

Mason County Coordinating Council

Tuesday, September 19, 2023, Meeting Minutes

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

Members Present: Derek Brawner, Peggy Davidsmyer, Jeanette Davis, Cassie Delaney, Felicia Farden, Camryn Gann (represented Jessica Towery), Marcie Ganson, Vanessa Hall-Bennett, Becky Hart, Stephanie Howerter, Grace Irvin, Melissa Koke, Paul Larson, Jason Lawrence, Kaitlyn Leigh, Ashley Woolfolk

Treasurer's Report:

Marcie Ganson reported there is no change – current balance is \$1,166.84.

Schedule:

Our next meeting will be on Tuesday January 16, 2024, 9:30 am, via hybrid. We will have an in-person option at Spoon River College in Havana.

Purpose of M.C.C.C.

M.C.C.C. is an inter-agency council made of concerned citizens and agencies servicing the Mason County residents for the purpose of networking and sharing information and resources.

Mission of M.C.C.C.

M.C.C.C. mission is to serve, educate, and elevate the level of awareness of the community of what services are available for them.

Council Updates

Grace Irvin nominates Stephanie Howerter as President and Marcie Ganson as Vice President.

Following a motion by **Grace Irvin**, seconded by Derek **Brawner**, and a roll call vote of unanimous approval, it was, RESOLVED, That the Officers and Members of M.C.C.C. approved the Stephanie Howerter as President and Marcie Ganson as Vice President.

Following a motion by **Derek Brawner**, seconded by **Cassie Delaney**, and a roll call vote of unanimous approval, it was, RESOLVED, That the Officers and Members of M.C.C.C. approved the Tuesday, July 18, 2023, Regular Meeting Minutes.

Community Health Fair- Family Type of Event. Plan something for March or April. Maybe use Havana Junior High. Stephanie will reach out the Tyler Southwood to see if we can use Junior High for the Health Fair.

Happy Bucks

Stephanie Howerter-Girls Junior High lost at sectionals 13-1 in overall which is good. They did lose to Sectionals but had a great season. Basketball starts tomorrow and hoping for the State Championship.

Marcie Ganson- Stephanie's daughter was great sportsmanship!
Felicia Farden/Paul Larson- Getting a community needs assessment done in less than a year and getting it in public!

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:

Important Upcoming Dates/Events:

October 15, 2023, is the annual enrollment for Medicare to begin. It is good to shop around for a new Medicare plan to see what new ones are coming out.

October 1, 2023, Health Alliance will be giving some updates.

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 is any event coming up or that is being planned that you feel 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 ; 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:

Autism support group 9/19/23 starts at 5pm-6pm. We are concentrating on a Fathers of Autism group. Tonight is the first one. We have Personal Assistant training 9/20/23 9:30am-11:30am held at JACIL. We

have a monthly Kit Café and this one is about Credit Matters. The speaker will come to talk about why having a credit is a good thing.

***Jeanette Davis, CRSS**

Position: Recovery Specialist

Agency: Chestnut Health Systems-Logan/Mason ROSC

Contact Info: jedavis@chestnut.org ; 217-871-3208

Programs provided to Mason County:

Logan/Mason ROSC (Recovery Oriented Systems of Care)

News/ Update:

There is a Peer Recovery group on Wednesday nights 7pm-9pm at the pavilion and when weather holds, they will move it to the rec. Walk for Recovery we are holding one in Logan County and will continue to grow and grow some momentum and will have one in Mason County. It is September 30, 2023, with speakers, a moment of silence for those who have lost someone to recovery.

***Cassie Delaney**

Position: Project Director

Agency: Memorial Behavioral Health (MBH)

Contact Info: 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 the 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:

Wanting to learn the area better. We are expanding into the area and want to know how to support the community better.

Additional Info:

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

***Felicia Farden**

Position: Regional Council Manager: Region 53

Agency: Birth to Five Illinois

Contact Info: FFarden@birthtofiveil.com ; 309-270-5670

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 needs assessment is on the website, there are 37 regional managers who did the same thing. Our councils are going to meet again and are going to be about what we found to focus on. Iris is useful for getting referrals. If anyone would like more information about Iris or would like to start using Iris, please email deborah.wang@actforchildren.org.

***Camryn Gann for Jessica Towery**

Position: DON/Assistant Administrator

Agency: Mason County Health Department

Contact Info: 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. The state pays 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 2 certified car seat technicians on staff. Car seat installations and car seat checks via appointment.

News/ Updates:

Free FIT (fecal immunochemical test) for ages 45 + who haven't had a colonoscopy. Pick up test at MCHD, collect sample at home and bring back the kit to MCHD to be resultd onsite. The fecal immunochemical test (FIT) is a screening test for colon cancer. It tests for hidden blood in the stool, which can be an early sign of cancer. FIT only detects human blood from the lower intestines. Medicines and food do not interfere with the test. So, it tends to be more accurate and has fewer false positive results than other tests.

As of 9/11/2023 the COVID boosters are deauthorized. We are currently waiting for the commercialized monovalent COVID vaccine to be made available for purchase and shipping. Will be like flu shots. Annual and most insurances will pay depending on network.

Important Upcoming Dates/Events:

Flu shots at schools- for staff and students. Consents sent home with students for parents to sign and return.

9/28/23- Illini Central

10/5/2023- Midwest Central

10/12/2023- Havana

***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 diagnoses, 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 in 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 a 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:

The Rehabilitation Services Department at Mason District Hospital-Physical, Occupational, and Speech Therapy Departments had a record month in August of 2023. We saw the highest number of patient treatments since I have been here in the last 21 years. This was very exciting to report. The Rehabilitation Services Department will be accepting students in the Fall of 2023. National Physical Therapy Month is celebrated in October each year.

***Vanessa Hall-Bennett**

Position: Director

Agency: Havana Public Library District

Contact Info: director@havana.lib.il.us

Programs provided to Mason County:

The Havana Public Library District is committed to providing excellent and personalized service to our patrons via a relevant and easily accessible collection of resources. We strive to serve our entire community and welcome all abilities, ages, ethnicities, gender identities, races, religions, sexual orientations, and socioeconomic backgrounds. We support the educational and recreational needs of this community and dedicate ourselves to the pursuit of lifelong learning. As the oldest library in the county, the Havana Public Library District pledges to acquire, safeguard, and promote the use of local historical materials.

News/ Updates:

Kids, teen, adult book group. We like to be a place where people can get information. We are going to have a place where we will have Narcan, fentanyl testing strips, and any information that anyone would like to provide.

*** Becky Hart**

Position: Mental Health Therapist

Agency: Becky Hart, LCSW

Contact Info: b_hoelscher@outlook.com; 309-255-2475

Programs provided to Mason County:

Provides mental health therapy to ages 12 and up. Utilizes several different modalities of therapy to provide evidenced-based practices to meet the needs of the client.

News/ Updates:

Open Tuesdays, Wednesdays, and Thursdays from 10:30am to 6pm.

***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 spring 2024 and summer 2024 will begin in mid-October for current students and November 1 for new students.

To register for any Community Outreach course and to see the full schedule, visit <https://src.augusoft.net/>. Derek Brawner will be teaching Downsize and Declutter today at 11am.

GED registration is available September 21 – October 12. If you know anyone who needs their GED, please have them 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	9:00am – 12:00pm
Tuesday and Thursday	1:00pm – 4:00pm

Important Upcoming Dates/Events:

GED registration begins	September 21
Touch-a-Truck Fall Festival	September 28, 5:30 – 6:30 @ HJHS
Spring & summer registration begins	October 16
Downtown Trick or Treat	October 27, 5:00 – 6:30

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.

***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 is teaching 7th grade at Lincoln Junior High school

Tyler is teaching 6th and 7th grade at New Holland Middle Town

Tyler and I are teaching 6th and 7th grade at Illini Central

Havana Junior High School implements 6th and 7th grade. We are here to support 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

October 28, 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

No Schools so far in Mason County have registered.

Check this link out to see if they upload it. <https://iys.cprd.illinois.edu/results/county>

***Melissa Koke**

Position: Adult Education Advisor

Agency: Spoon River College

Contact Info: melissa.koke@src.edu ; 309-649-6310

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:

T/TH 9am-12pm is registration for classes. Registration for GED is going on now.

***Paul Larson**

Position: Regional Council Manager- Region 26

Agency: Birth to Five

Contact Info: plarson@birthtofiveil.com ; 309-270-5519

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:

We are starting to distribute our needs assessment. Our councils are about to get back up and running. My office is in Canton.

***Jason Lawrence**

Position: CES Coordinator

Agency: Lincoln Center

Contact Info: lawrence.jason@mhsil.com ; 217-732-8723

Programs provided to Mason County:

Job Placement

Job Coaching

Developmental Training

News/ Updates:

Lincoln Center provides services to individuals with Developmental Disabilities in Logan and Mason counties. We have a sheltered workshop, a community employment services program and a group home.

***Kaytlin Lehman**

Position: Case Manager

Agency: Fulton Mason Crisis Service

Contact Info: kaytlin@fmcsdv.org ; 309-543-6706, 309-647-7487

Programs provided to Mason County:

Domestic violence counseling, education, and crisis services

News/ Updates:

FMCS will have more availability in Mason County now. I plan on being in the Havana office three full days a week as well as other case managers that will be available.

Additional Info:

Other services that FMCS provides include criminal and civil legal advocacy, housing advocacy, transportation, as well as other miscellaneous services. I plan on visiting different community organizations in the near future to introduce myself as well as hand out some information on FMCS.

***Ashley Woolfolk**

Position: Data & Referral Specialist

Agency: Community Child Care Connection

Contact Info: awoolfolk@4childcare.org ; 217.525.2805 ext. 8227

Programs provided to Mason County:

Our mission is to assist families and childcare providers in obtaining education, and quality, affordable childcare to help children and families reach their greatest potential. We offer the Child Care Assistance Program (CCAP) that assists low-income families with childcare payments. We strive to ensure that communities have access to the childcare resources they need to thrive.

Additional Info:

the Springfield Salvation Army (1600 E Clearlake Ave), 1:30-3:30pm.

For more info, please contact Brooke Walker. Bwalker@4childcare.org

Following a motion by **Marcie Ganson**, seconded by **Melissa Koke**, and unanimous approval, the Regular Meeting of the M.C.C.C. Tuesday, November 21, 2023, adjourned at **10:30** a.m.