

SOZO HEALTH MINISTRY UPDATE *by John Rich*



Over the past few months, the Sozo Health Ministry has expanded significantly. We now have a new Health Ministry Associate on staff, Katie Loehrlein, who is also our Complementary and Alternative Medicine Specialist! We also have some new regular volunteers: Kelly Loveall, RN, works as a nurse in an area county jail. She brings a wealth of knowledge and experience, not only about healthcare, but about incarceration and marginalization, which, unfortunately, are experienced by many of our guests. We also have Jane Kratochvil, a nurse practitioner who has been joining us most Thursday mornings to focus on foot care. As an NP, Jane is qualified to provide a higher level of care for our guests for whom healthy feet are key for transportation and employment.

We continue our well-established services—blood pressure checks, health education, advocacy, transportation, accompaniment, spiritual care, and providing free health supplies for people who cannot afford them—but with new staff and volunteers we have been able to increase our capacity! In the first couple months of 2022, we increased our healthcare encounters by 32%, provided 29% more rides to healthcare appointments, and handed out 77% more health supplies than we did during a similar period at the end of 2021.

We have returned to Central Library on the first Friday of every month for “First Fridays with Patchwork,” after suspending the service while local Covid-19 rates were extremely high. During these mornings at the library, we offer blood pressure checks, educational handouts on various health topics, and one-on-one conversation with “Nurse John” about health-related questions and concerns. In April, Katie will join me for our First Friday program. She plans to offer moisturizing balms and educational handouts about native herbs and plants that are helpful in supporting holistic health.

Adding to these existing services, we have found new services and supplies to offer at Patchwork that improve the health of our clients and the community as a whole. For instance, several of our guests have really appreciated the new foot soaks we have offered. Katie provides a warm Epsom salt foot

bath with follow-up application of moisturizing balm, while Jane provides more advanced care, including toenail clipping and callous removal.

Additionally, in her role as Complementary and Alternative Medicine Specialist, Katie has been making several all-natural health supplies for our clients, including moisturizing balm, relaxation balm, elderberry gummies (for immune support), and warming oil. These unique products have been extremely popular. Katie is also offering Chair Yoga classes to our Patchwork staff and volunteers every Thursday in the Main Room of Patchwork’s Meetinghouse. Chair Yoga is extremely gentle and appropriate for almost all ability levels.

We continue to host residents from both the Deaconess Family Medicine Residency and USI Nurse Practitioner Residency programs. Newly-minted doctors and nurse practitioners observe and help with the Sozo Health Ministry, learning more about what it takes to provide holistic health care for marginalized people in our community and offering new information and advice to help our guests with illnesses and other health concerns.

Recently, there have been serious outbreaks of diseases other than Covid-19 in our community—namely syphilis and hepatitis A. The Sozo Health Ministry has partnered with the Vanderburgh County Health Department over the last few months to provide several days of on-site testing and treatment for syphilis, as well as vaccinations for hepatitis A. Several people were unaware that these diseases were prevalent in our area and were able to get tested, treated, and vaccinated to improve their own health as well as the health of the wider community.

This is an exciting time for the Sozo Health Ministry at Patchwork. We are growing and expanding, increasing our capacity to promote health and wholeness in individuals and our community. Thank you for coming on this healing journey with us.



“Sozo Health Ministry Update” continued on page 2

SOZO HEALTH MINISTRY UPDATE *(continued)*

From Katie: “The first thing I noticed when I began working in the Sozo Health Ministry in January 2022 was how much guests appreciate a smiling face, a listening ear, and a helping hand. At first I was shy, but LaCova was the one who really pulled me out of my comfort zone. She overheard John telling me I could start offering foot soaks, and she volunteered herself for the first one! She doesn’t know it, but my shell gently fell away once I began massaging her feet. A gentle touch when massaging guest’s feet during a foot soak goes a long way; my goal is to help people feel safe and cared for—at least for the 45 minutes I spend caring for their feet. I absolutely love talking with

guests here, sitting with them and talking over coffee, and offering them help with the knowledge that I have.

I have been working with essential oils and making homemade products for over 15 years. I have studied yoga for over 20 years and Ayurveda for 2 years. A lot of people tell me they walk so much that their feet are very dry and achy. I offer foot soaks and apply a homemade balm to their feet and then gift them the balm to take with them on their journey. The balm moisturizes feet, hands, elbows, knees, and anywhere else that needs some extra conditioning. The guests love the balms so much that now I have a waitlist of people for when the next batch is ready!” ■

GLOVE MONSTERS

In Patchwork’s Arts & Smarts Program, we never know where a project will go once it has begun. Our projects are open-ended, so they always grow and change. They build new skills along the way. That’s one of the secrets of our programming.

Take our recent Glove Monster project as one example. It all started with a bag of gloves missing their matches. They’d belonged to Jane Vickers and she decided that it was time they should move along and become something new and better. She thought turning them into soft sculpture monsters would be a fun, single-day project for the kids.

Each child chose a glove and sketched several ideas about what that glove could become. They picked their favorite idea and implemented it using stuffing, felt, beads, buttons, googly eyes, and gemstones. They had so much fun creating their glove monsters that they wanted to spend several days working on them so they could get all the details just right. Some kids made two monsters.

As the kids finished their glove monsters, our staff and volunteers helped them complete character summaries for their creatures. They chose names and origins, decided on their monsters’ likes and dislikes, and described how their monster interacted with others.

The characters were so great, they needed to have a story written about them, so the group learned the components of a good story (introduction, rising action, conflict, resolution) and collaborated to spin tales about their Glove Monsters’ adventures.

In the end, a project that initially was expected to take a day stretched all semester. Our participants had fun making art and they experienced soft sculpture as a new kind of artmaking. The project taught our participants how to plan a sculpture, how to work with soft sculpture materials, how to problem solve while making art, how to create an interesting character for a story, how to tell a story, and how to collaborate. And the results of the project were wonderful pieces of art! ■

MEET THE GLOVE MONSTERS!



WIBBLE WOBBLE

by Vincent and Anya

Favorite things: Jelly beans, games, TV, friends, corn dogs, food, and dancing dancing

From: Jelly Bean Hill

Around other people this character is: Nice, kind, and caring, and fun and giving

This character likes to: Dance, sing, play, cook, game, color, pottery, make friends, and art



UNNAMED MONSTER

by Charlie



NAYLA REILEY

by Anya

There’s a little bunny named Nayla Reiley. She likes carrots, me, my family, my friends, more carrots, stars, lite, and pink. She is from Bunny Woods. She is nice, kind, giving, and fun. She likes to eat more carrots.

“Glove Monsters” continued on page 3

GLOVE MONSTERS *(continued)*



ANGEL SONIC

by Jhovani

Favorite things: Pizza. He only loves pizza!

From: The Moon

Around other people: He likes to be nice

This character likes to: Be fast. He runs fast and flies fast, crawls fast, mixes potions to make people fast. He likes to be around sonic friends.



UNNAMED MONSTER

by Ja'Mere



FORTNITE SKELETON

by Cheyanne

Favorite things: Play games. The games are Fortnite and basketball.

From: Mexico

Around other people this character is: Shy and nice



BUNICKULA

by Gwynnie

Favorite things: Everything, nighttime, purple, green

From: Monstertown, USA. Moved to IN in 2008

Around other people this character:

Bunickula loves to scare people

This character likes to: Speak gibberish, scare people, spend time with cats and dogs



CARLOS JR.

by Carlos

Favorite things: Baseball, basketball, soccer, candy, Fortnite

From: Mexico

Around other people this character is: Nice

This character likes to: Play soccer



STEPH

by Symphony



KAYLA

by Aria

Favorite things: Her favorite color is sky blue and food is watermelon and SweetTarts

From: Treasure Island with diamonds and rubies

Around other people this character is:

Happy and joyful

This character likes to: Play at school



SQUIGILL

by Vincent

Favorite things: Clouds, flowers, blue stuff

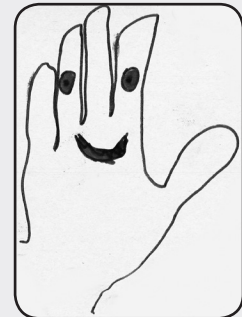
From: The sky and the ground

Around other people this character is: Shy and kind

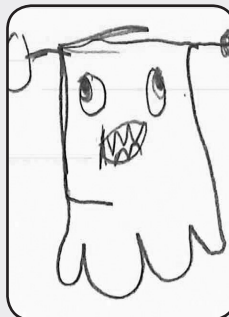
This character likes to: Do pottery



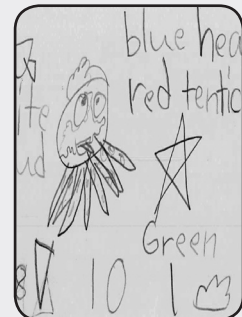
By Azir



By Brielle



By Carlos



By Vincent

SMALL THINGS MATTER *by Amy & John Rich*

Many of our guests have very limited resources and are living in marginalized situations, so small things can lead to big headaches and even bigger problems. As a result, sometimes Patchwork's biggest impacts are made through some of our smallest services. Here are some examples:

A SHOWER: The man was extremely agitated, pacing quickly all around the building, stopping at the window to stare at something on the other side that was not really there. He would talk to me about how he “loved to fight.” I could see from his body language that this wasn’t just talk.



Some part of him really wanted to get into a fight. We talked with him occasionally and kept an eye on him to make sure that his agitation was not devolving into aggression toward any other guests, volunteers, or staff.

He wanted to take a shower, so we set him up with a towel, soap, shampoo, and other hygiene items. After he came out of the shower, I went up and talked with him again. His body language had changed dramatically—he was calm. No agitation. No pacing. No staring aggressively out the window.

He said, “Thanks so much for letting me take a shower here. I haven’t showered in a few days, and when I don’t shower, I can feel it. The water just grounds me. I feel calmer. I feel human again.”



A PHONE CALL: A man came in and asked Shawn if he could use the phone. She said, “Sure,” and showed him which phone to use and how to get an external line.

A little while later, the man came up to us and told us the whole story. He needed

to call the utility company because he’d received a Disconnect Notice, despite having paid his bill on time. He had gone to a different agency earlier in the day to get some other much-needed items for himself. While he was there, he asked if he could use their phone, but they would not allow it. He said, “That’s okay. I know a place where they’ll let me use the phone.”

He came in, used our phone, reached the utility company and discovered that they had, indeed, received his payment. It just hadn’t been entered into the computer system yet. They told him to disregard the disconnect notice. Whew. Utility shut-off avoided.

He finished his story by saying, “It’s been a good day. I got some things I really needed. I sorted out this issue with the utility company. Now I’m going to go home, put my feet up, and watch a movie!”

A LITTLE CONVERSATION: What do you talk about with someone who is homeless?

The same things you talk about with anyone.

One of our regular guests chatted with Shawn and me in the main office one morning.



We talked about the wild rollercoaster ride our weather has been on lately—fluctuating between spring and winter and spring and winter. We talked about how tough the daffodils are, even when they’re covered in snow. We talked about magnolia trees whose blooms might have been caught by last weekend’s cold blast.

It was a conversation that you have with a friend, and all of our days were the better for it.



A BICYCLE: It was the first Tuesday of the month, and the man was one of the first in line for a bike from Pete. He’d looked over all of the options as Pete rolled them out of Patchwork’s Meeting-house and chose one

that looked like it was about the right height with a good gear system and solid tires that promised to get him where he needed to go.

He rolled the bike over to Pete’s table and completed all the paperwork Pete asked him to do. Then he produced a form of his own for Pete to fill out. It was paperwork for the man’s parole officer that confirmed that he had received a bike, which completed a step toward getting a job and keeping himself on track for a better future.

Pete signed it and sent the man rolling on his way.

A FUNNY HAT: “Who does that belong to?” the man asked.

Shawn glanced over to where he was pointing and saw a fuzzy hat shaped like a teddy bear complete with eyes and ears and a cute button nose. It was on the top of the coat rack in the main office and was just waiting for its new owner.

“It’s yours now,” Shawn told the man.

He put it on, and it was the perfect addition to his attire as its sweet eyes looked out over his long hair and full beard. At first glance the man might look a little intimidating, but you quickly find that he has an easy smile and a friendly demeanor. He wore the hat all morning, getting plenty of laughs and sparking joy.

“Small Things Matter” continued on page 5

SMALL THINGS MATTER *(continued)*

The week before, Gail brought biscuits and gravy to celebrate 266 days sober for the man and his wife. Gail has a standing offer to bring them treats as they reach new milestones in their sobriety. They've been regular guests at Patchwork for much more than 266 days, so we've known them through some of their tougher times. It makes the celebration of their sobriety all the better.

SOMEONE TO CHECK ON YOU: "I'm a good person."

"Yes, you're a good person."

"Amy, you're a good person. I know I can always get a laugh out of you."

"Thanks. I appreciate it."

All of us have moments when we need someone to reassure us and connect us to reality. For some of Patchwork's guests, their brains are working harder than many to convince them of things that aren't true.

The Patchwork staff and volunteers are part of a team of people who are looking out for one of our neighbors. We make sure he's getting the things he needs. Part of that is simply listening to him and reassuring him that all is well and he's OK.

A FOOT SOAK: "I got my foot soak today. Now I'm going over to the shelter for lunch," the woman said.

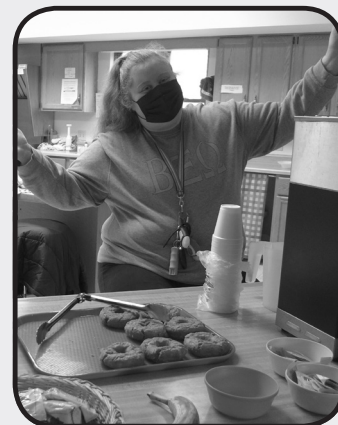
"You should ask them where their foot spas are!" I say.

"I will!" she replies.

We all laugh at the thought of someone showing up for lunch and asking the unsuspecting staff for a foot spa.

But why not?

Everyone deserves to be a little pampered. Many people treat themselves to a spa day. Why not provide foot spas for people whose feet do intense walking every day. ■



BETH STONE

F. Beth Stone, age 91, died peacefully on Friday evening, December 17th at the Walnut Creek Special Care Center in Evansville, Indiana, just as the Evansville Philharmonic Orchestra began its annual Handel's Messiah performance at Trinity United Methodist Church.

Beth was probably best known as a psychologist who worked for Southwestern Indiana Mental Health Center for 32 years and at the Lampion Center for a number of years after that, with a particular focus on the mental health of children. She was very active in the Patchwork Central Community for many of her later years, and was well-loved by friends and colleagues in Evansville, Hawaii, and Iowa.

Beth was born on January 8, 1931, grew up in Fairfield, Alabama, belonged to the Fairfield Methodist church in her youth, and received degrees from Birmingham Southern College (1950), and Vanderbilt University (1952). She had an internship in Clinical Psychology at the University of Iowa Psychopathic Hospital (1956-1957) and earned her PhD in Psychology at Washington University in St. Louis, Missouri in 1961. Before she came to Evansville, her work in mental health assessment and psychological testing for all ages took place in Iowa City and Des Moines, IA, and Maui, Hawaii. Earlier in her career she taught English, was a guidance counselor, and conducted group testing in the schools of her hometown of Fairfield.

Beth was predeceased by her parents Isaac and Lena Chancellor Stone and her sister Mary Farr Stone Hamby (Warren). She is survived by nieces and nephews: Warren C. Hamby Jr.



Beth Stone, on right, with Jane Johansen & Deborah McBride in 2014

(Burma), Barbara Hamby Adkins (Sonny), Jan Hamby Piper, and Michael M. Hamby, and by great-nephews Creedon Chancellor Stone, Edward Andrew Piper, and Samuel Lee Hamby, and a great-great-nephew Elijah Chancellor Stone. She was an inspiration to her family as a successful professional and independent woman at a time when such independence was rare. During her life in Evansville she was a supporter of local artists, a lover of words and books, and a cherished friend who taught us many things--how to be generous to friends as well as those in need, how to carefully examine and question ideas and issues, how to treat people of all walks of life respectfully, and how to enjoy such simple things as bird watching, the game of Scrabble, good food, drink, and ice cream!

A celebration of life will take place at Patchwork on June 25, 2022 at 1:30 pm. Memorial gifts may be made to Patchwork Central. Beth asked that any flowers be sent to living loved ones. Rest in peace, dear one. ■

ALAN WINSLOW

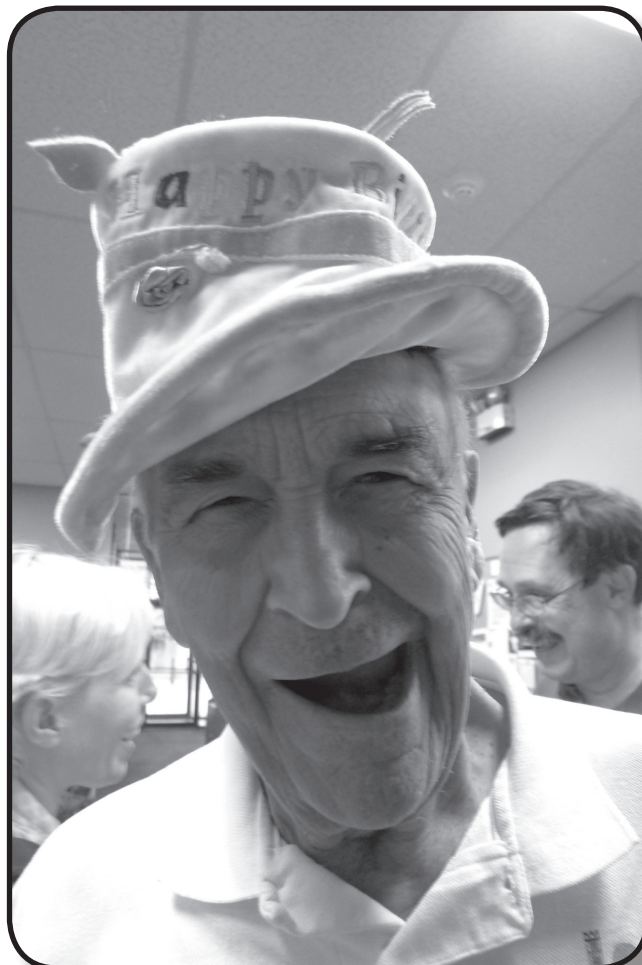
Come celebrate the life of Alan!

Alan Winslow would have turned 100 in July, 2022, so it seems the perfect time to remember him.

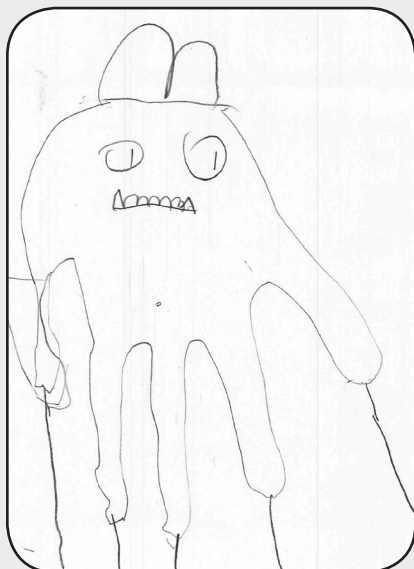
We will host a celebration of Alan's life on July 23, 2022 at Patchwork Central (100 Washington Ave, Evansville).

We will begin with an open house from 3 pm-5 pm. A program will follow at 5 pm.

If you plan to come to the event, please let us know, especially if you live outside the Evansville area! Send an email to PWCentral@Patchwork.org or call our main office at (812) 424-2735.



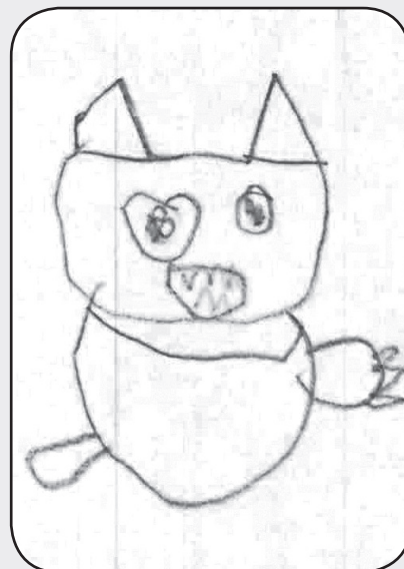
MORE GLOVE MONSTERS!



by Symphony



Nayla Reiley by Anya



Bunickula by Gwynnie

E-NEWSLETTER

MORE STORIES! MORE PHOTOS! MORE NEWS!

Sign up for our bi-weekly e-newsletter! You will receive email updates highlighting the most recent happenings at Patchwork. Simply visit our website, www.Patchwork.org, and click the "join our mailing list" link!



BEQUESTS

The next time you update your will, please consider adding Patchwork Central, Inc. as a beneficiary. As a 501 (c)3 nonprofit organization, Patchwork is eligible to receive donations from bequests. Any size of gift makes a big difference in providing for our programming and contributing to our long-term stability.

Please be generous as you consider sending your cash contribution in the envelopes provided for your convenience. Your generosity will help us to continue the Patchwork tradition of providing these many creative programs.

SUNDAY WORSHIP

Every Sunday at 5:15 pm, the Patchwork Community meets for worship both in person at Patchwork and virtually on the Patchwork Central Worship Facebook page. In person attendees must be fully vaccinated. You are welcome to join us!

PATCHWORK CENTRAL, INC.

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Evansville, IN 47713-1521
(812) 424-2735
www.patchwork.org

MISSION STATEMENT

Patchwork Central creates community, honors personal dignity, empowers people, and encourages spiritual and social growth through its programs and hospitality, its opportunities for learning, its creative atmosphere and cultivation of the arts, and its work toward reconciliation and a more peaceful and just world.

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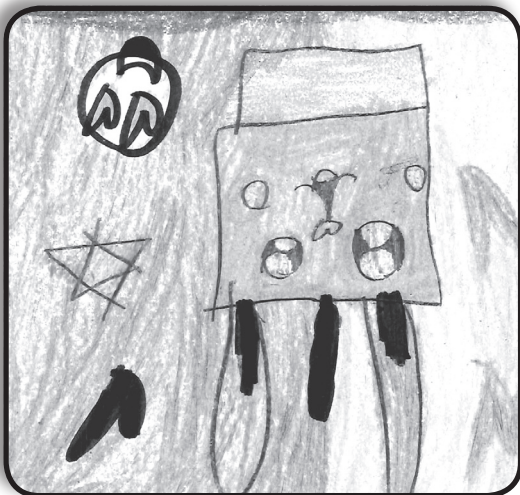
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Updated photos, useful information, newsletters, online giving, and more!

Kayla by Aria



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