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Advocacy. Action. Answers on Aging.

September 4, 2005

Cathy Houghtby
 Division of Communications and Training
 Illinois Department on Aging
 421 East Capitol Avenue, #100
 Springfield, IL 62701-1789

Dear Cathy:

The East Central Illinois Area Agency on Aging is pleased to nominate the Champaign-Urbana Public Health District (**C-UPHD**) for the 2005 Governor's Unique Achievement Award. The following individuals can accept the Award on behalf of the Health District: Dave King, Administrator and Charlene Stevens, RN, Division of Community Health Nursing and Clinical Services, Champaign-Urbana Public Health Department, 710 North Neil Street, Champaign, IL 61820; telephone: 217-352-7961.

The Champaign-Urbana Public Health District has made a significant difference towards healthy living for older adults in Champaign-Urbana. The following points provide a brief history of C-UPHD and their outstanding record of providing health promotion and disease prevention services to older persons:

- **Champaign-Urbana Public Health District** has served the public since 1937. Community Health Nursing is integral part of the Health District's mission with shared goals of disease prevention, health education, and health maintenance. Community Health Nursing is preparing for the oncoming increase in the aging population in Champaign County.
- The Division of Community Health Nursing is staffed with five professional nurses, who represent a total of 40 years of skill, expertise, and dedication to the practice of Community Health Nursing and 113 years as licensed professional nurses.
- The goal of senior health services in the Division of Community Health Nursing is to help seniors to age in place in their homes and in the community.
- Community Health Nurses visit older adults in their homes weekly, bi-monthly, and monthly as needed. Services include arranging for meal delivery, personal assistance or senior advocacy. Medication management is a significant part of Community Health Nursing, including filling medication containers and monitoring prescriptions to ensure seniors are able to take their **prescription** medication safely. Medication errors can be reduced with medication education, reinforcing the client's compliance with plans of treatment, and client advocacy with pharmacies and physicians.

Counties Served: Champaign, Clark, Coles, Cumberland, DeWitt, Douglas, Edgar, Ford, Iroquois, Livingston, Macon, McLean, Moultrie, Piatt, Shelby, Vermilion

The East Central Illinois Area Agency on Aging does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with appropriate State and Federal Statutes. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For information, call the **IDoA Senior HelpLine** 1-800-252-8966 (Voice and TTY) or contact the Area Agency's Civil Rights Coordinator at 1-800-888-4456.

- Between August 2004 and August 2005, five Community Health Nurses made 3,420 home visits with older adults. Services are targeted to older adults in greatest social and economic need. Thirty-six percent of clients are African-American. Thirty percent of clients have diabetes and thirty-nine percent have two or more major medical diagnoses. The average age of seniors receiving home visits is 80.
- Community Health Nurses also conduct monthly Health Screening Clinics throughout Champaign County in senior living centers. In these Health Check Clinics, Community Health Nurses assess blood pressure, blood sugar, pulse rate, total cholesterol, answer health-related questions, offer education on various health topics, make community health referrals, and recommend self-care interventions.
- Health Check Clinics are held at seven senior living facilities in Champaign-Urbana and one in Savoy, IL. There is an additional request for a clinic in Champaign and one is scheduled to begin in Rantoul. In the past year, from August 2004 to August 2005, Health Check Clinics have served 624 seniors.
- During the past year, Community Health Nurses have expanded Health Check Clinics by inviting allied health professionals to offer expertise to clinic attendees. Over the summer, a pharmacist attended several screening clinics and advised seniors on their medications, possible drug interactions, and possible complications during their medication review.
- Community Health Nurses are active members of the Champaign County Mental Health & Aging Coalition initiated by the East Central Illinois Area Agency on Aging. Volunteer professionals from the Coalition have offered cold fresh lemonade to seniors during the Health Check Clinics. The "Lemonade Stand" is an initiative of the Coalition to increase senior awareness that "Depression is NOT a normal part of aging." Seniors understand the adage that "when you are given lemons in life, you should make lemonade!" Frequently seniors will share a poignant life story as they enjoy their lemonade. These stories are of their personal strife and what works for their depression and what doesn't work. The seniors have good questions and often share their concerns about someone else in their building or in their family. The Lemonade Stand has poured approximately 330 glasses of lemonade this summer.
- Two of the Community Health Nurses have advanced certifications as Certified Diabetic Educators. Each of these nurses conduct monthly support groups for seniors residing in housing facilities. Two hundred seniors have attended these meetings during the past year.
- The Champaign-Urbana Public Health District also offers Flu and Pneumonia Clinics in Champaign County every October. Immunization clinics are offered at all senior living centers in Champaign-Urbana and throughout Champaign County. Last year these clinics served 1,092 older adults.

Thank you for the opportunity to recognize the outstanding services provided to older adults by the Champaign-Urbana Public Health District. If you have any questions, please call me, (309) 829-2065, extension 210.

Sincerely,

Mike O'Donne 11
Executive Director