



Human Service Council (HSC) Meeting Minutes Thursday, February 27, 2014

WELCOME: The SCHSC meeting started on Thursday, February 27, 2014. The following 19 people introduced themselves. Siplele Quezada (Ames Community School District), Marion Kresse (Boost Together for Children), Kaitlyn Hofeldt (Story County Decatorization/ CPPC), Craig Sosby (CFR), Shari Atwood (CyRide/Ames Area MPO), Vic Moss (ERP), Sarah Constable (HIRTA), Susan Peterson (Heartland Senior Services), Alison Bollman (ISU Extension & Outreach), Julie Saxton (Life Connections), Kate Eastman (Mainstream Living), Elise Murchinson (People Place), Melissa MacDonald (MICA), Deb Niehof (NAMI), Nikki Lullman (Story County Community Services), Shellie Orngard (Volunteer Center of Story County), Whitney Baker (Youth & Shelter Services), Jill Hill (Youth & Shelter Services), Geri Derner (YSS).

PROGRAM: Roxanne Cogil with the Epilepsy Foundation provided a program on Epeleptic Seizuires. She initially got involved with the Epilepsy Foundation for personal reasons as her daughter started having seizures when she was 2 ½ years old. Roxanne stated that the seizures were pretty strong and that a hemispherectomy was performed where they took ½ of her brain. However, she relayed that the other half of the brain compensated and took over the side that was removed typical duties. Today, her little girl has had no seizures in five years. Roxanne’s daughter provided her with the inspiration to help others and now she’s the Director for the Epilepsy Foundation which serves North/Central Illinois, Iowa and Nebraska.

Roxanne stated that the Ames Epilepsy Support Group meets six times a year on the 2nd Thursday of the month every other month (odd months) at 6:30pm at Mary Greeley Medical Center. The goal is to improve individuals quality of life and provide referall assistance. She generally has speakers attend the meetings that will provide individuals with resources to meet their needs. She stated that about 60% of individuals can control their Epilepsy with medicine. The others cannot control it with medication and her daughter was once such individual. She also stated that she has a “Community Council” where there are representatives from several communities in Iowa. Ames does not currently have a person so she is looking for a volunteer.

An epileptic seizure is a brief disturbance of the electrical system in the brain. Roxanne stated that 1 in 26 people develop epilepsy. Epilepsy is not contagious and it is not a mental illness. Epilepsy is where there are more than 2 recurrent seizures. For some, the 2 may be all a person has in their lifetime. For others, this is a lifelong challenge. Roxanne stated there are over 20 types of seizures and that not all seizures are convulsive.

What does Epileptic Seizure look like?

- Fainting
- Migraine
- ADHD
- ODD
- Sleep
- Turrets
- Panic
- Movement Disorder

What are the Triggers?

- Missed medication
- Stress/anxiety
- Lack of Sleep/Fatigue
- Poor diet/Missed meals
- Constipation/Full Bladder
- Drug Interactions
- Menstruation
- Flashing Lights
- Too hot or Too cold

What are the side effects after a seizure?

- Sleep, sometimes for days
- An increase/decrease in appetite
- Aggression
- Slowed thinking

What are the signs a person is having a seizure?

- Blackouts; doesn't remember situations
- Unresponsiveness; unable to communicate
- Person falls down

Roxanne passed out a Seizure Recognition & First Aid sheet but also discussed three different types of seizures.

- 1) Absence (ie Petit Mal) – These are short lived seizures that last between 1-10 seconds. During the seizure a person is unresponsive. They can resemble a person having ADD. The person is unaware of what is going on during the seizure but quickly comes back after its over. Often the person has a blank stare. A person with this type could be in/out of seizures all day and for children, retaining information in the classroom is difficult as they don't recall what is being discussed during those brief periods.
- 2) Complex Partial Seizures – This also could be a blank stare but lasts a few minutes as opposed to seconds. Person is unresponsive but could be doing something habitually like picking at clothing This may follow with a post-sezure confusion that lasts a lot longer
- 3) Atonic Seizures (Grand Mal) – This is where a person suddenly drops to the ground and their body jerks uncontrollably. This could last 1-5 minutes.

Roxanne stated the best thing to do for when seizures happen is protect the individual during the seizure and record how long the seizure lasts. Do not put anything in their mouth. Do not restrain the person unless their safety is at risk. Do not shout or yell at person as they will not remember what you are saying and cannot control what they are doing. Do not try to stop the jerking motion but protect their head. **See Seizure Recognition & First Aid Brochure for Specifics (See Agency Sharing)**

BUSINESS MEETING: Sipele Quezada called the business meeting to order at 12:15pm

Approval of January 23, 2014 Minutes: There were no changes from the council membership on the January minutes. Marion Kresse 1st, Susan Peterson 2nd, motion carried.

REPORTS:

TREASURER: Treasurer, Arti Sanghi, reported a balance of \$1,233.76 in the account with 26 membership agencies. For a Membership Registration form, go to <http://storycountyhumanservices.org/wp-content/uploads/2013/08/Membership-Registration.2013.pdf>

ASSET PANEL: No ASSET representatives were in attendance for an ASSET update.

RESOURCE GUIDE: Sipele explained phone calls were being made to obtain a volunteer to put together the paper resource guide. A members asked what happened to the online guide? Sipele explained that that online guide was not financially feasible and was dropped when there weren't resources to keep the guide operational. Therefore, the next action will be to create the guide and keep it going with RSVP volunteers.

OLD BUSINESS:

WEBSITE & CALENDAR: Shari Atwood relayed that there were instructions on how to post your SCHSC member events to the calendar (http://storycountyhumanservices.org/?page_id=14) This calendar is to promote your organization's events to the public. Shari asked whether this calendar was something still wanted for the council. Members cited that it could be beneficial but that we also need to market it out. Sipele stated before marketing that we needed to have information there to view. Shari indicated that she would send out the instructions on how to post events to the calendar with this month's minutes.

STORY COUNTY TRANSPORTATION BROCHURE: Shari Atwood relayed to the group that there was a Story County Transportation brochure that listed all of the transportation resources within Story County that were open to the public. The brochure may be viewed online at www.ridehirta.com/sct.pdf. This link can also be placed on your websites as a resource for your clients.

NEW BUSINESS: None

AGENCY SPOTLIGHTS:

NAMI: Deb Niehof presented her program about the National Alliance on Mental Illness (NAMI) of Central Iowa. She shared that NAMI provides support, information and advocacy for individuals living with mental illness and their family members. There is no charge, no hoops you have to go through to participate. The classes are peer led classes. We don't do therapy. She shared information that they have a Wellness Center in downtown Ames now operate its third year. They are open from 1-4pm. The Wellness Center provides a social atmosphere where people feel comfortable to interact with others. Deb shared the following with SCHSC group:

- 1) **Education Classes** – NAMI Basics (children with Mental Illness; 6 week program; national level information) – Begins Tuesday, March 4th
- 2) **Community Education Programs** – NAMI, YSS, SCCS and Eyerly Ball sponsor. There will be a big change in July with healthcare and this program will help explain by your peers. March 18th 7pm at Story County Community Life (SCCL) on Hazel
- 3) **NAMI FUNDRAISER at Boys & Girls Club** – March 8th 6pm; Trivia Night! 8 people/table = \$100 (6-8people per table.) Prizes are \$200 + free table at next event & dessert auction.

Brochures shared:

End of Meeting 1:00 pm

AGENCY SHARE TIME:

- **Community Partnerships for Protecting Children (CPPC)/ Decategorization:** Kaitlyn Hofeldt with Community Partnerships for Protecting Children (CPPC)/Decat shared the date for the **2nd Annual Family Fest** which is Saturday, April 26, 2014 in the Ames High School Gymnasium. This event promotes family interactions between families. Kaitlyn passed sign up flyers for agencies, organization or business to register to have a booth at Family Fest 2014 as well as donation basket registration. The last day for agencies to sign up will be April 1, 2014. (See Agency Sharing for flyer)

Additionally, CPPC is welcoming individuals to a **“MORNING SEMINAR”** on 4/1/2014 at 9am at Story County DHS (2nd floor conference room at 126 Kellogg Ave. welcoming **Story County Parent Partners**. There is a FREE BREAKFAST for this event! (See Agency Sharing for flyer)

- **MICA:** Melissa McDonald announced that MICA is currently accepting Head Start applications. (See Agency Sharing for flyer)

- **Volunteer Center of Story County:** Shellie Orngard announced the Story County Youth Volunteer Recognition nominations are due Friday, March 28th. This is a program where a youth member will receive an award from the Iowa governor. So if you have exceptional youth volunteers, nominate them now! For a nomination form, contact Shellie.

Additionally, the “Stash the Trash and VEISHEA Service Day” is Saturday, March 29th, 2014. If you’re interested in volunteering sign up online before March 26th or just meet at Reiman Gardens on 3/29/14 at 8:30am! (See Agency Sharing for flyer)