

# April 2017 Parent Email

## SCHOOL

--**Kindergarten Registration:** It will be held April 12.

--**Preschool Storyhour dates:** Preschool girls and boys of all ages are invited to join us for story hour each month and find out all the surprises we have in store for you! Parents should plan to stay with their preschooler. Watch the website and newsletter and FB for each month's theme! If you have any questions, contact Shari Dalton at 812-967-2929 ext. 5706. All story hours are at 10 am on the following dates: Apr. 27.

--**Dare to Care program:** EWES is lucky enough to participate in the Dare to Care Buddy Backpack program to provide bags of food for students for their backpacks for the weekend! Only 50 students can participate at a time and receive bags each week (usually Thursday or Friday night). Currently, not all spots are taken. If you feel like your child could benefit from the program and qualify for free/reduced meals, please fill out the attached form and return it to your child's teacher ASAP. Once the spots are filled, there will be a waiting list. Call Kate Jones with any questions at 812-967-2929 or email at [kjones@ewsc.k12.in.us](mailto:kjones@ewsc.k12.in.us) with any questions. [ATTACH]

--**Facebook/Twitter page:** Make sure you look up East Washington Elementary School on Facebook and "Like" the page. You can see many different announcements and photos of all the great things we are doing here at school! Also, I am STARTING to get used to Twitter. I am by NO MEANS great, or even good, but I will also try to post things there. I THINK you can find me at [KateJones@ewescounselor](mailto:KateJones@ewescounselor). Now, I won't guarantee anything, so I will update this next month in my email☺!!! Hang in there with me! You should also be able to find stuff at #EWGameon.

--**Contacting the School Counselor:** If you try to contact Kate Jones (School Counselor—this is me, btw☺), please know that I will ALWAYS respond. If you leave a phone message, I will call you back—unless you specify in your message you are just giving me information. If you email me, I will always let you know I got your email, even if it is just with a "Thank you." or a smiley face. If you contact me and don't hear back from me, something happened and please try again!

--**Classroom Guidance:** We are finishing our last session...K-2 will finish in April and 3-4 will finish the first weeks of May. On their last week of CG, they will bring home their folder. It will have all the things we have been working on this year. Please look it over with them and ask them what they have learned!

--**Don't Smoke Coloring Contest:** We are having a coloring contest for K-2 (entries due April 21). Students will get their entry forms when they come to Classroom Guidance during the first two weeks of April. There will be first, second, and third place winners for each of the grades with prizes. Winners will be posted on FB and submitted to the newspaper, as well as hung up on the wall. There will be another contest for grades 3-4 in May when they have their Classroom Guidance session.

--**EWES Parent Volunteers:** Don't forget that all volunteers have to have a background check on file and need to have training through Shari Dalton. If you are interested in getting involved in EWES in this way, contact her at 812-967-2929 ext. 5706.

Volunteers are needed right now for the Book Fair (see dates below). Call or text Leigh Ingram at 812-896-5276 to help!

--**Want to get involved in EWES???** Come to a PTO meeting to find out how you can help!! They typically meet the second Thursday of each month at EWES! Future dates are: Apr. 13 (6 pm), May 11 (3:30 pm).

--**Important Dates:**

**Apr. 10-Apr. 14:** Book Fair 8 am-3 pm

**Apr. 11:** Spring Picture Day (NO retakes!!!)

**Apr. 12:** Kindergarten Registration

**Apr. 13:** PTO meeting at 6 pm  
**Apr. 18-21:** ISTEP testing for 3<sup>rd</sup>/4<sup>th</sup> Grade!!!!!!!!!!!!  
**Apr. 17-19:** Book Fair 8 am-3 pm  
**Apr. 21:** K-2 Don't Smoke Coloring Contest entries due to student's teacher/Mrs. Jones  
**Apr. 22:** ISTEP testing for 4<sup>th</sup> Grade!!!!!!!!!!!!  
**Apr. 27:** PreSchool Story Hour at 10 am

--**Donations and Volunteers needed:** Popcorn Patch is being developed (see recent EWES Newsletters for more details). They can use help and financial donations (checks made payable to East Washington School Corp). Contact Theresa Gottbrath at 812-967-2019 for more information.

--**Box Tops Needed:** We are having a monthly Box Top Contest between classrooms to win a party! Box Tops MUST: Not be expired and be neatly clipped and ready to count!

--**Updated information:** Please make sure you keep your phone numbers and contact information current with EWES in case we need to get in touch with you! If you have an email, make sure it is also in the system, so you can get these emails via your own email! We are a team and need to make sure we can call if there is an issue, to get more information to help your child or just to tell you how great your child is doing!

## **WAYS TO MAKE A DIFFERENCE!**

--**Donations and Volunteers needed:** CARE Pregnancy Center is in need of Diapers (size 5 and 6), car seats, baby shampoo, and baby wash. Volunteers need to be: involved in a home church, 18 yrs. old+, graduated/past HS. Questions? Call Donna at 812-883-2675

--**Do you want to help children?** CASA (Court Appointed Special Advocates) volunteers are needed. Last year, 59 Washington County children found themselves in the court system through no fault of their own. With 30 hours of training, you can be equipped to be the voice for a child who has no one to speak on their behalf. If you are interested in becoming a CASA, call 883-2888 or email [casa@stelizabethcatholiccharities.org](mailto:casa@stelizabethcatholiccharities.org)

--**Want to host a foreign exchange student?** Contact Becky Watters at [BWatters@ewsc.k12.in.us](mailto:BWatters@ewsc.k12.in.us).

--**Anonymous Bullying Tip Line** At East Washington we take bullying very seriously. It is our goal to eliminate bullying so each student can have a safe and enjoyable school experience. To make reporting of bullying easier and more accessible we have created an anonymous bullying tip line. We encourage all students to report incidents so they can be addressed in a timely manner.

To report bullying anonymously, call **967-3931 and press 7**. Please leave a detailed message concerning the type of bullying that is taking place. An East Washington administrator will address the report as soon as possible. If you have any questions, please contact the school office.

## **COMMUNITY HAPPENINGS**

--**Art Show to support youth of Washington County:** Saturday, April 8 at 2 pm at the Southern Hills Church Fellowship Hall, you can attend an art event and tea party to help support the youth of Washington County through the CAST and Youth First programs. Cost is \$50 a person, \$90 a couple, \$5 for children 12 and under for a Kiddie Tea Party. Tickets and more information can be found at the Washington County YMCA. More information is attached. [ATTACH]

--**Silver Fox Cafe Library:** Visit the EWSC Little Free Library in Pekin. Take a book and return a book. What a great way to bring reading to your family!

--**Salem Library:** Just a reminder that the library always has programs and activities going on. ALL events are FREE. You only need a library card if you are checking out materials.

--**Sugar Creek Church 5K for Relay for Life:** The 5K is April 22. The \$20 registration is due by April 14 to receive a shirt or \$15 registration on the day of the race. For more information contact Dana at 812-755-4899 or email [mbowers@smwc.edu](mailto:mbowers@smwc.edu). Registration form is attached. [ATTACH]

--**YMCA:** There are a whole lot of things going on there! Get registered soon for: Pint-Sized Picasso (kid art classes), Spring Break Camp, Swim Lessons, Spring Soccer, and Martial Arts class. Don't forget to celebrate at the free Healthy Kids Day with them on April 29<sup>th</sup>, as well! See the attached flier for more info or contact the Salem YMCA. [ATTACH]

--**DistinXion Baseball Camp:** The Zeller Family Organization has organized a baseball camp this summer in Salem July 14-15 for students in 3<sup>rd</sup>-8<sup>th</sup> grades. Students registering by May 1<sup>st</sup> get a discount. Learn more and sign up at [www.istinxion.org](http://www.istinxion.org) [ATTACH]

--**Lunch and Learn on drugs and their impact on children in our community:** April 19 from 12-1 pm, you can listen to two speakers knowledgeable on how drugs are impacting our young people. If you are a concerned citizen and/or work with children, come listen to what is happening in Washington County. For more information see the attached information. [ATTACH]

## **COMMUNITY RESOURCES**

--**Does your child need math help?** Visit [www.khanacademy.com](http://www.khanacademy.com) or call 1-877-ASK-ROSE (Sun-Thurs. from 7-10 pm Sept-May) or chat or email a tutor at [AskRose.org](http://AskRose.org)

--**Online resources:** Get an application for food stamps, tanf, healthcare at <http://www.in.gov/fssa/dfr/2999.htm>

--**Needing some local resources?:** Washington County Division Family Resources, 1101 Jim Day Rd Suite 109, Salem can help with many issues and First Steps 883-9401 can help if you have a child under 3 years with many different things.

--**Parent Resources:** CARE Pregnancy Center offers many services. With new hours (Mon. 9-3, Tues. 10-4:30, and Wed./Thurs. by appt), you can get free pregnancy tests, maternity/infant supplies, parent education, peer counseling, community referrals, adoption information, and other services. For more information, contact them at 812-883-2675 or email at [carepreghelpcenter@gmail.com](mailto:carepreghelpcenter@gmail.com).

--**Child Care Resources:** Need safe child care? Check out this resource to find it. [ATTACH]

--**Do you have a new baby or are close to delivery?** Contact New Hope Services for Safe Sleeping information and access to a free pack-n-play portable crib for you and any of your caregivers! This is a GREAT program for EVERYONE offered to help keep Washington County babies safe!! Want more information? Check out the website at [www.newhopeservices.org](http://www.newhopeservices.org) or call 1-800-237-6604

--**Does your child need a haircut but that can't fit into the budget right now?** Contact Mrs. Jones at 812-967-3931 or [kjones@ewsc.k12.in.us](mailto:kjones@ewsc.k12.in.us). Wayne's Barber Shop in Salem wants to help EWES students meet this need with a free cut. Mrs. Jones has certificates to bring in to your appointment.

--**Free eye exams/glasses:** Do you need an eye exam/glasses for your child but cannot afford it? The local Lions Club is willing to help! Contact Kate Jones at 967-3931 ext. 5766 and she can get you in contact with a club member to get that help arranged.

--**Can't afford your medication right now? Too often we hear about students and/or parents who aren't able to keep up with medications they may need. If you find yourself in that position, there may be some options:**

- Find out more information about the Community Assistance Program (CAP) discount prescription card that was established in response to the many requests for assistance for the uninsured and underinsured with their prescription needs. The CAP card saves the cardholder an average 15% on brand name medications, and 55% on

generic medications. The discount prescription cards are accepted at over 80% of pharmacies in the US and its territories, including Puerto Rico. Anyone can use the CAP card, regardless of age or income. Our discount prescription card can allow someone to fill a prescription when they may normally go without. Visit their website at <http://www.caprprogram.org/Index.aspx>.

- Check with your doctor. He/She may have samples and/or a coupon for your medicine or he/she may be able to prescribe a similar, but cheaper medicine, depending on your needs.
- Contact your insurance company. Sometimes they will work with you or offer suggestions.
- Contact the drug company. Many have programs to offer free or discounted medication to families who qualify.
- Check [www.goodrx.com](http://www.goodrx.com) to see how much the medicine would cost at different pharmacies; be prepared to enter the drug's name, strength, quantity, and insurance information.
- Check out another great websites that can offer savings: <http://www.familywize.org/>.

**--Need some help or maybe just some support? Call either of these agencies!:**

- CAPS: This is a Child Advocacy and Parental Support program. It is amazing what CAPS can do to help you as a parent! They can help you find needed resources and services and/or address other concerns such as parenting, communication, education, daily living, etc. in a non-judgmental way. To find out more about the program, call 812-288-4304.
- Healthy Families: This is a family support program for all expectant parents and parents of newborns. It is a great support for parents, whether it is their first or fifth child. They can help with information about pregnancy, labor and delivery, newborn care, discipline, parenting skills, developmentally appropriate activities for children, etc. For more information, call 812-883-9701.

**--Need extra food?**

- Pekin United Methodist Church: Dare to Care Mobile Pantry--1<sup>st</sup> Friday of every month at 10:00 AM. Just bring your own boxes and/or bags.
- Salem Fairgrounds: Dare to Care Mobile Pantry--3<sup>rd</sup> Saturday of the month, 10:00 AM. Just bring boxes and/or bags.
- Campbellsburg Baptist Church: 2<sup>nd</sup> and 4<sup>th</sup> Wednesday from 4:00-5:30 PM. Bring photo ID and a recent bill to show proof of address.
- Emergency Food Assistance: Contact Dare To Care's Louisville office at 502-966-3821.

**--Do you want to quit smoking?** Call the Indiana Tobacco Quitline 7 days a week between 8 am and 3 am and talk to a Quit Coach 1-800-QUIT-NOW (1-800-784-8669).

**--Dealing with addiction?:** There are many resources available to help. See the attached brochure for groups, treatment options, classes, etc. [ATTACH]

**Local meetings:**

--AA Open Speaker meets Fridays First Christian Church in Salem at 8:00 pm. Left side door of the front of the church, down the stairs to meeting room.

--AA Open Discussion meets Mondays St Vincent Hospital Salem. Enter front doors of hospital its the first hall entry on the left immediately after entering. Meeting in first door on left.

--Alanon meets Fridays First Christian Church Salem at 8:00 pm. Enter left side of church downs stairs follow signs through to meeting.

**--Autism Society of Indiana:** This organization helps support families dealing with autism. For more information, contact Christine Belviy at 1-800-609-8449 ext. 808 or email her at [Christine@inautism.org](mailto:Christine@inautism.org).

• **Other Autism Resources:**

- **REACH-IN Autism Parent Support Group:** Meets Thursday evenings from 7-8:30 pm at Norside Christian church in New Albany. Contact Tracy Brown at 812-736-9276 or [www.myreachin.com](http://www.myreachin.com).
- **Hopebridge:** 812-258-9802. New Albany. Takes Indiana Medicaid.
- **Adapt for Life:** 812-590-2157. Jeffersonville. Takes Indiana Medicaid.
- **i-ABA:** 502-417-9830. New Albany. Only takes a waiver.



**--New Beginnings opportunity:** This is a program that provides support to parents of children involved in a troubling event (divorce or separation), providing tools to the parents to minimize the trauma that children may experience during this time and address multiple issues that may arise in their child's developmental process. The cost is \$15 (for the workbook) and the commitment is for 10 weeks for two hours a week. Call Our Place with questions at 812-945-3400 or email them at [ourplace@ourplaceinc.org](mailto:ourplace@ourplaceinc.org).

**--Mental Health Services:** LifeSpring recently opened an office in Austin. The hours are Mon-Fri 8 am-5 pm. You can call 812-752-2837 or go to their website at [www.lifespringhealthsystems.org](http://www.lifespringhealthsystems.org) for more information.

**--Primary Health Services:** LifeSpring will begin offering many primary health services starting April 3. See the attached list for more information or you can call 812-280-6606 or go to their website at [www.lifespringhealthsystems.org](http://www.lifespringhealthsystems.org) for more information. [ATTACH]

## **COLLEGE/CAREER INFO—It is never too early!**

**--April 15 is the new FAFSA deadline! It is HUGE financial aid deadline!!!:** FAFSA is due for you or your child (if they are graduating in May/December) if you/he/she is planning to go to college during the 2017-2018 school year! DO NOT miss this deadline! Every dollar you can get to help pay for college is important!

**NOTE:**

- Students already in college MUST fill this out every year, as well!!
- AND 21<sup>st</sup> Century Scholars MUST fill this out (starting HS graduation year) every year, even if they defer that first year!
- IT DOES NOT COST MONEY, so if you get to the end of the website and it asks for money, it is a scam (it is a company charging money to file the FREE paperwork for you!) so delete your info and go to the correct site!
- Even if your taxes are not done yet, you can put in last year's tax info and then update it by May 1 with 2016 tax information and stay current with the FAFSA.
- This is the website: <https://fafsa.ed.gov/>
- MAKE SURE you write down the email and login/password you use.
- You will also want to check your email periodically over the next few months to make sure they don't send you an email about something you need to complete or fix!

**--Don't miss a step in getting to college:** Receive text messages for any of your children in grades 7-12 periodically telling you what they need to be doing to get to college. Text the word "grad" plus their high school graduation year to 69979.

Seniors	grad2017
Juniors	grad2018
Sophomores	grad2019
Freshman	grad2020
Eighth grade	grad2021
Seventh grade	grad2022

**--College Information/Help: It really isn't too early to start thinking about it!!!!**

- **Learn More Indiana Activity Bank**  
Did you know that Learn More Indiana has an Activity Bank with activities for EVERY GRADE LEVEL on how to Plan, Prepare and Pay? You can find it at: <http://www.in.gov/learnmoreindiana/2413.htm>!
- **Learn More Indiana is on Facebook** - Have you seen our Facebook page? Like us to stay updated on our campaigns! [facebook.com/LearnMoreIN](https://www.facebook.com/LearnMoreIN) Amber Audrain, the new College Success Campaign Manager, is the contact for questions regarding Learn More initiatives, including College GO! Week, Cash for College, KnowHow2Go, and 15-to-Finish. Email: [audrain@che.in.gov](mailto:audrain@che.in.gov)

**--Have older children?**

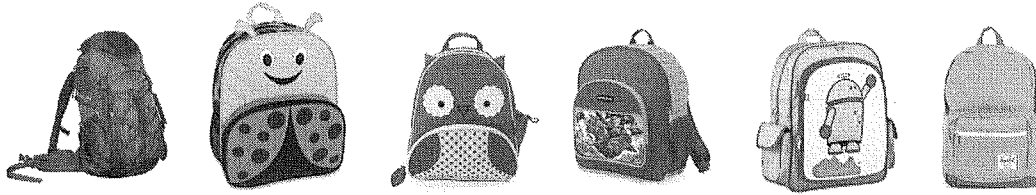
- **Wondering how to pay for college?:** Use the Indiana College Cost Estimator to estimate your family contribution to your child's college. The site uses the FAFSA formula for younger students to give you an idea of what you will have to pay once they are old enough for college! You will need financial information, but the site is very secure. You can compare up to three college costs at one time, including information like GPA, class rank, test scores, etc. that may qualify your child for

additional aid. Many students (grades 11-12) registered for an account (submitting no financial info) during Guidance Presentations previously and will have logins and passwords created already. Access it through [www.learnmoreindiana.org](http://www.learnmoreindiana.org) or <http://www.indianacollegecosts.org/>. See the attached info for the changes that have been made to the FAFSA process. [ATTACH]

- **Check out the college information process!** See the attachments on How to Apply for College (what to do when), Top College Search Questions, and 6 Things You Should Know About Scholarships. [ATTACH]
- **Want to start saving for college?** Start a 529 College Savings Plan. Details on what it is and how it can be beneficial are attached. [ATTACH]
- **Up Next Text Messaging Tool:** A special service for juniors and seniors, college students and graduates, all you need to do is text COLLEGE to 44044 to get personalized texts with reminders and info about the college application process, financial aid, and federal loan repayment options. Great resource!
- **21<sup>st</sup> Century Scholars**
  - Reminder that families only have 7<sup>th</sup> and 8<sup>th</sup> grade to register their children for 21<sup>st</sup> Century Scholars (a financially-based scholarship program. After June 30 of their 8<sup>th</sup> grade year, students are no longer eligible. Contact Mr. Aly or Mrs. Pitcock at the MS with questions or visit the website at: <http://www.in.gov/21stcenturyscholars/>
  - **21<sup>st</sup> Century Scholars Scholar Success Guide** - This resource provides support to Scholars as they work to complete the Scholar Success Program requirements beginning with the class of 2016. The Scholar Success Guide also instructs Scholars in their use of the new ScholarTrack. Students who do not complete the three requirements each year, could very likely lose the scholarship, so it is important to make sure you are meeting all the guidelines to keep your child eligible. Contact Mr. Aly at the HS with questions.
  - **See attachments for requirements for 21<sup>st</sup> Century eligibility and activities for current scholars.** [ATTACH]

This is also a great time to have Scholars update their contact information - phone numbers, mailing addresses and email addresses. Scholars can go to [www.in.scholars.gov](http://www.in.scholars.gov) to complete any updates.

- **New College Completion Requirements for state financial aid awards:** Students first entering college in the 2013-2014 academic year will be required to meet certain completion requirements to renew state financial aid awards in 2014-2015. Students receiving the Higher Education Award, the Freedom of Choice Award, or the 21st Century Scholars Award must complete at least 30 credit hours during their first year of college to remain eligible for the maximum financial aid award. A student who completes at least 24 credit hours during his first year will remain eligible for financial aid, but will receive an amount that is less than a student who completes 30 credit hours. More information about these requirements is available at [www.in.gov/ssaci](http://www.in.gov/ssaci).



## East Washington Elementary School Dare to Care Backpack Program 2016-2017

To the family of \_\_\_\_\_

East Washington Elementary will be participating in a program called Dare to Care Buddy Backpack Food Program again. Each week we will have 50 bags of food to give to students for their backpacks. We hope to start distribution next week, so we don't have much time!

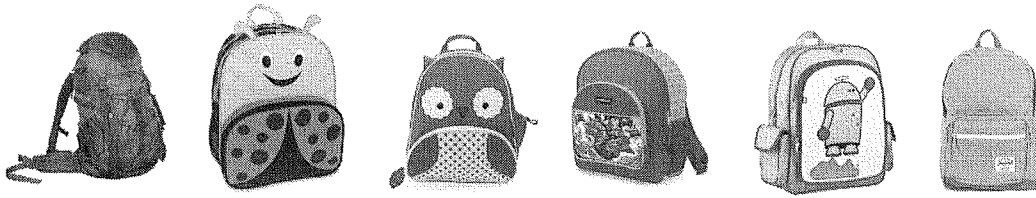
If you would like for your child to participate in the program, please fill out the attached paperwork and return it to the school by Sept. 1, 2016. The list of students who will participate will be first come, first serve, so you do want to return it as soon as possible because the spaces may fill up prior to the Sept. 1<sup>st</sup> deadline. If your child is not one of the first 50 to return their paperwork, they will be put on a waiting list. They will not receive food unless someone on the original list is removed.

In order to help as many families as possible, we will not give more than 1 or 2 bags to a family. If there are more children in the same family, usually the younger students will take it home.

If you have any questions about this program, please call Kate Jones (EWES counselor) at 812-967-2929 ext. 5766.

### Things to remember:

1. All paperwork must be completed.
2. Paperwork must be returned on or before Sept. 1.
3. Only 50 students will receive food.
4. This is ONLY an application. ONLY the first 50 students to return their paperwork will receive food.
5. If you DO NOT want to participate, please still return the application and just mark and sign the box "No thanks. My child does not need a backpack at this time."



**East Washington Elementary School  
Dare to Care Backpack Program Permission Form  
2016-2017**

I agree that my child(ren) attending EWES may participate in the Dare to Care Backpack Program:

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F  
OFFICE USE ONLY: ET: \_\_\_\_\_ FR: \_\_\_\_\_ SE: \_\_\_\_\_

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F  
OFFICE USE ONLY: ET: \_\_\_\_\_ FR: \_\_\_\_\_ SE: \_\_\_\_\_

In signing below, I also acknowledge that my child's name, age, gender, and ethnicity will be shared with only the organizations involved in funding the program. This information will only be used for the express purposes of determining future funding, and your child's specific information will not be shared with the public.

Check (YES or NO) and fill out the entire box that applies to your choice and sign. Thank you!

**YES**, we would like to participate in the Dare To Care Backpack program.  
 My child does NOT have any food allergies.

My child is allergic to some foods (examples: nuts, dairy products, etc.) listed below:

I understand the food items included in the backpack are purchased in bulk for distribution to several schools.

I will instruct my child to bring the unopened backpack home from school each week, and I accept responsibility for checking the food items before allowing him/her to consume any of the products.

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

**NO**, thanks. My child does NOT need a backpack at this time.

\_\_\_\_\_  
Child's Name

\_\_\_\_\_  
Parent Signature



2:00 pm

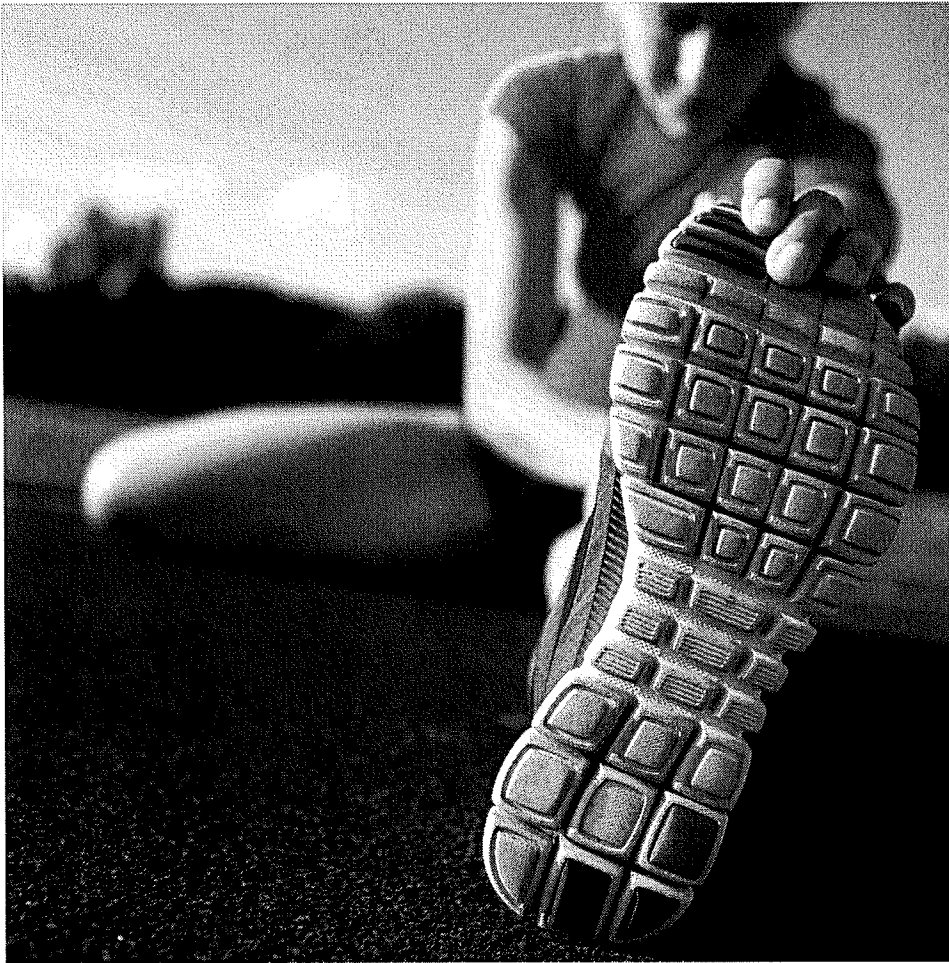
Southern Hills Church  
Fellowship Hall

- Individual \$50
- Couple \$90
- 1/2 table \$175
- Table of 8 \$330
- Children 0-12 \$5 each

Art Exhibit & refreshments  
provided in ticket cost.

# Make A Difference For Our Youth

Support Youth Development in Washington County with a sophisticated afternoon out. Attendees will view local art from talented Washington County students and featured local artist, Rosanne Quatroke. Enjoy light refreshments, sip a cup of your favorite specialty teas from fine china, and raise funds to support Youth Programming in our community with this elegant event. A keynote presentation on the power of giving will be featured, All proceeds will directly benefit C.A.S.T. and Youth First programs. Childcare will be provided onsite at our "Kiddie Tea Party" for children 12 and under for \$5 per child. Youth are also invited to attend



# APRIL 22, 2017 SUGAR CREEK CHURCH 5K

## For the American Cancer Society

- \$ 20.00 Pre-Registration by April 14<sup>th</sup>  
(ensures participant a shirt)
- \$ 15.00 Registration Day of Race (no shirt)
- For more information, contact: Dana at  
812-755-4899 or  
mbowers@smwc.edu

5TH ANNUAL  
SUGAR CREEK  
CHURCH 5K

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SATURDAY,  
APRIL 22, 2017

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REGISTRATION @ 8 AM  
RACE STARTS @ 9 AM

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LOCATION:  
RACE STARTS AT  
SUGAR CREEK  
CHRISTIAN CHURCH  
IN  
CAMPBELLSBURG,  
INDIANA

The race has rolling hills and one turnaround point as you run the country side of Campbellsburg, IN. The race will start at Sugar Creek Christian Church at 11025 Saltillo/Bono Road.



# APRIL 22, 2017 SUGAR CREEK CHURCH 5K RUN/WALK



## For the American Cancer Society

- \$ 20.00 registration fee (must be received by April 14<sup>th</sup>) ONLY pre-registered participants are guaranteed a long sleeve t-shirt
- Day of registration \$15 (no shirt)
- Same course this year with several rolling hills throughout the country side of Campbellsburg, IN
- Registration starts at 8 a.m. at Sugar Creek Church 11025 Saltillo/Bono Road Campbellsburg, IN
- Race starts at 9 a.m.
- Mail Completed Registration & Signed Waiver to: Sugar Creek c/o Kim Wallace, 6345 N White River Rd. Campbellsburg, IN 47108
- For more information contact Dana at 812-755-4899 or email [mbowers@smwc.edu](mailto:mbowers@smwc.edu)
- Make checks payable to: Sugar Creek Relay for Life

Cut here -----

\_\_\_\_\_  
Last Name First Name

\_\_\_\_\_  
Address City State Zip Code

\_\_\_\_\_  
Phone Number Email

\_\_\_\_\_  
Age on Race Day Gender M/F

Shirt size: Small \_\_\_ Med \_\_\_ Large \_\_\_ XL \_\_\_ 2XL \_\_\_ 3XL \_\_\_ 4XL \_\_\_

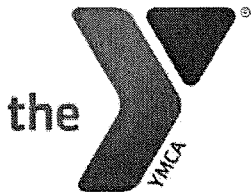
Donation Only  Donation Amount \$ \_\_\_\_\_

In Honor Of \_\_\_\_\_ In Memory Of \_\_\_\_\_

RELEASE AND INDEMNIFICATION – READ BEFORE SIGNING: The signing of this entry blank and the participation in the Sugar Creek Church 5k Run/Walk is with full knowledge of the risks involved therein and the undersigned individually and/or as parent or guardian assumes the risk of any injury, sickness or health defect including death, resulting from or received during participation in the races, and further releases and agrees to save harmless Sugar Creek Christian Church, it's committees, sponsoring and assisting agencies and individuals from any liability, damage, claim or judgment that may result from or arise out of the participation of the participant in this race. I grant permission to the photographed, videotaped, and recorded for all media usage.

\_\_\_\_\_  
Signature (signature of parent if participant is under 18)





# WHAT'S HAPPENING AT THE Y

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PINT-SIZED PICASSO

### Art Classes

Beginners & budding artists alike express their artistic side, while being led by our artists.

**\$20 for members**  
**\$30 for guests**

Ages vary by class; may require adult participation. See Y for details.



January 31st, 5:30-6:30 pm: Safari Dusk  
February 25th, 10:30-11:30 pm: Under The Sea

## BEST. CAMPS. EVER

### Spring Break Camp

Ages 3—14 years  
Mondays — Fridays  
March 20th—March 31st  
7:00am—6:00pm daily  
Members: \$55-\$85  
Guests: \$75-\$110

*Days offered contingent upon used snow make-up days from prior inclement weather.*

**PRE-REGISTRATION REQUIRED.**

*\*Early Bird Discount offered through 2/17/17! Register now and save!*

*\*Sibling discounts & financial assistance available. See Y for details.*



## SWIM LESSONS WITH THE Y



This four week class will get you water ready for a summer of safe fun! Come learn how to swim, or perfect your skills with this fun class. Classes will operate Wednesday evenings between 6:00pm—7:30pm based on class chosen. Classes range from 30–45 minutes, depending on age group. See Y for details.

**Ages 6 mos—13 years learn to swim, Ages 14+ Stroke Development**

Members: \$30 Guests: \$40

Session 2 Reg. Deadline 2/8/17  
Classes Feb. 15th—Mar. 8th

Session 3 Reg. Deadline 3/29/17  
Classes Apr. 5th—Apr. 26th

## KICK IT UP A NOTCH

### Spring Soccer

Ages 3—9 years  
Weekly Evening Practices,  
Saturday Morning Games  
APRIL 1st-29th TIMES TBA

Members: \$35 Guests: \$45

**Register by 2/28/17  
and save \$5 per kid!**



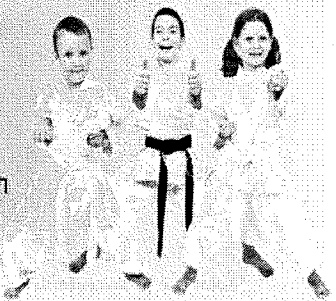
## KICK INTO FUN

### Martial Arts

Ages 5—18 years  
Thursday Evenings or  
Saturday Afternoons

**Session 2:**  
Feb. 23rd—Apr. 15th  
**Session 3:**

Apr. 27th—June 3rd  
Members: \$25 Guests: \$40

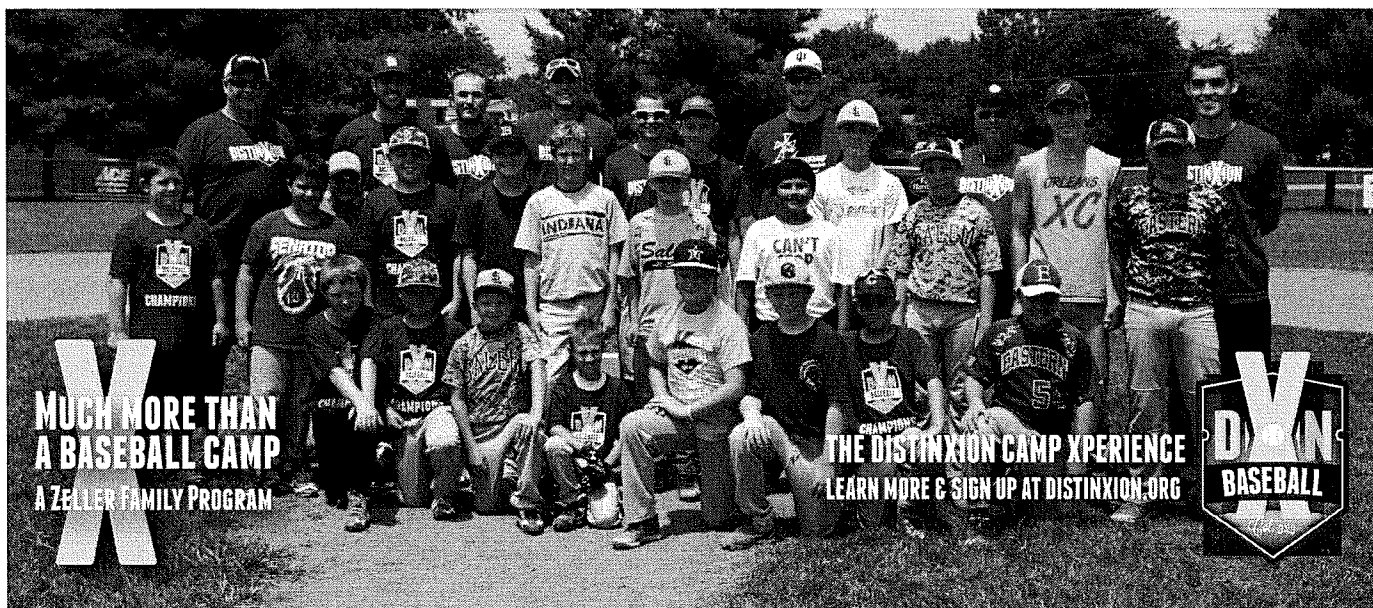


**HEALTHY  
KIDS DAY®**  
A YMCA Initiative

The Y celebrates Healthy Kids Day®, our national initiative to improve the health and well-being of kids, every year! Join us at the Y to kick off warmer weather at this FREE family friendly event on **April 29th, 2017**. Times and activities TBA.

To volunteer for activities, to sponsor the event, or to secure a vendor booth, contact Youth First Program Coordinator, Ashley Hubbard, at: [ashley@wcfymca.org](mailto:ashley@wcfymca.org)





**X**  
**MUCH MORE THAN  
 A BASEBALL CAMP**  
 A ZELLER FAMILY PROGRAM

**THE DISTINXION CAMP XPERIENCE**  
 LEARN MORE & SIGN UP AT [DISTINXION.ORG](http://DISTINXION.ORG)



**JULY 14-15, 2017**

**SALEM, IN**  
**Salem Community Fields**

CO-ED STUDENTS ENTERING GRADES **3<sup>RD</sup> - 8<sup>TH</sup>**

**\$59** PRE-REGISTRATION  
 PRICE BEFORE MAY 1

**\$79** REGISTRATION PRICE  
 STARTING MAY 1

SCHOLARSHIPS AVAILABLE AT:  
[DISTINXION.ORG/SCHOLARSHIPS](http://DISTINXION.ORG/SCHOLARSHIPS)

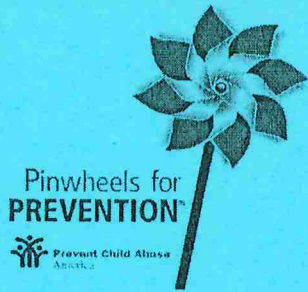
PERSONAL INSTRUCTION • EXPERIENCED COACHING • ALL SKILL LEVELS • SERIOUS FUN

**LEARN MORE & SIGN UP AT [DISTINXION.ORG](http://DISTINXION.ORG)**

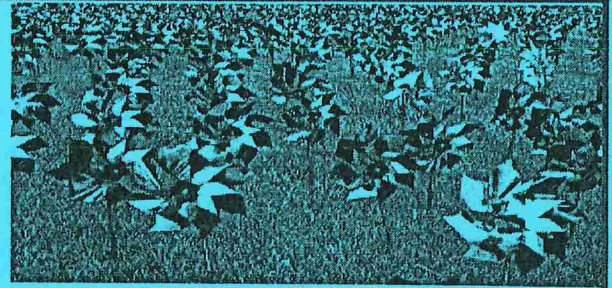
**BE POSITIVELY DIFFERENT.** [DISTINXION.ORG](http://DISTINXION.ORG)







We all play a role  
when it comes to  
the healthy development  
of our nation's children.



# Lunch and Learn

April is Child Abuse Awareness Month

Join the Indiana Department of Child Services Washington County, the Washington County Prevent Child Abuse Council and Hoosier Hills PACT to learn more about drugs and their impact on the children in our community.

## Speakers:

**Indiana State Police Sergeant Jerry Goodin**

**Washington County Prosecutor Dustin Houchin**

**Wednesday, April 19, 2017**

**12:00 to 1:00 p.m.**

At the Washington County Government Building  
806 Martinsburg Rd. Salem, IN

Sponsored by:

Washington County Substance Abuse  
Council

Special thanks to:

Country Cookin' Restaurant & Catering

## ***DONATIONS ACCEPTED***

All proceeds will be used by the  
Washington County Child Abuse  
Council to fund activities/programs  
for the children in our community.





# CARE Pregnancy Center

(812) 883-2675

## HOURS

Monday 9-3    Wednesday 9-3 APP  
Tuesday 1-6    Thursday 9-3 APP

## About CARE

Pregnancy is not always expected or come at a difficult time. This is why CARE Pregnancy Center exists. We are a non-profit Christian organization serving mothers and fathers with children; pregnancy through 4 years. We understand that pregnancy decisions are emotional and private. That is why all of our services are free and confidential.

## Parent Empowerment Program

Through PEP, Parents earn while they learn. As parents go through curriculum geared toward the early years of parenthood, they earn Baby Bucks, which may be spent in the Baby Boutique on various baby and maternity items. Items are subject to availability.

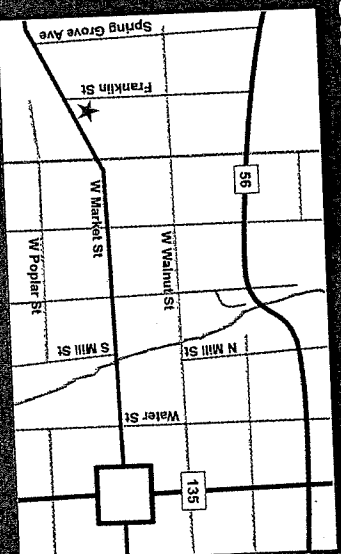
- Diapers
- Blankets
- Clothes
- Formula
- Baby Food
- Car Seats
- Baby Wash
- Equipment
- Pack 'n Plays

Is your church, club, business or organization interested in learning more about CARE? Call today to make arrangements for a speaker!



Compassion Assistance Renewal Evangelism  
A Ministry of Jesus Christ.

- Free Pregnancy Tests
- Maternity & Infant Supplies
- Parenting Education
- Peer Counseling
- Community Referrals
- Adoption Information
- Pregnancy Options Information
- Ultrasound Referrals



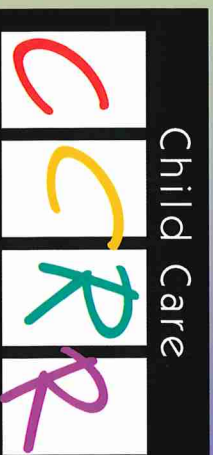
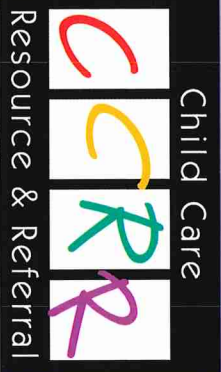
## CARE Pregnancy Center

607 W. Market St.  
Salem, IN 47167  
(812) 883-2675



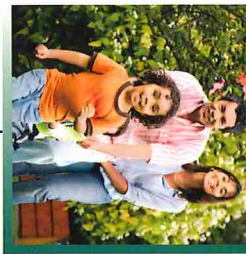
CARE Pregnancy Center

A Member of  
**CARENET**  
care-net.org



Raising a child isn't easy, especially in today's world when so many of us also have to earn a living. At SIEOC we understand that one of the greatest stresses for a parent who has a job is finding a good child care provider. So we provide the Child Care Resource and Referral (CCR&R) program services to help

you get in touch with the best child care provider for your family. We continually work to increase the availability of child care, and we assist the state with collection of data on the quality and availability of child care in the area.



**Our mission**  
To promote quality child care for all children by providing information, education and support to families, child care providers and the community.

**Our vision**  
All children will be a priority in their child care environment.

For more information about any of our services or programs, please contact CCR&R:

812-926-1585  
800-755-8558

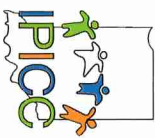
110 Importing Street  
P.O. Box 240  
Aurora, In 47001-0240

[crr@sieoc.org](mailto:crr@sieoc.org)

Hours of Operation  
8:00 AM - 4:30 PM  
Monday - Friday

SIEOC is a non-profit organization. Funding sources provided.

SIEOC CCR&R is a project of the Indiana Association for Child Care Resource and Referral (IACCRR) 1-800-299-1627 and the Indiana Family and Social Service Administration (FSSA).



Agency Partner

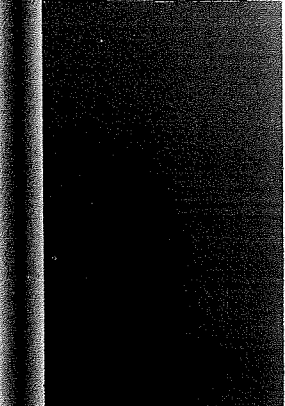
**S I E O C**

**Southeastern  
Indiana  
Economic  
Opportunity  
Corporation**

Serving the following counties

- ◆ Clark ◆ Jefferson
  - ◆ Dearborn ◆ Jennings
  - ◆ Decatur ◆ Ohio
  - ◆ Floyd ◆ Ripley
  - ◆ Franklin ◆ Scott
  - ◆ Harrison ◆ Switzerland
  - ◆ Jackson ◆ Washington
- [www.sieoc.org](http://www.sieoc.org)





## SERVICES FOR FAMILIES

Choosing the best care for your child is a choice that lasts forever!

- CCR&R helps families find child care by providing referrals to local child care providers including homes, centers, ministries, preschools and summer programs
- We provide families with information enabling them to make informed child care choices
- CCR&R supports consumer education on child development and other available community services
- Enhanced services for families with children with special circumstances, infants/toddlers, and/or military families are also available.
- Newsletters and Resource Library



**RESOURCES**

CareFinder Indiana- [www.childcarefinder.in.gov](http://www.childcarefinder.in.gov)  
 ChildCare Aware- [www.childcareaware.org](http://www.childcareaware.org)  
 American Academy of Pediatrics- [www.aap.org](http://www.aap.org)  
 Hoosier Healthwise- [www.hoosierhealthwise.in.gov](http://www.hoosierhealthwise.in.gov)

## SERVICES FOR COMMUNITIES

- Conduct surveys on the child care system such as needs assessments and market rates
- Increase awareness of quality child care through Paths to QUALITY™
- Provide workshops to community members
- Coordinate early care and education efforts to create child care settings that help children grow and learn

Research shows that high quality early learning experiences prepare children for future success in school, work and life. From birth through age 3 is the most important time for growth of the human brain. A child's brain develops in response to the child's experiences by building neurological networks in reaction to the environment.



Paths to QUALITY™ provides information on how to choose quality child care in licensed centers, licensed child care homes or unlicensed registered ministries. It is a voluntary system for child care providers who are willing to go beyond the minimum state requirements of licensing to provide a higher level of care. Paths to QUALITY™ helps child care providers learn new ways to improve the quality of their care and give families more choices when selecting quality child care.

If you are a child care provider, call to find out how Paths to QUALITY™ can help you. If you are a parent, encourage your child care provider to register.



## SERVICES FOR PROVIDERS

If tomorrow was a child's only day in an early childhood educational environment and they spent it with you, what would they remember? What would their memory of your child care be?



- CCR&R provides training and professional development
- We give assistance for starting a child care business
- CCR&R is a mentor for Paths to QUALITY™ participants
- We have enhanced services for caregivers of children with special circumstances and infant/toddlers
- CCR&R provides training, on-site technical assistance and professional development
- Newsletters and Resource Library

**RESOURCES**

Early Childhood Meeting Place- [www.earlychildhood-meetingplace.org](http://www.earlychildhood-meetingplace.org)



Indiana Assoc. for the Education of Young Children- [www.iaeyc.org](http://www.iaeyc.org)

National Assoc. for the Education of Young Children- [www.naeyc.org](http://www.naeyc.org)

National Assoc. for Family Child Care- [www.nafcc.net](http://www.nafcc.net)



## Support Groups for Family Members

**Youth Living Free:** Overcoming life's obstacles & learning to trust. Hope 2 Others, 485 Mann Ave., **Austin.** Thursday 6-8 pm. (FOR TEENS 12-17 YEARS OLD.)

**Al-Anon:** A group of friends and relatives of alcoholics/addicts. **Scottsburg** Give-Away Group, Marantha House behind First Presbyterian Church, Wed. 8-9 p.m.

**SANITY Support Group:** To help struggling family members learn how to stop being their adult children's "Safety Nets", to provide HOPE and HEALING for struggling relatives. **Scottsburg** First Christian Church Library, Thursday, 7-8 pm.

**I Miss You:** For adults experiencing grief or loss of loved one. A Place To Be, 15 S. 1st St., **Scottsburg.** Thursday, 5:30-6:30 p.m.

## Resources and Classes

**One Stop Shop:** COME BACK Passes for free access & Front of line service at Scottsburg BMW, Healthy Indiana Plan enrollment, vaccines, HIV testing (W 9-4, M-T-R 10-6, F 10-4), prevention, treatment, resources, substance abuse referrals, Workforce Development/GED/training info. 825 Hwy. 31 N, Austin. Wednesday, 9a-4p.

**Lifespring Medical Center:** Nurse Practitioner. Tues/Wed/Thurs 11-7. Walk-in or appointment, 812-413-3117 or 812-794-2730. Insurance/no insurance/cash/unable to pay are all welcome. 825 Hwy 31 N, Austin.

**Syringe Exchange Program:** 825 Hwy. 31 N, Austin. M 3-6p, T 3-6p, W 9a-4p, TH 3-6p, F Mobile 2-5p.

**Covering Kids and Families:** Enroll families in Hoosier Healthwise, Healthy Indiana Plan (HIP) & Marketplace coverage. Educate families on accessing, using, and keeping health coverage. Sharon Estep, 812-595-4057, sharon.estep@scottcountypartnership.org; Brandy Blank, 812-595-0243, brandy.blank@scottcountypartnership.org with questions or to set up an appointment.

**CRADLE Pregnancy Resource Center:** 501 thomas St, Scottsburg, 812-752-6898.

**CEASE of Scott County:** Coalition focusing on reducing substance abuse/addictions among youth/adults. First Thursday of each month, 12-1 pm, Collins Family Center. Lori Croasdel, 812-820-0620, [lcroasdel@me.com](mailto:lcroasdel@me.com).

**Get Healthy Scott County:** Coalition focusing on improving health outcomes for Scott County citizens. Meets the 2nd and 4th Thursday of each month, 12-1 pm, Lifelong Learning Center, 1092 Community Way, Scottsburg.

## Expired or Unused RX Drug or Medication Disposal

Non-Controlled Medications can be disposed of at the following locations:

Hancocks Pharmacy	Stewart's Pharmacy	Austin Pharmacy
120 W. McClain Scottsburg, IN	57 W. Main St. Austin, IN	10 W. Main Austin, IN
M-F 7:30a-7p Sat 7:30a-3p	M-F 8:30a-6p Sat 8:30a-3p	M-F 8:30a-6p Sat 9a-1p

Controlled Medications can be disposed of at:

**Scott County Sheriff's Department**

111 S. First St.  
Scottsburg, IN 47170

24 hours a day/7 days a week

**Anonymous Law Enforcement Tip Lines:**  
Please report any illegal or suspicious drug activity to the following anonymous tip lines.

**Scott County Sheriff's Dept:** 812-752-7898

**Scottsburg PD:** 812-752-2333

**Austin PD:** 812-794-4623

## Websites

Indiana Federal Addiction Hotline: 1-800-662-4357  
Toll Free, 24/7. Referral to hotline counselors who evaluate caller's situation and refer to state-approved addictions treatment providers.

CEASE: [www.scease.org](http://www.scease.org) and Facebook

Scott County Partnership: [www.scpartnership.org](http://www.scpartnership.org) and Facebook

[www.nida.nih.gov](http://www.nida.nih.gov)

[www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)

<http://ncadi.samhsa.gov>

[www.addictionsandrecovery.org](http://www.addictionsandrecovery.org)

[www.addictexplained.com](http://www.addictexplained.com)

[www.factsontap.org](http://www.factsontap.org)

[www.theantidrug.com](http://www.theantidrug.com)

[www.drugfree.org](http://www.drugfree.org)

[www.cancer.org](http://www.cancer.org) for Smoking Cessation

[www.aa.org](http://www.aa.org)

[www.na.org](http://www.na.org)

[www.crystalmeth.org](http://www.crystalmeth.org)

[www.marjuana-anonymous.org](http://www.marjuana-anonymous.org)

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

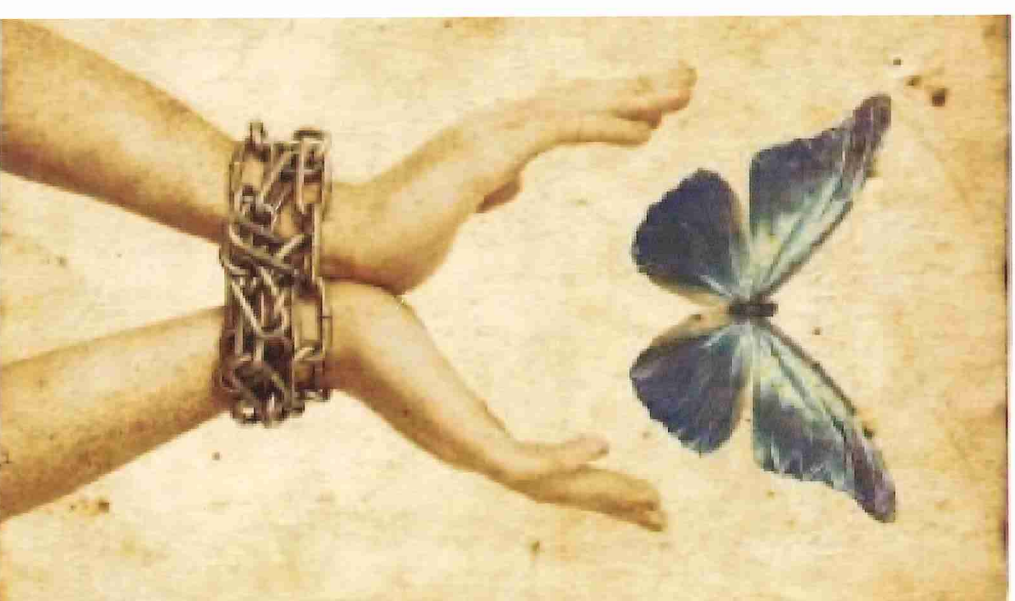
[www.naranon.com](http://www.naranon.com)

[www.12step.com](http://www.12step.com)

[www.cyberrecovery.net](http://www.cyberrecovery.net)

# Community Resources

for Preventing, Understanding,  
Coping, Intervening, or Healing from  
Addiction.





## **Inpatient Treatment: Insurance not Required**

**The Salvation Army Harbor Light:** 2400 N. Tibbs Ave., Indianapolis, IN 46222. 317-972-1450 X0503. Detoxification services, residential treatment, and transitional housing.

**The Salvation Army Adult Rehabilitation Center:** 711 E. Washington St., Indianapolis. 317-638-6585 & 427 W. Washington, Fort Wayne. 260-424-1655.

**The Healing Place:** *Men:* 1020 W. Market St., Louisville 502-585-4848. *Women:* 1503 S. 15th St., Louisville 502-568-6680.

**Turning Point Center:** Detox and residential treatment, 1060 Sharon Dr., Jeff., IN 47130. 812-283-7116.

**Chad's Hope:** Men's faith-based addiction recovery program. 300 Chad McWhorter Ln., Manchester, KY 40962. 606-599-9716.

**Priscilla's Place:** Women's faith-based addiction recovery program. Louisville, KY. 502-561-2131.

## **Outpatient Treatment: Insurance not Required**

**Centerstone:** Individualized and family psychotherapy. 1092 W. Community Way, Scottsburg, or 485 Mann Ave., Austin. 812-595-9936 or 812-929-9158. [www.v-recover.com](http://www.v-recover.com)

**Christopher and Associates:** alcohol and drug services. 1725 E. Tipton St., Seymour. 812-523-0386.

**LifeSpring Health Systems:** Individual/Group outpatient substance abuse treatment services, 825 N. Hwy 31, Austin, 812-413-3117, 75 N. 1st St., Scottsburg, M-F 8a-5p. 812-752-2837. [lifespringhealthsystems.org](http://lifespringhealthsystems.org)

**National Youth Advocate Program (NYAP):** alcohol/drug assessments, counseling, intensive outpatient treatment. 56 E. McClain Ave., Scottsburg. 812-752-9193.

**New Creation Addiction Ministries:** Tim Williams, 812-820-5993. Help for those with life controlling problems, such as drug addiction.

**Refuge Christian Counseling:** alcohol and drug counseling. 1469 N. Gardner St., Scottsburg. Jason Gantt, 812-727-3812.

## **Sober Living Communities:**

**Serenity House:** Structured transitional recovery center for men. 200 Homestead Ave. Jeff., IN. 812-283-9407.

**The Progress House:** Men's Structured Residential Recovery Community, 201 Shelby St., Indianapolis. In 46202, 317-637-9816.

**The Bliss House:** Residential Program for Women in Recovery. 211 E. Maple St., Jeff., IN 812-280-7533.

## **Treatment: With Insurance**

**LifeSpring Health Systems/Turning Point Center:**

Individual/group outpatient substance abuse treatment. 825 N. Hwy 31, Austin, 812-413-3117, 75 N. 1st St., Scottsburg, M-F 8a-5p. 812-752-2837. [lifespringhealthsystems.org](http://lifespringhealthsystems.org)

**Wellstone Regional Hospital:** Chemical dependency rehabilitation. 2700 Vissing Park Rd., Jeffersonville, IN 47130. 812-284-8000.

**Valle Vista Behavioral Health and Addiction**

**Treatment Services:** Outpatient services, intensive outpatient services, partial hospitalization, residential treatment, acute inpatient services. 898 E. Main St., Greenwood, IN 46143. 1-800-447-1348.

**Counseling for Change:** Addictions treatment and recovery support services. 1133 Lincoln Ave., Evansville, IN 47708. 812-491-2615.

**Fairbanks Detox and Rehab:** Alcohol and drug addiction treatment and recovery center. 8102 Clearvista Pkwy., Indianapolis, IN 46256. 1-800-225-4673.

**Regional Mental Health Center:** Residential detox and rehabilitation. 3903 Indianapolis Blvd., East Chicago or 8555 Taft Street, Merrillville, IN. 219-392-6001.

**Bloomington Meadows:** Residential treatment program for teens and adults. 3600 N. Prow Rd., Bloomington, IN 47404. 812-331-8000.

## **Books**

**Alcoholics Anonymous.** (New York City, New York: Alcoholics Anonymous World Services, Inc., 2001)

**Narcotics Anonymous.** (Chatsworth, California: Narcotics Anonymous World Services, Inc., 2009)

Beattie, Melody. **The New Codependency: Help and Guidance for Today's Generation.** (New York, NY: Simon and Schuster, 2009).

Beattie, Melody. **Codependent No More: How to Stop Controlling Others and Start Caring For Yourself.** (Minneapolis, MN: Hazelden, 1986).

Botke, Allison. **Setting Boundaries with Your Adult Children: Six Steps to Hope and Healing for Struggling Parents.** (Eugene, OR: Harvest House Publishers, 2008).

Conyers, Beverly. **Stories of Loss, Hope, and Recovery and Everything Changes: Help for Families of Newly Recovering Addicts.**

**The Holy Bible.** New International Version. Grand Rapids: Zondervan House, 1984. Print.

VanVonderer, Jeff. **Good News for the Chemically Dependent and Those Who Love Them.** (Minneapolis, MN: Bethany House Publishers, 2004).

## **Support Groups for Addiction**

**Monday Life Recovery Group,** 12 Step Group, Hope 2 Others, 485 Mann Ave., Austin, 6:30-7:30 pm.

**Tuesday Women's Empowerment Group:** Hope 2 Others, 485 Mann Ave., Austin. For women to work to together to solve problems. 3-5 pm. Free Dinner.

**Wednesday AA, 12 Step Group,** Hope 2 Others, 485 Mann Ave., Austin, 6:30-7:30 pm.

**Monday & Wednesday Recovery Engagement Center,** Hope 2 Others, 485 Mann Ave., Austin. Provides a safe and supportive recovery atmosphere in a neutral setting. 4-8 pm.

**Friday HOPE OVER DOPE,** Project Peers Recovery Support Group, Hope 2 Others, 485 Mann Ave., Austin, Friday 6:30-8 pm.

**AA (Alcoholics Anonymous)**

**Townes Club,** 173 N. Main St., Scottsburg, M-10a, T-8p, W-10a & 6:30p, TH-8p, F-10a & 8p, SA-8:30a & 8p, SU-6:30p.

**Monday Open Discussion:** Maramatha House, Scottsburg, (behind First Presbyterian) 7-8 p.m.

**Tuesday Closed Women's Discussion:** Maramatha House, Scottsburg. (behind First Presbyterian) 6-7 pm.

**Wednesday Closed Discussion:** First Presbyterian Church Basement, 396 W. McClain Ave., Scottsburg, from 8-9 p.m.

**Saturday AA:** Heritage Station Train Depot, 90 N. Main St., Scottsburg, 8-9 pm.

**NA (Narcotics Anonymous)**  
**Thursday Open Discussion:** A Place to Be, 15 S. First St., Scottsburg, 7-8:30 PM

**Tuesday Open Discussion:** First Presbyterian Church, 301 N. Walnut, Seymour, 6:30-7:30 pm.

**Thursday Open Discussion:** Salem Presbyterian Church, 110 N. High St., Salem, 8-9 pm.

# COMMUNITY MEDICAL SERVICES



## SERVICES FOR YOUR HEALTH & WELL-BEING

Lifespring Community Medical Services is a full service primary care medical practice open to everyone of all ages and income levels. We work to provide quality and professional medical care that helps to promote and sustain a healthier, happier and more fulfilled quality of life for our patients.

### OUR SERVICES ARE PROVIDED ON A SLIDING SCALE

- Sliding fee scale is based on household income and dependents living in the household.
- For individuals whose household income is less than 100% of the federal poverty level, the charge will be no more than \$15.00.
- Sliding fee scale available for individuals whose household income is up to 200% of the federal poverty level, including those who have insurance.

### COMPREHENSIVE PRIMARY SERVICES ARE AVAILABLE AND INCLUDE:

- General Primary Medical Care
- Diagnostic Laboratory
- Referral for Diagnostic Radiology
- General Medical Screenings
- Voluntary Family Planning
- Immunizations
- Well Child Services
- Gynecological Care
- Discounted Pharmaceutical Program
- Integrated Substance Abuse and Mental Health Treatment
- Health Education
- Outreach
- Nutrition Services
- Case Management Services
- Assistance with Obtaining Insurance



For more information, call 812.280.6606  
1036 Sharon Drive, Jeffersonville, IN 47130  
[www.lifespringhealthsystems.org](http://www.lifespringhealthsystems.org)



# CHANGES TO THE FAFSA: WHAT YOU NEED TO KNOW



The submission date for the FAFSA, and the financial information needed to complete it, will be changing. Here's what you should know.

## SUMMARY

Starting with Academic Year 2017-18, the traditional **FAFSA (Free Application for Federal Student Aid) submission date of January 1 will change to October 1**. In addition, families will be able to use tax information from the prior year.

The **January 1** start date made it difficult for families to get their tax information gathered in time to complete the application.

By moving the start date up three months earlier to **October 1**, students will have more time to fill out this vital information, they'll have tax information at hand, and families will have more time to evaluate the school's financial aid award package.

## WHAT IT MEANS

**Students enrolling for academic year 2016/2017** will submit a FAFSA beginning January 1, 2016; families should use their 2015 income tax information.

**Students enrolling for academic year 2017/2018** will submit a FAFSA beginning October 1, 2016; families should again use their 2015 income tax information.

**Impact:** With more time to award financial aid, some schools may choose to adjust their calendar. This could mean changes to the admissions timeline as well as the timing for financial aid award letters and tuition bills. Students should check their colleges of choice to see if any dates or submission deadlines change.

## SCHEDULE

Academic Year	
<b>Fall 2016</b>	<b>Spring 2017</b>
Submit your FAFSA beginning <b>January 1, 2016</b> through <b>June 30, 2017</b>	Submit your FAFSA beginning <b>October 1, 2016</b> through <b>June 30, 2018</b>
Use your income tax info from <b>2015</b>	Use your income tax info from <b>2015</b>
Academic Year	
<b>Fall 2017</b>	<b>Spring 2018</b>
Submit your FAFSA beginning <b>October 1, 2016</b> through <b>June 30, 2018</b>	Submit your FAFSA beginning <b>October 1, 2017</b> through <b>June 30, 2019</b>
Use your income tax info from <b>2015</b>	Use your income tax info from <b>2016</b>
Academic Year	
<b>Fall 2018</b>	<b>Spring 2019</b>
Submit your FAFSA beginning <b>October 1, 2017</b> through <b>June 30, 2019</b>	Submit your FAFSA beginning <b>October 1, 2018</b> through <b>June 30, 2020</b>
Use your income tax info from <b>2016</b>	Use your income tax info from <b>2017</b>

(This is the **only time** you will use a tax return twice if you also filed the FAFSA for academic year 2016/2017.)

# Your stress-free guide for applying to college

## Junior year

### September

**Have the "college" talk with your parents.**  
Where do you want to go? What major? How much can you spend?

### October

**Take the PSAT!**  
It can give you an idea of where you fall in the college applicant pool. Plus, your scores may make you eligible for national scholarships.

### November

**Consider how you'll pay for college.**  
Take a look at different types of loans and scholarships. From the exceptionally tall to the llama enthusiast, there's a scholarship opportunity for everyone!

### December

**Take the ACT/SAT.**  
These tests are crucial to figuring out which schools are a good match for you. Be sure to take practice tests and even a prep course to ensure that you get your best score possible.

### March

**Make a list.**  
Once you have a list of possible schools, start planning your visits. Counselors often recommend visiting six to eight colleges to keep a narrow, focused list.<sup>1</sup>

## Senior year

### August

**Start your essays!**  
With your top schools in mind, start drafting your work and be sure to leave yourself time for edits, edits, and more edits.

### September

**Secure letters of recommendation.**  
Reach out to teachers, coaches, and employers who would be happy to write you a glowing review. Don't forget to send them a thank you note afterwards!

### October

**Submit your FAFSA.**  
Some student aid programs award funds on a first-come, first-served basis so don't wait too long to submit your FAFSA.  
**Consider re-taking standardized tests.**  
You can also re-take your SAT to try to raise your score.

### November

**Stay on top of deadlines.**  
Don't let the date for early application sneak up on you. Many schools have different application deadlines; make sure you know when everything is due.

### January

**Apps are due!**  
January 1st is the universal deadline for most schools' applications, so make sure yours are in. If you applied early action, you could get your decision letter any day.

### February

**Mails here!**  
Keep an eye out for your college acceptance letters.

### March

**Watch for award letters.**  
This is when you'll get financial aid award letters from the schools that have accepted you. Compare them to see which offers the best financial aid package.

### April

**Decision time!**  
After deciding where you'd like to go, make sure to stay on top of communications from your school. Deposits, forms, and housing apps are all due prior to leaving in the fall.

### May

**Make a budget.**  
Talk with your parents to figure out how much you'll expect to earn and pay while at school. Having a budget will start you on the journey toward financial responsibility.

### Summer

**Final to-do items.**  
This is the time to attend orientation, register for your classes, and make sure the tuition bill is paid. It's also the time to have fun—and have an amazing time!



## Before you go

### Applying to college is a busy time

**With all the essays, forms, and deposits, it's easy to overlook some of the simple tasks. Don't forget to:**

- See if your bank has branches and/or ATMs in your college's city. If not, consider opening a bank account at a local bank.
- Limit roaming charges by double checking your cell phone plan. Does your plan cover your college's location?
- Coordinate with your future roommate: Two TVs, two microwaves, and two futons are too much in a dorm.
- Get checked up! Visit the eye doctor, dentist, and physician before heading out.
- Make a plan to keep in touch. A video chat with your best friend or an old school letter from your family can be a nice reminder of home.



<sup>1</sup> This information was gathered from <http://www.nacacnet.org/studentinfo/articles/Pages/Applications.aspx> on September 27, 2016.



# Top College Search Questions

Whether you are visiting a college campus or attending a local college fair there are some common questions you should ask to find the right college for you.

## Questions about Admissions:

- What kind of grades and test scores do I need to be admitted?
- What other things are considered when admitting students?
- What is the application deadline for early decision and/or regular decision?
- When will I know if I am accepted?
- What percentage of freshman return for their sophomore year?

## Questions about Financial Aid:

- What is the school's deadline to file the FAFSA?
- Are there other forms I need to fill out to apply for financial aid?
- What scholarships or grants are available?
- What percentage of students receive financial aid?

## Questions about Academics:

- What are the top majors at your college?
- What percentage of classes are taught by professors versus teaching assistants?
- What is the student to faculty ratio?
- Are there hands-on opportunities like internships in my area of study?
- What kind of help can I get if I'm struggling academically?

## Questions about Life on Campus:

- Are students required to live on campus?
- What are ways to get involved outside of the classroom?
- Are freshman permitted to have cars on campus?
- What health care options are available when students get sick?
- What security measures have been taken to keep students safe?

## Questions about Life after College:

- What kinds of career services do you offer?
- What is the job placement rate for recent graduates in my major?
- What is the average student loan debt and monthly payment amount for graduates?
- What is the average debt to starting salary ratio for students in my major?

Finding a school that is the right fit means you are more likely to graduate on time and with less debt!



# 6 Things You Should Know About Scholarships

And how to get started finding free money for college

## 1 There are scholarships for everyone, not just jocks and geniuses

Don't sell yourself short — millions of scholarships are out there for almost every talent and interest. Are you a vegetarian? Roller skater? Star Trek fan? Yup, there's a scholarship for that.

## 2 Even a few hundred dollars can make a big difference

Some scholarships offer big money, some not so much. Apply anyway. Even if you only get a few hundred dollars, that can help pay for textbooks or other expenses. Bottom line: scholarships are money in your pocket that you won't have to pay back.

## 3 It's really worth the time and effort

Sure, you might have to write a few essays but it's worth it. Scholarships are free money! Be sure to follow guidelines and be mindful of deadlines. A late submission can eliminate you from consideration.

## 4 Watch out for scholarship scams

Don't pay for scholarships. Period. There are many reputable and free scholarship search sites. Get recommendations from your school about good sources.

## 5 You can apply even if you're already in college

Did you know that 50% of scholarships are available for students already enrolled in college? You can apply for scholarships every year you're in school.

## 6 Finding scholarships is easy (and free)

Start at **SallieMae.com/ScholarshipSearch**, your all-access pass to finding scholarships. It's free and it's home to more than 5 million, worth over \$24 billion. It matches you to available scholarships and alerts you when new ones pop up.

Begin your search at [SallieMae.com/ScholarshipSearch](https://www.salliemae.com/ScholarshipSearch)

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**CollegeChoice 529 Direct Savings Plan**

P.O. Box 55767  
Boston, MA 02205

1.866.485.9383  
indianaemployer@ascensus.com  
indianas529.com

For more information about the CollegeChoice 529 Direct Savings Plan ("CollegeChoice 529"), call 1.866.485.9415 or visit [www.collegechoicedirect.com](http://www.collegechoicedirect.com) to obtain a Disclosure Statement, which includes investment objectives, risks, charges, expenses, and other important information; read and consider it carefully before investing. Ascensus Broker Dealer Services, Inc. ("ABD") is Distributor of CollegeChoice 529.

**Please Note:** Before investing in any 529 plan, you should consider whether your or the beneficiary's home state offers a 529 plan that provides its taxpayers with favorable state tax and other benefits that are only available through investment in the home state's 529 plan. You also should consult your financial, tax, or other advisor to learn more about how state-based benefits (or any limitations) would apply to your specific circumstances. You also may wish to contact directly your home state's 529 plan(s), or any other 529 plan, to learn more about those plans' features, benefits and limitations. Keep in mind that state-based benefits should be one of many appropriately weighted factors to be considered when making an investment decision.

CollegeChoice 529 is administered by the Indiana Education Savings Authority (Authority). ABD, the Program Manager, and its affiliates, have overall responsibility for the day-to-day operations, including investment advisory, recordkeeping and administrative services, and marketing. CollegeChoice 529's Portfolios invest in: (i) mutual funds; or (ii) an FDIC-insured omnibus savings account held in trust by the Authority at Sallie Mae Bank. Except for the Savings Portfolio, investments in CollegeChoice 529 are not insured by the FDIC. Units of the Portfolios are municipal securities and the value of units will vary with market conditions.

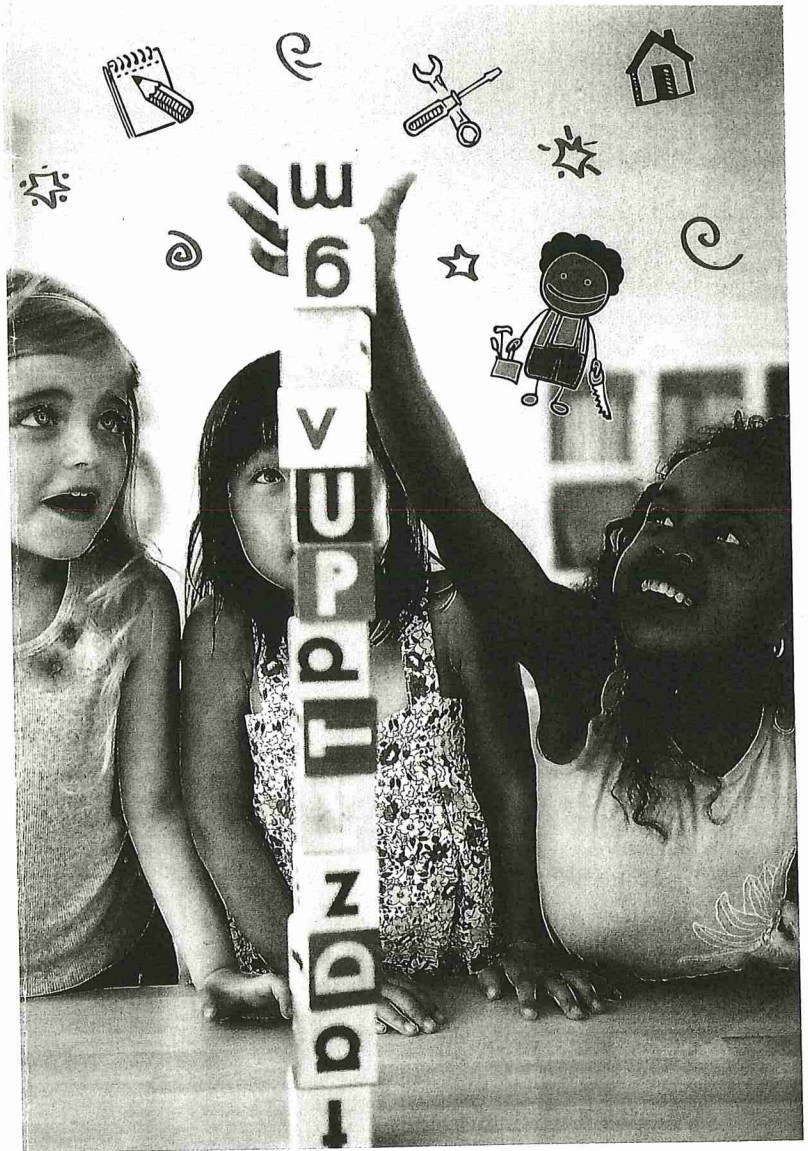
Investment returns will vary depending upon the performance of the Portfolios you choose. Except to the extent of FDIC insurance available for the Savings Portfolio, depending on market conditions, you could lose all or a portion of your money by investing in CollegeChoice 529. Account Owners assume all investment risks as well as responsibility for any federal and state tax consequences.

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Upromise is an optional service offered by Upromise, Inc., is separate from the CollegeChoice 529 Direct Savings Plan, and is not affiliated with the State of Indiana. Terms and conditions apply to the Upromise service. Participating companies, contribution levels, and terms and conditions are subject to change at any time without notice. Transfers from Upromise to a CollegeChoice 529 Direct Savings account are subject to a \$25 minimum.

**Not FDIC-Insured (except for the Savings Portfolio). No Bank, State or Federal Guarantee. May Lose Value.**

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**Big plans start with a simple choice.**

**CollegeChoice 529\***  
DIRECT SAVINGS PLAN

(4 pages)

## Saving for college

A college education may be more than a few years away, but saving for it takes careful planning right now. You need a plan that's smart, flexible, and affordable — CollegeChoice 529.

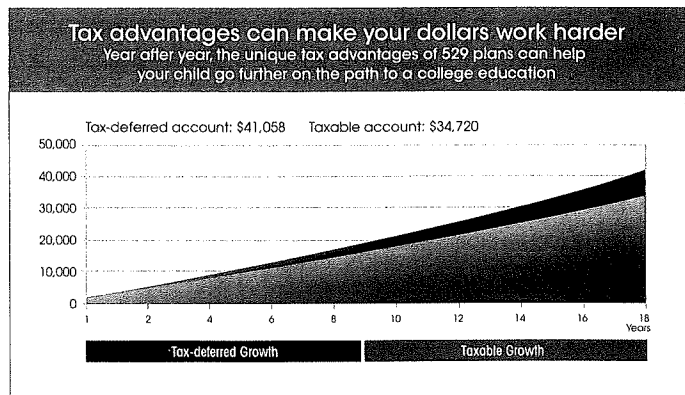
529 college savings plans are designed to help you save for college tuition, certain room and board costs, books, supplies, and other qualified higher education expenses. They can help your beneficiary afford college — while providing you with:

- Tax-deferred earnings
- Tax-free qualified withdrawals\*
- Control over how assets are used
- Gift tax and estate planning benefits

## Making your money work harder

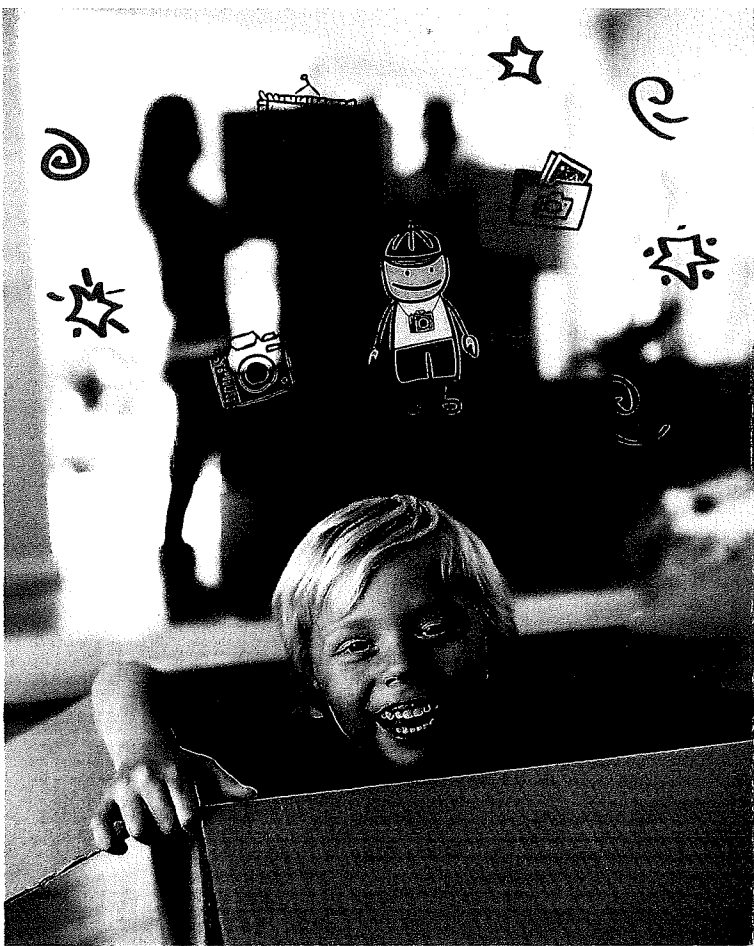
A 529 plan account's earnings grow tax deferred and qualified withdrawals are tax free. \* That tax advantage can potentially add up over time.

As you can see in the chart below, the difference between tax-free and taxable growth can be significant. If an investor opened a 529 plan account with an initial investment of \$2,500 and contributed \$100 every month for 18 years, there could be over \$6,300 more for qualified education expenses than the same investment in a taxable account. \*\*



\* Earnings on non-qualified withdrawals are subject to federal income tax and may be subject to a 10% federal penalty tax, as well as state and local income taxes. The availability of tax or other benefits may be contingent on meeting other requirements.

\*\* Assumptions: \$2,500 initial investment with subsequent monthly investments of \$100 for a period of 18 years; annual rate of return on investment of 5% and no funds withdrawn during the time period specified; taxpayer is in the 30% federal income tax bracket for all options at the time of contributions and distribution. This hypothetical is for illustrative purposes only. It does not reflect an actual investment in any particular 529 plan or any taxes payable upon distribution. Actual investment returns may be higher or lower than those shown.



## The smart way to plan for college

CollegeChoice 529 is ...

### Affordable

- Low minimum: Open an account for as little as \$10
- High maximum: Contribute up to a total of \$298,770†
- Low cost: No annual fee for Indiana taxpayers; investment options have asset-based fees ranging from 0.27% - 0.91%

### Tax-smart

- Tax-deferred earnings
- Federal and state tax-free qualified withdrawals\*
- Special tax credit for Indiana residents‡
- Gift tax and estate planning benefits

### Flexible

- Range of investment options: Choose an investment that suits your financial goals
- Use assets at any eligible 2- or 4-year college, trade, or vocational school around the country, not just in Indiana
- Save at work through payroll deduction (where available), with a minimum of \$25 per pay period

† This amount is per beneficiary for accounts in all 529 plans sponsored by the State of Indiana.

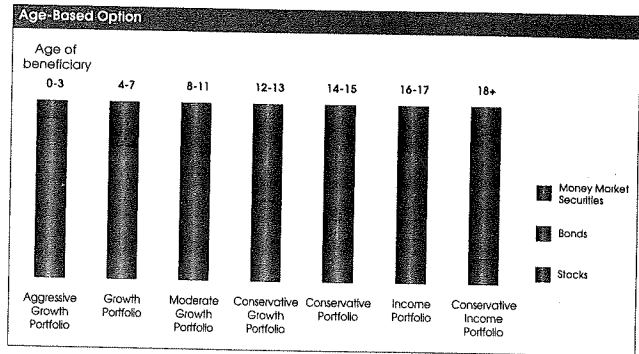
‡ Indiana taxpayers are eligible for a state income tax credit of 20% of contributions to a CollegeChoice 529 account, up to \$1,000 credit per year. This credit may be subject to recapture from the account owner (not the contributor) in certain circumstances, such as a rollover to another state's 529 plan or a non-qualified withdrawal.

## Investment choices that fit your needs

Whether you're a hands-on investor or prefer a one-stop portfolio, CollegeChoice 529 has investment options for you.



### Age-Based Option: One-stop investing

Make investing even simpler by selecting an investment option that automatically rebalances as your child nears college age.



### Individual Portfolios: Choose your own

A range of investment styles from these respected money managers lets you choose the mix of investments that best suits your financial goals and time horizon.


DODGE & COX FUNDS
<b>Scout</b> Investments
<b>SallieMae Bank</b>
 <b>Vanguard</b>
 <b>WESTERN ASSET</b>




## More ways to save

### Ugift®

Invite family and friends to help you save by celebrating holidays, birthdays, graduations, and other milestones with the gift of college savings. An easy, online process lets loved ones give gift contributions which are then invested into your CollegeChoice 529 account.

 **1** Suggest a 529 gift contribution to family and friends

 **2** They send a contribution

 **3** Those gifts are invested in your account



This free service helps families earn money for college from everyday purchases: shopping online, dining out, and much more. To learn more and to join, visit [indianas529.com](http://indianas529.com) and click on the Upromise logo.

When you link your Upromise account with your CollegeChoice 529 account, your earnings can be transferred automatically to your 529 plan on a periodic basis, subject to a \$25 minimum.



## Make the decision to plan for a child's future

Start planning for the future by opening a CollegeChoice 529 account for the student in your life.

- 1 Learn:** Go to [indianas529.com](http://indianas529.com) and download an Enrollment Kit, including a Disclosure Statement. Read the detailed information carefully before investing.
- 2 Choose:** Decide which investment approach is best for you.
- 3 Enroll:** Click on the "Enroll" button and fill in the information that is requested.

# 21st Century Scholars

## 7<sup>th</sup> and 8<sup>th</sup> Grade Parents:

### Your children may be eligible for a college scholarship

Indiana's 21st Century Scholars program offers income-eligible Hoosier students up to four years of paid tuition at an eligible Indiana college or university after they graduate from high school. In middle and high school, Scholars are connected to programs and resources to help them stay on track for college and career success. Once in college, Scholars receive support to complete their college degrees and connect to career opportunities. 7th and 8th grade Indiana students whose families meet income eligibility guidelines can apply to become a 21st Century Scholar. **Applications must be received by June 30 of the student's 8th grade year.**

In return for keeping the Scholar Pledge and meeting the expectations of the Scholar Success Program throughout high school and college, the Commission for Higher Education commits to providing Scholars with up to four years of undergraduate tuition assistance at an eligible Indiana college or university, dependent upon financial need.

As a Scholar, you pledge to:

- ✓ Complete the Scholar Success Program, which includes activities at each grade level in high school to help you stay on track for college and career success.
- ✓ Graduate from a state-accredited high school with a minimum of a Core 40 diploma and a cumulative grade point average (GPA) of at least 2.5 on a 4.0 scale.
- ✓ Not use illegal drugs, commit a crime or delinquent act, or consume alcohol before reaching the legal drinking age.
- ✓ File the Free Application for Federal Student Aid (FAFSA) by March 10 as a high school senior and each year thereafter until you graduate from college.
- ✓ Apply to an eligible Indiana college as a high school senior, and enroll as a full-time student within one year of high school graduation.
- ✓ Maintain Satisfactory Academic Progress (SAP) standards established by your college.
- ✓ Complete 30 credit hours each year you are in college to stay on track toward earning your degree on time.

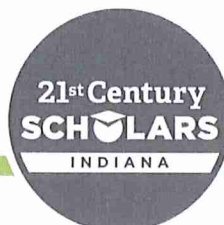
### Apply online at [Scholars.IN.gov](http://Scholars.IN.gov) and provide:

- Student's Social Security Number, date of birth and address.
- Parent or guardian's Social Security Number or Individual Taxpayer Identification Number, if applicable.
- 2015 gross income amounts for *all members* of the household. If applying after December 31, 2016, use 2016 gross income.
- A valid email address (free email accounts are available at Yahoo.com, Gmail.com, Hotmail.com and Live.com).

### 21<sup>st</sup> Century Scholars Program Income Guidelines (2016-2017)

Household Size	Maximum Annual Income
2	\$29,637
3	\$37,296
4	\$44,955
5	\$52,614
6	\$60,273
For each additional person in the household at \$7,696	

[Scholars@che.IN.gov](mailto:Scholars@che.IN.gov)



1-888-528-4719

# THE SCHOLAR SUCCESS PROGRAM

**REQUIRED FOR 21ST CENTURY SCHOLARS,  
RECOMMENDED FOR ALL STUDENTS.**



GRADE	REQUIRED ACTIVITIES		
09	Create a Graduation Plan <sup>1</sup>	Participate in an Extracurricular or Service Activity	Watch "Paying for College 101"
10	Take a Career Interests Assessment	Get Workplace Experience <sup>2</sup>	Estimate the Costs of College
11	Visit a College Campus	Take a College Entrance Exam (ACT/SAT)	Search for Scholarships <sup>3</sup>
12	Submit Your College Application	Watch "College Success 101"	File Your FAFSA

1. Plan should be updated annually to keep students on track for high school graduation and college admission.  
 2. Includes job shadowing, internship, part-time employment, interviewing a professional or related experience linked to a student's career aspirations.  
 3. Includes any additional scholarship opportunities beyond the 21st Century Scholarship.

Stay on track at  
**Scholars.IN.gov**

