

Neighbor to Neighbor

United Neighborhoods of Evansville



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office@unoevansville.org

*Neighborhood
Associations Working
Together
to Preserve,
Enhance
and Promote
the Evansville and
Area Neighborhoods*

Letter from the President

Hello,

As residents of Evansville, you have the full support of United Neighborhoods of Evansville to support the work of your neighborhoods, to help identify your concerns, and to work together to find resources for your neighborhoods.

U.N.O.E. ensures a fair allotment of resources to all neighborhoods in Evansville. Your neighborhood has easy access to obtain the things needed to enhance, promote, and preserve your streets. U.N.O.E. can assist you by promoting open dialogue and diplomacy within your neighborhood community.

I am calling upon all of you to empower each other.

U.N.O.E. has begun the process of requesting grants for purpose of helping all of you preserve, promote, and enhance your neighborhoods. We have now secured a dumpster grant, available to all United Neighborhood associations of Evansville!

The Dumpster Grant is available on a first come, first serve basis for neighborhoods that need a major cleanup. U.N.O.E. requests a 30 day prior notice of need for the dumpster cleanup in your neighborhood. A review of the request will include the assurance that the cleanup will occur within the boundaries of your neighborhood association as referenced by the boundaries on the U.N.O.E. website. A representative will visit the neighborhood noting the extent of debris, and will confirm that removal of the debris will improve the entire neighborhood, as well as revisit the area to show progress.

If you are not certain whether your home is within an association, or if you would like to be added to the U.N.O.E. neighborhood list, please reach out to us to get added.

We are going to continue to request necessary resources for all neighborhoods of Evansville. Please reach out to us to share your concerns and needed items for your neighborhood so that we can share with you!

Let us turn the memory of the past two years into a guiding hope that we, together, will find ways to improve our community.

Sincerely,

Katie Coomes, U.N.O.E. President



Heavy Trash Pickup Just Got Easier

Everything you need to know about your new heavy trash pickup.

Great news! Your heavy trash pickup has changed from two pickups a year to scheduled by you as often as every two weeks, except during fall leaf collection.* That means you know when your heavy trash will be collected and less mess sitting at your curbside.

Heavy Trash Pickup is Year-Round

Please don't leave your trash at the curb. Visit ewsu.com/heavytrash to schedule a pickup.



How it works

- 1) Schedule a pickup at, <https://ewsu.com/forms/heavy-trash/> or by calling Republic Services at (800) 886-3345
- 2) The day before your scheduled pickup, place your item where you normally place your trash and recycle.
- 3) A collection truck will pick it up and you're done!

Have an extra-bulky item?

Heavy trash items have to be able to be lifted by two people and fit inside a normal trash collection truck. Items that won't fit, such as a swing set, need their own special pickup. Call (800) 886-3345 to get a quote and schedule a special pickup.

Who's eligible

Heavy trash service is available to City residents who pay for trash services with their water bill. Apartment complexes, mobile home communities, business, commercial customers and County residents are not eligible.

*Fall leaf collection runs November through mid-December

Learn more at www.ewsu.com/heavytrash



The Great Evansville Clean-up!

Please Join Us June 10th from 9am - 12pm and make Evansville a cleaner place to live.

Grab a friend or co-worker and pick up litter at home, school or your business.

Trash bags will be provided.

Call (812) 425-4461 for more information

Solid Waste District



FREE PAPER SHREDDING EVENT

Friday, June 17th

9:00 am - 12:00 pm

Wesselman Park

551 N. Boeke Road

Shredding services will be provided for confidential or sensitive documents. Up to 100 pounds will be shred courtesy of Piranha Mobile Shredding at no charge. Shredding occurs off-site.

VANDEBURGH COUNTY HOUSEHOLDS ONLY

For information call the Solid Waste District
812-436-7800

www.evansville.in.gov/recycle

SWIMGA

Southwestern Indiana Master Gardener Association
Presents



Art In The Garden & More!

Sunday, June 12, 2022

12:30 - 3:30pm CT

Multiple Arts & Craft Booths

Food Trucks: Bruce Li and Lolly's Pop Bar

Face Painting for Kids and Kids at Heart

Music by The Honey Vines



An acoustic blend of intertwining harmonies with a sweet truth embedded in their own material.

The talented duo consists of local singer-songwriters, Andrea Wirth and Melanie Bozsa.

Come to our Display Garden, stroll among the beautiful flowers and visit local artists' booths. Bring the family, your lawn chairs, and enjoy the melodies of the Honey Vines.

FREE Admission and FREE Parking

**The Display Garden is located at
3501 E. Lloyd Expressway**

Southwestern Indiana Master Gardener Association
www.swimga.org
Visit us on Facebook

DMHA



The Division of Mental Health and Addiction is pleased to present the annual Indiana Prevention Conference, Many Voices, One Vision, on October 4th and 5th, 2022 at the Indiana Convention Center, in Indianapolis, Indiana.

With funding support from the Substance Abuse and Mental Health Services Administration, the DMHA aims to convene statewide primary prevention partners to share best practices and programs exemplifying the Strategic Prevention Framework and collaborate to strengthen statewide primary prevention efforts.

Join fellow prevention professionals and advocates for a two day hybrid conference with in-person access at the Indiana Convention Center and virtual access online.



More information is available at
INPreventionConference.com.

Registration is now open.

Call for Speakers will open June 1st, 2022.

Call for Speakers will close July 7th, 2022.

[REGISTER NOW](#)

Amazon Smile



You shop. Amazon gives.

United Neighborhoods of Evansville has registered with Amazon Smile, a program which will donate 0.5% of the purchase price of your Amazon orders to a non-profit of your choosing. There is no cost to you use the program and items cost the same, the only difference is you need to use the below link when shopping on Amazon website or update the Amazon Smile settings on your account.

<https://smile.amazon.com/ch/35-2133697>

We ask that you help support UNOE and our endeavors when shopping on Amazon by using the link provided or updating your settings. This is an easy, no cost way to support UNOE.

AmazonSmile also allows us to create Charity Lists, which are lists of items your neighborhood is looking to have donated. The items might be for a special project or an ongoing operational use. People who donate by purchasing items on the Charity Lists not only give the item but the organization can receive 0.5% of the purchase price of the item.

You can view the current donation lists for UNOE at: <https://smile.amazon.com/hz/charitylist/l/1888D8DSYIU0/>

Contact the office if your neighborhood is interested in creating a Charity List.

Facebook Non-Profit

United Neighborhoods of Evansville has registered with Facebook as a non-profit which allows us to promote and accept donations through our Facebook page.

We now also have the ability to create fundraisers on Facebook. If there is a project or neighborhood goal you would like to raise funds for contact the office and we can discuss creating a Facebook fundraiser.



@unoevansville

Donate

UNOE Neighborhood App



Download the UNOE Neighborhoods app for your Android device on the Google Play Store. The app helps you identify the neighborhood association in which you are located (or the location for which you search on the map). You will find the schedule and locations of the neighborhood meetings and a way to gain more details from a neighborhood contact.

Coffee With A Cop



Residential Soil Cleanup Resumes this Spring Jacobsville Neighborhood Soil Contamination Site

U.S. Environmental Protection Agency will resume soil cleanup of lead and arsenic contamination in Evansville this spring. U.S. Army Corps of Engineers will continue its role as the engineering firm managing day-to-day cleanup activities.

In the 2022 construction season, the cleanup will primarily take place in neighborhoods southeast of downtown Evansville, such as Riverside, Culver, Bellemeade Bayard Park, Tepe Park, Glenwood, Akin Park, and Goosetown.

All work will be done during regular business hours to minimize the inconvenience caused to neighbors. The contractors will take precautions to ensure no dust is generated while the work is done or during transportation of excavated soil. As appropriated to current situations, local COVID-19 safety guidelines and ordinances will be observed.



Figure 1: A property after the new sod was laid and mulch was placed in 2020.

Residential soil cleanup process

EPA and its contractors strive to work closely with property owners to ensure they know what to expect during the cleanup and ultimately to ensure they are satisfied with the way their property looks after it has been restored. If you would like an estimate of when your property will be cleaned up, please contact Mary Myrick from Tetrtech (contact information on next page).

The soil cleanup process generally goes as follows:

- Meeting with property owner to go over the specifics of the cleanup
- Excavation of contaminated soil according to cleanup designs.
- Backfill with clean soil and placing a layer of topsoil.
- Restoration of lawn areas, including vegetation and landscaping items.
- Maintenance period of 30 to 60 days for restored grass and plants
- Closeout meeting with owner to ensure the cleanup and restoration work was done to the owner's satisfaction.
- EPA issues a letter of cleanup completion to the property owner.

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Environmental Protection Agency Cont.

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Soil sampling

Soil sampling will resume in Spring. If you have questions regarding soil sampling or would like to sign up for soil sampling, please contact Mary Tierney at the number or email address below.

Progress to date

EPA began residential cleanups in the Jacobsville Neighborhood Soil Contamination Superfund Site in 2010, with the first phase completed in 2012. Here are some cleanup numbers to date:

- More than 6,000 properties sampled to date
- Around 3,750 properties cleaned up to date
- 500-1000 properties will be sampled in 2022.
- Around 250 properties will be cleaned up in 2022.

About the Jacobsville Superfund site

It is believed that airborne dust, soot, and smoke from historic industrial operations deposited lead on residential soil over a wide area in Evansville. Arsenic may have been deposited by airborne dust from foundries, the burning of coal and from other industrial processes. Because these companies have long been out of business, EPA and Indiana Department of Environmental Management are paying for the cleanup.

The Jacobsville Neighborhood Soil Contamination site was placed on the National Priorities List, or NPL, in 2004. The NPL is a roster of the nation's most hazardous waste sites that are eligible for cleanup under EPA's Superfund program. EPA has done several rounds of soil testing to determine the boundaries of the contamination.



Figure 2: A property after excavation was completed the beginning of October 2020, showing a landscaped area where EPA dug around the plants.

The initial cleanup area known as Operable Unit 1, or OU1, was cleaned up from 2009 to 2012. Later studies by EPA showed the lead and arsenic contamination covered a larger area, now referred to as OU2. OU2 covers about 4.5 square miles and includes about 8,500 residential properties. EPA estimates about 4,500 of these 8,500 properties will require cleanup.

Cleanup of OU2 properties began in 2012 and will continue for approximately four more years. The general boundaries of OU2 are Morgan Avenue to the north, U.S. 41 to the east, Pigeon Creek and the Ohio River to the west, and East Riverside Drive to the south. EPA is only cleaning up residential properties and properties such as day cares and schools that are used frequently by the public.

Contact Information

For more information about the cleanup, please contact:

For general questions:

Charles Rodriguez

Community Involvement Coordinator
312-886-7472
rodriguez.charles@epa.gov

For property cleanup schedule:

Mary Myrick (TetraTech, Inc.)

Property Assessment Coordinator
812-453-6076
mary.myrick@tetrattech.com

For questions about soil cleanup:

Jena Sleboda

Remedial Project Manager
312-886-0272
sleboda.jena@epa.gov

For soil sampling questions:

Mary Tierney

Remedial Project Manager
312-886-4785
Tierney.mary@epa.gov

Call EPA toll-free at 800-621-8431, 8:00am - 4:30pm weekdays, or visit, epa.gov/superfund/jacobsville-neighborhood-soil

AARP - Early Warning Signs of Parkinson's Disease

Eight Early Warning Signs of Parkinson's Disease

Initial symptoms can be mistaken for other illnesses



AARP®

Written by Jen A. Miller, AARP

Some signs of Parkinson's disease are ones most of us recognize, such as tremor and trouble walking. But very early signs of the disease, which can appear a decade or more before the disease presents in more obvious physical forms, are often mistaken for something else. They can also be mistaken for regular signs of aging.

Common problems such as trouble sleeping, constipation and muscle stiffness, or such symptoms of living in a COVID-19 world as loss of smell and increased anxiety and [depression](#), also are all related to early stage Parkinson's. Many of these conditions are very common in older adults. Experiencing them doesn't mean you have Parkinson's disease, but they are certainly worth discussing with your doctor, especially if you are having several of them at the same time.

"The early signs are normally not problems that bring anybody to the doctor," says Michele Tagliati, M.D., director of the Movement Disorders Program and vice chair of the department of neurology at Cedars-Sinai Medical Center.

That's because the effects of Parkinson's, a neurodegenerative disorder, are far reaching, and often lead to changes long before a tremor appears. While there currently is no medicine to slow the progression of Parkinson's, lifestyle changes can help manage the disease and an early diagnosis can help with planning. Here are eight things to look for.

1. Restless Sleeping

Talking in your sleep, sleep walking and/or acting out your dreams, also known as REM sleep behavior disorder, can be early warning signs of Parkinson's. "We are supposed to be completely still and paralyzed" during sleep, says Tagliati. But for someone with Parkinson's, the "mechanism in the brain that oversees this phase of sleep is somewhat defective."

In fact, a [2014 study](#) found that 33 percent of patients with REM sleep disorder had developed a neurodegenerative disease, such as Parkinson's or [Lewy body dementia](#), after five years. That number jumped to 91 percent after 14 days. One sign of this problem is falling out of bed. If you live with someone else, they will most likely see or hear you acting out your dreams. Sometimes people even kick or punch in their sleep or jump out of bed suddenly. If you live alone, you may wake up with twisted sheets, or wake yourself up yelling, says Camilla Kilbane, M.D., interim director of the Parkinson's and Movement Disorder Center at University Hospitals Cleveland Medical Center.

2. Loss of Smell

Losing your sense of smell, or hyposmia, has been in the news as a side effect of [COVID-19](#). Researchers aren't quite sure why it's also associated with Parkinson's, says Tagliati, but there's a clear link between the two, with this symptom appearing 90 percent of early stage Parkinson's cases. Like sleep problems, issues with smell are easy to brush off and attribute to something else, like allergies, a [sinus infection](#), a previous COVID infection, or just aging. But loss of smell shouldn't be ignored, especially in the presence of other symptoms.

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Eight Early Warning Signs of Parkinson's Disease

Initial symptoms can be mistaken for other illnesses

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3. Constipation

Parkinson's affects the automatic nervous system, which controls bodily functions we don't normally think about, like going to the bathroom. Parkinson's might also affect the gut microbiome, according to a recent study from the [journal](#), which in turn affects how your digestion system functions - or doesn't. Parkinson's doesn't hit each GI system the same way. But a change in how often you have a bowel movement - or other digestion changes like bloating, nausea and general discomfort - could be an early warning sign, and worth investigating. Because a third of adults over age 60 in the United States report having constipation, [according to the National Institutes of Health](#), this condition is certainly worth mentioning to your doctor but not a reason to panic.

4. Anxiety/Depression

Parkinson's harms the brain's ability to create serotonin and dopamine, two brain chemicals that affect mood. Changes in the levels of neurotransmitters can lead to increase anxiety and depression. According to the [Parkinson' Foundation](#), patients can experience depression or anxiety for two to five years before a diagnosis. Parkinson's - induced mood disorder isn't typically drastic, like major depression, says Kilbane. But the change might be noticed by a spouse or family member - for example, when a normally happy person starts to become a worrier. "It's so subtle that people may not go to the doctor," she says, especially given the stresses associated with the pandemic, when a lot of people have been worrying more than usual.

5. Soft Voice

According to the Parkinson's Foundation, 89 percent of people with Parkinson's will have speech and voice disorders. That often shows up first in volume of the voice, meaning that people may speak more softly, even if they don't realize it, says Kilbane. This is often noticed by a spouse, friend or family member who has to ask the person to speak up and/or repeat himself.

6. Masked Face

The muscles in the face are also affected by Parkinson's, as they experience the same gradual stiffening as in the rest of the body. People with Parkinson's will have "less facial mimicry, and less spontaneous smiling," says Kilbane, which is why she also calls this condition "poker face." People might think you're angry or upset because your positive emotions are less likely to translate into facial cues that show joy or appreciation, like a smile.

7. Stiffness and Gait Problems

It's common for undiagnosed Parkinson's patients to view signs like stiffness and [gait problems](#) as part of aging, says Killbane. "You anticipate as you get older that you may slow down a bit in your movements, you might be a little stiffer, and might shuffle a bit," she says. Stiffness from Parkinson's can be mistaken for arthritis, but it will appear in the muscles, not the joints. It's a distinction that can be hard for a person to make without medical guidance, she says. Gait problems can first show up in someone who has trouble keeping up with their peers on a walk or someone who is having trouble with regular activities like getting in and out of a car - again, something that might be attributed to old age. But both are signs of a potential Parkinson's diagnosis.

8. Resting Tremors

Shaking in the hand, foot or leg is often the first obvious visual sign for Parkinson's, says Tagliati. By the time Parkinson's affects muscles in this way, most patients have already been experiencing early signals like sleep, smell and digestion problems - sometimes for years.

Movements are typically on one side of the body - not necessarily the dominant side - and occur when the limb is at rest. "Normally when you use the hand, the tremor goes away," he says. "Many people put hand in pocket and nothing really happens." A tremor in the chin is also common in Parkinson's and should be investigated.

Get to Know Your Neighborhood CPO



“Get to Know Your Neighborhood CPO”, is a segment which provides an opportunity for you to learn about the Crime Prevention Officer covering your neighborhood. More information about the Crime Prevention Unit and neighborhood CPOs can be found at evansvillepolice.com/crime-prevention-unit.

Crime Prevention Officer Jay Pagett

Sector: West Beat: 1, 2 Years of Service: 13

What Neighborhoods do you cover?

STAR, CHAIN, Lamasco, Mt. Auburn

What inspired you to become a Police Officer?

I had a Great Grandpa who was a Sheriff in a small town. My grandparents had a photo of him in his uniform. I would always stop and look at that photo and think how awesome it was that my Great Grandpa was a Sheriff, just like Andy Griffith and that's what I was going to be when I grew up. I watched a lot of Andy Griffith growing up. My mother says that from the age of 3 all I ever wanted to do was be a Police Officer.

What does being a Police Officer mean to you?

Honor, Integrity, Respect, and partnership with the community I serve and live in.

What do you like about being a Crime Prevention Officer?

It is the best job on the Police Department. I get to interact with the community, I get to work with the community to solve problems. I can take the time to talk with someone and listen to their problem. I'm grateful for the community members who I have gotten to know over the years.



What is your biggest concern in the neighborhoods you serve?

Not being able to solve someone's problems.

What can neighbors do to decrease crime in their neighborhood?

Get involved, know your neighbors. Call 911 when something does not seem right, don't assume someone else will call.

Learn more about the Crime Prevention Officers at evansvillepolice.com/crime-prevention-unit.

Container Gardening

Meagan Diss, Urban Agriculture Educator, Purdue Extension

When many think of gardening in the traditional sense, it requires a lot of strength and movement to work the soil, plant the crops and harvest the rewards. General garden maintenance can also require a lot of bending and elbow grease. If you are not able to do a traditional garden, gardening in containers may be able to bring your garden to a more manageable height and size. Container gardening can also be a great alternative for those in apartments or others who lack garden space.

When it comes to picking a container for gardening, there are endless possibilities. Some may prefer the traditional clay or plastic pots but as long as it can hold soil, anything can be a container. Old whiskey barrels, tires, bushel baskets, buckets, wash tubs, coolers, window boxes, hanging baskets and homemade boxes are just a few ideas of alternative containers. The most important characteristics when it comes to choosing a container, is the size and drainage. They must be large enough for the root systems as well as a way for excess water to escape.

While many vegetable and flower plants are able to be grown in containers, not all plants are successful in containers. To combat this issue, plant breeders are developing new cultivars for compact, yet productive varieties. These compact varieties are available from most garden retailers so check for mini or dwarf cultivars.

Although container is a great alternative to gardening in the ground, there are added considerations to be aware of. Container plants will need watered more often due to the greater exposure to drying winds. If the soil feels dry, it's probably time to water again. A good rule of thumb is to use enough water so some excess runs out the drainage holes to help ensure the entire root area is moistened. You will also need to pay attention to the fertilizer needs as the soil nutrients leach out faster when in a container. Follow label direction for application rates.



All in all, container gardening is a great alternative to general gardening in the ground. Not only is it a way to limit the physical exertion required, but it can provide a chance to bring gardening to many new spaces. Whether you decide to grow flowers or food, container gardens will help you enjoy the growing season and provide a new option for décor.

Purdue University is an equal opportunity/equal access/affirmative action institution.

Vanderburgh County Solid Waste District

Recycling Events

2022 Drop-off Recycling Days

<u>Date</u>	<u>Location</u>	<u>Date</u>	<u>Location</u>
June 4	Old Walmart West	October 1	Old Walmart West
June 18	Old Walmart West	October 22	4-H Center
July 23	4-H Center	November 5	Old Walmart West
August 6	Old Walmart West	December 3	Old Walmart West
August 20	Old Walmart West	December 10	4-H Center
September 10	4-H Center		

Location Addresses

Old Walmart West parking lot - 4551 University Drive

4-H Center - 201 E Boonville-New Harmony Road

Additional Recycling Events

Civic Center Parking Lot

Electronics Recycling:

Summer: July 16th from 8:00 - 12:00pm

Fall: September 24th from 8:00 - 12:00pm

Tox-Away Day:

Fall: To be determined



Vanderburgh County Health Department

Blood Lead Testing

The Vanderburgh County Health Department offers testing to children at no cost. To schedule a test, call the Vanderburgh County Health Department at 812-435-5568.

The Health Department is located on the 2nd floor at 420 Mulberry St.

Check out other upcoming community events on the UNOE website at the:

<https://www.unoevansville.org/events/>

Neighbor to Neighbor

United Neighborhoods of Evansville

320 SE Martin Luther King Jr Blvd, Suite B
Evansville, IN 47713
812-428-4243

Non-Profit Org.
POSTAGE
PAID
Evansville, IN
PERMIT NO. 1087

Return Service
Requested

Perry Township Vol Fire Dept
11 Williams Road
Evansville, IN 47712

To those submitting articles or information to be printed in the newsletter, it must be received by the Office by the 25th of the month to be published for the next month's newsletter.



If you'd prefer to receive this newsletter via email to aid in saving paper and postage, please send us an email request to: admin1@unoevansville.org

UNOE Office Hours are:

Monday - Thursday

9:00am - 3:00pm



[Facebook.com](https://www.facebook.com)



[Twitter.com](https://www.twitter.com)



[Instagram.com](https://www.instagram.com)



[Pinterest.com](https://www.pinterest.com)



[LinkedIn.com](https://www.linkedin.com)

UNOE General Membership Meeting

C.K. Newsome Community Center

Thursday, June 23th, 6:30pm - 8:00pm

Speaker: Mindy Peterson, I-69 Ohio River Bridge

