



Collaborating for the health of residents in
Aurora, Batavia, Big Rock, Blackberry, Kaneville,
Sugar Grove, and Virgil Townships

February 2024

INC Links

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Featured Agency VNA Health Care



VNA Health Care

One of VNA Health Care's patient support services is the INC-funded Healthy Families program. This program aims to increase the ability of families to successfully nurture children. Families receive intensive in-person home visits and learn new strategies for coping and parenting to establish healthy patterns of behavior.

VNA's Healthy Families team currently serves almost 100 families and, in the past six months, has completed nearly 1500 home visits. Many of these families are those seeking asylum and/or refugees and may lack a healthy support network. VNA's goal is to reach first and second-time mothers during their pregnancy, as early enrollment in the program helps establish the program as a source of support and

information and increases the likelihood of adopting healthy behaviors.

The program also offers Doula home visits. Doulas provide intensive, specialized services to improve the perinatal health of mother and baby, support parent/child attachment, and improve the family's social-emotional experience in labor and delivery. To learn more, please visit <https://www.vnahealth.com/service/healthy-families/>.

What's Happening With 



Staff attended the Aurora Community Resource Team's winter resource fair in December and will participate in the 17th Annual Aurora African American Health Coalition Health Fair on Saturday, March 23rd. In addition, staff continues to attend local meetings that provide an opportunity to share resources and learn of our community needs.

INC opened its funding grant portal for FY25 on January 29th until March 15th for currently funded agencies only. Our agencies will be able to streamline the application process by completing a modified, shorter version. The Board of Directors approved the FY25 Objectives

at its January meeting, and they are available on the application portal and on our website at www.incmha.org.

The 708 Mental Health Board meetings in the 7 townships INC serves will be held throughout February. Information on these open meetings is available on our website at www.incmha.org.

Joel Grámirez has stepped down from the Aurora 708 board as of December. Joel was also a member of the INC Board of Directors representing Aurora Township until September 2021. We thank Joel for his dedication to the INC Board of Directors and to the Aurora 708 board.

Tina Willson has stepped down from the Sugar Grove 708 board as of January. Tina was also a member of the INC Board of Directors representing Sugar Grove Township. We thank Tina for her dedication to the INC Board of Directors and to the Sugar Grove 708 board.

The Aurora 708 board welcomes Beth Christoffel and Adam Pauley as its newest members. Beth has lived in and worked in Aurora for most of her life and will bring a wealth of experience to the board. Adam is

passionate about the work the board does. We thank them both for their interest in serving.

There are vacancies on the Blackberry, Kaneville, Sugar Grove, and Virgil Township 708 Mental Health boards. This is a terrific opportunity to serve your community! Board members work with INC staff on the mental health levy in its respective township. The levies are distributed to local agencies for eligible services by INC. Board members meet 4 times a year in February, June, and October, and the INC annual meeting serves as the fourth. Members must reside in the township in which they serve and not be employed or on the board of one of our funded agencies. To learn more about this opportunity, contact staff at 630-892-5456 or info@incmha.org.



March is Disability Awareness month. Did you know about these key facts regarding Intellectual and Developmental Disabilities (IDD)?

Intellectual disability (ID) is defined as low intelligence with impairment in adaptive behavior that begins before the age of 18.

- Developmental disability (DD) is an intellectual disability or related condition. Examples of DD are Down Syndrome, Autism Spectrum Disorder, or Cerebral Palsy.**
- Individuals with Intellectual or Developmental Disabilities (IDD) that reside in Illinois may receive services and support to live, work, and fully participate in their community.**

- Residential support can include trained staff present in the home from a few hours a day up to 24 hours based on need.
- Community day services offer the opportunity to build skills in independence, recreation, and other activities of daily living. These can include art and music therapy.
- Employment services help individuals with IDD find a job and support them to be successful.

For more information, visit INC-funded agency Association for Individual Development at www.aidcares.org.

**INC Wishes You a Warm & Cozy
Wintertime!**



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