

Neighbor to Neighbor

United Neighborhoods of Evansville



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

## COMPLETING THE CONNECTION

### I-69 Ohio River Crossing Progress Report

A project discussed for decades is much closer to becoming reality. Activity is underway on both sides of the river for the I-69 Ohio River Crossing (I-69 ORX). The Indiana Department of Transportation (INDOT) and Kentucky Transportation Cabinet (KYTC) are committed to completing the critical interstate link between the two states. I-69 ORX includes a new 4-lane river crossing between Evansville and Henderson and 11.2 miles of new interstate.

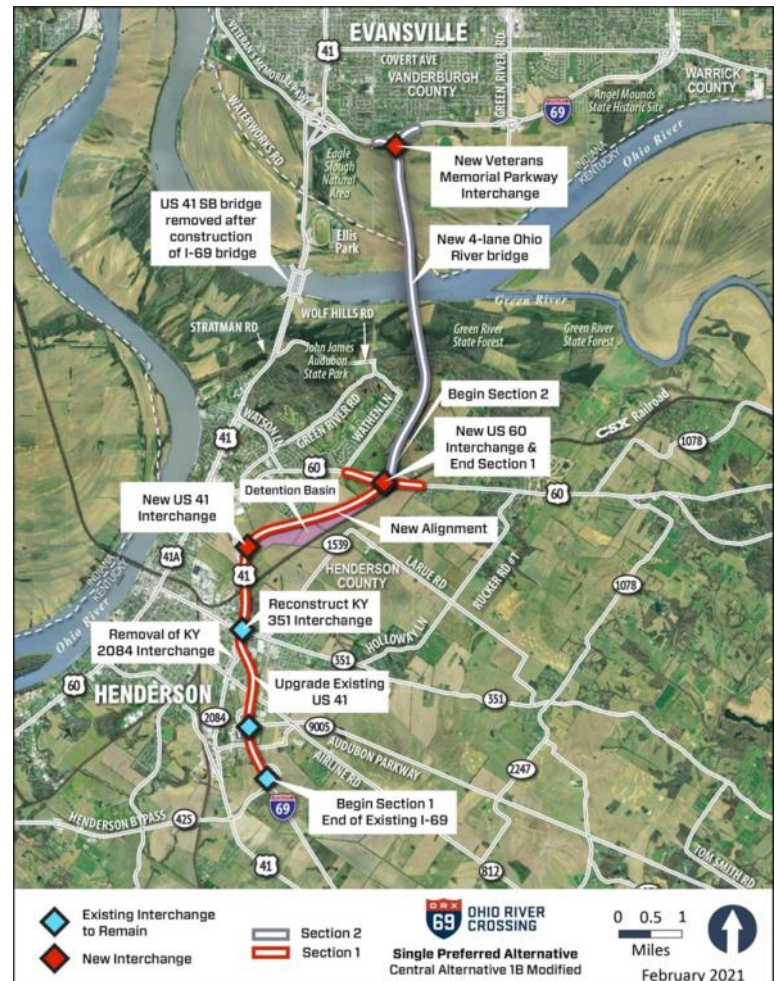
The megaproject is divided into three sections for construction with approach work to be completed in Indiana and Kentucky before construction begins on the river crossing. Construction is starting this summer on I-69 ORX Section 1 in Henderson. Improvements extend from KY 425 to US 60. KYTC is overseeing the project. Work is expected to be complete in 2025.

Crews are also at work on the Indiana approach. INDOT is overseeing I-69 ORX Section 3. It includes the approach roadways and bridges in Indiana and a new interchange at I-69 and Veterans Memorial Parkway. Geotechnical and survey work is underway and design development is continuing. The project will let in 2023 with construction to begin in 2024.

I-69 ORX Section 2 is a bi-state project that includes the new I-69 bridge over the Ohio River. Construction is expected to begin in 2027 and be complete in 2031. Both states continue to look for opportunities to accelerate the timeline. I-69 ORX will be a key connector that will improve long-term cross-river mobility, improve safety and reduce congestion and delay.



# OHIO RIVER CROSSING



# Commission on Homelessness

The City of Evansville Department of Metropolitan Development (DMD) and the Evansville-Vanderburgh Commission on Homelessness (COH) recently joined together to conduct a homeless needs and gaps assessment and to update our local plan to end homelessness.

A combination of surveys, interviews, a charrette, and a conference were conducted to gather input from agencies and the community. The conference and charrette were held the week of March 14 - 18, 2022, and included participation from UNOE. Topics included racial equity, landlord relations, vulnerable populations, homeless data, access to permanent housing, coordinated entry, prevention, healthcare, re-entry, and also, homeless children and youth.

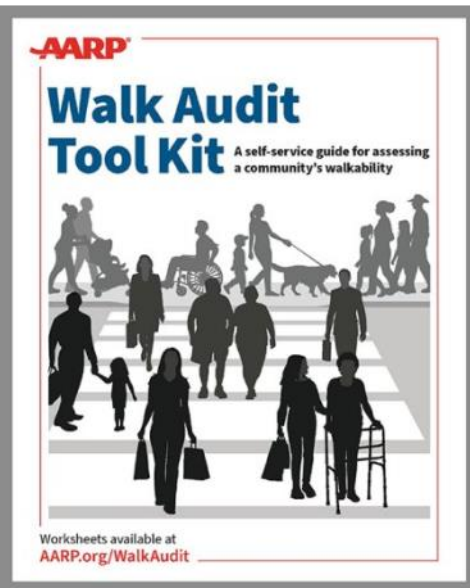
There were two independent goals. First goal was to meet U.S. Department of Housing and Urban Development (HUD) requirements to receive our HOME - American Rescue Plan allocation of \$2,739,593.00. DMD will administer these funds to help build housing for vulnerable populations.

Second goal was to receive recommendations to create our 2022-32 plan to end homelessness. COH has created task forces to review recommendations and propose a draft by COH's September meeting. Lessons learned from updating our plan to end homelessness has also been selected as a session at the upcoming Indiana Housing Conference in Indianapolis, September 22-23, 2022. Visit [indianahousingconference.org](http://indianahousingconference.org) to learn more.

Any neighborhoods or groups that would like a featured presentation on our plan to end homelessness, or just has questions, please contact Gayl Killough, DMD at 812-436-7823 or email [gkillough@evansville.in.gov](mailto:gkillough@evansville.in.gov).



## AARP Walk Audit Tool Kit



In too many communities, people can't safely walk to where they need or want to go due to a lack of sidewalks, crosswalks, or other safety features that make streets safe for pedestrians and drivers.

A walk audit is a simple activity in which an individual or a team observes and evaluates the walkability of a location to document how and if pedestrians can safely travel along a street, navigate an intersection and get from point A to B, C and so on.

### Who can conduct a walk audit? Anyone!

The AARP Walk Audit Tool Kit can be used by local leaders, advocates, community organizations and residents to define issues in their neighborhood.

The tool kit publication provides step-by-step instructions and checklists for examining intersections, sidewalks, driver behavior, public safety and more.

Since the walk audit survey is user-directed, it can take as little or as much time as desired by, say, spending 15 minutes at one busy corner or devoting several hours to documenting several roadways in a neighborhood. The documented results can be shared with elected officials and other local leaders when advocating for such safe streets features as sidewalks, crosswalks and properly timed traffic lights.

Find and download the AARP Walk Audit Tool Kit at [AARP.org/WalkAudit](http://AARP.org/WalkAudit).

## 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.

### 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!

### Heavy Trash Pickup is Year-Round

Please don't leave your trash at the curb. Visit [ewsu.com/heavytrash](https://ewsu.com/heavytrash) to schedule a pickup.



### 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](https://www.ewsu.com/heavytrash)



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](https://INPreventionConference.com).

Registration is now open.

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



**July**  
*Tuesday, July 19*  
**Penny Lane**  
600 SE 2nd St  
7am-9am

# EWSU Bill Relief Program

## Evansville Water and Sewer Utility

### Opens Bill Relief Program Application to Customers July 1st

The Evansville Water and Sewer Utility (EWSU) is launching the Bill Relief Program July 1, 2022, to help income-eligible individuals and families in the community lighten the cost of their utility bill. Customers with a total household income of \$50,000 or less may qualify for assistance.

Customers with active city water service who apply for the program and qualify will receive a \$3 monthly credit applied to their account each month for a year. The credit offsets the 2022 water rate increase, which will be \$2.27 per month effective July 1st (assuming an average monthly water use of 5,000 gallons). After one year, customers may have the opportunity to reapply for the program for an additional 12 months. Dollars not used for the utility bill relief credit will be allocated to provide assistance to income-eligible customer in disconnect status.

#### Who's Eligible

Eligibility is based on combined annual household income. EWSU customers with a household income of \$50,000 or less may qualify for assistance.

#### How to Apply

1. Visit [ewsu.com/BillRelief](https://www.ewsu.com/BillRelief).
2. Fill out the application, including EWSU account number and household income.
3. Applicants will receive an email verifying the application was received and whether the request was approved or denied.

#### Program Funding

Funding for the Bill Relief Program is provided by the American Rescue Plan, which provides direct relief to Americans and the economy during and as a result of the COVID-19 pandemic. The City of Evansville has allocated \$4 million in federal funds for up to two years. EWSU is working toward sustaining it as a long-term program, dedicated to offering assistance to individuals and households in greatest need.

#### Find Out More

To learn more about the Bill Relief Program, visit [ewsu.com/ReliefProgram](https://www.ewsu.com/ReliefProgram) or contact EWSU Customer Service at [ewsu.com/contact](https://www.ewsu.com/contact) or by calling 812-436-7846.

#### Indiana Lifts Water Bill Tax

Also starting in July - unrelated to the EWSU Bill Relief Program - water customers across the state of Indiana will benefit from changes in Indiana utility tax regulations that lift the state tax on water consumption. Beginning July 2022, all EWSU customers will see a decrease in rates and charges on their utility bill. This reduction comes from the amendment to the Public Service Commission Act, submitted by the Indiana Utility Regulatory Commission and passed by the Indiana State Legislature in April 2022. A residential customer who uses an average of 5,000 gallons of water per month will see a \$0.46 decrease in their bill each month.

#### About EWSU

Evansville Water and Sewer Utility (EWSU) provides high-quality, safe and dependable water and sewer services to more than 63,000 customers in Vanderburgh County and parts of Gibson, Posey and Warrick counties. EWSU maintains more than 1,000 miles of water lines, 800 miles of sewer lines, 15,000 hydrants, seven water storage facilities, two wastewater treatment plants and one water filtration plant. The utility also manages the City's street sweeping and trash and recycling contracts. EWSU meets or exceeds all state and federal Safe Drinking Water Act standards while protecting land and water resources for future generations.



## Bill Relief Program

### Lighten the cost of your utility bill



The Evansville Water and Sewer Utility Bill Relief Program could save you money on your bill each month.



Households with a combined income of \$50,000 or less may qualify for assistance.



If you qualify, a \$3 credit will be applied to your account each month for one year.

Visit [ewsu.com/BillRelief](https://www.ewsu.com/BillRelief) to apply.

# AARP - 7 Things Everyone Should Know About Depression

## 7 Things Everyone Should Know About Depression

Who's at risk, common symptoms, and how to get help and ease the pain



# AARP®

*Written by Barbara Stepko, AARP, 11/20/2020*

We've all had moments in our lives when we feel sad or down in the dumps. But if weeks go by and those feelings linger, it may be depression. More than mere sadness, depression can suck the joy out of life and leave you feeling overwhelmed - in some cases, unable to function. The good news: Depression is very treatable. Before taking action, here are some things to know about the common condition.

### **Depression can hurt. Literally**

Sadness is a symptom we're all familiar with, but depression symptoms aren't limited to the mind. "In older people, depression tends to manifest itself more often with physical symptomology than in younger people. 'I hurt more. I just don't feel right physically,'" says Bruce Sutor, M.D., a psychiatrist at the Mayo Clinic, in Rochester, Minnesota. Common symptoms: headaches, joint pain, fatigue, sleep disturbances, loss of appetite and gastrointestinal issues. And if left untreated - which happens all too often when doctors are trying to get to the bottom of aches and pains and not asking about possible emotional issues - it can have dire consequences. The combination of [mental and physical pain](#) can be debilitating. In fact, clinical depression is the leading cause of disability worldwide, according to the World Health Organization. Says Sutor: "We tell our primary care colleagues, 'if you've got people coming in with different physical complaints that you just can't get to the bottom of, start thinking depression.'"

### **Women are particularly prone to depression**

Women are almost twice as likely to be diagnosed than men, according to the Mayo Clinic. Some suspect this is due to hormonal fluctuations, particularly during menopause. Others believe that women may be more prone to [chronic stress](#) - say, the kind that might come from [taking care of an elderly parent](#) - which can take a toll and lead to depression. But it may also be that depression simply shows up different in men, who often appear angry or irritable, rather than sad, says Brian P. Cole, an assistant professor of counseling psychology at the University of Kansas. He notes that this tendency can be traced back to boyhood, a time when many men are socialized to believe that it is unacceptable to show vulnerability. "It is important that we normalize the face that men get depressed and that it is acceptable to seek help from family, friends, and professionals, says Cole.

### **Symptoms of depression can look different when we're older**

Some of us are genetically predisposed to developing depression (If you have depression, your first-degree relatives—parents, full siblings, offspring - have a two-to-three times greater changes of having it as well). But long-term stressful life situations and the challenges of aging - such as chronic illness or increasing disability, isolation, the death of a spouse or struggling to adapt to retirement - can also increase someone's risk of developing depression. Unfortunately, the disorder often goes untreated in older adults, in part because their depression can be challenging to diagnose. Their symptoms are often different than those of younger adults, says Ipsit Vahia, M.D., medical director, geriatric psychiatry outpatient programs, at McLean Hospital in Belmont, Massachusetts, and assistant professor of psychiatry at Harvard Medical School. Rather than the "classic" symptoms of sadness, fearfulness or hopelessness, they tend to display symptoms such as irritability, a lack of motivation or energy, or a disruption in sleep patterns or appetite. "There's also a tendency to start withdrawing," says John F. Greden, M.D., founder and executive director or the University of Michigan Comprehensive Depression Center. "That's what families notice first." Many older adults - and even many clinicians - don't recognize these symptoms as depression, especially because they often overlap with symptoms of other health conditions. Depression and dementia are especially easy to confuse, says Vahia.

*Continued on page 8.*

# AARP - Early Warning Signs of Parkinson's Disease Cont.

*Continued from Page 7.*

## **Depression can hurt. Literally**

"It's been fairly clear for the last 20 or so years that there is a link between depression and heart disease and the evidence continues to accumulate," says Robert Carney, professor of psychiatry at the Washington University School of Medicine in St. Louis, Missouri. Indeed, research appearing on the National Institutes of Health (NIH) website states that adults with a depressive disorder or symptoms have a 64 percent greater risk of developing coronary artery disease, compared to those without depression. "Depression doesn't hold the same risk as, say, high cholesterol," says Carney, "but it's close". There are a number of possible explanations. Among them: People who are depressed and those who develop heart disease seem to share certain inflammatory markers. Also, says Carney, "Depressed people tend to have less heart rate variability. Their heart is not as responsive to changes in activity levels, and they tend to have higher heart rates overall, than people who are not depressed. These are factors that can lead to a cardiac event." Finally, there are the behavioral aspects of the disorder. Depressed people are more likely to be more sedentary, more likely to be smokers, and less likely to follow the recommended dietary guidelines - all things that can lead to ticker trouble down the road. But according to a 2014 study from Indiana University, early treatment for depression - before the onset of cardiovascular disease - may slice the risk of heart attacks and stroke by almost half.

## **Antidepressants combined with therapy seems to be the most effective treatment**

Antidepressant use among all ages jumped an eye-opening 400 percent between 1988 and 2008, according to the National Center for Health Statistics. "But medication isn't always warranted," says Sutor. "With mild to moderate depression, there's good evidence that people can respond to certain types of psychotherapy such as cognitive behavior therapy." CBT, as it's known, teaches new ways of thinking and behaving, and offers help in changing habits that may be contributing to depression. "For managing major depressive disorder, antidepressants in combination with psychotherapy seem to work more effectively than either form of treatment by itself," says Vahia. Similar to treating high blood pressure, it takes time to figure out the right medication. "About 35 percent of people will respond to the first antidepressant they're put on," says Maria A. Oquendo, M.D., chair of psychiatry at University of Pennsylvania's Perelman School of Medicine and president of the American Foundation for Suicide Prevention. "By the third trial, about 65 percent will respond". Particular care needs to be taken when prescribing antidepressants to older patients. "Age-related changes can change the way medicines are metabolized," says Jon Stevens, M.D., chief of outpatient services at the Menninger Clinic, in Houston Texas. "Then there's just the fact that older folks tend to be taking medications for other health problems, so there's a higher chance of drug-drug interactions.

## **Certain behaviors - especially exercise - can boost your mood**

"Managing depression is about more than just 'Take this pill,'" says Sutor, "it's also engaging in health behaviors that can help to move the depression along." Probably the simplest, most effective treatment is exercise. "I have never seen anyone get better from depression sitting on their couch," says Stevens, who notes that there is a proven body-mind connection. A 2016 study in the Journal of Psychiatric Research found that regular moderate-intensity aerobic exercise had "a large and significant antidepressant effect in people with depression," including major depressive disorder. What's more, it appears that even modest levels - say, taking a brisk walk around the neighborhood - may have benefits. Other lifestyle tweaks can supply a lift. There's evidence that eating healthy can help reduce symptoms of depression. A study out of Boston University School of Medicine has found evidence that mindfulness - focusing on the present through breathing exercises or yoga moves - can not only offer relief from symptoms during each session but cumulatively, over time, as well. And let's not forget the power of social interaction.

## **(More) help may be on the way**

Would you believe Botox? The drug, commonly injected to erase wrinkles, ease migraines and stop excessive sweating, is currently being tested in clinical trials for its ability to treat depression. In the study, published 202 in Scientific Reports, researchers combed through almost 40,000 reports from the FDA's Adverse Effect Reporting System, containing reports of people who had experienced adverse events while taking a medication. What they discovered: People who got Botox injections in the forehead, neck and limbs reported depression significantly less often than patients undergoing different treatments for the same conditions. One hypothesis: Botox may travel to parts of the central nervous systems involved in mood and emotions.



# National Night Out

A COMMUNITY-POLICE



COOPERATION PARTY



## CK Newsome Center

Tuesday, August 2 • 6:00 p.m. - 8:30 p.m.

- Children's Firefighting Challenge Course
- Rope Rappelling
- K-9
- SWAT Team
- Bomb Squad
- Narcotics Unit
- Crime Prevention Unit

Family, friends and neighbors are invited to come out for a going away party for crime! Enjoy FREE food, indoor and outdoor activities for the community.

## Benefits of Gardening

Meagan Diss, Urban Agriculture Educator, Purdue Extension

While many enjoy gardening for the beauty it brings and satisfaction of successfully growing a seed, there are numerous other benefits. Gardening is also known to have multiple benefits ranging from physical activity to healthier eating and even being economical.

According to the CDC, spending 2.5 hours weekly working in a garden is actually considered moderate physical activity. Increasing physical activity can help reduce a number of health-related issues and lower the chances of developing health-related issues later in life. The CDC also states that physical activity for those with arthritis can improve quality of life, reduce pain, and actually improve mood. Working in a garden can also help to improve range of motion, hand-eye coordination, and motor skills which may be beneficial for those recovering from illness or injury. In addition to all the other health-related benefits, gardening can promote self-esteem and reduce stress.

As the majority of gardens are done outdoors, in the ground, there are numerous benefits just from being outside. Fresh air is abundant outdoors and can potentially boost brain levels of serotonin as oxygen intake is increased. Sunlight provides Vitamin D as well as prompts the brain to produce serotonin although proper protection steps should be taken to limit unprotected exposure. Soil microbes, particularly in childhood, can help to build a more robust immune system and resistance to allergies.

Looking away from health-related benefits and towards economical benefits, gardening can provide additional benefits. Gardens can help to increase property values, especially if they are well maintained. Food crop gardens can also help to save money and allow the chance to grow different varieties than typically found in a grocery store. Growing food crops at home allows gardeners to control what they use in their gardens as well as what they don't use.



All in all, gardening has numerous benefits. Not only does it bring beauty and a sense of satisfaction, but it has health-related benefits as well as economical benefits. While it may be a little late to start a garden this year, it is a perfect time to start planning and gathering ideas for a garden next year.

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

*We have been informed this will be the last article from Meagan Diss, as she will be pursuing another opportunity outside of the Purdue University Extension. We thank Meagan for the wealth of information she has shared in these articles and wish her the best of luck in her new endeavor.*

*A new Urban Agriculture Educator will be announced at a later date and we look forward to their contributions and articles.*

# Vanderburgh County Solid Waste District

## Recycling Events

### 2022 Drop-off Recycling Days

The 2022 Drop-off Recycling Days, that were advertised in our previous newsletters have been cancelled. The last Drop-off Recycling Day will be:

**July 23rd at the 4-H Center**

**201 E Boonville-New Harmony Road**

Please consider recycling with your trash service. Most trash services now offer curbside recycling along with trash pickup. You may also drop off your recyclables, free of charge, at Laubscher Meadows Landfill on North St. Joe Avenue during their Monday-Saturday business hours.

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

### 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: October 8th from 9:00 - 1:00pm



# 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.unoeevansville.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.  
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Return Service  
Requested

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



Twitter.com



Instagram.com



Pinterest.com



LinkedIn.com

**UNOE General Membership Meeting**  
C.K. Newsome Community Center  
Thursday, July 28th, 6:30pm - 8:00pm  
Speaker: Brittany Wade, Silver Birch

