Program: Week In Review Date/Time 12/06/15 6:00 pm

Length: 12 min

Issue: Helping Young People

Issue: Sara Bond (The Night's Shield)

Synopsis: The Night's Shield Children's Shelter is an emergency shelter for abused, neglected, or abandoned children across Illinois, who are provided with food, clothing, medical care, education, and various activities. Sara Bond is the shelter's President, and joined the program to discuss an upcoming fundraiser aimed at keeping the shelter functioning. Bond discussed how those in the

community who wish to donate could do so.

Program: Week In Review Date/Time: 12/13/15 6:00pm

Length: 21 min

issue: Wellness in the Workplace

Issue: Brandi Meyer (SIH Workcare.ready.well)

Synopsis: Southern Illinois Healthcare (SIH) provides a program which uses their occupational health, rehabilitation and wellness programs to ensure an

employer always has healthy employees. The program is called

WORK.care.ready.well, and offers a variety of comprehensive programs to deal with injury management, pre-employment testing, early intervention services, biometric screenings, and personal health coaching. Brandi Meyer with SIH joined the program to discuss the unique challenged each employer faces when establishing worksite health programs, and gave listeners more information on where to find other resources related to managing a workplace environment in regards to employee health.