

# Mason County Coordinating Council

Tuesday, January 17, 2023 Meeting Minutes

**Meeting Convened:** 9:00 a.m. via zoom meeting

**Members Present:**

Ashley Appledorn, Derek Brawner, Heather Calcara, Cassie Delaney, Randi Derrig, Laura Dick, Marcie Ganson, Stephanie Howerter, Grace Irvin, Rachel Oney, Kourtney Renfro, Michelle C. Savage, Anne Smith, Gwenda Sutton, Sue Tisdale, Julie Toney, Jessica Towery, and Tyler Wenger

**Treasurer's Report:**

Sharilyn Holtman reported there is no change – current balance is \$1,162.84.

**Schedule:**

Our next meeting will be on Tuesday, March 21, 2023, 9am, via hybrid. We will be having an in-person option at Spoon River College in Havana.

## **Agency Updates**

**\*Ashley Appledorn**

**Agency:** Senior Services

**Contact Info:** [a.appledorn@ssoci.org](mailto:a.appledorn@ssoci.org)

**Programs provided to Mason County:**

We do assessments to keep elderly people in their homes with basic ADL's. We serve Mason, Logan, and Menard counties for 60 +.

We assist with Medicaid applications and license plate discounts.

**\*Derek Brawner**

**Position:** Community Liaison

**Agency:** Health Alliance Medical Plans

**Contact Info:** [Derek.Brawner@Healthalliance.org](mailto:Derek.Brawner@Healthalliance.org) ; 217-902-8230

**Programs provided to Mason County:**

Health Insurance (Medicare, Private, Group)

**News/ Updates:**

Currently Open Enrollment period for Medicare from January 1st to March 31st. Please see below to follow up on this update. Members of the community that go to Springfield Clinic please know that Health Alliance is accepted at those clinics unlike Blue Cross and Shield currently. Health Alliance also has plans on the ACA market exchange for both short and long term plans. Open enrollment on the ACA just finished up on January 15th.

**Important Upcoming Dates/Events:**

It is currently open enrollment for Medicare from January 1st to March 31st. This is the one time per year that people on Medicare are allowed to change their health plan if they are unhappy with the plan they picked during AEP. Medicare recipients will be unable to make the change after March 31st unless they fall into the special enrollment criteria.

**Additional Info:**

If any agency needs a guest speaker, I can fill that role with a good list of educational topics. If there is any event coming up or that is being

**\*Heather Calcara**

**Position:** Outreach Liaison

**Agency:** Illinois Attorney Generals Office

**Contact Info:** [heather.calcara@ilag.gov](mailto:heather.calcara@ilag.gov)

**Programs provided to Mason County:**

I go out into the community and give presentations. Either in-person, zoom, hybrid. The two most popular presentations are about consumer rights, common scams, and identity theft.

**News/ Updates:**

Been looking to do presentations in Mason County.

**\*Cassie Delaney**

**Position:** Project Director

**Agency:** Memorial Behavioral Health (MBH)

**Contact Info:** [Delaney.Cassandra@mhsil.com](mailto:Delaney.Cassandra@mhsil.com) ; 217-502-1762

**Programs provided to Mason County:**

988 – (Answered by Memorial Behavioral Health) is the three-digit number that connects people to someone to talk to 24/7/365, connection to local services, and for yourself or someone you are concerned about. Can be used for any emotional distress, substance abuse or mental health support. You call, text, or chat 988.

**Child Case management** – Community-Based youth mental health support.

**Memorial Behavioral Health office** - 515 N College St., Lincoln, IL 62656, Walk-in services 8:30 A.M. to 5 P.M., 217-525-1064. Telehealth available.

**Mobile Crisis Response (MCR) -**

**What is MCR:**

- Face-to-face or telehealth assessments, stabilization, linkage and support in the community, for those experiencing distress.
- An alternative to the emergency department when experiencing a crisis or emotional distress.

**Who MCR serves:**

- All ages
- Any payor source (any insurance or no insurance)
- Logan, Mason, Christian, Menard, Morgan, Sangamon and Scott counties

**When to call:**

- When someone is experiencing emotional distress and is in need of assessment, support, and linkage to mental health services and/or resource referrals.
- 24/7/365

**What MCR will do:**

- Assess for risk to self or others
- Provide crisis intervention, de-escalation, stabilization, and safety planning
- Connect to mental health and other community services/resources
- Provide follow-up calls
- Facilitate inpatient psychiatric hospitalization if needed

**When to take someone directly to the emergency department:**

- If someone requires medical attention
- Active suicide attempt (ingestion, plan with means)
- Intoxicated to the level of not being competent to participate in mental health response
- Homicide attempt or stating a plan with means

**News/ Updates:**

This is my first meeting and I am excited to be here.

**Additional Info:**

Electronic and printed brochures are available.  
Mental Health presentations available.

**\*Randi Derrig**

**Position:** Community Health Specialist

**Agency:** Chestnut Health Systems

**Contact Info:** [rmwilson@chestnut.org](mailto:rmwilson@chestnut.org) ; 309-391-1298

**Programs provided to Mason County:**

Center for Community Engagement and Integration (previously Regional Leadership Center) can provide services that cross the continuum of care for substance use and mental health. If services are needed, you can reach out to me or Nadia. These could include coalition building, anti-stigma campaigns, help with needs assessments, etc.

**News/ Update:**

The Safe Passages program is still running at the Mason County Sheriff's Department. This program allows anyone to present to the Sheriff's Department that has an active substance use disorder to get help. Individuals will not be arrested unless there is an active warrant for arrest.

There are funds available for the Safe Passages program. These funds can be used to drive someone to inpatient treatment or other treatment options. Please contact the Mason County Sheriff's Department if you have more questions.

**\*Laura Dick**

**Agency:** Show BUS

**Contact Info:** [laura.showbusnfp@gmail.com](mailto:laura.showbusnfp@gmail.com) ; 800-525-1428

**Programs provided to Mason County:**

General Public Transportation for 9 counties

**News/ Update:**

We were able to keep two more drivers, but we are still down a few. That is a real positive thing! We are continuing to struggle with is accessing repair parts. If you happen to have vehicles, you may have run into this. There is a severe shortage. We are trying to stockpile as many necessary parts with how much our budget allows and provide them to folks who need that part and it is not available.

**\*Marcie Ganson, PT, DPT, MBA**

**Position:** Director of Rehabilitation Services

**Agency:** Mason District Hospital

**Contact Info:** [m-ganson@masondistricthospital.org](mailto:m-ganson@masondistricthospital.org); 309-543-8578

**Programs provided to Mason County:**

**Mason District Hospital Rehabilitation Services Department** has Physical, Occupational, and Speech Therapist. The Rehabilitation Services Department provides Inpatient, Outpatient, Home Health, Lymphedema, and Early Intervention (Birth to Three years of age).

**Physical therapists** help patients restore, maintain, and promote optimal physical function in a variety of settings. Your physical therapist can also help you prevent loss of mobility and motion by developing a fitness and wellness oriented program tailored to your specific needs. The Physical Therapy Center has state of the art equipment, like the NeuroCom Smart Balance machine and long force plate to assist in diagnosing and treating balance, coordination, and gait disturbances. We also have the Baltimore Therapeutic Exercise (BTE) machine, which assists in simulating many functions required for patients to return to work, sports activities, and even daily tasks such as opening a jar.

**Occupational therapists** help improve an individual's ability to engage in daily activities by modifying the environment, or by adapting the activity to better support participation. Our highly trained therapists give people the skills for the job of living necessary for living a full life. Whether strengthening or

relearning a task, getting adaptive equipment, or even modifying the home/work environment, our occupational therapy staff can help.

**Speech therapists** work with a variety of diagnosis, from patients with communication disorders to those with swallowing problems. Some patients have experienced an illness or injury that has left them unable to communicate well. They may no longer know the names of everyday items, or, they may know what they want to say but be unable to find the words they want. In other situations, patients have muscle weakness that prevents them from making the proper sounds needed to communicate effectively. The speech therapist sees inpatient, outpatient, early intervention, and home health settings.

**Inpatient Medical Surgical Unit/Acute Care**-You will be cared for by a team of health care professionals coordinated by a registered nurse under the direction of the hospitalist. The staff on the unit care for various age groups who are admitted with a variety of illnesses. Services from other departments may be ordered by your physician such as tests, laboratory, radiology, physical therapy, occupational therapy, speech therapy, and cardiopulmonary. Mason District Hospital is accredited by the Joint Commission (TJC) who reviews the hospital for quality care and safety for patients.

**Swing Bed Program-What is Swing Bed?** Swing Bed is a program designed to provide additional skilled care to those needing extra time to heal before returning home. The Swing Bed Unit allows patients to move from acute care to skilled rehabilitation at Mason District Hospital. This ensures continuity of care for patients needing nursing care by keeping them in the same facility with the same doctors, nurses, and therapists. If an emergency arises during rehab, patients can return to acute care, often remaining in the same room. To qualify for Swing Bed services an Acute care patient must have stayed at least three days at Mason District Hospital or another hospital and need additional monitoring, IV therapy and rehab therapy. Swing Bed care is often covered by Medicare and many private insurance plans. Swing Bed patients receive nursing care daily and therapy Monday-Friday and once on the weekends. The care plan also includes treatment to restore the ability to perform activities of daily living such as walking, climbing stairs, dressing and bathing.

**Outpatient Care**-Rehabilitation encompasses several different therapies-some patients need physical therapy, others need occupational or speech therapy, or a combination of all of these. Regardless of the technique used, the goal remains the same-to help people get back to enjoying life to the fullest by teaching your body new ways to overcome an illness or injury. Our therapists are all highly trained in their respective rehabilitation disciplines, and have extensive education and practical experience in their fields. The Outpatient Rehabilitation Services Department has state of the art equipment, like the NeuroCom Smart Balance machine and long force plate to assist in diagnosing and treating balance, coordination, and gait disturbances. We also have the Baltimore Therapeutic Exercise (BTE) machine, which assists in simulating many functions required for patients to return to work, sports activities, and even daily tasks such as opening a jar.

**Home Health Care**-Mason District Hospital's commitment to your health doesn't end at the hospital or doctor's office-there are times when you may need health care in the comfort of your own home. Through our Home Health Services, we bring compassionate, quality health care to you, helping you adapt and manage your medical situation at home. We serve those of all ages who are acutely or chronically ill, are temporarily disabled, or those who require long term care. We accept Medicare, Medicaid, and we are a preferred provider for most private insurance companies. If you or your loved

one is leaving a hospital or nursing home, a discharge planner at that facility can contact us with a referral for your care at home. By law, you have the right to choose which agency you prefer to provide your care at home. Referrals may also be made by your doctor or health care professional. To be eligible and receive Home Care, patients must meet the following requirements: If under Medicare requirements, be considered "homebound"-that is require a considerable and taxing effort to leave the home, require a skilled professional service, and be under the care of a licensed physician. Mason District Hospital Home Health is certified by the Illinois Department of Public Health and accredited by the Joint Commission.

**Lymphedema Therapy**-What is Lymphedema? While there are many causes of lymphedema, the result is always a build-up of excess lymph fluid mainly in the arms and legs. Sometimes, the lymphatic system becomes blocked and swollen following cancer treatment, surgery, diabetes or other diseases or due to certain medications. If left untreated, this fluid causes swelling in the tissues, interferes with wound healing, and provides an environment for bacteria that can result in a very serious infection and severe pain. In the early states, lymphedema can many times be reversed, but even if not caught early, it can still be managed through ongoing therapy to improve the quality of life and reduce pain and swelling.

**Early Intervention (Birth to Three years of age)**-Our therapist can help children be successful in the "jobs" of childhood. This includes appropriate play skills, self-care skills, and social interactions. Our services can be provided in the home, daycare, or in the clinic. We can work on sensory processing and integration, core muscle strengthening, fine motor and in hand manipulation skills, self-care skills, such as self-feeding, visual motor integration/eye-hand coordination and visual perceptual skills, oral motor skills, communication skills, recommendation, training, and use of adaptive equipment, body awareness and safety, attention to tasks, neurodevelopment treatment, and development of appropriate home programs for each child.

#### **News/ Updates:**

Mason District Hospital Rehabilitation Services Department is working with ICC PTA and OTA Programs this Spring taking students for their clinical affiliations. The Rehabilitation Services Department is also working on growing the Early Intervention Program with a new COTA to assist our OT. As well as, we have hired a new Speech Language Pathologist that is currently working on getting her Speech Language Pathologist EI Credentialing. Both have their Temporary EI Credentials currently and working towards their Full EI Credentials. We have also signed an

Affiliation Agreement with Eastern Illinois University to begin taking SLP students once our SLP is fully onboarded and trained here.

#### **\*Stephanie Howerter**

**Position:** Stephanie, Director/Advisor – Havana Center

**Agency:** Spoon River College

**Contact info:** [stephanie.howerter@src.edu](mailto:stephanie.howerter@src.edu) | (309) 543-4413

#### **Programs provided to Mason County:**

Associate transfer degrees, Associate degree and Certificate programs for transfer and career & technical programs; Free GED courses; Community Education; Workforce Training

**News/Updates:**

Today is the first day of spring classes, so it has been a busy morning.

We are doing registration for GED classes, Melissa is in helping with a class this morning, otherwise she would be here too. She is going to extend the registration to January 26. Classes are T/Th 8:30am-11:30pm or 4:30pm-7:30pm. All the materials are free and will be provided to the students while they take those classes. There is no fee for the program, no fee for any materials, and sometimes we are able to help with funds for the testing as well.

Upcoming community training. Excel training for level 1 or level 2. Level 1 February 21<sup>st</sup>, Level 2 February 28<sup>th</sup>. We will be doing a customer service training and some more fun classes put into our schedule.

**\*Grace Irvin**

**Position:** Prevention Specialist

**Agency:** Chestnut Health Systems

**Contact Info:** [gcirvin@chestnut.org](mailto:gcirvin@chestnut.org)

**Programs provided to Mason County:**

Youth Prevention Education-Too Good For Drugs  
Middle School/High School Alcohol Parent Campaign  
Illinois Youth Survey  
National Prevention Week  
Drug Take Back  
Resource Directory

**News/ Updates:**

**Mason County Resource Directory**

Check it out and make sure that your service is on there. Let me know if there need to be any changes or additions. There is a place on the front page of the website where you can submit your changes.

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

**Mason County Coalition Website**

This website was made for CPAC and HAPT, both Mason County Coalitions

There is information about both coalitions and their meetings.

There is a page for resources, so let me know if you think of other resources to add.

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

**Prevention Education**

I am currently teaching 8<sup>th</sup> grade TGFD at Midwest Central Middle School and Tyler and I are teaching 6<sup>th</sup> grade at Lincoln Junior High School.

Havana Junior High School implements 6<sup>th</sup> and 7<sup>th</sup> grade. We are here for support for them.

### **Parent Survival Kit Book**

We are creating a book for parents to have to help them with parenting and what resources are out there for them. We have a digital copy of it.

<https://www.flipsnack.com/A5E6C566AED/copy-of-parent-survival-guide/full-view.html>

### **\*Rachel Oney**

**Position:** Director of Lincoln 360 Life Center/Regional Supportive Housing Case Manager

**Agency:** Salvation Army in Lincoln

**Contact Info:** [Derek.Brawner@Healthalliance.org](mailto:Derek.Brawner@Healthalliance.org) ; 217.902-8230

### **Programs provided to Mason County:**

Serving 8 counties including Mason County

Pastoral Counseling, I have a list of local churches in Mason City and Havana that interested persons could contact, but our Pastoral Counselor would only be available by phone

Food Pantry Items- Clients should call at least one day before the Tuesday visits 2/4 Tuesday

Utility Assistance

Hygiene Items

We do not have clothing vouchers for Mason County, but we can bring clothing items upon request as it is for Food Pantry items.

Classes on Financial Stability, employment, nutrition, and life skills

### **News/ Updates:**

We have hotels lined up to work with us with the Emergency Transitional Housing Program in Shelby, Christian, Mason, and Menard counties. We are using the same program for Logan County, but we are having trouble getting hotels that let our clients stay more than the regular two-night hotel stay. We might be needing to reach out to Springfield or Bloomington to see if we can house our clients there.

We are branching out to four other cities in the Logan County Area with our Mobile Food Pantry and once that is fully established we will try and reach out to Mason County to extend our Mobile Food Pantry. We go to local libraries or community centers. We have at least two volunteers that hand out our dry good items and produce. Once we get those established, we would like to get some of your fyers so we can hand them out to refer people to your agencies.

Out kettle season was just shy of \$2,900, our goal is \$3,000, but we were super close.

### **\*Kourtney Renfro**

**Position:** Community Outreach

**Agency:** Family Guidance Center

**Contact Info:** [krenfro@fgcinc.org](mailto:krenfro@fgcinc.org)

### **Programs provided to Mason County:**

Also part of the Sangamon County ROSC



**News/ Updates:**

Starting a new meeting, it will be like a video book club based on the eight dimensions of wellness. We are going to have our first meeting this Thursday, held at a recovery house.

**\* Michelle C. Savage, BA**

**Position:** Caregiver Support Specialist

**Agency:** Locust Street Resource Center, Carlinville, IL.

**Contact Info:** [michelles@macmhc.org](mailto:michelles@macmhc.org) Office: (217)854-3166 EXT. 920 Cell: (217)416-4160  
Monday-Thursday: 9:00am-5:00pm Friday: 9:00am-4:00pm Email or Office first. 8230

**Programs provided to Mason County:**

**Caregiver Support Program:** Provide support, resources, library of books, videos, and brochures, assistance on filling out forms, Counseling, emotional support, and eventually support groups, financial services, legal services, helpful tips and ideas, and referrals to other programs and resources.

**Who:** Family/Friends taking on the caregiving role for a loved one of anyone 60+, or providing care for anyone with a disability.

**OR** Raising a Relative child Under the age of 18.

**News/ Updates:**

In the near future want to start up a Caregiver Support Group and/or Support Group for those raising a Relative Child. Plus, looking to begin a 9-week Stress Busters Class for Family Caregivers providing care to someone with Dementia or Alzheimer's disease.

**Important Upcoming Dates/Events:**

Providing a booth at Spring Health Fair in Jersey County, in March. They will also be providing free health screenings and reduced priced blood work. I will need to check, but I think it is available to all.

**Additional Info:**

please do not hesitate to call or email me any referrals for any of these 2 populations from any of the following 10 counties:

**Morgan, Scott, Cass, Menard, Mason, Macoupin, Christian, Greene, Montgomery, and Jersey.**

**\*Anne Smith**

**Position:** Director of Community Relations for Christian County for Development Court & CEO of Central IL Services

**Agency:** Christian County Development Corp (CCDC Housing)

**Contact Info:** [asmith@ccdchousing.org](mailto:asmith@ccdchousing.org); 217-632-7723

**Programs provided to Mason County:**

We cover a lot of counties

Property Manager for affordable housing around IL of apartments and houses

Helps build the homes in Havana, IL

Former Director of the Menard County Housing Authority we had section 8 vouchers around the whole state. We serve in 25 counties.

We have affordable housing. We have a new development in Arthur, IL.

I also serve on the State Association Housing Authority, I can connect people with housing around the state. Maybe someone needs it quickly and maybe someone has a vacancy, which has been hard to find units.

I am the CEO of Central IL Services. I do a lot of nonprofit programs and one is through Chestnut with the gas cards to help people get to treatment or any type of counseling for drugs or alcohol.

I also do the Back to School program.

**News/ Updates:**

Menard County Housing Authority has a 2 year wait and would need to go online and apply.

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

Menard County Coordinating Council will be meeting the second week in June

Email Anne and she will give you more information

In Pana, IL there is an Assisted Living situation where you can apply to get a free bed for 65+. There are requirements, so reach out if you have questions

**\*Gwenda Sutton**

**Position:** POH/ETH Case Manager

**Agency:** Salvation Army in Lincoln

**Contact Info:** [gwenda.sutton@usc.salvationarmy.org](mailto:gwenda.sutton@usc.salvationarmy.org) ; 217-871-0513

**Programs provided to Mason County:**

Serving 8 counties including Mason County

Pastoral Counseling, I have a list of local churches in Mason City and Havana that interested persons could contact, but our Pastoral Counselor would only be available by phone

Food Pantry Items- Clients should call at least one day before the Tuesday visits 2/4 Tuesday

Utility Assistance

Hygiene Items

We do not have clothing vouchers for Mason County, but we can bring clothing items upon request as it is for Food Pantry items.

Classes on Financial Stability, employment, nutrition, and life skills

**News/ Updates:**

Counter Kettles in Mason City: Casey's Nursing Home

Counter Kettles and Bell-Ringers in Havana County Market

ETH outreach for employed persons whose housing situation may be threatened. The program lasts for a maximum of 90 days to help clients with safe, affordable, independent housing.

Red Lion Hotel in Havana

**Important Upcoming Dates/ events:**

I will only be in Mason County once a month – beginning this month (2/14) – on the second Tuesday of each month. I will still be available by phone for any calls and call email most of the information needed for available assistance.

**\*Sue Tisdale**

**Position:** Community Educator

**Agency:** Unity Point Health Unity Place

**Contact Info:** [susan.tisdale@unitypoint.org](mailto:susan.tisdale@unitypoint.org) ; 309-267-5995

**Programs provided to Mason County:**

Drug overdoses prevention

Education about opioids

Naloxone training and distribution

Serve in 15 counties

Local Nonprofit Duties Defense was established in 2015 in memory of Richard, who died from an overdose that very year.

**News/ Updates:**

I've been working on establishing Narcan vending machines. I have a couple of places to put those to get this kicked off in Peoria and Tazwood counties. Once those are up and running, I am looking to expand into other counties. Narcan vending is to allow and provide 0 barrier access. That way, someone doesn't have to approach and ask someone for one because of the stigma and shame that is still associated with it.

Working with the Fulton County ROSC. We are going to start each month, starting in February, setting up in Canton at the square at the SIU Gram Learning Lab. Just to hold space for 5 or 6 hours once a month for people in recovery, look for recovery, resources, overdose prevention, etc.. We are going to invite a local service agency to join us each month, just so the people can have access and human connection.

We've seen an increase in overdoses in Tazwood County, Creekcore, East Peoria, Pekin, and usually, when that starts to happen in multiples in a concentrated area, a lot of the same drug supply is prevalent in all of these counties, whether it is Mason, Fulton, etc.. I've been working with the first responders in those areas by providing them with tools to distribute to give out to the community because they are trusted in their communities. This is an ongoing deal. If anyone needs any help from me, education, naloxone training, distribution, let me know because these services are free to anybody

**\*Julie Toney**

**Position:** Children Case Manager

**Agency:** Fulton Mason Crisis Service

**Contact Info:** [JulieT@fmcsdv.org](mailto:JulieT@fmcsdv.org)

**Programs provided to Mason County:**

**Environmental Health**

Food Safety-licensing and inspection of food establishments and temporary food stands and complaint investigations

Water Program-issues well construction permits, inspects existing well water supplies, provides water testing kits for non-municipal water testing \$20

Sewage Program-issues septic construction permits, inspects new or existing systems, completes environmental compliance surveys and loan reviews

Health Nuisance Complaints- public health complaints, West Nile Virus Surveillance

**Senior Care Program**

In Home Care- We can provide services to clients in Mason, Cass and Menard counties. State paying residents ages 60 and older. Any age for private pay. We can accept VA, long term care, private pay in addition to state pay. Trained homecare aides will assist with non-medical care.

**Nursing Services**

Family Planning- Physicians from Unity Point Methodist provide care at MCHD by appointment. Confidential abstinence and contraceptive education. Most insurance accepted or sliding scale fee can be used.

Prenatal Clinic- Physicians from Unity Point Methodist provide care at MCHD by appointment. Confidential pregnancy care and follow-up. Most insurance accepted or sliding scale fee can be used.

WIC (Women, Infants, Children)- This federally funded program provides nutrition education, assessments, developmental screenings and food vouchers to eligible pregnant and breastfeeding women, infants and children under 5. Certified Lactation Counselors (CLS's) answer questions and assist with breastfeeding.

Better Birth Outcomes (BBO)-focuses on reducing the frequency of low birth weight and preterm births and the associated consequences. The program partners registered nurses with pregnant women who are at high risk. The RN assesses the client and assists the high-risk woman with early access to prenatal care and services throughout her pregnancy.

Lead- RN's provided lead screening by fingerstick/venous, education and follow-up by appointment.

Immunizations/TB testing- immunizations (including COVID) are part of the broader Communicable Disease program which reduces disease through vaccination and investigation on disease outbreaks. By appointment only. Most insurance accepted. Low-cost Vaccine For Children (VFC) available. Call for more information if you are uninsured.

Wellness Screenings- Adult health screenings. These include: weight, blood pressure, blood sugar screening, Cholesterol and lipid screening. Cost is \$25

Tobacco- 1-866-QUIT-YES. Nicotine patches may be available based on your insurance and where you reside in Illinois.

Emergency Preparedness- Staff plans for a broad range of community emergencies such as pandemics or natural disasters. Staff, business and community preparedness and planning are important components of the program.

Fluoride treatments- for high-risk kids under age 5 with no dental home (billed through Medicaid or \$26)

Venous Blood draws- patients can get affordable blood work done without driving out of the county. All we need is the order from the doctor (either bring it in or have it faxed to us) then schedule your appointment. Cash pay or most insurances accepted. Call 309-210-0110 for more information.

COVID testing and COVID immunizations- call 309-210-0110 or check MCHD FB page for updated information.

Car Seat Checks- We have 3 certified car seat technicians on staff. Car seat installs and car seat checks via appointment.

#### **News/ Updates:**

Hoping to partner with someone with a project for April, Child Abuse Prevention Month, I have a meeting on my calendar to meet with someone. Will hopefully have more information to share at the next meeting.

We are looking for two therapists at the crisis service.

#### **\*Jessica Towery**

**Position:** DON/Assistant Administrator

**Agency:** Mason County Health Department

**Contact Info:** [jtowery@mchd.onmicrosoft.com](mailto:jtowery@mchd.onmicrosoft.com) ; 309-210-0110

#### **Programs provided to Mason County:**

##### **Environmental Health**

Food Safety-licensing and inspection of food establishments and temporary food stands and complaint investigations

Water Program-issues well construction permits, inspects existing well water supplies, provides water testing kits for non-municipal water testing \$20

Sewage Program-issues septic construction permits, inspects new or existing systems, completes environmental compliance surveys and loan reviews

Health Nuisance Complaints- public health complaints, West Nile Virus Surveillance

## **Senior Care Program**

In Home Care- We can provide services to clients in Mason, Cass and Menard counties. State paying residents ages 60 and older. Any age for private pay. We can accept VA, long term care, private pay in addition to state pay. Trained homecare aides will assist with non-medical care.

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Car Seat Checks- We have 2 certified car seat technicians on staff. Car seat installs and car seat checks via appointment.

**News/ Updates:**

We still have available Pfizer and Moderna primary series and bivalent boosters. Those we are offering all day, everyday. Monday-Thursday 7am-11am, 1pm-4pm. Walk-in, no appointment needed. We are still offering booster shots and those can be walk-in as well.

We have free COVID at home tests for people who come in and ask for them.

**\*Tyler Wenger**

**Position:** Prevention Specialist

**Agency:** Chestnut Health Systems

**Contact Info:** [tdwenger@chestnut.org](mailto:tdwenger@chestnut.org)

**Programs provided to Mason County:**

Youth Prevention Education-Too Good For Drugs  
Middle School/High School Alcohol Parent Campaign  
Illinois Youth Survey  
National Prevention Week  
Drug Take Back  
Resource Directory

**News/ Updates:**

**Alcohol Campaign**

For Parents of Middle School and High School Students to get them to talk to their students about alcohol.

We are doing a process evaluation with all of the schools. This is to help gauge if parents are seeing our materials. We will use this information to adjust our distribution for future materials.

**Illinois Youth Survey**

We are meeting with Mt. Pulaski to go over their results with the principal and a couple of staff members.

We are going to try to meet with as many admin as we can to go over their data

We got all but one public school signed up and the county data will be up soon. Check this link out to see if they upload it. <https://iys.cprd.illinois.edu/results/county>

**Meeting Adjourned: 9:45 am**