

## Franklin County Service Providers

March 6, 2007

### Meeting attendees:

Jennifer Bennett, ClearPoint Financial Solutions  
Barb Berger, Jefferson County Family Support  
Lynn Butler, American Cancer Society  
Teresa Connelly, Franklin County CASA  
Carol Conway, Alanon/Alateen  
Cathy Covington, ALIVE  
Don Covington, Ministrat Alliance  
Pam Cox Williams, Head Start  
Michael Cundiff, Family Wellness Program  
Joan Dennis, St. Vincent de Paul  
Katie Dieckhaus, Congressman Kenny Hulshof's Office  
Barb Dreier, Adult Education & Literacy Program-ECC  
Lisa Epple, East Central College  
Ron Fiehm, Natural Resources Conservation Service  
Maureen Heidbreder, BJC Home Care Services  
Mary Jo Hellmann, Franklin County CASA  
Gail Hunt, HealthCare USA  
Bob Jackson, Social Security Administration  
Laurie Kelly, Jefferson Franklin Community Action  
Maria Killian, St. Vincent de Paul  
Armin Klemme, Union Food Pantry  
Norma Klemme, Habitat for Humanity  
Susan Luedde, Alzheimer's Association  
Paige Martin, Children's Division  
Karen Mathis, Jefferson County Family Services Division  
Gail McFatrach, Franklin County CASA  
Susan McGlynn, Family Planning Clinic  
Sandra McKinnon, University of Missouri Extension  
Linda Metcalf, Mid-East Area Agency on Aging  
David Noe, Franklin County Health Department  
Tim Owens, HealthCare USA  
Jenni Riegel, Congressman Kenny Hulshof's Office  
Donna Robart, St. Clair R-13 High School  
Karen Rothschild, Division of Family Services  
Carol Sincox, Alanon/Alateen  
Becky Stieffermann, Franklin County Area United Way  
Joy Walker, Exceptional Equestrians  
Jeff Watson, Social Security Administration  
Verna Woodson, Recovery, Inc.  
Sheria Yancey, Farm Service Agency

## **Franklin County Service Providers Presenter List for 2007**

January 2, 2007	Linda Metcalf – Mid East Area Agency on Aging
February 6, 2007	Polly Watson – Jefferson/Franklin Community Action
March 6, 2007	Michael Cundiff – Family Wellness
April 3, 2007	Armin Klemme – Union Food Pantry
May 1, 2007	Jane Skornia – Probation & Parole
June 5, 2007	Melinda Ohlemiller – St. Louis Arc Prevention Project
July 2007	<u>NO MEETING SCHEDULED</u>
August 7, 2007	Jake Capps - Crossroads
September 4, 2007	Laura Jensen – Exceptional Equestrians
October 2, 2007	Verna Woodson – Recovery, Inc.
November 6, 2007	<u><i>Tentative Field Trip</i></u> – Willow Brooke Assisted Living
December 4, 2007	Daphne Terrill – HealthCare USA

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Minutes

The meeting was called to order by Sandra McKinnon with the University of Missouri Extension. Introductions and the following announcements were made:

**Franklin County Service Providers:**

Sandra McKinnon discussed that this meeting marks the 15<sup>th</sup> anniversary for the Service Providers. The first meeting was held on March 2, 1992. Very rarely does a group last, or want to meet, for this long of time. A group photo was taken for the paper and HealthCare USA provided sandwiches and cookies for lunch. Thank you to Tim Owens and HealthCare USA for being so generous. A sign in sheet was passed around; please update your agency as well as any other agency information you may know of. We need to have this list as accurate as possible for the reminder postcard mailing that's sent out each month. Sandra passed around a sign up sheet for the list serv. There are now over fifty list serv members; which has been set up to increase communications among our agencies. The Service Provider directory is available on line. This group doesn't have a budget to work with, so the directory has been set up through Community Connection. The directory will be updated sometime this year, so if you receive a letter in the mail, please pay close attention to the information and respond to it.

**University of Missouri Extension:**

Sandra McKinnon provided a Gateway Grandparents/Kinship Network resource and informational guide. This booklet provides a directory of available services.

**Recovery, Inc.**

Verna Woodson announced they've started a new program that works with prisoners. The program is designed to help them to deal with their anger.

**Head Start:**

Pam Cox Williams stated they're taking applications now through July.

**HealthCare USA:**

Tim Owens stated they will be giving out 9, 000 to 10,000 bags at the Back to School Fair this year.

**Franklin County Court Appointed Special Advocate (CASA):**

Mary Jo Hellmann announced that they'll have events coming up related to Child Abuse Prevention. Specific information will be given when it becomes available.

**ALIVE:**

Cathy Covington announced that their 6<sup>th</sup> Annual Cell Phone Drive will be held March 1 through April 15. Please donate your old cell phones, chargers, and accessories. Over 16,000 old cell phones were donated last year. More information will be in the Wednesday paper. There will be 5 location drops at the East Central College campus.

**Franklin County Health Department:**

David Noe announced that there have been a large number of Hepatitis C outbreaks. Please contact the health department for information on Hepatitis C testing.

**Exceptional Equestrians:**

Joy Walker announced that they've just started their program up again for the year.

**Mid East Area Agency on Aging:**

Linda Metcalf discussed the Circuit Breaker; the tax credit rebate program. They're able to go back and look at records from three years back to help clients receive rebates. For more information, please call 636-583-8919.

**American Cancer Society:**

Lynn Butler provided brochures about free mammogram and pap testing offered through the Show Me Healthy Women Program. The American Cancer Society's high plains division official newsletter was also given out.

**Social Security Administration:**

Bob Jackson provided brochures on the information needed to complete an application for Medicare's Prescription Drug Plan. A supplemental security income guide for groups and organizations was also given out.

**Family Wellness:**

Michael Cundiff was our guest speaker. Michael discussed that they are a non-profit and non-denominational agency that provides psychiatric services for individuals, couples, families, and groups. They're the professional counseling agency of the Archdiocese of St. Louis, are under the Catholic Charities umbrella, and are funded through these entities as well as the United Way. They have one psychiatrist and 3 therapists on staff where they are located at 100 West Main Street in Union, MO. They often refer young children to a specialist, where therapeutic services may help them. Referrals are many times made to the Crider Center in Washington. The Family Wellness agency's general hours of operation are Monday through Thursday and some evening appointments are available; please call 636-583-1800 for more information. Most health insurance plans are accepted and they are also partnered with HealthCare USA and MC+ Programs. For those who qualify, a sliding scale fee is available. The initial cost of a visit is \$85 and follow up visits with the therapist are from \$50 - \$100.

Family Wellness will be offering a program called Love and Logic. This program is designed for parents raising "difficult" children. Many children can test their parents or network against them. An example given was when a daughter wanted to go to a study group at the library. The father agrees to let her go and then later in the day runs into her at the mall. When he walks past her he simply says that he'll talk to her later at home. This was a good way to handle the situation and it gives the child time to think about the consequences of her actions. It also gives the parent time to think and not just react out of anger. This program is the first one like it in the area and will be held in Dutzow on Thursday evenings and in May it will be held in Union. The cost is \$100 for 4 two hour sessions. If both parents attend, it's still the same price.

Family Wellness also offers an Anger Management program. This program is less therapeutic and more informative. The program tries to provide a description of anger and explain how it's a choice to react to situations. They try to get individuals to really think about the choices they make and provide them with alternative behaviors. The agency also offers a Stress Management Program. Through all of their programs they try to help people live more healthy and enriched lives.

Respectfully submitted by,  
Lisa Epple