



COMMUNITY: "THE SMALLEST UNIT OF HEALTH"

A LIST OF RESOURCES FOR CONNECTING WITH YOUR COMMUNITY

"To be healthy is literally to be whole... Our sense of wholeness is not just the completeness in ourselves but also is the sense of belonging to others and to our place... I believe that the community, in the fullest sense: a place and all its creatures... is the smallest unit of health and that to speak of the health of an isolated individual is a contradiction in terms." ---Wendell Berry

CENTERS WITH SPECIAL PROGRAMMING FOR SENIORS

The Area 10 Agency on Aging in Ellettsville is one of sixteen such agencies in the state. A key feature of Area 10 is its Endwright Center. Both the main Endwright Center and the new pilot project—Endwright East in Bloomington's College Mall—are dedicated senior centers that offer a variety of programming. The Monroe County Public Library offers customized delivery services for homebound seniors. Additionally, Twin Lakes Recreation Center and our local YMCAs offer physical fitness programs for everyone, some of which are especially well-suited for aging bodies.

- The Endwright Center, Area 10 Agency for Aging: <http://www.area10agency.org/endwright/>
 - Endwright East: <http://www.area10agency.org/endwright-center-east/>
 - Monroe County Public Library: <https://mcpl.info/outreach/homebound-service>
 - Twin Lakes Recreation Center: <https://bloomington.in.gov/parks/facilities/twin-lakes-recreation-center>
 - YMCAs: <https://www.monroecountymca.org/>
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VOLUNTEERING

Giving back to the community is a great way to stay connected. Nothing is quite so satisfying as being part of a team, working with others towards a shared goal that benefits Bloomington overall. The City of Bloomington Volunteer Network is open to everyone, and it offers a wide range of volunteer opportunities. The RSVP program focuses specifically on engaging senior volunteers.

- City of Bloomington Volunteer Network: <https://www.bloomingtonvolunteernetwork.org/>
- RSVP, Area 10 Agency on Aging: <http://www.area10agency.org/rsvp/>

MEMORY CAFES

“Memory cafes” vary somewhat in terms of format and activities. But overall, the idea is to provide a comfortable, relaxed environment in which both people who are living with dementia and their caretakers can share various experiences with others.

- Jill’s House: Contact Heather Kinderthain by email at hkinderthain@jillshousememorycare.com or by phone at 812-278-1072
- Needmore Coffee Roasters: First and third Friday of each month at 2:30pm, 104 N Pete Ellis Drive, Unit E, <https://www.needmoreroasters.com/>
- Monroe County History Center: <https://monroehistory.org/livingwithhistory/>

CONNECTING DIGITALLY

Social media offer many ways to stay connected digitally. However, technology itself can be a significant obstacle. Fortunately, free help is available through programs such as the Library’s special Tech Days, and TechHeroes.

- Monroe County Public Library Tech Days: <https://mcpl.info/infosys/free-help-your-laptops-and-gadgets>
- TechHeroes Program: <http://www.jennydonegan.com/techheroes.html>

LEARNING MORE ABOUT SENIOR RESOURCES IN BLOOMINGTON

To learn more about—and connect directly with—the community of people who offer senior resources and services in Bloomington, consider attending a meeting of the Active Aging Coalition. The City’s Commission on Aging is the brainchild of this group, which lobbied for its establishment in 2009. And to stay updated on the Commission’s activities, use the green button labeled “Sign up for the Commission’s e-newsletter” on our website; you’ll find that button mid-page, below the information about our annual report.

- Active Aging Coalition: <https://sites.google.com/site/activeagingcoalition/>
- City of Bloomington Commission on Aging: <https://bloomington.in.gov/boards/aging>

You also can find an electronic copy of this handout (with active hyperlinks) on the Commission’s website.