



Adair Clark Knox
Lewis Linn Macon
Putnam Schuyler
Scotland Shelby Sullivan

Progress Notes ...

Dear Colleague:

As you will see in this issue, the Northeast Missouri Rural Health Network (NMRHN) continues to make great strides in collaborative projects to address regional health care concerns and filling gaps in needed services. The members are committed to coordinating and improving the access of quality basic health care services to all residents, with a special emphasis on impacting populations such as the medically underserved, uninsured and underinsured.

During the past year our membership has grown from 22 to 40 member agencies. We have opened a new office at 117 W. Potter Avenue in Kirksville. Community-based services have been developed and are being implemented. Individual members are gaining a wealth of information from meeting with other health care providers on a regular basis. Several joint projects between two or more NMRHN members have developed as a direct result of contacts made through the Network. And, efforts are being pursued to establish mutual contracts for services and products to benefit member agencies.

Please take a few moments to read this newsletter and become more familiar with the Network, its members, projects and services. Feel free to contact me, or the Network staff, if you have any questions.

Glenna Daniels
NMRHN Executive Director

**"Piecing Together a
Better Health Solution"**



CareLink Provides Services to the Uninsured/Underinsured

The NMRHN received a three-year grant from the Missouri Foundation for Health to strengthen and expand the CareLink program in northeast Missouri beginning in January of 2005.

The CareLink program provides needed health care services to the uninsured/underinsured residents throughout the NMRHN's eleven-county service area. The CareLink partners recognize that a strong safety net improves overall public health; reduces school and work absenteeism; reduces unneeded emergency room visits; and supports patients who need care the most!

The office is staffed with a referral coordinator to assist consumers in person or by phone (660.665.3455 or toll-free 877.539.2227) in locating needed health services. A resource directory, listing over 800 providers and services throughout the eleven-county service region, is available on the Network's website at www.nmrhn.org. Free transportation is provided to health care and social service appointments. The coordinator also assists in identifying, and aids in the enrollment of, consumers who may qualify for social assistance programs. CareLink does not provide health insurance coverage or pay for an individual's care.

As contracted partners in the CareLink program, twenty health care agencies provide direct care services through designated ambulatory visits, screenings, and health education. Services will be expanded to Clark, Lewis and Shelby counties in 2006 and 2007. For more information about the specific services offered by each partner agency, please contact the Network office or visit our website.

The CareLink services are available free of charge to the uninsured or underinsured (those who have a deductible of \$500 or more, or no benefit allowance for preventative screenings or mental health services), and who meet the income guidelines of 250% or less of the federal poverty level (beginning at \$23,925 for a family of one and adding \$8,150 for each additional person in the family).

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CareLink Partner Agencies

Adair County Health Department
Putnam County Health Department
Knox County Health Department
Putnam County Memorial Hospital
Linn County Health Department
Samaritan Memorial Hospital
Macon County Health Department
Schuyler County Health Department
Mark Twain Area Counseling Center
Scotland County Health Department
North Central Missouri Mental Health Center
Scotland County Memorial Hospital
Northeast Missouri Health Council
Sullivan County Health Department
Northeast Regional Medical Center
Sullivan County Memorial Hospital
Preferred Family Healthcare

... also partnering in 2006/2007
Clark County Health Department
Shelby County Health Department
Lewis County Health Department

Prescription Drug Assistance Available

The NMRHN Prescription Drug Assistance Program (NMRHN PDAP) has been developed to assist in alleviating the plight of an ever-increasing number of patients who cannot afford prescription medication. Three services are provided through the NMRHN PDAP. Our staff can aid in determining if patients qualify for one or more of the programs listed below:

- Enrollment in pharmaceutical manufacturers' patient assistance programs for free medications, regardless of age, if the company's income criteria are met;
- Obtaining generic prescriptions when available through RxOutreach (which charges a nominal fee); and,
- Enrollment in the TogetherRx drug discount card programs (to receive a 25-40% discount over retail costs).

The primary requirements to be approved for enrollment in these programs are:

- The applicant has no insurance coverage for outpatient prescription drugs or does not qualify for government-funded programs with prescription medication benefits (such as Medicaid).
- The applicant's income is at a level that causes a hardship when the patient is required to purchase the medication at retail cost.

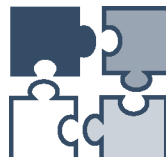
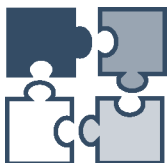
To be accepted into these programs, the applicant's gross yearly household income must fall within the limits established by the applicable company, which vary among pharmaceutical manufacturers. The total gross yearly household income (for all wage earners living in the home) includes: salaries, social security, disability or veteran's benefits; pensions; alimony or child support payments; and interest earned on savings accounts, certificates of deposit, or individual retirement accounts.

Listed below are the **normal** income requirements for the various programs based on percentages of the federal poverty guidelines.

Family Size	Free Meds 200%	Generic Meds 250%	Discount Card 300%
1	\$19,140	\$23,925	\$28,170
2	\$25,660	\$33,075	\$38,490
3	\$32,180	\$40,225	\$48,270
4	\$38,700	\$48,375	\$58,050
5	\$45,220	\$56,525	\$67,830
Over 5 add per child	\$6,520	\$8,150	\$9,780

The NMRHN PDAP staff will conduct a free screening to help determine eligibility. To be assisted with enrollment forms a yearly membership fee of \$15 is charged, plus a \$5 processing fee for each medication requested (three, six or twelve months supply). Although our staff cannot guarantee approval for free medications, we will be diligent in efforts to assist in enrollment for the programs in which the patient may qualify.

An Emergency Medication Needs Fund has been established to provide for acute care prescriptions, or to purchase medications for chronic conditions during the initial waiting period for those who have applied for the free medications when samples are not available. A maximum of up to \$50 per individual (or \$100 per family) per year will be paid directly to the pharmacy to assist applicants in getting the needed medications in a timely manner. A program grant, in the amount of \$2,395, from the United Way of Adair County provided seed money for this fund.



Telehealth Services

The A.T. Still University/Kirksville College of Osteopathic Medicine (ATSU/KCOM) was recently awarded funding for a regional telehealth project in collaboration with the Northeast Missouri Rural Health Network. The three-year project begins July 1, 2005 and will allow equipment to be placed in twelve additional sites throughout the Network's eleven-county service region.

Through telehealth services area patients are able to receive consultations with specialty physicians not available locally without the inconvenience and high cost of travel, as well as allowing patients in outlying counties to connect to physicians in Kirksville. Physician recruitment and training, development of a provider database, and public education on telehealth services will also be conducted through this project. In addition, the equipment will also allow a means for continuing education and meeting opportunities without the loss of work time and travel costs.

During year one of the grant, telehealth equipment is to be installed in the Gutensohn Clinic on the ATSU/KCOM campus, Scotland County Memorial Hospital, Preferred Family Healthcare and Mark Twain Area Counseling Center. The Northeast Regional Medical Center and Northeast Missouri Health Council Clinic in Edina will receive equipment in year two. Six other sites are yet to be determined. Telehealth services are currently available at the Pershing Hospital in Brookfield, Sullivan County Memorial Hospital in Milan, Putnam County Memorial Hospital in Unionville and Samaritan Hospital in Macon.

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The Northeast Missouri Area Health Education Center is also participating by training volunteer community advocates to present at local service organizations and church groups on the CareLink program and its services. The A. T. Still University/Kirksville College of Osteopathic Medicine grants team is providing consultation services for the project.

Continuing Education Programs



The NMRHN provides local continuing education programs for many disciplines of health care providers at low registration costs. Continuing education credits are offered through a variety of organizations/associations. The following workshops are scheduled for later this year. Back-to-back sessions of two hours each will be held on these dates. Participants may register for one or both trainings. The Network contracts with the Northeast Missouri Area Health Education Center to coordinate these workshops. For more information on the programs, or to register, contact Lana Dawkins at 660.385.6491.

September 15, 2005

Infection Control Update – Speaker, Gail McCurdy; Audience, RN/LPN/CNA/EMT/Paramedic
 Public Health Update – Speaker, Eddie Hedrick; Audience, RN/LPN/CNA/PCA/NHA/Office Staff.
 Specific Topics: TB, Hepatitis, Current Outbreaks, HIV/AIDS, Influenza, Smallpox

October 20, 2005

The 3 D's: Dementia/Deliria/Depression – Speaker, Dolores Lesseig; Audience, RN/LPN/NHA/ CNA/PCA
 Specific Topics: Differentiating Between the 3 D's and Appropriate Treatments
 Communicating with People with Dementia – Speaker, Bridget Morton; Audience, All disciplines

November 2005 (specific date to be announced)

Palliative Care Symposium – Speaker, TBA; Audience, RN/LPN/NHA/CNA/PCA/Social Workers; Topics: Quality End of Life Care, Pain Control and Comfort Measures, Living Wills/DPOA, Dehydration, Caregiver Support and Respite

Other topics offered earlier this year were – Depression and Anxiety: When and How to Intervene; Wound Care Do's and Don'ts; Recognizing Emerging Problems; Customer Service, Communication Skills; Charge Nurse Program; Turning Up the Heat on Traumatic Summertime Events; Legal and Ethical Issues Program

Regional Health Assessment Project

The NMRHN is conducting a multi-county assessment project to assist in (1) determining the current health status of the region; (2) identifying and assessing trends; and, (3) coordinating community program planning and implementation to solve endemic health concerns in north-east Missouri. The Regional Health Assessment Project (RHAP-05) is a collaborative effort of the Network and the Truman State University Division of Health & Exercise Science students enrolled in the HLTH 440 Program Planning & Evaluation course, under the direction of Dr. Janice Clark-Young.

Phase I of the RHAP-05 began in the fall semester of 2004 with state and county data aggregation and survey tool development. The spring semester students distributed 5,000 surveys by mail to residents of the eleven-county service region and compiled data from the returned questionnaires (Phase II). Survey results are being tabulated by county, cluster and region to aid local providers and state officials in future program planning. During Phase III findings will be shared through short summary-type articles/press releases, a condensed public-friendly community health report card, bound full reports to be distributed to several agencies including the NMRHN partners, state agencies, and the Foundation, as well as posting the results on the Network website with links to various other webpages.



117 W. Potter Avenue, Kirksville, MO 63501

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 660-665-0030 fax • gdaniels@atsu.edu

Hours: Monday – Friday • 8 a.m. – 5 p.m.
 closed during noon hour

Staff: Glenna Daniels, Executive Director
 Dana Thompson, Administrative Assistant
 Debbie Walker, CareLink Referral Coordinator

Learn more about the
 Northeast Missouri Rural Health Network ,
 its projects and members by visiting our website at
www.nmrhn.org

All area health care agencies and service providers are encouraged to view the on-line Resource Directory to verify information or add listings.

Don't miss the opportunity to post job openings, educational opportunities and health-related events on the site!

Funding for the CareLink Program, the Regional Health Assessment Project and the Telehealth Project was provided, in part, by the Missouri Foundation for Health. The Foundation is a philanthropic organization whose mission is to improve the health of the people in the communities it serves."



117 W. Potter Avenue
Kirksville, MO 635017



Member Agencies/Board of Directors

Adair County Ambulance District
Don Crosby, NMRHN Treasurer

Adair County Health Department
Claudine Frazier

Air Evac Lifeteam
Jason Moss

**A.T. Still University/Kirksville College of
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Clark County Health Department
Janet Ramsey

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Bridget Morton

Hospice of Northeast Missouri
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Russell Hall

Knox County Health Department
Carol White

Knox County Nursing Home
Tim Schrage

Lewis County Ambulance District
Donna Hoffman

Life Care Center of Brookfield
Mike Young

Lewis County Health Department
Diane Lay

Lifeline Pregnancy Resource Center
Jennifer Jackson

Linn County Ambulance District
Carolyn Russell
Sean Hill

Linn County Health Department
Gary Routledge

Macon County Ambulance District
Tom Yates

Macon County Health Department
Judy Rushton

Mark Twain Area Counseling Center
Pat Murdock, NMRHN Vice President

North Central Missouri Mental Health Center
Lori Irvine

**Northeast Missouri Area Health Education
Center**
Michelle Mollick, NMRHN Past President

Northeast Missouri Health Council
Jim Ragland

Northeast Regional Medical Center
Ranee Brayton

Pershing Health System
Phil Hamilton

Preferred Family Healthcare
Michele McClain

Premier Home Health Care

Maggie Edwards

Putnam County Ambulance District
Jason Dean

Putnam County Health Department
Beverly Staggs

Putnam County Memorial Hospital
Ray Magers, NMRHN President

Salt River Ambulance District
Lucy Bevill

Schuyler County Ambulance District
Carol Western

Schuyler County Health Department
Janice Shaw, NMRHN Secretary

Scotland County Health Department
Margaret Curry

Scotland County Memorial Hospital
Marcia Dial

Sullivan County Ambulance District
Gene Richardson

Sullivan County Health Department
Connie Michael

Sullivan County Memorial Hospital
Martha Gragg

Twin Pines Adult Care Center
Jack Kelly

Victim Support Services
Kim LeBaron