

## The Center's News

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Mental health conditions affect men and women; however, men are less likely to receive mental health treatment or diagnosis. Men face societal pressures such as “boys don’t cry” or to “man up” when they are struggling with their mental health. The stigma of men speaking out about their emotions and mental health is seen as a form of weakness or not “manly”. The pressures and stigmas men face stop many men from seeking the help that they may need.

Knowing the statistics can help raise awareness about men’s mental health and encourage men to step forward to seek out treatment. It can help to validate the feelings men with mental health conditions may be experiencing. Depression and suicide are leading causes of death amongst men. Men are more likely to die by suicide than women according to the Centers for Disease Control and Prevention.

Depression is a common secondary condition in people with physical disabilities who make up 26% of the U.S. population according to the CDC. Men with physical disabilities experience clinically significant depressive symptoms at rates 2-6 times higher than non-

disabled men. The CDC states there are an estimated 17.4 million adults with disabilities that reported frequent mental distress. 32.9% where adults with disabilities were 4.6 more likely to experience frequent mental distress compared to the 7.2% of adults without disabilities (CDC). Men who have a disability as well as a mental health condition are more likely to experience difficulties with seeking help and significant rates of depression and death by suicide.

Disabled men's mental health is important for several reasons. Disabled men often face unique challenges and stressors in relation to their disability such as physical limitations, societal stigma, discrimination, or difficulties in accessing resources. These are just a few of the many factors that can contribute to higher rates of mental health issues.

Disability intersects with other aspects of identity such as gender, race, sexual orientation, or socioeconomic status. Disabled men may face specific barriers that affect their mental health from other demographic groups.

Having a disability can sometimes lead to social isolation due to physical barriers or societal attitudes. This can contribute to feelings of loneliness or depression, particularly amongst disabled men who may face additional challenges in forming social connections.

Mental health has a significant impact on the overall quality of life of people. By addressing mental health issues and promoting well-being among disabled men, we can help to enhance their ability to cope with challenges. Prioritizing disabled men's mental health is essential for improving quality of life and addressing the challenges and barriers they face in accessing mental health support and resources.

### Mental Health Services

FSA Counseling Center: (812) 232-4349

Hamilton Center: (800) 742-0787

Harsha Behavioral Center: (812) 298-8888

Wabash Valley Health Center: (812) 232-7447

If you are struggling with suicidal thoughts or experience a mental health crisis, call or text the **National Suicide and Crisis Lifeline** at **988**.



# Independent Living Program

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## Pawsitive Effects: How Owning a Pet Can Improve Your Life

**Krista Smith, IL/Transition Coordinator**

As of this year, 66% of U.S. households (86.9 million homes) own a pet. Owning a pet can bring joy, companionship, and numerous health benefits! Pets can help by impacting both our mental and physical health.

Pet owners are less likely to suffer from depression. Playing with a dog, cat, or other pet can elevate “feel good” levels of serotonin and dopamine. Both chemicals act as hormones and can help people feel more calm or relaxed. Owning a pet can also decrease feelings of loneliness. While nothing beats human interaction, getting a pet can help with loneliness. This is especially true in older adults. Senior adults who live alone and have a pet report they feel less lonely than those who don't own a pet.

Interacting with animals has been shown to decrease levels of cortisol and lower blood pressure. Studies suggest that dog ownership is probably associated with decreased cardiovascular risk. Pet owners tend to have better circulation and a lower risk of cardiac issues. Pet owners have lower triglyceride and cholesterol levels than those without pets. Pet owners over age 65 statistically need 30 percent fewer visits to their doctors than those without pets.

Owning a pet can also increase your fitness level. Having a pet motivates you to get up and move around more. Studies have found that dog owners walk 22 minutes more per day on average than people who don't own a dog.

Lastly, pets can help you feel like you have a purpose. For example, even if you don't want to get out of bed, you must make sure your pet is fed. By caring for your pet, you can take time to focus on someone other than yourself. Seeing your pet happy and cared for can provide a sense of contentment and pride.

### *Things to consider before getting a pet:*

- Does your housing situation allow for pets?
- Can you afford basic care for your pet?
- Who will you use for veterinary care?
- Where will your pet stay if you leave home for an extended period?
- Have you done research to identify the right type of pet for your lifestyle?
- Are you willing to commit the time and patience required to train your pet?





# Fun Facts to Know and Share

Holly Neil – IL/Transition Coordinator

Indiana has a lot of interesting facts about the state that not a lot of Hoosiers know. The following is just a small sampling of the many fun things going on in this state we call home.

- The Children's Museum in Indianapolis is the largest Children's Museum in the world.
- Letters in the US that are addressed to "Santa Claus" are sent to Santa Claus, IN. Santa Claus, Indiana receives over one half million letters and requests at Christmas time.
- Indiana is the world's leader in producing popcorn.
- Has the St. Lawrence River Divide running through the top of the state (water on either side ends up in different places).
- The final resting place (alleged) of John "Johnny Appleseed" Chapman (Fort Wayne).
- The first professional baseball game was played in Fort Wayne on May 4, 1871
- Indiana's name means "Indian Land" or "Land of the Indians.",
- There have been six men from Indiana who have been elected vice president: Schuyler Colfax, Thomas A. Hendricks, Charles W. Fairbanks, Thomas Marshall, Dan Quayle and Mike Pence. They have earned Indiana the nickname "Mother of Vice Presidents."
- Indiana is almost exactly the same size as the country Taiwan,
- The official state motto of Indiana is "The Crossroads of America", as the state has more miles of interstate highway per square mile than any state.



# SHIP

## Gloria Stamper – Assistant Director

The State Insurance Assistance Program (SHIP) is a free and impartial counseling program for persons with Medicare. SHIP is part of a federal network of State Health Insurance Assistance programs located in every state.

It is a SHIP Counselor's job to help consumers make decisions regarding their insurance options related to Medicare, allowing them to make their own choices when it comes to their health plans.

SHIP Counselors are volunteers who have to complete an intense four-day training course and are certified by the Indiana Department of Insurance (IDOI). They attend regular training sessions to keep them updated with the most recent changes in Medicare and other health insurance options.



**SHIP**  
State Health Insurance  
Assistance Program

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## Navigating Medicare

What we do:

- Provide education materials and brochures.
- Educate beneficiaries so they can have a better understanding of Medicare.
- Inform their consumers about their rights as a Medicare beneficiary.
- Show their consumers how to evaluate the various Medicare Part D, Supplemental, Medicare Advantage and long-term care insurance policies currently available.
- Refer consumers to appropriate agencies where they may be able to get help with other needs.
- Provide speakers to make presentations to groups.
- Help with applications for assistance programs that help pay for uncovered Medicare costs.

If you or someone you know is in need of assistance with their Medicare needs, please feel free to reach out to The WILL Center at (812) 298-9455.

# 10 Essential Tips to Avoid Fraud and Scams

Jared Price – IL/Transition Coordinator

In this digital age, where technology and artificial intelligence are increasingly integrated into our daily lives, it's more important than ever to safeguard our personal information. Whether you're active on social media platforms like Facebook or managing your bills online, the use of strong, unique passwords is a crucial first step in protecting yourself. Here are ten tips to help you steer clear of fraud and scams:



1. **Trust Your Instincts:** If something seems too good to be true, it probably is. Always approach such situations with skepticism.
2. **Know How Official Entities Communicate:** Remember, organizations like the IRS and Social Security Administration will not call you—they will notify you in writing.
3. **Diversify Your Passwords:** Avoid using the same password across multiple platforms. Each password should be unique to its respective account.
4. **Use a Password Manager:** Consider using a password management application to securely store and keep track of your various passwords.
5. **Be Wary of Suspicious Emails:** If you receive an email that seems suspicious, do not click any links. Instead, delete it immediately.
6. **Mind Your Words Over the Phone:** If you answer a phone call and the person on the other end asks for you by name, avoid saying “yes” or “no”. Instead, respond with “How may I help you?” or “Speaking.” Scammers often record these calls to capture a “yes” response.
7. **Shred Your Junk Mail:** To protect your personal information, make sure to shred your junk mail before disposing of it.
8. **Guard Your Personal Information:** Never give out any personally identifiable information unless absolutely necessary.
9. **Fact-Check:** If you're unsure about something, do some fact-checking or ask someone you trust to look into it.
10. **Regularly Review Your Financial Statements:** Keep an eye on your financial statements and immediately report any unauthorized charges.

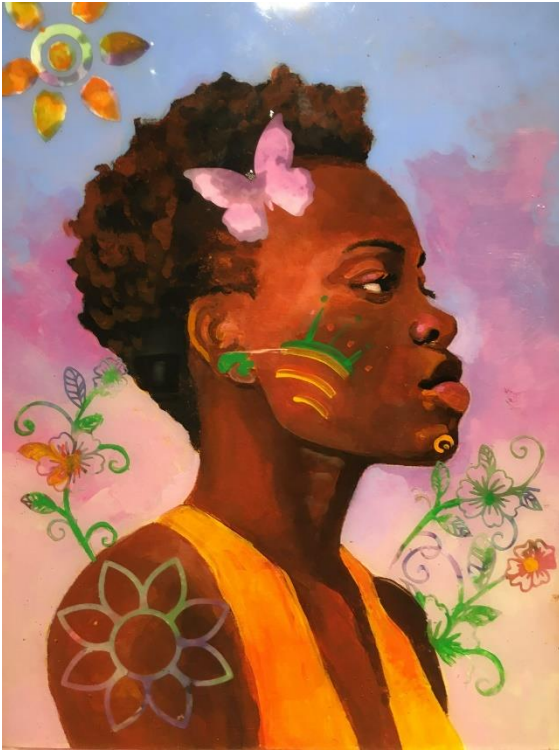
In 2023, the Federal Trade Commission (FTC) received fraud reports from approximately 2.6 million consumers. This was nearly the same amount as in 2022. The total losses due to fraud reached a record high of over \$10 billion, marking a 14% increase from the reported losses in 2022. It's worth noting that about 690,000 people were tricked into giving money during a scam. The median amount lost to these scams was roughly \$500.

Remember, staying informed and vigilant is your best defense against fraud and scams. Stay safe!



# Juneteenth: Commemorating Freedom

Bianca Nosek – PHWF Coordinator



*A Beautiful Day* by Kevin A. Johnson

Juneteenth is celebrated on June 19<sup>th</sup> and is a significant day of observance in the United States that commemorates the emancipation of enslaved African Americans. It became a federal holiday in 2021 and highlights the need to recognize and deal with the history of slavery and its ongoing effects on American society. There are several key factors as to why Juneteenth is an important day to recognize.

Juneteenth marks the end of slavery in America. In 1865 Union General Gordon Granger arrived in Texas to announce General Order No. 3 that proclaimed freedom for enslaved people in Texas. This happened more than two years after President Lincoln's Emancipation Proclamation had formally freed slaves in Confederate states in 1863. Juneteenth represents the actual enforcement of the Emancipation Proclamation to end slavery.

Juneteenth is also a day of recognition to honor African American history, culture, and achievements. It

acknowledges the struggles and contributions of Black Americans throughout history, promoting understanding and appreciation of their experiences and resilience. It also stands as a powerful reminder of the ongoing struggles for freedom, equity, and justice for Black Americans. Juneteenth highlights the importance of civil rights and the continued fight against systemic racism and inequality in the United States.

Juneteenth is a time for family gatherings, community events, and cultural festivities. These celebrations foster a sense of community and collective remembrance. Terre Haute will have a Juneteenth celebration on June 15<sup>th</sup>, 12 PM to 5PM at 1101 S 13<sup>th</sup> St, Terre Haute. For more information visit the **Terre Haute Day** Facebook page or website at [terrehauteday.org](http://terrehauteday.org).

Overall, Juneteenth is important because it marks a crucial moment in our history and symbolizes freedom and justice. It celebrates African American culture and contributions and provides an opportunity for reflection and education about America's past and ongoing struggles with systemic racism.



*Looking for a Better Day* by Kevin A. Johnson

## Let's Welcome Our Newest Employee, Krista Smith!



Krista Smith is our new Independent Living/Transitional Living Coordinator. Krista believes all people should have the same opportunities to live the lives they choose regardless of their disability, race, or age. Krista is passionate about advocating for others. She enjoys helping people work through problems to affect real change in their lives. Krista grew up in Georgia where she attended the University of West Georgia and obtained a degree in Psychology. Shortly after this she moved to Indiana where she worked with individuals with varying disabilities through KCARC in Vincennes. Krista joins us after serving for the past eight years as a case manager in the Clay and Vigo County areas. She is an

out of the box thinker and enjoys finding ways to overcome challenges. She has extensive knowledge in working with community members of many different backgrounds, ages, and experiences. Krista enjoys spending time with her family, which includes her husband and their three children. She loves animals and she used to foster dogs for a local rescue. Krista enjoys crafts or doing anything creative and traveling.



# L.I.V.E Program

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## I Remember That Call!

### Eve Fears – Low Vision Coordinator

Now that Spring is upon us, and the weather is nice to sit out on the porch or patio let us take time to enjoy the past-time of listening to the birds' songs and calls. We have listed several web resources, phone apps and podcasts to get you started. Bird listening is a relaxing, free way to enjoy the outdoors with a cup of coffee, or a cool glass of tea.

#### Web Resources

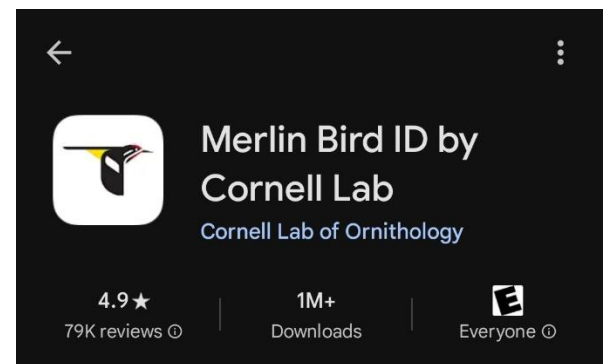
*Birdability* has a section devoted to birding for those with vision loss. Dig deep into this webpage and you will discover tons of information! It includes an extensive list of resources, apps, tips, some free, and some with a cost, for anyone who would like to get started birding by ear. There are also blogs written by other visually impaired birders on their passion about birding. For birders with low vision, you will find tips to share with sighted birders to help you see a bird and how to use a camera to zoom in on a bird you spot.



The National Audubon Society has a Birding by Ear section where you can get lost in bird songs! Start out with the backyard birding page to learn about common birds that may frequent your backyard. For example, you can hear the difference between a purple finch and a house finch by tapping on the sound recording of each. You will also find lots of other resources and “how to’s” for birding by ear.

#### Apps to Try

The Cornell Lab of Ornithology is the foremost bird research institution in the United States. Their app, Merlin Bird I.D., is free and Voiceover friendly. It is easy to make a sound recording with their simple instructions and have Merlin identify the bird for you. The app also contains packs of birds categorized by geographic regions so you can find birds that frequent your area. If you let the app



access your location, you can get a list of birds in the area where you are located. This is great, too, if you are away from home and want to explore the birds in a new area.

If you like to play games on your iPhone, the Lark Wire app is Voiceover friendly. You can test your knowledge as you learn different bird songs. Birds are categorized by family, species, or region. Start with the beginner level of Backyard Bird Song Basics.

## Podcasts

The Birding by Ear podcast is a good start for beginners. On each podcast, Beth, an avid birder in northern Utah, groups birds together with similar songs, families, or habitats. She also gives you the language to describe different bird songs. Take this podcast along with you on a walk in the park and see if you can identify them!

Birding Tools has a podcast to help you learn bird songs using mnemonics, a strategy that can be used for remembering the different traits of birds. It will give you a great introduction and a fun way to use sound to identify and remember birds by their song.

The Calling All Birds podcast has five episodes each featuring a different bird species common in most areas. The presenters provide good visual information, bird activities, language to help you understand bird songs and the actual recordings of each.

Get a great introduction on birding by ear by listening to Hadley's podcast with Freya McGregor. Freya created AccessBirding.com where she educates nature organizations to improve access and inclusion for birders with disabilities. In this podcast, Freya provides suggestions for getting involved with a local Audubon chapter, equipment you may want to use and tips for recording bird songs.

# June Events in Terre Haute

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Sat. June 1<sup>st</sup> 9:00am

**VCPL Friends Book Sale**

Vigo County Public library

Sat. June 1<sup>st</sup>–2<sup>nd</sup> **Terre Haute Air show**

Hoosier Aviation, 581 S Airport St

Wed. June 5<sup>th</sup> 10:00am-12:00pm

**River Wool Knit Happy Club One**

River Wools Terre Haute

Thurs. June 6<sup>th</sup> 11:00am – 12:00pm

**Tech Savvy Seniors: Beanstack**

Vigo County Public Library

Fri. June 7<sup>th</sup> 7:30am-9:00am

**Coffee & Connections**

Terre Haute Convention Center

800 Wabash Ave Terre Haute

Fri. June 7<sup>th</sup> 5:00pm-8:00pm

**Summer Celebration-** Art, Music,

Food, Fun & FREE

12 Points 2170 N 13<sup>th</sup> St, Terre Haute

Sat. June 8<sup>th</sup> 10:00am – 12:00pm

**Art Hacks: Ink & Watercolor Abstract**

**Art**

Vigo County Public Library

Sat. June 8<sup>th</sup> 7:00pm-9:00pm

**Logan Kirby – Elvis Gospel**

Boot City Opry 11904 Highway 41 S

Terre Haute

Tues. June 11<sup>th</sup> 1:00pm-2:00pm

**Tuesday Book Group**

Java Haute Wabash Avenue

Tues. June 11<sup>th</sup> 5:00pm-8:00pm

**Terre Haute Day Health Fair**

1101 S. 13<sup>th</sup> St. Terre Haute

Thurs. June 13<sup>th</sup> 10:00am – 7:00pm

**36<sup>th</sup> Annual Strawberry Fest 2024**

First Congregational Church

630 Ohio Street, Terre Haute

Sat. June 15 8:00am-12:00pm

**Annual Yard Sale**

First Unitarian Universalist Congregation

of Terre Haute – 1875 S. Fruitridge Ave

Tue. June 18<sup>th</sup> 12:00pm – 1:30pm

**Black Quilters: Hard Topics, Soft Blows**

Vigo County Public Library – Meeting

Rooms A, B & C

Tue. June 25<sup>th</sup> 3:00pm – 4:00pm

**Mindful Wandering: Plan Your Own**

**Micro-Adventure**

Vigo County Public Library

For more community events visit:

[Mywabashvalley.com](http://Mywabashvalley.com) (Community Calendar)

Or the VCPL website