

# LOCAL AREA NETWORK 2

Date: June 2, 2026

## Attendance:

Krystle Yarber, Jessica Palazzolo, Misty Eftink, Rachel Watson, Mel Dotson, Lindsay Jennings, Amy Tripp, Yolanda Hudson, Megan Johnson, Chloe Hopkins, Stacia Penrod, Tracy Adams, Micah Dodd, Amy Tripp

## Approval of Meeting Minutes:

Micah Dodd made motion to approve last month's meeting minute, and Jessica Palazzolo seconded it. All Aye.

## Upcoming Community Events/Trainings/Flyers:

- **Stacia Penrod – Egyptian Health Dept. – Flyers Below**
  - **Blood drive iHUB**
    - June 11, 2026, must contact Holly for more information
  - **Triple P Parenting Class**
    - July 6-Aug. 10<sup>th</sup>
    - 9-11am via ZOOM
    - \$35.00
- **Tracy Adams – Birth to 5 – Flyer Below**
  - **Be Strong Families Parent Café**
    - July 9, 2026 @ 5-7p
      - [bit.ly/4sfDi77](https://bit.ly/4sfDi77) or scan QR code on Flyer
      - Any questions please email [Mgraham@birthtofiveil.com](mailto:Mgraham@birthtofiveil.com)
- **Rachel Watson – WADI – Flyer Below**
  - **Open Enrollment for Head Start**
    - Pregnant Women & Children ages Birth to 5
    - Call 618-963-2387
    - Visit [www.wadi-inc.com](http://www.wadi-inc.com) or scan QR code on flyer
  - **LIHEAP**
    - Funding is still available, call your closest WADI office for assistance
  - **Housing Assistance**
    - Currently no funding.
- **Jessica Palazzolo – Lincoln Prairie – Flyer Below**
  - **Trauma Through A Family Lens**
    - June 18, 2026 @ 1pm – 2pm via ZOOM
      - <https://lp.constantcontactpages.com/ev/reg/mwvajjd>
  - **The Drug Endangered Child Recovery Process**
    - July 18, 2026 @ 10-11a via ZOOM
      - <https://lp.constantcontactpages.com/ev/reg/3w5zreb>
  - **Resiliency in Schools**
    - August 31, 2026 @ 1-2p via ZOOM
      - <https://lp.constantcontactpages.com/ev/reg/s7gqkv8>

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- **Lindsay Jennings – SIRAC – Flyers Below**
  - BRICK Program
    - Email referral to [referral@siresources.org](mailto:referral@siresources.org)
  - Support for you & your baby
    - Email referral to [referral@siresources.org](mailto:referral@siresources.org)

## Goals/Needs:

- In-Person Meeting for Fall 2026 – October
  - Will meet **in person** @ the iHUB on **October 6, 2026 from 9a-11a**
    - Location 1418 US 45 North, Eldorado, IL 62930

## Contacts:

<u>Name</u>	<u>Location</u>	<u>Email</u>
Krystle Yarber	Egyptian Health Department	<a href="mailto:kyarber@egyptian.org">kyarber@egyptian.org</a>
Jessica Palazzolo	Lincoln Prairie	<a href="mailto:jessica.palazzolo@UHSINC.com">jessica.palazzolo@UHSINC.com</a>
Misty Eftink	Egyptian Health Department	<a href="mailto:mef tink@egyptian.org">mef tink@egyptian.org</a>
Rachel Watson	WADI	<a href="mailto:rwatson@wadi-inc.com">rwatson@wadi-inc.com</a>
Lindsay Jennings	SIRAC	<a href="mailto:ljennings@siresources.org">ljennings@siresources.org</a>
Stacia Penrod	Egyptian Health Dept.	<a href="mailto:spenrod@egyptian.org">spenrod@egyptian.org</a>
Tracy Adams	Birth to 5	<a href="mailto:tadams@birthtofiveil.com">tadams@birthtofiveil.com</a>
Mel Dotson	Egyptian Health Department	<a href="mailto:mdotson@egyptian.org">mdotson@egyptian.org</a>
Micah Dodd	Egyptian Health Dept.	<a href="mailto:mdodd@egyptian.org">mdodd@egyptian.org</a>
Amy Tripp	DCFS	<a href="mailto:amy.tripp@illinois.gov">amy.tripp@illinois.gov</a>
Yolanda Hudson	DCFS Foster Care Liaison YouthCare	<a href="mailto:Yolanda.Hudson@mhplan.com">Yolanda.Hudson@mhplan.com</a>
Megan Johnson	Egyptian Health Department	<a href="mailto:mjohnson@egyptian.org">mjohnson@egyptian.org</a>
Chloe Hopkins	Regional Office of Education #20	<a href="mailto:chopkins@roe20.org">chopkins@roe20.org</a>

## Presentation:

- No Presenter

If you would like to do a presentation, please contact Krystle Yarber @ [kyarber@egyptian.org](mailto: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 August 4, 2026 @ 9:00am**

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

# LOCAL AREA NETWORK 2

Date: June 2, 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/j/6018470310>

\*\*\* 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](mailto:kyarber@egyptian.org) by the third Monday of the month. \*\*\*

*Minutes by Krystle Yarber*

# LOCAL AREA NETWORK 2

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A promotional poster for a blood drive. The poster is framed in a red, rounded shape with a white border. At the top center is the Egyptian Health Department logo, which includes a stylized pyramid and the text "Egyptian Health Department" and "Healthy People. Healthy Communities." Below the logo, the text "EGYPTIAN HEALTH DEPARTMENT" is centered. To the left of this text is a red cross icon, and to the right is a red horizontal bar. The main title "BLOOD DRIVE" is written in large, bold, red capital letters. Below the title, the text "WITH THE AMERICAN RED CROSS" is centered, with a red cross icon to its left. A red rounded rectangle contains the text "THURSDAY JUNE 11, 2026" in white. Below this, the location "@ the iHub" is written in red, followed by the address "1418 US HWY 45 N Eldorado, IL 62930" in black. On the bottom left is a QR code. To its right, the text "Scan this QR Code to register today!" is written in red. Below that, the text "For more information please contact Holly hkotner@egyptian.org" is written in black.

  
EGYPTIAN HEALTH DEPARTMENT

**BLOOD DRIVE**

WITH THE AMERICAN RED CROSS

**THURSDAY  
JUNE 11, 2026**

**@ the iHub**  
1418 US HWY 45 N Eldorado, IL 62930

 **Scan this QR Code to register today!**

For more information please contact Holly  
[hkotner@egyptian.org](mailto:hkotner@egyptian.org)

# LOCAL AREA NETWORK 2

Date: June 2, 2026



EGYPTIAN HEALTH DEPARTMENT



## TRIPLE P PARENTING PROGRAM

Positive Parent Program  
for Every Parent



BEGINNING  
**July 6 @**  
**9-11a**  
**6 Week**  
**Course**

The Triple P – Positive Parenting Program® is a parenting and family support system designed to prevent – as well as treat – behavioral and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realize their potential.

- Program is a 6 week commitment
- Meets every week on Monday via Zoom
- 2 hour group meetings
- \$35 for the 6-week group and for book

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Laura Miller, BSW, will be the primary facilitator. Laura has over 10+ years of experience working with parents, families, and children. With two children of her own. She both advocates and uses the strategies discussed in the group.

CONTACT KRISTLE YARBER FOR MORE INFORMATION  
KYARBER@EGYPTIAN.ORG 618.273.3326 EXT 2030

# LOCAL AREA NETWORK 2

Date: June 2, 2026

## Referral Form

Parent/Guardian Name: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Address: \_\_\_\_\_

P.O. Box: \_\_\_\_\_

City, State & Zip: \_\_\_\_\_

Contact number: \_\_\_\_\_

Contact email: \_\_\_\_\_

Reason for referral:

Is child or guardian a (circle one):

Current Client    New Client    DCFS referred  
Court referred    Other

Does Guardian know about this referral: Yes\_\_\_\_ No\_\_\_\_

Pay Type: Medicaid\_\_\_\_ Book Fee \$35.00\_\_\_\_

Individual making referral: \_\_\_\_\_

\*\*\*Please return all referrals into Krystle Yarber at  
kyarber@egyptian.org by June 30 \*\*\*

# LOCAL AREA NETWORK 2

Date: June 2, 2026



Be Strong Families  
Parent Café

## Throwback Thursday: Raising Kids Across Generations

Connect, share, and learn from other parents and caregivers in a safe and supportive environment.

Join our virtual Café to discuss challenges, celebrate successes, and develop strategies for keeping families strong.

Thursday, July 9  
5:00pm – 7:00pm

Registration is required at  
[bit.ly/4sfDi77](https://bit.ly/4sfDi77)  
or by scanning the QR code.

Contact Madeline with any questions at  
MGraham@birthtofiveil.com



# LOCAL AREA NETWORK 2

Date: June 2, 2026

## CALENDAR OF SUMMER TRAININGS 2026

**JUNE**

**18**

**TRAUMA THROUGH  
A FAMILY LENS**

**1 PM**

[https://lp.constantcontactpages.com/  
ev/reg/mwvajjd](https://lp.constantcontactpages.com/ev/reg/mwvajjd)

**JULY**

**28**

**THE DRUG ENDANGERED  
CHILD RECOVERY PROCESS**

**10 AM**

[https://lp.constantcontactpages.com/  
ev/reg/3w5zreb](https://lp.constantcontactpages.com/ev/reg/3w5zreb)

**AUG**

**31**

**RESILIENCY IN SCHOOLS**

**1 PM**

[https://lp.constantcontactpages.com/  
ev/reg/s7gqkv8](https://lp.constantcontactpages.com/ev/reg/s7gqkv8)

**Free CEUs available for  
LPC/LCPC/LSW/LCSW/RN/LPN**



LINCOLN PRAIRIE BEHAVIORAL HEALTH CENTER

[www.lincolnpairiebhc.com](http://www.lincolnpairiebhc.com)

# LOCAL AREA NETWORK 2

Date: June 2, 2026



## OPEN ENROLLMENT!

Pregnant Women and Children  
Ages Birth to Five

WADI Head Start supports families every step of the way with high-quality services that help children learn, grow, and thrive.



### HEALTH & WELLNESS

Physical, dental, and mental health services to keep your family healthy.



### EARLY LEARNING

Engaging, play-based learning that builds school readiness.  
Homebase and Center Options!



### FAMILY SUPPORT

Resources, education, and support to help your whole family succeed.



### NUTRITIOUS MEALS

Healthy meals and snacks provided each day in our center-based setting.



### TRANSPORTATION

Free transportation provided in our center setting.



### WE WELCOME ALL FAMILIES!

Caring teachers. Nurturing environments.  
Stronger futures—together.



*Your child's journey starts here.*

**ENROLL TODAY!**



SCAN FOR  
MORE INFORMATION!



CONTACT US TODAY!

**618-963-2387**  
[www.wadi-inc.com](http://www.wadi-inc.com)



WADI Head Start is proud to partner with families and our community to give children the best start in life.

# LOCAL AREA NETWORK 2

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# BRICK Program



Walking alongside families across Gallatin, Saline, White, Hardin, Pope, Jackson, Franklin, Williamson, and Alexander County. **Building resilience in caregivers and kids.**

## Available Services and Supports

- Childcare Supplies (convertible car seats, pack and play portable cribs)
- Transportation Vouchers
- Grocery Vouchers
- Family Rapid Rehousing Assistance
- DCFS-Approved Nurturing Parenting Program Classes
- Individual Peer Parent Support and Mentorship
- Certified Doula Services
- DCFS Case Navigation and Support
- Pregnancy and Childbirth Education
- Screening and referral for pregnant and postpartum substance use disorders and perinatal mood and anxiety disorders
- Parent/Caregiver Support Groups
- Case Management
- Resource Navigation
- Referral for Services

The BRICK Program is led by staff with **lived experience** in navigating DCFS and adversity, offering support that's real, relatable, and rooted in resilience.

## PARENTS AND CAREGIVERS:

For additional information, please reach out to the individuals listed below:

- SIRAC Shawneetown: 223-244-2597
- SIRAC Marion: 618-614-5082 ext.722

## SERVICE PROVIDERS:

Email [referral@siresources.org](mailto:referral@siresources.org) or scan the QR code



# LOCAL AREA NETWORK 2

Date: June 2, 2026



## SUPPORT FOR

*you and your baby*

**COMPASSIONATE CARE.  
REAL CONNECTION.  
NO JUDGMENT.**

Pregnancy and early parenting come with many changes and everyone's journey looks different. Whether you're navigating stress, life challenges, substance use, recovery, or just need extra support, you don't have to do it alone.

## WE MEET YOU WHERE YOU ARE.

SIRAC offers **no-cost, compassionate support** from doulas and peer professionals with lived experience in parenting and navigating life's challenges.



Every family deserves compassion, support, and the opportunity to thrive.

### SERVICES INCLUDE:



#### **Pregnancy & Postpartum Support**

Guidance and encouragement through every step.



#### **Peer Support**

Connect with someone who understands.



#### **Parenting Support**

Practical tools and support for your parenting journey.



#### **Perinatal Education**

Education and support for your pregnancy and growing family.



#### **Resource Navigation**

Help finding the resources you need.



#### **Family Advocacy**

Support and advocacy to help you navigate systems with confidence.



**LET'S TALK.**

Self-referrals welcome.



618-614-5082 ext. 722



referral@siresources.org



# LOCAL AREA NETWORK 2

Date: June 2, 2026



**Southern Illinois Resource and Advocacy Center**  
 193 West Shawnee Avenue  
 Shawneetown, IL 62984

## SIRAC BRICK Program Referral Sheet

<p>To refer an individual for SIRAC's BRICK Program, please complete this form (digital or printed/scanned), then email to <a href="mailto:referral@siresources.org">referral@siresources.org</a> with the subject line "SIRAC BRICK Program Referral".</p>	
<b>Referral Source:</b>	<p><b>Name:</b> _____ <b>Organization:</b> _____</p> <p><b>Email:</b> _____ <b>Phone Number:</b> _____</p>
<b>Summary of Reason for Referral:</b>	<p><i>Is this person/family involved with DCFS? __ Yes __ No</i></p> <p><i>If "yes", is this family's case intact or permanency? __ Intact __ Permanency __ Unsure</i></p> <p><i>Are these services mandated for the person/family? __ Yes __ No</i></p>
<b>Which BRICK Program Services Are Needed:</b>	<p><input type="checkbox"/> Recovery Meetings <input type="checkbox"/> Nurturing Parenting Program Classes <input type="checkbox"/> DCFS Support</p> <p><input type="checkbox"/> Individual Peer Parent Support and Mentorship <input type="checkbox"/> Doula Support <input type="checkbox"/> Safe Sleep Education</p> <p><input type="checkbox"/> Pregnancy and Childbirth Education <input type="checkbox"/> Basic Needs Assistance (food, shelter, supplies)</p> <p><input type="checkbox"/> Resource Navigation <input type="checkbox"/> Client Advocacy <input type="checkbox"/> Case Management</p> <p><input type="checkbox"/> Other (Please describe):</p> <p>_____</p> <p>_____</p> <p>_____</p>

**Client Name:**

\_\_\_\_\_

**Parent/Guardian Name:**

\_\_\_\_\_

**Date:**

\_\_\_\_\_

**Address:**

\_\_\_\_\_

**City/State/Zip:**

\_\_\_\_\_

**Phone:**

\_\_\_\_\_

**Date of Birth:**

\_\_\_\_\_

**Release of information obtained/attached?**

- Yes  
 No

**For questions, who should SIRAC contact?:** \_\_\_\_\_

# LOCAL AREA NETWORK 2

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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			
OCTOBER			
NOVEMBER			
DECEMBER			

# LOCAL AREA NETWORK 2

Date: June 2, 2026

# JUNE 2026

**make  
kindness  
the norm.**

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION

**SCIENCE SPARK: PUBLIC RECOGNITION OF KINDNESS SPARKS A "HELPER'S HIGH" FOR THE GIVER, RECEIVER, AND ANYONE WITNESSING IT—THANKS TO MIRROR NEURONS IN THE BRAIN.**

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																												
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	On your next walk smile as you pass others.	Chalk kind messages or drawings where others stroll or bike.	Each day, text or tag someone who brightened your world.	The next time you're with friends, family, or coworkers, take ten seconds to say one kind thing about someone in the group.	Tape up a poster in a shared space for people to share gratitude notes about others.	Leave cold drinks or thank-you cards for lifeguards, camp counselors, or park workers.																																																																																																												
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Share lunch with someone who's been helpful this year.	Create a shared "Shine Together" playlist with songs that remind you of kind people.	After cleaning up a park or beach, invite others (online or in person) to do their own ripple act and share it forward.	Nominate a community helper (coach, nurse, bus driver) on social media.	Take a cheerful photo with someone who made you smile and share it with a thank-you caption.	When you're spending time with someone in your life, pause to tell them what you appreciate about them. A simple sentence can brighten the whole day.	Next time you're with friends, go around naming one kind thing about each person.																																																																																																												
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On your next walk or drive, make it a point to wave or smile at the people you pass.	Set up a simple lemonade stand (or pitcher on the porch) and give a free cup with a handwritten kindness note attached.	Leave uplifting notes on benches or picnic tables for strangers to find.	Trade favorite summer books or recipes, each tagged with a kind note.	Create a list (smile at a stranger, pick up litter, compliment a cashier) and do it.	On walks or drives, wave to everyone you pass. It's contagious joy in motion.	Drop off popsicles or iced coffees to construction crews.																																																																																																												
21	22	23	24	25	26	27																																																																																																												
Keep track of kind acts you see while traveling, then share your top three at month's end.	Host a backyard gathering where everyone shares a kindness story under string lights.	Watch the sunset with friends and each name one person you're thankful for.	Write names of people who've helped you shine this year; pick one daily and send them a thank-you.	On your town's Facebook page or neighborhood app, highlight someone doing good.	Leave positive reviews for local businesses or workers who went the extra mile.	At home, post kind things family members do so everyone can see the glow grow.																																																																																																												
28	29	30	1	2	<table border="1"> <thead> <tr> <th colspan="5">MAY</th> <th colspan="5">JULY</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td> <td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td> </tr> <tr> <td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> </tr> </tbody> </table>		MAY					JULY					S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	26	27	28	29	30	1	2	28	29	30	1	2	3	4	3	4	5	6	7	8	9	5	6	7	8	9	10	11	10	11	12	13	14	15	16	12	13	14	15	16	17	18	17	18	19	20	21	22	23	19	20	21	22	23	24	25	24	25	26	27	28	29	30	26	27	28	29	30	31	1	31	1	2	3	4	5	6	2	3	4	5	6	7	8
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Compliment swimmers, lifeguards, or parents helping kids learn.	When someone compliments you, "pass the praise" by recognizing another person right after.	End June with a gathering, picnic, or bonfire to celebrate everyone's bright acts.																																																																																																																

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

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