Tuesday, December 17th, six months to the day after a grand opening, Mayor John Hamilton brought great joy to the community when he shared that the City of Bloomington will be granting Area 10 the $20,000 needed to continue current Endwright East services through 2020.

Endwright East regular attendee and former Mayor Tomi Allison shared her positive experiences at the Center and spoke to the impact it has on her and her husband’s life. Chris Myers, our Area 10 CEO, wrapped up the announcement by acknowledging the staff and original committee for truly making the Center what it is. Staff: Na’Kia Jones, Jolene Wright, Kris Campbell, and Jody Hutchens. Committee members and partners: Paula McDevitt, Becky Barrick, Beverly Calendar-Anderson, Dayna Thompson and Carol Weiss-Kennedy.

The Center is open Tuesdays and Thursdays from 10—3 at the College Mall, next to Macy’s. Make plans to visit it soon!
Area 10 receives award for a new accessible mini-van

December 10th, at the annual Bloomington Health Foundation celebration, Jon Barada announced unsolicited grant awards to the community. For well over a year, Lisa Salyers and Chris Myers have been meeting and discussing with the BHF about the unmet non-emergency medical transportation needs. The BHF supported the idea and announced funding for one low floor minivan with ramp to add to our fleet. It will be exclusively used for Monroe County residents’ medical transit needs. This is a great partnership! Big thanks go to Lisa! We will now transition to getting a driver dedicated to the task!!
In July we began piloting an expansion of the Volunteer Center run by our RSVP staff in Bloomington every week. At our Spencer Whistle Stop location, we offer opportunities monthly and will be increasing frequency.

The Owen County Volunteer Center invites individuals 55 years and better to engage in various projects to benefit older adults and area non-profit organizations.

Its growing in popularity and success. Area 10’s Dawn Kramer spearheads this expansion pilot program and is having as much fun as everyone else!

If someone would like directions or has any questions, please contact Dawn at 812 876-3383. We would love for more volunteers to come and join us.

We helped a local non-profit put together 23 Gingerbread Houses for the upcoming Gosport Holiday Festival.

Volunteers created 100 pine cone Christmas Trees that are being distributed to the two local nursing facilities in Owen County. We are making one for every resident at both locations.
Area 10 and Habitat Humanity of Monroe County have been successfully partnering since July 2019 to continue the important ongoing REPAIRS needs of older adults and persons with disabilities. Habitat’s “punch list crew” has happily embraced the varied requests for assistance and do such thorough, caring work. We are so pleased to have this new partnership and know it is the beginning of a lovely relationship!
Thanksgiving 2019

Every holiday season Community Kitchen continues its excellence in providing delicious food to the community. 2019 was no different! Community Kitchen prepared an amazing meal for delivery to our senior community members’ home for the holidays. Smoked Turkey, stuffing, green bean casserole, cranberry fruit salad, mashed potatoes and dinner rolls, along with a selection of pies, including sugar free for our diabetic friends to enjoy. We had 20 total volunteers, including 15 volunteer drivers, sharing their time with the community, ensuring a hot meal made its way to where it was needed. We had approximately 123 households receiving 205 meals. It was a happy Thanksgiving for sure.
Great success at Saturday's Stuff-a-Bus, bringing in an estimated **13k+ pounds of food** to stock our Mobile Food Pantry shelves! Couldn't do it without our location sponsors: Bell Trace, Golden Living, Garden Villa, Meadowood and Aperion Care. So many fantastic volunteers for each site plus at our two unload locations! The dedicated crew from First Presbyterian Church is always great. Special call out to Stacey Goffinet with Comfort Keepers for coordinating this event! And Area 10's wonderful staff who dedicated their Saturday to the cause: Patricia Lopes, Suzanne Donnelly, Lisa Salyers, Greg Boruff and wife Susan, and me (Chris). And our newest board members: Mark Babbs, Gary Brinson and Dan Rarey. Thanks to all!
Tis the Season! Presents for Area 10 Housing Residents!

A special Thank You to the First Presbyterian Church for the Angel Tree of presents that their congregation put together for many of our residents at our housing units in Bloomington, Cunot, and Ellettsville.

The residents all expressed a very warm thank you wishing everyone a Happy Holiday!
Don’t Let Your New Year’s Resolution Bite
The Dust - AGAIN  by Kris Campbell

New Year’s Resolutions bring people in to pack the exercise areas, jogging trails, and yoga studios. It’s a common sight in January. However, by March the numbers have seriously dwindled. Research shows that New Year’s Resolutions are rarely kept, as many of you already know without having to look at any research. If your current New Year’s Resolution is losing steam, or has bit the dust altogether, here are some ideas to ignite that flame as the New Year nears.

What you need to do first is retreat from your usual routine and reflect on your core desires. Why do you want to exercise (or make any lifestyle change)? Clearly defining this and your chief motivators is the first step to making a successful change.

The next step is to come up with your plan of action. Be careful not to go “all out” with enthusiasm and then burn out quickly. Plan for gradual, small changes. It is important to do activities that you enjoy doing. If you find you don’t enjoy any physical activity, try just very short walks to begin with.

Make a pact (with yourself or someone else) to keep with your routine for six months. This is the period of time that is needed to safely transform this new exercise routine into a permanent lifestyle change. Have a nice reward for yourself waiting at the end of the six months! At that point it’s pretty unlikely that you’ll quit.

Buddy up with someone who inspires you to exercise. And look forward to a year from now when others will look to you for inspiration. Set a good example for everyone around you to follow.

Do some cross-training. If you are easily bored with exercise routines, try doing a couple, or even many, different forms of exercise. Start as a beginner at each, as you’ll be using some different muscle groups and be prone to soreness and injury. Or, pick a new sport or activity that you can get excited about, and then train to do your best at it.

Surround yourself with people, places, and materials that will keep you motivated, or help you maintain change. There are many new gadgets and apps to help as well.

AND, the last thing to do is go easy on yourself! Research shows that the people who succeed in making lasting changes are the ones who do not punish themselves. Realize that it won’t be a linear progression and be prepared to handle relapses positively. There will be obstacles to contend with at every turn; but, the more obstacles you conquer, the more faith you’ll have in your ability to face the next one and eventually succeed.

Join the Endwright Center or Endwright East for access to group fitness classes, to develop an exercise routine, and to meet others who are interested in doing the same.
LOCAL HELP FOR PEOPLE WITH MEDICARE

Area 10’s three certified SHIP counselors helped 103 people understand their Medicare options during 2019 open enrollment. The State Health Insurance assistance Program (SHIP) is a network of highly trained Medicare counselors who aren’t affiliated with any insurance company and who receive no financial compensation for their work. This is the one place where people can come to learn about all their Medicare coverage options, including subsidies to reduce Medicare costs, without the pressure of a sales pitch. SHIP counselors also help people throughout the year who are new to Medicare, and those who are having difficulties with their current Medicare coverage. If you or someone you know is looking for objective information about Medicare, give us a call at 812-876-3383!

We are so very proud of our very own Elizabeth Fleming for creating this beautiful Wrapped In Love tree sweater for Middle Way House! Elizabeth did a wonderful job! Please check out Elizabeth's tree sweater located in front of BuffaLouie's on Indiana Avenue.

Elizabeth passed away on 12/20/19. She will be deeply missed by all of us at Area 10.
Area 10 Welcomes Our New Staff Aboard!

Lisa Tinsley – 12/23/2019
Lisa will be a new addition to our Care Management Team. She has worked for other non-profit agencies throughout our community and happy to return to Area 10. Lisa previously worked at Area 10 as the RSVP Assistant Director in 2015 and 2016. We are definitely happy to have her as well.

Dathan Carter – 11/25/2019
Dathan is our new Mechanic Assistant. Dathan is from Bloomington. He attends Edgewood High School and is studying to be an Auto Technician at Hoosier Hills Career Center. He has a welcoming, positive personality and is a great addition to our transit team.

Transition

Pate Thomerson – 12/17/2019
Pate has been with us since August of 2019 in our ADRC department. We are very happy to announce that she is transitioning over to be one of our new Care Managers!

Congratulations Pate!
Thank you for your years of service with Area 10 Agency on Aging!

Herb Ault 10 years
Greg Boruff 14 years
Don Creek 7 years
Suzanne Donnelly 5 years
Heather Donovan 19 years
Jerry Farmer 13 years
Gale Featherston 4 years
Richard Fields 5 years
Rex Franklin 13 years
Paul Glare 1 year
Patricia Goss 19 years
Louise Hanlon 14 years
James Kinser 11 years
Georgianne Medaris 5 years
Roy Pruett 13 years
Kathy Pullen 1 year
Wesley Sciscoe 3 years
William Warner 10 years
Sheila White 7 years

Winter 2019
Thank You For your Support!

Winter 2019

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Nancy & Richard Lorenz  
Katherine Cruikshank  
Joy Harter  
Nancy Frost  
Justin & Emily Rose Harrison  
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Thank you for your Support

Winter 2019
Our wonderful sponsors, whose generous support enables us to continue our great work year-round!

Thank You!