

# Mason County Coordinating Council

Tuesday, November 11, 2022 Meeting Minutes

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

**Members Present:**

Candice Bacon, Derek Brawner, Peggy Davidsmyer, Laura Dick, Marcie Ganson, Laine Baker-Hergenrother, Fran Ingram, Grace Irvin, Christina Lasswell, Julie Toney

**Members Not Present That Send Reports**

Stephanie Howerter and Jessica Towery

**Treasurer's Report:**

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

**Schedule:**

Our next meeting will be on Tuesday, January 17, 2023, 9am, via zoom.

## **Agency Updates**

**\*Candice Bacon**

**Position:** LIC (Local Interagency Council) Coordinator

**Agency:** Sangamon County Department of Public Health CFC #18

**Contact Info:** [Candice.Bacon@sangamonil.gov](mailto:Candice.Bacon@sangamonil.gov) ; 217-535-3100, Ext. 3786

**Programs provided to Mason County:**

Early Intervention-Service Coordination

- Serving Sangamon, Mason, Menard, and Logan Counties

**News/ Updates:**

Excited to be apart of this council. Wanting to see what resources are out there to support families for early intervention.

In need of a speech therapist.

**\*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:**

Dec 7- People on Medicare to select their plan for 2023

If they select a plan and don't like it, they have until January 31, 2023 to do the one time change it.

**Additional Info:**

If any agency is in need of a guest speaker, I can fill that role with a good list of educational topics. If there as any event coming up or that is being planned that you fell Health Alliance would be a good fit please feel free to reach out to me.

**\*Peggy Davidsmeyer**

**Position:** Executive Director

**Agency:** Jacksonville Area Center for Independent Living (JACIL)

**Contact Info:** [Peggy@JACIL.org](mailto:Peggy@JACIL.org) ; 217-245-8371

**Programs provided to Mason County:**

Vision Support Group at Havana City Center

Personal Assistant Service Referrals for persons with disabilities (under the age of 60)

Transition Services (assisting individuals to move out of LTC facilities) currently on hold

**Important Upcoming Dates/Events:**

Vision Support Group at Havana City Center 2:00 – 3:00 Wednesday Nov 16

**\*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 are still looking for drivers. We did hire a few, but previous employers uped their wages to encourage them to return.

There are supply chain issues, it has become problematic to get new busses. FTA just released a notice that we can use operating funds to make repairs up to 2024 without justifying that it would extend their lives 4 years, which is the usual standard. What that says to us is that it will be a good long time before we get any busses. That is impacting a lot of social service agencies as well. Many of them depend on iDot for vehicles for their programs and those vehicles are aging and becoming very expensive to repair. iDot is asking us to take over vehicles that need major repairs because the agencies cannot afford to fix

them.

Ridership in Mason County has stayed steady.

**\*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 fall and winter 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. 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. Exciting times ahead! Have a Happy Thanksgiving, Merry Christmas, and a Happy and safe New Year everyone!

**\*Liane Baker-Hergenrother**

**Position:** Early Intervention Service Coordinator

**Agency:** Sangamon County Department of Public Health/Child & Family Connections #18

**Contact Info:** [Liane.Baker-Hergenrother@sangamonil.gov](mailto:Liane.Baker-Hergenrother@sangamonil.gov) ; 217-535-3100, ext. 3780

**Programs provided to Mason County:**

Early Intervention-Service Coordination

- Serving Sangamon, Mason, Menard, and Logan Counties

**News/ Updates:**

Expanding and getting fully staffed.

Candice Bacon is a new hire as the Parent Liaison and Local Coordinator.

Have brought Candice up to speed with Mason County. Very excited to have her apart of the team!!

**\*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:**

- Registration for spring 2023 and summer 2023 is going on now. January 13, 2023 is the last day to register for spring 2023; classes begin January 17.
- *GED* registration is now open for the spring 2023 semester. Students should call the Havana Center at (309) 543-4413 to schedule an advising appointment.
- The 2023 – 2024 FAFSA application is open now and SRC Foundation Scholarships are also open for application. Deadline to apply for SRC Foundation Scholarships is March 15, 2023.

**Important Upcoming Dates/ events:**

*Community Education Courses*

- Chalk Couture – Christmas/Winter  
Havana Center                      Thursday, December 8                      5:30p – 7:30p

To register for any of these classes, or for more information, visit <https://src.augusoft.net/>.

### **Additional Info:**

- The Community Education department is able to provide workplace training on a variety of topics (technology to soft skills). Please contact me if you would like to inquire about training for yourself or your staff.

### **\*Fran Ingram**

**Position:** Recovery Support Specialist

**Agency:** Sangamon County ROSC

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

### **News/ Updates:**

Working on a youth resource book. If you have any youth resources, go ahead and pass them along.

### **\*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

- We teach Too Good For Drugs and started teaching at Illini Central Middle School and Midwest Central Middle 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>

### Alcohol Parent Campaign

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

### Illinois Youth Survey

- 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>

### **\*Christina Lasswell**

**Position:** Senior Care Supervisor

**Agency:** Mason County Health Department

**Contact Info:** [classwell@masoncohealth.com](mailto:classwell@masoncohealth.com)

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

**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.

### **News/ Update:**

Have flu shots available

Have a walk-in clinic Monday-Thursday

Still offering the new booster and along with Pfizer and Moderna

### **\*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:**

Started up our Blue Mitten Program. You take a mitten and shop for a kid anonymously. Then we hand the presents off the parents/care givers and then they wrap it and give it to their kids.

In the process of training three new employees and trying to get the Mason County office staffed for more days on a regular basis.

### **\*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

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- COVID testing and COVID immunizations- call 309-210-0110 or check MCHD FB page for updated information.
- Car Seat Checks- We have 2 certified car seat technicians on staff. Car seat installs and car seat checks via appointment.

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

- Bivalent (new) booster available as of September 12, 2022. Available for ages 5+

- We have Pfizer and Moderna available in bivalent boosters and primary series for ages 6mo+ (may have to order vaccines for children <12 so call first to confirm)

**Important Upcoming Dates/Events:**

- Monday-Thursday during our open hours we have walk in COVID and/or FLU shots for ages 6mo and up.

**Meeting Adjourned: 9:45 am**