OCTOBER 28TH 2026 | ISSUE 88

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.

IU Automotive Safety Program School of Medicine Presents.... Hoosier Uplands!

Hoosier Uplands has earned the October Gratitude Award through nearly a decade of unwavering commitment to improving the safety and well-being of children and families throughout southern Indiana. As a dedicated car seat inspection station for almost 10 years, Hoosier Uplands has consistently provided high-quality child passenger safety services across multiple counties, ensuring that children travel safely every day. Their team of passionate, knowledgeable, and community-focused professionals has completed nearly 600 car seat inspections and distributed almost 300 car seats to families in need, removing barriers to safety and helping protect some of the region's most vulnerable children.

What sets Hoosier Uplands apart is not only their long-standing dedication to child passenger safety, but also their innovative approach to community outreach. The organization continually seeks opportunities to connect families with resources that improve health, safety, and quality of life. One of the most visible examples of this commitment is their annual Back to School Bash, a highly anticipated event held each July that attracts thousands of community members. Through this event, Hoosier Uplands brings together valuable services and educational resources in one accessible location, offering car seat inspections, heatstroke prevention education, vehicle safety information, and a wide variety of community supports for families.

The impact of Hoosier Uplands extends far beyond the numbers. Their staff members are trusted advocates who work tirelessly to meet families where they are, identify needs, and provide practical solutions that improve safety and strengthen communities. Their willingness to embrace new ideas, collaborate with partners, and consistently go above and beyond for the people they serve has made them a respected leader in community health and child passenger safety. Through years of dedicated service, meaningful outreach, and a steadfast commitment to protecting children, Hoosier Uplands has created a lasting positive impact across southern Indiana and is exceptionally deserving of this recognition.



PICTURED LEFT TO RIGHT: COURTNEY EVANS, THERESA PATE, HAILEY ENGLAND, CARRIE RITCHISON, & WHITLEY CLEMENTS

Free Health Screenings

TUESDAY, THE SOLUTIONS CENTER

NOVEMBER 17TH, 2026 1490 W MAIN ST., MITCHELL

9AM-12PM

TAKE CONTROL OF YOUR HEALTH BY KNOWING YOUR NUMBERS. STOP IN FOR A FREE SCREENING THAT INCLUDES:

- blood glucose and cholesterol
  - a 9-hour fast before your test is recommended.
- blood pressure
- hemoglobin A1c
  - fasting not needed
- lung screening
- nutrition services
- STI testing
- health coaching

WALK-INS WELCOME: no appointment needed
Questions? Contact Britney Arce at barce@iu.edu

SCHOOL OF NURSING
INDIANA UNIVERSITY
Bloomington

SOUTHERN INDIANA Community Health Care

Hope Resource Center

SCHOOL OF PUBLIC HEALTH-BLOOMINGTON
CENTER FOR COMMUNITY-ENGAGED DISSEMINATION AND IMPLEMENTATION RESEARCH



Appointment Preferred:
Contact the mobile lung screening team
(317) 962-LUNG (5864)
email: lungscreening@iuhealth.org

October is National Head Start Awareness Month



GOOD NEWS

Angela Pohlen, LMHC of Serenity Now passed her licensure exam and was awarded her full independent therapy license by the state of Indiana at the end of September.

Congrats

Debbie and Randy Beeler and family were honored at the 2026 Indiana State Fair with a Hoosier Homestead Centennial Award. The award is presented by the Indiana Department of Agriculture to families whose farm has been in the family for at least 100 years. The farm has been in Randy's family since 1908. Attending the award ceremony with Debbie and Randy were Jason and Jenni Beeler, and Bryan Beeler.



Congrats

GOOD NEWS

Beacon Credit Union employees volunteered at Mitchell Head Start Center on October 12th! Volunteers power washed the playground equipment and building, cleaned out flower beds, prepped materials for the classroom and so much more! Thank you, Beacon Credit Union!



Please share with your family & friends that Hoosier Uplands Hospice is seeking dedicated person(s) 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 loved ones' death to serve as a volunteer.

Anyone wishing to become a volunteer may contact Lee Grimes, Volunteer Coordinator at (812) 849-4447; ext. 4348.

Hoosier Uplands will provide Hospice Volunteer training at no cost.

The greatest gift you
can give someone is your
TIME
Because when you give your
TIME
you are giving a portion of your life
that you will never get back…

WHAT IS SFAE?

SFAE are substance-free alternative events that are organized, social, or recreational activities that explicitly exclude the use of alcohol, tobacco, and other drugs. These events provide safe, welcoming environments that promote wellness and community connection without relying on substances for entertainment.



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SUBSTANCE FREE
LAWRENCE COUNTY CHOICES INITIATIVE
HOOSIER UPLANDS Helping People Since 1966
ALTERNATIVE EVENT

SFAE EVENT SCHEDULE 2026

OCT 30

TRUNK OR TREAT
4-6PM



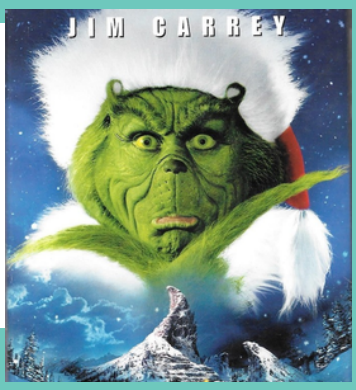
NOV 14

ICE AGE: DAWN OF THE DINOSAURS AT 1PM



DEC 12

THE GRINCH + MEET & GREET AT 1PM!



These events will take place at the Mitchell Opera House.

SUBSTANCE FREE
LAWRENCE COUNTY CHOICES INITIATIVE
HOOSIER UPLANDS
ALTERNATIVE EVENT

SFAE EVENT SCHEDULE 2027

JAN 16

Doors Open:12:30 Showtime: 1:00

AT MITCHELL OPERA HOUSE



FEB 20

Doors Open: 12:30 Showtime: 1:00

WEAR YOUR HANNAH MONTANA COSTUME FOR A FUN CONTEST!

AT MITCHELL OPERA HOUSE



MARCH 20

Doors Open: 12:30 Showtime: 1:00

AT MITCHELL OPERA HOUSE



APRIL 17

Doors Open: 12:30 Showtime:1:00

WEAR YOUR WIZARD OF OZ COSTUME FOR A FUN CONTEST!

AT MITCHELL OPERA HOUSE



These events will take place at the Mitchell Opera House.

SUBSTANCE FREE
LAWRENCE COUNTY CHOICES INITIATIVE
HOOSIER UPLANDS
Helping People Since 1966
ALTERNATIVE EVENT

SFAE EVENT SCHEDULE 2027

MAY 15

Doors Open: 12:30 Showtime: 1:00

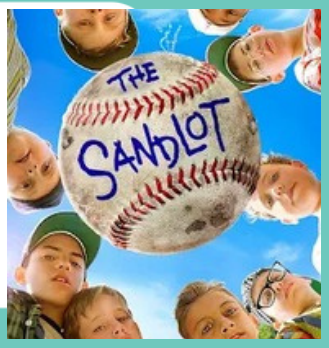
AT MITCHELL OPERA HOUSE



JUNE 19

Doors Open: 12:30 Showtime: 1:00

AT MITCHELL OPERA HOUSE



These events will take place at the Mitchell Opera House.

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	$15,960
2	$21,640
3	$27,320
4	$33,000
5	$38,680
6	$44,360
7	$50,040
8	$55,720

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

SCAN TO APPLY

Serving Lawrence, Martin, Orange, and Washington Counties
www.hoosieruplands.org

UPCOMING BIRTHDAYS!

November Employee Birthdays:

1st - Nicole Padgett

6th - Glenda Duncan

17th - Misty Sallows

22nd - Michelle Bush

26th - Danielia Ferguson and Kirstie Lowry

27th - Martina Nicholson

28th - Cheri Burton

29th - Brandon Hall

30th - Jerry Jewell



Happy Birthday

HOOSIER UPLANDS



HOOSIER UPLANDS CAN HELP YOUR CHILD SLEEP SAFE!

We offer Pack N Plays and safe sleep training for those in need! Call us at 812-849-4447 and ask for Whitley Clements!

We can help keep your child safe!

HOOSIER UPLANDS OFFERS FREE CAR SEATS, AND FREE CAR SEAT CHECKS FOR THOSE IN NEED.

CALL OUR OFFICE AT 812-849-4447 AND ASK TO SPEAK WITH WHITLEY CLEMENTS!

Car seats offered include convertible, combination, high back booster and booster seats!

HOOSIER UPLANDS

PRAYERS REQUESTED:

- Prayers speedy recovery for Early Head Start Home Visitor, Kim Taylor

- Prayers for my grandma going through chemo and for my sister a safe recovery after getting a tumor removed and her starting radiation.-Mylee Wallace

