

Mason County Coordinating Council

Tuesday, March 19, 2024, Meeting Minutes

Meeting Convened:

9:30 a.m. via hybrid meeting.

Members Present:

Vanessa Hall-Bennett, Derek Brawner, Jeanette Davis, Cassie Delaney, Laura Dick, Marcie Ganson, Stephanie Howerter, Grace Irvin, Katylin Lehman, Britney Logue, Tristan McGrew, Corinna M-Pickel, Anita Russel, Gwenda Sutton, Silas Tockey, Jessica Towery, Dominic Valenti, Leslie Vice, Brooke Walker, Tyler Wenger

Members Absent That Submitted Informational Sheet:

Lianne Baker & John Wiemers

Treasurer's Report:

Marcie Ganson reported there is no change – current balance is \$1,174.84.

Schedule:

Our next meeting will be on **Tuesday May 21, 2024, 9:30 am**, via hybrid. We will have an in-person option at Spoon River College in Havana.

Family Resource Fair is Wednesday, April 24, 2024, 4:30pm – 6:30 pm.

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:

Marcie Ganson makes a motion to approve the minutes seconded by **Stephanie Howerter**, 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.

Family Resource Fair -- Wednesday April 24, 2024 4:30pm-6:00pm at the Havana Junior High School. We plan to start getting flyers finalized for the Resource Fair. MCCC will plan to have gift baskets or gift cards available for participants. These gift cards might be supplied by the ROSC and HAPT teams. **Grace Irvin** motioned for MCCC to spend money towards the gift baskets, seconded by **Cassie Delaney**. Brooke Walker of Community Childcare Connection stated that they will provide free children's books as well.

Health Fair for 24/25 School Year – Stephanie brought up any interest in the MCCC hosting a health fair in this coming school year. After having discussed who would like to participate in the health fair, a tally of 14 “Yes” and 2 “No” was calculated. With a majority vote in favor of the health fair, Grace will be getting in contact with Jenny Durbin about creating the health fair. Stephanie will get in touch with the Mason County schools' administrations, starting with Havana.

Resource Table at Registration for Havana School District – Chestnut Health Systems will be having a table at the registration event. If any other organization from MCCC would like their information to be passed out at the registration event, send that information and/or supplies to Chestnut, so that they may add them to their information bags.

Happy Bucks:

Stephanie's child is having their first track meet, and Marcie is excited that Spring has arrived!

Happy Bucks helps put money towards our treasures fund.

Old Business:

No Old Business was discussed among the group.

Agency Updates

***Lianne Baker:**

Position: Early Intervention Service Coordinator

Agency: Sangamon County DPH/Child & Family Connections #18 (CFC#18)

Contact Info: 217-535-3102

Programs provided to Mason County:

CFC#18 provides Early Intervention services to families in Mason, Sangamon, Logan and Menard Counties. EI works with children and their families from birth up until they reach the age of three. We provide free evaluations when there is a concern about the child's development.

News/ Updates:

CFC#18 has had two Service Coordinators covering Mason County for the past 24 years, Jo Volker and myself. Jo recently retired from our CFC. This office is in the process of hiring three new Service Coordinators due to Jo's retirement and the rapid growth of our program. We are also in the process of hiring someone to work as a Parent Liaison and Local Interagency Council Coordinator.

***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:

March 31st is the deadline for changing your Medicare plan for the year.

Important Upcoming Dates/Events:

On May 16th @ 5:30 pm at Spoon River College, he will be having an informational meeting for 55-64 year olds concerning all there is to know about Medicare and where/how to get started.

***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/Updates:

The Logan & Mason County ROSC has its meetings on the third Thursday of every month via Zoom.

Important Upcoming Dates/Events:

This Saturday, March 23rd, the Logan/Mason ROSC will be showing *Generation Found* @ 1pm in Mason City at the Arlee Theater. Any other organization is free to show up and provide their resources at the event.

***Cassie Delaney:**

Position: Project Director

Agency: Memorial Behavioral Health

Contact Info: delaney.cassandra@mhsil.com

Programs provided to Mason County:

Provides mental health services in Logan and Mason County.

News/Updates:

May is Mental Health Awareness Month. Check out SAMHSA for additional resources. Memorial will be doing some promotional outreach via the radio and general outreach throughout the month of May.

***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:

Trying to get the attention of the statewide organization of SHOW BUS so that it can review the transportation elements for Medicare and Medicaid recipients.

***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/ Update/Important Upcoming Dates/Events: The Rehabilitation Services Department has begun to stabilize staffing due to recent medical leave, maternity, and vacation requests as we continue to see growth in the outpatient, home health, and early intervention settings.

***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:

There are 8-weeks remaining in the spring semester. Fall 2024 registration begins on April 1. Registration for summer 2024 is still going on at this time. The 2024 – 2025 FAFSA is now available. GED/HS Diploma program registration will begin on July 2. If you know anyone who needs their GED/HS Diploma, 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

To register for any Community Outreach course and to see the full schedule, 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.

***Grace Irvin**

Position: Prevention Coordinator

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

Logan/Mason Recovery Oriented Systems of Care

News/Updates:

Mason County Coordinating Counsel has a website that has information constantly getting updated.

***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:

April is Child Abuse Prevention Month! We have added and filled two more positions to our team, a case manager and a legal advocate. We have been able to staff the Havana office more during the week!

Important Upcoming Dates/Events:

Hats Off to Hope and Healing – Annual FMCS Dinner and Auction Fundraiser

Friday, April 26, 2024 5-9 PM – Spoon River College Multi-Purpose Building

Tickets: \$30 each or \$240 for a table of 8.

***Britney Logue:**

Position: Family and Community Engagement Specialist

Agency: Birth to Five

Contact Info: 309-270-5670

News/Updates:

No news or updates to report of as now.

***Corinna M-Pickel:**

Position: Licensed Social Worker

Agency: Senior Advantage at Mason District Hospital

Contact Info: c-markland-pickel@masondistricthospital.org; 309-640-0535

Programs provided to Mason County:

Intensive Outpatient Behavioral Health for Seniors dealing with:

Depression

Grief

Anxiety

Isolation

Difficulty Coping with Health/Physical Changes

Sleep or Appetite Changes

Anger

Low Self-Esteem

*Confidential

*Group, individual, and family therapy

*Noon meal

*Transportation provided

*Coordination with patient's Primary Care Physician

*1 year follow-up after discharge

Important Upcoming Dates/ events:

May is **Mental Health Awareness Month!** Senior Advantage will be hosting FREE depression and anxiety screenings every Thursday in May from 1pm-3pm. This will be open to all senior citizens in the community (they *do not* have to be a current patient) and will be a walk-in style clinic of sorts. We are currently working with our marketing/business development colleagues to finalize details and advertising.

Additional Info:

Anyone can make a referral to our program; family physician, family member, friend or a person can call and inquire for themselves (309)-640-0535.

***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:

LIHEAP (energy assistance) is being provided until August 15, 2024

Weatherization is currently taking names for our waiting list

CSBG (Hand Up Project) is offering Personal Development Coaching to help identify & work through roadblocks that may keep you from being successful. CSBG is also offering scholarships for GED, Certifications, Trade School, or College classes.

Senior Nutrition has a waiting list of up to 2 months. Due to funding, if the customer is diabetic, we can provide them with services now.

Senior Transportation is offering transportation in Mason County. If an out-of-town trip is required, it is \$75 for a one-way trip or \$150 for round-trip. These can only be scheduled on Tuesdays & Thursdays.

Head Start/Early Head Start is currently taking applications for the 2024-2025 school year.
Foster Grandparent is also currently taking applications.

***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:

The Salvation Army has funding for utility assistance. Coming on the second Tuesdays. We have funding for homeless individuals who are working (Stepping Stones). They save a portion of up to 50% of their income. We put them in a hotel. We were with the Red Lion in Havana and Mason City folks would go to Lincoln. Have resources at the Mason City Library and Havana Blue Skye Facility. We are in Mason City every second Tuesday of the month at 10:30am and then Havana at 1:30pm. Rent and utility assistance are available as well.

***Silas Tockey:**

Position: CSBG Coordinator

Agency: Community Action Partnership of Central IL

Contact Info: stockey@capcil.org 217-353-3934

Programs provided to Mason County:

Hand Up Project

LIHEAP

Head Start

Meals on Wheels

Important Upcoming Dates/Events:

Cheeseburger in Paradise April 27 contact btitus@capcil.org

***Jessica Towery:**

Position: DON/Assistant Administrator

Agency: Mason County Health Department

Contact Info: jtowery@masoncohealth.com

Phone: 309-210-0110

Programs provided to Mason County:

Environmental Health

- Food Safety-licensing and inspection of food establishments and temporary food stands and complaint investigations
- Water Program-issues well construction permits, inspects existing well water supplies, provides water testing kits for non-municipal water testing \$20
- Sewage Program-issues septic construction permits, inspects new or existing systems, completes environmental compliance surveys and loan reviews
- Health Nuisance Complaints- public health complaints, West Nile Virus Surveillance

Senior Care Program

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

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 installs and car seat checks via appointment.

News/ Updates:

March is Colorectal Cancer Awareness month. We have free fecal immunochemical test (FIT) available at MCHD. FIT is a **stool test** that screens for colon cancer. It detects **hidden blood** in the stool, which can be an early sign of cancer. Medicines and food do not interfere with the test. FIT can be done at home and brought back to the provider for testing. Colorectal cancer is the 2nd leading cause of cancer death and has a 90% survival rate when found and treated early. Take control and get screened for colorectal cancer. FIT kits are available at MCHD at no cost.

Important Upcoming Dates/ events:

March is Colorectal Cancer Awareness month.

***Dominic Valenti:**

Position: Community Health Specialist

Agency: Chestnut Health Systems

Contact Info: davalenti@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 and Updates:

Currently working on both the Logan and Mason County Resource Webpages.

***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.

Important Upcoming Dates/ events:

Our second annual fundraiser “Ratucky Derby: A Night at the Mouse Races” is coming up on May 3rd.

Additional Info:

Please keep me in mind for any upcoming community resource events.

***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:

Alcohol Campaign

The Alcohol Campaign info card is being distributed by the Havana school district and is also available on the schools’ websites to be viewed. New Resource Directory cards are also being administered. One side of the card has a QR code for parents of Mason County containing resources for substance use, and the other side of the card has a QR code for the Mason County Resource Directory.

***John Wiemers:**

Position: Communication Specialist

Agency: JustServe.org

Contact Info: (309) 351-0459 wemrz@yahoo.com

Programs provided to Mason County:

JustServe.org is a website where the volunteer needs of organizations are posted, and volunteers search for opportunities to enhance the quality of life in the community. JustServe is a free service that links community volunteer needs in the United States and around the world with volunteers and does not discriminate based on race, religion, gender, ethnicity, or sexual orientation in posting projects or in encouraging volunteers to serve according to our guidelines. <https://www.justserve.org/about>.

News/ Updates:

We continue looking for organizations in Mason County to include on our website. There is no cost or obligation. If your organization has need of volunteers, let me know. I will create a page for your organization and submit it to you to make sure the information is correct and that it looks good to you. After approval, it will be posted on the JustServe.org website and we will reach out on social media to let folks know about your organization. If you have specific projects that need volunteers, I can help you create project pages. Communities that foster the spirit of volunteerism thrive!

Important Upcoming Dates/Events:

We look forward to participating in the Family Resource Fair on April 24th in Havana.

Following a motion by **Stephanie Howerter**, seconded by **Grace Irvin**, and unanimous approval, the Regular Meeting of the M.C.C.C. Tuesday, March 19, 2024, adjourned at 10:00 a.m.