able to transition into a home based situation.

“When you have someone who transitions successfully, it is good to be a part of their happiness. It is good to know you are a part of them being able to grab hold of their life and get their independence back,” reflects Ms. Wood.

Referrals for the program are usually initiated by the social worker in a nursing home. Families or nursing home residents interested in the program should contact the social worker of the facility or call Area 10 Agency. According to Ms. Wood, there are several areas of assessment that must be completed in order to qualify for the program including if it is safe and feasible to have the client in a home setting and are the needs of the client too high to qualify. The assessment process includes input from the client, the family and the nursing home. Areas of consideration include the client’s current functioning, client’s wishes, and preference concerning care. “The biggest barrier for the client is finding housing,” notes Ms. Wood. “There are long waitlists and it can take months to arrange for affordable housing.” “MFP is a real life changer,” notes Ms. Wood. Unfortunately the funding for the program may run out. Various bills are now being proposed to keep the program alive.
According to statistics, the program has helped 75,000 people maintain their independence and has reduced Medicare and Medicaid expenses by 25%. Those who are interested in keeping the program should contact their legislators.

Ms. Wood, who has been at Area 10 for 11 years, notes that her longevity on the job has to do with “empowering people and advocating for what they want. It is hard work because often people are pushing back but it is good to help people obtain a good outcome. I am always learning from people and their life experiences.”

Herb Ault, Rural Transit Coordinator for Monroe and Lawrence County and bus driver, participated in the Rural Transit Assistance Program day-long “Roadeo” event held in Columbus, Indiana held in April.

Twenty-four drivers from all over Indiana were tested throughout the day in four different categories. In each category, participants were given 7 minutes to complete the task. First, was a written test covering safety issues and rules of the road. Drivers then competed in an obstacle course while driving a passenger bus to test their driving skills including safety and handling. They were graded on ten different driving skills. A Vehicle Inspection Check was next where 6 mechanical problems had been purposely created. Herb actually found more than the required deficiencies during his inspection of the bus. This was followed by a Passenger Assistance Test requiring them to demonstrate loading and unloading a passenger in a wheelchair on to the lift.

Herb has worked for Rural Transit for 9 years but this was his first participation in the “Roadeo.” When asked about his first “Roadeo” experience he states, “I met a lot of very nice bus drivers from all over Indiana. The day was very cold. But I had an awesome time and good support from family and friends. Very fun day and I’m excited to go again next year.”

Herb placed first on his team and seventh overall and was awarded a Certificate of Participation from the Indiana Council on Specialized Transportation/Rural Transit Assistance Program. The two top drivers proceeded onto the national event in Detroit.

Thanks to Herb for proudly representing Area 10’s best at this state event and taking most of one of his Saturdays!
Our wonderful sponsors, whose generous support enables us to continue our great work!

Thank You!