

# VIRTUAL HEALTH FAIR!

LET'S GO!

For everyone's good health in 2020, we decided to hold our annual health fair online - virtually! Stroll through our virtual park, visit exhibitors, and learn more about the great health options in the Jacksonville area!



BOOTH #1



**BARD OPTICAL**

**Frames Exams Lenses & Coatings Contacts Sunglasses**

We have a saying at Bard Optical: everything that we do is for the patient. This means that every service we offer — from eye health exams, to treatments for eye conditions, to outfitting you with new eyewear — is provided with your best interests in mind. Our dedication to patient satisfaction, comfort, and high-quality care has made us Central Illinois' trusted provider for eye care and eyewear for nearly 80 years.

Bard Optical's Optometrists are highly skilled doctors who diagnose diseases, remove foreign bodies, prescribe medication, fit contact lenses and evaluate the vision correction needed for each patient. Unlike doctors who work for national chains or box stores, our Optometrists have access to extended medical testing equipment to aid in the diagnosis and treatment of eye diseases. We co-manage surgical patients with outside medical doctors to provide our patients with a continuity of care.

Our staff is uniquely trained to help guide patients through important pre-testing, to assist our Optometrists in the exam lane and to dispense products, including designer eyewear and a wide variety of contact lenses.

Bard Optical's patients are our friends and neighbors. For that reason we are committed to providing ALL patients with the same level of care they have come to expect from their family doctors.

## Bard Optical... Vision for Life!

Website: <https://www.bardoptical.com/>

Facebook: <https://www.facebook.com/BardOptical>

**cedarhurst**  
ASSISTED LIVING and MEMORY CARE



Whether in Assisted Living or Memory Care, our caring staff, first rate amenities, charming one-level community and welcoming small-town warmth make Cedarhurst of Jacksonville a secure, enriching place to live.

Here, individual attention informs almost everything we do. You can see it in the wide array of tailored activities and programs designed to engage and delight. Hear it in the warm interactions between our staff and residents. Taste it in a special dish prepared by our chef. Feel it in every apartment, every homey living room, and every gathering space. With exceptional staff, comfort and care, you can rest assured that Cedarhurst of Jacksonville will provide all of life's necessities and more. Check out our website at [www.cedarhurstliving.com/jacksonville](http://www.cedarhurstliving.com/jacksonville) or call Lori Ludwig-Eddings today @ 217-245-2996 to experience an amazing tour of our beautiful community.



BOOTH #3



**Cass County Health Department**

BOOTH #2

Our health department offers many non-traditional programs which serve individuals all over Central Illinois. Our federally qualified health center, The Cass County Health Clinic, is a full service primary medical care and dental office. Our health clinic has locations in Beardstown and Virginia with two full time doctors and a nurse practitioner. We also offer behavioral health and a medication assisted treatment (MAT) program for substance use disorder. The Cass County Dental Clinic is located in Virginia and offers exams, x-rays, fillings, cleanings and more! We are always accepting new patients for these programs! We accept all insurances including all of the Managed Medicaid plans as well as those who are uninsured. For those who are uninsured or underinsured, we offer a sliding fee discount.



The Cass County Health Department is also home to the Cass-Schuyler Area Hospice and Cass County Home Health Agency. Our Home Services programs serve the following counties: Cass, Schuyler, Morgan, Brown and Scott. Our hospice program is always looking for volunteers!

Website: [casscohealth.org](http://casscohealth.org) Facebook: @IllinoisCassCoHealth

THERE'S MORE!





Central Counties Health Centers has proudly served the residents of Central Illinois for the past 20 years. We have provided primary and preventative medical and dental services, as well as behavioral health services to more than 17,000 patients each year. We are committed to providing high quality and affordable health care to anyone who walks through our doors. We accept all forms of insurance including Medicaid and Medicare. Don't have insurance? That's ok too! We offer a sliding fee scale for those who are uninsured and underinsured.



**BOOTH #4**



**EXPLORE MORE!**

**Behavioral Health Department includes:**

- ADHD Evaluations
- Counseling
- Medical Assistance Treatment Program

**Dental Services include:**

- Exams and Cleanings
- Fillings
- Extractions
- Dentures
- And more!

**Medical Services include:**

- Women's health exams
- Annual Physicals
- Chronic disease management
- Lab Services

- Primary care
- School/Sports Physicals
- Well-Child Exams
- Pharmacy Services
- Much More!



To schedule an appointment, please call 217-243-3543.  
Please visit our website @ [www.centralcounties.org](http://www.centralcounties.org)  
Check us out on FB @ <https://www.facebook.com/centralcountieshealthcenter>

**BOOTH #5**



For over 50 years, Gateway Foundation, the nation's largest non-profit addiction treatment provider, has committed to reducing substance use and co-occurring mental health disorders through evidence-based and personalized programs. Our experienced and credentialed clinicians help over 10,000 people a day to achieve a life of sobriety and maintain mental wellness. Our programs are inclusive to everyone regardless of race, ethnicity, sexual orientation, and gender identity. Gateway Foundation is more than an organization or a business; it is an institution that carries the promise of hope and recovery.

This September marks the 30th anniversary of Recovery Month. Sponsored by the Substance Abuse and Mental Health Services



Administration (SAMHSA) Recovery Month aims to increase awareness and understanding of mental and substance use disorders and celebrate the people in recovery. One of the many ways Gateway supports those we serve, besides an in-person setting, is through our Virtual Outpatient Program – GatewayConnect. Utilizing our core evidence-based curriculum, participants receive the same quality of care from the comfort of their homes or office. Given the unprecedented circumstances in which we live, this may be the best option for many people who face challenges in receiving in-person treatment. Gateway's national workforce of more than 1,400 professionals strives to help our clients achieve lasting abstinence, improved health, wellness, and a better quality of life. During Recovery Month and beyond, Gateway Foundation will continue to save lives by bridging the gap between addiction and recovery through hope and healing.

24-Hour Help Line | 877-381-6538 | [www.gatewayfoundation.org](http://www.gatewayfoundation.org)

**BOOTH #6**



Heritage Health in Jacksonville is a beautiful senior living community located in Morgan County within the historic city of Jacksonville, Illinois. We are a well-known name around town; our community is the oldest in Jacksonville! Known for our longevity and rapport, Heritage Health in Jacksonville has always offered first-rate senior care to those in need. We are consistently voted the Area's Best Nursing Home by the Jacksonville Journal Courier.

- RESTORE THERAPY Includes Short-Term Physical, Occupational,
- Respiratory, Speech & Outpatient Therapy
- Clinical Capabilities
- Wound Care
- Tracheostomy Care
- Shelter Care/ Assisted Lifestyle
- Medicare-Certified
- Long-Term Skilled Nursing Care
- Respite Care
- Hospice Services

[HeritageOfCare.com/Jacksonville](http://HeritageOfCare.com/Jacksonville) Facebook: [Facebook.com/HeritageHealthJacksonville](https://www.facebook.com/HeritageHealthJacksonville)



**THERE'S MORE!**



**Home Instead**  
SENIOR CARE  
*To us, it's personal.*

During these uncertain times, Home Instead can be your answer to many new challenges. Whether you need care for yourself or a spouse, need in-home support for a loved one, or want to find a way to safely help the most vulnerable people in your community while earning flexible income, we can be the answer. Our professional CAREGivers are thoroughly screened, well-trained individuals who love what they do, and have 24-7 support from a company that's been providing in-home care for over 16 years.

We create a care plan with your needs and goals in mind, whether that involves hands-on support with dressing, bathing, and ambulation or supportive assistance with housekeeping, meals, errands, and medication reminders. We are there to provide a highly individual and compassionate service, available 24-7. In addition, we can also provide free services through a Respite Grant funded by AgeLinc. This program is designed to provide respite support for family caregivers and is not income-based. Available counties include: Morgan, Scott, Cass, Montgomery, and Macoupin.

Please see our website for more information, [www.homeinstead.com/545](http://www.homeinstead.com/545), including our current safety protocols and why we are the home care provider and employer of choice. To Us, It's Personal

**Home Instead**  
SENIOR CARE

**MORE TO EXPLORE**

**BOOTH #7**



Jacksonville Family Dental is a Family Dental practice that is proudly serving Jacksonville and surrounding areas. We see both Children and Adults and provide comprehensive dental care based on their needs. We are one of the very few practices that accepts even children on state medicaid besides other major insurers as Dr Kaja strongly believes in good dental foundation and hygiene habits that would lead to great oral health outcomes in Adult life.

We also accept walk-ins and emergency patients. We are very proud to say that we have converted hundreds of tears into smiles on the same day by taking care of dental emergencies. We are very reasonably priced and try to accommodate your time schedule. Our office is highly reputed in town as our patients love us. Please give us a chance to serve your needs and we will not disappoint you. Please feel free to reach us at 217-243-4032.

[www.thedentistjacksonville.com](http://www.thedentistjacksonville.com) <https://business.google.com/dashboard>

<https://www.facebook.com/Jacksonville-Family-Dental-1780604728857699/>



**BOOTH #9**

**BOOTH #8**



**Health Care FOR EVERY GENERATION**

HSHS Medical Group and Prairie Cardiovascular offer a range of healthcare services at our Jacksonville location, including adult neurology, cardiology, foot & ankle, family & internal medicine, pediatrics, MRI, x-ray and lab services.

**LEARN MORE AT**  
[HSHSMedicalGroup.org](http://HSHSMedicalGroup.org) | [PrairieHeart.org](http://PrairieHeart.org)

*Partners in Care*



1745 W. Walnut St., Jacksonville, IL 62650

**THERE'S MORE!**

# Memorial HEALTH SYSTEM

ADVANCE CARE MANAGEMENT DEPARTMENT



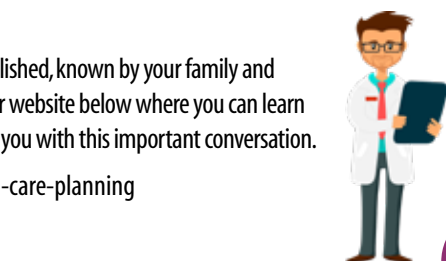
Advance care planning involves an open discussion with your family and healthcare providers about your wishes should your health ever decline and you are unable to make your own decisions. It identifies what's important to you, communicating those wishes to your loved ones and, often, completing advance directives.

Considering your end-of-life wishes can feel overwhelming. We often hear, "I've always been healthy," or "My family knows my wishes." Even if it is hard to talk about, it is best to have the conversation and make these decisions early.

Our team is dedicated to making sure your wishes are established, known by your family and providers, and followed through if a crisis occurs. Click on our website below where you can learn more about the services we offer and find resources to help you with this important conversation.

<https://www.memorialmedical.com/services/advanced-care-planning>

<https://www.facebook.com/ChooseMemorial/>



BOOTH  
#11

Midwest Youth Services (MYS) serves at-risk, runaway and homeless youth, ages 11-24. Our mission is to deter youth from the juvenile justice



## MIDWEST YOUTH SERVICES

and child welfare systems while strengthening and restoring families. We offer 24/7 crisis intervention, mediation, and emergency shelter to these vulnerable youth. MYS is the only agency providing these services in Brown, Cass, Schuyler, Scott and Morgan counties in Illinois. Without our services, more youth would be on the streets and be targets for exploitation and crime. We assess the overall needs of each youth we serve and help them access the resources they need. This includes getting dropouts or truants back in school, arranging for tutoring, mentoring, medical, dental and mental health needs, social support and counseling. We also teach families communication skills so they can resolve their own problems with little outside intervention.

Our community youth services program helps community groups develop activities and programs that promote positive youth development. This includes, but is not limited to, identifying community needs and concerns, and fostering leadership in the youth of our communities. We also help youth who have already had experience with the legal system. Youth who have been found delinquent by the Court and referred by probation, participate in intensive programming that includes mentoring, case management, advocacy, and more!

If you, or someone you know, could benefit from the our services, please give us a call at 217-245-6000.

Our services are completely free and confidential!

Website: <https://mys-kids.org/> Facebook: <https://www.facebook.com/MidwestYouthServices/>

YouTube: [https://www.youtube.com/watch?time\\_continue=1&v=W4zr9awXK6Q&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=1&v=W4zr9awXK6Q&feature=emb_logo)



BOOTH  
#12



BOOTH  
#10

## JACKSONVILLE



The Jacksonville Lions Club was established in 1924 and over all these years the Lions have assisted thousands of individuals and organizations in the Jacksonville area. One of our main focuses is on vision and hearing assistance. The Lions display the flags in Community Park on most holidays. Our most current service project was a

School Supply Collection for students in the Jacksonville School District 117. The annual Fruit Sale is our main fundraiser and all funds raised in all projects stay right here in our community. Our motto is "We Serve" and "Kindness Matters". We welcome anyone to join us at a meeting. For more information about our great Lions Club contact us at (217) 245-9386.

The Lions provide educational material regarding Diabetes at the Be Aware Wellness Fair. In 2018 the American Diabetes Association reported that 10.5% of the United States population had diabetes. That is 34.2 million Americans. Nearly 1.6 million Americans had Type 1 Diabetes (formerly known as Juvenile Diabetes). The ADA reported that approximately 1.5 million Americans are newly diagnosed with diabetes each year. There are three types of diabetes, Type I, Type II, and gestational diabetes. Although there are many differences among these types of diabetes the one thing that is true for all is that early detection and treatment are extremely important to prevent serious health problems.

Here are some warning signs: Increase in thirst, increased appetite, irritability, weakness, nausea, drowsiness, excessive urination, blurred vision, and tingling in feet. If you are experiencing some of these symptoms, you need to consult a health care provider.

Type I diabetes is a form of diabetes in which the body does not produce insulin. Type I diabetics must inject insulin for the rest of their lives. Type 1 diabetes is most diagnosed in children and for that reason used to be called juvenile diabetes. However, it can develop in persons of any age. Type 1 Diabetes cannot be prevented and there is no cure for it.

Type 2 diabetes is a form of diabetes in which the body produces insulin, but the body does not process the insulin properly. Type 2 diabetes can also develop at any age, but most cases are found in adults. Type 2 can be treated and sometimes even reversed with diet and exercise. It can also be controlled with medication. Sometimes insulin injections must also be used to treat it.

Gestational diabetes develops during pregnancy and the body will normally reverse back after delivery.

The following are some healthy choices to lower your risk of developing Type 2 diabetes: regular exercise, eat a low fat and low carb diet, stop drinking soda, drink water, and have an annual doctor visit. We invite you to the Jacksonville Lions Club Facebook page and watch a short video about diabetes.



THERE'S  
MORE!

# Don't delay your care. It's time to GO.

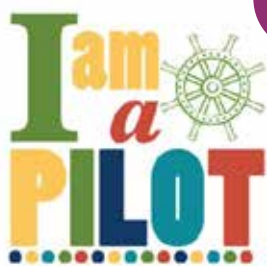
SafeWithMemorial.com

Your health is essential and at Passavant we've launched multiple safety initiatives to keep you protected. You can feel safe visiting us for all your healthcare needs from an emergency to routine screenings like labs, mammograms or colonoscopies. Don't put off your care. Passavant is **ready**. Passavant is **safe**. And right now, it's time to **GO**.

# Ready. Safe.

# Go.

 **Passavant**  
AREA HOSPITAL  
A Memorial Health System Affiliate



BOOTH  
#14

Pilot Club of Jacksonville was chartered on April 14, 1951. Our home office of Pilot International is in Macon, Georgia and was started in 1921 by Elizabeth Leonard and forty local businesswomen. The name "Pilot" was inspired by the mighty riverboat pilots of that day who represented leadership and guidance. Our mission is to influence positive change around the world. How do we do that? We prepare youth and young adults for service, we encourage brain safety and health, by teaching brain injury prevention to people of all ages and we support those who care for others.

Our club consists of 29 members. We might be small, but we are mighty. We also sponsor an Anchor Club for students in middle school and high school to develop their leadership skills while participating in community projects. We fundraise during the year by having a Salad Luncheon, Cheese Ball Sales, Holiday Home Tour & Tea, Quarter Auction and Pancakes for Pilot. With these funds, we are able to give back to our community and sponsor several organizations that are health or brain related, such as Mia Ware Foundation, Kourtnee's Chiari Malformation Awareness and Camp Courage to name a few.

Things will be a little different this year, but our goals are to promote our Helmet Program and continue to give back. One way we do that is by each month giving to a caregiver, a Pick-Me-Up gift. Sometimes it is a gift card for dinner, gas or even a pedicure. In the past we have given laundry and paper supplies, coats, supplies for Teacher Appreciation, and each holiday season we ring bells to help support the Salvation Army. Several years ago, we helped the Morgan County Sheriff Department with a program called Care Trak, it is a bracelet alert for those individuals that struggle with memory. Should they wonder off, Morgan County Sheriff Department has a device that can track their bracelet, so they can be brought back home safely. We hope we can revamp the program this year, and get new, updated advertisement out to the community and surrounding areas.

If you want more information on Pilot Club or our programs, please check out [www.pilotinternational.org](http://www.pilotinternational.org) or contact us on facebook at Pilot Club of Jacksonville, Illinois.

MORE TO  
EXPLORE

BOOTH  
#13



BOOTH  
#15

United  
Way



Prairieland United Way's GetCONNECTED Volunteer Network, a comprehensive digital platform is designed to help agencies connect with volunteers, coordinate volunteer schedules, and develop more meaningful, long-term relationships throughout the community.

**Step One:** Go to <https://prairielanduwvolunteers.galaxydigital.com/>

**Step Two:** Select your causes. Connect with agencies that match your interests.

**Step Three:** Play around! Learn about how you can be a part of it!

Plus, Social Service Information and Referral services can now be accessed with our Resource Hotline by calling 217-479-1818. Area residents looking for help with food, shelter or homelessness related services, mental health, substance abuse treatment, financial assistance, and many other health and social services can use this service.

THERE'S  
MORE!

# Ready. Set. Grow.

West  
Central  
Illinois

BOOTH  
#17



Ready. Set. Grow! West Central Illinois believes every parent deserves to know that every time we interact with our children, their brains are growing the architecture upon which all future learning is built. When parents respond to and talk with young children, we are growing brain neural connections. The first few years of life, 1,000,000 new neural connections are formed in the brain every second! Hard to imagine, but you read that right! Research showed that children who had parents who talked with them often had higher vocabularies and achieved more success in school. [Thirty Million Words Project] [The Early Catastrophe] A landmark study concluded that vocabulary use at 3 years old was predictive of language skills at age nine and ten. [Zero to Three, Talk to Me Baby!] [The Early Catastrophe]

Nurses in the hospital birthing center share the brain-building information with each new parent and give them a "Let's Talk!" diaper wipe clutch to remind them what their nurse taught them. Nurses at Morgan County Health department share the message and give parents "Let's Talk!" onesies and "Let's Talk!" bibs to serve as reminders. Also at each visit parents receive a brand new board book to read with their little one. Reading early and frequently builds vocabulary and future school success.

Funding for this initiative comes from Tracy Family Foundation, Pilot Club of Jacksonville, and Pilot Club International.

Website: [readyssetgrowWCI.org](http://readyssetgrowWCI.org) Facebook: Ready Set Grow West Central Illinois



**EVEN  
MORE!**

BOOTH  
#16

## EARLY INTERVENTION CHILD AND FAMILY CONNECTIONS

Child and Family Connections is a state and federally funded program serving children from birth until their third birthday. The sole purpose of this program is to find children who are in need of professional therapy services to ensure that the child is meeting all developmental milestones at the appropriate times.

The staff at Child and Family Connections will assist your family in having evaluations completed with your child to determine their eligibility for the program. If your child is eligible, an Individualized Family Service Plan (IFSP) is written. If your child is not eligible, the Child and Family Connections Staff will make other appropriate referrals within the area in which the family lives to support the family and healthy child development.

Child and Family Connections is a state-wide agency with 25 regional sites in Illinois. Our local office in Quincy, Illinois provides Service Coordination services for Adams, Brown, and Pike Counties. Our satellite location in Jacksonville, Illinois provides Service Coordination services for Cass, Morgan, Scott, Jersey, Greene, and Calhoun counties. Anyone can refer a child to Child and Family Connections. You can call toll-free at 1 (888) 222-9592 or 217-222-9592.



**ALL  
DONE!**

**FEELING HEALTHIER?**

**HOPE TO SEE YOU ALL  
BACK IN THE PARK  
NEXT YEAR!**

