

MENTAL HEALTH AND MENTAL RETARDATION SERVICES, INC.

Monday, January 25, 2010

MINUTES

Members present: Patricia Beebee, Karen Belcher, Robert Borchert, Roxanne Burrs, James Feece, John Intrain, Laura Martinez, Jim Rudnicki, Mary Speers, Gayle Wolf

Members absent: Pam Bradley, Sandy Carr, Ron Gilkerson, Kathy Hooey, Patricia Kahl

Staff present: Jerry J. Murphy, Marti J. Cross

Guests: Micki Miller, Executive Director, Elderday

The meeting of the Board of Directors of Mental Health and Mental Retardation Services, Inc. was called to order at 7:00 p.m. in the INC boardroom at 400 Mercy Lane, Aurora, Illinois, by Vice President Mary Speers. A roll call sign-in sheet was passed.

Motion was made by Pat Beebee to approve the agenda as it stands. A second was made by Roxanne Burrs and it was unanimously passed.

Executive Director Jerry Murphy introduced new Board member, Karen Belcher. Other Board members welcomed her to the Board and introduced themselves.

Murphy then introduced Micki Miller, Executive Director of Elderday. Micki acquainted the Board with the services they provide for seniors in their day program at Elderday. She noted that seniors come for socialization, but some have Alzheimers, some have medical conditions, about 80% have depression and mental health issues are rampant in participants of their program. Elderday provides therapeutic activities for gross motor skills, cognitive stimulation, speech, occupational and physical therapies and other services to enhance independence, which most seniors want. Services include a hot lunch and two snacks. Her staff makes it not only entertaining, with trivia games, music activities, arts and crafts and field trips, but also stimulating. Field trips are taken in Elderday's 20 passenger handicapped accessible van. Elderday has a staff of 16 who job share, which includes RNs, a social worker and an activities director. All are CPR certified and passionate about their work with the seniors. They often also have interns from Aurora University and Northern Illinois University. Micki stated most of their seniors come at a time of crisis and either do not want to go into a nursing home or assisted living facility or those programs are not appropriate at this time. She added that Kane County is one of the best places for individuals in need because of the collaborations between agencies to get the most appropriate services for them. In 2009, 69 clients received 31,453 hours of care at Elderday, 37 of who were within INC's catchment area. Minimum services are two days per week and they are not at capacity, nor do they have a waiting list.

Elderday also provides caregiver programs such as group and individual counseling. The caregivers are sandwiched between caring for their children and their parents and also suffer with depression. They have group and individual counseling for the caregivers with five support

groups, two for caregivers dealing with a senior with Parkinson's, one for spouses, and two that are general. These groups are provided free of charge through an Area Agency on Aging grant. Micki was thanked for her time and excused from the meeting.

Approval of the minutes of the November 23, 2009 meeting was moved by Pat Beebee. This passed unanimously after a second by Karen Belcher.

Rob Borchert, Treasurer, reviewed the December 31, 2009, financial statements for the Building and Operating Funds. Marti Cross, Assistant Director, also pointed out that with the takeover of Benchmark Bank by MB Financial Bank and the uncertainties of their FDIC insurance, some funds had not been deposited. An alternative Income Statement was provided in the packet that included these funds and indicated rental income was current and 708 tax receipts are \$2,439.64 above the amount budgeted. A motion was made by Roxanne Burrs to accept the treasurer's report for filing. With a second by Gayle Wolf, it was unanimously passed.

Cross reviewed the Consumer Statistical Report. The report indicated 9,868 residents have accessed 212,452 units of service in INC funded programs so far this fiscal year. This is a decrease of 236 people being served for the same time period as last year and a decrease of 36,870 units of service. Cross noted these decreases are most likely still impacts from state funding cuts, although Murphy pointed out that some agencies have increases.

As the first item under Old Business, Cross reported that of the \$1,564,520 tax levy for use in 2008-09, INC has received 99.16% or \$1,551,314.44. All taxes have been received. Since INC budgets at 99% of the levy, it is now \$2,439.64 above budget. Murphy pointed out that two townships came in below 99% because of lower collections.

Murphy reviewed the Recommended 2009 Levies for Use in 2010-2011, noting that the CPI is at 0.1% and indicating both the levy that this CPI generated and what was actually submitted. Some of the numbers were larger than recommended as some of the town boards were attempting to maximize levy and new growth funds. However, Murphy noted that not all that was recommended would be realized, as both P-tell and lower collections would reduce the amounts.

Cross gave an update on the Funders Consortium. The deadline for applications is this Friday, January 29th. Staff will then summarize the applications for the Program Committee and send the information for their review. She suggested that the Program Committee remain for a few minutes after the meeting to schedule meetings for going through the requests, starting in mid February.

Vice President Speers requested that Murphy give the Executive Director's Report. Murphy reported that Waubensee Community College had requested staff to have a panel of individuals working in the mental health field participate in their mental health week. He reported no change on the state budget, indicating that nothing is still likely to change after the February elections. State contracts for developmental disability services have been extended until June 30th, but reserves will be withheld if needed and there are still the issues of converting to Medicaid, fee-for-service and slow payments by the state. He added that the 377 (DD) referendum has been put off until the spring of 2012. Murphy also reported on a flood in the West Towns office in Elburn

caused by a steam pipe that burst. INC's insurance on the office has a \$2,500 deductible and the disaster repairs will cost approximately \$1,800-2,000. On a sad note, Murphy reported the death of Leon Gramley, Kaneville Township Supervisor for the past 10 to 12 years. He noted that Leon died of a massive heart attack. Murphy attended the memorial and shared stories of some of the memorabilia with the Board that the family had displayed.

Under Other, Murphy reported on the progress of the Latino Needs Assessment. He noted that Professor Bob Dougherty, of Aurora University, and Compañeros en Salud have already completed some key informant surveys and are ready to start working with focus groups. These will incur approximately \$3,000 in costs. Aurora University is contributing in-kind services for the process and Compañeros en Salud is contributing \$500. Since this has been a goal on INC's strategic plan for many years, Murphy asked the board to approve the remainder, or a subsidy not to exceed \$2,500. After some discussion, Rob Borchert so moved and with a second by Gayle Wolf, it was unanimously passed.

Murphy pointed out that the Lyle E. Oncken Award nomination forms will be distributed with the next newsletter and suggested Board members start thinking about nominations. The Program Committee will review the nominations for a recommendation to the Board in March.

Cross called the Board's attention to updates for the Board Manual in their packet. She added that Eileen Maryanski, the Administrative Assistant, put these together to remove outdated information and replace it, where appropriate, with current information.

Moving on to New Business, Cross asked for a recommendation by the Board to request 100% of the 2009 levy be used in Operating and 0% in Building, as the buildings are still self-sustaining. This 2009 Levy Budget and Appropriation Ordinance would be recommended to the 708 Community Mental Health Boards, who would then make the same recommendation to the town boards. Roxanne Burr so moved and with a second by Rob Borchert it was unanimously passed.

Cross discussed a proposed amendment to the Banking Resolution that had been approved for the current fiscal year. She pointed out that the amendment removes limitations of the banks staff can use for investments and regular checking accounts, which would give staff more alternatives in instances such as the recent occurrence with Benchmark, so funds would not have to be held. It also allows for greater leeway in maximizing return on INC investments. Upon questions from the Board, Cross, Murphy and the Finance Committee assured the Board that funds would not be put in jeopardy, but under FDIC insurance at all locations, checking accounts would remain local and the amendment retains the checks and balances recommended by auditors. Jim Rudnicki suggested that staff research the offerings of banks before moving any funds. Rob Borchert, Treasurer, agreed. Pat Beebee made a motion to approve the Banking Resolution Amendment. With a second by Jim Feece, it was unanimously passed.

Murphy noted that 2010 is INC's 40th anniversary and asked the Public Relations Committee to start thinking about a way to celebrate.

Under Other, Murphy asked the Executive Committee to remain for a short meeting after this meeting was adjourned.

Cross discussed a class on yoga that she had recently undertaken and the research paper she did on the topic regarding the benefits of yoga in managing psychological disorders. She pointed out that one of the goals on the strategic plan for years had been for staff to research alternative and complementary therapies. Cross noted that the findings for the benefits yoga provided in chemical, hormonal and physical changes from stress, anxiety, depression, schizophrenia and substance abuse were impressive and she wanted to share her findings with the Board. Board members asked for a copy to be emailed to each of them for their review.

There being no further business to come before this Board, Rob Borchert motioned for an adjournment. There was a second by Karen Belcher and it was unanimously agreed to adjourn the meeting at 8:29 p.m.

The next regularly scheduled meeting will be held Monday, March 22, 2010.

Respectfully submitted,

Gayle Wolf
Secretary