

FREE



South Central Community Action Program

SCCAP

Empowering people to reach their potential

A social service publication about our community — Brought to you by the South Central Community Action Program

Safety~Net

March-May 2019

PERSPECTIVE ON HEALTHCARE IN AMERICA

By Joan Foor White, Retired Nurse

1 5 years ago I wrote this column regarding the state of health care in this country and since then more people have been covered under the Affordable Care Act, including a family member whose life was saved by the mandate. Literally.

Nearly 75 years ago President Harry Truman called for the creation of a national health program to be run by the government, calling essentially for a “public option” which Congress was still not able to pass within the ACA.

Still timely, this article by Joan Foor White, a former emergency nurse at (now) IU Health Morgan, highlights a few problems that citizens in this country suffer at the hands of a plutocratic government.

I see a variety of people in my work, including those who are the focus of this article. The thread of commonality among these folks is disenfranchisement of the “privilege” of medical care.

A man in his early 40s was a short-order cook at a truck stop. His complaint was a “painful toe”, but the reality

was that the toe was gangrenous. The man was an insulin-dependent diabetic who buys his insulin, test-strips, and blood pressure medicine when he can afford it. His right great toe was black, his blood glucose level was in the 600s, which translates to “high” given that the normal range is 70-100, and he was having difficulty breathing because he also had a bit of congestive heart failure, which means that his heart is wearing out slowly, but faster than in a healthy person. Our immediate concern was to get his blood glucose level down, get some of the fluid out of his lungs so that he could breathe easier, and admit him to the hospital so that the toe could be amputated. With a little medication, the first two goals were met. And our doctor gave him intravenous antibiotics hoping that the infection in his foot wouldn’t spread. But...the man wouldn’t let us admit him to the hospital. The long and short of the matter was that the man couldn’t afford to 1. Pay his hospital bill and 2. Be off work for any length of time because he was afraid of being fired. When faced with the possibility that this could kill him, he said, “Maybe it would be for the best.” I went to the

hospital social worker to discuss getting help for him and was told that because he was working, he was ineligible for Medicaid. Although the man left that night, I saw him about a week or so later up on the medical-surgical floor, looking restless and unburdened. I don’t know how he fared after that last encounter.

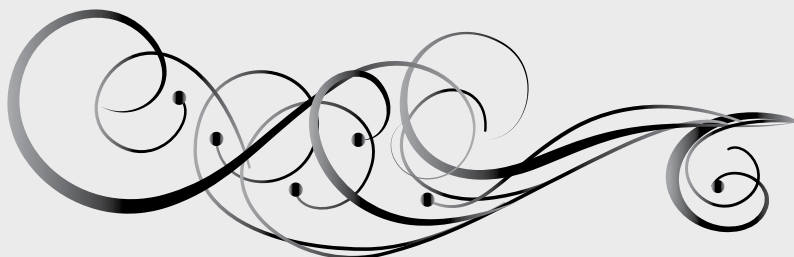
The point of this story is that as a health-care worker in this country, I am constantly seeing people for whom disease or accidents present an insuperable burden. Even a relatively short hospital stay can be devastating to people living from paycheck to paycheck. Is this devastation necessary in a country as rich as ours? It seems to me that not providing across-the-board health care fosters a form of social schizophrenia that pits us against one another. We scurry to find blame in rationalizing to ourselves the discrepancy in health care from one person to the next because compassion is an integral part of our national identity. IS IT?

If he had been given aid earlier and thorough education
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OUR GUIDING PRINCIPLE

Editorial Comment

Our Guiding Principle is to reach out to others who are coping with practical and emotional crises, and to say, we are here as one community, interconnected with each other in a positive way. This means, among other things, providing shelter, food, medical care, opportunities to step out of poverty, peace, and mutual respect. This whole world would be a much better place for all people if everyone felt this way about our brothers and sisters. As individuals, we cannot change the world. However, we can all come together and help others in our own community. Let us show others, what we can do right here in Bloomington by reaching out to each other, and climbing that mountain together. To paraphrase Pete Seeger, We WILL Overcome.



Editorial Cartoon by Joe Lee

AREA 10 AGENCY; MONROE & OWEN COUNTY ADULT GUARDIANSHIP PROGRAM

Contact Lisa Chaplin, Monroe & Owen County Guardianship Program • 812-318-2040 • lchaplin@area10agency.org

All incapacitated adults deserve the quality of care and support needed to allow them to live in a safe, dignified and least restrictive setting as possible.

The Monroe & Owen County Adult Guardianship Program recruits, trains, supports and supervises volunteers who wish to advocate for and befriend incapacitated adults. Some adults as a result of ageing, mental illness, and developmental disability lack the capacity to make financial and health care decisions in their best interests. These incapacities place individuals at significant

risk. Our program serves these adults.

Throughout 2018 our VASIA program, in part, has been successful at securing an incapacitated individual's income and assets after he became a victim of a scam. His participation in this scam was prolonged and severely impacted his health, safety and living environment. The program has been appointed Successor Guardian of an individual whose guardian could no longer serve. An incapacitated adult that became institutionalized in a skilled nursing facility due to an illness was successfully transitioned

to support living in the community where she enjoys day programming in music, arts, exercise and social interaction.

The need is great and volunteers are needed. If you are interested in serving this vulnerable population and would like to learn more about Volunteer Advocates for Seniors and Incapacitated Adults (VASIA) please visit:

www.area10agency.org/volunteer or contact Lisa Chaplin at Monroe & Owen County Adult Guardianship Program, 812-318-2040 or lchaplin@area10agency.org

Area 10 Reaches Out to Others

Area 10 on Aging has a program called Caring Companions and that is how Bob and Jessa, 74 years and 3 days difference in age, met.

Bob, at 96, moved to Bloomington to be near his daughter and she signed him up for the program although he expressed some reluctance.

"But I discovered that despite the disparity in our age, we are in harmony," says Bob.

They spend an hour a week together, talking, and Bob says, "It's the fastest hour in my week!" He sets a timer so they don't go over... "He's quite the storyteller!" says Jessa.

Bob is a WW II veteran and retired professor of theatre at IU Northwest in Gary. Jessa is a senior at IU Bloomington and is studying social work. They have similar appreciation of art, politics, travel, and family. Bob is hard of hearing and tells most of the



Courtesy photo

stories as he has a few years and therefore more stories to tell, than Jessa. Fortunately, she is a good listener and enjoys them.

Jessa concludes, "I would also say that Bob proves just how dynamic and interesting older adults truly are. His insight, wit and vitality

push back against the pervasive ageist notions that our society seems to accept as truth."

If you, or a senior in your life is interested in joining Caring Companions, please contact Amy Wardlow at Area 10 812-876-3383 extension 523.

of these from her doctor, had to resort to the older medication, Haldol, which threw her into the emergency department with urinary retention, a known side effect. She was, in effect, punished for working. If she had not been working, she would have been eligible for Medicaid and could have received her medication for free, which by the way, worked very well for her. However, making

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HEALTHCARE

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in diabetes, it is possible that this situation could have been prevented and therefore less costly in the long run. I have taken care of many diabetics who cannot afford their insulin or test strips, the repercussions of which are numerous such as amputations, blindness, heart attack or death. People who

have fallen into this abyss of making too little money to afford their medical bills, but too much money to qualify for help, also can't afford their blood pressure medicines and risk heart disease and/or stroke.

The newer anti-psychotic drugs are largely prohibitive to the patient with no insurance or little money because the cost is exorbitant. Zyprexa and Abilify are both over \$500 per month. One schizophrenic patient, no longer able to get free samples

About *Safety~Net*

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AGENCY REPORTS

Each issue of *Safety~Net* has articles contributed from the many non-profit/social service agencies in the Bloomington area about programs and services that they provide, as well as volunteer opportunities.

AGENCY GUIDE

There is an extensive Agency Guide pointing out where specific services/programs are available and how to access them.

WE WELCOME COMMENTS AND SUGGESTIONS.

Please send these to the editor at white@indiana.edu.

Sign your name, and indicate whether you would like for your comments to be published.

Housing4Hoosiers

Helping Hoosiers count on safe and stable rental homes in their community

Housing4Hoosiers is a renter resource program from South Central Indiana Housing Opportunities created to promote educational information about tenant/landlord rights and responsibilities in Indiana. We share these resources through comprehensive online content, informative publications, and direct support. Our goal is to help Hoosiers count on safe and stable rental homes in their community.

Online Resources

The Housing4Hoosiers.org website has a wealth of information on how to find, rent, and keep a safe and stable rental home. Our Housing4Hoosiers YouTube Channel features a variety of short explainer videos on topics like "Budgeting for an Apartment" and "Before You Sign a Lease."

For renters in Bloomington/Monroe County, the Housing4Hoosiers.org website features a Google map with 150 local rental properties. Listings contain details on size, rents, and features of units--including if they accept Housing Choice (Section 8) Vouchers.

Technical Assistance

Have a question about your rental home? Feel free to send us an email or give us a call, we are happy to provide guidance and referrals to local resources. Coming soon: an advice column on the Housing4Hoosiers.org website!

For people who like to learn face-to-face, also have a free bi-annual Housing4Hoosiers Tenant/Landlord Education Series offered in the spring and the fall Bloomington/Monroe County. The next workshops will be in October/November 2019.

Print Publications

"Renting in Indiana: A Handbook for Tenants and Landlords" is comprehensive source of rental rights and responsibilities in the state--and a free download on Housing4Hoosiers.org! We can also send print copies on request.

Sign up for H4H News!

Stay in the know on news and events from Housing4Hoosiers. Go to Housing4Hoosiers.org and sign up for our email list.

Housing4Hoosiers is a program from South Central Indiana Housing Opportunities (SCIHO), a 501(c)3 nonprofit dedicated to expanding housing options for low- and moderate-income households in Bloomington, Monroe County, and South Central Indiana--including Brown, Greene, Lawrence, Morgan and Owen Counties.

Deborah Myerson, Executive Director
South Central Indiana Housing Opportunities



RENTING IN INDIANA A Handbook for Tenants and Landlords

Courtesy photo

Website: sciho.org
Website: housing4hoosiers.org
Facebook: @SCIHOHousing
@Housing4Hoosiers
Email: info@sciho.org • Phone: 812-335-2200

HEALTHCARE

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her well would make her able to work (Abilify, get it?) which she did, and then...well, you see where this is going. It's a catch-22.

One woman in her 70s confided that she went back to work cleaning houses twice a week in order to pay for her medications. (Pulling herself up by her bootstraps) She wasn't complaining, simply expressing a worry that she didn't know what she would do if she were no longer able to work.

To reiterate, are these problems not easily soluble? It is adding insult to injury when people are financially devastated because of health problems. The American people have to decide whether everyone is entitled to health care, or not. Some, (not Canadians) criticize the health care system in Canada, saying, "It may be months before so and so gets that operation" and I always reply, "Some may NEVER get that operation in America!"

For information on support for universal health care, please investigate Hoosiers for a Commonsense Health Plan or Physicians for a National Health Program

SOUTH CENTRAL INDIANA HOUSING OPPORTUNITIES (SCHIHO)

Returning for 2019, South Central Indiana Housing Opportunities (SCHIHO) presents our Housing4Hoosiers education series for area landlords, property managers and tenants to learn more about their rental rights and responsibilities. *Both sessions are at the Monroe County Public Library, Room 1C, 303 E. Kirkwood, Bloomington.*

These events are free and open to the public but advance registration is required. Space is limited. To register, please go to [housing4hoosiers.org] Housing4Hoosiers.org or call 812-335-2200. Sign up today!

Please note: *There are two*

workshops being offered in this series. You may register for both or select one. All participants will receive a certificate of completion.

Thursday, February 28 - 6:00 pm - 8:30 pm

1. *Life of a Lease: The ins and outs of renting*

2. *Tenant-Landlord Conflict: How landlords and tenants can use mediation and avoid going to court*

3. *Evictions: Everything you need to know about the notification and court process*

Workshop 2: Thursday, March 7 - 6:00 pm - 8:30 pm

1. *Energy Efficiency: How to reduce the high cost of living*

2. *Safety & Security Tips for*

Your Rental

3. *ABCs of Pest Control (Ants, Bedbugs, and Cockroaches)*

4. *Repair and Maintenance: Rights and Responsibilities for Landlords and Tenants*

Series speaker and sponsors welcome!

For more information, please contact South Central Indiana Housing Opportunities at info@sciho.org.

Housing4Hoosiers is a service of South Central Indiana Housing Opportunities, a 501(c)3 nonprofit dedicated to expanding housing options for low- and moderate-income households in Bloomington, Monroe County, and surrounding counties.

Special Section: South Central Community Action (SCAAP) Programs

Feeling lonely and exhausted? So was Katie until she became a part of a caring, supportive community called Thriving Connections!

Thriving Connections is NOW interviewing new participants for a class that will begin in late spring. If you're interested in learning more about Thriving Connections please contact Linda Patton, Thriving Connections Coordinator, at 812-339-3447 ext. 520 or at lindap@insccap.org.

Thriving Connections is a community-building group where people living without enough resources, called Captains, and their families choose volunteers from the community that are more stable, called Allies. Captains choose 3-4 Allies (also called a crew) and create a small group called a ship. Allies walk beside Captains and provide emotional support, cheerleading and brainstorming for Captains on their journey out of poverty. Ships meet once a month to check in and work on goals that the Captain has set. The whole community meets once a week on Thursday nights to share a meal and programming, with exciting programming for the kids about everything from art and music to how to choose friends or a college. Youth support is generally one on one and is provided by volunteers and Indiana University service-learners.

New participants in Thriving Connections go through 22-weeks of preparation before they choose allies. The class is more discussion than training and covers things like poverty, goal setting, healthy relationships, and how we think about money. Participants receive a gift card each week for their time and participation in the class. After successful completion of the class, Captains meet and eventually choose their own set of Allies that will support them as they work towards becoming more stable.

Below are some excerpts from a letter a former Captain, Katie, written to new potential Captains:

“Joining Thriving Connections (which was known as



Courtesy photo

Circles at the time) was the best decision I could have made. The worst part of our situation was how lonely and exhausted I felt all of the time. TC solved that when I stepped in the door. Here I was surrounded by people with similar problems and I was in a place where we could talk openly about them. I wasn't lonely anymore. And I had a time and space each week to think about the future. For the past 5 years or so, I had only been thinking in terms of "for now." Like, "This is good enough for now. This is all we can do for now. We'll deal with this for now." But "for now" turned into 5 years really fast and I couldn't figure out anything that would get us out of that. Having time each Thursday to think about the future and problem solve with other people who knew or had other

resources, gave me hope.”

“Throughout all of it, the ups and the downs, my Allies were right beside me. They introduced me to different ways of thinking about things, and they made me feel accepted and loved. They never told me what to do, but they brainstormed and reflected with me. They offered whatever support I needed to move towards my goals. I don't call them my allies anymore. They are just my good friends, or like extended family.”

If you're interested in learning more about Thriving Connections please contact Linda Patton, Thriving Connections Coordinator, at 812-339-3447 ext. 520 or at lindap@insccap.org. We look forward to meeting you!



Courtesy photo



Courtesy photo

Special Section: VOICES SELDOM HEARD

The Shalom Writers' Circle meets at the Shalom Center to share stories, and writing. Questions about the group can be directed to Shannon Gayk at sgayk@indiana.edu.

All Destinations

- A song by Billy Young

Lonely Roads, lonely places, lonely hearts, upon the faces
Lonely rooms in lost elations
Meet you beyond all destinations

Yearning hearts in scattered parts, tainted love in shattered art
Flying dreams to isolation
Meet you beyond all destinations

Borrowed joys, raging fear, and I watched their bondage rain in tears
Now I want one thing in consolation
Meet you beyond all destinations

After love only comes more love. In her release, of sweet peace
Just one choice in adoration
Meet you in our destinations.

Packed my bag. Paid my fare. Felt a love's undying care
Heard the voice of one fine day
Turned to you to make my way.

Precious Things

- a song by Billy Young

Dedicated to Yank Yachell and Louis Jordan

When all your trials fade away
And your fires void their burn
In the rendered no concern
To a song your soul will yearn
And you will return – to those precious things.

Beyond all worries, truth, or lies,
And the sunrise in their eyes
Past hellos and brave goodbyes
And the bridges made to burn
Then you'll know sweet return – to those precious things.

[Bridge]

You won't have to turn around
To a world of burning ground
You will find your way
No matter what they say
And on a starlit summer's day
You'll find those precious things.

You won't need to understand
You'll hold your loved ones in your hands
Won't be no heartbreaks nor demands
And in your soul, your love won't yearn
And all roads will return you to those precious things.
Yes, and all roads will return you to those precious things



THE ALZHEIMER'S RESOURCE SERVICE (ARS)

By Dayna A Thompson M.S., LMHC, PAC Trainer • Alzheimer's Educator • Alzheimer's Resource Service – Community Health •
Indiana University Health Bloomington p 812-353-9299 | f 812-353-5787 • DThompson6@iuhealth.org

The Alzheimer's Resource Service (ARS) – a program of IU Health Community Health – is based in Bloomington and supports 11 counties in the South Central Region. Their mission is to support people living with dementia and their personal and professional care partners. “So often we have a negative picture of life with dementia, and to be sure, it has its challenges,” says Dayna Thompson, one of the service's two Alzheimer's Educators, “but with the right information, resources, and support, people living with dementia can live full, productive, meaningful lives, even after a diagnosis.”

The ARS does not charge for the services that it provides and feels that this is a necessary part of being able to remove barriers to important supports. They provide individual/family consultations, memory screening, support groups (for both people living with dementia and their care partners), community education,

training at the high school, college, and professional level, and Dementia Friendly Certification for local area businesses and organizations.

“Our goal is to foster a community in which people living with dementia are included, supported, and allowed to flourish. Social engagement and purpose are huge factors in well-being and maintaining cognitive health. It takes everyone to create a community that works for everyone,” says Thompson. In addition to their work with families and small groups, Thompson and her counterpart, Amanda Mosier have helped to coordinate community – based efforts to make Bloomington more “dementia friendly.” You can learn more about what “Dementia Friendly Bloomington” and its relevant subcommittees are doing at www.dfbloomington.org.

“My wife, Jan and I began our journey with Alzheimer's Disease about five years ago when she was first diagnosed with

MCI or mild cognitive impairment. Jan's behavior



began to change as she became forgetful, paranoid and delusional,” recalls ARS client Dave Gerkenmeyer. “I was stunned and in a state of shock about these changes taking place with Jan. She was becoming a person I did not know or understand. For two years I tried to deal with these unusual behaviors but to no avail. A combination of some amazing circumstances lead us back home to Indiana where we found some amazing resources for both Jan and myself. Jan is in

a much better place now and I have been given a chance to heal and recover. ARS has been a wonderful source for growth and healing and for that we are truly grateful.” To inquire about speaking with an educator or becoming more involved in local dementia friendly efforts, please contact the Alzheimer's Resource Service at 812.353.9299. You may also learn more about dementia, the ARS, and their events at www.alzresourceindiana.org.



The Impact You Make Through Shalom

By Rev. Forrest Gilmore the Executive Director of Shalom Community Center.
To learn more about Shalom, volunteer, or donate, please visit shalomcommunitycenter.org.

When it comes down to it, you want to make a difference.

You want to look at your life and feel in some way that what you've done is important, that you've given more than you've taken.

So when you invest in an organization as a supporter, it's important to know that that organization has an impact through you... that your time, energy, talent, and money all make the world a bit better.

In that spirit, here are three ways that the Shalom Center makes a difference because of you.

Through the Center:

The core of Shalom is our day center, offering life essentials to thousands of people in need every year.

In 2016, Shalom provided 74,604 meals, 9,106 casework counseling sessions, 2,808 loads of laundry, 5,055 showers, 247 IDs, 192 prescriptions, and 187 annual insurance payments.

Through Housing:

Shalom has two essential housing programs – rapid re-housing and Crawford Homes.

Rapid re-housing primarily helps homeless families move quickly out of shelters and into homes. In 2016, Shalom rapidly re-housed 221 people, including 82 children.

Crawford Homes provides housing with supports for the most vulnerable people on the streets – people experiencing long-term homelessness due to disability.

In 2016, Crawford helped 62 formerly chronically homeless people, including 12 children. When the program first opened, Crawford ended a collective 300 years of homelessness and our residents saw a 65% drop in emergency room use and an 88% drop in incarcerations in that first year.

Through Friend's Place:

In 2016, Shalom took on the management of the overnight shelter once known as Martha's House and now called Friend's Place, preserving the only year-round, nonreligious,

emergency shelter in seven counties. Friend's Place sheltered 211 people in our first year. Friend's Place also saw a startling improvement in a key statistic for measuring shelter success – the number of people who move into

permanent housing after leaving the shelter. When Shalom first took on the shelter in January, only 15% of the guests moved out into a permanent home. In the last third of 2016, 76% of guests moved into permanent housing with a peak of 84% in September. Keep in mind that the state average is 33%.

Grant Totals:


Through all of Shalom's programs in 2016, you made it possible for Shalom to help 728 people move out of homelessness or maintain their homes.

That's impact! And it all becomes possible because you decided to make a difference through Shalom.

On behalf of all of those in desperate need who benefitted from your support, I offer you a profound thank you!

THE SEEDS WE HAVE PLANTED

By David White,
Editor-In-Chief, Safety-Net



The seeds we have planted during our lives have several results. The results have to do with how we have influenced others. When we influence our children, or others that we know, we are sowing seeds, hopefully beneficial ones. I think often of the seeds that I have sown that grew up to be my children, and their children. And I hope that this has been as positive as the influence my parents had on me, and how I turned out. In addition, I dwell upon my interactions with other people in my community, especially the homeless and the poor, and I hope that those seeds will result in good fruit. We must all remember, that throughout our lives, we are planting seeds.

Directory of agencies and services

This directory outlines several agencies and services available to residents of Monroe County. Additionally, many listings provide contact information for prospective volunteers. For more extensive articles about many of these agencies and services, see earlier issues of Safety-Net at <http://safety-net-newspaper.com/>. Several of the agencies and services described provide multiple forms of aid. Unless otherwise noted all services and agencies are located in Bloomington.

Addiction Counseling

Amethyst House

Address: 645 N. Walnut St.

Phone: (812) 336-3570

Web: www.amethysthouse.org

Volunteer Contact: Gina Lovell ([812]336-3570 x10; amethyst@bloomington.in.us)

About: Provides structured living environments, treatment, and recovery services for individuals with addictions. Amethyst House operates three transitional living facilities: (1) a men's 1/2 way house, (2) a women's 1/2 way house that serves women and their dependent children up to 6 years old, and (3) a men's 3/4 way house. Amethyst house also operates an outpatient treatment facility in Bloomington as well as Evansville.

Centerstone of Indiana, Inc.

Address: 645 S. Rogers St.

Phone: (812) 339-1691

About: Provides services for people with behavioral and mental health challenges, such as depression, stress, panic disorders, alcohol and chemical dependencies, phobias, child behavioral disorders, grief and loss, marital and family problems, and severe and persistent emotional disorders. Services provided include psychiatry, 24-hour emergency services, and vocational and residential services. Centerstone hours are Monday through Friday from 8:00 a.m. to 5:00 p.m. Appointments must be made for services in the evening and weekend.

Alcoholics Anonymous

Address: Hours and locations vary.

Phone: (812) 334-8191

Web: www.alcoholics-anonymous.org

About: Provides support for those wanting to stop alcohol consumption.

Adult Education

MCCSC Adult Education

Address: Broadview Learning Center, 705 W. Coolidge Drive

Phone: (812) 330-7731

Web: www.adult.mccsc.edu

Volunteer Contact: Melanie Hunter (330-7731 x

52137; mhunter@mccsc.edu)

About: The Monroe County Community School Corporation's Adult Education program at Broadview Learning Center offers free, individualized instruction and guidance to teen and adult learners. We offer support for successful preparation for the High School Equivalency and other work placement tests as well as Adult Basic Education. Are you looking to improve your basic job and literacy skills or learn new ones, we can help. English as a Second Language course and supportive tutoring for students to create better opportunities of themselves and their families. Call 812-330-7731 to register for orientation and also visit our website www.mccsc.edu/adulted. Located on Coolidge between Rogers and Rockport Road, on the #2 South Bloomington Transit Route.

AIDS/HIV Services

Bloomington Hospital Positive Link

Address: 333 E. Miller Dr.

Phone: (812) 353-9150

Web: www.bloomingtonhospital.org

About: HIV testing and extensive care coordination for those living with HIV/AIDS. Serve as a community resource regarding HIV/AIDS education and awareness. Also offer Hepatitis B, Hepatitis C and Syphilis testing.

Clothing, furniture, housewares

Monroe County United Ministries

Address: 827 W. 14 Ct.

Phone: (812) 339-3429

Volunteer Contact: Rebecca Gordan ([812] 353-9150; mcumhelp@bloomington.in.us)

About: Provides a subsidized Child-Care Program for low-income families in Monroe County, which includes a year-round program for children two to six years old, and a summer camp subsidized child-care for children ages six to ten, when school is out of session. All care-givers in the families either work full time or attend school part-time and work part-time. There is also an Emergency Services Program that assists families who are experiencing a short-term crisis. The Emergency Services Program includes a

food pantry, a clothing program, and financial assistance for rent or utility payments.

My Sister's Closet of Monroe County, Inc.

See Employment resources and job counseling.

Salvation Army

Address: 111 N. Rogers St.

Phone: (812) 336-4310

Volunteer Contact: Monica Clemons ([812] 336-4310 x100; monica_clemons@usc.salvationarmy.org)

About: Provides a variety of services, including: food pantry, food vouchers, seasonal assistance, clothing and clothing vouchers, appliances, household items, hygiene items, rent/mortgage assistance, utility assistance, medical assistance, disaster relief, after school programs, summer residential camps, adult programs, nursing home visitation, bus tickets, a place of worship, and a thrift store.

St. Vincent de Paul Society

Address: 4607 West State Road 46

Phone: (812) 961-1510

Web: www.bloomingtonsvdp.org

Volunteer Contact: Scott Alber, ([812]335-1280 volunteer@bloomingtonsvdp.org)

About: A Catholic led ecumenical society of volunteers dedicated to helping those in need. Assistance is offered in the form of community resource information, vouchers for furniture, and in some cases limited financial help with a utility bill, rent, rent deposit or other essential need. Almost all funding comes through donations and assistance is given without regard to religion, race or creed. Volunteer opportunities abound.

Disabilities assistance programs

LifeDesigns, Inc.

Address: 200 East Winslow Rd.

Phone: (812) 332-9615

Web: www.lifedesignsinc.org

Volunteer Contact: Cindy Fleetwood

About: LifeDesigns, Inc. offers comprehensive services for people with disabilities in south central Indiana including education, housing and employment assistance. We offer services for every stage of life from childhood through

adulthood. Our mission to partner with people with disabilities and the community to bring about self-directed and enriched lives through education, information and support. LifeDesigns is a grassroots organization formed by the merger of two well-known agencies, Christole and Options, who have provided leading-edge programs for over three decades.

People & Animal Learning Services (PALS)

Facility Address: 7644 W Elwren Rd, Bloomington,

Mailing Address: P.O. Box 1033, Bloomington, IN 47402

Phone: 812-336-2798

Web: www.palstherapy.org

Volunteer Contact: Jennylynn Vidas, (812-336-2798 ext. 15, jennylynn@palstherapy.org)

About: PALS provides therapeutic Equine Assisted Activities (EAA) to individuals with disabilities, veterans and at-risk youth in South Central Indiana. PALS programs are designed by professionals and aim to develop and restore functional skills, enhance well-being and improve quality of life. Services are available to individuals ages three and up. PALS is a Professional Association of Therapeutic Horsemanship International (PATH Intl) Premier-Accredited Center and United Way of Monroe County Member Agency.

Stone Belt

Address: 2815 E. 10 St.

Phone: (812) 332-2168

Web: www.stonebelt.org

Volunteer Contact: Amy Jackson (332-2168 x314; ajackson@stonebelt.org)

About: A community-based organization with over 48 years of experience in serving persons with developmental disabilities. Supports include residential, employment, life skills training and psychological services. With locations in Monroe, Lawrence, Owen, Bartholomew and surrounding counties, Stone Belt's mission is to prepare, empower, and support persons with developmental disabilities and their families to participate fully in the life of the community.

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Employment resources and job counseling

My Sister's Closet of Monroe County, Inc.

Address: 414 S. College Ave.

Web: www.SistersCloset.org

Volunteer Contact: Julie Tobin, (812) 333-7710; Info@SistersCloset.org

About: Provides women facing issues of poverty, homelessness and domestic violence—who are looking for employment, with free interview and/or workforce attire, interview skills training & coaching through job mentors, image consulting, and life skills training through workshops with the Success Institute. All services assist women to overcome the hurdles they face on the road to independence & family self-sufficiency. All new and gently-used Clothing & Accessories, Undergarments, New Make-up, and Personal Hygiene items are provided free to those with vouchers from referral agencies, and for sale to the general public.

WorkOne

Address: 450 Landmark Ave.

Phone: (812) 331-6000

About: Assists individuals and businesses in meeting their employment and training needs. WorkOne provides employment services, job counseling and assessment services, training services through WIA, older worker services through Experience Works, vocational rehabilitation services through Indiana Vocational Rehabilitation, veteran services and unemployment insurance benefits.

Stone Belt

See disabilities assistance programs.

Family Services

El Centro Comunal Latino

Address: 303 E Kirkwood Avenue, Room 11

Phone: (812) 355-7513

Web: www.elcentrocomunal.org

About: CCL is a grassroots, community-based organization that seeks to provide an accessible and safe space for all Latinos, with a focus on Spanish-speaking people, to find information, access to resources and a place to hold community events. CCL's work includes tutoring services for all ages, the medical interpretation network, direct service, Volunteer Income Tax Assistance program, the Legal Advice Project, Informate—series of educational presentations, health programming, and the Bienvenidos program; a support group that helps immigrants acculturate to life in the United States.

Head Start Program

Address: 1520 W. 15th St.

Phone: (812) 334-8350

Web: www.headstart.bloomington.in.us/

About: Guides children aged 3 to kindergarten towards gaining cognitive skills, patience, sharing, problem solving, hygiene, safety, and practice in good decision making. Free to income eligible.

IN Dept. of Child Services

Address: 1717 W. 3rd St.

Phone: (812) 336-6351

About: Services are designed to protect children from abuse and neglect by partnering with families and communities to provide safe, nurturing, and stable homes. To make a report of child abuse or neglect the public can call 1-800-800-5556.

Division of Family Resources

Address: 1711 N. College Ave.

Phone: 1-(800)-403-0864

About: Provides aid to families with dependent children (Temporary Assistance for Needy Families, TANF), food stamps, Medicaid.

Programas de Alcance a Latinos

Latino Programs and Outreach Division

Address: 401 N. Morton St. Suite 260, Bloomington, IN 47402

Phone: (812) 349-3430

Web: https://bloomington.in.gov/

Contact: Araceli Gómez-Aldana, latinoprograms@bloomington.in.gov

Acerca: El Departamento de Recursos Comunitarios y Familiares de la Ciudad de Bloomington ha enfocado sus esfuerzos para alcanzar a la comunidad Hispana ofreciendo una gran variedad de programas. Eventos culturales, educación cívica, servicios directos y traducciones, El programa de radio Hola Bloomington en WFHB y la publicación Del Boletín Comunitario.

About: The City of Bloomington's Community and Family Resources Department has focused its outreach efforts on the Hispanic and Latino community by offering a variety of programs. Cultural events, civic education, direct service and translations, The Hola Bloomington Radio Show on WFHB and The Boletín Comunitario.

Monroe County United Ministries (MCUM)

Address: 827 W. 14th Court

Phone: (812) 339-3429

Web: www.mcum.org

Hours: 6:30am-5:30pm

About: Full-time care for children ages 2-6 on a sliding fee scale, parents must be employed or attending school, NAEYC-accredited center

WIC Program

Address: 333 East Miller Drive

Phone: (812) 353-3221

About: Provides nutritional support for underprivileged mothers, babies and children up to five years of age in Monroe and Greene Counties. Applicants must meet income guidelines, live in Indiana, and have a nutritional need. All services are provided free of charge.

Food stamps

Division of Family Resources

See family services.

Health care

Futures Family Health Clinic

Address: 119 W. 7th St.

Phone: (812) 349-7343

About: provides family planning health services for adolescents, men, and women. Services are provided on a sliding fee schedule based on income. Services offered include annual exam and Pap smear, pregnancy testing, STD and HIV testing, birth control counseling, emergency contraception, health education, birth control pills, birth control shots, IUD (intrauterine device), and condoms.

Bloomington Hospital Home Health & Hospice

Address: 619 W 1st St.

Phone: (812) 353-9818

Web: www.bloomingtonhospital.org

Volunteer Contact: Melanie Miller (812-353-9818; mmiller@bloomhealth.org)

About: Provides care and support for people who are terminally ill and their families. Training classes for new volunteers are offered twice a year.

Monroe County Public Health Clinic

Address: 333 East Miller Drive

Phone: (812) 353-3244

About: Services provided include screenings for hypertension, hyperlipidemia, elevated blood sugar, anemia, elevated lead, tuberculosis, head lice and pregnancy; health and wellness assessments; communicable disease education. Call for appointment.

Planned Parenthood

Address: 421 S. College Ave.

Phone: (812) 336-0219

Web: www.ppin.org

About: Services provided include pelvic exams, breast exams, testing and treatment of sexually transmitted infections, HIV testing and counseling, pregnancy tests, various types of birth control, emergency contraception (the "morning after pill"), as well as abortion services.

Vistacare Hospice

Address: 1801 Liberty Dr., Ste. 103

Phone: (812) 330-9640

Web: www.vistacare.com

Volunteer Contact: Cathi Counterman ([812] 340-3467; cathi.counterman@vistacare.com)

About: Provides caregiver relief and companionship for terminally ill patients and bereavement support for family members.

Volunteers in Medicine Clinic

Address: 811 West 2nd Street

Phone: (812) 333-4001

Web: www.vimmonroecounty.org

Volunteer Contact: Shelley Sallee

See "DIRECTORY", page 10

Local Health Care Enrollment Assistance

All U.S. residents are required by law to have health insurance. If you are uninsured, there are coverage options that meet your needs and fit your budget:

- Affordable Care Act "Health Insurance Marketplace"
- Healthy Indiana Plan (HIP 2.0)
- Medicaid
- Children's Health Insurance Program (Hoosier Healthwise)

There are several free local resources that can guide you through the process, explain coverage options, answer questions, and help you enroll. Indiana Navigators provide free unbiased assistance and can work with you one-on-one to enroll in health care plans.

ASPIN Health Navigators:

Call (877) 313-7215 for Navigator assistance.

City of Bloomington:

Call (812) 349-3851 for enrollment assistance. Para Español, (812) 349-3860 o latinoprograms@bloomington.in.gov

Individual Solutions-IU Health:

Call 1-888-531-3004 to make an appointment to see a certified Navigator, or visit iuhealth.org/individual-solutions

Monroe County Health Department:

Call Scott Stowers at (812) 349-2075 or e-mail ssowers@co.monroe.in.us

SCCAP Health Coverage Assistance Program:

Call (812) 339-3447 for Navigator assistance.

Visit www.in.gov/healthcarereform to find a certified Navigator.

Call 211 (available 24/7 free of charge) or visit www.in211.org/healthcare-project to learn how to apply, try a health insurance cost calculator, and get more local information.

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([812]333-4001 x109; info@vimmonroecounty.org)

About: Provides free medical care, including dental care at the offices of participating dentists, for people living in Monroe or Owen County who lack health insurance and have an income at or below 200% of the federal poverty level. This means that the income must not exceed \$20,420 for a 1-person household. For each additional person, add \$6,960. To qualify for medical care individuals must fill out an eligibility form about their economic situation and set up an eligibility interview. Children or adults who qualify for health care at the clinic will receive free care at Southern Indiana Pediatrics.

Housing (abused women)

Middle Way House

Address: 338 S. Washington St.

Phone: (812) 333-7404 (admin phone), (812) 336-0846 (crisis line)

Web: www.middlewayhouse.org

About: Middle Way House is an emergency shelter that provides services to protect and help women who are victims of domestic violence and sexual assault, and women who feel they are in danger. Services include a safe place to stay, case management, in-house children's programs, legal advocacy. There is also a transitional housing program called The Rise which has self-contained apartments for families leaving abusive relationships. Women and their children can stay at The Rise for up to two years.

Housing (emergency, for adults)

Agape House, Shelter For Women And Their Children (part of Backstreet Missions)

Web: www.backstreet.org

Phone: (812) 333-1905.

Address: 300 Opportunity Lane, off W. 3rd Street.

Friend's Place

Address: 919 S. Rogers (Shelter)

Phone: (812) 332-1444

About: An emergency shelter with 40 beds (18 for men and 12 for women). Services provided include case management, food, and clothing. Opens at 6:15 p.m.

Wheeler Mission

Phone: (812) 332-2452

Center for Men

Address: 215 S Westplex Ave

Programs and services:

Emergency Low Barrier Shelter

Orientation to addictions recovery program

Long term supportive housing

Working guest program

Public meals

Center for Women and Children

Address: 100 S Opportunity Lane

Programs and services:

Emergency Low Barrier Shelter

Referral Service to other agencies (connect to care)Long term supportive housing

Housing (Family Shelter)

New Hope Family Shelter

Phone: (812) 334-9840

E-mail: newhope@nhfsinc.org

About: The mission of the New Hope Family Shelter (NHFS) is to provide temporary shelter for homeless families in Bloomington and Monroe County and, in collaboration with other agencies, to help those families regain housing by addressing the problems that led to homelessness.

Housing (Intact Families/Adults)

Bloomington Catholic Worker

Address: 821 North Blair Avenue, Bloomington, Indiana 47404

Phone: (812) 339-4456

About: We offer short-term, home-based hospitality to people facing homelessness.

Housing (Pregnant women)

Hannah House Maternity Home

Address: 808 N. College Ave.

Phone: (812) 334-2662

Web: www.cpcbloomington.org

About: A comprehensive residential program or pregnant women and teenagers. Offers access to prenatal and pediatric care. Also offers life skills training and assistance in achieving longer-term educational and career goals.

Housing (Rental)

Bloomington Housing Authority

Address: 1007 N. Summit St.

Phone: (812) 339-3491

About: Subsidized housing, Section 8, Public Housing. Cost varies to income eligible.

Housing and Neighborhood Development

Address: 401 N. Morton Street, Ste. 130

Phone: (812) 349-3420

Web: www.bloomington.in.gov/hand

About: Creates affordable housing opportunities in the City of Bloomington by working through its partnerships with local non-profit and for-profit developers and through its in-house housing programs. HAND provides housing counseling to individuals with housing needs or difficulties and provides a variety of learning opportunities for the community on housing related issues.

In addition, HAND enforces the Property Maintenance Code and the City's weed and trash ordinances.

Housing4Hoosiers

Website: Housing4Hoosiers.org

Email: info@housing4hoosiers.org

Phone: 812-335-2200

About: Housing4Hoosiers.org is a one-stop website for renters and landlords in Indiana seeking resources on finding, renting, and keeping a stable and affordable rental home. Housing4Hoosiers offers guidance on where to find an affordable place to live, understanding your lease, and rights and responsibilities of tenants and landlords. The site also includes a Google map of 150 rental properties in Bloomington/Monroe County with details on rental costs, unit sizes, and those accepting Section 8 vouchers.

Housing (homeless youth)

Stepping Stones

Address: PO Box 1366

Phone: (812) 339-9771

Web: www.steppingstones-inc.org

About: Transitional housing program and supportive service for homeless young people aged aged 16-20.

Youth Services Bureau

Address: 615 S. Adams St.

Phone: (812) 349-2506

Web: www.youthservicesbureau.net

About: Provides short-term residential care and crisis intervention for youth ages 8-17. Provides other services as well.

Legal and court-related services

Community Justice & Mediation Center

Address: 205 S. Walnut Suite 16

Phone: (812) 336-8677

Web: www.cjamcenter.org

cjam@cjamcenter.org

Volunteer Contact: Amanda Nickey ([812] 336-8677; vorpcm@bloomington.in.us)

About: Programs include the Victim-Offender Reconciliation Program, Shoplifter's Alternative Program, Workshops, Trainings, and Community Mediation Services for neighborhood, school, family or business conflicts.

District 10 Pro Bono Project

Address: P.O. Box 8382

Bloomington, IN 47407

Phone: (812)-339-3610

About: Purpose is to match income eligible clients with an attorney who will take their case for free. Potential clients must apply by phone on Monday from 10 AM to 12 PM, and Thursday

from 2 PM to 5 PM. Please, no walk-ins, by phone only.

Legal Services Organization of Indiana, Inc. Bloomington

Address: 214 S. College Ave.

Phone: (812) 339-7668

About: Cannot help people in criminal cases. Helps people in civil cases, including: Housing (eviction, foreclosure, landlord/tenant); Public Benefits (food stamps, SSI, unemployment, poor relief, Temporary Assistance for Needy Families (TANF); Health (Medicaid, Medicare); Divorce or child custody where there is child abuse or spouse abuse; Child In Need of Services (CHINS); Consumer (collections and repossessions); Education (including expulsion and access to special education services and Vocational Rehabilitation); Access to Justice (e.g. denial of a court-appointed attorney in certain civil cases).

Monroe County Court Appointed Special Advocates

Address: 201 N. Morton Street

Phone: (812) 333-2272

Web: www.monroecountycasa.org

Volunteer Contact: Kelli Shannon ([812] 333-2272, ext. 11; kelli.shannon@monroecountycasa.org)

About: Provides direct advocacy for child victims of physical abuse, sexual abuse and neglect. Volunteer advocates represent children in the court process to protect the child's best interests.

Monroe County Prosecutor—Victim Assistance Program

Address: 301 N. College Ave., Rm. 211

Phone: (812) 349-2670

Web: www.co.monroe.in.us

Volunteer Contact: Sarah Lanman ([812]349-2670; slanman@co.monroe.in.us)

About: Helps to ease the trauma victim's burden by explaining the criminal justice process, accompanying victims to court, updating them on current cases and obtaining restitution.

Meals and pantries (no cost)

Meals

Area 10 Agency on Aging

Address: 631 West Edgewood Drive, Ellettsville, IN 47429

Phone: (812) 876-3383

Web: www.area10agency.org

About: Area 10 Agency on Aging offers 5 main nutrition and food services for senior citizens.

Congregate Meals—We offer congregare meals at the following times and locations: Maple Shades Apts., Ellettsville, 10:30 am; Cambridge Square Apts., Bloomington, 11 am; Spencer

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Senior Center, 11:30 am; Unionville Senior Center, 11:30 am. Seniors must be 60+ and can complete a brief application at the meal site of their choosing. A \$2 donation is requested. **Mobile Meals**—We deliver meals to homebound seniors who are 60+ and who are unable to prepare meals for themselves due to illness or disability. An application to determine eligibility is required and a \$2 donation is requested. Contact Area 10 at (812) 876-3383 for more information.

Food Pantry—We provide homebound seniors with two bags of groceries and frozen food each month. Seniors must be 60+ and meet eligibility requirements. Call Area 10 at (812) 876-3383 to request an application.

Restaurant Vouchers—We provide restaurant vouchers to seniors 60+ to be used at the Village Inn in Ellettsville or the Stinesville Mercantile in Stinesville. A \$2 donation is requested. A brief application is required and vouchers can be picked up at Area 10 or the Stinesville Mercantile. **Farmers Market Vouchers**—We distribute farmers market vouchers to seniors 60+ for use at the Bloomington Farmers Market or Spencer Farmers Market. Seniors must complete an application and meet income guidelines. Contact Area 10 at (812) 876-3383

Backstreet Missions (Gino's Cafeteria)

Monday–Friday: Lunch: 11–12 p.m.; Dinner: 4–5 p.m.
Saturday: Breakfast 8-9:30 a.m.; Lunch 11-12 p.m.

Bloomington Meals on Wheels, Inc.

Address: 727 W. 1st Street
Phone: (812) 323-4982

Web: www.bloomingtonmealsonwheels.org
About: Provides meals to homebound people who are unable to cook for themselves. No age or economic restrictions. To enroll, call number listed. A volunteer will arrange for meal delivery and special dietary needs, explain the costs and how payments can be made.

Bloomington Catholic Worker

Address: 821 North Blair Avenue, Bloomington, Indiana 47404
Phone: (812) 339-4456
About: We share a home-based dinner every night of the week at 6:00 on the southside to which all are welcome. Thursday nights have the largest feast. Please call so we can direct you to the correct house.

City Church Food Outreach

Address: 1200 N Russell Rd. Bloomington IN 47404

Phone: 812-336-5958

Web: citychurchfamily.org

Email: info@citychurchfamily.org

About: City's Food Outreach brings the mission of LOVE people, BUILD family, LEAD to destiny to life. Currently the Food Outreach gives groceries to families every month following the 3rd Saturday of the month service. Saturday service starts at 5:30 and tickets are distributed discreetly during service. December 20th, January 17th, February 21st, March 21st

Community Kitchen

Address: 1515 S. Rogers St.

Phone: (812) 332-0999

Web: www.monroecommunitykitchen.com

Volunteer Contact: Annie Brookshire [(812) 332-0999; volunteer@monroecommunitykitchen.com]

Monday-Saturday: Dinner: 4-6 p.m.

About: Provides hot meals in a sit-down area as well as cold carry-out boxed meals. Also provides meals for afterschool programs at Boys and Girls Club, The Rise, Girls, Inc., Monroe County Community Corrections JAMS Program, Teen Learning Center, and Rhino's Youth Center.

Community Kitchen Express

Address: 1100 W. 11th St.

Monday-Saturday: Dinner: 4-6 p.m.

About: Provides hot and cold meals as carry-out only. See Community Kitchen listing (above) for phone and volunteer information.

First Christian Church

Address: Corner of Kirkwood Ave. and Washington St.

Sunday: Breakfast: 8-9:30 a.m.

First Presbyterian Church

Address: Corner of Lincoln and 7th Streets
Saturday: Breakfast: 7:30-9:00 a.m.

Harvest House Soup Kitchen

Address: 1107 S. Fairview Dr.

Phone: (812) 339-4462

Sunday: Lunch: 2-4 p.m.

Shalom Community Center

Address: 620 South Walnut Street

Phone: (812) 334-5728

Web: www.shalomcommunitycenter.org

Monday-Friday: Breakfast: 8-9:30 a.m.; Lunch: 12-1:30 p.m (except Wednesday lunch, 12-1 p.m.)

About: A daytime resource center for those experiencing homelessness and poverty. The facility is open all day and functions as a Day Shelter for guests, where they can use restroom facilities, make phone calls, and do their laundry. Guests can go there to see case

workers, employment counselors, connect with visiting agencies, seek assistance through the Family Homelessness Prevention Project, store belongings, receive mail, use restroom facilities, and take a hot shower.

Pantries/Groceries

Area 10 Agency on Aging

See meals and pantries —meals

Hoosier Hills Food Bank

Address: 2333 W. Industrial Park Drive

Phone: (812) 334-8374

Web: www.hhfoodbank.org

Volunteer Contact: Kai Westerfield (334-8374; volunteer@hhfoodbank.org)

About: Collects, stores and distributes donated food to 84 nonprofit organizations with feeding programs that directly serve needy and hungry people. Distributes about 2 million pounds of food to hungry people each year.

MCUM Emergency Food Pantry

Address: 827 W. 14th Ct.

Phone: (812) 339-3429

Web: www.mcum.org

Hours: Monday-Friday 8-11:30 a.m.; 1-3:15 p.m.

About: Distributes non-perishable food, three days' supply provided. Must be Monroe County resident and complete a brief intake form.

Mother Hubbard's Cupboard

Address: 1100 Allen Street

Phone: (812) 355-6843

Web: www.mhcfoodpantry.org

Hours: Monday-Friday 12-6 p.m.

About: Provides nutritious food to people in need. Most of the food is received from the Hoosier Hills Food Bank. Also operates a Nutrition Education Program and an organic Community Gardening Program.

Salvation Army

Address: 111 N. Rogers St.

Phone: (812) 336-4310

Hours: Tues, Thurs 1-3:30 and Wed, Fri 9-11:30

About: Need ID. Depending upon income and resources, can offer one week's supply of groceries. Will not provide again for at least 30 days.

SLO FoodS garden pantry

About: The program emphasizes locally grown produce and dispenses food to those in need on a weekly basis.

When: Wednesdays from 1:00–3:00 pm

Where: 615 N. Fairview Street (Trained Eye Arts Center) (on the B-Line Trail just south of 11th St. underpass)

Volunteer Contact: Mylo Roze, Director—Eco Media Center Coordinator—SLO FoodS garden pantry

Web: http://ecomediacenter.org
greenthcity@yahoo.com

First United Methodist Church

Address: 219 E. 4th Street

Hours: Wednesdays, 3:00-5:30 p.m.

About: Provides brown bag lunch, groceries.

Township Trustees Food Pantries—Bloomington

Address: 2111 W. Vernal Pike

Phone: (812) 336-4976

Hours: Monday–Friday 8 a.m.–4 p.m.

About: Provides canned goods. Must be a resident of Bloomington Township.

Township Trustees Food Pantries—Perry

Address: 1010 S. Walnut St.

Phone: (812) 336-3713

Hours: Monday–Friday 9 a.m.–3 p.m.

About: Provides canned goods. Must be a resident of Perry Township.

Medicaid

Division of Family Resources

About: Medicaid is a federal and state funded medical assistance program that pays for approved and needed medical care for persons who meet eligibility requirements. For more information on the Division of Family Resources see the family services listing.

Older citizen programs

Area 10 Agency on Aging

Address: 631 W. Edgewood Drive, Ellettsville, Indiana 47429

Phone: (812) 876-3383

Web: www.area10agency.org

About: Offers programs and services, as well as being a resource of information about services for older and disabled citizens living in Monroe and Owen counties. Services that can be accessed include the Aging and Disability Resource Center, 2-1-1 Infolink, in-home health-related services and referrals, home-delivered meals, food pantry, congregate meal sites, support groups, education for family caregivers, affordable housing, assistance for the homebound, handyman services, a long-term-care ombudsman program for residents of area nursing homes, RSVP 55+ Volunteer Program, recreational and arts programs at Area 10's Endwright Center in Ellettsville, and Rural Transit bus service.

Pregnancy testing, counseling, education

Planned Parenthood

See health care.

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WIC Program

See family services.

Rent, utility, bill assistance

First call the Township Trustee in the Monroe County Township in which you live: Bean Blossom (876-5109), Benton (339-6593), Bloomington (336-4976), Clear Creek (824-7225), Indian Creek (824-4981), Perry (336-3713) Polk (837-9446), Richland (876-2509), Salt Creek (332-9777), Van Buren (825-4490), Washington (331-0809).

Youth programs

Big Brothers Big Sisters

Address: 807 N. College Avenue

Phone: (812) 334-2828

Web: www.bigsindiana.org

Volunteer Contact: Mark Voland, mvoland@bigsindiana.org, 812-334-2828, ext. 227.

About: Big Brothers Big Sisters of South Central Indiana helps children in Monroe and Owen counties reach their potential through professionally supported, one to one relationships with measurable impact.

Bloomington Boys and Girls Club

Address: 311 S. Lincoln St.

Phone: (812) 332-5311

Web: www.bgcblloomington.org

About: A guidance organization which fosters the physical, intellectual and social growth of boys and girls ages 6-18 with a special concern for those most in need of service.

Girls Inc.

Address: 1108 W. 8th St.

Phone: (812) 336-7313

Web: www.girlsinc-monroe.org

Volunteer Contact: Lucy Berger, Director of Operations ([812] 336-7313; lberger@monroe.girls-inc.org)

About: Girls Inc. of Monroe County, is an affiliate of a national youth organization dedicated to inspiring girls to be strong, smart, and bold through after school programming, organized sports, and summer/winter camps. Provides programming for girls ages 6 to 18. Services include transportation, organized sports, a teen room, technology, self-defense and homework help.

Harmony School

Address: 909 E. 2nd St.

Phone: (812) 334-8349

Web: www.harmonyschool.org

Volunteer Contact: Libby Gwynn ([812]

334-8349; libby@harmonyschool.org)

About: An independent pre-Kindergarten through 12th grade school providing education to youth ages 3 to 18 from a wide range of economic and educational backgrounds.

Rhino's Youth Center

Address: 331 S. Walnut St.

Phone: (812) 333-3430

Web: www.rhinosyouthcenter.org

Volunteer Contact: Brad Wilhelm ([812] 333-3430; rhinosdirector@ameritech.net)

About: Provides entertainment as well as other programs for the youth of our community in an alcohol, tobacco, and drug free environment. In addition to music and shows, provides programs in partnership with the City of Bloomington Parks and Recreation Department through the week after school. Several creative and practical classes and workshops, as well as mentoring, tutoring, counseling, and more, are available.

WonderLab Museum of Science, Health and Technology

Address: 308 W. 4th St.

Phone: (812) 337-1337

Web: www.wonderlab.org

Volunteer Program: (812) 337-1337 ext. 20 or volunteer@wonderlab.org

About: WonderLab is an award-winning science museum with hands-on exhibits and programs for children and their families. WonderLab offers a free Teen Night monthly during the school year. WonderLab also participates in the Access Pass Program, which provides reduced admission of \$1 per family member per visit for eligible families. The museum also offers many half-price admission events. Volunteering is a natural next step for teens. Those entering grade 7 are eligible to become volunteers at the museum. Additionally, high school students are eligible to apply for summer internships at WonderCamp, the museum's summer science day camp.

Youth Services Bureau

Address: 615 S. Adams St.

Phone: (812) 349-2506

Web: www.youthservicesbureau.net

About: Alongside youth shelter (see housing [youth]), provides counseling, education, supervised recreation, and transportation to and from school, as well as referrals to a variety of agencies for other needed services.

Additional services

Catholic Charities-Bloomington

Address: 631 North College Avenue

Phone: (812) 332-1262

Web: www.CatholicCharitiesBtown.org

About: Provides education, social service delivery, and advocacy. Takes special interest in poor, disabled, and otherwise disadvantaged persons. Serves residences of Brown, Lawrence,

Morgan, Monroe, Orange and Owen counties, especially through mental health services. Provides individual, family, couples and group counseling to the English- and Spanish-speaking clients.

City of Bloomington Volunteer Network

Address: 401 N. Morton St. Suite 260

Phone: 812-349-3433

Web: www.bloomington.in.gov/volunteer

About: The Volunteer Network, which has over 200 local partner nonprofit and governmental organizations, is your one-stop source for volunteer information in Bloomington and Monroe County. Member organizations post their volunteer needs on the Network's online database so potential volunteers can see what community needs they can meet. The Volunteer Network also offers training in volunteer management to new volunteer coordinators and training in nonprofit board service to new and continuing board members. The Network partners with the Martin Luther King Birthday Celebration Commission in the organization of the 'A Day On, Not a Day Off' day of service, in which thousands of Bloomingtonians participate. In addition, the Network matches the material needs of local nonprofit organizations with community members and businesses who can meet those needs through our partnership with the Herald-Times on the Community Wish List.

Habitat for Humanity of Monroe County

Address: 213 E. Kirkwood Avenue

Phone: (812) 331-4069

Web: www.monroecountyhabitat.org

About: Habitat for Humanity helps families and volunteers to build homes for those living in inadequate housing. The homes are for families who have an income but do not have the funds to secure a bank loan. The money to build the homes comes from contributions from local churches, citizens, businesses, and other sponsors. Families pay back a zero interest mortgage over 15-25 years. That money goes into a fund which helps to pay for more houses.

Monroe County Safe Kids Chapter

Phone: (812) 353-5437

About: Certified Child Passenger Safety technicians will help you install your child's car seat and answer questions regarding general vehicle safety. If you need financial help with the purchase of a seat, let us know. All services are by appointment only.

Midwest Pages to Prisoners Project

Address: 310A S. Washington St.

Phone: (812) 339-8710

Web: www.pagestoprisoners.org

Volunteer Contact: Tess Hannah (339-8710;

midwestpagestoprisoners@yahoo.com)

About: Provides free reading material to inmates

upon request. Encourages self-education among prisoners in the United States.

Monroe County Public Library

Address: 303 E. Kirkwood Ave.

Phone: (812) 349-3050

Web: www.mcpl.info

About: Offers free books, magazines, music CDs, and movies to check out; public Internet computers; downloadable audiobooks and ebooks; and free programs for all ages. It serves the county through facilities in Bloomington and Ellettsville, the Bookmobile, the Outreach Van, and Homebound service. Library cards are available at no charge to all county residents. The VITAL literacy program offers one-on-one confidential tutoring to adult learners and ESL conversation groups. During the school year, the library offers homework help to elementary students and math and reading/writing homework help to teens. During income tax season, volunteers offer free tax help. The library also has public meeting rooms for use by nonprofit groups. Anyone in the community can produce a program through Community Access TV (CATS) for the Public Access Channel.

New Leaf-New Life, Inc.

Address: 1010 S. Walnut St., Suite F

Phone: (812) 355-6842

Email: newleaf1010@gmail.com

Web: www.newleaf-newlife.org

About: New Leaf-New Life runs therapeutic programs in the Monroe County jail, and provides products and services to ex-offenders at our office at 1010 South Walnut, Suite F. Services offered include: assistance in obtaining a birth certificate or social security card, employment help, support groups, family support, community referrals, clothing, bus tickets, hygiene products, and funding for GED testing. Volunteer opportunities can include: mentoring, transition services, office work, family outreach, and programming in the Jail. Check our Facebook page for news and updates.

Reach High Consulting & Therapy LLC.

Autism ABA and Diagnostic Clinic

Address: 2101 W Tapp Rd. Bloomington IN 47403

Website: reachhighconsulting.org

Phone: 812-330-4460

Fax: 812-330-4461

Email: aba@reachhighconsulting.org

About RHC: Reach High is Bloomington's first ABA clinic. Reach High was birthed out of a growing need in the City of Bloomington. Providing Applied Behavior Analysis (ABA) has meant families and clients are equipped with the tools to reach their maximum potential. Reach High strives to have clients in multiple environments within the community, this allows for skill sets to be strengthened and become more natural overtime.