

**TRI-CAP's
health, housing,
and education
services change
lives, empower
families, and
improve
communities.**



Planning for Changes

by Joyce Fleck, TRI-CAP Executive Director

We all know that change is inevitable. Especially in the year 2020. Funny how saying “20/20” is normally associated with a clear vision. All the plans we’ve had for the year 2020 seem to be swiftly changing. As I write this, I’m sure there will be more newsworthy changes at TRI-CAP before this can be published. The best we can do is plan for changes to happen.

It’s hard to stay strong in times like this, but I must say, our staff are holding up very well as each one rolls with the ever-changing plans and directives needed to serve our clients.

We’ve planned many bus tours for 2020, which have been rescheduled and/or canceled due to the COVID pandemic precautions. We’re planning for a better year in 2021 and hope you can join us. The proceeds from these trips help our agency raise the local dollars required by our federal grants. Without these funds we cannot continue to serve our clients at our current level.

We’ve planned to have our next housing complex completed by now. There were construction supply chain delays due to the pandemic. We’ve altered our master schedule and have tenants moving into some of the earlier-completed building structures while we work through the final details to finish the overall Wagon Works housing site. We hope you’ll plan to join us for our Wagon Works open house event at 11:00 a.m. EST on August 14, 2020 to see for yourself how all of this planning has come together to create 56 beautiful, new, affordable housing options in Huntingburg. Our Wagon Works residents can now better plan their household budgets with their new affordable rental units. See details and related story on page five.

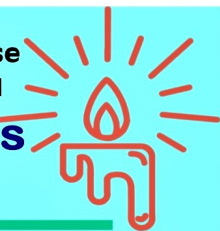
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We've been helping individuals plan the size of their families for decades. Our clinical staff have altered service deliveries in ways to meet the increasing demands of our community while continuing to take the extra precautions needed in today's healthcare arena.

Life doesn't always go according to our plans. But we can and should always plan to do our very best to help someone in need. TRI-CAP continues to respond to the needs of our community in many ways. To learn more, please visit our website at www.tri-cap.net or visit our Facebook page. If you'd like to help us help others, let's plan a time to discuss how you can help. Now is a great time for our qualifying donors to receive half of your own donations via Neighborhood Assistance Program tax credits. Contact me at joyce@tri-cap.net or give me a call at 812-482-2233 to learn more. Your donations help change lives, empower families, and improve our communities!

The Dubois County Substance Abuse
Council presents the third annual
**Overdose Awareness
Candlelit Vigil**



Join us in remembrance of those who have lost their battle
with addiction as we participate in International Overdose
Awareness Day

August 27, 2020
7:00 - 8:00 PM EST
18th Street Park,
Ferdinand, IN 47532

Come for the guest speakers, music, candlelit vigil,
community resources, and other activities to support those
who have passed, their loved ones, and those who still
struggle with addiction today.

**Please bring blankets or chairs to sit on. Social
distancing will be practiced. Masks are strongly
encouraged!**



*In the event of increased COVID restrictions, this event will be held via
Facebook Live with no less than one week's notice*

Join Our Team

Employment opportunities are posted on
our website at www.tri-cap.net and
Facebook page. If you are interested in a
current opening, please send your
application to hr@tri-cap.net

CONTACT TRI-CAP

Dubois: 812-482-2233

Pike: 812-354-8721

Warrick: 812-897-0364

Vanderburgh: 812-428-2189

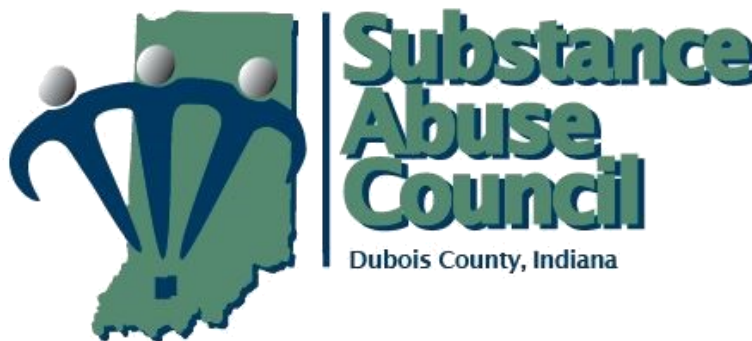
www.tri-cap.net



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COMMUNITY PARTNER SPOTLIGHT:



Q: What is your community partner name and contact information?

A: Dubois County Substance Abuse Council - Jenna Bieker, Coordinator - Email: dcsac@duboiscountyin.org - Facebook: <https://www.facebook.com/duboiscountysac/>

Q: Please describe your involvement with TRI-CAP:

A: The Dubois County Substance Abuse Council has funded various grants for TRI-CAP services. We are a long time funder for the RSVP Medication Collections that typically occur every Spring and Fall. We also work closely with the Dubois County CARES to support their efforts to empower local youth to be drug and alcohol free. Plus, we supply roughly \$10k of in-kind support to CARES each year. TRI-CAP serves as the lead agency for CARES.

On Thursday, August 27, 2020, we are hosting our 3rd Overdose Awareness Candlelight Vigil, in remembrance of family and friends who lost their battle with addiction. This year's vigil will be at 18th Street Park in Ferdinand, IN, beginning at 7:00 p.m. We are asking everyone to wear a mask and bring a lawn chair so they can social distance from others. We appreciate TRI-CAP's help in promoting this event.

Q: How does TRI-CAP's mission fit your personal or business mission?

A: Our mission is to reduce substance abuse and the problems associated with substance abuse in Dubois County Youth and Adults in order to enhance family and community life. As such, our mission aligns beautifully with TRI-CAP's mission to change lives, empower families, and improve communities.

Q: How long have you been involved with TRI-CAP?

A: We have supported TRI-CAP with grant funding for at least 15 years. TRI-CAP staff are members of our council. Three TRI-CAP staff currently serve as Officers on our Executive Committee, including our Chair, Deb Capps – who is TRI-CAP's Health Services Director. TRI-CAP has also allowed us to use their meeting room space for some of our meetings.

Q: What have you learned about TRI-CAP that you feel the rest of the community should know?

A: TRI-CAP is a reliable partner in any community committee, always seeking ways to help meet local needs. TRI-CAP refers clients to other agencies for services that TRI-CAP doesn't provide. TRI-CAP accepts referrals from partners and agencies to meet client needs through TRI-CAP programs.

Q: If you had unlimited resources, what would be your wish for TRI-CAP?

A: We'd wish TRI-CAP had the funding to increase their current programs and to start new programs. TRI-CAP is the closest this county has to a one-stop shop for client needs since a client can come for housing needs, Head Start needs, and health insurance, as well as about a dozen other services. With Covid-19, more people than ever need the services TRI-CAP offers!

Q: Please explain how you see that TRI-CAP benefits our community.

A: Almost everyone knows someone who needs a hand-up to improve the quality of their life. TRI-CAP offers that hand-up along with education so clients can take responsibility for improving their situation. When you don't know where to turn, TRI-CAP is a good place to turn!

TRI-CAP Family Planning Clinics are Open and Offering Safe Healthcare

By Deb Capps, Health Services Director

COVID-19 has brought so many changes to our lives, most of them negative. But one thing that actually improved was TRI-CAP's ability to provide affordable, quality, and safe reproductive healthcare. In the early days of COVID-19, our two clinics were only able to "see" current clients but we quickly adapted so we could see anyone of reproductive age (male and female).

Due to COVID-19, family planning staff meet with clients via phone, rather than in person, for most of their medical appointment. These phone calls are typically done from the safety and privacy of their car. If a client needs a physical exam, testing, or other in-person services, clients are provided those services as quickly and as safely as possible after the majority of their appointment is done via phone. Clients are required to wear a mask and complete a health screening questionnaire before being allowed inside the clinics. We also take temperatures of anyone entering our clinics. Our staff always wear masks and fresh gloves, plus clean and sanitize between every client, for client protection. They also have face shields to wear when warranted.

Staff and clients are realizing that doing the appointment via phone is faster, safer, and more relaxed than the typical in-office appointments. TRI-CAP is committed to reducing unplanned pregnancies, educating clients about the risks of unsafe sex, and offering quality family planning healthcare.

Our family planning clinics are located in Jasper and Evansville. Services are provided on a sliding fee scale which means most of our clients pay little or nothing for their reproductive health needs. We accept all forms of health insurance but health insurance is not required, as we can also assist anyone that needs help enrolling in a health insurance plan.

Family planning services include women's annual exams, birth control options (everything from natural family planning to IUDs and Implants), STD testing and treatment, clinical breast exams, education, and referral services. We do not do abortions! As a Title X clinic, we can see teenage clients with or without parents – though we strongly encourage parent participation.

To schedule an appointment, please call: Jasper 812-482-2233, ext. 144,
Evansville – 812-428-2189, ext. 1

Thank You Notes from TRI-CAP Family Planning Clients:

- ♦ It allows me to keep up-to-date on my health. Without insurance, it is difficult to afford prevention appointments. Thanks TRI-CAP!
- ♦ It keeps myself and other women safe and healthy. It is a safe place for women.
- ♦ They gave me great information on how to protect myself. They were very kind!

Leasing has Begun at Wagon Works Apartments

By Neil Elkins, Housing Services Director

Wagon Works Apartments in Huntingburg has begun leasing. The first tenants moved into the facility on July 21, 2020. Wagon Works Apartments is the final project in Huntingburg's Stellar plan.

The project, that is located at 719 East 5th Street in Huntingburg, is being developed through a partnership with TRI-CAP and Paragus Corporation located in Indianapolis, IN. The name Wagon Works was chosen because of the history of the property that is being developed. The apartment complex is located on the site of the old Huntingburg Wagon Works factory. The company produced wagons as well as an automobile. Huntingburg City Hall houses the only known remaining automobile produced there as well as a wagon that was manufactured at the location.

The development will contain a total of 56 apartments and will also have a clubhouse for tenants and other amenities. The clubhouse has attached laundry facilities, an exercise room, and a dog washing station. There will also be a basketball court and dog walk area for tenant use.

Along with the above amenities each apartment will offer the following:

- Full size range
- Full size refrigerator
- Dishwasher
- Garbage disposal
- Cable Ready WIFI
- Hook up for a full-size washer/ dryer
- All apartments are total Electric
- Water, Sewer & Trash removal paid by Management



**August 14th
11:00 a.m. ET
719 East 5th St.
Huntingburg**

Wagon Works will be comprised of Studio, One Bedroom and Two Bedroom Apartments. Pricing will range from \$350-\$599 a month.

The City of Huntingburg, TRI-CAP and Paragus will be hosting an open house and ribbon cutting on August 14, 2020 starting at 11:00 a.m. EST.

Leasing information can be obtained at <https://wagon-works.weebly.com/> or by calling 812-684-9800.



photo credit going to Matthew Crane and duboiscountypress.com June 10, 2020 article

Retired and Senior Volunteer Program

By Rachel Trabant, RSVP Program Coordinator

TRI-CAP RSVP is a federally funded Senior Corps program under the Corporation for National and Community Service. RSVP is the largest volunteer network in America for people who are age 55 and over. RSVP focuses on healthy futures, environmental stewardship, veteran & military families, education, capacity building, and community priorities in Dubois, Pike, and Warrick Counties. RSVP volunteers enjoy the satisfaction of giving back to their community, while doing what they desire through their service experience.

There is a vast array of volunteering services, and are as endless as the needs of our communities. Volunteering has been proven to reduce depression, pain, stress, and social isolation. Volunteering has proven to increase physical fitness, mental functionality, sense of purpose, social connection, and longevity of life. At times like these, your services are needed more than ever and are life-changing. There has been an influx of your community members needing and/or providing services through companionship via social support, transportation, masks sewing, and food access at local pantries and community meal programs.



Volunteers are always needed and appreciated!

For those 55+, who are interested in volunteering their time for the greater good of society, then consider joining this program. Once you join, you will see why it matters so much.

Contact me, Rachel Trabant at
rachelk@tri-cap.net / 812-482-2233

- * **Miami & Key West, FL:**
Saturday, April 10-Sunday, April 18, 2021
- * **Niagara Falls & Toronto, USA and Canada:**
Sunday, June 20-Saturday, June 26, 2021
- * **Yellowstone, Mount Rushmore, the Badlands, and the Black Hills, SD and WY:** Saturday, July 17-Wednesday, July 28, 2021
- * **Nova Scotia, Prince Edward Island, & New Brunswick, Canada:** Wednesday, Aug 18-Monday, August 30, 2021
- * **Grand Canyon, Las Vegas, and Hoover Dam, AZ and NV:** Thursday, Sept 9- Sept 20, 2021
- * **Cape Cod & Martha's Vineyard, MA:** Saturday, Oct 9-Sunday, Oct 17, 2021

THE TRIPS FOR RSVP 2021 ARE ENTICING!!

**You want to go with us??
For more detailed information,
check out our trips at
<http://www.GroupTrips.com/TRICAP>.**

