



MEETING NOTES

Region 30 Action & Family Council Meeting

100 Turner Street, Anna, IL 62906

Date & Time: May 4, 2023, 6:00p–8:00p

Action Council Members present : Tangela Oliver, M Stalls, Denise Henry, Sheridan Johnson, Lindsay Baskin, Patty Davis, Keeshia Carr, Van Ikner, Sheryl Houston, Cindy Rice, Colleen McLaughlin, Brittany Matthews, Kathy Swafford, Dona Middleton, and Sandy Snowden

Family Council Members present: Denasha Oliver, Breanna Puckett-Woods, Keosha Engram, and Kimberly Myers

Action Council Members Absent : Debbie Bruns, Cheryl Graff, Tracie Griffith, Lashauna Cornelius, and NaTasha Hubbard

Family Council Members Absent: Veronika Parrone, Nicki Rathert, Amanda Hester, Sonya Clark, Amanda Sullivan, Alessandra Nicholson, Micole Larry, Breanna Kobus, Lyndsey McCann, Shauna McGuire, and Victoria Taylor

6:00pm Welcome, Introductions, and review of Community Agreements (15mins)

Presenter: Zena Madison

Notes: Zena welcomed everyone to tonight's meeting and thanked everyone for their attendance in person. Zena also mentioned that this is the very first time both Councils have met together and asked everyone to go around and briefly introduce themselves. After introductions, Zena explained that we have divided everyone into "work groups" to discuss Recommendations for our Region to be included in our Early Childhood Needs Assessment formally known as "Regional Scan." It will tentatively go live in late-June, and we plan on working together to disseminate throughout the community this Summer.



6:15pm Group Work for Recommendations (45mins)

Presenter: Zena Madison

Notes: Zena introduced the activity assigned to each group/table. Each group has 3 pages to review (previous Action & Family Council noted/mentioned recommendations) to provide 3 to 5 recommendations for our Region. Each group was given a framework for recommendations as a guide. Markers and chart paper have been provided for Members to write their Recommendations. Once finished, the Region 30 Team will gather to pick the top Recommendations to be included in our Needs Assessment.

7:00pm Break (5mins)

7:05pm Self-Care and Self-Compassion Workshop (30mins)

Presenter: Mary Beth Long

Notes: Zena introduced our speaker, Mary Beth Long, to share with our group the meaning of self-care and self-compassion. Mary Beth started the presentation by sharing a picture of her granddaughter. Then, she asked everyone to draw a circle and write down the names of people in "our circle." Then, she started a PowerPoint Presentation to define self-care and self-compassion. She concluded by thanking Region 30 for the invitation.

7:35pm Team Building/Gifts (10mins)

Presenter: Linda Poindexter and Akemi Walker

Notes: Akemi and Linda proceeded with the team-building activity by asking different questions and giving gift giveaways to members. They asked who traveled the furthers, who has born the furthest from the US, who has the youngest grandbaby, etc...among some of the questions and the winner for each question received a gift.

7:45pm What's Next: Needs Assessment (15mins)

Presenter: Zena Madison

Zena shared that we would review the recommendations provided today and will submit the top 5 to be included in our Needs Assessment as it is due soon. Also mentioned partnering with us to aid in the dissemination of the Needs Assessment this Summer and to be on the lookout for the release date.



8:00pm Closing

Notes: Zena thanked everyone for their support, time, and attendance.

Next Meeting via Zoom

Date: June 1, 2023

Time: 5:30pm—7:30pm