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- 40) **Family Nutrition Program, U of I Piatt Extension**
- 41) **Girl Scouts, Green Meadows Council**
- 42) **God's Lifeline**
- 43) **Growing Strong Sexual Assault Center**
- 44) **Guardianship and Advocacy Commission**
- 45) **Habitat for Humanity of Piatt Counties**
- 46) **Healthy Start Program**
- 47) **Help Me Grow-Futures for Kids Hotline**
- 48) **HelpSource**
- 49) **HIV and AIDS Information Service**
- 50) **Housing Authority of Piatt County**
- 51) **ILCAAP(Illinois Church Action on Alcohol and Addiction Problems)**
- 52) **ISEARCH, Illinois State Police**
- 53) **Illinois Breast & Cervical Cancer Program**
- 54) **Illinois Family Violence Coordinating Council**
- 55) **IllinoisLawyerFinder.com**
- 56) **Illinois Poison Control Center Hotline**
- 57) **Illinois School for the Visually Impaired**
- 58) **Illinois Tobacco Quit Hotline**

- 59) **Infant-Parent Institute**
- 60) **All Kids/Family Care Health Insurance**
- 61) **Kirby Hospital**
- 62) **Lifelink**
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- 88) **Piatt County Toy and Gift Program, Inc.**

- 89) **Piatt County WIA Office/Satellite of Champaign Consortium**
- 90) **Piattran**
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- 100) **Salt Creek Community Clothes Closet and Food Pantry**
- 101) **Senior Citizens Nutrition Program and Center (Peace Meals)**
- 102) **Suicide Prevention Hotline**
- 103) **UIC Division of Specialized Care for Children**
- 104) **United Cerebral Palsy of East Central Illinois**
- 105) **University of Illinois Extension, Piatt County**
- 106) **Webster Cantrell Hall**
- 107) **Willow Tree Missions**
- 108) **A woman's Fund, Inc.**
- 109) **Youth Advocate Program**
- 110) **Additional Resources for Senior Citizens**
- 111) **Emergency Preparedness Information**

◆ Piatt County Resources for Children and Families ◆

(1) Affordable Housing Network

217-359-6150

318 S. Prairie Street
Champaign, IL 61820

Services:

- ◆ Network for people who need housing. Listings for low income units, also for out of county individuals. Call between 9 and 10 a.m. when applications can be taken over the phone.

(2) Aged and Disabled Assistance Division (Illinois Department of Revenue Taxpayer Assistance)

800-624-2459

217-782-2627

101 West Jefferson Street
P.O. Box 19021
Springfield, IL 62702

Services:

- ◆ Administers **Circuit Breaker** program (see Circuit Breaker)
- ◆ Pharmaceutical Assistance & Senior Care: for approved heart, blood pressure, arthritis, diabetes, cancer, Alzheimer's, osteoporosis, and lung (including smoking related) medicines prescribed by a doctor
- ◆ www.state.il.us/aging

(3) Al Anon

800-344-2666

Provides local meeting location for services

Services:

- ◆ Support groups for families and friends of alcoholics. A fellowship that addresses alcoholism as a family illness, and teaches how changed attitudes can aid in recovery.

(4) Al-A-Teen

800-344-2666

Provides local meeting location for services

Services:

- ◆ Support for teens struggling with alcoholism and family issues related to alcoholism

(5) Alcoholics Anonymous

217-373-4200 (AA Hotline) 800-539-0475

www.alcoholics-anonymous.org

Services:

- ◆ Brings together men and women whose sharing of strengths, experiences, and hope helps them overcome problems.

(6) American Red Cross (Heart of America Blood Services Region)

800-GIVE-LIFE (448-3543)
309-674-7171

405 W. John Gwynn Jr. Ave.
Peoria, IL 61605

Services:

◆ Works with individuals and organizations to plan and conduct blood drives throughout the community. Blood collected locally is used to ensure that patients in need receive life-saving transfusions at John and Mary E. Kirby Hospital in Monticello and throughout the Red Cross System.

(7) Atwood Food Pantry

United Church of Atwood/ UCC
Daily-217-578-2832

Hammond United Methodist Church
217-262-3386 4th Saturday of each month

Open to families in the Atwood-Hammond area who have an emergency need for food supplies. Food for pantry is donated by local churches and by Atwood-Hammond Christmas Needy Fund. Food vouchers are also issued by the Atwood-Hammond Area Association of Churches for perishable food items.

(8) Baby Fold

309-452-1170

108 East Willow Street
Normal, IL 61761

Services:

- ◆ School and residence for children ages 3 to 13 who have emotional/behavioral problems
- ◆ Family support services and case management
- ◆ Healthy Start for first-time expectant and new parents
- ◆ Specialized Education for children 3 – 14 with autism, pervasive developmental, emotional, and behavioral disorders.
In-service, staff training and program development for school districts and agencies in surrounding communities
- ◆ Specialized Education for students 15 – 21 (High School), including vocational training
- ◆ Counseling and social services for problem pregnancies
- ◆ Adoption services and foster care

(9) Bement Community Food Pantry

217-678-3035
Tuesdays 9:30 AM to Noon

First Christian Church
164 E. Wing
Bement, IL 61813

Open to Bement School District area families who have an emergency need for food supplies.

(10) Bement Health Care

217-678-2191

601 North Morgan
Bement, IL 61813

Services:

- ◆ 24-Hour nursing care in a long term environment
- ◆ Daycare services
- ◆ Respite services
- ◆ Medicare/Medicaid approved
- ◆ Proud member of the Petersen Health Care Family

(11) *BETHS Place* (Because Eventually The Healing Starts)

217-253-2555 Local Hot Line
877-394-8284 Hot Line (toll free) P.O. Box 462
217-253-6721 (business office) Tuscola, IL 61953

Services:

- ◆ Short term assistance and shelter for victims of domestic violence. Monday night group meetings. Help with needed items for new places: dishes, kitchenware, small furniture, small food pantry, diapers and paper product needs.

(12) Big Brothers / Big Sisters of Piatt County

217-355-2227 404 W. Church
217-935-1234 Champaign, IL 61820
bbbscmi@aol.com

Services:

- ◆ Children ages 5 – 12 are matched according to mutual interests with responsible, caring adults ages 16 and older.

(13) Boy Scouts of America, Prairielands Council

217-356-7291 3301 Farber, P.O. Box 6267
Champaign, IL 61826

Services:

- ◆ Programs designed to build strong character, good citizenship, and strong minds and bodies in boys.
- ◆ Tiger Cubs (1st grade, age 6), Cub Scouts (ages 7-10), Boy Scouts (ages 11-18)

(14) Caregiver Support Services

217-352-5100 Family Service Senior Resource Center
Contact Caregiver Advisor 405 S. State Street
Champaign, IL 61820

- ◆ Support services for relative or friends caring for someone 60 or over.
- ◆ Grandparents or other relatives 55 or older raising children related to them. Children must be under age 18.

(15) Care Management Service

762-7575 121 North State Street
Monticello, IL 61856

Services:

- ◆ Assistance for older adults in exploring options for care or living arrangements, allowing them to remain as independent as possible.

(16) Carle Clinic

217-762-2518 1109 North State Street
Monticello, IL 61856

Services:

- ◆ Comprehensive medical services for the entire family

(17) Central Illinois Economic Development Corporation (C.I.E.D.C.)
A Community Action Agency

762-2421

125 W. Lafayette
Monticello, IL 61856

Services:

- ◆ Programs for lower income individuals/families and senior citizens
- ◆ Community Services: emergency food pantry, clothing, and household goods, shelter for the homeless, homeless prevention funds, and information/referral services
- ◆ **Head Start** income based preschool program for children ages 3 – 5, including medical, dental, vision, hearing, speech and psychological screenings, with appropriate referrals
- ◆ Low Income Home Energy Assistance Program (**LIHEAP**): Assists low income citizens by off-setting the rising cost of home energy through direct financial assistance, energy counseling, outreach and education.
- ◆ Home Weatherization Assistance Program (**IHWAP**): helps low income residents save fuel and money and increase the comfort of their homes. Services may include: furnace repairs and retrofits, insulation of attic and walls, repair of doors and windows or installation of storm window.

(18) Champaign Workforce Services
An Illinois WorkNet Center (formerly Illinois Employment and Training Center/IETC)

217-278-5700
Fax: 217-398-9641

1307 N. Mattis
Champaign, IL 61820

Services:

- ◆ Processes payment of Unemployment Insurance Benefits to eligible workers.
- ◆ Employment Service provides referral and placement.

(19) CHELP Senior Services

217-422-9888

1429 North Jasper
Decatur, IL 62526

Services:

- ◆ Private homemaking and companion services

(20) Child Abuse and Neglect Hotline (Dept. of Children & Family Services)

Hotline: 800-25ABUSE (252-2873)
TTY: 800-358-5117

Services:

- ◆ Takes reports of suspected abuse or neglect of children under age 18 in Illinois to file with local office of DCFS. Investigator contacts the child's family within 24 hours. Report can be made anonymously; reporter's identity is confidential.

(21) Child Advocacy Center (Macon County)

217-422-6294
Fax: 217-422-6590
Jean Moore, Director
www.mccac.org

164 N. Edward St.
Decatur, IL 62522

Services:

The Center is responsible for assisting in the investigation and prosecution of child sexual and physical abuse cases occurring in Macon and Piatt Counties and for the coordination of advocacy and other services needed for those child victims under the age of 18.

(22) Child Care Resource Service

800-325-5516
217-333-3252
ccrs@uiuc.edu
ccrs.hcd.uiuc.edu

Room 314, Bevier Hall
905 South Goodwin
Urbana, IL 61801

Services:

- ◆ Resource and referral for parents looking for child care services. (Piatt, Champaign, Douglas, Iroquois, Macon, and Vermilion counties) Provider information updated monthly.
- ◆ Recruitment and training for childcare providers.
- ◆ Current data on local child care supply and demand.
- ◆ Administers Department of Human Services (DHS) Child Care Assistance Program

(23) Child & Family Connections

1-800-758-2705
217-423-6199

132 S. Water, Suite 604
Decatur, IL 62523

Providing intake and referrals to community service providers. Serving Clark, Coles, Cumberland, DeWitt, Douglas, Edgar, Macon, Moultrie, Piatt and Shelby Counties.

Central point of entry for all children needing Early Intervention Services. CFC is a statewide system that has been established to ensure that all referrals of children under the age of three receive a timely response by an initial service coordinator in a prompt professional and family-centered manner. Early intervention services are designed to help each child reach his or her individual potential. These services specifically address a child's developmental delays or disabilities.

(24) Child Support Enforcement Program (Division of Public Aid)

800-447-4278
www.state.il.us/dpa

100 S. Grand Avenue, East; P.O. Box 19405
Springfield, IL 62762

Services:

- ◆ Provides information about collecting child support.
- ◆ Helps custodial parents (not receiving Public Aid) obtain and enforce court-ordered child support, locate an absent parent, establish parentage, and get medical support.
- ◆ Sets up appointments at the local county office; assists in filling out forms.

(25) Children First

762-4526

P.O. Box 402
Monticello, IL 61856

Services:

- ◆ Provides divorcing parents with education about the impact of divorce on children. Court mandated classes.

(26) Circuit Breaker

762-7575

PC SS Office
121 N. State Street
Monticello, IL 61856

Services for Seniors:

- ◆ Relief from property, mobile home taxes, rent, nursing home charges; reduction on license plate fees
- ◆ Assistance with purchasing prescription medicines

(27) Cornerstone Home

762-5326

1009 S. Irving
Monticello, IL 61856

Services:

- ◆ Residential home for individuals with disabilities. Active Treatment group home teaching daily living skills and offering medical and behavioral support for residents.
- ◆ Equal Opportunity Employer, always accepting applications.
- ◆ Can provide referral information for family members seeking residential placement for their loved ones.

(28) Crisis Nursery

217-337-2730

1309 W. Hill St.
Urbana, IL 61801

217-337-2731

www.crisisnursery.net

Services:

- ◆ 24 hours a day 7 days a week
- ◆ Safe, temporary care for children birth to age 5
- ◆ Parent education and support groups
- ◆ Home visitation

Your children can be at Crisis Nursery as long as you remain in Champaign County.

(29) D.A.R.E. (Drug Abuse Resistance Education)

762-5761 Piatt County Sheriff's Department
1216 Raymond Rd
Monticello, IL 61856

762-7727 Monticello Police Department
301 North Hamilton, P.O. Box 436
Monticello, IL 61856

Services:

- ◆ Teaches drug resistance skills to grade school children while building self esteem. Curriculum delivered by a uniformed police officer, focusing on decision making skills, positive attitudes, how to say no, and knowing consequences.

(30) Department of Children and Family Services, Illinois (DCFS)

762-2148

1202 Bear Lane, P.O. Box 18
Monticello, IL 61856

Services:

- ◆ Provides child welfare services for families with children under age 18, including in-home service, linkage to other resources, placement of child in protective environment, and adoption services.

(31) Department of Healthcare & Family Services (HCFS),

Illinois Office of Rehabilitation Services (ORS) Formerly Department of Rehabilitation Services (DORS)

217-278-3500

510 Devonshire Drive / 1307 N. Mattis Avenue
Champaign, IL 61820 Champaign, IL 61821

TTY: 217-278-3510

www.state.il.us/agency/dhs

Services:

- ◆ Vocational Rehabilitation program provides vocational counseling, physical and mental restoration services to people with severe disabilities, as well as job training and job placement assistance.
- ◆ Home services program prevents unnecessary institutionalization of people with disabilities by providing in-home care.

**(32) Department of Healthcare & Family Services (HCFS),
Illinois (Public Aid)**

762-9848

1200 Bear Lane, P.O. Box 317
Monticello, IL 61856

Services:

- ◆ Oversee Department of Public Aid.
- ◆ Provide cash, medical, and food stamp benefits to qualifying individuals with low incomes.
- ◆ Child support collection services
- ◆ Job training and placement and other social services

(33) Dewitt-Piatt Bi-County Health Department

762-7911

1020 South Market Street
Monticello, IL 61856

Services:

- ◆ Immunizations (including international travel consultation), TB testing
- ◆ Community and Office Wellness/Promotion Clinics (Blood pressure & blood glucose screenings).
- ◆ Communicable Disease investigations
- ◆ Smoking Cessation support
- ◆ Child Health
 - School Physicals
 - Hearing, vision, developmental, lead & anemia (Hemoglobin) screenings
 - Child Lead Poisoning Prevention Program (screening, investigation and case management of children with elevated lead levels).
 - Healthworks Illinois Medical Case Management
 - Dental services
 - School nursing support
 - Car Seat Safety Program
 - KidCare Health Insurance applications
- ◆ **WIC** (Women, Infants, & Children): Provides nutrition education and supplemental food for pregnant women, infants, and children under age five.
- ◆ Pregnancy testing
- ◆ Family Case Management for pregnant moms and infants.
- ◆ Breastfeeding counseling
- ◆ Teen Parent Services
- ◆ Reproductive Health for men & women including:
 - Birth Control, Sexually Transmitted Diseases (STDs) testing, and AIDS information.
- ◆ School & Community Health Education
 - Health Promotion Programs
 - Tobacco Prevention for Youth
 - Heart Smart for Teens
- ◆ Environmental Health Division:
 - Food Sanitation – facility inspection
 - Potable Water – new well inspection & sampling; non-community water supplies & sealing of abandoned wells.
 - Sewage – new private systems inspection & permits; pumper truck inspection
 - Tanning salon inspection
 - Vector Control
 - Nuisance complaint investigations
- ◆ Emergency Preparedness
- ◆ County Registrar Services

(34) DOVE, Inc.

Hotline 217-423-2238
Mailing address:
788 E. Clay
Decatur, IL 62521

Program and Shelter:
302 S. Union
Decatur, IL 62522

Services:

- ◆ Assistance with orders of protection
- ◆ Counseling for women and children dealing with domestic violence
- ◆ Crisis referrals
- ◆ Community presentations on domestic violence issues
- ◆ Emergency shelter & transitional housing
- ◆ AIM Program (Alternative Interventions for Men) Illinois
Protocol approved batterer treatment program that provides groups for men who have been abusive to their female partners. Please call 217-362-9233

(35) Ducky Day Care Center, Inc.

217-762-2525

1755 N. Market Street
Monticello, IL 61856

Licensed DCFS qualified provider

Hours: Mon-Fri 7:00 a.m. – 6:30 p.m.

Services:

- ◆ Daycare for children ages 6 weeks – 10 years
- ◆ Full time and part day rates

(36) Early Intervention Local Interagency Council (LIC)

217-423-6199

132 S. Water, Suite 604
Decatur, IL 62523

Council meets every-other month offering families the opportunity to have a voice and to be a part of the Early Intervention system. Families with children birth to five, who have developmental delays and/or disabilities are very important to the Council. Anyone who has an interest in children, birth to five with a developmental delay/disability, and their families is welcome to join.

(37) Emergency Management Agency, Piatt County (EMA)

762-9482

301 S. Charter
Monticello, IL 61856

Services:

- ◆ Weather training
- ◆ Emergency education services
- ◆ Assistance for natural and man-made disasters

(38) Faith In Action

762-7575

121 North State Street
Monticello, IL 61856

Services:

- ◆ Respite program for family caregivers
- ◆ Volunteers provide non-medical services for senior adults: shopping, errands, occasional meals, yard work, small home repair, friendly visiting

(39) Family Life Skills Learning Center

217-351-3033

LifeQuest Center
1702 Interstate Dr.
Champaign, IL 61822

Services:

- ◆ Learning to Live, Learning to Love
 - 25 week program
 - New program begins every other month
 - Teaches how to understand relationships
 - Teaches skills to live in a relationship like communication, conflict resolution, stress/anger management, etc.
- ◆ Genesis Process
 - Addiction relapse prevention program
- ◆ Marriage Enrichment Course

(40) Family Nutrition Program, University of Illinois Piatt Extension

762-2191

210 South Market Street
Monticello, IL 61856

Services:

- ◆ Provides education and promotes healthy eating for families on a limited budget.

(41) Girl Scouts, Green Meadows Council

217-328-5112

c/o Melissa Sons
1405 North Lincoln Avenue
Urbana, IL 61801

Services:

- ◆ Programs designed to inspire girls with high ideals of character and service so they may become resourceful citizens.
- ◆ Gives girls ages 5-17 a chance to develop their potential, make friends, and participate in meaningful community service, through partnership with adult volunteers.
- ◆ Outreach services available

(42) God's Lifeline

763-8411

104 East Carter
Cerro Gordo, IL 61818

Emergency food for families in need in Cerro Gordo.

(43) Growing Strong Sexual Assault Center

www.growingstrongcenter.org

217-428-0770

270 West Prairie
Decatur, IL 62523

All services are free and confidential. Growing Strong Sexual Assault Center works toward the elimination of all forms of sexual violence. Until our goal is met, we will advocate for victim's rights and provide a safe place for victims to heal. We are committed to providing education so that, with community awareness, we can effectively intervene to prevent sexual violence.

Services:

- ◆ Sexual Assault/Abuse 24 hour Help Line
- ◆ Medical and Legal Advocacy
- ◆ Counseling
- ◆ Prevention Education

(44) Guardianship and Advocacy Commission, Illinois

1-866-274-8023 Statewide Intake & Referral System for all new referrals and requests.

217-892-4611
<http://gac.state.il.us/>

East Central Regional Office
423 South Murray Road
Rantoul, IL 61866-2125

Services:

- ◆ Office of State Guardian provides “guardian of last resort” for adults with disabilities who are unable to make or communicate their own personal or financial decisions, when appointed by the court.
- ◆ Human Rights Authority investigates complaints of alleged violations against disability laws.
- ◆ Legal Advocacy Service provides legal assistance to eligible persons with mental, developmental, physical, or age-related disabilities.

(45) Habitat for Humanity of Piatt Counties

P.O Box 611
Monticello, IL 61856

Services:

- ◆ A non-profit, volunteer-driven housing agency working in partnership with families in need in Piatt County to provide simple, decent, affordable homes.

(46) Healthy Start Program

(309) 827-0374

Children's Home + Aid Children's Foundation
403 South State St.
Bloomington, IL 61701

Services:

- ◆ A voluntary and free home visiting program for expectant and new parents providing parenting support and education. Learn about child development, parenting topics, and how to play with your baby to encourage your baby's growth and development. Ask about parenting groups offered in your community.

(47) Help Me Grow – Futures For Kids Hotline

800-323-GROW (4769)

DHS, Division of Community Health and Prevention
2501 North Dirksen Parkway
Springfield, IL 62702

Services:

- ◆ Provides information and statewide referrals from a database of over 6000 agencies. Helpline enables callers to network with multiple agencies by county.

(48) HelpSource

www.helpsource.org

Services:

- ◆ An Internet Web site designed to provide online access to East Central Illinois human resources information and referral services. Member agencies and organizations work in cooperation with the Prairienet Community Network to create and maintain HelpSource as the most comprehensive online reference guide for use by area human service professionals, health care providers, and residents. Affiliates receive training and technical support.

(53) Illinois Breast & Cervical Cancer Program

800-269-4019 www.logancountyhealth.org

Services:

- ◆ Mammograms
- ◆ Pap Tests
- ◆ Breast Exams
- ◆ Breast & Cervical Cancer Treatment Assistance

Eligibility Requirements:

- ◆ 35 – 64 years old (40 years old for mammograms)
- ◆ Uninsured

Partially funded by grants from the Illinois Department of Public Health and the Decatur and Peoria Affiliates of the Susan G. Komen Breast Cancer Foundation

(54) Illinois Family Violence Coordinating Council (IFVCC)

217-762-4000
csanant@yahoo.com

Services:

- ◆ This mission of the 6th Judicial Circuit Local Family Violence Coordinating Council is to provide a coordinated response to family violence in our communities.
- ◆ Members of the Council work to improve institutional and professional responses to family violence issues through education, intervention, prevention, and coordinated services for victims and perpetrators of child abuse, domestic violence, sexual assault and elder abuse.
- ◆ A goal of the Council is to contribute to the improvement of the legal system and the administration of justice.

Current IFVCC Committees functioning in Piatt County: Schools, Child Abuse Prevention, Law Enforcement/Domestic Violence, Elder Awareness, Clergy, Helping Services.

(55) IllinoisLawyerFinder.com

217- 525-5297
Toll Free 800-922-8757
Hours: M-F 9:00-4:00

IllinoisLawyerFinder.com
P.O. Box 1330
Springfield, IL 62705-1330

Services:

◆ Refers persons to private practicing attorneys in their area for the type of legal problem they have. There is no fee for the referral. Attorneys are not legal aid, low income or pro bono. Referral entitles the caller to a 30-minute consultation either on the phone or in the office for a fee of not more than \$15, with no obligation. After the consultation, the attorney will charge the client regular fees. It is up to the client to discuss fees with the attorney.

Clients must call personally. The caller is to provide their name and mailing address. A referral confirmation will be sent to the client and attorney. Referrals cannot be made for those who are incarcerated, in a hospital or nursing home. Caller must be able to pay attorney \$15 for the consultation at the time of appointment.

(56) Illinois Poison Control Center Hotline

800-942-5969
www.mchc.org/ipc

Services:

- ◆ Confidential, free advice and free materials on poison prevention and treatment, 24 hours a day

(57) Illinois School for the Visually Impaired

217-479-4400
TTY: 479-4416
www.isvi.net

658 East State Street
Jacksonville, IL 62650

Services:

- ◆ Residential/day school for blind and visually impaired students.
- ◆ Information, diagnostic assessments, and networking opportunities for parents of infants/toddlers who are blind or visually impaired
- ◆ Direct and consultative services to children, birth-to-three, who are experiencing a visual impairment
- ◆ Evaluates school-age children throughout Illinois who are visually impaired; provides consultation to the students and their teachers in the school.

(58) Illinois Tobacco Quit Hotline

866-QUIT YES (866-784-8937) www.idph.state.il.us/TobaccoWebSite/quitsmoking.htm

Services:

- ◆ Resources to help individuals quit smoking: cost of smoking calculator, reasons for quitting, strategies for quitting, personal support.

(59) Infant-Parent Institute

217-352-4060
www.infant-parent.com

328 North Neil Street
Champaign, IL 61820

A private counseling practice specializing in issues of attachment in babies, children and adults.

Services:

- ◆ Support and guidance to families regarding adoption of wounded children, handling babies with special needs, divorce, post-partum depression, fathering, reproductive loss, and marital problems.

(60) All Kids/Family Care Health Insurance (Available at Dewitt-Piatt County Health Dept.)

All Kids/Family Care

1-866-ALL-KIDS (866-255-5437)
TTY: 877-204-1012
www.allkids.com

All Kids Unit
P.O. Box 19122
Springfield, IL 62794-9122

Services:

- ◆ A state health insurance plan offering health care coverage to children through age 18 and pregnant women who are residents of Illinois and who meet the family income requirements

(61) Kirby Hospital

762-2115
762-6144 (Care Link)
762-4400 Ambulance
www.kirbyhospital.org

1111 North State Street
Monticello, IL 61856

Services:

- ◆ 24-Hour Emergency Department; Convenient Care
- ◆ Surgery, physical therapy, laboratory, radiology & mammography, Diabetes support group & counseling, community CPR & First Aid classes, blood pressure screening, EMT/Paramedic training, Sleep Lab, and Cataract Surgery.
- ◆ Care Link: immediate 24-hour access to help with a push of a button.
- ◆ Neighborhood Medic Program

(62) Lifelink

217-352-5283
888-750-5283

905 South Russell Street
Champaign, IL 61821

Services:

- ◆ Provides assistance to Illinois families seeking to adopt foreign-born waiting children from China, S. Korea, Vietnam, Philippines, Russia, Ukraine and Guatemala.
- ◆ Provides home studies for families seeking to adopt domestically.
- ◆ Support group for waiting and adoptive families

(63) LifeQuest Center

Formerly Family Life Skills Learning Center

217-351-3033
www.lifequestcenterinc.org

1702 Interstate Drive
Champaign, IL 61822

Educational Services:

- ◆ *Learning to Live, Learning to Love*
25 week program, teaching life skills for healthy relationships; communication; conflict resolution; stress/anger management, etc. Certified by State of Illinois as Partner Abuse Intervention Program (PAIP). Separate classes for men, women, adult and teens.
- ◆ Genesis Process
Addictions and compulsive behavior relapse prevention program. Teaches root of addictive and self-destructive behaviors and skills to prevent relapse. Separate classes for men and women.
- ◆ Marriage Enrichment Classes

(64) Lincoln Trail Libraries System

217-352-0047
<http://www.lincolntrail.info>

1704 West Interstate Drive
Champaign, IL 61822

Services:

- ◆ Facilitates cooperation among academic, public, school, and special member libraries to improve access to and delivery of information resources.
- ◆ Provides access to LINC, an online catalog of more than one million items available for loan.
<http://www.lincolntrail.info/automation.htm>.
- ◆ Provides free loan of Talking Books, Braille material, and related equipment through Mid-Illinois Talking Book Center.
<http://www.mitbc.org>
- ◆ Supports "Newslines," which provides visually and physically impaired citizens access to the Chicago Tribune, USA Today, and The New York Times. http://www.nfb.org/nfb/Newspapers_by_Phone.asp

(65) Lincoln's Challenge Academy

800-851-2166
www.ngycp.org/state/il

205 Dodge Avenue
Rantoul, IL 61866

Services:

- ◆ A 17-month life skills program for 16-18 year old high school drop-outs who are not currently involved with the legal system and are drug free. In a structured military environment, youth receive G.E.D. instruction, self-discipline, and life coping skills, and career counseling, as well as perform community service projects for five months. Youth complete the program with 12 months back in the community, continuing their education or entering the job market with the assistance of a mentor.

(66) Lions Club

762-2859

P.O. Box 85
Monticello, IL 61856

Services:

- ◆ Provides eye exams, eye glasses and hearing aids for individuals in need.
- ◆ Collects used eye glasses and hearing aids for redistribution.

(67) Lord's Storehouse Food Pantry

763-6771
763-8411

104 East Carter
Cerro Gordo, IL 61818

Services:

- ◆ Emergency food for families in need

(68) Macon-Piatt Regional Office of Education

217-872-3721

1690 Huston Drive
Decatur, IL 62526

Services:

- ◆ School services for all children within Macon and Piatt Counties, Pre-K through 12th grade

(69) Macon-Piatt Special Education District

217-424-3030

335 E. Cerro Gordo
Decatur, IL 62523

Services:

- ◆ School services for students with disabilities, ages 3-21

(70) Macon Resources

217-875-1910
www.maconresources.org

2121 Hubbard Avenue
P.O. Box 2760
Decatur, IL 62524-2760

Services:

- ◆ Comprehensive services and support for children and adults with disabilities and their families.

(71) Martha's Cupboard

217-489-5691

200 E. Illinois
Mansfield

Services:

- ◆ Emergency non-perishable food items for Piatt Count Residents, available 2nd Saturday of each month from 8am to noon. Sponsored by the Mansfield United Methodist Church.

(72) Ministerial Alliance

762-5826

Services:

- ◆ Provide a link among churches of the community to provide mutual support for helping those in need through Faith In Action, the Piatt County Ecumenical Food Pantry, Habitat for Humanity, the community Thanksgiving, and Good Friday services among other interrelated church activities throughout the community.

(73) Monticello Parks and Recreation Department

217-762-2583
www.monticelloillinois.net

210 North Hamilton Street
Monticello, IL 61856

Services:

- ◆ Year-round recreational activities open to all citizens who reside within the boundaries of the Monticello School District.

(74) Mothers Against Drunk Driving (MADD)

217-523-MADD
www.maddillinois.org

1108 South 2nd Street
Springfield, IL 62704

Services:

- ◆ Victim support services to assist people in coping with the loss of a loved one due to alcohol related crashes, including a wide range of free literature to victims and their families.
- ◆ Serves to heighten awareness, empower youth, and strengthen laws

(75) Operation Snowball

217-337-5809
www.champaignsnowball.org

Email: ccos@champaignsnowball.org
Robert Silverman, Executive Director
809 South Fifth Street
Champaign, IL 61820

Meets every Tuesday, 7:00-9:00 p.m.
Weekend Retreats every Spring and Fall at 4-H Camp at Allerton Park
Teen Staff Training occurs prior to each Retreat

Services:

OP Snowball is voluntary, for urban and rural high-school-age teens. Op Snowball is not “treatment,” but has groups designed to develop four identifiable skills: (1) self-awareness, (2) self-expression, (3) responsible decision making, (4) teen helping teen peer leadership.

(76) PACE (People Assuming Control of Environment)

217-344-5433 Voice
217-344-5024 TTY
217-344-2414 FAX
www.pacecil.org

1317 E. Florida Avenue
Urbana, IL 61801

Serving persons with disabilities in Champaign, Vermillion, Piatt, Douglas, and Edgar counties.

Programs:

Deaf/Hard of Hearing – Free Amplified Telephones; Low Vision/Blindness over 55 years; community reintegration, housing, medical equipment loan, personal assistant, opportunities for independence.

(77) Parish Nurse Ministry, Monticello United Methodist Church

762-2579

212 South Independence Street
Monticello, IL 61856

Hours: Available on the 4th Sunday of the month, 9:30 AM.
Home visits can be scheduled

Services:

- ◆ Integrates Christian principles of living into the areas of health and wellness in the church and the community to help individuals of all ages with their physical, emotional, and spiritual needs.

(78) Pavilion, The

800-373-1700(outside Champaign County)
TTY: 217-373-1710
www.pavilionhospital.com

809 West Church Street, P.O. Box 380
Champaign, IL 61824-0380

Services:

- ◆ Offers inpatient and outpatient services, including substance abuse and psychiatric treatment programs, to adults, adolescents, and children.
- ◆ Provides eating disorders treatment, free community education programs, and support groups for people experiencing problems, their families and friends.
- ◆ Adolescent residential treatment and school for behavior learning disordered children grades 3-12.

(79) Peace Meals

General Information: 309-378-3801
Atwood: 217-578-2832
Bement: 217-678-8465
Cerro Gordo: 217-763-2711
Karing Kasseroles Faith In Action: 217-762-7575

(80) Piatt County Cares

Mission Statement:

Piatt County Cares is a collaboration of state and community agencies joining together to assist individuals and families throughout Piatt County to become healthy, happy, self-sufficient persons able to maximize their full potential.

(81) Piatt County Ecumenical Food Pantry & Community Assistance

217-762-2579

Methodist Church
212 S. Independence
Monticello, IL 61856

Services:

- ◆ Provides emergency food and assistance for families in need, sponsored by local churches.

(82) Piatt County Home Day Care Association

217-762-8600

c/o Amy Davenport
709 Jackson St
Monticello, IL 61856

Services:

- ◆ Assists families looking for quality day care in Piatt County.
- ◆ Provides training for local day care providers

(83) Piatt County Mental Health Center

217-762-HELP (4357) Crisis Line 1921 North Market Street
217-762-8546 Developmental Services Monticello, IL 61856
217-762-5371 Counseling Services
Email: thecenter@mchsi.com
Web page: www.PCMH-thecenter.com

Services:

- ◆ Outpatient counseling: individual, marital, family, and group
- ◆ Alcohol/Substance abuse services & DUI
- ◆ Developmental Services: Client and Family Support Services, Community Support Services, Developmental Training, Respite Care, & Special Olympics
- ◆ Prevention program
- ◆ Vocational Services
- ◆ Transportation Services (See Piattran)

(84) Piatt County Nursing Home

762-2506 1111 North State Street
 P.O. Box 410
 Monticello, IL 61856

Services:

- ◆ Skilled Nursing Care
- ◆ Restorative Nursing
- ◆ Therapies
- ◆ Social Services and Recreation Therapy
- ◆ Special Care Unit for individuals with Alzheimer's Disease and Related Disorders
- ◆ Community Outreach Programs:
 - Piatt County Services For Seniors
 - Care Management Services
 - Faith In Action
 - Caregiver's support group

(85) Piatt County Probation Department

762-9838 Piatt County Courthouse
 RM 310
 101 W. Washington
 Monticello, IL 61856
 Kyle Reynolds – Chief Probation Officer

Services:

- ◆ Juvenile and Adult services/referrals for substance abuse, mental health, life skills and specific offender counseling
- ◆ Victim services/referrals for domestic violence, sex offenses and other criminal justice matters
- ◆ Family and Parenting programs/referrals
- ◆ Community Service Work Program applying Juvenile and Adult Offenders

(86) Piatt County Services for Seniors

762-7575 121 North State Street
pcssdb@monticello.net Monticello, IL 61856

Services:

- ◆ Coordinates a central link for elder citizens (age 60+) to local services in the areas of financial assistance, health care, housing, nutrition, and assisted transportation for medical appointments. In-home visits for services, by appointment.

(87) Piatt County Sheriff's Office/911 Telecommunications

911
217-762-5761
217-762-7533

1216 Raymond Road
Monticello, IL 61856

Services:

- ◆ 24-hour law enforcement services, Emergency access to ambulance services, fire departments, Piatt County Mental Health Services, Youth Advocate Services, and Animal Control Services.
- ◆ D.A.R.E. Officers
- ◆ Juvenile Officers

(88) Piatt County Toy and Gift Program, Inc.

217-714-8706

P.O. Box 161
Monticello, IL 61856

Services:

- ◆ Provides Christmas gifts for children of families who are clients of Piatt County social service agencies. Forms will be available at agencies in September. Call, if unable to locate forms.
- ◆ Maintains a Clothing Room for children in need of winter clothes.

(89) Piatt County WIA Office/Satellite of Champaign Consortium

(a non-profit entity operating a federal program known as the Workforce Investment Act)

217-762-8404

301 S. Charter
Monticello, IL 61856

Assist adults and youth with training for entering or re-entering into the workforce.

Services:

- ◆ Assisting individuals with vocational classroom training earning a one or two year degree
- ◆ Job search assistance
- ◆ Dislocated worker services
- ◆ Adult and youth services

Services are free of charge. Resource room available with computers, labor market information and job leads.

(90) Piattran, County Transportation Service

217-762-7821
Piattran@hotmail.com

1921 North Market Street
Monticello, IL 61856

Services:

- ◆ Provides transportation to medical appointments both in and out of the county
- ◆ Local shopping trips
- ◆ Daily trips to Champaign
- ◆ Advanced reservations required. Wheelchair accessible vehicles available

(91) A Place for MOM

217-352-9693A
1-866-333-0957
tiffanyj@aplaceformom.com

Nationwide information service about nursing homes, assisted living facilities, adult family homes, independent living and home care agencies.

Services:

- ◆ Senior support services and case management
- ◆ Housing counseling and referral service
- ◆ Guidance for housing and health care options

(92) Prairieland Service Coordination, Inc.

217-864-0494
1-800-866-8779

P.O. Box 315
Decatur, IL 62525

Services:

- ◆ Assists the individual and family with developmental disabilities by: identifying and linking to services, providing individual service planning, coordination, and advocacy.

(93) Prairienet

217-244-1962
www.prairienet.org

510 East Daniel
Champaign, IL 61820

Services:

- ◆ Offers access to community information provided by hundreds of area organizations, as well as basic Internet services.

(94) Project Read

353-2662

Parkland College
2400 W. Bradley Avenue
Champaign, IL 61821

Services:

- ◆ Provides training and placement of tutors with adults needing basic education, ESL, or GED preparation.
- ◆ Helps adult students find appropriate educational services.

(95) Quality Housing, LLC

Site Manager
for Monticello & Cerro Gordo
217-678-8364

100 S. Washington
Robinson, IL 62454
618-544-2254

Services:

- ◆ Provide safe, decent and affordable housing
- ◆ Spacious 1, 2 & 3 bedroom apartments
- ◆ Refrigerator, stove, and air conditioner furnished
- ◆ Laundry facilities on site
- ◆ Rental assistance available
- ◆ Reliable & responsive management

Openings in: Casey, Cerro Gordo, Hutsonville, Monticello, Oakland, Paris, Robinson, Thompsonville, & Toledo.
Equal Housing Opportunity.

(96) Rape Crisis Services

217-3555214 (Business Line) 310 W. Church St
217-355-5203 (Hotline) or Champaign, IL 61820
877-236-3727 (Hotline)

Services:

◆ Sexual assault services including counseling, legal and medical advocacy, prevention education, and professional training workshops offered. All services are provided free of charge and completely confidential. Crisis hotline and medical advocacy services available 24 hours a day, 7 days per week.

(97) Regional Diagnostic Center

309-681-6960 507 East Armstrong
Fax: 309-681-6965 Peoria, IL 61603

Services:

◆ Medical diagnostic evaluations and on-going specialty care for infants and children with known or suspected developmental disabilities

(98) Residential Developers

217-398-6529 4102 Belmont Point
Champaign, IL 61822

Services:

◆ Provides residential placement for individuals with disabilities, including group homes and CILA (Community Integrated Living Arrangement) homes. In Monticello: Cornerstone Home, Emerson CILA, and Hillside CILA.

(99) R.S.V.P Retired & Senior Volunteer Program

359-6500 48 E. Main
Champaign, IL 61820

Services:

- ◆ Facilitator between seniors (55+), who want to do community volunteer work, and nonprofit organizations. No fees, no dues, no meetings.
- ◆ Pen Pal program – seniors and elementary school student correspondence
- ◆ Speakers available

(100) Salt Creek Community Clothes Closet and Food Pantry

309-928-3041 United Methodist Church
Farmer City, IL 61842

Volunteers and donations from area Churches and Community Organizations

Services:

- ◆ Clothes closet open 9 AM to Noon every Saturday for families in need.
- ◆ Food Pantry provides food boxes on the last Saturday of each month from 9 AM to Noon. Emergency needs at any time.

(101) Senior Citizens Nutrition Program and Center (Peace Meals)

762-7733/5189

109 East Main Street
Monticello, IL 61856

Services:

- ◆ Serves Peace Meals at noon Monday through Friday to all persons 60 years of age or over, not limited to Monticello
- ◆ Meals delivered to the homebound

(102) Suicide Prevention Hotline

217-762-HELP (4357)

Services:

- ◆ 24-hour suicide prevention and crisis intervention.

(103) UIC Division of Specialized Care for Children

217-333-6528 (Voice)

800-779-0889 (Toll Free)

217-244-8390 (TTY)

DSCC

510 Devonshire, Suite A

Champaign, IL 61820

Services:

- ◆ Helps families arrange, coordinate and pay for their child's specialized medical treatment when child has eligible medical condition and certain financial criteria are met.
- ◆ Care coordination services available at no cost to any family whose child has an eligible medical condition.
- ◆ Diagnosis includes a no-cost medical evaluation if an eligible condition is suspected, regardless of family income.
- ◆ Treatment for families who are financially eligible based on income and family size. DSCC can assist with payment for specialized medical treatment, surgeries, medications, therapy, wheelchairs, hearing aids and other medical services when needed to treat an eligible condition.

(104) United Cerebral Palsy of East Central Illinois

217-428-5033

Fax: 217-428-5094

E-mail: msteinkampucp@wireless111.com

432 E. Prairie – Suite 100

Decatur, IL 62523

Services:

- ◆ Enhances the quality of life for persons with disabilities through advocacy, networking, and family support services. Services provided to all developmentally disabled individuals, including, but not limited to, those diagnosed with Cerebral Palsy
- ◆ Case management for children, adolescents, and adults with disabilities
- ◆ Family support, home based support, and Early Intervention services for children ages 0-3 with developmental disabilities
- ◆ Advocacy, referrals, and networking
- ◆ Treatment, habilitation, family support, and home-based respite for individuals ages 3 – 75

(105) University of Illinois Extension, Piatt County

762-2191

210 South Market Street
Monticello, IL 61856

Services:

- ◆ Provides practical, research-based information and programs to help individuals, families, farms, businesses, and communities in Illinois in the following areas: Agriculture & Natural Resources; 4-H Youth Development; Community & Economic Development; Horticulture & Home Garden; and Nutrition, Family, & Consumer Sciences.

(106) Webster Cantrell Hall

217-423-6961

1942 East Cantrell
Decatur, IL 62521

Services:

◆ Foster, adoptive care and residential treatment facility for individuals suffering from problems associated with mental or emotional disorders.

(107) Willow Tree Missions

217-637-3350

www.willowtreemissions.org

email: willow@monticellopro.net

115 Main St, PO Box 10
Cisco, IL 61830

Services:

Foodshare Program, clothing of all types, bedding, shoes, housewares, furniture, and appliances.
Future: Domestic Violence Hotel for women and children in crisis

(108) A Woman's Fund, Inc.

Domestic Violence Hotline

217-384-4390

Rape Crisis Hotline

217-355-5203

1304 E. Main St.

Urbana, IL 61802

It takes courage to survive domestic violence or sexual assault. A Woman's Fund works to help survivors recognize courage within themselves. A Woman's Fund merges two programs – A Woman's Place and Rape Crisis Services. A Woman's Place started in 1971 as the country's oldest hotline and shelter for abused women and children. In 1979, A Woman's Fund merged with the local sexual assault hotline, creating Rape Crisis Services. Today we offer comprehensive advocacy and support services to survivors of domestic and sexual violence.

Services:

- ◆ Information, referral and crisis intervention through 24-hour hotlines
- ◆ Emergency and transitional shelter
- ◆ Counseling and support/education groups
- ◆ Children's advocacy and help with parenting issues
- ◆ Court advocacy to identify legal options & navigate the criminal justice system
- ◆ Medical advocacy and assistance with unmet medical needs
- ◆ Referral, linkage and advocacy with community resources
- ◆ Transportation assistance while exploring housing, employment and educational options
- ◆ Community education and training

(109) Youth Advocate Program

217-422-7864

202 E. Eldorado
Decatur, IL 62523

Services:

- ◆ Advocacy Program-Provides intensive one-on-one services to youth referred by the Department of Children and Family Services.
- ◆ Crisis Intervention-Twenty-four hour services offered to youth who are runaway, beyond control, or locked-out of the household. Referrals made through the police department.
- ◆ Community-based youth service program which provides assessment, counseling, case management, linkage with other services in Macon and Piatt Counties, and weekly groups
- ◆ Family Habilitation Program-Provides advocacy and In-home services/support for families where child abuse or neglect has been detected or a need exists to insure adequate care and supervision of children. (DCFS referrals).
- ◆ Unified Delinquency Intervention Services – working with twice adjudicated teens who are at risk for being sent to Juvenile Justice (DOC). Ages 13-17 Macon/Piatt County youth. Referrals are received by the courts/Probation Office. Contact: Genea Lawler – Crisis/UDIS Supervisor at 422-7864 ext 155

(110) Additional Resources

***IN CASE OF PROLONGED POWER OUTAGE PLEASE CALL
217-762-3305 FOR FURTHER INFORMATION OR ASSISTANCE.***

Independent Elderly Housing

Friendship Hill: 217-677-2121

Tatman Village: 217-762-9494

Elder Abuse

1-800-252-8966 (8:30 a.m. – 5:00 p.m. Monday – Friday)

1-800-279-0400 (after hours, weekends and holidays)

Senior Resource Center & Family Services: 217-352-5100

Personal Care

Addus HealthCare: 217-356-1121

ALPHA Christian Registry: 217-398-4100

Community Care Program: 217-403-9840

Community Care Systems: 217-832-7042

Diversified Health Care: 217-356-1111

Gentivia: 800-262-2793

Midwest Care Providers: 217-893-1119

PACE: 217-344-5433

Carle Low Vision House: 217-337-6586

Illinois Radio Reader: 217-333-6503

Talking Books: 1-800-426-0709

Piatt County Service for Seniors: 217-762-7575

Support Groups

Alzheimer's: 217-384-3784

Cancer: 217-356-7238

Caregivers Support Group: 217-762-6315

Diabetes: 217-762-6229

See You in Piatt County Low Vision Support Group: 217-344-5433

Grandparents Raising Grandchildren: 217-762-2826

Grief : 217-337-2470

(United Church of Atwood): 217-578-2832

(Sandy Lampet, Lodge Church of God): 217-762-2011

Life After Loss: 217-383-3151

Memory Loss: 217-328-3150

Multiple Sclerosis: 217-762-7144

Local, State, and Federal Websites

Illinois Department of Public Health

Illinois Emergency Management Agency

Illinois Emergency Management Agency

The American Red Cross

Centers for Disease Control

www.idph.state.il.us

www.iema.illinois.gov

www.ready.illinois.gov

www.redcross.org

www.cdc.gov

(111) Emergency Preparedness Information

Items to have on hand for an extended stay at home or a disaster situation:

Examples of food and non-perishables

Ready-to-eat canned meats, fish,
Fruits, vegetables, beans, and soups
(remember to include a non-electric
can opener, for other disasters)

Protein or fruit bars

Dry cereal or granola

Medicines for fever
such as acetaminophen or ibuprofen

Peanut butter or nuts

Dried Fruit

Crackers

Canned Juices

Bottled Water

Canned or jarred baby food and
Formula

Pet food

Other nonperishable foods

Examples of medical, health, and emergency supplies

Prescribed medical supplies such as
glucose and blood pressure
monitoring equipment

Soap and water, or alcohol-based (60-95%)
hand wash

Thermometer

Anti-diarrhea medication

Vitamins

Fluid with electrolytes

Cleansing agent/soap

Flashlight

Batteries

Portable radio

Manual can opener

Garbage bags

Tissues, toilet paper, disposable diapers

**IN CASE OF PROLONGED POWER OUTAGE PLEASE CALL
217-762-3305 FOR FURTHER INFORMATION OR ASSISTANCE.**

**Emergency Preparedness for Homebound and Disaster
Situations**

In the event of being homebound for a lengthy time or during a disaster situation, it is important for pet owners to be prepared. Here is a list of items to keep handy, easy to carry bag, specifically geared to you pet's needs:

- A pet first aid guide
- 7 days worth of canned food (pop top preferred) or dry food (dry food should be rotated out every two months)
- Disposable litter trays (aluminum roasting pans work well)
- Litter or paper toweling
- Liquid dish soap and disinfectant
- Garbage bags for clean up
- Pet feeding dishes
- Extra harness and leash (harnesses are better than collars)
- Photocopies of medical records
- Contact information for you veterinarian
- Waterproof container of any per medications (rotate these as well)
- 7 days worth of water, specifically for each pet (and each person, too!)
- A carrier for each pet
- Flashlight
- Blanket
- Recent photos of your pet (in case he or she becomes lost)

Note for cats: use scoopable litter in your kit, have a pillow case and some toys available.

Note for dogs: have a tie out, yard stake, and chew toys available.

Remember, if you are preparing for the possibility of pandemic influenza; increase your supplies to 14 days worth.

For more information, visit www.aspca.org

Local, State, and Federal Websites

Illinois Department of Public Health
Illinois Emergency Management Agency
Illinois Emergency Management Agency
The American Red Cross
Centers for Disease Control

www.idph.state.il.us
www.iema.illinois.gov
www.ready.illinois.gov
www.redcross.org
www.cdc.gov

**IN CASE OF PROLONGED POWER OUTAGE PLEASE CALL
217-762-3305 FOR FURTHER INFORMATION OR ASSISTANCE.**

**Emergency Disaster Information
(Complete Front & Back of Form)**

Contact Information

Name:		Address:	
Home Phone:	Work Phone:	Cell Phone:	

Emergency Contact Information

Name:		Address:	
Relationship:	Home Phone:	Other Phone:	

Medical Information

Physician Name and Phone:	
List all Prescription Medications	
List all Allergies (medicine, foods, etc)	Electrical Medical Devices:
	Alternative Medical Devices:

OVER

Specific Medical Conditions and Special Needs (check all that apply)
If this section is filled out please forward all information to Piatt
County Emergency Management Agency to provide you
assistance in a disaster.

<input type="checkbox"/> Blindness or severe visual impairment	<input type="checkbox"/> Epilepsy
<input type="checkbox"/> Deafness (TDD/TTY)	<input type="checkbox"/> Kidney Dialysis
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Other Medical Conditions
<input type="checkbox"/> Heart Problems	

Are you ambulatory (able to walk)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Are you wheelchair bound?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Do you use a walker?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Are you on oxygen?	<input type="checkbox"/> Continuously	<input type="checkbox"/> Treatments only	<input type="checkbox"/> No
Do you live:	<input type="checkbox"/> Alone	<input type="checkbox"/> With Spouse	<input type="checkbox"/> With Parents
	<input type="checkbox"/> With Children	<input type="checkbox"/> Other _____	
Do you have a care giver?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	

Pet Information (If applicable, indicate how many)

<input type="checkbox"/> Cat _____
<input type="checkbox"/> Dog _____
<input type="checkbox"/> Guide Dog _____
<input type="checkbox"/> Other (Explain) _____

Return this form to:
 Emergency Management Agency, Piatt County
 301 S. Charter
 Monticello, IL 61856

Stopping the Spread of Germs

From the Centers for Disease Control Fact Sheet

How Germs Spread

Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes.

How to Help Stop the Spread of Germs

Take care to:

- Cover your mouth and nose when you sneeze or cough
- Clean your hands often
- Avoid touching your eyes, nose or mouth
- Stay home when you are sick and check with a health care provider when needed
- Practice other good health habits

Cover your mouth and nose when you sneeze or cough

Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

Clean your hands often

When available, wash your hands -- with soap and warm water -- then rub your hands vigorously together and scrub all surfaces. Wash for 15-to 20 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.

Avoid touching your eyes, nose, or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables.

Stay home when you are sick and check with a health care provider when needed

When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed. Your employer may need a doctor's note for an excused absence. Remember: Keeping your distance from others may protect them from getting sick. Common symptoms of the flu include:

- Fever (usually high)
- Headache
- Extreme tiredness
- Cough sore throat
- Runny or stuffy nose
- Muscle aches, and
- Nausea, vomiting, and diarrhea, (much more common among children than adults).

Practice other good health habits

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Practicing healthy habits will help you stay healthy during flu season and all year long.

More Facts, Figures, and How-To Ideas

(<http://www.cdc.gov/germstopper/resources.htm>) Posters (<http://cdc.gov/drmstopper/materials.htm>) on this Stop the Spread of Germs site for a select listing of Web sites, materials, and contact information. For more information, visit www.cdc.gov/flu, or call the CDC Flu Information Line at (800) CDC-INFO.