

HEALTHY TIMES

Bi-Monthly Journal of Greene County Health Department

April/May
Issue 12

Raising Awareness in Our Community

You may have noticed we have a new billboard in the area. We are so proud of the work we are doing. This new billboard is located at the south end of the county near Kane. Our Recovery Team is working night and day to ensure that our community is able to get the help they need when they most need it. This billboard also launches our new "resource tool" called the Help Line, a local connection to people who can connect you with community resources. To connect with our team, call (217) 942-6961 opt 6 or (217) 702-2396



Vape & Tobacco Cessation Program

Vaping has become a huge, unhealthy trend in our community. Our team is working hard to ensure our youth know the risk associated with vaping and tobacco use. Our Clinical Coordinator, Halley Duba, RN & Community Engagement Specialist Mandy McKinley teamed up together to do some presentations at schools in our community. If you or someone you love is looking for resources to quit, simply

Call 1-(866)-QUIT-YES

THIS ISSUE

1. Billboard
2. Dr. Dietra Hawkins
3. ROAR!!
4. Whats Going on?



AFTER YOU PICK CHECK FOR TICKS

1. Wear an EPA-approved insect repellent such as DEET, picaridin, or IR3535
2. Treat clothing with products containing permethrin and allow clothes to dry 24 hours before wearing
3. Tuck socks and pants in to boots. Wear light colored clothing so ticks can easily be seen
4. Remove clothing and place in hot dryer for 15 minutes after coming indoors.
5. Shower to remove any loose ticks and check your body for attached ticks.
6. Remove ticks with tweezers, pulling up with steady pressure, don't squeeze.
7. Contact your doctor if you experience any of the following symptoms: fever, rash, body aches, headaches, or chills



Dr. Dietra Hawkins Speaks About Microaggressions at Walnut Hall



In February, we welcomed Dr. Dietra Hawkins to Walnut Hall to speak about how stigma and bias can lead to microaggressions. We make it our priority to educate our community on social issues and how we can have a better impact and understanding what our neighbors are living through.

We are pleased that we were able to offer this beneficial program to Educators, Law Enforcement and other social agencies.



JUNE
14th
2024

Free Community
HEALTH
FAIR

Something
for Everyone!

Rain Date - June 21

Greenfield, IL on the Square - 10:00am-4pm

KIDS
GAMES

BLOOD
PRESSURE

MASSAGE
THERAPY

CARSEAT
INSPECTIONS

FREE
COLORECTAL
FIT TEST
KITS

VENDORS AND ACTIVITIES ARE SUBJECT TO CHANGE

Greene County
Health Department



THIS IS A FREE COMMUNITY
EVENT, DESIGNED TO
ENCOURAGE HEALTHY
LIFESTYLES, PREVENT AND
MANAGE DISEASE, AND
CONNECT YOU TO RESOURCES!

Free STI/HIV Clinic

Like the rest of the state of Illinois, Sexually transmitted infections and HIV is on the rise. In order to combat this trend, our team has launched a free resource for our community, a free HIV/STI testing clinic! If you're interested in learning more or in partnering with our team to get tested, simply call (217) 942-6961 ext 4111 or 4127



Spring is in the AIR!!

An Opportunity to Walk in Others Shoes

The team was excited to partner with the University of IL Extension, Jennifer Russell to host a poverty simulation for educators. The simulation was held at North Greene High School and was designed to simulate the hardships, obstacles and barriers that people experiencing poverty face in everyday life. Each participant was given a script and "scenario/life situation" and then expected to survive for a month with just the resources available to them. The experience for participants is designed to give them an opportunity to "walk in the shoes" of those struggling in our community. It was a real eye opening experience for those involved!





Our Prevention Work Continues...

Our team has teamed up with local Chief's of Police, Chief Kyle Robison & Chief Luke Coultas to take substance use prevention messaging straight to our youth. Together, they leveraged powerful, moving stories of real lived experience to educate youth in our region about the risk and consequences of substance use. These powerful testimonials help youth relate to the stories shared and give them tangible and actionable feedback they can actually work with. If you are interested in having our team visit your location, simply connect with us at (217) 942-6961 Opt 6.

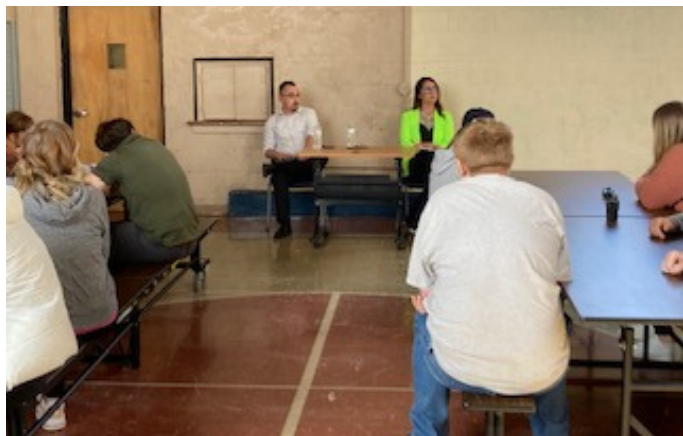
ROAR

R-ECOVERY
O-PPORTUNITY
A-DVOCACY
R-ESILIENCE



To learn more about our ROAR Program, connect with us at (217) 942-6961

<https://GreeneCountyHD.org/RecoverySupport>



Get Involved!
APRIL 19




EARTH DAY '24

in Greene County

Volunteers needed!

SIGN UP HERE:
GreeneCountyHD.org/EarthDay

For more information call
(217)-942-6961 ext 4110

LIFE SKILLZ

RECOVERY EDUCATION SERIES

Join us
2nd Wednesday
Every Month
6PM-7PM

GCHD NORTH GREENE
205 S MORSE ST
ROODHOUSE, IL 62082



Connect with our team @
217-942-6961 Option 6

GreeneCountyHD.org/Recovery

Funding for this project is provided in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery

JOIN THE CONVERSATION

& HELP US INFLUENCE CHANGE & BUILD SUPPORT FOR THOSE IN NEED WITHIN OUR COMMUNITY



3RD TUESDAY
EVERY MONTH

MONTHLY MEETING:
3 PM-4 PM
OPEN DISCUSSION/
ADVISORY COMMITTEE
4 PM-5 PM

AVAILABLE
IN-PERSON & ONLINE



GCHD NORTH GREENE
205 S MORSE ST.
ROODHOUSE, IL 62082

GCHD CARROLLTON
310 FIFTH ST
CARROLLTON, IL 62016

[GREENCOUNTYHD.ORG/RECOVERY](https://GreeneCountyHD.org/Recovery)



SMART Recovery
Self-Management and Recovery Training

Every Tuesday
10:00 AM-11:00 AM
&
Every Friday
11:00 AM-12:00 PM

Connect - Support - Empower

North Greene Office

205 S Morse St
Roodhouse, IL 62082
Call/Text: (217) 702-2395

FUNDING FOR THIS PROJECT IS PROVIDED IN WHOLE OR IN PART BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES, DIVISION OF SUBSTANCE USE PREVENTION AND RECOVERY

Key to Freedom Open NA Meeting



The New Chapter

Thursday's
6:00- 7:00 PM

205 S. Morse St.
Roodhouse, IL
62082



WE ARE HIRING

JOIN OUR TEAM

Personal Health Services R.N.



[GREENECOUNTYHD.ORG/CAREERS](https://greencountyhd.org/careers)

Home Health Services

It's your home, it's your
health, it's YOUR choice!

Skilled Home Health Services
In-Home Respite Services
Access Assistance Program



217-942-6961

Greene County Health Department
310 5th St, Carrollton, IL 62016
Fax: 217-942-6921

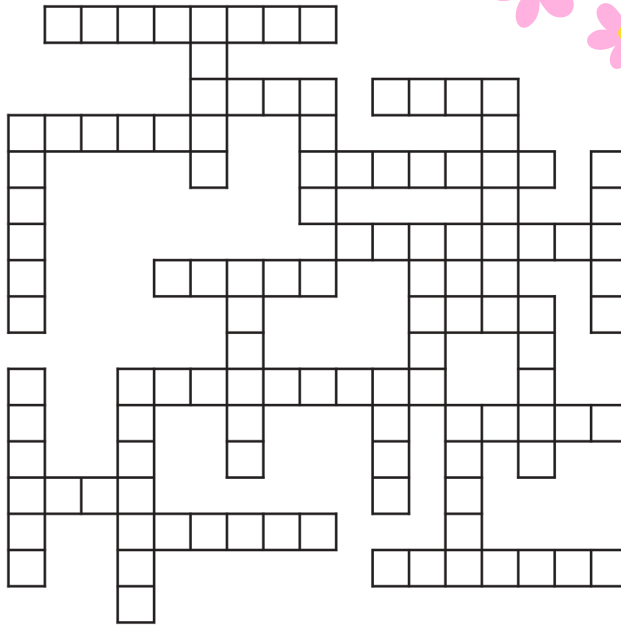
SPRING IS HERE!

Across

1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colorful arc in the sky.
10. It keeps the rain off you.
12. The color of spring grass.
14. Where a bird lives.
17. An adult caterpillar.
19. A baby chicken.
20. What chicks hatch from.
21. It comes after winter.
22. Red insect with black spots.

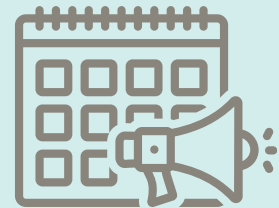
Down

2. Come out of an egg.
4. Wiggly creature that lives in the ground.
6. Short rainfalls.
7. Small pool of rain.
9. What the lawn is made of.
11. Another name for a rabbit.
13. A spring holiday.
15. Holland is famous for this flower.
16. Just a little wind.
17. Flower on a tree.
18. It is green and on a plant.
19. It might hide the sun.



Word Bank: Bees, Blossom, Breeze, Bunny, Butterfly, Chick, Cloud, Easter, Eggs, Grass, Green, Hatch, Ladybug, Leaf, Nest, Picnic, Puddle, Rainbow, Showers, Spring, Sunshine, Thaw, Tulip, Umbrella, Worm

Upcoming Events



Earth Day - April 19
Health Fair - June 14
Food Certification - June 15
Safe Sitter - July 15



Newsletter

Our newsletter is available
in digital and print format!
You can sign up for our
distribution list at:

<https://GreeneCountyHD.org/newsletter>



**Greene County
Health Department**