

# Mason County Coordinating Council

Tuesday, January 23, 2024, Meeting Minutes

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

**Members Present:**

Jeanette Davis, Laura Dick, Felicia Farden, Stephanie Howerter, Grace Irvin, Gwenda Sutton, Sue Tisdale, Julie Toney, Brooke Walker, John Weimers, and Tyler Wenger

**Members Absent That Submitted Informational Sheet:**

Derek Brawner and Marcie Ganson

**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-6:00pm.**

**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**

**Sue Tisdale** makes a motion to approve the minutes seconded by **Julie Toney**, and a roll call vote of unanimous approval, it was, **RESOLVED**, That the Officers and Members of M.C.C.C. approved the Tuesday, January 23, 2024, Regular Meeting Minutes.

Family Resource Fair- **Wednesday April 24, 2024 4:30pm-6:00pm at the Havana Junior High School**. There is no theme for it. We just want it to be an opportunity to share what we do and what services that we have. Salvation Army, Birth to Five, Senior Advantage, U of I Extension- 4-H, Chestnut Health Systems, U of I Extension, Fulton Mason Crisis Service, Spoon River, CAPCIL Head Start, Community Care Connection, Mason District Hospital, Peoria Area Food Bank, Trillium Place Carle, Memorial Behavioral Health are all the agencies attending. Everyone will get one table and two chairs.

### Happy Bucks

No Happy Bucks because we were in on zoom.  
The Happy Bucks helps put money towards our treasures fund.

### Agency Updates

#### \*Derek Brawner

**Position:** Community Liaison  
**Agency:** Health Alliance Medical Plans  
**Contact Info:** [Derek.Brawner@Healthalliance.org](mailto:Derek.Brawner@Healthalliance.org) ; 217-902-8230

#### Programs provided to Mason County:

Health Insurance (Medicare, Private, Group)

#### News/ Updates:

Currently Open Enrollment period for Medicare from January 1st to March 31st. Please see below to follow up on this update. Health Alliance also has plans on the ACA market exchange for both short and long term plans. Open enrollment on the ACA just finished up on January 15th.

#### Important Upcoming Dates/Events:

It is currently open enrollment for Medicare from January 1st to March 31st. This is the one time per year that people on Medicare are allowed to change their health plan if they are unhappy with the plan they picked during AEP. Medicare recipients will be unable to make the change after March 31st unless they fall into the special enrollment criteria.

#### 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.

#### \*Jeanette Davis, CRSS

**Position:** Recovery Specialist  
**Agency:** Chestnut Health Systems-Logan/Mason ROSC  
**Contact Info:** [jedavis@chestnut.org](mailto:jedavis@chestnut.org) ; 217-871-3208

#### Programs provided to Mason County:

Logan/Mason ROSC (Recovery Oriented Systems of Care)

#### News/ Update:

Tristan McGrew is part of Recovery Corp and is a resident of Mason County and lives in Havana. We are super excited to have him apart of the team. He has help start some new meetings and has a huge investment in Mason County. We look forward to community events. We continue to build and network.

**\*Felicia Farden**

**Position:** Regional Council Manager Region 53: Tazewell, Mason, Woodford

**Agency:** Birth to Five Illinois (INCCRRA)

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

**Programs provided to Mason County:**

Birth to Five Illinois just recently completed an Early Childhood Regional Needs Assessment in all 39 Regions in Illinois. The ECRNA used family and community voice through Action Councils, Family Councils, and focus groups and interviews to guide recommendations geared toward Early Childhood Education and Care. Our next round of Council selection is underway and our Councils will be focusing on an Implementation Plan for our recommendations and turning our focus to the “whole” child. We are essentially a platform to elevate family and community voices to hopefully impact funding and policy decisions at the local and state level.

**News/ Updates:**

We just finished writing two action plans. They focus on Elected officials, CCAP. We are going to focus on mental and behavioral health. The data centered on mental health. Kids in foster care are waiting on counseling services. Parents are waiting on parenting classes.

**\*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 survived yesterday and today is much better. We are getting new drivers. Some of the new drivers are coming through our new training program. CDL license or who have driven anything other than a car. Such as a farmer who drives agricultural equipment or military experience, those types won't necessarily have a CDL but will have the experience that we are happy to train so they can drive for us.

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

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

**Agency:** Mason District Hospital

**Contact Info:** [mganson@masondistricthospital.org](mailto: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.

**\*Stephanie Howerter**

**Position:** Director/Advisor – Havana Center

**Agency:** Spoon River College

**Contact Info:** [stephanie.howerter@src.edu](mailto: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:**

Spring semester has officially begun! 12-week and 8-week classes are available if anyone would still like to enroll for this semester.

The 2024 – 2025 FAFSA is now available.

SRC Foundation Scholarships are also available. The application can be found here, <https://www.src.edu/foundation/foundation-scholarships-grants/foundation-scholarships>. Registration for summer 2024 is now open.

GED registration will begin on February 13. 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](mailto: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:**

Wednesday, February 7 a College Prep Workshop and FAFSA workshop will be held at the SRC Havana Center. These are FREE workshops, but registration is encouraged.

Beginning Woodworking, taught by Phil Foster, will be offered in the spring semester. This course is offered through our Community Education department and begins February 25.

**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](mailto: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:**

#### **Youth Prevention Education**

We just wrapped up at Illini Central before winter break. We will be starting to teach at Midwest Central Middle School twice a week, which will be 5 weeks for 7<sup>th</sup> grade and 6 weeks for 6<sup>th</sup> grade. 6<sup>th</sup> grade has an extra lesson at the end about opioids.

#### **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](http://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](http://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>

### **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](mailto: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:**

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 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.

**\*Sue Tisdale**

**Position:** Prevention Specialist  
**Agency:** Chestnut Health Systems  
**Contact Info:** [tdwenger@chestnut.org](mailto:tdwenger@chestnut.org)

**Programs Provided to Mason County:**

Opioid Education and Overdose Prevention  
Distribution and training of NARCAN, fentanyl test strips, xylazine test strips, benzodiazepines test strips.

**\*Julie Toney**

**Position:** Public Education  
**Agency:** Fulton-Mason Crisis Service  
**Contact Info:** [JulieT@fmcsdv.org](mailto: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:**

April Child abuse prevention month. We are trying to fill positions as a legal advocate. We have been the Havana office more often during the week which has been great!

**\*Brooke Walker**

**Position:** Recruitment and Retention Specialist  
**Agency:** Community Child Care Connection  
**Contact Info:** [bwalker@4childcare.org](mailto: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:**

N/A

**Additional Info:**

I host the interagency meetings for Sangamon County (SCCN). If anyone would like to be added to the email list, I'd be happy to add them.

I try to attend as many community resource type events that I can, as well as any interagency meetings among our 9 counties.

**\*John Wiemers**

**Position:** Communication Specialist

**Agency:** JustServe.org

**Contact Info:** [wemrz@yahoo.com](mailto:wemrz@yahoo.com) 309-351-0459

**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 are 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!

**Additional Info:**

It is a website that is nationwide that helps volunteers find places to volunteer in their community. We don't have a lot of organizations in the Mason County area. We would love to create a page for us. If our organization relies on volunteers.

**\*Tyler Wenger**

**Position:** Prevention Specialist

**Agency:** Chestnut Health Systems

**Contact Info:** [tdwenger@chestnut.org](mailto: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**

For Parents of Middle School and High School Students to get them to talk to their students about alcohol. We are attending sporting events to see if parents are seeing our materials by doing our process evaluation survey.

**Illinois Youth Survey**

Havana High School has registered for the IYS and we will help proctor.

Havana Junior High School has signed up and so have both Illini Central schools.

Midwest Central schools have not signed up yet.

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

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