

Mason County Coordinating Council

Tuesday, November 21, 2023, Meeting Minutes

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

Members Present: Lianne Baker-Hergenrother, Cassie Delaney, Laura Dick, Marcie Ganson, Vanessa Hall-Bennett, Stephanie Howerter, Grace Irvin, Paul Larson, Jason Lawrence, Noelle Rose, Brianna Rothman, Julie Toney, Jessica Towery, Tyler Wenger,

Treasurer's Report:

Marcie Ganson reported there is no change – current balance is \$1,170.84.

Schedule:

Our next meeting will be on Tuesday January 23, 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 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, September 19, 2023, Regular Meeting Minutes.

Community Health Fair - Vanessa from the library is willing to do activities or bags for people to come in and grab or leave and grab for the health fair. Theme ideas- Ohana (Lilo and Stich)(was suggested to stay away from Disney), Blooming, Pin Wheels (Child Abuse Prevention Awareness Month-color is Blue), Home Run to Health, Wellness Rocks, Catch the Wellness Wave, Super Heros, Super Health, BoarWALK to Better Health, Healthy Wealthy and Wise, and Fitness Fiesta, The theme will be Blooming. The purpose is to get our faces with our agencies and what services we provide. We will have another meeting before that. We will need to know how many tables and chairs you will need. That way the school can make sure they plan for everything beforehand. We have the whole gym floor for the event. It has been around 12 years since we have done it. Jason suggested a “Loose Parts Playground” is a trailer of random things for kids to play with. We could do a flyer

Happy Bucks

Stephanie Howerter - 8th grade basketball won regionals and played for championship on Wednesday.

Marcie Ganson - The physical therapist was recognized 3 quarters in a row for orthopedics. That data is benchmarked against others nationally.

Agency Updates

***Liane Baker-Hergenrother**

Position: Early Intervention Service Coordinator

Agency: Sangamon County Dept. of Public Health/Child & Family Connections #18

Contact Info: 217-535-3102, ext. 3780

Programs provided to Mason County:

Early Intervention (EI) provides developmental and home visiting services to children in Mason, Sangamon, Menard, and Logan Counties for children with qualifying delays or conditions.

Early Intervention provides free testing of children to help identify areas of concern. Services are directed by families. Public and private healthcare covers some of the costs to participate in the program. Family fees are based on a sliding fee schedule.

The primary goal of EI is to build caregiver capacity by supporting their ability to promote their child's optimal development and to facilitate their child's participation in family and community activities.

Services can include evaluations and direct services to support cognitive, communication, physical, and social emotional skill development.

News/ Updates:

CFC#18 has recently hired two new EI Service Coordinators to serve our area. They are in training currently. SCDPH/CFC 18 has posting for a Service Coordinator position. Jo Volker, Service Coordinator, is retiring in January 2024. She has shared coverage of Mason County since 2000. Our office is currently seeking a Parent Liaison/LIC Coordinator, who will support our EI parents and attend meetings with our community partners.

Important Upcoming Dates/ events:

No news.

Additional Info:

The above job postings can be found through Indeed or via the Sangamon County Department of Public Health website. Candidates must be willing to move to Sangamon County within six months of their hire date.

***Cassie Delaney**

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:

We just hit the milestone 6,000 screens this year. We get more each month. We see there is a need out there and we are here to support.

***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 all residents of rural DeWitt, Ford, Iroquois, Kankakee, Livingston, Logan, Macon, Mason and McLean counties. People of all ages and income levels may ride.

News/Updates:

We are having a bit more luck hiring drivers; however, we are having trouble getting CDL drivers.

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

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

Agency: Mason District Hospital

Contact Info: mganson@masondistricthospital.org and (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 two students from ICC in the OTA and PTA Programs currently. National Physical Therapy Month was celebrated in October.

***Vanessa Hall-Bennet**

Position: Director

Agency: Havana Public Library District

Contact Info: 309-543-4701 and director@havana.lib.il.us

Programs provided to Mason County:

We provide full library services to patrons in our taxing district and reciprocal services to patrons residing in other districts. These services include but are not limited to circulation (aka checkout) of physical materials and e-materials; reference services; adult and children's programming.

News/Updates:

Any news or updates can be found at our Facebook page: <https://www.facebook.com/hpldreads> or on our website: <http://www.havana.lib.il.us>

Important Upcoming Dates/Events:

The library foundation is hosting a book sale at the library annex (118 S. Plum) on Saturday, November 25th from 10:00 a.m. to 4:00 p.m.

Additional Info:

Children's Coordinator Ellen Mibbs can be reached at children@havana.lib.il.us Young Adult Coordinator Jessica Hughes can be reached at youngadult@havana.lib.il.us

***Stephanie Howerter**

Position: Director/Advisor – Havana Center

Agency: Spoon River College

Contact Info: stephanie.howerter@src.edu and (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 is now open.

GED registration for classes beginning in January 2024 opens November 28. 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

To register for any Community Outreach course and to see the full schedule, visit <https://src.augusoft.net/>.

Important Upcoming Dates/ events:

Thanksgiving Break – Offices closed	Nov. 22 (closing at 12pm) – Nov. 24
GED registration begins	November 28
Winter Break – Offices closed	December 20 – January 2
Spring semester begins	January 16

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 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

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>

Logan/Mason Recovery Oriented Systems of Care

Jeanette Davis is on leave because she had a baby. The last ROSC meeting we had Tristan McGrew share his personal story. We also went through our strategic plan to see if anyone had any updates they would like made. If you would like us to send you our strategic plan, please let me know.

***Jason Lawrence**

Position: CES Coordinator

Agency: Lincoln Center

Contact Info: (217)732-8723 and lawrence.jason@mhsil.com

Programs provided to Mason County:

Job Placement

Job Coaching

Developmental Training

News/Updates:

Our report came out during the summer. We are putting together an action plan. Those will get approved sometime in February. We are working with agencies to put together resources.

***Julie Toney**

Position: Public Education

Agency: Fulton-Mason Crisis Service

Contact Info: JulieT@fmcsdv.org

Programs provided to Mason County:

Crisis Counseling, Emergency Shelter, Legal Advocacy, Emotional Support, Domestic Violence Education, Group Support, Information & Referrals, & Children Services for victims and survivors of domestic violence and/or sexual assault.

News/ Updates:

Gathering Blue Mitten information to assist clients w/Christmas.

Important Upcoming Dates/ events:

Client Christmas Party

***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:

We still have high dose flu shot, regular flu shots, and annual COVID vaccines available Monday- Thursdays 7am-11am and 1pm-4pm walk in style no appt needed. These are for ages 6mo and up.

RSV, Shingles vaccine, and other vaccines available by appt only.

***Tyler Wenger**

Position: Prevention Specialist

Agency: Chestnut Health Systems

Contact Info: tdwenger@chestnut.org

Programs Provided to Mason County:

Youth Prevention Education - Too Good for Drugs
Middle School/High School Alcohol Parent Campaign
Illinois Youth Survey
National Prevention Week
Drug Take Back

Prevention Education

Week 8 of 10 for 7th graders and week 8 of 11 for 6th graders is being implemented.

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

Havana High School has registered for the IYS.

So far, no other schools in Mason County have registered.

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

Following a motion by **Marcie Ganson**, seconded by **Melissa Koke**, and unanimous approval, the Regular Meeting of the M.C.C.C. Tuesday, January 24, 2024, adjourned at **10:15 a.m.**