



The Regional Review

The latest news from the Western Illinois Regional Council & Community Action Agency

2022

VOLUME 32, ISSUE 2

ROGER PAVEY SELECTED TO LEAD WIRC & CAA; INTRODUCED TO TEAM MEMBERS AT MEET AND GREET

After an extensive nationwide search, Roger Pavey of Davenport, Iowa was selected by the WIRC & CAA Board of Directors to lead the agencies as the Executive Director.

Pavey is stepping down from his current position as Chief Executive Officer at Community Action of Eastern Iowa in Davenport, Iowa, to move to Macomb, Illinois, where the agencies are based. He has over 30 years of experience in managing nonprofit organizations, managing community action programs, and



*Roger Pavey has been selected as the new Executive Director of WIRC & CAA.
[Photo by Jamie Roth, WIRC & CAA].*

working in the social work field.

On May 20, Pavey was able to meet team members of WIRC & CAA at their office. Staff of all levels

were encouraged to speak with him about their role at the agencies and discuss ideas for helping people in need who live in the communities they serve.

Pavey is excited to join the WIRC & CAA team, and said his positive interactions with members of the Board and team members are what ultimately led him to accept the job offer.

Pavey plans to start his first day as Executive Director of WIRC & CAA on Monday, June 20, 2022. ☺

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You are beautiful as you are.

Emergency Hygiene Assistance

Free personal care items, diapers, and non-food items for people in need.

Call WIRC-CAA at (309) 837-2997

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SELF-CARE RETREAT DAY OFFERED TO SEXUAL ASSAULT SURVIVORS

Self-care is important for everyone's mental and physical health, but it can be especially challenging for survivors of sexual assault. For many survivors, it is difficult to fully relax and stop blaming themselves. That is why WIRC-CAA Victim Services, a local nonprofit counseling agency, is hosting a Self-care Retreat Day for adult survivors of sexual assault.

The event will be hosted on Saturday, June 11, 2022 from 10:00 a.m. to 3:00 p.m. in Macomb, Illinois. To protect the privacy of participants, the exact meeting place will only be shared with those who call Victim Services to register. The retreat and all of the activities are free for survivors. Attendees can come and go as they please.

Counselors of Victim Services who specialize in helping sexual assault survivors will lead the activities and be available to anyone who wants to have a confidential conversation. Some of the day's activities include mindfulness exercises, trauma-informed yoga, self-compassion workshops, and emotional support from counselors and fellow survivors.

To register for the event or learn more, call Victim Services' hotline at (309) 837-5555 by Friday, June 10. Adult survivors of any ability, background, ethnicity, sexual orientation, and gender identity are welcome.

WIRC-CAA Victim Services is a nonprofit agency based in Macomb, Illinois, that provides free and confidential crisis counseling, medical advocacy and legal advocacy to adult and child survivors of

sexual violence. The agency's service area includes Hancock, Henderson, McDonough, Knox, Fulton, and Warren counties in western Illinois.

If you have experienced any form of sexual violence at any point in your life, you are welcome to call their free and confidential crisis hotline at 309-837-5555. @

Community Members Keeping Our Communities Strong



Thank you to our donors who help people in need through WIRC-CAA.



133 West Jackson Street
Macomb, Illinois 61455
(309) 837-2997
wirpc.org/donate/



WIRC-CAA Food Pantry

133 W. Jackson, Macomb

Available Tues./Thurs./Fri.

8:00 AM to 4:00 PM

Call (309) 837-2997



PAINT & ELECTRONICS RECYCLING

Tri-County Regional Collection Facility

9:00 AM to 12:30 PM / Tuesday - Friday

8:00 AM to Noon / 1st Saturday of Month

129 W. Jackson, Macomb (back side of bldg.)



**You are not alone.
No estás solo.**

**24/7 Free & Confidential Crisis
Hotline: (309) 837-5555**

TEACHING BODY BOUNDARIES TO YOUR CHILD

by Mariah Huston, Victim Services Preventionist Educator

Greetings, survivors and friends! Ms. Mariah here, to share information about body autonomy.

Teaching body autonomy at a young age is teaching a child about consent. It is never too early to start the conversation with your child about body autonomy (consent), setting boundaries and respecting the boundaries of others.

Body autonomy is a person's right to be in control of their body without pressure or coercion from others. When body autonomy is understood, persons are less likely to fall victim to sexual abuse and sexual assault, less likely to experience intimate partner violence, and more likely to report any abuse they experience.

As you teach young children about body autonomy, do not be concerned about a child learning the mechanics of sex; this conversation focuses specifically on the person's right to be in control of their body by the following:

Teaching correct anatomical terms for body parts. Calling body parts nicknames may imply to a child there is something shameful about their body. Teaching the correct names allows for a child to know how to communicate about their body parts more clearly and effectively if they have been abused or are experiencing a medical problem.

Teaching that it is okay to say "no", even to adults. A demand for a hug from an aunt, uncle or grandparent can send the message to a child that they should hug all adults. When a child feels uncomfortable and that they must



Mariah Huston gives free, age appropriate presentations, both one-on-one and group, about topics related to consent.

meet the demand to hug an adult, this deprives body autonomy. Instead of a demand for compliance, teach alternative ways of greeting friends and loved ones such as handshakes, high fives, or fist bumps. Remember, it is the choice of the child of when and how they show affection.

Teaching to ask permission before touching anyone else's body. This is an age appropriate step in teaching about sexual consent. Ask for permission from others by saying, "Can I give you a hug?" This allows for the other person to respond with a "yes or no" answer that will respect body autonomy.

Helping to understand the difference between good touch and bad touch. Explaining that a doctor or nurse should only be touching or looking at private body parts to keep a child safe and healthy, with permission and supervision. Beyond that, any touch that hurts, is unwanted, is scary, or just doesn't feel right, is a bad touch. Communicate with the child that it is okay to use your voice and say

"no" to an unwanted, uncomfortable touch.

Explain that there are okay secrets and not-okay secrets. Okay secrets are secrets that do not harm oneself or others. Okay secrets have a time limit. Examples of okay secrets are surprise parties, presents, and passwords to protect personal information on cellphones, tablets, and computers. A trusted adult will never ask a child to keep a not-okay secret. Asking a child to keep a secret that may harm themselves or others is a common method of grooming. Help the child to understand the potential danger of keeping not-okay secrets.

Teaching children that if anything ever happens to their body that they don't like, it is not their fault and they will not be in trouble for telling, even if someone says they will. Let the child know that it is safe to tell a trusted adult. Assure the child that you believe them and will help them.

Identify trusted adults they feel safe to communicate with. This could be mom or dad, step-parents or guardians, relatives, teachers, principal, school counselors, etc. A trusted adult should be a person that will help at any time and make the child feel safe.

For more information on body autonomy and consent, contact me at Mariah@wirpc.org or call 309-836-2148 to schedule a one-on-one, group, or community education session. Until next time, don't hesitate to reach out. I would love to hear from you.



SILVIE'S RIDE AGAINST CHILD ABUSE IS JUNE 18

Domestic violence can happen to anyone, including children. Sometimes, it can turn fatal. On September 16, 2006, Silven "Silvie" Yocum died as the result of domestic violence at the young age of five. In her memory, the Yocum Family, in partnership with the Knights Motorcycle Riding Club, host an annual fundraising and awareness event: Silvie's Ride Against Child Abuse. This year's event is scheduled for Saturday, June 18, 2022, and the public is welcome to attend.

Silvie's Ride is a nearly daylong event that offers several ways for the public to support the cause, including an all-you-can-eat breakfast, a silent auction, and participating in the ride. The event is based at the Macomb Elks Lodge, 401 South Deere Road in Macomb, Illinois. Breakfast, which costs \$10 per person, will be available from 7:00 a.m. to 10:00 a.m. A variety of items will be available for bidding as part of a silent auction from 7:00 a.m. until 5:00 p.m. Vehicle/ride registration will be from 8:00 a.m. to 10:00 a.m. on the day of the event; pre-registration is not required.

For those who want to join the ride, the cost is \$20 per vehicle, plus \$5 per passenger. All vehicles are welcome to participate, but motorcycles are encouraged. For motorcyclists, a "blessing of the bikes" will be held at 10:00 a.m. in



Silven "Silvie" Yocum died as the result of domestic violence at the young age of five. [Photo courtesy of Yocum Family]

the parking lot. Riders will leave the lodge as a group promptly at 10:30 a.m., with a police escort. Riders will follow a pre-determined route to scheduled stops in McDonough, Warren, Henderson, and Hancock counties, before returning to the Macomb Elks Lodge. A route map will be provided at registration. Riders are not required to follow the entire route from start to finish. Dinner will be provided to registered riders starting at 5:00 p.m. at the Macomb Elks Lodge.

All proceeds will be donated to Silvie's Fund at WIRC-CAA Victim Services, which provides free counseling and advocacy services to

survivors of abuse who are served by the agency.

"Over 100 vehicles, mostly motorcycles, joined in the ride last year," said Victim Services Public Relations Manager Jamie Roth. "It was very inspiring to see them all leaving at the same time, especially with the police escort. Hopefully, the 2022 event will have an even larger turnout than last year."

Silvie's Ride Against Child Abuse is proudly sponsored in part by Weaver Guns and Ammo; Backdraft BBQ/Damon Wright; Knights Motorcycle Riding Club; Kathy Fuller-Devlin, in memory of Ron Devlin; and Macomb Elks Lodge #1009.

For more information about Silvie's Ride, call Kathy Yocum at 309-255-0301 or find them on Facebook at facebook.com/SilviesRideAgainstChildAbuse/.

For more information about Victim Services, call their business line at 309-837-6622, find them on social media, or visit <https://wirpc.org/victim-services/>.

Survivors of abuse, and their loved ones, are encouraged to call the 24/7 free and confidential crisis hotline at 309-837-5555 to speak directly with a trained counselor. ☺



You deserve to feel safe,
be respected, and be loved.



Contact us when you need a helping hand

Food pantry • Scholarships
Energy bill assistance • Job training stipends
Homeless prevention assistance
Minor home modifications for the elderly/disabled
...and MORE! Services are free and confidential.

**WIRC-Community
Action Agency**
(309) 837-2997
<https://wirpc.org/>

Equal Opportunity Employer





College funds getting low?

Apply for the **\$2,000 WIRC-CAA Scholastic Scholarship!**

Eligibility Guidelines

- Your primary residence is in Hancock, Henderson, Knox, McDonough, or Warren County
- Your household's total gross income is at/below 200% of the federal poverty level: \$27,180/year for a one-person household; for each additional household member, add \$9,440.
- You earned a high school diploma, GED, or will graduate by July 1, 2022
- You are accepted into an Illinois college or university, community college, or trade school
- You submit a 500-800 word essay about how COVID-19 has impacted your academic progress

Application Deadline
4:00 p.m., Friday, June 10, 2022

Download the application forms and view income guidelines at
<https://wirpc.org/scholarships/>

Applications are also available for pickup from your high school guidance counselor, your college's financial aid office, or at WIRC-CAA, 133 West Jackson Street, Macomb.



Western Illinois Regional Council-Community Action Agency

For more information, visit wirpc.org or call WIRC-CAA at (309) 837-2997 between 8:00 a.m. and 4:00 p.m., Monday through Friday. Equal Opportunity Employer.

The WIRC-CAA Scholarship Program is made possible thanks to the Illinois Department of Commerce and Economic Opportunity with federal Community Services Block Grant program funding.

ROSE ELAM RETIRES FROM WIRC AFTER 44 YEARS



Rose Elam started working at WIRC in Macomb, Illinois, in 1978. After 44 years of dedicated service, she retired on February 4, 2022. [Photo by Jamie Roth, WIRC]

What started out as a temporary office job turned into a long, fulfilling career for Macomb resident Rose Elam. A native of Avon, Illinois, Elam started working at WIRC in Macomb in 1978. Now, after 44 years of dedicated service, she has retired.

For the majority of her time at WIRC, Elam served as the agency's Administrative Assistant. She was initially hired as a temporary worker to type reports for a community development project, and she fondly remembers using a bulky IBM typewriter to do the job. "It was a challenge that I enjoyed," said Elam. "While I was working on that assignment, the agency's secretary resigned. I applied for her position and the rest is history."

As the Administrative Assistant, Elam worked in some capacity with each employee in every department at WIRC, which has grown considerably since she started her career there. In the 1980s, she witnessed the addition of the Community Action Agency,

as well as the Victim Services program. In 1990, she was excited about the addition of the office's first computer. WIRC & Community Action Agency now has over 40 employees that are dedicated to improving the lives of people living in western Illinois.

"I knew all the founders of the agency – Robert Anstine, Robert Ausbury, Bill Griffin, Roy Anders, Gene Ihrig to name a few – all wonderful people with a vision to serve the region," she continued. "I will miss the staff and the busyness of the day at WIRC. I will not miss answering the many telephone calls each day, writing minutes, and leaving the house in the morning to go to work on zero-degree days!"

Working at WIRC is a family affair for the Elam Family. Rose's husband, Jeff, also worked for WIRC for many years in the Housing Rehabilitation and Weatherization programs, and retired in August 2020 after 36 years of service.

Rose Elam officially retired from WIRC on Friday, February 4, 2022.

She looks forward to spending more time with her parents, doing more genealogy work on her family tree, traveling with her husband to national and state parks in their camper, and going on a family vacation to Florida with her children and grandchildren. ☺

STAFF NEWS



Jarred Dexter recently celebrated his five-year anniversary milestone with WIRC. He is the Principal Planner/GIS Technician of the Community Development department. Congratulations!

These team members also recently celebrated notable work anniversaries:

Loni Baker

Administrative Assistant
1 Year of Service

Haley Dorethy

Outreach/Intake Worker
1 Year of Service

Beci*

Domestic Violence Counselor
1 Year of Service

Seth Creek

Regional Recycling Facility Laborer
5 Years of Service

**Full names of Victim Services advocates/counselors are kept confidential out of concern for their safety and the safety of their clients.*

Be kind to one another.

COBB SCHOLARSHIP OPENS DOOR FOR STUDENTS TO REALIZE THEIR DREAM

For individuals from lower-income households, being able to afford college is a huge financial barrier. It is not uncommon for those individuals to work at multiple lower-paying jobs, and some barely break-even after paying bills. These students often need a helpful boost to pursue their dream career. That is why Janet and Lee Cobb, in collaboration with

local non-profit WIRC-CAA, offer a scholarship that is meant to change the lives of two students each year: The Nathan Cobb Memorial Scholarship.

Nathan Cobb, Janet and Lee's beloved son, was well-loved by many, especially his co-workers at WIRC-CAA. Nathan had a giving spirit that his parents hope to carry on to deserving people in need through the scholarship. The annual scholarship grants an award of \$5,000 each to one traditional student and one non-traditional student. McDonough County residents Connesha Posey and Aaron Meunier were awarded the Cobb scholarship in Fall 2021.

Posey is a resident of Macomb and a full-time student at Spoon River College. She is also a full-time nail technician and mother of three young girls. Posey says math was one of her favorite subjects in school, and, after working on commission for six years in the cosmetology industry, she wants to pursue her



McDonough County residents Connesha Posey (left) and Aaron Meunier (right) were awarded the Fall 2021 Nathan Cobb Memorial Scholarship [Photos by WIRC-CAA].

dream of being an accountant. She said the Cobb Scholarship award gave her "one less thing to worry about" when it came to paying her way through college. She expects to graduate in 2022.

Aaron Meunier, also a Macomb resident, is a recent graduate of Macomb High School and is enrolled at Western Illinois University. He works part-time as a cashier, and enjoys playing several sports in his free time. His love of sports steered his career path towards majoring in Physical Education. COVID-19, he says, was particularly challenging for his senior year of high school and his athletic career, but he managed to adapt as many others have.

"I feel that I have made the best out of the situation," said Meunier. He expects to graduate from Western Illinois University in 2025.

To be considered for the Cobb Memorial Scholarship, applicants must meet all of the following eligibility requirements: they have been a resident of McDonough

County for at least one year; they are a member of an income-eligible household whose total income is at or below 300% of the current federal poverty guidelines; they possess a high school diploma, GED, or will graduate during the summer of their scholarship application year from an accredited high school or GED administering institution; and they

must be accepted into a college or university, community college, or occupational training program as a full-time student. Applicants are also asked to answer and submit a short essay question. A committee carefully reviews all of the scholarship applications and chooses the recipients.

To learn more about the Nathan Cobb Memorial Scholarship and Nathan's legacy, visit <https://wirpc.org/cobb scholarship/> or call 309-837-2997.

WIRC-Community Action Agency provides a wide range of social service programs for people in need, including a food pantry, an energy assistance program, and more. For more information about WIRC & CAA, visit <https://wirpc.org/>, find Western Illinois Regional Council & Community Action Agency on social media, or call (309) 837-2997.

WIRC-CAA is an Equal Housing Opportunity and Equal Opportunity Employer.☺



Silvie's Ride Against Child Abuse

Saturday, June 18, 2022

Elks Lodge, 401 S. Deere Rd., Macomb, IL

Riders Leave: 10:30 a.m. • Riders Return: 5:00 p.m.

All vehicles welcome • Motorcycles encouraged • Police escort provided to Bushnell

BREAKFAST BUFFET, ALL-YOU-CAN-EAT

7:00 - 10:00 a.m.

\$10 per person • Open to the public

RIDER/VEHICLE REGISTRATION

8:00 - 10:00 a.m.

\$20 per vehicle + \$5 per passenger

BLESSING OF THE BIKES

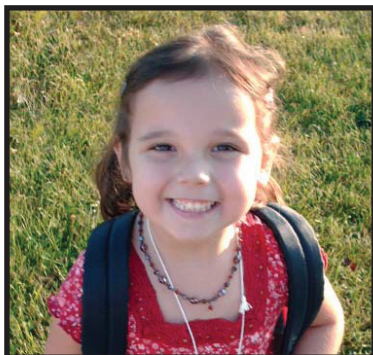
10:00 a.m. • Parking Lot

RIDERS LEAVE THE ELKS LODGE

10:30 a.m. • Parking Lot

DINNER FOR RIDERS AT THE ELKS LODGE

5:00 p.m. • Cost included with registration



Silven "Silvie" Yocum died as a result of domestic abuse on September 16, 2006 at the age of five.

Silvie's Ride is a daylong awareness and fundraising event held in her memory and to support child survivors of abuse.



All proceeds go to "Silvie's Fund" at WIRC-CAA Victim Services to provide free counseling and advocacy to survivors of abuse.

Thank you to our major sponsors:

Weaver Guns & Ammo • Backdraft BBQ/Damon Wright • Macomb Elks Lodge #1009
Kathy Fuller-Devlin, in memory of Ron Devlin • Knights Motorcycle Riding Club

**To pre-order a \$20 t-shirt or learn more, call Kathy Yocum at (309) 255-0301
facebook.com/SilviesRideAgainstChildAbuse/**