

Mason County Coordinating Council

Tuesday, July 18, 2023, Meeting Minutes

Meeting Convened: 9:30 a.m. via zoom meeting.

Members Present:

Derek Brawner, Laura Dick, Felicia Farden, Marcie Ganson, Grace Irvin, Peggy Jacil, Stacy Kelly, Jason Lawrence, Christina Lasswell, Sammy Morris, Hope Noble, BriAnna Rothmund, Michelle Savage, Emma Spader, Gwenda Sutton, Julie Toney, Tyler Wegner, Dea Welsh

Treasurer's Report:

Marcie Ganson reported there is no change – current balance is \$1,162.84.

Schedule:

Our next meeting will be on Tuesday, September 19, 2023, 9:30 am, via hybrid. We will have an in-person option at Spoon River College in Havana.

Council Updates

Marcie Ganson now treasurer. Need for Council positions to be filled

Agency Updates

***Derek Brawner**

Position: Community Liaison

Agency: Health Alliance Medical Plans

Contact Info: Derek.Brawner@Healthalliance.org ; 217-902-8230

Programs provided to Mason County:

Health Insurance (Medicare, Private, Group)

News/ Updates:

In 3 months, AEP for Medicare for 2024 year starts on October 15, 2023.

Important Upcoming Dates/Events:

8/14/2023 at It's All About Wine, Age into Medicare presentation (All About Medicare) open to the public from 5:30 to 7:30pm. Registration link can be found here [Want to Prepare for Medicare at an upcoming event? Visit our events page at HealthAlliance.org/Events](https://www.healthalliance.org/events). In the All Content drop down select Learning to find us at a fun venue near you!

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

***Laura Dick**

Agency: Show BUS

Contact Info: laura.showbusnfp@gmail.com ; 800-525-1428

Programs provided to Mason County:

General Public Transportation for 9 counties

News/ Update:

We have hired a new driver! We would still like to hire people in Logan and Mason Counties.

Felicia Farden

Position: Regional Council Manager Region 53: Tazewell, Mason, Woodford

Agency: Birth to Five Illinois (INCCRRA)

Contact Info: (309) 270-5670 (ffarden@birthtofiveil.com)

Programs provided to Mason County:

Birth to Five Illinois just recently completed an Early Childhood Regional Needs Assessment in all 39 Regions in Illinois. The ECRNA used family and community voice through Action Councils, Family Councils, and focus groups and interviews to guide recommendations geared toward Early Childhood Education and Care. Our next round of Council selection is underway and our Councils will be focusing on an Implementation Plan for our recommendations and turning our focus to the “whole” child. We are essentially a platform to elevate family and community voices to hopefully impact funding and policy decisions at the local and state level.

News/ Updates:

The Early Childhood Regional Needs Assessment is complete, but we are waiting on the official release. Once that occurs, we would love to host meetings to capture feedback, as we know we were not able to talk to everyone we would like to talk to. Some folks we would like to talk with: FAMILIES in Mason County, it has been hard to engage families living in our more rural areas. We also would like to connect with organizations/agencies that play important roles in the lives of families and children in the community. Elected officials, healthcare workers, faith leaders, business leaders, social workers that work with those affected by domestic violence, addiction, and the child welfare system. We would love to partner up with events, if you have events scheduled in Mason County, please let us collaborate!

Important Upcoming Dates/ events:

ECRNA- to be released soon!

August 2nd- Action and Family Council Interest Forms will close.

August/September-new round of Council meetings will begin.

Additional Info:

Please go to the Birth to Five Illinois Region 53 website to learn more, there is Regional Data, meeting notes and more! <https://www.birthtofiveil.com/region53>

If you are interested in sharing your knowledge and voice on a Council fill out an Interest Form here: (Action Council if you want to speak from your professional role, Family Council if you are a parent/caregiver of a childbirth-five.

[Action Council Interest Form — Birth to Five Illinois](#)

[Family Council Interest Form — Birth to Five Illinois](#)

As always, to stay informed on all things Region 53, sign up for our newsletter!

[Region 53 — Birth to Five Illinois](#)

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

Position: Director of Rehabilitation Services

Agency: Mason District Hospital

Contact Info: 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:

Meeting time has been changed from 9:00 am to 9:30 am. The Mason County Coordinating Council is currently seeking nominations for the position of:

President-Vacant

Vice-President-Vacant

Treasurer(s)-Marcie Ganson, PT, DPT, MBA and Stephanie Howerter, Director of SRC Havana Center-completed

Secretary-Grace Irvin, Prevention Coordinator at Chestnut Health Systems-completed.

Any volunteers and suggestions would be helpful.

Additional Info:

Sharilyn Holtman, Volunteer and Development Coordinator has announced her Retirement after Twenty-five + years of service here at Mason District Hospital. Please refer to Sharilyn Holtman’s Retirement Letter. As per the attached letter, Debbie Wickman, Assistant Cashier at the Havana National Bank, recommended for the Mason County Coordinating Council to appoint another treasurer and possibly another person to be approved to be on the signature card for this account. I have reached out to Grace C. Irvin to see if she would put this on the agenda for our next meeting scheduled for Tuesday, I would like the Mason County Coordinating Council to have a say and a vote for proper nominating and approval. I believe Nadia and I have discussed in the past that we really do not have a structure in place any more to this Council. President, Vice-President, Treasurer, Secretary.... Any suggestions would be helpful.

Happy Bucks: Took son to running camps. Met new friends, he didn't want to go, but had a great time.

***Stephanie Howerter**

Position: Stephanie, Director/Advisor – Havana Center

Agency: Spoon River College

Contact info: 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 fall 2023 is going on now and classes will begin on August 21.
- GED registration will begin on July 25 for those wanting to begin classes on August 22. Anyone who needs their GED should contact Melissa Koke at (309) 649-6310 or by email at melissa.koke@src.edu. GED classes at the Havana Center are scheduled as follows:
 - Tuesday and Thursday 8:30am – 11:30am
 - Tuesday and Thursday 1:00pm – 4:00pm
- We're currently working on scheduling our fall community outreach courses. Courses range from self-interest to technology to business training. Derek Brawner will be teaching a class for us this fall!

Reminder, our summer hours end on Friday, July 28. Normal business hours of Monday – Friday, 8am – 3:30pm resume on Monday, July 31.

Important Upcoming Dates/Events:

- GED registration begins July 25
- Fall semester begins August 21

To register for any community outreach classes and to see the full schedule of classes, visit <https://src.augusoft.net/>.

Additional Info:

The Community Education department can 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.

***Grace Irvin**

Position: Prevention Specialist

Agency: Chestnut Health Systems

Contact Info: 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

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

Prevention Education

Tyler and I are teaching 6th grade at Lincoln Junior High School.

Havana Junior High School implements 6th and 7th 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>

Drug Take Back

April 22, 2023. Mason County Sheriff's Office and Tyler will be going around Mason County to collect unwanted medications.

Alcohol Campaign

For Parents of Middle School and High School Students to get them to talk to their students about alcohol. Tyler will be sending out info cards to parents through direct mail. If the schools do not do direct mail, they will be posting it to their website.

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>

Peggy Jacil

- August 16 2-4 at the Community Center in Havana for low vision support group.
- PA training on a monthly basis. Personal Assistant Training. People who need PA's over the age of 60.
- Two new support groups are starting in Jacksonville.

- Mobility Support Group
- Autism Support Group

Stacy Kelly

- Manager
- Alzheimer's Association
 - We are nationwide. We have free resources.

***Jason Lawrence**

Position: Community Employment Services Coordinator

Agency: Lincoln Center for Developmental Rehabilitation

Contact Info: nfklekamp@chestnut.org ; 309-451-7768

Programs provided to Mason County:

We provide Day Training Services for adults with developmental disabilities, including community employment services for Logan and Mason Counties. We also have cilia and a home-based services program. Lincoln Center

Provides services to individuals with Developmental Disabilities. We have a sheltered workshop in Lincoln, IL. We have people who attend from Lincoln, Springfield, and Havana. We provide services to assist people obtaining and maintaining employment. Please let me know if you know anyone in the Mason County area who is interested in pursuing employment.

Christina Lasswell- Jessica Towrey

- Will be at all three schools for registration.
 - Aug 2: 2-3
 - Aug 3: 7-11
 - Aug 2-3 at Illini Central

Sammy Morris

Position: Community Navigator

Agency: IBCCP (housed within the Sangamon County Health Department)

Contact Info: (217) 535-3102 ext. 3796 Sammy.Morris@sangamonil.gov

Programs provided to Mason County:

Illinois Breast and Cervical Cancer Program – Provides free access to breast and cervical cancer screenings to those who are uninsured, underinsured, or have a high deductible. IBCCP also provides help to those who have been diagnosed with breast and/or cervical cancer prior to utilizing IBCCP services and need help navigating appointments and/or language barriers.

News/ Updates:

Enrollment numbers are up from last quarter. Have seen an increase in clients from communities outside of Springfield. Working on hiring another RN Case Manager in order to accommodate more clients.

Important Upcoming Dates/ events:

Additional Info:

Hope Noble

- Personal development coach with community action
 - Lincoln and Mason. Mostly Havana
 - We are doing a lot of recruitment for our Head start program. Enrollment is low but seems to be like that with everyone.
 - We provide services for kids in our programs if they need therapists or counselors. We can provide that.

BriAnna Rothmund- Brooke Walker

Position: Recruitment and Retention Specialist

Agency: Community Child Care Connection

Contact Info: bwalker@4childcare.org 217-525-2805 Ext: 8542

Programs provided to Mason County:

Community Child Care Connection is a regional agency that is recognized as a leader, catalyst and resource for making high quality, affordable childcare and education options available for children and families in the Illinois counties of Christian, Logan, Macoupin, Mason, Menard, Montgomery, Morgan, Sangamon and Scott. We house the Child Care Assistance Program and help parents and guardians find safe, reliable childcare. We also provide resources and trainings for childcare providers in centers and home daycares.

News/ Updates:

August 7 is when the grant starts.

Noncompetitive. No work requirement. No essay. Pays for college.

Important Upcoming Dates/ events:

Upcoming Baby Shower for expecting and new parents (0-2yrs). Sept 23rd

Will be looking for vendors (informational, free baby items, etc)

Looking for donations for drawings/giveaways

Located at Salvation Army in Springfield

Additional Info:

I host the interagency meetings for Sangamon County (SCCN). If anyone would like to be added to the email list, I'd be happy to add them.

I try to attend as many community resource type events that I can, as well as any interagency meetings among our 9 counties.

***Michelle C. Savage, BA**

Position: Caregiver Support Specialist

Agency: Locust Street Resource Center, Carlinville, IL.

Contact Info: 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:

Getting ready to start a Caregiver Stress Busting Program. It is a 9-week course for those who are caregivers of those with Dementia or Alzheimer's. It is just ways for them to have stress relief. Whether it be music, art therapy, etc. It includes breathing and other information on what they are going to go through in months or years. I go once a month to their homes, provide them with resources or referrals or be there for a listening ear. I am there for care givers who take care of adults 60-+ or someone who is disabled. I go in for those who are caring for a child that is not a parent, grandparents, aunts, uncles, etc. I have one client in this area and am really trying to build here. In June I had a Stressbusters for people taking care of family members with dim. And Alzheimer's. It was a great program. It gave them a sense of belonging.

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.

Emma Spader

Position: Community Health Specialist

Agency: Chestnut Health Systems

Contact Info: 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:

Introduced as new hire.

Gwenda Sutton

Position: Case Manager

Agency: The Salvation Army: Lincoln 360 Life Center

Contact Info: Ph: (217) 871-0513 Email: gwenda.sutton@usc.salvationarmy.org

Programs provided to Mason County:

1) Pathway of Hope Case Management toward stabilization in housing, employment, life skills, etc. 2) Rental and utility assistance (funding is extremely limited for the 2023-24 FY) NOTE: Utility assistance = Warm Neighbors/Cool Friends if not qualified for LI-HEAP 3) Food pantry and personal hygiene items (must be requested prior to an appointment)

News/ Updates:

Bell-ringing season begins! Three Kettle Stand sites and three Counter Kettle sites are expected for Mason County. Last year: _____ was raised; excellent Counter Kettle funds from Casey's. • Seeking volunteers for Bell-ringing. May sign up at "registertoring.org." • "Add some Metal to the Kettle" Business and community sponsorship drive is beginning for Logan and Mason County during the Bell-ringing season. Information packets available now. • Poverty Awareness Month is October: TSA will be seeking sleeping bags and hygiene items

Important Upcoming Dates/ events:

Bell-ringing dates (one week each) for Mason County ✓ Mason City: Thanksgiving Week Mon-Wed, Fri-Sat November 20-22, 24-25 ✓ Havana: Christmas Eve Week Mon – Sat December 18-23 • Counter Kettles will be up at locations (TBA) beginning the first week in November. Additional Info:

***Julie Toney**

Position: Children Case Manager

Agency: Fulton Mason Crisis Service

Contact Info: JulieT@fmcsdv.org

Programs provided to Mason County:

Domestic Violence for Mason County

News/ Updates:

We've hired another advocate that will begin training next week. We are always looking for individuals to volunteer, which would require 40 hours of training. October will also be domestic violence awareness month.

Tyler Wegner

Position: Prevention Specialist

Agency: Chestnut Health Systems

Contact Info: 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:

FY24 just started July1. We are filling out end of the year paperwork.

- Alcohol Campaign
- YPE-sending out Mou's
- IYS- It is a survey year.
- We will be going to school registration.

Dea Welsh

- Community action/head start
- Project-help low-income individuals that help people get out of poverty. We have a team that will work with them.

Meeting Adjourned: 10:45 am