

**Northwest Indiana Community Action  
Drafted Social Media Posts**

# Oct. 2023

## International Day of Older Adults

International Day of Older Adults raises awareness of their human rights for present and future generations.

At NWICA, protection of human rights of older adults are met with great care. NWICA's Aging Services Division provides a wide range of programs geared towards helping Older Adults in NWI to have the ability to age in place and live long fulfilled lives. Programs such as our Congregate Nutrition sites, AmeriCorps Seniors and Indiana Ombudsman programs promotes NWICA's commitment on providing access to information, care options, volunteer opportunities, short-term case-management and long-term care services.

Learn More on what NWICA provides at:  
<https://www.nwi-ca.com/health-and-safety/#adrc>

## Fall Prevention Programs

Do you have a fear of falling as an older adult?

The increasing number of fear from falling limits activities and social engagements. With or without injury carries a substantial impact on quality of life. Ultimately results in physical decline, depression, social isolation and feelings of helplessness.

EnhanceFitness and Matter of Balance are evidence-based programs designed to help older adults develop healthier lifestyles and prevent/manage chronic diseases provided by NWICA. Falls can be prevented by doing the right exercises and shape a safer home environment.

For more information visit: <https://www.nwi-ca.com/health-wellness/#wellness>

Fill out our Home Fall Risk Assessment Form here: <https://www.nwi-ca.com/home-fall-risk-self-assessment/>

## Domestic Violence Awareness Month

Take a stand and be mindful of Domestic Violence Awareness Month. Becoming trauma informed and communicating with one another is what NWICA believes in.

Did you know more than 20,000 phone calls are placed to domestic violence hotlines nationwide?

Domestic violence survivors and victims are recognized in every community regardless of age, socioeconomic status, sexual orientation, gender, race, religion or nationality. Psychological trauma, physical injury and death can be the results of domestic violence. 1 in 4 women and 1 in 7 men will experience severe physical violence by an intimate partner in their lifetime.

Be a part of the change.

For more ways to raise awareness visit:

<https://www.new-hope.org/raise-awareness/#:~:text=Read%20articles%2C%20watch%20documentaries%2C%20attend,to%20help%20yourself%20and%20others.>

## **Nov. 2023**

### Veterans Direct Program

Happy Veteran's Day from NWICA and the Veterans Directed Care Program.

The VDC is dedicated to making a positive impact on the lives of veterans and their families. We provide the needed support for those individuals who don't meet the requirements for Indiana Medicaid because they make too much money. To apply there needs to be a doctor's referral to begin the process.

Together NWICA and VDC make a positive impact and create a stronger more caring community.

Thank you to our veterans for serving our country.

#VeteransDay2023 #ThankYouVeterans #SupportOurVeterans

## National Caregiver's Month

NWICA is celebrating National Caregiver's Month!

Let's raise awareness about the incredible work caregivers do and remind everyone how essential it is to take care of yourself while caring for others.

Caregivers play a crucial role in providing support, compassion and assistance to those in need. They often sacrifice their time, energy and personal lives to care for others whether they are elderly, disabled or with health issues. We express gratitude for their contributions to our communities.

The Family Caregiver Program offers information, support, resources and funds with a range of services that assist informal and family caregivers to care for their loved ones at home for as long as possible.

Learn more from our program by visiting: <https://www.nwi-ca.com/>

#CaregiversMonth #SelfCare #NWICA #CaringTogether #FamilyCaregiver

## Revitalize Caregiver Retreat Post Event

Thank you to all those who joined us at NWICA's Revitalize Caregiver Retreat! We hope everyone enjoyed a day filled with relaxation as much as we did. Let's continue supporting each other on this caregiving journey! #ThankYou #CaregiverCommunity #NWICA

## Thanksgiving

Happy Thanksgiving from NWICA! Wishing you a day filled with gratitude, warmth, and delicious food. #Thanksgiving #NWICA #Gratitude

## Giving Tuesday

Gather and make a positive impact on our community!

Northwest Indiana Community Action is a non-profit organization dedicated to providing essential services and support individuals and families facing economic hardships in our region.

We offer a wide range of programs aimed at addressing poverty, homelessness, hunger and other pressing social issues.

Did you know that by donating to Northwest Indiana Community Action, you directly contribute to improving the lives of those in need?

Emergency Assistance: Any contribution will assist families in crisis by providing them with help with rent, utilities and other essential needs.

Food Security: Your donation will support meal programs that provide nutritious meals to children, older adults and families struggling with hunger.

Remember, no donation is too small! Every dollar counts and makes a significant difference in someone's life.

Join us in making a positive change today! Click the link below to donate or visit the website for more information on how you can get involved. Together, we can create a stronger and more inclusive community for all!

Donate now: [Insert donation link]

#NWICA #MakeADifference #GiveBack #SupportLocal #Community

## **Dec. 2023**

### **Human Rights Day**

Today on Human Rights Day, NWICA proudly stands for justice, equality and dignity of every individual.

We have inalienable rights as a human being, “regardless of race, color, religion, sex, language, political or other national or social origin, property, birth or other status” as stated by Universal Declaration of Human Rights.

We call upon everyone to donate today to help those in the NWI community flourish this winter. Here at NWICA, concrete actions towards development in the community helps those thrive with peace and security. We are committed to helping others succeed. #NWICA #HumanRightsDay #StandUpForRights

Click the link to donate today and be a part of positive change:

<https://www.nwi-ca.com/donate/>

### **Survey Community Needs Assessment**

👏 Calling all community members 👏! Your insight matters!

Participate in the NWICA survey to help us understand the needs of our community. Your input will guide us in creating initiatives for a prosperous future. #CommunityEngagement #NWICASurvey #BuildingForProsperity

Click the link below to share your thoughts:

[INSERT LINK HERE]

### **Energy Assistance**

Powering up possibilities with NWICA’s Energy Assistance Program (EAP).

If high energy bills are dimming your days, we’re here to shine a light. Apply now to receive the support you need. #EnergyAssistance #NWICA

Click the link below to apply online:

<https://ihcda.rhsconnect.com/portal/Account/Login>

Or

Download the form and take to an intake site:

[www.nwi-ca.com/wp-content/uploads/2023/10/Complete-EAP-Application-2024.pdf](http://www.nwi-ca.com/wp-content/uploads/2023/10/Complete-EAP-Application-2024.pdf)

## Survey Community Needs Assessment

📣 NWICA would like to hear from YOU 📣!

🌱 We are a garden of resources and need to cultivate a better understanding of our community. With our recent merger we want your voice to help shape our united future. 🌱 #CommunityVoice #NWICASurvey #CommunityEngagement

Click the link below to share your thoughts:

[INSERT LINK HERE]

## Seasonal Depression Month

As the days get shorter, it's crucial to raise awareness about the impact of seasonal changes on mental health during Seasonal Depression Awareness Month. Many struggle with heightened emotional challenges during this season called Seasonal Affective Disorder (SAD).

This is common in regions with harsher winters, but it does affect individuals of all ages, with older adults at a higher risk due to biochemical imbalance in the brain. The lack of daytime can cause:

- Oversleeping
- Limited mobility
- Lack of social support
- Withdrawals from friends or relatives
- Fatigue
- Depression

Some ways to combat SAD is to do light therapy, engage in healthy social interactions and therapy.

Let's support each other through understanding, empathy and open conversations.

#SeasonalDepressionAwareness #MentalHealthMatters #NWICA

Let's destigmatize mental health discussions and offer support.

<https://www.nwi-ca.com/>

Information provided by:

<https://meetcaregivers.com/december-is-seasonal-depression-awareness-month/>

## Christmas Day Office Hours

Happy holidays from Northwest Indiana Community Action! Wishing you joy, warmth and wonderful moments with your loved ones during this festive season. We are closed on Monday, Dec. 25th and Tuesday Dec. 26th in observance of the Christmas holiday. Our offices will reopen on Wednesday, Dec.27th. Have a safe holiday!

## New Year Eve

NWICA wishes you a healthy, happy and peaceful New Year! Stay safe!

## **Jan. 2024**

### New Years Day 2024

NWICA wishes everyone a Happy New Years Day! We are closed on Monday, January 1st and Tuesday January 2nd in observance of the New Year holiday. Our offices will reopen on Wednesday January 3rd. Have a safe holiday!

### National Poverty Month

January marks National Poverty Month, a critical time to address the pressing issue affecting thousands in Northwest Indiana.

NWICA is dedicated to raising awareness and combating poverty. In 2022 a needs assessment was reported in the NWI area and 57% of the respondents reported that they are behind on paying back debt.

According to Indiana Capitol Chronicle, families struggling to make ends meet are neither small nor marginal groups. There is a substantial portion of households in need.

Make a donation to NWICA to help with families struggling in the Northwest Indiana area.

Visit our website and donate here:

<https://www.nwi-ca.com/donate/>

### Trivia Night Promo

NWICA is hosting a trivia night and we are on the lookout for sponsors to join the fun to support a great cause!

Interested? Register now and submit your own trivia question. Whether it be about your own organization or a random question! It's a night filled with random facts, laughter and learning about nonprofits.

Let's make it memorable! #NWICA #TriviaNight #SponsorshipOpportunity #NonprofitFun