

Mason County Coordinating Council

Tuesday, May 21, 2024, Meeting Minutes

Meeting Convened:

9:30 a.m. via hybrid meeting.

Members Present:

Derek Brawner, Laura Dick, Marcie Ganson, Stephanie Howerter, Emily Legner, Katylin Lehman, Rachel Oney, Anita Russel, Jessica Towery, Brooke Walker, Tyler Wenger

Members Absent That Submitted Informational Sheet:

Treasurer's Report:

Marcie Ganson reported there is no change – current balance is **\$1,076.22**. There was a withdrawal for the Family Resource Fair on April 24th. **Stephanie Howerter** makes a motion to approve the Treasurer's Report; seconded by **Marcie Ganson**.

Schedule:

Our next meeting will be on **Tuesday, July 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:

Stephanie Howerter makes a motion to approve the meeting minutes; seconded by **Marcie Ganson**, and a roll call vote of unanimous approval, it was, RESOLVED, That the Officers and Members of M.C.C.C. approved the Tuesday, March 19, 2024, Regular Meeting Minutes.

Health Fair for 24/25 School Year – Stephanie heard back from Mr. Brady (Havana Junior High School Principal) regarding a Health Fair in the fall. The selected date is October 18th for the health fair; the backup date will be October 25th. There is currently no time of day set for the health fair. As a council, we will need to pick out a theme for the health fair. Email Stephanie if you have an idea for a theme. We will do a lot of planning for the event via email and at the next Mason County Coordinating Council meeting.

Happy Bucks:

No Happy Bucks were announced to the group.

Old Business:

For the Family Resource Fair that took place on April 24th, Marcie and Stephanie mentioned that there were about eleven people who attended. It has been about 10 years since the last Family Resource Fair. 19 organizations signed up to host a table; 17 hosted a table.

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:

Derek thanked Stephanie for letting him host a Medicare class at Spoon River College in Havana. Two people attended the class. Those two individuals requested that Derek conduct more classes. There will be changes made to Medicare coming up in October. If you have any Medicare related questions, feel free to reach out to Derek.

Important Upcoming Dates/ events:

October is coming up fast for Annual Enrollment Period for Medicare in 2025 the date is October 15th

Additional Info:

If any agency needs 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

***Cassie Delaney** (Emily Legner filled in for Cassie)

Position: Project Director

Agency: Memorial Behavioral Health (MBH)

Contact Info: Delaney.Cassandra@mhsil.com and 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.

News/Updates:

No updates.

***Laura Dick:**

Position: Director

Agency: Show Bus

Contact Info: (815)-945-8500

Programs provided to Mason County:

SHOW BUS has been providing public transportation to residents of rural central Illinois since 1979. Our services are available to all residents of rural DeWitt, Ford, Iroquois, Kankakee, Livingston, Logan, Macon, Mason and McLean counties. People of all ages and income levels may ride. All buses are equipped with lifts for easy wheelchair access.

News/Updates:

IDOT is launching a statewide transportation plan. They hope to get a lot of participation from local counties.

***Marcie Ganson:**

Position: Director of Rehabilitation Services and Fitness, Health, & Wellness

Agency: Mason District Hospital

Contact Info: m-ganson@masondistricthospital.org

Phone: (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:

The hospital just celebrated National Occupational Therapy Month. A lot of information was put out on the social media website and published in the local newspaper. May is National Speech, Language, and Hearing Month. There is a lot of need for speech, language, and pathology for the surrounding communities. The hospital has been dealing with some staffing shortage. The hospital also announced their new CEO, Dana Adcock.

***Stephanie Howerter:**

Position: Stephanie, Director/Advisor – Havana Center

Agency: Spoon River College

Contact Info: stephanie.howerter@src.edu

Phone: (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:

Stephanie provided information on the October health fair (shown above).

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.

***Katylin Lehman:**

Position: Case Manager

Agency: Fulton Mason Crisis Service

Contact Info: kaytlin@fmcsdv.org

Phone: 309-543-6706

Programs provided to Mason County:

- 24-hour crisis intervention for victims of Domestic Violence and Sexual Assault
- Public Education (Stranger Danger, Safe & Unsafe Touch, Erin's Law, Bullying, etc.)
- Legal Advocacy
- Information and Referrals
- Domestic Violence and Parenting Education
- Emotional Support

News/Updates:

No updates.

***Rachel Oney:**

Agency: Salvation Army

Contact Info: rachel.oney@usc.salvationarmy.org

News/Updates:

The Pathway of Hope program for Mason County only funds for case management right now. The Summer Camp is available, and the registration is online. There are a few different camps in June, July, and August. The camp is free and will be in Wisconsin. The age range for the camp is 7-17. If kids are going to family camp, they must have an adult to go with them. There are disaster services, cash assistance, and two-night hotel stays.

***Anita Russell:**

Position: Energy Services Director

Agency: Community Action Partnership of Central Illinois

Contact Info: 217-732-2159 or arussell@capcil.org

Programs provided to Mason County:

LIHEAP, Weatherization, CSBG, Senior Nutrition, Senior Transportation, Foster Grandparent, and Head Start/Early Head Start

News/Updates:

Head Start is taking applications for the 2024-2025 school year. The organization is still doing senior transportation in Logan County and Mason County. There is money for some funding for coaching opportunities to overcome barriers. Scholarships are available at the agency as well.

***Jessica Towery**

Position: DON/Assistant Administrator

Agency: Mason County Health Department

Contact Info: jtowery@masoncohealth.com and 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 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 Carle (formerly 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 1 certified car seat technician on staff. Car seat installations and car seat checks via appointment.

News/Updates:

School shot clinics will be available before school starts. It is sometimes a mad rush at the deadline. There are still free kits available to test for colorectal cancer.

***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:

Families who need help paying for childcare can get help. Guidelines may change by July 1st. The agency is hiring for multiple positions (four now). If you know anyone who's interested in employment, visit the website at 4childcare.org.

***Tyler Wenger:**

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

News/Updates:

The *Too Good for Drugs* program finished up in early May with Lincoln Junior High School 6th graders. All schools in Logan County have registered to take the Illinois Youth Survey. The survey shows data regarding drug use, bullying, nutrition, physical activity, mental health, etc., for 8th, 10th, and 12th graders. IYS reports should be available in the fall.

Following a motion by **Stephanie Howerter**, seconded by **Marcie Ganson**, and unanimous approval, the Regular Meeting of the M.C.C.C. Tuesday, May 21st, 2024, adjourned at **9:46** a.m.