



The Digest

Sinnissippi Centers Board in Transition

Prindaville passes the torch to new board chair

There has been a transition in the leadership of the Sinnissippi Centers' Board of Directors. Larry Prindaville handed over the role of Board Chair to Sue Schroeder on October 15, 2025.

Prindaville said, "I was the first Chair of the Sinnissippi Board following the merger of SPF Development Corporation, the Sinnissippi Foundation, and Sinnissippi Centers. That was July 1, 2021, through October 15, 2025."

At one time, the operation of Sinnissippi Centers required the existence of multiple corporations that were later merged into one nonprofit corporation - Sinnissippi Centers, Inc. SPF Development Corporation primarily held and maintained Sinnissippi's offices and other buildings and the Sinnissippi Foundation was the fundraising arm of Sinnissippi. There were other corporations with their corresponding corporate boards that served other functions.

Prindaville said, "Prior to the merger, I had been the Chairperson of SPF Development Corporation starting in 2016, and a member of the Board of Directors of Alliance, Inc (2017-2019), and of the Sinnissippi Foundation subsequent to the dissolution of Alliance, Inc in June 2019."

Prindaville adds, "My initial affiliate board membership began in November 1999, when I was elected to the boards of directors of the corporations that own and oversee Sinnissippi Centers' apartment sites." While no longer chair, Prindaville continues to serve on the Sinnissippi Board of Directors.

"It's been a privilege to serve for so many years on the boards of Sinnissippi - along with notably dedicated board and administrative staff - who promulgate the mission and values exemplified by the agency," Prindaville said.

Sue Schroeder took over as Chair of the Sinnissippi Centers Board of Directors October 15, 2025. She has a bachelor's degree from the University of Iowa. She is a devoted Hawkeye's fan and says, "My phone ringtone is even the Hawkeye fight song." Schroeder has a master's degree in social work from Aurora University. She has been working in the mental health field since 1981. Schroeder has worked at Stepping Stones in Rockford, Illinois for thirty years, the last ten years as Chief Executive Officer.



Larry Prindaville



Sue Schroeder

Latest News

- Sinnissippi Centers Board in Transition p1
- Arize and Shine! New Electronic Health Record pp 1 & 2
- Medication Assisted Recovery p2
- Holiday Food Basket Project p3

Events

- Red Cross Blood Drive at Sinnissippi's Route 2 conference center April 21, 2026
- Gathering for Good May 16, 2026 Dixon Elks Lodge
- Culver's Share Nights: Rock Falls June 16, 2026; Dixon June 23, 2026.

Arize and Shine! Agency Transitions to New Electronic Health Record

On October 1, 2025, Sinnissippi moved from the Credible Electronic Health Record (EHR) to Arize, an EHR developed by Cantata Health Solutions. The process of selecting Arize as Sinnissippi's next EHR began in January 2024. Since that time, a dedicated team of Sinnissippi staff has met regularly to plan for the conversion. Led by EHR Administrator Megan Boyd and Director of Corporate Compliance and Quality Assurance Cris Mugrage, the Sinnissippi Arize team worked closely with the Cantata Arize team to develop workflows, customize forms, develop reports, provide staff training, and perform all the functions necessary to move from Credible to Arize. The move is designed to provide more transparency for



Arize and Shine! - continued on page 2

What's New?

Staff News

Three Sinnissippi staff members received new credentials recently: Clinician Crystal Ammann received her Licensed Professional Counselor credentials. Clinician Tyler Inghram received his Licensed Clinical Professional Counselor credentials. Psychiatric Advance Practice Nurse Jackie Toal received her full practice authority license. In addition, Bryan Horner was promoted to Recovery Home Supervisor. Christa Smith transitioned to Residential Supervisor and Patrick McCue was promoted to Recovery Support Supervisor. Congratulations to these staff on their achievements!

Available Positions

Sinnissippi Centers employees report high satisfaction with their jobs and their work environment. Anyone interested in a rewarding career in human services can view our career opportunities. Currently there are a variety of positions open that you can explore on our website. Go to www.sinnissippi.org, click on "CAREERS", then "AVAILABLE POSITIONS" to see all our opportunities.

December is National Impaired Driving Awareness Month

Each year around 10,000 – 15,000 people are killed in alcohol-impaired driving crashes, nearly 33% of all traffic-related deaths in the United States. Individuals age 21 to 24 have the highest percentage (29%) of alcohol-impaired drivers involved in fatal traffic crashes. In addition, marijuana users were about 25% more likely to be involved in a crash than drivers with no evidence of marijuana use. The best way to stay safe this holiday season is to plan to celebrate safely.

Medication Assisted Recovery

Medication Assisted Recovery (MAR), also sometimes called Medication Assisted Therapy, is used in conjunction with outpatient therapy or group therapy to assist the wellness of individuals struggling with substance use disorders (SUD's). Addiction is a chronic illness that individuals struggle with throughout their entire lifetime.

Long-term use of substances such as opioids or alcohol damages parts of the brain responsible for pleasure and motivation. MAR, in conjunction with substance use treatment, works to assist the individual in managing their cravings, urges, and triggers, all while allowing the brain to heal.

Opioid use disorder and alcohol use disorder are chronic diseases like heart disease or diabetes. A chronic disease is a medical condition that requires treatment. By managing these disorders, individuals can regain a healthy, productive life.

MAR stabilizes the brain – it helps break the cycle of cravings and withdrawal, which can last for years after the last drug use. MAR allows individuals to fully benefit from counseling and peer support.

SUD is a lifelong illness, and many individuals will relapse before achieving lasting recovery. Medications support recovery by lowering the risk of relapse and, if relapse occurs, helping reduce the chance of overdose.

Every individual is different, but research shows that the longer patients are on MAR, the better their rates of long-term success. Some individuals may utilize MAR for the rest of their lives. There is no right or wrong length of time - it all depends on the individual's needs.

Research shows that individuals should receive medication for as long as it provides a benefit. This is known as maintenance treatment. Maintenance treatment allows individuals to focus on other parts of their lives. Ongoing maintenance for a substance use disorder is no different than taking medicine to manage high blood pressure, high cholesterol, or diabetes. If

you are interested in Medication Assisted Recovery, please contact Sinnissippi Centers by phone at 815-284-6611 and ask about MAR or substance use treatment.

Medication Assisted Recovery



Arize and Shine!

Continued from page 1

Sinnissippi clients - as the Arize system provides a robust consumer access portal - while continuing to allow Sinnissippi clinicians to provide high quality, effective services that are in compliance with healthcare regulations.

Change is hard, even if the eventual outcome is positive. Nearly every staff member in the agency was impacted by the change to Arize. When asked how she thinks the conversion is going, Cris Mugrage said, "Even though there have been many challenges to overcome, I have never once regretted our decision to make this change. The outcome for our clients and staff is going to be so much better."

Stay tuned for more updates on how Arize will allow for continued practice improvements at Sinnissippi Centers.



Holiday Food Basket Project

Sinnissippi Centers is conducting its annual Holiday Food Basket Project during December 2025.

Each basket contains several nonperishable food items, such as canned fruits and vegetables, macaroni and cheese, mashed potatoes, a meat item, and a dessert item. There are four sizes of food baskets, each scaled to match family size.

Clinicians register eligible clients for the food baskets. In 2024, Sinnissippi distributed 220 food baskets. A fun fact: The total weight of all that food was roughly 3,500 pounds. Those 220 baskets fed over 750 individuals. Each basket costs an average of \$30.

The Holiday Food Basket Project is supported through donations. If you would like to support this project, you can donate online at www.sinnissippi.org/donate and select "Holiday Food Basket Project" under "What area do you want your donation to benefit?"



Sinnissippi Centers' staff that helped during shopping day for the 2024 holiday food basket project.



Left to right: Our 2024 box assembly crew. Sinnissippi Centers' Christie Garas and Stacie Kemp, former CEO Jim Sarver, Sinnissippi's Andy Jackson, Ann Prindaville and Larry Prindaville.



Some of the many boxes that were sent out to all Sinnissippi offices, apartment sites, and recovery homes.

2nd Annual Gathering for Good

It will soon be time again to "party like your mental health depends on it" at the second annual Gathering for Good fundraiser, set for May 16, 2026, at the Dixon Elks Lodge.

The event will feature dueling pianos entertainment by Howl2GO. Howl2GO brings the world-famous Howl at the Moon dueling pianos show to the event. It is a high-energy, all-request-driven show performed by incredibly talented musicians and singers. Howl2GO plays across the country from several bases in large cities like Chicago.

As we get closer to the event date, more information will be posted online.



More News

Citizen State Bank Ragnar Race

A Citizens State Bank (CSB) sponsored Ragnar Road team once again participated in a relay race on October 3-4, 2025, with proceeds benefiting

Sinnissippi Centers' clients. They ran a 200-mile relay route from Clermont to Lexington, Kentucky. Pictured above (left to right) are CSB employees and customers who made up the team: Jessica Engle (CSB), Stephanie Mauro, Brooke Michael, Amy Baker (CSB), and Ashley Chambers (CSB). Not pictured but also on the team: Emma Baker.



Sinnissippi Centers Human Services Scholarship Program

Preparations are underway for Sinnissippi Centers' Human Services 2026 Scholarship Program. Northwest Illinois school staff will receive a communication in early January containing the criteria for the program and an application to share with their students. Scholarships are in the amount of \$1,000. Scholarship applicants need to meet the following requirements: Be a graduating northwest Illinois area high school senior and plan to enroll, beginning the fall of 2026, in a full-time or part-time course of study at an accredited two-year or four-year university in Illinois. Their declared major must fall within the human services field. More information and an application form is now posted to Sinnissippi Centers' website. Under Careers - Scholarship or you can enter this address <https://sinnissippi.org/scholarships/> in your web browser to access the page.



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SINNISSIPPI CENTERS
Together we inspire wellness

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www.sinnissippi.org

Office Locations

- Dixon
 - Illinois Route 2
 - Town Square Centre
- Byron
- Freeport
- Mt. Carroll
- Oregon
- Rochelle
- Sterling

Apartment Sites

- Dixon
- Mt. Carroll
- Rochelle
- Sterling

Recovery Homes

- Dixon
- Amboy



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Donations

Donations can be mailed to Sinnissippi Centers, 325 Illinois Route 2, Dixon, IL 61021.

You can also donate online, visit:

www.sinnissippi.org/donate

You can specify if you would like to give your donation in honor or in memory of a family member or loved one.

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Thomas & Tammy Shaw
The Three Elizabeth's Guest House - Cheryl Rife
Sarah Wheeler
DeAnne & Jeff White

In Honor of

...Edwin Ruh Coats
Rachel Thorndyke - IFH Group

In Memory of

...Johanna Berman
Frank Berman

...David Bracken, husband of
former Sinnissippi employee,
Pat Bracken
Randall & Joyce Peterson

...Tom Collett
Fonda Wells

...Thomas A. Cooper
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