

Mason County Coordinating Council

Tuesday, September 17, 2024, Meeting Minutes

Meeting Convened:

9:30 a.m. via hybrid meeting.

Members Present:

Derek Brawner, Clarissa Golden-Campbell, Laura Dick, Felicia Farden, Marcie Ganson, Stephanie Howerter, Grace Irvin, Kaitlyn Lehman, Tristian McGrew, Rachel Oney, Denise Smith, Gwenda Sutton, Colin Witt

Treasurer's Report:

As of August 31, 2024, the current balance is **\$1055.82**. **Grace Irvin** makes a motion to approve the treasurer's report; seconded by **Derek Brawner**.

Schedule:

Our next meeting will be on **Tuesday, November 19, 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:

Marcie Ganson makes a motion to approve the meeting minutes; seconded by **Felicia Farden**, and a roll call vote of unanimous approval, it was, RESOLVED. The officers and members of M.C.C.C. approved the Tuesday, May 21, 2024, regular meeting minutes.

Stephanie Howerter requested moving the January meeting day from January 21, 2025, to January 28, 2025. **Felicia Farden** made a motion to move the meeting day to January 28; seconded by **Grace Irvin**. A unanimous approval was made by the members of M.C.C.C. to accept the motion.

Health Fair Fall 2024 – The Health Fair will be taking place on Friday, October 18, 2024, at Havana Junior High School. The time for the event is from 8:00 am to 2:30pm for 5th through 8th graders. A form will need to be submitted by October 4th to have a table at the event. The activities to be given to students needs to be hands on, such as a limbo challenge, jeopardy challenge, safe online, and so on. Members of M.C.C.C. discussed having a grand prize for students to try winning. A few ideas for prizes discussed were having Stanley tumblers or Owala tumblers. **Stephanie Howerter** makes a motion to approve spending \$200 for prizes at the Heath Fair; seconded by **Derek Brawner**.

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:

The “Donut Hole” for Medicare Part D plans will be going away as of 2025. All Medicare Part D prescription drug plans will have a \$2000 cap that members will be required to pay for, after that, the insurance companies will pay for medications for the remainder of the year. Insulin costs are capped at \$35 for all Medicare Part D plans as well.

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 is any event coming up or that is being held.

***Clarissa Golden Campbell:**

Position: Human Services Caseworker

Agency: Department of Human Services

Contact Info: Clarissa.golden-campbell@illinois.gov ; (309) 543-3946

Programs provided to Mason County:

MASON COUNTY FAMILY COMMUNITY RESOURCE CENTER

We administer state and federal programming:

SNAP (Supplemental Nutritional Assistance Program)

Medical (various Medicaid programs available)

TANF (Temporary Assistance for Needy Families)

AABD CASH (Cash assistance for someone who is elderly or disabled)

News/ Updates:

Income Limits will be changing effective October 1st – the new federal poverty level will adjust the income guidelines for all of our programs for the new year.

Many of our customers have big changes and may no longer be eligible for medical due to the lifting of pandemic overrides that had been placed on all cases to prevent cancellation during the COVID pandemic. We are now processing redeterminations using the income and asset guidelines under regular policy requirements. This has affected many households.

Important Upcoming Dates/ events:

I have finally been able to set up and hold in person meetings working with my TANF recipients. We have had a great response from our organizations to help us build this program. Skye Mibbs – U of I Extension SNAP Coordinator has been wonderful helping me get this off the ground. There is no direct funding for me to do this, so we are having to get creative and partner with other organizations. I was able to get permission for us to meet in the fellowship hall of the Church of Christ which gives us room with classroom tables and a smart TV as well as professional cooking facilities to work with.

We started out this class by setting down with those in attendance and asking them to give us a list of their greatest challenges. In no particular order, these are the things listed by our participants:

- Shopping with my kids
- Anxiety/depression or mental health
- Finding dependable/trustworthy childcare
- Car repairs/maintenance - transportation
- Counseling -both personal and marriage
- Meal planning

- Laundry soap making
- Animal supply help
- Stress management
- Healthy eating
- Getting a driver's license
- GED
- Independent living
- Managing self-care and intentional time with kids
- Budgeting

If you have something you think would be helpful and you would like to come and present to this group (averages about 10 people) please contact me so I can add you to our calendar. We meet the 1st Wednesday of each month from 9:00 a.m. – 11:00 a.m.

***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.

***Felicia Farden:**

Position: Regional Council Manager

Agency: Birth to Five Illinois

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

Programs provided to Mason County:

Initiative for community systems development around Early Childhood Education and Care. Family Council shares information and does family engagement activities in the community. Action Council helps develop and disseminate reports surrounding service gaps. Basically, a platform for families/providers/community members to elevate their voices and influence policy decisions.

News/ Updates:

Mental and Behavioral Health Report is out, still collecting information for addendum, would love to schedule meetings to go over information.

Action Plans published around Child Care Assistance Program utilization rates and Elected Officials being involved in early childhood collaborations.

Important Upcoming Dates/ events:

We live for community outreach events, let us know what you have going on and we will try to get it on our calendars to attend.

***Marcie Ganson:**

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/ Update/Important Upcoming Dates/Events:

The Rehabilitation Services Department celebrated National Occupational Therapy Month in April. We are currently celebrating National Speech-Language-Hearing in the month of May. Busy with students coming and going all spring and into the summer months. Working on

staffing with the upcoming months full of vacations. Dana Adcock, CEO, MBA is the newest member of our team at Mason District Hospital. Please make her feel welcome!

Additional Info:

October is National Physical Therapy month. Our Rehabilitation Services Department will be working on marketing information on our social media accounts at Mason District Hospital. Busy taking students and currently have three job postings for a full-time Physical, Occupational, and Speech Therapist. Please mark your calendars in 2025 for the Coordinating Council meetings.

Treasurer's Report:

As of August 31, 2024, Regular Checking Account Ending Balance of \$1,055.82. A check was written on 9/11/24 for the amount of \$150.00 with a current balance of \$905.82.

***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:

Registration for taking the GED is September 23rd and the first day is October 15th. All the materials are free, and Spoon River can provide payment for each module. Spoon River College

is currently four weeks into the Fall semester and will begin registration for spring and summer classes in the middle of October. There are community ed events/classes coming up, such as a class on Microsoft Excel taking place on October 4th from 9:00 am to 12:00 pm. There will also be a training over Canva taking place on October 9th from 5:00pm to 7:00 pm.

***Grace Irvin:**

Position: Prevention Coordinator

Agency: Chestnut Health Systems

Contact Info: gcirvin@chestnut.org ; 309-451-7776

Programs Provided to Mason County:

Logan/Mason County SUPS, Logan/Mason County ROSC, Logan/Mason County Youth Impacted, BASE Grant

News/Updates: Logan/Mason SUPS is currently teaching 6th and 7th graders Youth Prevention Education (YPE) at Illini Central Middle School, New Holland-Middletown, and Havana Junior High School. Both the Alcohol and Vaping Campaigns have banners and other communication materials being distributed to Logan and Mason County schools. The resource directory is constantly being updated. Masoncountyl.org now has CPAC, HAPT, and MCCC as different pages available on its website. Drug Take Back Day is taking place on Saturday, October 26th in Mason County from 10:00am to 2:00pm. Started on a new grant called the BASE Grant which will be covering around 41 different counties in Illinois, including Mason County. More information will come as the grant gets out of its infancy stage.

***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:

- October is Domestic Violence Awareness Month!
- We welcomed Missy to our team as the new System's Case Manager.
- We have someone covering the Mason County office every day of the week now!

Important Upcoming Dates/Events:

Check out our Facebook page in October for domestic violence education and events.

***Tristian McGrew:**

Position: Recovery Project Coordinator

Agency: Recovery Corp/Chestnut Health Systems

Contact Info: tjmcgrew@chestnut.org ; 309-451-7845

Programs Provided to Mason County:

Logan/Mason ROSC

News/Updates:

The Logan/Mason ROSC had a Recovery Walk in both Logan and Mason County. Logan County hosted their Recovery Walk event on Saturday, September 7th in Lincoln. Mason County hosted their Recovery Walk event on Saturday, September 14th in Havana. The turnout for both events was great with an attendance of around 40-50 people at both events. Logan/Mason ROSC hosts a council meeting on the third Thursday of each month from 2:00pm to 3:00pm via hybrid Zoom and in-person. September's in-person portion of the meeting will be held at the Mason City Library on Thursday, September 19th and October's in-person portion of the meeting will be held at Hope on Fifth in Lincoln on Thursday, October 17th.

***Rachel Oney:**

Agency: Salvation Army

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

News/Updates:

Salvation Army's Angel Tree is starting soon, and if interested in joining, you will be put on a waitlist. Salvation Army has also reached out to local churches in the community of both Logan and Mason County about being involved and are waiting to receive responses. Bell Ringing will be taking place from November 18th to 23rd. Rent and utility assistance is still available for those

who need help. October 19th is the Salvation Army's emergency disaster services class, which will be held from 8:30am to 4:30pm. This class is for those who are interested in becoming volunteers to help in emergencies and disasters.

***Denise Smith (Jessica Towery):**

Position: Senior Care Director

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:

Flu shots and COVID shots are available at the health department for those interested. The health department will be going to Mason County schools and setting up vaccine clinics.

***Gwenda Sutton:**

Position: Case Manager

Agency: The Salvation Army

Contact Info: 217-871-0513 ; gwenda.sutton@usc.salvationarmy.org

Programs Provided to Mason County:

1) Hotel Voucher (Pathway of Hope: Stepping Stones Program) for persons with stable income who are homeless and need housing. We also help them with other life skills and areas to bring them to stability.

2) Utility and rental assistance while funds are available

3) Other crisis and life skill areas such as: applying for criminal records' sealing or expungement process; domestic violence referrals and information; pastoral meetings for comfort while going through a difficult time; financial literacy/empowerment; improved education/employment sources and assistance with applications where appropriate. Flyer included with this Member Info Sheet.

Dates/Times/Locations when TSA is in Mason County: ▪ Second Tuesdays of each month ▪

Mason City Library: 10:30 am to 12:30 pm (by appointment or walk-in) ▪ Havana Blue Sky East community center: 1:30 pm to 3:30 pm

News/Updates:

FOOD PANTRY BAGS: During the Salvation Army regular visits to Mason County in Mason City and Havana, food pantry bags will be available. These are dry goods and contents are pre-prepared with what is available in our Food Pantry that month. Any family wanting a Food Pantry bag based on their family size and other goods should call our office at least one day before the 2nd Tuesday for the family size-specific pantry bag. Be mindful that frozen items will not be provided unless requested. NOTE: Families receiving these food pantry bag will need to complete our general application and bring photo ID, SS and SNAP or Medical cards for all members of the family.

***Colin Witt:**

Position: Community Health Specialist

Agency: Chestnut Health Systems

Contact Info: cjwitt@chestnut.org

Programs Provided to Mason County:

Logan/Mason County Youth Impacted Grant

News/Updates:

Youth Impacted is a newer grant that is meant to help youth who are directly impacted by a family member who suffers with substance use disorder. Youth Impacted is starting to share literature that entails about the effects of substance use to local libraries to provide to impacted youth. Youth Impacted is looking to provide bookbags to different organizations to hand out to impacted youth in the community. The backpacks are meant for children from grade school to around high school age. The backpacks usually contain paper and writing utensils, headphones, a plushie (i.e. Squishmallows), and water bottles.

Following a motion by **Stephanie Howerter**, seconded by **Marcie Ganson**, and unanimous approval, the Regular Meeting of the M.C.C.C. Tuesday, September 17, 2024, adjourned at **10:30 am**.