



# Cass County Interagency Group Newsletter

February/March 2019

Cass County Health Department

Volume 2, Issue 1

The Cass County Interagency Coalition is made up of Cass County agencies, businesses, and individuals who have made it their goal to improve the lives of Cass County residents by increasing access to valuable resources and creating new opportunities for the public through collaboration.

This is the official newsletter of the Cass County Interagency Coalition. Use this newsletter to stay updated on community events and opportunities to get involved in the health of your community. Got an event or idea you would like included in the next issue? Email Andrew English ([aenglish@casscohealth.org](mailto:aenglish@casscohealth.org)) with a brief summary. All members of the coalition will receive this newsletter as it is released.

## Upcoming Events

### **“Eat Smart, Live Strong”**

**February 19 & 26th**

Jacksonville Area Center on Independent Living, Wal-Mart, & The Extension Center are sponsoring a 4 Session Cooking Series where you will prep and cook simple dishes that focus on learning two components of healthy eating: to eat 1-1/2 cups of fruits and 2 cups of vegetables daily; and to incorporate at least 30 minutes of physical activity most days of the week. This event will be held in the Extension Center’s kitchen—104 N. Westgate Ave., Jacksonville. Space is limited to 20 people.

\*Some light exercise or stretching will close out each class.

Contact: Jacksonville Area Center on Independent Living

(217) 245-8371

## Lunch & Learn

**February 26th**

The Area Agency on Aging for Lincolnland is hosting a seminar directed at caregivers for seniors on social isolation presented by Max Holmes. This event is to be held at the Beardstown First United Methodist Church—415 S. State St. and will begin at 12pm. Please pre-register to ensure there is enough food for everyone.

Contact: Area Agency on Aging for Lincolnland

(217) 787-9234 or (800) 252-2918

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## Cass County Health Clinic Shopping Day & Movie Night

**March 1st**

The Cass County Health Clinic will be opening their Community Closet to the public on March 1st during the day from 10am-12pm and during the evening from 6pm-8pm. The Closet offers new or gently used clothing for both children and adults at no cost.

During the evening they will also be hosting a FREE movie night where they will be showing the new Wreck it Ralph beginning at 6:30pm. Children can make and decorate their own “box car” and enjoy popcorn. Please RSVP by contacting Tina Miller or by clicking “going” on the Facebook event and commenting with the number of children that will be attending.

Contact: Tina Miller

(217) 452-3057 ext. 1373

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## The International Community Group

**March 5th**

The International Community group is a newly organized group that meets in Beardstown to discuss ways to support the inclusion of newcomers of diverse races, ethnicities and languages. You are welcome to join them at an upcoming meeting. They meet next on Tues, March 5, at 4:30 pm at the Lincoln Courtroom, 101 W. 3rd St., Beardstown. The next meeting is tentatively planned for Saturday, April 6. For more information or to be added to their agenda, email [International.Community.B@gmail.com](mailto:International.Community.B@gmail.com).

Contact: Suzanne Parn

[International.Community.B@gmail.com](mailto:International.Community.B@gmail.com)

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## Lunch & Learn

**March 6th**

In March, the Area Agency on Aging will be hosting another session for caregivers on the subject of Mindfulness presented by Rod Lane. The session will be held at Beardstown First United Methodist Church—415 S. State St. and will begin at 12pm. The session will begin at 12pm. Please pre-register to ensure there is enough food for everyone.

Contact: Area Agency on Aging for Lincolnland

(217) 787-9234 or (800)252-2918

## **Substance Abuse Prevention Coalition Workgroup Meeting**

**March 13th**

The group will meet at the Large Conference room at the CCHD Virginia office to give individual agency updates on what has been going on. Activities will include sharing progress on the five goals defined by the group for year one. Partner agencies will discuss current happenings and activities that will be of interest to the group. All are welcome to attend.

Contact: Andrew English

(217) 452-3057 ext.1335

## **Low Vision Support Group**

**March 19th**

The Jacksonville Area Center on Independent Living hosts a monthly support group for those with limited or a loss of vision. The residents of Cass County gather to share their experiences and ways to adapt their lives in regards to low vision issues. These meetings are held at the Golden Age Center in Beardstown—111 W. 3rd St.

**\*\*The Support Group meeting for February has been cancelled\*\***

Contact: Lisa Viles

(217) 245-8371

## **Cass County Interagency Coalition**

**March 20th**

This meeting will be held in the Large Conference room at the CCHD Virginia office. Participating agencies will give updates of program activities and upcoming events. The contents of this newsletter are most commonly developed using activities discussed at this meeting. Organizations should bring any flyers and materials that they wish to share with the group and the public.

Contact: Andrew English

(217) 452-3057 ext. 1335

## **Cass-Schuyler Area Hospice Fundraiser**

**March 30th**

The Cass-Schuyler Area Hospice has planned their 24th annual fundraiser to be held at the Elk's Club in Beardstown—205 E. 2nd St. Dinner will be served at 6pm and does require a ticket bought in advance for \$30. Tickets can be purchased at the Cass County Health Department or from any hospice volunteer. There will be a silent auction, 50/50 raffle, a Las Vegas trip raffle, and entertainment provided by Shannon Wood at 7:30pm.

This event allows the hospice program to provide services to patients without them or their family ever receiving a bill.

Contact: Nicole Roegge

(217) 452-3057 ext. 1355

## **Colon Cancer Awareness Month**

**Month of March**

The Cass County Health Clinic is encouraging colon cancer screenings through FIT Testing. The FIT test is a do-it-yourself 1-time test that is performed at home and can detect issues that would prompt a follow-up appointment with a provider.

Each year, more than 140,000 people are diagnosed with colon cancer, a highly preventable disease and it is the third most common cancer in the US. If everyone age 50+ got regular screenings, 6 out of 10 deaths could be prevented. Cass County is considered a high-risk county, so testing and early treatment are important to the health of our community.

Contact: Delaney Sieving

(217) 452-3057 ext. 1350

## **National Public Health Week**

**April 1st-7th**

National Public Health Week is a chance to bring together communities across the US as a time to recognize the contributions of public health and highlight issues that are important to improving our nation's health. Each year, the American Public Health Association (APHA) develops a national campaign to educate the public, policymakers, and practitioners about issues related to each year's theme.

Please help us celebrate by checking our Facebook page for information that correlates with the daily themes determined by the APHA.

Contact: Andrew English

(217) 452-3057 ext. 1335

**Cass County Interagency Group meetings are held bi-monthly on the third Wednesday of the month. The next meeting will be held March 20th at the CCHD Virginia location in the Large Conference Room. The Cass County Health Department would like to thank the following agencies for participating in the Interagency's January meeting. We hope to continue seeing the familiar faces that represent these agencies and look forward to welcoming many more!**

**Area Agency on Aging for  
Lincolmland**

**iCare Long Term Care  
Ombudsman Program**

**Cass County Health Clinic**

**Gateway Foundation**

**Prairie Center Against  
Sexual Assault**

**Passavant Area Hospital**

**Midwest Youth Services**

**MCS Community Services**

**Illinois WorkNet**

**Prairie Council on Aging**

**PACT Head Start**

**Illinois DCFS**

**Cass County Health Department**

**Jacksonville Area for Independent Living**