

LOCAL AREA NETWORK 2

Date: August 4, 2026

Attendance:

Krystle Yarber, Rachel Watson, Mel Dotson, Lindsay Jennings, Amy Tripp, Yolanda Hudson, Stacia Penrod, Vickie Rose, Sue Thom, Alissa Miller, Halie Ragan, Holly Kotner

Approval of Meeting Minutes:

Holly Kotner made motion to approve last month's meeting minute, and Stacia Penrod seconded it. All Aye.

Upcoming Community Events/Trainings/Flyers:

- **Stacia Penrod – Egyptian Health Dept.**
 - **Suicide Prevention Taskforce Meeting**
 - August 6, 2026 @ 2pm
 - EHD 1412 US 45 North, Eldorado, IL 62930
 - Planning Vigil coming up in September
 - **PATH – IMCANS Training - ACES to Action Trauma Informed Practice**
 - August 11, 2026
 - 10-2pm iHub, 1418 US 45 North, Eldorado, IL 62930
 - LUNCH Provided
 - **Neurofeedback Training**
 - Not a Training open to anyone, a couple of our Clinicians will be going through Nero Feedback training. Using Brain Waves to teach clients more self-regulation from their brain waves/functioning. Have a few Clinicians being training in October. We are hoping to be able to offer this service later. We will have one Clinician trained in Carmi & one trained in Eldorado.
 - **Sources of Strength Training**
 - Have some staff going through this training, Think in terms of suicide prevention program, hope, health & strength
 - Teaching teachers & getting kids together to have mentoring & building on strengths with them in a School Culture.
- **Holly Kotner – Egyptian Health Department**
 - **World Suicide Prevention Day September 10th**
 - Have a planning meeting on August 6th @ 2pm during the Suicide Prevention Taskforce Meeting
 - **Dental Safari**
 - Recently came to our location for 3 days
 - Done 122 checks with a waitlist of 40 kids
 - If you have not got them coming to your area, they are a great resource. Message Holly Kotner for details
 - **Overdose Awareness Event**
 - August 27, 2026 @ 5pm, @ iHub

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- **Sue Thom & Vickie Rose – SICIL – Flyer Below**
 - **Personal Assistant Training**
 - Thursday, August 27, 2026
 - 1-3p, 32 Veterans Drive, Harrisburg, IL 62946
 - **Cooking Class – Community Event – Summer Vegetables**
 - August 13th, please send referrals to Vicki or Sue
 - **Looking for New Candidates for CRP (Community Reintegration Program)**
 - Folks under 60 that reside in Nursing Facility help get them out into the community, set up with furniture, case management, groceries, etc. Send Referrals to Vickie
- **Rachel Watson – WADI – Flyer Below**
 - **Open House for Head Start & Early Head Start**
 - August 6, 2026, from 4-5:30p
 - 14 Veterans Drive, Harrisburg, IL 62946
 - Call 618-252-2680 for more information
- **Alissa Miller – Youth Care**
 - If you have anyone on Medicaid through Meridian or YouthCare, next week Thursday (Marion/Herrin) & next Saturday in Carbondale. They can go to the Farmers Market & show their Medicaid card and get \$15.00 for free produce (Vegetables & Fruit), but they have to show their insurance card.
- **Halie Ragan – Hamilton Memorial Hospital**
 - If anyone has any Health Fairs coming up please let me know.
 - Holly Kotner mentioned messaging Brittany Warren
 - Mel Dotson mentioned SIU has Southern Illinois Behavioral Summit in September 2026.

Goals/Needs:

- Currently No Client Needs
- Will meet **in person** @ the iHUB on **October 6, 2026, from 9a-11a**
 - iHub 1418 US 45 North, Eldorado, IL 62930

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Contacts:

<u>Name</u>	<u>Location</u>	<u>Email</u>
Krystle Yarber	Egyptian Health Department	kyarber@egyptian.org
Holly Kotner	Egyptian Health Department	hkotner@egyptian.org
Alissa Miller	DCFS Foster Care Liaison Youth Care	Alissa.Miller@mhplan.com
Rachel Watson	WADI	rwatson@wadi-inc.com
Lindsay Jennings	SIRAC	ljennings@siresources.org
Stacia Penrod	Egyptian Health Dept.	spenrod@egyptian.org
Halie Ragan	Hamilton Memorial Hospital	hragan@hnhospital.org
Mel Dotson	Egyptian Health Department	mdotson@egyptian.org
Sue Thom	Independent Specialist SICIL	sthom@sicil1.org
Amy Tripp	DCFS	amy.tripp@illinois.gov
Yolanda Hudson	DCFS Foster Care Liaison Youth Care	Yolanda.Hudson@mhplan.com
Vickie Rose	Independent Specialist SICIL	vrose@sicil1.org

Presentation:

- No Presenter

If you would like to do a presentation, please contact Krystle Yarber @ kyarber@egyptian.org

Adjournment:

Stacia Penrod Motioned to adjourn, All Ayes!

****To view the meeting minutes please go to <https://www.localareanetwork2.org/> ****

Our next monthly meeting will be September 1, 2026 @ 9:00am

*****The ZOOM link is provided below. *****

LOCAL AREA NETWORK 2

Date: August 4, 2026

Join Zoom Meeting

<https://us02web.zoom.us/j/6018470310>

Meeting ID: 601 847 0310

Password: 04032629

One tap mobile

+13126266799,,6018470310#,,1#,04032629# US (Chicago)

+13017158592,,6018470310#,,1#,04032629# US (Germantown)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 301 715 8592 US (Germantown)

+1 646 558 8656 US (New York)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

Meeting ID: 601 847 0310

Password: 04032629

Find your local number: <https://us02web.zoom.us/u/keAH054lh2>

*** If anyone has any flyers or information that you would like to have sent out in the LAN e-mail announcement or would like to present, please send them to Krystle Yarber at kyarber@egyptian.org by the third Monday of the month. ***

Minutes by Krystle Yarber

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Saline and Gallatin
Head Start & Early Head Start



OPEN HOUSE

August 6, 2026 • 4:00-5:30 P.M.
14 Veterans Drive, Harrisburg

Join us at the Harrisburg WADI Office to
kick off the 2026-2027 program year! Meet
your teacher, make new friends, enjoy a
snack, and tour the building while connecting
with WADI staff and community partners.

We can't wait to welcome your family
for an exciting year ahead!

Snack: Goldfish & bottled water
Call us at (618) 252-2680 with any questions!



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WHAT IS SICIL?

The Southern Illinois Center for Independent Living (SICIL) is a community based, non-profit organization that is staffed by several people with disabilities and also serves individuals with disabilities.

SICIL operates according to a strict philosophy of consumer control, wherein people with various types of disabilities directly govern and plan how our agency assists persons with disabilities.

Personal Assistant Training

- Training provided to caring individuals to assist people with disabilities with activities of daily living
- Flexible work hours
- Earn \$20.00 an hour
- Training and Certification provided free of charge

Thursday, August 27, 2026

In-Person @

Southern IL Center for Independent Living

32 Veterans Drive

Harrisburg, IL 62946

1:00 pm - 3:00 pm

(Please provide references)

Offered in person or

Call to schedule

For more information call Sue Thom at (618) 252-7233

Training does not guarantee employment

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You are invited to join the Southeastern Illinois Suicide Prevention Task Force; a group dedicated to providing education, implementing prevention programs and providing advocacy for those affected by suicide. We meet quarterly on the 1st Thursday of the month:

**AUGUST 6,
2026**

2:00PM

EGYPTIAN HEALTH DEPARTMENT

**1412 US HWY 45 N
ELDORADO, IL 62930**

**FOR MORE INFORMATION, PLEASE CONTACT
KRYSTLE YARBER KYARBER@EGYPTIAN.ORG**

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LAN PRESENTATIONS 2026

MONTH	TOPIC	PRESENTER	CONTACT INFORMATION
JANUARY	SIRAC	Megan Ragan	mragan@siresources.org
FEBRUARY	No presenter	No presenter	No presenter
MARCH	No presenter	No presenter	No presenter
APRIL	Guardian Center	Sheryl Woodham Mikaila Moore Julie Beal	swoodham@theguardiancenter.org mmore@theguardiancenter.org jbeal@theguardiancenter.org
MAY	IL YouthCare & Benefits	Alissa Miller Yolanda Hudson	alissa.miller@mhplan.com Yolanda.Hudson@mhplan.com
JUNE	No presenter	No presenter	No presenter
JULY	No Meeting	No Meeting	No Meeting
AUGUST	No Presenter	No Presenter	No Presenter
SEPTEMBER	No Presenter	No Presenter	No Presenter
OCTOBER			
NOVEMBER			
DECEMBER			

AUGUST 2026

**make
kindness
the norm.**

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION

**SCIENCE SPARK: SOCIAL CONNECTION IS THE #1 PREDICTOR OF HAPPINESS AND LONGEVITY.
KINDNESS TOWARD NEIGHBORS STRENGTHENS COMMUNITY SAFETY AND BELONGING.**

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1 Wave and say hello to five neighbors you don't usually talk to.
2 Leave a cheerful note or flower on someone's doorstep.	3 Offer to help an elderly neighbor bring in their trash bins.	4 Organize a mini neighborhood cleanup or park spruce-up.	5 Share homegrown veggies, herbs, or fruit with a neighbor.	6 Leave chalk messages of encouragement on the sidewalk.	7 Write a thank-you note to your mail carrier or delivery driver.	8 Host a lemonade or popsicle stand—proceeds go to a local cause.
9 Create a "Take What You Need" kindness box with snacks or toiletries.	10 Invite a new neighbor over for tea, coffee, or playtime.	11 Offer to walk someone's dog or feed their pets while they're away.	12 Make kindness bookmarks and leave them in library books.	13 Ask your local fire or police station what small gestures of thanks they appreciate most.	14 Start a shared community garden or plant pollinator-friendly flowers.	15 Make friendship bracelets and hand them out to classmates or coworkers.
16 Host a potluck or "snack swap" where everyone brings a favorite dish.	17 Compliment three people today—bonus points if they're strangers.	18 Collect and donate gently used sports equipment or books.	19 Write encouraging words on stones and leave them around your neighborhood.	20 Offer to mow a neighbor's lawn or water their plants.	21 Surprise a friend or neighbor with a small act of service—wash their car, bring a meal, or pick up groceries.	22 Organize a back-to-school kindness supply drive.
23 Share your favorite playlist or podcast that lifts your mood.	24 Learn your neighbors' names (and maybe their pets' names too!).	25 Host a "Kindness Movie Night" outdoors or in your living room.	26 Volunteer together as a family at a local food bank or shelter.	27 Write positive sticky notes and place them on mirrors, mailboxes, or bus stops with permission.	28 Make homemade thank-you cards for local teachers and school staff.	29 Offer to babysit or help with a carpool for a busy parent.
30 Share a skill—teach a neighbor how to bake, garden, or play an instrument.	31 End the month with a neighborhood gratitude circle—each person shares one good thing about living where they do.	1	2	3	JULY S M T W Th F S 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7 8 SEPTEMBER S M T W Th F S 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5 6 7 8 9 10	

Visit our site for even more kindness ideas: <https://www.randomactsofkindness.org/kindness-ideas>

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