On September 20, 2019, around 100 volunteers and their guests gathered at the Endwright Center at Area 10 to celebrate the service of RSVP and other older adults in Monroe and Owen counties.

The Edgewood Junior High Jazz Band kicked off the program, which everyone enjoyed. Chris Myers, the CEO of Area 10, welcomed everyone and led us in the Pledge of Allegiance. Irv Burns, sang the National Anthem. Jim Arnold led us in a remembrance of the POW/MIA who could not be with us.

It was my privilege to recognize the RSVP volunteers. In the last year, RSVP volunteers have collectively served over 36,000 hours of volunteer time!

Then we came the awards ceremony. Chris Myers read each honoree's bio. Many elected officials form both counties handed out awards and were very honored to be a part of this program. Each honoree was recognized for some wonderful things they have done in the community.

An event to honor volunteers could not happen without so many volunteers and event sponsors. Organizations include: Bell Trace, Richland Bean Blossom Health Care Center, Home Instead, Kroger, Eastern Star Ellettsville Tri Kappa, 1st Care Home Health Services, Gentry Park, Lifeway Baptist Church, Aperion Care, Garden Villa. And volunteers include: Irv Burns, Sherry Olson, and Charlene Dornick, Jim Arnold, Connie Headdy, Jeanne May, Donna Bartlett, Marilyn Harris, Barba Baer, EHS Family and Consumer Science Students, Lora Clausman, Edgewood Junior High Boys’s Basketball team and Edgewood High School National Honor Society, Stacey Goffinet, Julie Seaford, Troy Haltom, Darci Underwood, Kelsey Haslip, Lynsie Haag, Sandra McGow, Tanalee Chapman.

I also want to give a special thank you to the volunteers who helped make Senior Salute a special day.
This year, the **Endwright Award** went to **Barb Heflin**, a member of Psi Iota Xi and a volunteer at Bloomington Thrift Shop, which is run by that club.

**Barb Heflin** is a member of the philanthropic organization Psi Iota Xi and a volunteer at the Bloomington Thrift Shop, a non-profit they operate. Without her steadfast bolstering, they would have struggled to survive recent challenges.

Barb has served as scheduler and shop chair, overseeing everything involving the shop, working closely with employees, sales, and committee members, essentially a full time job. She has been the wheel. She would do everything possible to fill needed shifts. When it was finally time for her to retire from shop chair, her duties took four women to cover everything!

She has continued in a leadership position as Advisor for the chapter as a whole, continuing to provide her sensible guidance that echoes her often stated perspective: TEAM. She is a unifying force, assuaging any personal conflicts between members, or desires for hasty decisions that should be thought out for the good of the order. She has been a rock when the chapter was crumbling at their foundation. Her commitment to the Bloomington Thrift Shop and the local chapter of Psi Iota Xi exemplifies the power of stalwart, steady, forthright and proactive support of a cause in humble diligence.
Senior Games 2019 is off to a great start!!
Check out the fun from the opening ceremony, softball, pickle ball and more! Watch for more fun pictures to come in the next newsletter.
We are halfway through our pilot program, Endwright East Active Living Community Center. Over 350 members have joined since opening our doors three short months ago. We’ve learned so much about the wants and needs of local seniors, and are really excited to continue providing quality programs for the remainder of the pilot...and hopefully beyond!

Please continue to spread the word about our new center and programs to your friends, family, and neighbors near the east side of Bloomington. We really want to show the City of Bloomington that the 50+ population will utilize a senior center in Bloomington!

Endwright East is a partnership with Area 10 Agency on Aging, City of Bloomington Parks & Recreation Department, Commission on Aging & IU Health Bloomington Alzheimer’s Resource Services.
### Upcoming Programs and Events at Endwright East!

#### Every Tuesday
- Chair Yoga
- Mindful Movement Meditation
- Strength & Balance
- Moves & Grooves Dance Fitness
- Ping-Pong
- Euchre Club

#### Every Wednesday
- Sing for Joy!
- Dementia-Friendly Community Choir

#### Every Thursday
- Floor Yoga
- Strength & Balance
- Mahjong
- Balance with a Beat
- Lectures & Presentations

---

**POWER OF ONE: Refusing/Reducing/Reusing/Repurposing/Recycling**

**October 3rd, 2-3 pm**
Are you “Earth-Friendly?” Discover your place in the sustainability cycle and learn how to make wiser decisions so that the “power of one” becomes the “power of many.” Motivations and strategies for smart shopping, recycling in Monroe County, saving natural resources and reducing climate change are examined. This presentation will address daily habits and conservation practices that create a sustainable world. Facilitated by Elisa Pokral of MCSWMD.

**Beginning Watercolors  Cost: $15**
October 8th & October 15th, 1-3 pm
Learn about using different techniques to paint the way you want to paint. There will be sharing and positive critiques each session. There are no mistakes! Our first class will consist of sharing ideas, learning to apply paint to paper, and learning negative painting techniques. Instructed by Leslie Asher.

**Life is All about Balance**
October 10th, 2-3 pm
Join Aperion Care and First Care Home Health for a talk about improving balance, a free balance screening and root beer floats!

**Laughter Yoga -October 17th, 2-3 pm**
Do you feel stressed out? Now more than ever we need positive coping skills to help ourselves and others on this life journey. Join Heather Kinderthain from Jill's House Memory Care as she leads the group through therapeutic laughter exercises that are sure to improve your health and well-being. You will learn some practical ways to improve your laugh life and have a lot of fun in the process. Join us every 3rd Thursday!

**Euchre Club—Every Tuesday, 1:30-3:00 pm**
Enjoy an afternoon playing euchre with other member. Come alone or bring a friend. Players are welcome to bring snacks to share with the group.

**Mahjong—Every Thursday, 12-3pm**
Mahjong is a Chinese tile-based game developed during the Qing Dynasty that has spread throughout the world since the early 20th century. Similar to the card game Rummy, Mahjong is a game of skill, strategy, calculation, and luck. Coordinated and taught by Jenny Yang so beginners are welcome.

**Paper Crafts with Glenda & Teddy**
October 22nd, 11 am-1pm  Cost: $12
October's craft will be designing two greeting cards and a decorated photo mat. A little added bonus for this month: each participant will be given material to make a decorated tag. All material will be provided for all crafts. See the display on the reception desk for an example of these two crafts.

**Alive Inside: Whole Notes and Palliative Care**
October 24th, 2-3 pm
Join Rick Clayton as he discusses music, well-being, and end of life issues.

**Line Dance Party!**
October 29th, 1-2 pm  Cost: $5
Always wanted to learn Cupid Shuffle, Hand Jive, Electric Slide and more? You’ll be the life of the party and forget it’s exercise in this joyful, synchronized, low-impact line dance class! You’ll learn easy-to-follow choreography from popular party dances across various genres and decades. Taught by Yolanda Dunderdale of Madam Marvelous.

**Halloween Monster Mash!**
October 31st, 12-3 pm
Come with your costume ready for an afternoon of fun filled with cider, snacks, games, a costume contest, and dancing! Don’t miss this event! It will be a Thriller of a good time at the Monster Mash dancing to the Time Warp again!

---

*Endwright East is a partnership with Area 10 Agency on Aging, City of Bloomington Parks & Recreation Department, Commission on Aging & IU Health Bloomington Alzheimer’s Resource Services.*
Dine at Azzip Pizza (located at the College Mall) on October 8th anytime from open to close and 20% of your bill will be donated to Endwright East to fund our music and art programs. Bring a friend or several of them! Azzip is a local chain based in Evansville that offers affordable, delicious and customizable personal pizzas.
The Honorable Lori Thatcher Quillen, IU Maurer School of Law student Nell Collins, and our very own Lisa Chaplin.

The Owen County Adult Guardianship Program and IU Maurer School of Law Community Clinic collaborated in assisting individuals in need of financial and health care protections through a guardianship. This is a great program that helps individuals with these important needs!

Pictured are Lisa Chaplin, Program Manager; Owen County Adult Guardianship Program and Mark E. Rogers; President & CEO of the Owen County Community Foundation.

“Thank you to the Owen County Community Foundation for their financial support for the Owen County Adult Guardianship Program; Volunteer Advocates for Seniors and Incapacitated Adults.”
Nutrition

Area 10’s raised bed garden allows our agency to provide fresh, organic produce to homebound clients that receive groceries from our **Mobile Food Pantry** for the first time ever last year. We received a grant from the Monroe County Master Gardeners Association to expand our garden beds and were really excited to grow banana peppers, bell peppers, and tomato from seed that we started in our CEO’s greenhouse this Spring. If you are interested in a closing down the garden and preparing for next year, please contact our Nutrition Outreach Coordinator Patricia Lopes at plopes@area10agency.org or by calling 812-876-3383 Ext. 535.

Hilltop Garden and Nature Center

Hilltop Garden brought our residents at Edgewood Village Apartments a bountiful harvest of freshly grown produce. By the end of September they will have brought 3 full fresh produce deliveries for our tenants to enjoy! Straight from the vine to the tenants!

Special thanks to Jennifer Kessler Harp for taking the time to deliver the Hilltop harvest to our Edgewood Village Senior Housing tenants!
Dementia Friends Indiana seeks to build awareness of and break down stigmas surrounding various forms of dementia (Alzheimer’s, Lewy Body, Frontotemporal, Pick’s disease, vascular, Parkinson’s, Huntington’s, mixed dementia and more) and implement practical changes that make life easier to navigate for those with dementia and their loved ones.

A Dementia Friend is someone who wants to make a positive difference in the lives of people living with dementia through increased awareness and support.

Be on the lookout for monthly Dementia Friends workshops to take place starting in November.

If you want to become a Dementia Friend today, click this link to watch a 30 minute video session led by Dementia Champion Jean Ross.

Photo description: Bloomington PD holding up their certificates after their Dementia Friends session in August with Master Champion Na’Kia Jones of Area 10 Agency on Aging & Champion Stacey Goffinet of Comfort Keepers
Area 10 Welcomes Our New Staff Aboard!

Pate Thomerson 8/22/2019

Pate is a new Options Counselor in the ADRC (Aging and Disability Resources Center). She is a 2019 graduate from the IU School of Social Work and brings a passion for helping people. During her Senior year at IU she served as an Area 10 intern, working with Lisa Chaplin and the Guardianship Program.

Welcome Pate!

Maddie Gaskill 8/26/2019

Maddie is our new Care Management Administrative Assistant. She is from Paragon, Indiana and has education and experience in the healthcare field. She has a friendly, up-beat personality and excellent organizational skills. She will help improve the efficiency of the services that our individuals receive by our Care Management Team.

Welcome Maddie!

Bradley Ashba 9/3/2019

Bradley is a new Care Manager with Area 10. Brad is from Bloomington, Indiana. He has a wealth of experience in the social service field. He has dedicated the last nine years of his career towards assisting individuals with disabilities. He has a welcoming, positive personality and is a great addition to the Care Management Team.

Welcome Bradley!

Jolene Wright 8/7/19

Jolene is our new Endwright East Coordinator. She was born in Bloomington and was an educator for over 40 years. Jolene enjoys gardening and spending time with her 13 grandchildren and 1 great-grandchild. We are so happy for her to be apart of our team!

Welcome, Jolene!
Thank you for your years of service with Area 10 Agency on Aging!

Leslie Beebe 3 years
Roland Bettman 7 years
Susan Chambers 1 year
Lisa Chaplin 2 years
Cheryl Dees 3 years
Rosemary Doherty 20 years
Anthony Grubbs 9 years
Elizabeth Kramer 17 years
Janice May 1 year
Orland McConnell 1 year
Heather McLeish 4 years
Kari Nowlin 3 years
Bob Owens 9 years
Lori Patterson 19 years
Shannon Reike 7 years
Leota Smith 4 years
Ron Smith 1 year
Diana Spurgeon 2 years
Susan Stephon 2 years
Sandy Tibbett 9 years
Patricia Williams 7 years

Fall 2019
We’re almost there—our annual Safe at Home event on October 12th. This year’s event is made possible by a grant from Bloomington Rotary Club and generous partnership with Williams Brothers’ Safe Home Solutions for stepping up to help with skilled volunteers!

It’s not too late to contribute by volunteering. If you’re interested in making a difference in the life of an older adult and can give 2-3 hours of your Saturday morning, contact Chris Myers at cmyers@area10agency.org

United Way
Change Begins with You. Are you in?

Stand up to ensure families have opportunities and everyone can meet basic needs.

Nearly 1 in 3 families in our region struggle to survive, living right above the poverty line, yet not qualifying for federal assistance. An additional 1 in 5 are in federally-defined poverty.

Every day United Way, (insert agency name), and 23 other certified member agencies work so everyone can have a true chance at a better life. United Way supports a range of services like healthy meals, after-school programs, job supports, senior services, financial stability, safe housing, and health care.

The United Way 2019-20 Community Campaign is in full swing raising funds that create change for families and individuals in Monroe, Owen and Green counties.

Make a gift and see how your donation is creating change at www.monroeunitedway.org/MyImpact
Thank You For your Support!
Our wonderful sponsors, whose generous support enables us to continue our great work!

MEADOWOOD HEALTH PAVILION

Garden Villa

RICHLAND BEAN-BLOSSOM HEALTH CARE CENTER

ACS Alternative Care Solutions LLC

Comfort Keepers

Evergreen Village at Bloomington

Thank You!