
PIKE COUNTY CONNECTIONS



Collaborate • Communicate • Connect
The Pike County Community Health Partnership Newsletter

June 2009

PCCHP RESTRUCTURES

Throughout its three years of operation, PCCHP has been funded through several means including: a grant from SIU School of Medicine, pledges from the founding Steering Committee organizations, and the HRSA Rural Health Network Development Planning Grant. Through this funding the Partnership was able to hire a coordinator position, which was held by Michele Westmaas for the past twelve months. Due to lack of ongoing new grant funding, as of the end of April, the Partnership has eliminated this position. Of this change Jennifer Mowen, current Steering Committee Chair said, "the Partnership is greatly appreciative of Michele's enthusiasm for PCCHP and the progress that she was able to spearhead on behalf of the Partnership." Mowen went on to say, "Although we don't presently have the funds to maintain a coordinator position, PCCHP will maintain its office at 121 S. Madison in Pittsfield staffed on a part time basis by Margaret Lehr. On behalf of PCCHP, the Steering Committee will continue to actively address the health concerns identified through the Planning Grant: work to create and align health initiatives; as well as continue to seek more permanent sustainability funding."

Steering Committee Members:

Katie Wilson & Karen Epley
Mental Health Centers of Western Illinois,
Pike County location

Jennifer Mowen
University of Illinois Extension, Pike
County Unit

Connie Schroeder & Katherine Rowles
Illini Community Hospital

Anita Andress & Jan Bleich
Pike County Health Department

Patricia McIntosh
Illini Community Health Care Foundation

At-Large Members:

Brenda Middendorf
Two Rivers Resource Conservation and
Development Area

Susan Bowen
PACT Headstart

PIKE COUNTY
Community Health Partnership

Collaborate • Communicate • Connect

VISION:

All enjoy the highest degree of health, wellness and quality of life possible.

MISSION:

To collaboratively strengthen the health and wellness of those served in Pike County.

PCCHP Looks to the Future

Throughout the past twelve months PCCHP has worked to complete the activities defined in the Rural Health Network Development Planning Grant which included 1) conducting a county-wide community health needs assessment, 2) development of a strategic plan, and 3) creating a sustainability plan for the PCCHP.



The Illinois Institute for Rural Affairs at Western Illinois University completed the data collection and wrote the community needs assessment report. Among the health concerns identified through

this process, the health priorities discerned as most significant include: 1) coordination of services, 2) transportation, 3) mental health, 4) oral health care, and 5) food, housing and preventive health programs. PCCHP then contracted with the Illinois Public Health Institute, who facilitated a strategic planning process with community input, utilizing logic models based on the priorities identified through the health assessment. These logic models constitute a framework for action to address the highest priority needs as identified in the community needs assessment and serve as a basis for the development of short and long term goals. An evaluation component of the plan is

presently in development, which will enable PCCHP to establish target goals and measurements of success in addressing these goals.

As the last activity of the Rural Health Network Development Planning Grant, PCCHP is finalizing a sustainability plan. Components of the plan include recommitted financial and in-kind support from the Pike County Health Department, Mental Health Centers of Western Illinois, Illini Community Health Care Foundation, University of Illinois Extension, Pike County, and Illini Community Hospital as well as a streamlined support structure. All of the above mentioned organizations have entered into a formal memorandum of agreement stating their commitment to the agreed upon goals and aims of the Partnership.

The community health needs assessment and strategic planning documents will guide the PCCHP as the mission of collaboratively strengthening the health and wellness of those served in Pike County is pursued. Copies of these documents may be downloaded from the partnership's web site at www.pikehealthpartnership.org or by contacting the PCCHP office at 217-285-9469. For more information, contact Jennifer Mowen, Chairperson of the PCCHP Steering Committee at 217-285-5543.

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VISIT PCCHP ON THE WEB AT www.pikehealthpartnership.org
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Is your organization sponsoring an upcoming event?

Let PCCHP help you spread the word.

If your group or organization would like PCCHP to pass on information about your events to other PCCHP members, email the information to info@pikehealthpartnership.com or call 285-9469.



ILLINI COMMUNITY HEALTH CARE FOUNDATION

Illini Community Health Care Foundation Now Taking Applications for Healthy Communities Grant Funding

The Illini Community Health Care Foundation (ICHCF) is now accepting applications for their 2009 Healthy Communities Grant Funding Cycle. The Foundation's 2009 grant funding cycle began June 15, 2009 and will culminate in September 2009 when grant awards will be made. Grantees are selected by ICHCF's Board of Directors on the basis of projects addressing the most urgent health needs identified in Pike County or projects best meeting ICHCF's funding priorities, which include:

Improving lives through better healthcare. ICHCF supports organizations engaged in disease prevention, treatment, therapy and patient education. Emphasis is given to those organizations that focus on addressing unmet health care and wellness needs through creative partnerships and collaborations between health care entities.

Enriching lives through healthier communities. ICHCF supports organizations in Pike County that are working toward providing health and human services to those in need, particularly: at-risk children and youth, senior citizens, and underserved populations. Emphasis is given to those organizations whose services bridge the gap between public and private health care services.

Empowering lives through better health education. The foundation supports improving access to comprehensive and accurate health educational resources and learning opportunities.

Foundation Executive Director Patricia McIntosh stated of an additional funding focus, "Findings from the Illinois Institute for Rural Affairs (IIRA), who conducted a county-wide health needs assessment as part of PCCHP's HRSA Planning Grant Award, identified primary health concerns in Pike County. In addition to the Foundation's long standing funding focus, this year we will also be mindful of these most critical health needs facing the residents of the county when evaluating projects." Among the numerous health needs identified as part of the assessment process, the following five needs were recognized as most pressing in Pike County today:

- Improved coordination, cooperation, and communication between and among local healthcare providers, residents, and service providers;
- Access to and better coordination of transportation services within and throughout Pike County;
- Expanded mental health/psychiatric services to meet the growing demand;
- More options for dental care/oral health for low-income families, children, the uninsured, the underinsured, and the elderly;
- Food, housing, and preventative health programs.

To be considered for an ICHCF Grant an organization must be a tax-exempt non-profit organization that offers health services or programs, which benefit residents of or those seeking services within Pike County Illinois. Applications may be obtained by contacting Patty McIntosh at the Foundation office in Pittsfield at 217-285-6080 or email the office at ichcf@aol.com.



Please let us know if you have any changes in your mailing or e-mail address.

PIKE COUNTY SENIOR CITIZENS EXPO

Crossroads Center August 27, 2008 10:00 AM-2:00 PM

Pike County Senior Services receives inquiries daily from senior citizens or their caregivers about where to go for legal advice, housing, financial advice, in-home services, and many other issues. The Pike County Senior Expo will bring a broad array of useful information into one place for a day enabling senior citizens, their family, friends and caregivers the access to whatever their needs may be, including:

- Legal Information (wills, power of attorney, etc.)**
- Financial (banking, financial planning, trusts, taxes, etc)**
- Medical (hospitals, physical therapy, optometry, etc.)**
- Nursing Homes & Assisted Living**
- Home Health Care Services**
- Other types of services available to senior citizens**

The Expo is being put on by Pike County Senior Services and Meals Plus for Seniors and is being underwritten by the Illini Community Health Care Foundation.

In addition to being open free to the public, the Expo will also feature live entertainment, door prizes and a complimentary lunch provided for individuals age 60 and over. Those under age 60 may eat lunch for \$4.00.

Organizations or groups who are interested in participating as an exhibitor in the Pike County Senior Citizens Expo should return the form below or contact Sandra Schmidt or Bruce Tossick at 217-223-7904 or 800-252-9027 to find out more information.

PIKE COUNTY SENIOR CITIZENS EXPO

August 27, 2008 10:00 AM – 2:00 PM, Crossroads Center, Pittsfield

Company Name: _____

Contact Person: _____

Address: _____ City/State/Zip _____

Phone: _____ Fax: _____ E-Mail: _____

BOOTH RENTAL FEE:-----\$50.00

NO BOOTH RENTAL FEE FOR NON-PROFIT ORGANIZATIONS

For further information contact Sandra Schmidt or Bruce Tossick at 217-223-7904 or 800-252-9027.

Health Care Reform

By Connie Schroeder, CEO, Illini Community Hospital

President Obama has placed health care reform as one of his priorities for his term in office. It appears the focus over the first several years will be to improve the ability to create and share electronic health information and improving coordination of care.

The America Recovery and Reinvestment Act (ARRA) includes funding to help hospitals and physician offices implement electronic medical records and to create health information exchange systems across the nation. The ultimate goal is to have all medical information in an electronic format so it can be shared among providers of care, regardless of location. The sharing of data will reduce the need for re-testing when a patient is transferred to another provider for care and improve the delivery of care. Care delivery is improved by providers having access to historical and current information on which to base their plans of care.



The federal government is also looking at ways to reduce overuse of the health care system (thus reducing cost) by improving the coordination of care between providers. They would tie the reimbursement for the care that has been delivered to how well coordination is accomplished and how well certain outcomes are achieved. For instance, it is possible that hospitals will be reimbursed to take the lead role in coordinating care far beyond the hospital stay in home care, skilled care, and rehabilitative care. If an unplanned re-admission that is related to the previous admission occurs within a set time frame, it would be considered a poor outcome of coordination and the hospital's reimbursement would be reduced.

Health care reform will affect all of us in America. Stay informed!

CENTER FOR RURAL AFFAIRS LOOKS AT TOP 10 RURAL HEALTH ISSUES

The Center for Rural Affairs thinks the following 10 points are important in the rural health care debate. You can read their on-line newsletter addressing issues of concern to rural America by going to www.CFRA.org.

1. **Universal, Continuous and Affordable:** Healthcare must be affordable for individuals, businesses and society.
2. **Self Employment and Small Businesses:** Reform must provide options—including a public option—for businesses and the self-employed.
3. **An Aging Population:** Many rural areas are experiencing an aging population, and with it an increase in chronic diseases, disability, and pressure on an already burdened health care system.
4. **Dependence on public plans:** With a population that is older, poorer and with less employer-based health insurance more rural people are dependent on public health care programs.
5. **Health Infrastructure:** Reform must provide small hospitals and clinics with resources to update their technology, provide care to the unserved and underserved, and address their current funding model.
6. **Healthcare Providers:** Over 80% of rural counties are medically underserved, over 1/3 of rural Americans live with a shortage of health professionals, and only 3% of current medical students plan to practice in rural areas.
7. **Health, Wellness, and Prevention:** Rather than treating just sickness, our health care system must focus on wellness and prevention as well.
8. **Mental Health:** More than half the counties in the United States have no mental health professionals.
9. **Emergency Services:** Rural EMS providers are underfunded, face growing demand, and work force and volunteer shortages.
10. **Health Technology:** Adoption of health information and telehealth technology remains low in rural areas. Reform must include resources for health technology and closing the rural broadband gap.

Pick up the Pace in Pike — A Success



On January 6, Illinois Department of Public Health – Office of Women’s Health awarded a \$3500 grant to Illini Community Health Care Foundation as fiscal sponsor to the Partnership to fund “Pick up the Pace in Pike”, a 12-week walking program.

“Pick up the Pace in Pike” kicked off on April 9 with 88 people attending the first Brown Bag luncheon. That day Shirley Camp gave the lesson on MyPyramid.gov. Also, 60 people took advantage of the free Body Fat Analysis offered at the start of the program.

Since then more than 100 people have logged in their steps. From 26,663 average steps in Week One to a high of 57,102 average steps in Week 10, Pike County walkers have proved they can Pick Up the Pace in Pike.

Along the way, the more than 200 registered participants have received a weekly newsletter containing tips and motivation to develop a healthier lifestyle. The most popular component in the newsletter has been the recipe section. From Vegetable Kabobs to Frosty Mocha, Pick Up the Pace participants have added a variety of new nutritious recipes to their menus. These recipes are posted on the Google site.

Participants can continue to support and encourage each other after the program ends on June 30 through the online Google group at <http://groups.Google.com/group/pick-up-the-pace-in-pike>.



smokefree.gov

Have you checked out this website yet?

It offers many types of support for people who want to quit smoking, as well as, for those who are helping someone else to quit smoking.

Topics on the website include:

- ◆ Online quit smoking guide
- ◆ Expert help—by phone or instant messaging
- ◆ Online print resources
- ◆ Research studies
- ◆ Link to women.smokefree.gov — a website with topics specifically designed for women



This is a great resource for anyone who wants more help to quit smoking.



How are we doing?

Just as the Partnership is a collaborative effort, so is the newsletter. This is your opportunity to let us know how we are doing. What do you like about Connections? Are the articles helpful? What would you like to see in future newsletters?

Please email info@pikehealthpartnership.com or call 285-9469 with any suggestions.