May 15th, Area 10 hosted its annual Benefit Luncheon to celebrate Older Americans’ Month. Chris Myers, CEO, focused the presentation on the month’s theme of Connect ~ Create ~ Contribute and highlighted some of the great work our agency has accomplished in the past year.

Over 120 individuals attended and collectively with our generous sponsors donated over $10,000 to our agency. New this year was a silent basket auction that was well received and enjoyed by all. And, we featured some paintings created at our Endwright Center.

Special thanks to our development committee: Stacey Goffinet, Doug Johnson, Jean Emery and Jeanne May. Luncheon contributions from Bell Trace and Meadowood, with space by Ivy Tech Community College. And event sponsors: Elder’s Journey, Hylant, German American and Williams Brothers.
Endwright East opened its doors on June 18th at the College Mall! Over 100 seniors and community members attended our grand opening and ribbon cutting on June 20th providing Endwright staff members with important feedback that will help guide the type of programs and activities planned for Endwright East. Membership will be free throughout the pilot period; however, certain classes will have a small monthly fee. Programming will focus on health, wellness, and social well-being.

Located next to Macy’s. Drop in anytime for a cup of coffee, friendly conversation, or a game of Ping-Pong!

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 at Endwright East

Every Tuesday
Chair Yoga - 10:15 am to 11:15 am
Low Impact Dance Class - 1 pm to 2 pm

Every Thursday
Floor Yoga – 10:15 am to 11:15 am
Strength, Balance, & Flexibility - 11:15 to 12:15
Balance with a Beat - 1 pm to 2 pm

Walk with Ease
July 9th-August 27th; Tuesdays and Thursdays, 12:15 pm to 1:00 pm
Walk With Ease is the only walking program identified as arthritis-appropriate and evidence-based by the CDC. No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation’s Walk With Ease program can teach you how to safely make physical activity part of your everyday life. Studies by the Thurston Arthritis Research Center and the Institute on Aging of UNC show that Walk With Ease is proven to: reduce the pain and discomfort of arthritis; increase balance, strength and walking pace; build confidence in your ability to be physically active; and improve overall health.

Medicare Q&A
July 9th, 11:30 am to 12:30 pm
The State Health Insurance assistance Program (SHIP) is a national network of highly trained counselors who provide free, objective information to help you understand your Medicare options. This program is for people who are new to Medicare and will cover the basics, including: health and drug coverage, supplemental insurance, enrollment periods and penalties, programs that can help reduce Medicare costs, and ways to prevent/ID Medicare fraud.

Memory Screenings—July 11th, 2-3 pm
Dayna Thompson, IU Health Bloomington Alzheimer’s Educator, will provide free memory screenings for five members. Call Endwright East at 812-272-4808 to register as there are limited spots.

Medical Neighborhoods
July 25th, 2-3 pm
IU Health is reaching beyond hospital care to consider the role of neighborhoods in sustaining health and wellbeing. Stafford will describe the concept of the Lifetime Community and its application to the district to be vacated with the relocation of the hospital to the IU Campus. Presented by Phil Stafford, Ph.D.

Know the 10 Signs
August 8th, 2-3 pm
Come learn about the warning signs of Alzheimer’s Disease/Dementia and how to differentiate that from normal aging and other causes of changes in cognition. Presented by Lauren Lay, Alzheimer’s Association of Greater Indiana

Innovative Housing Options
August 22nd, 2-3 pm
There are many more housing alternatives for older adults than those currently provided in Bloomington. Come hear about innovative developments in other parts of the USA and their potential for Monroe County. Presented by Phil Stafford, Ph.D.

Stress and Clutter
September 12th, 2-3 pm
Courtney Stewart, Purdue Extension - Learn practical tips and techniques for decluttering. By understanding the psychology of our attachment to “things” we can learn to let go of those items that we don’t need or use and free up some space in both our homes and our lives.

Timeslips -September 26th, 2-3 pm
Come engage in this innovative group storytelling process. Those of all cognitive abilities and experience levels are encouraged to attend. Presented by Jan Bays, Jill’s House.
♦ Area 10 is seeking volunteer administrative assistants at the Endwright Center and Endwright East. We are looking for individuals with clerical and/or customer service experience to greet and help members check-in, provide information about services offered, answer phones, complete class registrations, collect payments, create marketing materials, and assist with setting up/breaking down chairs and tables for programs. Potential volunteers with availability on Tuesdays, Wednesdays, Thursdays, and Fridays should complete our online volunteer application.

♦ Also seeking volunteers to lead craft groups, writing groups, and games during social hours at Endwright East!

**Help us furnish our new center! We are seeking donations of:**

- Combo refrigerator & freezer
- 3 room divider partitions
- Yoga mats and blocks
- Ping-Pong table
- Board games
- PA system
- AED

For donations, contact Na’Kia at njones@area10agency.org

*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.*
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 are really excited about this growing season, and started banana pepper, bell pepper, and tomato plants from seed in our CEO’s greenhouse that we transplanted in May. Peas, radishes, zucchinis, cucumbers, okra, and carrots are thriving! If you are interested in a weekly commitment to help us water and harvest our raised bed garden, please contact our Nutrition Outreach Coordinator Patricia Lopes at plopes@area10agency.org or by calling 812-876-3383 Ext. 535.

Endwright Center members enjoyed a beautiful 77 degree day at the Garfield Park Conservatory and Sunken Garden in Indianapolis in April. Check out our latest program guide to see upcoming events and trips!
**What:** Area 10 applied to be one of the projects this year for online donation platform Give65 through the Home Instead Foundation. Goal to raise at least $7,800 to support two “bigs” and two “littles” strings instruction one school year.

**When:** Prescheduled donations accepted July 1st through July 8th. Online live donations only July 9th through July 11th! There’s no messing around! Potential to win a matching grant of $10,000 from the Home Instead Foundation.

**How:** visit our project’s page at [https://www.give65.org/area10](https://www.give65.org/area10)
Makayla Thomas  5/20/2019

Makayla Thomas joins the ADRC as a new Options Counselor. Area 10 as well the ADRC department are very happy to welcome her! She is a 2019 graduate of the IU School of Social Work and brings with her a passion for helping people. During her senior year at IU, she interned with the Better Day Club, working with people with dementia. She has also volunteered with Middle Way House and Hospice.

Cyndi Willis  5/28/2019

Please join us in welcoming Cyndi Willis as a new Care Manager with Area 10 Agency on Aging. Cyndi joins us from Martinsville, Indiana. She has a Bachelor’s of Psychology from Indiana University as well as several years of experience providing social service support for adults, children, and families within Indiana. We are excited to have her as part of our team.

Heather Miller  5/20/2019

Heather is a part time Congregate Meals Site Manager at our newly re-opened Crestmont site, located on Summit St at the community building near The Bloomington Housing Authority. She is a long time member of Bloomington and the Crestmont Communities. She’s outgoing and easy to talk with, a vital quality for congregate meals site. Crestmont Congregate Meals site is currently open Monday and Wednesday evenings with meal service at approximately 6pm, closing about 8pm. She will bring fun and festivity to the Center and is already growing the number of participants in community meal gathering.

Welcome new team members!

Summer 2019
You are cordially invited to DINE & GIVE

$20 Community Fundraiser Dinner
Beverage, Tax & Gratuity are not included.

In support of

AREA 10

Area 10
Agency on Aging

WHERE:
FARM bloomington
Salad To Start
Stone Oven Pasta or Meatloaf

WHEN:
July 23rd
6:00PM

RSVP entrée choice by 07/17/2019 to events@farm-bloomington.com
Our annual Safe at Home event is scheduled for Saturday, October 12th. A half day home safety improvement blitz for Monroe and Owen county residents, Safe at Home provides a great deal of impact for a small amount of commitment with enough volunteers! The planning for eligible homes in needs is happening this summer. And, Chris extends a big thanks to Bloomington Rotary Club for their generous grant to support the purchasing of needed supplies! Three of Area 10’s board members are also Rotarians and champions for the cause: Susie Graham, Joy Harter, and Jean Emery. Thanks, ladies! Now, if you know an older person with some safety improvements needs -- such as grab bars, hand rails, carbon monoxide detectors, gutter cleaning and leaf raking – send the referrals to me at cmyers@area10agency.org

Same goes for persons interested in volunteering for the morning. We need good folks with skills! A dream would be to have a small team (or two or three) for ramp building that day, as well!

**UPCOMING EVENTS**

**Mark Your Calendars!**

**July (month-long)** -- Bloomingfoods Cooperative Grocery Positive Change
7/1–7/8 prescheduled giving and 7/9–7/11 online giving event: Give65 fundraising event to support Intergenerational Music experiences. Visit [https://www.give65.org/area10](https://www.give65.org/area10)

**July 15th 9–10:30 am** – Caregiver University series “Hand-Under-Hand (part two)” at Monroe County Public Library. Register at mcpl.evanced.info/signup/calendar

**July 23rd at 6 pm** -- Farm Bloomington dinner donation event with proceeds to benefit Area 10

**August 19th 1–2 pm** – Caregiver University series “Meet Your Area Agency on Aging” at Monroe County Public Library. Register at mcpl.evanced.info/signup/calendar

**September 16th 3–4 pm** – Caregiver University series “Finding the Right Care for You (part one) – What you need to know at Monroe County Public Library. Register at mcpl.evanced.info/signup/calendar

**September 15th** – Walk to End Alzheimer’s Area 10 Agency team

**September 20th** – annual Senior Salute

**September 13—October 10** — 34th annual Senior Games

*Summer 2019*
April-June 2019 Donors

St. Paul’s Catholic Church
Iris Kiesling
Michael Evans
Tim Martindale
Bloomington Thrift Shop
Susanne Schwibs
Alpha Chapter, Kappa Kappa Kappa
Jean Capler
Karen Crosby
Dan Rarey Real Estate
Andy & Susie Graham
Joy Kahn Harter
Mariana Kielian-Gilbert
Edwin Greenebaum
Nancy & Richard Lorenz
Janice Wiggins
Owen County Foundation
Kari Glade
Jim & Catherine Laughlin
Janis McClung
Sandra Pickel
Carol Reynolds
Paul & Susan Sullivan
Jean Emery
Janet Lemen
Andrew Lowry
Allen & Nancy White
Thomas & Mia Williams
Denver Wrightsman
Mary Benham
Sharon Kusnerz
Joseph Asher
Terri Beatty
Erik Benrud
Don Creek
Chris Myers
Pamela Fawcett
Stacee Williams
Steve Arnold
Mark & Stella Hooker
Jeffery Williams
Connie Rautenkranz
Colleen Mulinix
Scott Shackelford
Don & Beverly Warren
George Vlahakis
Rebecca Marks
Susan Sgambelluri
Lynn Schwartzberg
Gary & Judy Armstrong
Gary & Sonia Brinson
Charles & Shelly Townsend
Lorna Lou Moir

Andy & Peggy Stafford,
In Loving memory of
Ollie Mae Dye

Thank you!
Our wonderful sponsors,
whose generous support enables us to continue our great work!

MEADOWOOD HEALTH PAVILION

Thank You!