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# PIKE COUNTY CONNECTIONS

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

February 2009

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## From the Coordinator's Desk

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Did you feel the tornado of brainstorming in October and November? Two groups of dedicated individuals met to consider the Partnership priorities and the most pressing needs of the county. The ideas they generated were used to create the first drafts of the Partnership's strategic plan. How will the Partnership make a difference in Pike County? What will we do in the next 3 years? What are our most important goals? What are the most achievable goals? Who needs to participate? These are the questions we began to answer at a planning retreat on Jan. 9th.

We now have a draft strategic plan. By the time of the next newsletter, we will have a final plan in place. Will you be a partner in implementing the plan? Does your organization have a role in achieving the goals for Pike County? The Partnership is not any one member organization or individual. The Partnership is all of us together — and some who haven't joined in our work yet.

The key to the Partnership's success will be effectively promoting and supporting collaboration, communication and connection within the county. The Partnership's success will be everyone's success — all of us involved in the work and all of the residents who will realize an improved quality of life as a result of our work.

As we finalize and begin to implement our plans, I look forward to witnessing what we can achieve as we work together to make Pike County an even better place to live, work and play.

*Michele*

### 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 & Kathryn 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.**

# Mission Accomplished!

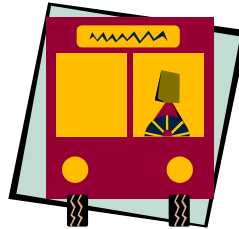
The Community Health Needs Assessment completed by The Illinois Institute for Rural Affairs is now available on our website, [www.pikehealthpartnership.org](http://www.pikehealthpartnership.org). You are invited to review, download, print, and use the report for your own purposes. Contact Michele if your group would like to schedule a presentation of the findings (285-9469 or [coordinator@pikehealthpartnership.org](mailto:coordinator@pikehealthpartnership.org)).

While the assessment did not reveal any hidden surprises, it is important to have data confirming what we thought we knew about our county. The following five needs were determined to be the most pressing in Pike County.



**Coordination of Services.** Improved coordination, cooperation and communication between and among local healthcare providers, residents, and service providers outside the county would better enable residents to get the care they need. Everyone needs to know what programs and services are available, who they serve, and how to access them when needed.

**Transportation.** Better coordination of services, more healthcare services, and more social service programming are for naught if people cannot get to these services or if the services are not taken to them. A fundamental barrier to access is a lack of adequate and appropriate transportation, both in and outside of the county.



**Mental Health/Psychiatric Services.** The growing need for mental health services exceeds the current resources available. We need more providers and a wider variety of programs and services.

**Dental Care/Oral Health.** Low-income families, children, the uninsured, the underinsured, and the elderly are going without preventative dental care and treatment due to lack of accessibility to oral health providers and a lack of dentists willing to accept Medicaid and/or new clients.



**Food, Housing, and Preventative Health Programs.** To improve overall quality of life in Pike County requires a comprehensive strategy to increase health as well as reduce poverty and its impact. Promoting and enhancing access to adequate food, housing, and preventative care can reduce the impact of poverty on residents.



# Logic Models: Roadmaps for Purposeful Action

Inputs... Outputs... Activities... Oh, my!

On Nov. 25th, Laurie Call of the Illinois Public Health Institute presented a training on logic model use and development. Participants will use the information presented to develop a 3-year strategic plan for the Partnership. Logic models can be used for many planning purposes. We hope participants will use the information throughout the county in other organizations and situations.

A logic model is a visual representation of where your organization wants to go and how you plan to get there. The model is composed of **inputs**, **activities**, and **outputs** leading to desired **outcomes**. Sounds simple – but it can be terribly confusing! Laurie presented it in a logical and understandable manner.

- ★ **Inputs** are the resources you need to take action: people, supplies, equipment, data, finances, etc.
- ★ **Activities** are the services and programs you plan to use to reach the outcome.
- ★ **Outputs** are the results of the activities. Outputs are things that can be measured, such as number of times a public service announcement airs, number of clients served, number of people attending, etc.
- ★ **Outcomes** are changes in behavior or an impact your organization desires to have that occur as a result of the outputs. Outcomes are the things that are different because of the activities and include increased knowledge or changes in behavior. Outcomes often occur in stages. An increase in knowledge leads to a small change in behavior which leads to further changes which, over time, lead to improvement in quality of life.

Logic models combine inputs, activities, and outputs into “if – then” statements that lead to the goal and include the resources needed to implement each statement. If we use these inputs to do this activity, then this output will result. If we have this output, then we will have this outcome.

Developing a logic model lets you think through the actions needed to reach a goal. Some of the benefits of developing a well thought out plan before taking action are:

- ★ Keeps focus on what matters,
- ★ Helps set priorities for scarce resources,
- ★ Matches actions with goals,
- ★ Provides a shared vision for collaboration with others.

Logic models do require time and thought to develop, but they help direct limited resources toward achievable goals.

Laurie’s logic model training is available on the “Downloads” page of our website: <http://www.pikehealthpartnership.org/Download.html>.

Additional logic model training and templates can be found at the University of Wisconsin Extension website: <http://www.uwex.edu/ces/pdande/index.html>. Click on "What's New".

## Pick up the Pace in Pike



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.”

“Pick up the Pace in Pike” is a twelve week walking program aimed to:

- Raise women’s awareness of their daily physical activity.
- Provide an opportunity for healthy physical activity through walking.
- Encourage women to develop a plan to continue walking at the conclusion of the program.

Partners in the project include Illini Community Health Care Foundation, Pike County Community Health Partnership, the Pike County Health Department, and the Pike County Unit of University of Illinois Extension. The walking campaign will begin in March and conclude in early June. Two hundred women structured into forty (40) five-person teams are expected to be enrolled in the program.

Four educational sessions will be held including an introductory program with an initial body fat analysis. Intermediate sessions, ‘Steps to Success,’ will allow participants an opportunity to bond as they share their wellness experience and learn methods to increase activity and motivation. The final session will focus on avoiding exercise pitfalls and a final body fat analysis for personal comparison to the beginning of the program. In addition, all participants will maintain a weekly journal of their walking and other physical activity. These journals will be submitted for progress monitoring. Participants will be sent weekly email tips to provide motivation to increase steps and healthy recipe ideas to improve overall health, and they will have the opportunity to share in a participant blog.

All Pike County women are invited to “Pick up the Pace in Pike”. To sign up, call the University of Illinois Extension at 285-5543.

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## Reachout Center

**Hours: M, T, W, F 8:30-4:30**

**Location: 120 S. Madison, Pittsfield (across from the Counseling Center)**

Reachout Center is open to the public and offers affordable prices for clothing and household items. The public is welcome. There are no eligibility requirements. Donations are accepted during normal business hours. Contact: Rachel 285-2054.

## Access Food

Access Illinois Outdoors, operated by Two Rivers RC&D, has created an "Access Food" program to address the problems created by the growing deer population, which include excessive crop damage and a high rate of vehicular collisions. The project has a two fold purpose: to encourage hunters to take a doe to help control the over abundant deer population and at the same time provide much needed meat for local food pantries. Many nonresident hunters are willing to shoot a doe if they are not burdened with the processing costs and distribution of the meat. Hunters simply bring their tagged and field dressed deer to Magro's Processing in the Industrial Plaza, Pittsfield, or Valley View Custom Meats, south of Martinsburg. The program pays for all processing costs. Two food pantries, the Two Rivers RCPO and the Barry Food Pantry feed over 1500 individuals a month. The food pantries constantly battle a shortage of meat. Needs are increasing as evidenced by Pike County's inclusion on the Poverty Warning List. The program has been very successful and is in its third year of operation. This year we exceeded last year's donations with over 15,000 pounds of processed venison donated. This represents 274 deer killed. The program has been expanded to Brown, Schuyler and Scott Counties.

For more information or to make a donation, please contact Brenda at 285-2464.

## Barry Food Pantry

**Hours:** M, W, F 10-2 and Sat 9-12

**Location:** 603 Decatur Street, Barry (across from the Post Office)

**Donations:** received at the Food Pantry during normal business hours

**Contact:** 335-2972, 335-2485, 335-2838

## Pike County Food Pantry

**Hours:** M, T, W, F 8:30-4:00

**Location:** 120 S. Madison, Pittsfield (across from the Counseling Center)

**Donations:** received at the Reachout Center or Two Rivers office during normal business hours

**Contact:** Lynn 285-5424

For both food pantries, customers self attest to income eligibility by signing a DHS required Signature Sheet. No other documentation is required.

Monetary donations are accepted and used to purchase food items to supplement items received from the Central Illinois Foodbank. Critical support from area churches and organizations have helped to keep shelves stocked even as economic conditions have caused greatly increased need.

While the number of families using the Barry Food Pantry has remained somewhat stable, usage at the Pike County Food Pantry has more than doubled in the past year.

### Food Pantry Wish List of Non-Perishable Staples

Tuna  
Tuna Helper/Hamburger Helper  
Spaghetti Noodles & Sauce  
Peanut Butter  
Instant/Dried Potatoes

Beef Stew  
Dried Milk  
Mac-n-Cheese  
Chili Seasoning & Chili Beans

**What if all Pike County residents had healthy and affordable food?**

# Understanding the Culture of Poverty

I attended a training presented by Dot Nelson of Quincy University called “Making the Connection: Working with Individuals with Limited Resources”. As a teacher, I’d heard about the Ruby Payne trainings which help educators to understand the needs and behaviors of their students living in poverty. I’d never been able to attend a Ruby Paine training so I was thrilled when this similar opportunity arose.

At the end of the day, the way I thought about people of different socio-economic status had changed.

Whether rich, poor, or in between, there are cultural differences related to socio-economic status. In America, these differences are unspoken and often unrecognized because we like to consider ourselves a class-less society. However, understanding the differences can help us to interact more effectively.



For those of us working to improve the quality of life in Pike County, a huge part of that goal is addressing issues related to poverty. We may not be able to eliminate poverty, but we can understand what it means to be poor so that we can support people in a way that is respectful and effective.

Many of us in the “helping” professions grew up in the middle or upper class. We may never have experienced the challenges that others face daily. In order to truly make a difference in the lives of those we seek to help, we need to expand our understanding of what it is to be in their shoes.

In order to increase our understandings, we discussed the language characteristics, driving values and hidden rules of each socioeconomic class. Then we discussed how to use those understandings to improve communication, build relationships, and mediate situations to effectively support individuals in achieving their goals and meeting their needs.

## Key Points to Remember

1. Poverty is relative.
2. Poverty occurs in all races and all countries.
3. Economic class is a continuous line, not a clear-cut distinction.
4. Generational and situational poverty are different.
5. Persons tend to follow the hidden rules of the class in which they were raised.
6. Schools and businesses operate from middle class norms and use the hidden rules of the middle class.
7. For clients or students from underserved populations to be successful, someone must teach them the hidden rules of the middle class.

(from the Hidden Rules Fact Sheet linked to the right)

## Some links for more information:

Fact Sheet- Understanding Poverty: An Overview  
<http://www.ext.wvu.edu/cyfar/rut/understanding.htm>

Fact Sheet—Hidden Rules  
<http://www.ext.wvu.edu/cyfar/rut/hiddenrules.htm>

A paper discussing the use of Ruby Payne concepts related to healthcare services:

[http://www.ahaprocess.com/Community\\_Programs/Best\\_Practices/files/HealthPovertyArticle\\_DeVolPayne.pdf](http://www.ahaprocess.com/Community_Programs/Best_Practices/files/HealthPovertyArticle_DeVolPayne.pdf)

**“For centuries, it’s been true that if you want to increase the odds of living a long and healthy life, don’t be poor.”**

**Robert Sapolsky**

What if poverty in Pike County were decreased?

## Habitat for Humanity of Pike County

Submitted by Kathy Hull, Board Chair,  
Habitat for Humanity of Pike County

We are very pleased to announce that a ceremonial groundbreaking for the first house to be built by Habitat for Humanity of Pike County (HFHPC) was held December 6, 2008. HFHPC is a part of Habitat for Humanity International, a nonprofit, ecumenical Christian housing ministry. The goal of Habitat for Humanity, both at the local and international levels, is to eliminate poverty housing and homelessness from the world, and to make decent shelter a matter of conscience and action. World wide, Habitat has built more than 200,000 homes, providing more than 1,000,000 people in more than 3,000 communities with safe, decent, affordable shelter.

Through volunteer labor and donations of money and materials, Habitat builds simple, decent affordable houses with the help of the homeowner (partner) families. Habitat houses are sold to partner families at no profit, financed with affordable loans. The family that has been selected to be the first HFHPC partner is the David and Marian Scribner family of Griggsville. Their future home will be located on the corner of

Federal and Clinton streets in Griggsville. The homeowners' monthly mortgage payments are used to build still more Habitat houses. Habitat is not a giveaway program. In addition to a down payment and the monthly mortgage payments, homeowners invest hundreds of hours of their own labor -- sweat equity -- into building their Habitat house and the houses of others.

Habitat for Humanity's work is accomplished at the community level by affiliates like Habitat for Humanity of Pike County -- independent, locally run, nonprofit organizations. Each affiliate coordinates all aspects of Habitat home building in its local area -- fund raising, building site selection, partner family selection and support, house construction and mortgage servicing. HFHPC would love to see more community members involved. Anyone who would like additional information about Habitat for Humanity of Pike County, would like someone to speak to your church group, club or service organization, would like to know how to become a Habitat volunteer or would like to make a donation to HFHPC can contact Kathy Hull, 285-5597 or [khull82@casscomm.com](mailto:khull82@casscomm.com).

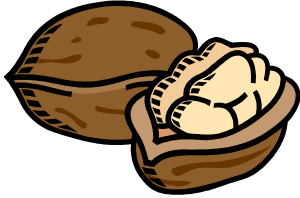


Habitat for Humanity celebrates groundbreaking on its first home for the David and Marian Scribner family located on the corner of Federal and Clinton Streets in Griggsville.

**What if all Pike County residents had adequate and affordable housing?**

## Strategic Planning Update

As part of the Network Development Planning Grant, the Partnership hired the Illinois Public Health Institute to assist in developing a three-year strategic plan. Our consultants, Laurie Call and Mark Edgar, have been expertly guiding us through this process. In a nutshell, here's what we've done:



- October 26 and November 6 — Nearly fifty people participated in brainstorming sessions.
- November 25 — Twenty people returned for a training on development and use of logic models.
- January 9 — At a full-day planning retreat, approximately 20 participants used their logic model knowledge, the ideas generated at the brainstorming sessions, and the Community Needs Assessment findings to create draft logic models for the following three priority areas: Coordination, Access, and Awareness.

Future work will involve refining those draft logic models into achievable, realistic plans that the Partnership can implement over the next 3 years. The Steering Committee will refine the plans and complete the measurement portion of each plan (How will we measure our success?).

**What if we had a county-wide community health plan and collaborated to achieve shared goals?**

## THANK YOU!

Thanks to all the members of the Partnership and community who have participated in the Strategic Planning process. You have helped guide the Partnership in setting goals to address the needs of the county. Your continued involvement will be critical as we implement the plan over the coming years.



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

## Family Health History Tool Online

The U.S. Surgeon General has an internet-based family health history tool that has recently been updated and improved. The tool makes it easy for patients to assemble and share family health history and can help practitioners make better use of family health history information.



Find the tool at <https://familyhistory.hhs.gov>

The tool provides the software to compile your family health history information but does NOT provide access to your information by the government or anyone else. All of your data is stored on your own computer (or at your own targeted storage location). Your information is safely and securely in your own hands. But – it is compiled in a format that is easy to share with your doctor and is compatible with your doctor's electronic record system.

As a parent of a child with specialized healthcare needs, I understand the value of such a tool. If you are healthy and blissfully unaware of the need for your family health history, now is the time to gather the information – while it's relatively uncomplicated and pressure-free. Whether you use this tool or another method, your family health history is important information you should have.

## Want to know more?

Would your organization like a presentation of the Community Needs Assessment findings?

Would your organization like to know more about the Partnership?

Call the office at 285-9469 or email Michele at [coordinator@pikehealthpartnership.org](mailto:coordinator@pikehealthpartnership.org) to make an appointment for her to speak to your group.



## 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 [coordinator@pikehealthpartnership.com](mailto:coordinator@pikehealthpartnership.com) or call 285-9469 and let us know how we are doing.