



## **HSTP Steering Committee Meeting (Human Services Transportation Plan)/**

**HSTP Rural Subcommittee/HSTP Urban Subcommittee (in lieu of Lack of Quorum)**

**Tuesday, February 6, 2024 – 12:00 PM**

*Open to the Public*

**Meeting Location:  
456 Fulton St., Suite 420, Peoria, IL 61602**

To join the meeting from a computer, tablet or smartphone:

<https://meet.goto.com/TCRPC/hstp-meeting>

To dial in using a phone:

United States: [+1 \(408\) 650-3123](tel:+14086503123)

Access Code: 329-465-365

### **Agenda**

- 1. Welcome, Introductions, & Roll Call**
- 2. Public Comment**
- 3. Approval of minutes:**
  - a. October 17, 2023**
  - b. December 5, 2023**
- 4. Presentation: Washington as a Dementia-Friendly Community**
- 5. Provider and Agency Updates**
- 6. HSTP Coordinator Report**
- 7. Other**
- 8. Adjourn**

Opportunities for public comment will be afforded.

For more information, contact Reema Abi-Akar at (309) 673-9796 ext. 231 or [rabiakar@tricountyrpc.org](mailto:rabiakar@tricountyrpc.org), or visit <http://www.tricountyrpc.org/transportation/transit/>

In compliance with the Americans with Disabilities Act, should any person wishing to attend this meeting need special accommodations for signing or other communications, please contact the Tri-County Regional Planning Commission Office at (309) 673-9330.

# Human Services Transportation Plan Steering Committee

## Tuesday, October 17, 2023 – 12:00 PM

Tri-County Regional Planning Commission (TCRPC)  
Suite 401, 456 Fulton St., Peoria, IL 61602

### Meeting Minutes

#### 1. Welcome, Introductions, & Roll Call

Reema Abi-Akar called the meeting to order at 12:05 p.m.

RURAL AREA SUBCOMMITTEE				
Name	Organization	Representing	Present	Absent
Shelly Entrekin*	FCRC/FCRT	Fulton	~X	
Barb Long*				X
Doug Manock*	Fulton County Board	Fulton		X
Audra Miles*	Fulton County PCOM		X	
Joe Coffin	KCCDD	Knox	X	
Kraig Boynton	City of Galesburg	Knox	X	
Hannah Fuchs	Marshall-Stark PCOM	Marshall		X
David Lueders	Marshall County Board	Marshall	~X	
Mary Patton	AARP	Peoria	X	
Dr. ShamRA Robinson	GPMTD - CityLink	Peoria	X	
Traci Dowell	MSW Projects	Stark	~X	
J. Thomas Howes	Stark County Board	Stark		X
Vivian Hagaman	Tazewell County Board	Tazewell		X
Max Schnieder	Tazewell County Board	Tazewell		X
Tyler Rogers	ADDWC	Woodford		X
Troy Maxwell	We Care	Woodford		X
URBAN AREA SUBCOMMITTEE				
Dawn Harper	EP!C	Agency	X	
Jodi Scott	Advocates for Access	CIL	X	
Angel Marinich	TransDev (CityLift/CountyLink)	Provider	~X	
Kylie Rathmann	Express Employment Professionals	Agency	X	
Chris Mitchell	Paratransit User	User	X	
Connie Schiele	Paratransit User	User	~X	
Jim Bremner	Washington Township	Partner	X	
Greg Cassidy	TCRC	Agency	X	

\* = Shared seat

\*\* = Proxy Vote

~ = Present via phone or internet

Also in attendance:

Reema Abi-Akar, TCRPC  
Jared Arthur, Snyder Village  
Heather Bouchez, Best Buddies  
Dawn Cook, Tazewell PCOM  
Gabriel Guevara, TCRPC

Dawn Hand, Stone-Hayes CIL  
Melissa Ohrwall, IDOT  
Jessica Ortega, IVCIL  
Renee Razo, CIAOA  
Jodie Vanderheydt, SEAPCO

## **2. Public Comment**

No public comment.

## **3. Approval of minutes:**

### **a. February 7, 2023 minutes**

### **b. August 8, 2023 minutes (no quorum)**

Greg Cassidy moved to approve the February 7, 2023 minutes and the August 8, 2023 minutes. Mary Patton seconded the motion. There were no comments, and the minutes were approved.

## **4. Approve Bylaw Changes**

Greg moved to approve bylaw changes. Jodi Scott seconded the motion. No additional comments were made, and the bylaw changes were approved.

## **5. Provider and Agency Updates**

### ***KCCDD***

Joe Coffin at KCCDD reported that his organization is fully staffed and received approval to dispose of four old IDOT vehicles.

### ***City of Galesburg***

Kraig Boynton expressed optimism in having the fixed-route app operating soon. He added that there were previously some minor complications with the app, but he is hopeful that it will run properly. Kraig also reported that Galesburg has been working with IDOT's Jeff Waxman to obtain a used Super Duty vehicle in an effort to support their fixed-route system. Galesburg disposed of two old units. Lastly, Galesburg is close to having a new transit shop foreman, and they are looking forward to the new CVPs being announced.

### ***Snyder Village***

Jared Arthur gave no report.

### ***Tazewell County Resource Centers (TCRC)***

Greg Cassidy reported that TCRC is not fully staffed and is still actively recruiting drivers. He also reported that people are beginning to occupy the new building they have purchased in downtown Pekin.

### ***Fulton County PCOM***

Audra Miles gave no report.

### ***Best Buddies***

Heather Bouchez gave no report.

### ***AARP***

Mary Patton reported that AARP is fighting an Illinois Commerce Commission (ICC) request by Ameren that asks for additional rate increases. She directed members to contact the ICC in Springfield and advocate against the request. Ameren is asking for first right of refusal, which means that instead of the ICC determining what the plans are, Ameren can determine how much to spend and how much to charge.

### ***Express Employment Professionals***

Kylie Rathmann reported that her organization is still seeking alternative affordable solutions for bringing people to and from job opportunities, especially second and third shift. Lack of transportation has presented an issue in getting qualified candidates to work. In response to Greg Cassidy's report on lack of drivers, Kylie mentioned that she does have drivers available and offered to communicate more offline.

### ***Advocates for Access***

Jodi Scott reported that, on October 4<sup>th</sup>, Access Living from Chicago visited the Advocates for Access. Some critical topics of the meeting: Chicago paratransit not deploying ramps for individuals who are traveling with shopping carts; transportation to and from non-emergency medical appointments; effects of marijuana legalization on the recruitment of (federally funded transportation system) drivers, who are required to pass a drug test.

### ***EP!C***

Dawn Harper reported that EP!C is not fully staffed and is currently actively looking to recruit drivers. Dawn's main issue, due to staff shortages, is securing transportation to smaller cities, like Morton. Harper shared that EP!C now has three individuals from Washington, which is a big plus. Dawn also expressed appreciation for Angel Marinich, who took on some of EP!C's routes.

### ***Washington Township***

Jim Bremner reported a lower ridership in October compared to September. He suggested that the 30% drop in ridership between this time can be attributed to a five-week September and a four-week October. He said that there are stated plans to look at rider logs to see if anyone has been missed and ensure that they are fine. Jim also reported that additional riders, those

of whom are high school students, applications were in the process of being filled. They are working with the Agency on Aging, transporting patients on dialysis. He mentioned Fondulac Park District's event, Tazfest, which assisted seniors 65+ to scout available services in the Tri-County area. During Tazfest, there were many questions about routes that travel through Tazewell communities. He connected with Amy Gayle from a new organization called Hearts for Change. Amy agreed to push, through online avenues, marketing, and advertisements for Washington paratransit.

### ***Greater Peoria Mass Transit District (GPMTD)***

Dr. ShamRA Robinson reported that she attended the APTA Conference, where she connected and spoke with Enterprise about vanpools. ShamRA also spoke with other vendors about fare collection, micro transit, and software for paratransit that will be used for upgrades to GPMTD's system. Reported that GPMTD plans to have National Transit Database reporting turned in by October 31<sup>st</sup>.

She disclosed GPMTD's ongoing bus route audit with leadership and staff. She also alerted the committee to a fixed-route operator graduation for four additional operators; she expects to be fully staffed as it pertains to operators. ShamRA announced the hiring of a new Complaint Analyst, Sharice Little, whose primary function will be looking into fixed-route complaints. Note: Sharice will also take ADA complaints on fixed routes.

### ***Agency on Aging***

Renee Razo reported that there is a new Executive Director, Tessa Mahoney, who began working at the agency on September 1<sup>st</sup>.

### ***Paratransit User***

Chris Mitchell expressed appreciation for all members and services, particularly CityLink. She applauded their commitment to implement new routes and hire two new dispatchers and new drivers.

### ***Paratransit User***

Connie Schiele also communicated her appreciation, singling out Angel Marinich for her dedication to ensuring individuals with disabilities have quick, efficient travel.

### ***TransDev (CityLift/CountyLink)***

Angel Marinich reported that, due to the driver shortage, her team has been taking on a number of additional duties, such as driving, dispatching, etc. Angel reported that conditions are improving, and more applicants are trickling in. Hiring events have proved to be slightly effective; Angel mentioned that 4-5 individuals made it all the way through to the training process. She announced that TransDev hired two additional dispatchers to accommodate for the staff shortage.

### ***Illinois Valley Center for Independent Living (IVCIL)***

Jessica Ortega gave no report.

### **Tazewell County PCOM**

Dawn Cook gave no report.

### ***Illinois Department of Transportation (IDOT)***

Melissa Ohrwall reported that IDOT is still waiting for the finalization of vendor contracts. She also announced that the vehicle award announcements will be held next month (November).

### ***IVCIL***

Dawn Hand gave no report.

### ***MSW Projects***

Traci Dowell reported that, in response to having a shortage of three drivers, two drivers are in the hiring process, which leaves one vacancy to be filled. Traci discussed the difficulties of finding qualified applicants, especially because there were too few applicants. She reported experiencing some difficulty offering service to different places because one of the medical facilities closed. Traci also reported data that listed grocery shopping as the primary reason for needing transportation in Stark County, a spot usually held by accessing some type of medical service.

### ***Marshall County Board***

David Lueders gave no report.

### ***Fulton County Rural Transit (FCRT)***

Shelly Entrekin congratulated Reema on her recent award. \*Well deserved round of applause from the audience.\* No further updates from Shelly Entrekin.

## **6. HSTP Coordinator Report**

Reema reported that Tri-County is preparing an Active Transportation Plan (ATP). Gabriel detailed the purposes and goals of the Active Transportation Plan, as well as announcing the ATP open house details. He announced that, independent from Tri-County's ATP, the Illinois Department of Transportation is also in the process of working on its own ATP.

Reema shared an update on conferences and meetings: 1) CVP – IDOT is working through the bid process, but there has been some progress; 2) IDOT is conducting a Non-Emergency Medical Transportation Study, with a focus on reliability and availability; 3) Reema shared the *Aging in a Changing Region* presentation that was given at the Illinois Chapter of the American Planning Association Conference by the Metropolitan Mayors

Caucus in Chicago. The partnership provides support for municipalities interested in better supporting aging communities; 4) Reema mentioned that HSTP appointments are in the process of being finalized; 5) Any 5310 Reviews that took place several months ago are in the process of being updated; 6) Lastly, Reema reflected on her trip to Las Vegas and the Grand Canyon, where there were many accessible trails, tactile maps (Reema loves looking for things), and accessible taxis with ramps.

## **7. Other**

- An HSTP member asked Jim Bremner about Washington's disability transportation radius. Jim responded with the transportation process, fare amount, service times, and radius.
- Chris Mitchell asked if she would be able to connect to Washington Township services, since she is qualified to ride CityLift? ShamRA answered that currently there is only an exclusive program for Washington residents, but hopefully in the future something like that can be implemented.
- Angel clarified that the rate is \$2 for all in Washington, and to leave Washington, the purpose of your travel must be either employment or medical.
- Jared voiced some confusion on these topics: 1) Is there a way to approach the ramped taxi service idea (mentioned in HSTP Coordinator Report) with IDOT in hopes to secure funding or investment for it? Kylie Rathmann informed Jared that, unless a critical need is present, there is usually no taxi investment that supports the ramped taxi services; taxi services must fund that initiative alone, which includes buying special vehicles to accommodate wheelchairs and other disability support devices. 2) Concerns about the broadness of HSTP's role in supporting seniors with assisted living, and inquired about the possible role that other entities can play, like assisted living, in orchestrating some type of travel for seniors. Reema responded by explaining that supporting seniors and transportation service go hand-in-hand due to those individuals needing access to a variety of transportation options that pick up and drop off wherever needed. 3) Jared also voiced confusion about the difference between fixed-route services and disability services, and where/in what way they operate. Kraig Boynton explained the difference between the fixed-route service and paratransit services and elaborated on the types of programs offered in Galesburg, such as medical transportation, in coordination with the Western Illinois Area Agency on Aging.

## **8. Adjourn**

The meeting was adjourned at 1:05 p.m.

**Human Services Transportation Plan Steering Committee**  
**Tuesday, December 5, 2023 – 12:00 PM**  
 Tri-County Regional Planning Commission (TCRPC)  
 Suite 401, 456 Fulton St., Peoria, IL 61602

**Meeting Minutes**

**1. Welcome, Introductions, & Roll Call**

Reema Abi-Akar called the meeting to order at 12:03 p.m.

RURAL AREA SUBCOMMITTEE				
Name	Organization	Representing	Present	Absent
Shelly Entrekina*	FCRT/FCRC	Fulton	~X	
Barb Long*				X
Doug Manock*	Fulton County Board/PCOM	Fulton		X
Audra Miles*			X	
Joe Coffin	Thrive Community Services	Knox		X
Kraig Boynton	City of Galesburg	Knox	~X	
Hannah Fuchs	Marshall-Stark PCOM	Marshall		X
David Lueders	Marshall County Board	Marshall	~X	
Mary Patton	AARP	Peoria	~X	
Heather Bouchez	Best Buddies	Peoria	X	
Traci Dowell	MSW Projects	Stark		X
J. Thomas Howes	Stark County Board	Stark		X
Vivian Hagaman	Tazewell County Board	Tazewell		X
Max Schnieder	Tazewell County Board	Tazewell		X
Tyler Rogers	ADDWC	Woodford		X
Troy Maxwell	We Care	Woodford		X
URBAN AREA SUBCOMMITTEE				
Dawn Harper	EPIC	Agency	X	
Jodi Scott	Advocates for Access	CIL	X	
Dr. ShamRA Robinson*	Greater Peoria Mass Transit District	Provider	X	
Angel Marinich*			~X	
Kylie Rathmann	Express Employment Professionals	Agency	X	
Chris Mitchell*	Paratransit Users	User	~X	
Connie Schiele*				X
Jim Bremner	Washington Township	Partner	X	
Greg Cassidy	TCRC	Agency	X	

\* = Shared seat

\*\* = Proxy Vote

~ = Present via phone or internet



Also in attendance:

Reema Abi-Akar, TCRPC  
Jared Arthur, Snyder Village  
Meghan Brake, TMCSEA  
Dawn Cook, Tazewell PCOM

Gavin Hunt, TCRPC  
Melissa Ohrwall, IDOT  
Nicole Stephens, Heartland Health  
Adrianna Tuszynski, Snyder Village

## **2. Public Comment**

No public comment

## **3. Approval of October 17, 2023 minutes**

Due to a lack of quorum, the minutes were tabled until the next meeting.

## **4. Provider and Agency Updates**

### ***Tazewell County Resource Centers (TCRC)***

Greg Cassidy informed the committee of TCRC's open house in its new building a week from Thursday. Greg offered information and invitations to the Committee.

### ***Express Employment Professionals***

Kylie Rathman reported no new updates but stated that Express Employment Professionals is still experiencing the same issues brought forward in previous committee meetings.

### ***Greater Peoria Mass Transit District (GPMTD)***

Dr. ShamRA Robinson reported that ICC Express (Route 20) is back on its regular fixed-route schedule. Shuttles were being used for Route 20 because of the detours during the Bob Michel Bridge construction. Route 20 is now running every 30 minutes, and GPMTD is focused on meeting timepoints for the route. She said that she was told that the estimated completion of the Bob Michel Bridge is within the next couple of weeks.

### ***Fulton County PCOM***

Audra Miles reported preparations for 5311 compliance review with RLS on January 9<sup>th</sup>, 2024.

### ***Tri-County Regional Planning Commission***

Gavin Hunt reported that TCRPC staff have been conducting a ride-along on CityLink buses throughout the Peoria region. He said that they have made substantial progress on this initiative, especially as it pertains to documenting supplemental services that help bolster the fixed-route services offered by GPMTD.

### ***Advocates for Access***

Jodi Scott gave no report.

### ***Washington Township***

Jim Bremner reported that he was hoping to receive feedback from the committee regarding possible methods, strategies, or successes in advertising disability transit services. He also reported that he attended the Washington Services Fair hosted by the Chamber of Commerce at Five Points. Many vendors were present, but attendance was not as high as Washington would have liked. Bremner added that similar events could play a role and find some success engaging with residents about offered transit services.

Jim expressed disappointment with the current drop in ridership numbers. Ridership numbers currently sit at ~100 riders/month, compared to ~125 in the summer. Jim assured the committee that Washington is looking for ways to boost ridership numbers and engage the community. He noted that currently, the main advertising campaign involves posting flyers at local businesses and common destinations.

Related to schools, Jim noted that coordination with the school is going well, with 5-6 students utilizing services regularly. Jim also clarified that while the disability service meets the needs of individuals aged 18-59, service for ambulatory individuals who fall within the qualifying age does not exist.

### ***EPIC***

Dawn Harper restated staff shortages.

### ***Snyder Village***

Jared Arthur gave no new report.

### ***Tazewell County PCOM***

Dawn Cook gave no new report.

### ***Marshall County Board***

David Lueders reported that the Illinois 17 Lacon Bridge has reopened, improving transportation services from Marshall County to services in Peoria.

### ***AARP***

Mary Patton reported that the ICC (Illinois Commerce Commission) has cut back on Peoples Gas and has not decided on Ameren. Mary added that Ameren is planning to fight for the additional things that they have asked for during negotiations.

### ***City of Galesburg***

Kraig Boynton reported a finalized agreement with a firm that is developing a transit study for the City of Galesburg. Kraig confirmed that the study will also take potential rural options into consideration.

### ***Fulton County Rural Transit (FCRT)***

Shelly Entrekin gave no report.

### ***Tazwell-Mason Counties Special Education Association (TMCSEA)***

Meghan Brake gave no new report.

### ***Illinois Department of Transportation (IDOT)***

Melissa Orhwall reported that IDOT still anticipates being able to announce CVP (Consolidated Vehicle Procurement) awards in early December. IDOT is currently waiting for vendor contracts to be awarded. Vehicle production timelines are not definite, but once information from the selected vendors is available, IDOT will share it through the 5311 email list and the CVP mailing list for nonprofit partners. For partners with Rebuild or discretionary 5339 funding through the statewide capital section for paratransit vehicles, instructions on how to order the vehicles will be provided through capital project managers. Questions about concurrences should be directed to capital project managers, while vehicle-specific questions can be sent to the CVP team.

Low and no emission pilot: The chassis for all 50 zero-emission battery, electric paratransit vehicles have been ordered. Once CVP awards are announced and orders placed, the CVP team will start the contracts for chargers, workforce development, and technical support. Regular meetings will also be established for partners involved in the project to ensure that projects remain on schedule. All utility providers will assist transit agencies with planning for charging infrastructure. Finally, Melissa said that IDOT must be notified within 14 days about accidents involving injuries; in these instances, send Jeff Waxman an email with the basic information known at the time, then he will send a list of all required documentation.

### ***TransDev (CityLift/CountyLink)***

Angel Marinich reported that CityLift and CountyLink are still short staffed, but both are aggressively recruiting and training to fill in some of their staffing gaps. All non-management staff have received pay increases, and Angel expressed some optimism that the pay increases will help recruit and retain staff. TransDev is actively seeking an additional driver to help service Washington and Pekin. Ridership requests in Pekin have increased, so another route was created to meet the needs of that increase.

### ***Heartland Health***

Nicole Stephens reported that Heartland Health is working to recover funds that were taken away this year. Last year Heartland Health utilized a contact service called Quality Med Transport. Utilizing the same service is not a possibility unless it is part of a specific grant. Currently, Heartland Health is working with organizations, such as Molina and Meridian to ensure that

patients are getting to medical appointments. Issues utilizing other services like rideshare have presented issues because of the poor reliability of those services as it pertains to cancellations and maintaining pick up schedules.

### ***Paratransit User***

Chris Mitchell expressed enjoyment of the community outreach events for the Active Transportation Plan. Chris offered her input on Washington's community outreach initiatives, stating that restaurants and other public places could prove useful for community engagement.

### ***Best Buddies***

Heather Bouchez informed the committee that she may have some participants looking for driver and janitorial positions.

## **5. Presentation and Discussion: Transportation and Funding Overview**

Reema Abi-Akar shared a presentation on transportation funding. She shared that the National Aging and Disability Transportation Center (NADTC) has many resources pertaining to transportation and several topics discussed at HSTP Steering Committee meetings. Here are the key takeaways:

- A few years ago, NADTC surveyed transportation providers about key topics, such as communication, driver training, coordination, funding, challenges, and technology. The NADTC received responses from a wide range of service providers, including transportation contractors, medical contractors, senior living facilities, and aging agencies.
  - Medical services had the highest percentage of transportation use, followed by grocery shopping, pharmacy, and social services.
  - Only 58% of respondents reported that their communities have a fixed-route public transit/complementary paratransit service, while only 43% said they had a demand response public transit service.
- For HSTP, IDOT divided Illinois into eleven regions; we are in Region 5, covering Peoria, Tazewell, Woodford, Knox, Stark, Marshall, and Fulton counties.
- Region 5 Public Transit Options:
  - Public Fixed-Route Bus Services: CityLink (Greater Peoria) and Galesburg
  - Demand-Response Paratransit Services: CityLift (Greater Peoria) and Galesburg
  - Public Demand-Response Services (Rural): CountyLink (Peoria County), We Care (Tazewell and Woodford counties), Fulton

County Rural Transit (FCRT), and MSW Projects (Marshall and Stark counties)

- Common funding sources for public transit are FTA Section 5307 (urban funds), 5310 (increasing the mobility of seniors and people with disabilities), 5311 (rural), state funds, and fares.
  - The Illinois Department of Transportation Office of Intermodal Project Implementation (IDOT-OIPI) oversees **HSTP**. The Federal Transit Administration (FTA) apportions funds to IDOT-OIPI to fund this program.
  - Urban areas over 200,000 in population receive direct apportionments of **Section 5310** funding from the FTA. Tri-County receives direct funding from FTA for the Peoria-Pekin Urbanized Area. Tri-County handles 45% of these funds, while the competitive IDOT Consolidated Vehicle Procurement (CVP) program handles 55%. Both rural and urban areas are eligible for this 55%.
  - Greater Peoria Mass Transit District is the region's sole urban recipient of **Section 5307** funding. FTA grants funds to urban transit providers that have a population of over 200,000.
  - The **Section 5311** Funding Stream is for rural transit providers. Several 5311 recipients exist in HSTP region 5. This is passthrough funding from the FTA to IDOT-OIPI to rural recipients.
  - IDOT-OIPI supports a percentage of operating and administrative costs of downstate public transit systems through the **Downstate Operating Assistance Program (DOAP)**. This funding stream is for non-Chicagoland transit systems.

Reema asked the committee three questions, and attendants responded:

1. What funding sources does your organization use?

Fundraising  
Advertising  
State contracts  
Local service agreements  
Tri-County Regional Planning Commission  
Ridership fees  
FTA (Federal)  
Property tax income (government entity)

2. Have funding issues prevented you from carrying out transportation services?

- Yes – cannot expand to serve more potential passengers
- When there are driver shortages, it limits riders' jobs/employment options
- Lack of knowledge of where to start and what resources to use
- People don't know where the routes are
- Unavailable for "after hours" – second shift, weekends
- Competitive funding prevents innovation & creativity
- No safety at bus stops – dark and cold
- Some improvements there

3. If not funding, what resources would benefit you? (or: *What do you struggle with that's not funding-related?*)

- Barriers with funding options, geographic areas
  - Cannot commingle services – can't swap vehicles if needed
  - Loss of efficiency
- Complicated policies to navigate
  - Even more so for the rider
- Route times and options – hard to accommodate riders and schedules
- Partnerships and collaborations

## **6. HSTP Coordinator Report**

Reema reported that the Active Transportation Plan is underway, along with forthcoming community engagement events. Reema also mentioned that the Bob Michel Bridge is expected to reopen soon.

## **7. Other**

Kylie inquired about the relationship between this committee and taxicab services, specifically wanting to address taxicab/livery driver price gouging. Other members noted that municipalities might be the ones who would hold the regulatory power to address this issue.

ShamRA sought information about the upcoming Active Transportation Plan focus group event. Reema noted that the focus group is a collection of topical experts from different industries and professions that might have some insight into possible active transportation improvements.

## **8. Adjourn**

The meeting was adjourned at 1:06 p.m.

## Who is Involved?

Everyone in the community plays a role and needs to work together to take steps to create a dementia friendly culture.

**Businesses and Banking** support customers with dementia by accommodating cognitive impairment.

**Law Enforcement and First Responders** recognize signs of dementia and respond accordingly.

**Health Care Systems** promote early diagnosis and connect individuals with community services.

**Faith Communities** welcome people living with dementia and their care partners through specialized programs, services, and accommodations.

**Local Governments** plan and implement housing, transportation, public spaces, and emergency response systems that enable people with dementia and care partners to thrive.

**Restaurants, Stores, and Libraries** offer services and supports that foster access and independence.

## Who is Involved? (Continued)

**Employers** support employees with education pro-active personnel policies.

**Residential and Community Services** offer a range of services to maximize independence and support ongoing community engagement.

**Community Members** learn how to interact sensitively with people living with dementia and create networks of support.

## Come join us!

Community Action Team  
meetings are the 2nd  
Wednesday of every  
month at Noon and held at  
the Washington Fire  
Department on 200 N  
Wilmor Rd

Photo Credits

Cover: Elite Daily ([VARGATTILA3](#))  
Inside: Dementia Friendly America

Revised: 7/27/23

## WASHINGTON, IL Is a Dementia Friendly Community



Washington Square

On 27 November, 2023, the City of Washington, Illinois was officially designated as the 30th Dementia Friendly Community in the state by Dementia Friendly America after acceptance of our plan. Now, we need you to join us and become a Dementia Friend.



## What is Dementia?

Dementia is caused by a number of diseases that affect the brain. The most common is Alzheimer's but diseases also include Vascular Dementia, Dementia with Lewy Bodies and Pick's disease.

Different types of Dementia affect the brain at different rates and in different ways, but other things like someone's personal circumstances, the people around them and the environment in which they live, will affect their experience of dementia. Dementia progresses in a way that is unique to each individual.

It is true that more people over 65 have Dementia, but it is not exclusively an older person's disease. Younger people get Dementia too.



## Dementia Friendly Communities

Dementia is a community issue that needs to be addressed at a community level. A Dementia Friendly Community is informed, safe, and respectful of individuals with dementia and their families. It provides supportive options across community sectors (see below) and fosters quality of life. Every part of the community has a unique role in fostering meaningful access to and engagement in community life for people living with dementia and their family and friend care partners.





### **A broad factual definition of Dementia from the U.S. Government:**

"Dementia is not a specific disease. It is a descriptive term for a collection of symptoms that can be caused by a number of disorders that affect the brain. People with dementia have significantly impaired intellectual functioning that interferes with normal activities and relationships.

They also lose their ability to solve problems and maintain emotional control, and they may experience personality changes and behavioral problems, such as agitation, delusions, and hallucinations. While memory loss is a common symptom of dementia, memory loss by itself does not mean that a person has dementia. Doctors diagnose dementia only if two or more brain functions - such as memory and language skills -- are significantly impaired without loss of consciousness.

Some of the diseases that can cause symptoms of dementia are Alzheimer's disease (AD), vascular dementia, Lewy body dementia, frontotemporal dementia, Huntington's disease, and Creutzfeldt-Jakob disease. Doctors have identified other conditions that can cause dementia or dementia-like symptoms including reactions to medications, metabolic problems and endocrine abnormalities, nutritional deficiencies, infections, poisoning, brain tumors, anoxia, or hypoxia (conditions in which the brain's oxygen supply is either reduced or cut off entirely), and heart and lung problems. Although it is common in very elderly individuals, dementia is not a normal part of the aging process"\*

Moreover, recent studies have found that newer brain scans may point to other causes of Dementia in approximately one third of presumed AD cases, thereby helping avoid an Alzheimer's disease misdiagnosis, which may lead to better treatment and care.\*\* A fundamental concept to grasp is that the symptoms of Dementia often go beyond memory loss. They can include significant shifts in mood, more falls, disturbed gait (how we walk), and more. In addition, hallucinations, delusions, and paranoia are not uncommon

## **Dementia-Friendly Communities**

**In a dementia-friendly community, everyone in the community – from grocery store clerks to bank tellers to bus drivers – has a basic understanding about dementia and how to be supportive. Community spaces such as libraries, museums, and senior centers offer programs that are accessible to persons with dementia and their families. Meanwhile, systems like health care, transportation, and housing are set up to meet the particular needs of persons with dementia. As a result, people with dementia and their families remain connected and engaged rather than becoming isolated.**

[dfamerica.org](http://dfamerica.org)

[dementiafriendsusa.org](http://dementiafriendsusa.org)

[usaging.org/dfa](http://usaging.org/dfa)