LOCAL AREA NETWORK 2
Date: November 3, 2026

Attendance:
Jessica Palazzolo, Vickie Rose, Sue Thom, Tracy Adams, Krystle Yarber, Rachel Watson, Stacia Penrod, Holly Kotner, Yaneisi Hernandez, Kristy Wood, Angela Thomas, Mel Dotson, Misty Eftink, Lindsay Jennings, Megan Johnson

Approval of Meeting Minutes:
Rachel Watson made motion to approve last month's meeting minute, and Jessica Palazzolo seconded it. All Aye.

Upcoming Community Events/Trainings/Flyers: *Most flyers are attached below*

- **Stacia Penrod- Egyptian Health Department**
  - Grandparents Raising Grandkids
    - Starting on Wednesday, January 6, 2027
    - If you have any grandparents that would like to do this, please have them sign up with Krystle Yarber via email @ kyarber@egyptian.org or 618-273-3326 Ext: 2030
  - Angel Tree
    - Currently in the works of doing our annual Angel Tree for our kids. IF you know anyone who would like to sponsor an angel it is $50.00 per child, if you don't want to do that then you can sponsor a child stocking for $20.00
    - If you need more information let Krystle Yarber, Mel Dotson or I know.

- **Jessica Palazzolo – Lincoln Prairie**
  - **VA S.A.V.E. Training**
    - November 3rd @ 11am via ZOOM
    - https://lp.constantcontactpages.com/ev/reg/czk3fw
  - **Internet Safety for Caregivers & Those Working with Youth**
    - December 17th @ 12pm via ZOOM
    - https://lp.constantcontactpages.com/ev/reg/nkr5gba
  - Currently have someone looking for resources that is doing any kind of group for parents that have children that have been hospitalized before. Lindsay Jennings from SIRAC said they are looking into something like this but may have to wait on the grant.

- **Sue Thom & Vickie Rose – SICIL**
  - **Personal Assistant Training**
    - Thursday, November 19, 2026
      - 32 Veterans Drive, Harrisburg, IL 62946
  - **Community Reintegration Program**

- **Tracy Adams – Birth to 5**
  - **Parent Café**

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- Nov. 3rd from 530p-7p
- Egyptian Health Department, Eldorado, IL

- **Rachel Waton – Harrisburg WADI**
  - LIHEAP is booked out until January 2027. But still accepting appointments, call your local WADI office for more information.
  - Currently have funds for people that are homeless or in need due to no housing to put them up in a hotel for a few days. If you have questions please call your WADI Office
  - Currently one of our clients' families has recently lost their home due to house fire. 2 are currently in the hospital due to injuries. Believe they will need everything. Not sure where things will be set up to make donations.
  - We host our Angel Tree for our children here. They go to the Legence bank in Ridway & Harrisburg. If you happen to want to help with that this year, go in & pick an angel shop for them & return them back to those locations.

- **Lindsay Jennings – SIRAC**
  - Currently talking referrals for our parenting class called Nurturing Parenting Program. They are DCFS approved, this can be for anyone.

- **Holly Kotner – Egyptian Health Department**
  - SI SUPRT Council Laundry Days
    - Nov 9th Harrisburg
    - Nov. 10th McLeansboro
    - Nov. 17th Carmi

Goals/Needs:

- Keep attending & bring someone new if possible

Contacts:

Name	Location	Email
Krystle Yarber	Egyptian Health Department	kyarber@egyptian.org
Holly Kotner	Egyptian Health Department	hkotner@egyptian.org
Stacia Penrod	Egyptian Health Department	spenrod@egyptian.org
Mel Dotson	Egyptian Health Department	mdotosn@egyptian.org

LOCAL AREA NETWORK 2
Date: November 3, 2026

Rachel Watson	WADI – Harrisburg	rwatson@wadi-inc.com
Sue Thom	Independent Specialist SICIL	sthom@sicil1.org
Amy Tripp	DCFS	amy.tripp@illinois.gov
Tracy Adams	Birth to 5	
Vickie Rose	Independent Specialist SICIL	vrose@sicil1.org
Yaneisi Hernandez	Survivor Empowerment Child Counselor	
Jessica Palazzolo	Lincoln Prairie Behavioral Health Center	jessica.palazzolo@uhsinc.com
Kristy Wood	Egyptian Health Department	kwood@egyptian.org
Lindasy Jennings	SIRAC	
Angela Thomas	Egyptian Health Department	athomas@egyptian.org
Megan Johnson	Egyptian Health Department	mjohnson@egyptian.org
Misty Eftink	Egyptian Health Department	meftink@egyptian.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 Ayed!

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

Our next monthly meeting will be **December 1, 2026 via ZOOM**

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

LOCAL AREA NETWORK 2
Date: November 3, 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/keAHO54Ih2

*** 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

LOCAL AREA NETWORK 2
Date: November 3, 2026

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, **November 19, 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

LOCAL AREA NETWORK 2
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WHAT IS SICIL?

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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.

Community Reintegration Program:

Program Requirements:

- Have a documented disability, including mental illness
- Experience a barrier in returning to the community
- Live in an Illinois Long-term care facility
- Have proof of income to support the cost of community based living (i.e. SSI, SSDI, etc.)
- Copies of identifying documents (identification, social security card, birth certificate)
- The desire to live in the community instead of a long-term care facility
- Be willing to work the program
- Is between the ages of 18-59

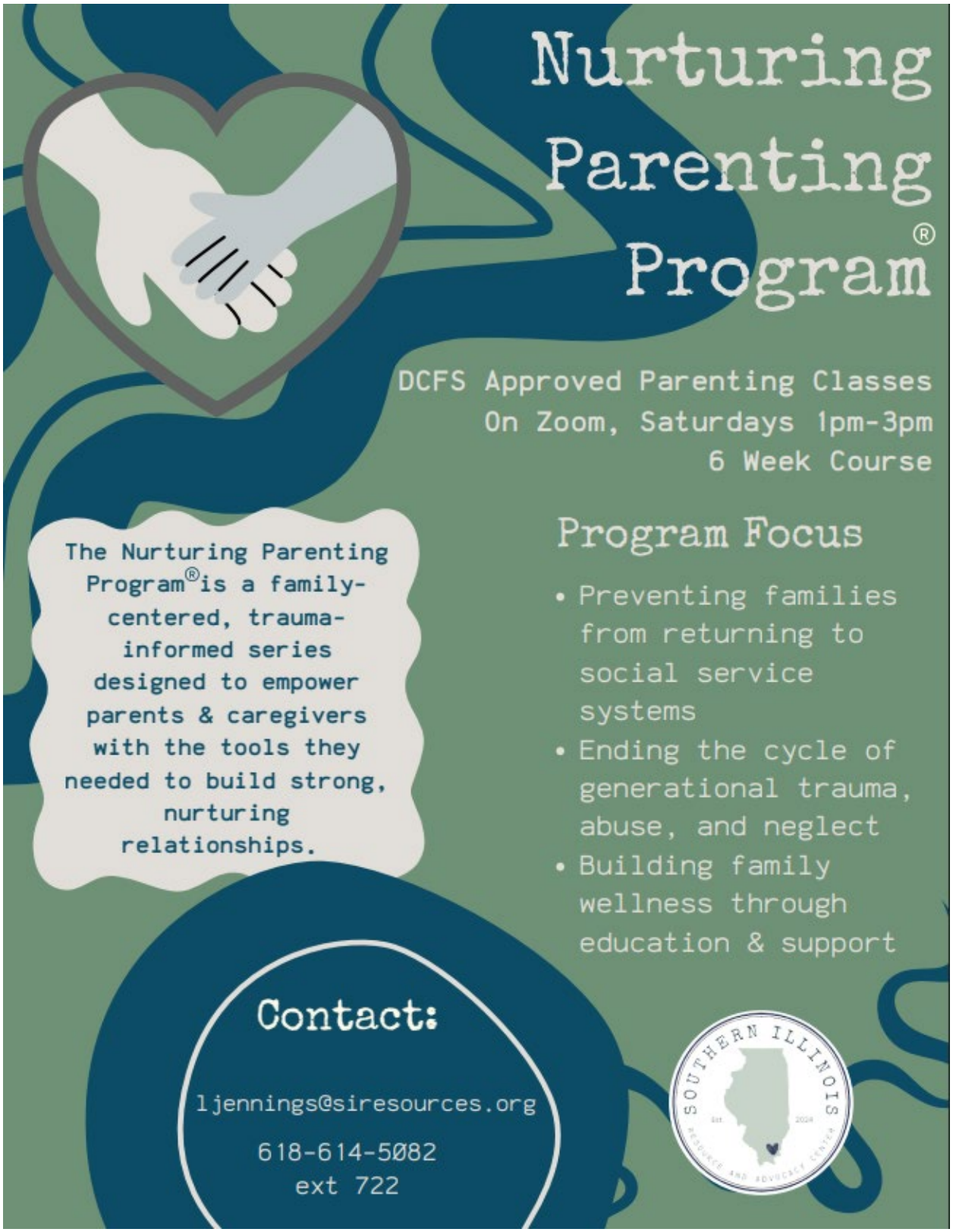
SERVICES PROVIDED

- Assist with locating and securing safe & affordable housing.
- Assist with the 1st month's rent and security deposit*
- Provide household items*
- Provide assistive equipment and devices
- Arrange for home remodeling to ensure independent and safe functioning.
- Provide training in independent living & self-advocacy skills
- Arrange for in home services (if eligible)
- Provide Personal Assistant (PA) Management training
- Provide case management
- Provide advocacy
- Provide peer support
- * This program may cover the above costs as payer of last resort

The Community Reintegration Program provides services and makes one time purchases of items to assist qualified individuals by establishing a home in the community.
The goal is to identify the services and support systems individuals need in order to live in his or her own residence and achieve continued independence

SICIL Carbondale, Metropolis and Cairo:
618-457-3318
Fax: 618-549-0132
SICIL Harrisburg: 618-252-7233
Fax: 618-252-7884

LOCAL AREA NETWORK 2
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LOCAL AREA NETWORK 2
Date: November 3, 2026

November 2026

iHub News

November Bucket List

Host a Friendsgiving- Friendsgiving is such a fun way to celebrate the season with friends! I'd keep things casual with a potluck-style dinner where everyone brings their favorite dish, so no one has to do all the cooking.

Eat some apple cider donuts- Enjoy the end of autumn by indulging in some yummy apple cider donuts! Bonus points if you get it fresh from a farmer's market or farm. Or even make your own batch at home!

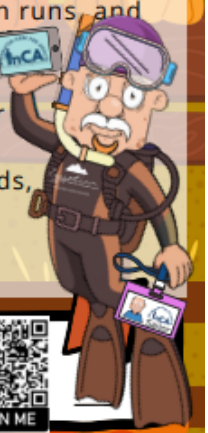
Start a gratitude journal- With Thanksgiving just around the corner, November is the perfect time to write down what you've been grateful for this year. You can write these down in a journal, a gratitude jar, or even in little envelopes!

Make a DIY Thanksgiving table centerpiece- Making a DIY Thanksgiving centerpiece is such a fun way to get creative and include kids!

Make handprint turkeys- Handprint turkeys are such a classic Thanksgiving craft, and I love how simple and inexpensive they are to make! You could even write each person's name or something they're thankful for on their turkey to make the activity extra meaningful.

Join a turkey trot- A turkey trot is such a fun way to get outside and be active on Thanksgiving morning! Many communities host Thanksgiving Day 5Ks, fun runs, and walks, so you can usually find an option that suits your fitness level.

Plan a fall scavenger hunt-A fall scavenger hunt is a fun way to turn an ordinary walk into a little adventure! You can do it with kids, challenge a friend, or even try it solo while exploring a local park or neighborhood.



Upcoming Events:

Little Ones Story Time, Harrisburg Public Library, November 6th and 20th from 10-10:30am

Veterans Day Parade, South 1st st. Fairfield- November 7th from 2:00pm

Free Laundry Day, Southern Illinois Laundry, Harrisburg- November 9th from 2-6pm

Lawyer inthe Library, Harrisburg Public Library- November 10th from 2-4pm

Story Time, Shawneetown Library- November 12th from 1:00pm

Free Laundry Day, Angie's Wash & Fold, Carmi- November 17th from 2-6pm

Heaven's Kitchen Thanksgiving give away, Harrisburg Fairgrounds- November 17th from 4-6pm

Family Reading Event with Santa, Shawneetown Library- November 19th from 3:45pm

iHUB 618-518-4482
villageinck@egyptian.org

SCAN ME

This Project is supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $14,666,733 with no percentage financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CMS, HHS or the U.S. Government.

LOCAL AREA NETWORK 2
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ANGIE'S WASH & FOLD

SI SUPRT COUNCIL

Egyptian Health Department
Healthy People...Healthy Communities

S.U.D.S. + LAUNDRY

SUBSTANCE USE DISORDER SUPPORT + LAUNDRY EVENT

FREE LAUNDRY EVENT!

TUESDAY
NOV 17
2-6P
ANGIE'S WASH & FOLD
501 5TH STREET CARMI

ATTENDEES WILL BE ABLE TO
WASH + DRY
3 LOADS OF LAUNDRY



Join Southeastern Illinois Substance Use Prevention and Recovery Treatment Council's S.U.D.S. + Laundry Event!
Detergent + Dryer Sheets & Quarters Provided by SISUPRT Council.
For more information, or to partner for future S.U.D.S + Laundry Events, please contact Chris Dennis, ROSC Coordinator-Egyptian Health Department at 618-294-8322 ext 207 or cdennis@egyptian.org



Funded in whole or in part by the Illinois Department of Human Services, Division of Behavioral Health and Recovery.

LOCAL AREA NETWORK 2
Date: November 3, 2026

THE WASH ROOM

SI SUPRT COUNCIL

Egyptian Health Department
Healthy People...Healthy Communities

S.U.D.S. + LAUNDRY

SUBSTANCE USE DISORDER SUPPORT + LAUNDRY EVENT

FREE LAUNDRY EVENT!

ATTENDEES WILL BE ABLE TO WASH + DRY 3 LOADS OF LAUNDRY

TUESDAY NOV 10 2-6P

THE WASH ROOM

JACKSON ST

MCLEANSBORO, IL



Join Southeastern Illinois Substance Use Prevention and Recovery Treatment Council's S.U.D.S. + Laundry Event!

Detergent + Dryer Sheets & Quarters Provided by SISUPRT Council.

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VA S.A.V.E. TRAINING

SUPPORTING OUR VETERANS

TUESDAY
NOVEMBER 3RD

11A-NOON
VIA ZOOM

VA S.A.V.E. Training will help you act with care and compassion if you encounter a Veteran who is in crisis or experiencing suicidal thoughts. The acronym S.A.V.E. helps you remember the important steps involved in suicide prevention.

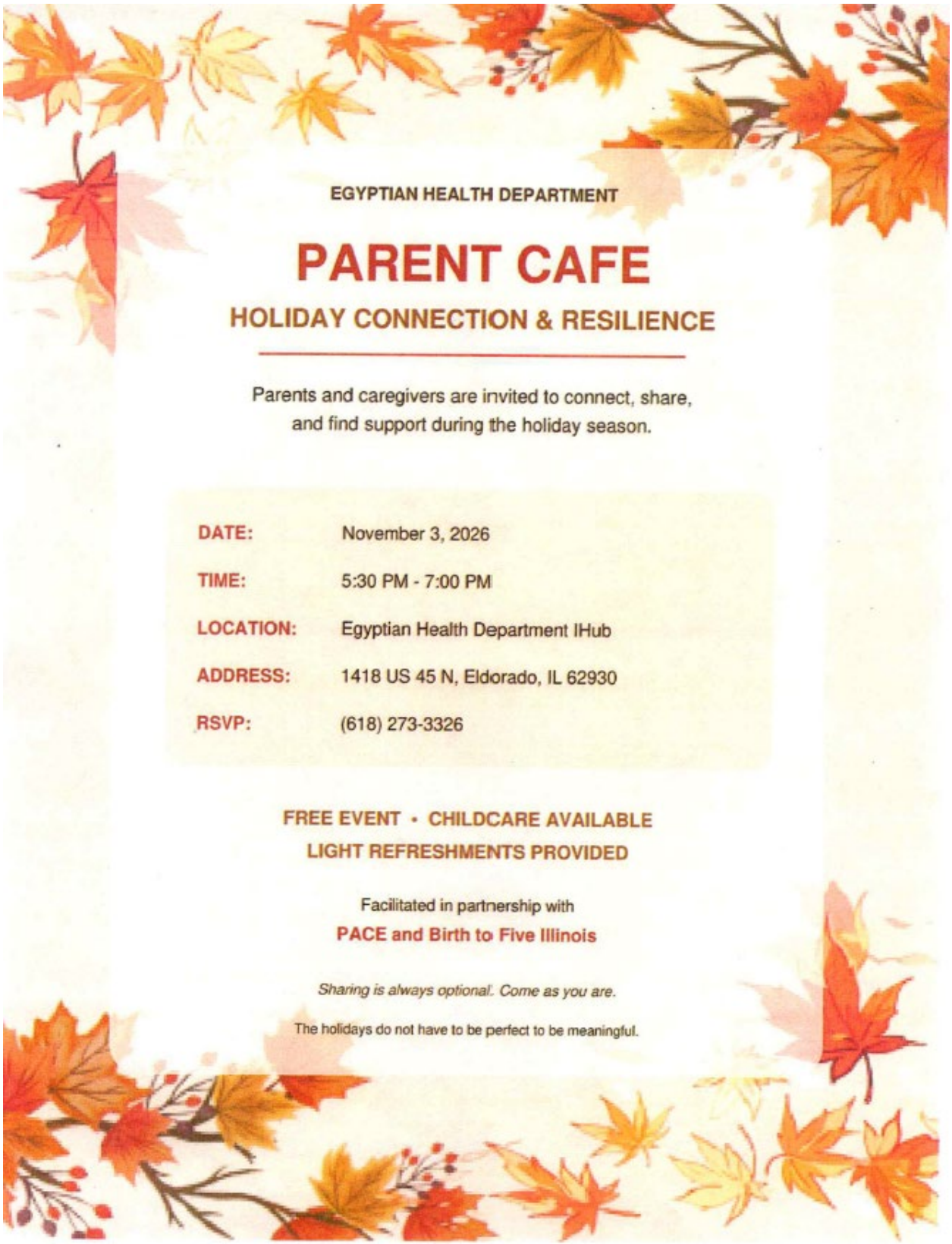
REGISTER:
HTTPS://LP.CONSTANTCONTACTPAGES.COM/EV/REG/CZK3ZFW

LINCOLN PRAIRIE
BEHAVIORAL HEALTH CENTER

Sometimes life is tough.
The Veterans Crisis Line can help.

Veterans Crisis Line
DIAL 988 then PRESS 1

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LOCAL AREA NETWORK 2
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Internet Safety for Caregivers & Those Working with Youth



Annie Schomaker, LCSW
Co-Founder, Eden's Glory

Thursday, December 17th 2026
Noon-1:30p via Zoom

This training will provide education on internet safety with current trends in the digital age. Tips on how to monitor youth activity and an overall discussion of what the youth are experiencing on the internet.

Register:

https://lp.constantcontactpages.com/ev/reg/nkr5gba

Free CEUs available for LPC LCPC LSW LCSW RN LPN

LINCOLN PRAIRIE
BEHAVIORAL HEALTH CENTER

eden's glory

LOCAL AREA NETWORK 2
Date: November 3, 2026

GRANDPARENTS RAISING GRANDCHILDREN

Beginning January 6, 2027



a Mental Health Support Group

Raising your grandchildren can be rewarding, but it can also bring unexpected challenges. You may be balancing family responsibilities, managing stress, navigating behavioral or emotional concerns, and trying to take care of yourself along the way.

What we will explore:

- Managing stress & practicing self-care
- Coping with difficult emotions & family changes
- Understanding children's emotional & behavioral needs
- Building healthy relationships & communication
- Learning practical coping strategies
- Connecting with community resources & support

YOU DESERVE SUPPORT, TOO!
JOIN US

Wednesdays

@ 8:30am

Beginning January 6, 2027

Meetings located at

@ Egyptian Health Department- Carmi Office
1705 College Ave Carmi, IL

Facilitated by
Jessica Sexton, BS, MHP
Laura Miller, BSW, MHP

For more information, or to register, please contact
Krystle Yarber 618-273-3326 Ext 2030 or kyarber@egyptian.org

LOCAL AREA NETWORK 2
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Compassion Fatigue

Have you ever said to yourself?

I want to **empathize** with my child.
I am **not equipped** to handle the challenges my child is facing.
I want to be **"present" and attentive** when having serious conversations with my children.
I want to **help my family** improve its mental health.

If yes, you are likely to experience compassion fatigue.

To restore balance, one must first acknowledge their OWN needs

Compassion fatigue can cause feelings of shame, making parents feel guilty for being exhausted. But, it's important to recognize that compassion fatigue stems from exposure to suffering, not a "lack of love."

Practicing self-awareness and self-care can help ease the impact of compassion fatigue and these feelings of shame. Studies show that parents who use mindfulness and stress reduction techniques improve their well-being and relationships, and those reporting "excellent" physical and mental health experience less compassion fatigue.

To best support their children, parents must also focus on themselves by using coping resources, building social support, strengthening self-esteem, and practicing health promotion strategies. Finding balance and taking time to rest and nourish their mind, body, and spirit is essential.

Compassion Fatigue Risk Factors	Compassion Satisfaction Supporters
High expectations of work	Adjusting expectations in response to reality
Idealistic worldviews	Focusing on the good
The view that self-care is selfish	Accepting the bad
A lack of strong personal boundaries	Viewing self-care as essential to mental and physical health
An overdeveloped sense of personal responsibility	Setting compassionate boundaries

Take a no-cost course at ParentGuidance.org

Take this course that discusses how we can find ourselves when we're feeling lost and how to rediscover our direction, purpose, and meaningful relationships that carry us through.



Finding Yourself When You're Feeling Lost

Begin Course

For helpful parenting resources visit: ParentGuidance.org

COOK CENTER For Human Connection

Parent Guidance.org

LOCAL AREA NETWORK 2
Date: November 3, 2026

Compassion Fatigue

MENTAL HEALTH NEWSLETTER



What is Compassion Fatigue?

Compassion Fatigue is the emotional and behavioral exhaustion that **naturally arises** from empathizing with someone experiencing trauma. It stems from the stress of wanting to help and, like any form of fatigue, it can **reduce a person's ability or desire to help others.** Often, it can be described as **"the cost of caring."**

What does this mean for parents?

Parents are often in direct contact with those who are suffering from mental illness, while also juggling their own life challenges. With responsibility to protect, support, and nurture their children, the constant pressure can lead to extreme stress. Even when giving their all, parents may feel emotionally drained, increasing their risk for compassion fatigue.

Empathy is essential for parents, but Compassion Fatigue can leave them exhausted and detached from their child's emotions. Child psychologist Nina Kaiser Ph.D., says it often lowers patience for everyday stressors. Comforting a child or handling a tantrum can feel like running a never-ending marathon.

9 SIGNS OF COMPASSION FATIGUE

1. Signs of physical anxiety such as breathing difficulties, muscle tension, and digestive problems
2. A sense of hopelessness
3. A decreased ability to empathize
4. Irritability and impatience
5. Decreased productivity and job satisfaction
6. A reduced ability to feel pleasure
7. Trouble sleeping
8. An urge to isolate yourself from others
9. Self-doubt and reduced self-esteem



COOK CENTER For Human Connection

Parent Guidance.org

NOVEMBER 2026

make kindness the norm.
randomactsofkindness.org
RANDOM ACTS OF KINDNESS FOUNDATION

SCIENCE SPARK: GRATITUDE PRACTICES INCREASE DOPAMINE AND SEROTONIN, THE BRAIN'S NATURAL ANTIDEPRESSANTS, WHILE ALSO IMPROVING SLEEP AND REDUCING ANXIETY.

SUN	MON	TUE	WED	THU	FRI	SAT
1 Start a gratitude list - write down one thing you're grateful for as soon as you wake up. Do this every day this month.	2 Leave a surprise gratitude note on someone's windshield, desk, or doorstep.	3 Tell someone something specific they do that makes your life easier.	4 Take a deep breath, relax your shoulders, and embrace the moment.	5 Send a short message to someone you haven't talked to in a while and let them know you're thinking of them.	6 Tell a teacher, coworker, or mentor how they helped you this year.	7 Donate gently used coats, scarves, or blankets.
8 Cook or bake something simple and share it with a neighbor "just because."	9 Snap a photo of something beautiful you saw today and send it to someone who'd love it.	10 Offer to help someone with groceries, bags, or boxes.	11 Leave a handwritten note for your postal worker, delivery driver, or trash crew thanking them for their hard work.	12 Catch up with someone you've been thinking about and let them know.	13 World Kindness Day 2026!	14 Share a playlist that lifts your spirits.
15 Spend 10 mindful minutes outdoors, noticing what you appreciate about the season.	16 Thank a healthcare worker, first responder, or community helper with a card and/or treat.	17 Give a plant or flower to someone who could use a little green in their space.	18 Invite someone new to lunch, coffee, or a walk.	19 Share a memory of someone you miss.	20 Drop a few coins into a donation bin next time.	21 Leave a book you loved on a community shelf.
22 Offer a heartfelt apology to someone you've meant to reconnect with.	23 Send a "thank you for existing" text to someone who would never expect it.	24 Make a list of three things you appreciate about yourself.	25 Share a warm drink with someone.	26 Write a recommendation or positive review for a small business you like.	27 Hold the door open for as many people as you can.	28 Small Business Saturday 2026!
29 Leave a kind comment on a community board, classroom wall, or social media space.	30 End the month with a gratitude letter.	1	2	3		

OCTOBER

S	M	T	W	Th	F	S
27	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

DECEMBER

S	M	T	W	Th	F	S
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	9

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

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