

# HOOSIER UPLANDS

## EMPLOYEE NEWSLETTER



### Mission Statement

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.

# Hoosier Uplands Head Start

is taking applications for enrollment in our  
**FREE** preschool program



Call to schedule an  
appointment to complete an  
application today!

Bedford ..... 812-275-0052  
Mitchell ..... 812-849-4448  
Loogootee ..... 812-295-4700  
Paoli ..... 812-723-3687  
Salem ..... 812-883-5368



## INCOME GUIDELINES

Persons in family	Income
1 .....	\$14,580
2 .....	\$19,720
3 .....	\$24,860
4 .....	\$30,000
5 .....	\$35,140
6 .....	\$40,280
7 .....	\$45,420
8 .....	\$50,560

*The following are categorically eligible  
to complete an application:  
Recipients of SNAP, SSI, and TANF;  
as well as Foster and Homeless.*

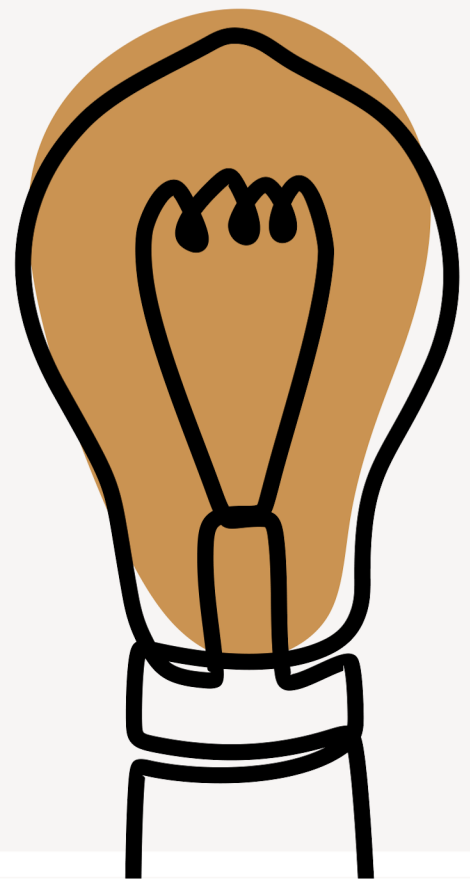
Serving Lawrence, Martin, Orange, and Washington Counties  
[www.hoosieruplands.org](http://www.hoosieruplands.org)

SCAN TO APPLY



# Congrats!

**Hoosier Uplands was awarded a \$5,000 Heat Relief Grant from Duke Energy. The funds are being used to purchase 227 fans available to clients and or residents that qualify in our service area. For more information, please contact Amanda Wolfe at 812-849-4457.**





**Fall Wellness Challenge will be starting  
October 1st and ending November 11th.  
This will be same as the last wellness  
challenge!**

**You first week's report counts as your  
sign-up as well! Here is the link you will  
use to report your points to:  
[https://form.jotform.com/232563222872  
152](https://form.jotform.com/232563222872152)**





# FALL WELLNESS CHALLENGE START DAY IS SUNDAY OCTOBER 1ST AND COMPLETION DAY IS SATURDAY NOVEMBER 11TH

How it Works: You will receive points based on how many times you achieve you weekly goals in the following categories.

- Exercise Goal: Walking/Running (keep track if steps or distance), Strength Training, Yoga, etc.
- Mindfulness Goal: Checking in w/ your partner, taking mental breaks, reading, etc.
- Personal Goal: This one is up to you! It could be, adding more fruits or veggies to your diet, quitting smoking, weight loss, etc.

Your goals should be activities that challenge you and that are outside of your regular routines. Things like, getting groceries, mowing, or walking the dog would not make good goals.

Reporting will be due every Monday starting on October 9th and closing on November 13th.

\*Use the Jot link to self report your weeks achievements.\*



Please share with your family and friends that Hoosier Uplands Hospice is seeking dedicated persons to join our team as a Hospice Volunteer.

Hospice Volunteers are caring people who want to make a difference in the lives of others. Most volunteers provide patient/family support by giving the caregiver a chance to "take a break". This can be time for running errands, getting groceries, working in the yard or just taking a nap. Volunteers visit with the patient and family, offering a "listening ear".

Hoosier Uplands Hospice encourages surviving family members to wait one year following a patient's death to serve as a volunteer.

Anyone wishing to become a volunteer may contact Lee Grimes, Volunteer Coordinator at (812) 849-4447. Hoosier Uplands will provide hospice training at no cost.



Congrats!

Emily Webb, SCI AHEC Assistant Director, was a recipient of the 4 under 40 award from Bedford Young Professionals! Emily is very involved in our community, not only through her work at Hoosier Uplands, but also through participating with United Way, Bedford Rotary Club, Salvation Army Angel Tree, and so much more. ✨ Congratulations Emily, you deserve it!





**From Rodney Sweeney,  
our friend, who preached at Sean's funeral.**



**Saw this today on my bible reading: Matthew 6:22-23 “The  
lamp of the body is  
the eye. If therefore your eye is [g]good, your whole body will  
be full of  
light. 23 But if your eye is bad, your whole body will be full of  
darkness.**

**If therefore the light that is in you is darkness, how great is  
that  
darkness!**

**The footnote (g) for good says CLEAR!**

**Clear Eyes, Full Hearts, Can't Lose.**

