

# HOOSIER UPLANDS NEWSLETTER



## Hoosier Uplands - Assisting the Community with PPE

Hoosier Uplands has purchased a significant amount of Personal Protective Equipment (PPE) for the local health departments, first responders, and healthcare professionals.

There is a massive shortage of PPE all across the country. Hoosier Uplands has been able to find some suppliers that could provide bulk orders. To date, Hoosier Uplands has purchased \$78,000 worth of PPE to distribute among its' five county service area. The agency recieved a grant in the amount of \$25,000 from General Motors to help support these purchases. The purchased PPE includes: 18,500 N95 masks, 7,000 gloves, 500 face shields, 4,000 surgical masks, and 375 Tyvek suits. The agency has also purchased 36 gallons of hand sanitizer to distribute.

Hoosier Uplands is always finding creative ways to support the greatest needs of our community.

## Mission Statement

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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.

# Do we want to go back to Normal?

BY: Melissa Jeremiah, RN, CHCE

Director of Operations Hoosier Uplands Home Health and Hospice

I believe there are things we have always done or not done that COVID-19 has now changed our behavior for the better. From interviews with others and my own experience these things include:

1. I am not running to the store every time I think of something that I need. I am more purposeful about my shopping and I really try to get everything that I need through local grocery pickup services. I find I am saving money and not putting as many miles on my vehicle. It is good to keep stocked up on needed supplies in our homes; but not if you do it at the expense of your neighbors. I met a young lady at the Hospital in Louisville who had WIC but was unable to get the formula her infant needed as it had been bought out at the store.
2. I have always been aware of how filthy the outside world is, I have always been a bit of a germaphobe. My sisters and I are the caretakers of my homebound father and this virus would be the death of him. This virus has made us more aware of the dangers of us coming in and out of his home and what we could bring into him.
3. Shopping for those who are elderly, immunocompromised, pregnant or disabled. I saw a news story about a man who delivers newspapers and now gets groceries for those who have a need. He says he is not going to stop doing this, even once the crisis passes.
4. Staying home if you are sick. An RN at Jewish Hospital explained it best. If you are not well enough to go to school; you should not be out, unless you are seeking medical care.
5. Washing my hands; I have never done it so much in my life and not getting close to people. You really see how close people get when this happens; like when they are talking. Staying at home is the easy part for me; but the worst part is when your loved ones are sick and you cannot see them but from a distance. Allowing people their personal space and not shaking hands is a big issue. I have had instances in the past where someone has come up and hugged me; only to say a few minutes later they think they are getting sick.

## Do we want to go back to Normal? - Continued

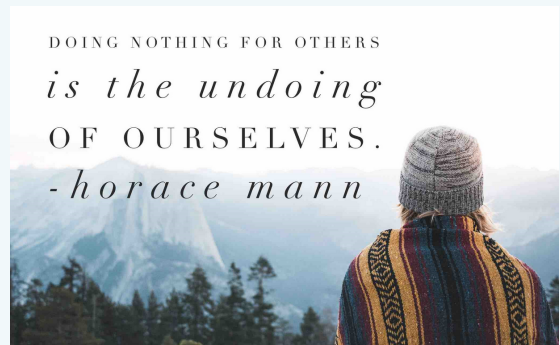
6. I have not totally stopped biting my nails but I have definitely slowed down and am a lot more conscientious that I am doing it now. Also, I am more conscious of touching my face and eyes. It is a good idea to keep hand sanitizer in your car so that it is available to you while you are out in the community.

7. Washing my hands more often after doing things that I wouldn't have before such as getting gas, groceries, etc. I have been pumping my gas while wearing a glove, as a gas pump handle was recently named the dirtiest item we touch.

8. Definitely paying more attention to my surroundings. I no longer touch hand rails, etc. I try to open doors by the bottom of the handle instead of where everyone else might touch to open it. I find myself using a napkin to get coffee from the coffee pot so I am not touching the handle where someone else might have. I wash my hands A LOT and use sanitizer at least once per hour and wipe my keyboard and phone down daily before using. We should all be cleaning commonly touched areas more frequently; with disinfectant.

I have made multiple essential trips to Louisville during the COVID crisis and feel that Southern Indiana would receive an F to their A. The streets of downtown Louisville and the interstates were virtually empty; even on the weekends, with less traffic than the small towns of Southern Indiana.

Please let's all look out for one another and be good neighbors even after this current passes us by.



## Mitchell Opera House

The Mitchell Opera House has rescheduled all events in May and June due to COVID-19. The next event that is currently scheduled to take place is July 24th. Check out the Mitchell Opera House website: [www.mitchelloperahouse.com](http://www.mitchelloperahouse.com) for the most updated information!



## AHEC Scholars Fellowship

AHEC Scholars is a two-year fellowship program for students studying a health profession who have an interest in serving in underserved or rural areas. We are currently recruiting for our next cohort which will begin in September 2020. Students will be eligible for this cohort if they are beginning their final 2 years of their degree program (Associate's-Doctoral). Students will receive a \$1,500 stipend throughout the program.

APPLY HERE: <https://tinyurl.com/INahecscholars>

If you have any questions, please contact Ashley Gilstrap at [agilstrap@hoosieruplands.org](mailto:agilstrap@hoosieruplands.org).



## AHEC Career Expo!

Hoosier Uplands' Area Health Education Center (AHEC), IU Health Bedford, and IU Health Paoli are partnering to host a Health Career Expo for students 16 years or older on July 7th, 2020 at IU Health Bedford Hospital. The Health Expo will give students the opportunity to explore various health careers including: Maternal and Fetal Care (OB), AirVac (air rescue), EMT/Paramedic, Radiology Therapy, and many more.

There will be two sessions available for students to sign up for. Session one will be from 9AM-12PM and session two will be from 1PM-4PM. Each student will have the opportunity to explore their top three health career interests through hands-on experiences with actual professionals from the students' chosen field.

Register today!!

<https://tinyurl.com/healthexpo2020>

Please contact Emily Webb at [ewebb@hoosieruplands.org](mailto:ewebb@hoosieruplands.org) if you have any questions.



## **21st CCLC Operations During COVID-19**

During this time of uncertainty and working through uncharted waters, 21st CCLC Afterschool Program staff members are working to incorporate new avenues to stay in touch with afterschool program students and families. Staff members are engaging students and families by posting a simple STEM and literacy activity each day that families can do together on the program Facebook page and through the Remind app system! Staff members are also available to virtually meet one-on-one with parents or students to help with homework questions or to offer resources of assistance if needed. We really miss our students and families, but we are grateful that we can reach out and offer these services during this time.

## **Mental Health and COVID-19**

We are all facing different challenges during the Coronavirus pandemic because our lives are no longer "normal." Some people have experienced minimal changes while others are experiencing drastic changes, and others are experiencing devastating challenges.

Most people are experiencing some amount of grief, stress, depression and worry. For some, these feelings are becoming overwhelming. The good news is there are steps you can take, resources you can discover and people you can reach out to who can help you feel better! The Indiana Division of Mental Health and Addiction has developed a new website called Be Well Indiana, to help you find information and resources to help Hoosiers stay connected and maintain their well-being. Visit: [bewellindiana.org](https://bewellindiana.org) for more information.

This month's newsletter also has a Coronavirus Anxiety Workbook attached. This tool will help you to build resilience during difficult times and is an excellent resource for any of us who may be experiencing any level of anxiety during this unprecedented time!

For other Mental Health needs, Serenity Now is currently providing Telehealth services. If you or someone you know are in need, contact Serenity Now at (812) 275-4053.

## Employee Highlights

- "I am very proud of our great staff for rising to this very troubling time, helping others, and fulfilling our mission." - David Miller
- Melissa Jeremiah, RN, Director of Operations for Hoosier Uplands Home Health Care & Hospice was recently appointed to serve on the NAHC/National Association for Home Care & Hospice Executive Evaluation and Compensation Committee; which is located in Washington D.C.
- Melissa Jeremiah would like to say kudos to all of our Home Health Care & Hospice superheroes!

