

Meeting minutes are also posted on the website:

<http://extension.missouri.edu/franklin/ServiceProviders/Index.html>

FRANKLIN COUNTY SERVICE PROVIDERS

February 3, 2009

Meeting attendees:

John Baker--AIRA

Alyce Carpenter--Franklin County Children's Division

John Falcone--HealthCare USA

Marie Gumpenberger--AIRA

Jeanette Hale--Franklin County Department of Health

Melissa Hampton—Franklin County CASA

Maureen Heidbreder—BJC Home Care Services

Phyllis Hicks—United Way 211 of Greater St. Louis

Melissa Hildebrandt—Mideast Area Aging on Aging

Micki Hoffman—East Central College, Adult Education and Literacy

Laura Jensen—Exceptional Equestrians

Lindsay Keen--Exceptional Equestrians

Armin Klemme—Union Food Pantry

Norma Klemme—Habitat for Humanity

Sue Luedde—East Central College, Adult Education and Literacy

Sandra McKinnon—University of Missouri Extension

Shelly Miller—Regional CLAIM Liaison

Lisa Mundwiller—Alternative Opportunities

Kelly Peebles—Molina Healthcare

Jenni Riegel—Congressman Blaine Luetkemeyer's office

Stephanie Rohlf's-Young—Alzheimer's Association (speaker)

Becky Stieffermann—Franklin County Area United Way

Sue Swisshelm—Franklin County Family Partnership, St. Clair

Verna Woodson—Recovery Intl., Union

Franklin County Service Providers

Presenter List for 2009

March 3, 2009	United Way 2-1-1 – Phyllis Hicks
April 7, 2009	Legal Services of Eastern MO – Jon Althausser
May 5, 2009	Lutheran Family & Children’s Services – Dee Restrepo
June 2, 2009	<u>TENTATIVE – confirm in January</u> Franklin County Sheriff’s Department - Deputy Duck
July 2009	No meeting held in July
August 4, 2009	Division of Children’s Services – Alyce Carpenter
September 1, 2009	St. John’s Mercy Hospital Auxiliary – Deanna Coppeans
October 6, 2009	Harmony Health Plan – Regina Sullivan
November 3, 2009	Habitat for Humanity – Norma Klemme & Mary Ann DeJesus
December 1, 2009	Americare – Julie Willman

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Minutes

The meeting was called to order by Becky Stieffermann, United Way. New members were reminded to sign in and provide contact information and email if they want to be included on the listserve.

Becky Stiefferman said that she had received additional brochures from last month's presenter, Kyle Quick. She also stated that she had printed copies of the Community Directories for the Franklin County Service Providers available for those interested. The information in the printed directory is also available on the website.

Introductions and the following announcements were made:

United Way:

Becky Stieffermann said their fund drive work continues.

Franklin County Children's Division:

Alyce Carpenter said her agency had passed accreditation in the CFSRA review. She also passed on information on the Women's Night Out and Pancake Breakfast at Applebee's being held by ALIVE. For more information, you may contact Alyce or ALIVE.

HealthCare USA:

John Falcone had nothing new to share.

Adult Education and Literacy:

Sue Luedde shared that "Step Into Reading" had received some good publicity in the paper.

Exceptional Equestrians:

Laura Jensen said the Spring Session begins on February 28, and they are looking for volunteers.

Blaine Luetkemeyer:

Jenny Riegel said Congr. Luetkemeyer has replaced Kenny Hulshof in the U.S. Congress.

Midwest Area on Aging:

Melissa Hilldebrandt said the office has relocated to St. Clair; new phone number is 636-629-3143.

Regional CLAIM Liaison:

Shelly Miller says they continue to offer Medicare claim help.

AIRA:

John Baker and Marie Gumpfenberger said they are opening a new center in Montgomery County.

Habitat for Humanity:

Norma Klemme said they are preparing to build 2 houses in Sullivan this summer and need applications from qualified candidates. They also need monetary contributions for their program.

Union Food Pantry:

Armand Klemme said that the number of families requesting help has doubled recently, due to the downturn in the economy. The pantry needs food donations. Frick's has a barrel for food donations or they can be brought to the pantry.

Franklin County Department of Health:

Jeanette Hale said the department has 13 employees and is involved in the WIC program and STD testing. They are also recruiting volunteers to participate in a survey regarding rural use of tobacco products. Those who take part in the survey will receive a free gas card. Interested persons should contact the Health Department.

Jefferson/Franklin County Community Action:

The agency is currently taking applications for assistance with weatherization and also for preschool.

United Way 211 Services:

Phyllis Hicks reminded us that the United Way offers referral services through 2-1-1.

University of Missouri Extension:

Sandra McKinnon distributed a flyer with information on the costs of the income tax refund debit cards being offered by tax services, and one with information on tax credits available.

ECC, Adult Education and Literacy:

Micki Hoffman stated the program continues to have a need for volunteer tutors to work one-on-one with adults in need of literacy services. Anyone interested should contact the AEL office.

Franklin County Family Partnership:

There are still openings for 3 -4 year olds for preschool, and applications should be directed to her agency.

CASA:

Melissa Hampton says her CASA agency currently has 33 volunteers working as advocates for children in foster care. CASA has two upcoming events: March 14, St. Patrick's Day Dance and Shrimp Boil at the K of C in Union, and Family Fun Day on April 18 (Keep Kids Safe). For more information, please contact her agency.

Alzheimer's Association--Stephanie Rohlf's-Young (presenter):

Stephanie is a social worker and has worked for 13 years as the Outreach Director for the association. She said information in the last 10 years regarding dementia has increased dramatically. She is working hard to get the word out about the disease, do encourage early diagnosis.

The association works to help people by research to eliminate the disease, support the families and caregivers of those suffering with dementia and promote the reduction of dementia through brain activities. Dementia is a global term that covers a cluster of symptoms, and includes over 70 diseases. There is no gray line in diagnosis of dementia. There are over 75 different types of dementia, and it is often tied in with other diseases. A "touch of dementia" is not a diagnosis. If you have symptoms, you have the disease. The first step in diagnosis is to speak with the primary care physician and request a referral to a specialist, if needed. Patients can live 10-15 years after a diagnosis with proper diagnosis, treatment and support.

Early detection and diagnosis is important. However, an official diagnosis is not necessary to use the Alzheimer's Assn. services which include before, during and after care, including safety issues and adult day care, and respite care assistance of up to \$1000.

The association needs funds for services and support; the federal and state governments do provide funding for research, along with other contributions.

Stephanie then covered some ways we can protect ourselves. It's important to keep our minds active and challenge our brains. There is growing evidence that that keeping our mind and body active can reduce the risks of dementia. It's important to work to use your non-dominant brain side, which will slow synapse loss. Healthy living, including proper nutrition, multi-vitamin supplements and regular physical activity are important.

For more information, you may contact the Alzheimer's Association directly.