

# Healthy Times



BI-MONTHLY JOURNAL OF  
THE GREENE COUNTY HEALTH DEPARTMENT  
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Issue  
15

## FREE Colorectal Event

In January we held a Colorectal FIT Test and Blood Pressure Event. Many took a proactive step toward their health! This event offered free Blood Pressure Screening and Fecal Immunochemical Tests (FIT) for early detection of colorectal cancer. Quick, non-invasive, and easy to use at home, the FIT test helps identify hidden blood in stool—a potential sign of colorectal issues. It's not too late to take advantage of this opportunity for early detection and prevention. We continue to offer these FIT tests at no charge. Watch for more events and opportunity to grab a test! Call (217) 942-6961 ext 4110 to learn more! Stay on top of your health—get screened today!



## Yay. Partnerships!!

Building a stronger community starts with collaboration. By partnering with local agencies and clubs, we can pool resources, share expertise, and create impactful programs that address community needs. These partnerships foster a sense of unity, promote volunteerism, and enhance access to essential services. Whether through joint events, educational initiatives, or support networks, working together ensures a more vibrant, connected, and resilient community for everyone. You might see us at events, spreading the word about our amazing programs and sharing ways that we can all lead healthier and happier lives. If you'd like to partner with us, reach out to us at: 217-942-6961 ext 4110



## Outdoor Safety

IT WILL SOON BE TIME TO HUNT FOR MUSHROOMS AND GO FISHING! WE WOULD LIKE TO REMIND YOU THAT WHEN SPENDING TIME OUTDOORS, ESPECIALLY IN GRASSY OR WOODED AREAS, IT'S IMPORTANT TO TAKE PRECAUTIONS AGAINST TICKS AND MOSQUITOS. WEAR LONG SLEEVES, TUCK PANTS INTO SOCKS, AND USE INSECT REPELLENT CONTAINING DEET OR PERMETHRIN. AFTER BEING OUTSIDE, THOROUGHLY CHECK YOUR BODY, CLOTHING, AND PETS FOR TICKS, PAYING CLOSE ATTENTION TO WARM, HIDDEN AREAS LIKE BEHIND THE KNEES AND UNDERARMS. IF YOU FIND A TICK, REMOVE IT PROMPTLY WITH FINE-TIPPED TWEEZERS, PULLING STRAIGHT OUT WITHOUT TWISTING. PROMPT REMOVAL REDUCES THE RISK TICK-BORNE ILLNESSES LIKE LYME DISEASE. AS ALWAYS, WEAR SUNSCREEN ON EXPOSED SKIN. TO LEARN MORE, VISIT [HTTPS://WWW.CDC.GOV/TICKS/PREVENTION/INDEX.HTML](https://www.cdc.gov/ticks/prevention/index.html)



# DOING A GREAT JOB!!

Here at the Greene County Health Department, we pride ourselves on having the best possible staff to serve our community. We pour our hearts into what we do, and it shows.

Here are a few words our community wants to share with you:

Ashley, our nurse, was efficient, caring and informative. It was reassuring to know she would be visiting me. She was a great help in my recovery.

The agency has been the best team that can be found anywhere. Each and every one is excellent. I feel that the Greene County Health Department is the best in the country

Kaylie, my nurse, was absolutely wonderful! Helping me with care and medical supplies. She was friendly and a joy to have in my home. Thank you.

I have received excellent care from my nurses; Cassandra and Ashley both gave me excellent care, showed caring, concern and respect. They explained everything well. I will highly recommend Greene County Home Health.

Greene County Health Department is awesome. I wouldn't go anywhere else. Rachel is a great nurse, caring and complete in checking everything. Also they will call you to see how you are feeling. They are wonderful.

# The Man



Hot days aren't unusual during Summer in Greene County, but this particular day it was blistering hot. Our work-day at the Greene County Health Department was well underway when we received a call from one of our own Greene County Health Department team members about a gentleman, who appeared to be transient, standing outside the doctor's office, by the road in town.

He appeared to be extremely sunburnt and dusty, and his clothing was stiff with dried sweat. He carried with him a duffle bag and another pouch bag. The caller asked if we thought we could help him. We decided that we would load up some water bottles and food to take to him and reach out and inquire if there was anything we could do for him.

When we got to him, we found that he was indeed a Veteran of the United States Armed Forces, on a mission to get to Iowa to a Veteran facility. He was traveling from California. He had taken a train to Missouri and could go no further, but on foot. Fate would bring him to us only by the ways that he could walk or hitch-hike. He was hungry and he was tired. We invited him to come to our Roodhouse GCHD office where he could eat, shower and launder his clothing.

We sat with him and talked about his situation and the goals that he had. Where he WANTED to be was important to us. After speaking to him and making a few phone calls to our agency partners, we all agreed that we could transport him to Jacksonville to shelter at New Directions for a couple of nights. It was a shelter located on his path. Once there, he was visibly nervous about the process. He expressed that he wasn't sure he trusted the decision to come. Soon, the Chaplain at the Jacksonville Police Department was able to consult with him, easing his fears. We stayed with him through the process. The Chaplain was able to tap other resources and arrange a bus ride the rest of the way to his destination. With the help of four agencies, he was on his way to the Veterans Center in Iowa.

The man still calls us periodically, to connect with us and to report on how he's doing, and every time he is sure to thank us for the role we have played in this positive outcome.

Out of all the hundreds of miles that this man travelled, our tiny stretch of highway is where he found compassion, dedication, and a community of people with the knowledge to help him the way he needed to be helped.



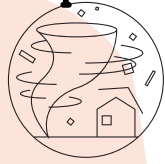
Here at the Health Department, we utilize a well rounded network of partners, agencies and churches in our community and beyond and we are very grateful for their willingness to participate in assisting those in need.



*We Couldn't Do it Alone*



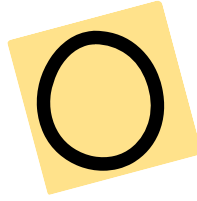
# Anytime is a Good Time to be Prepared!



## ⚠️ STORM SAFETY TIPS ⚠️

- ✅ STAY INFORMED – MONITOR WEATHER UPDATES AND ALERTS.
- ✅ SECURE YOUR HOME – BRING IN OUTDOOR ITEMS AND CLOSE WINDOWS.
- ✅ HAVE AN EMERGENCY KIT – FLASHLIGHTS, BATTERIES, WATER, AND NON-PERISHABLE FOOD.
- ✅ AVOID FLOODED AREAS – NEVER DRIVE THROUGH STANDING WATER.
- ✅ STAY INDOORS – SEEK SHELTER AND STAY AWAY FROM WINDOWS.

BE READY, STAY SAFE, AND CHECK ON LOVED ONES!  
FOR MORE INFO, VISIT [READY.GOV](https://www.ready.gov)



BEING A PART OF OUR ROSC PROGRAM CAN BE BENEFICIAL FOR INDIVIDUALS IN RECOVERY, AS IT HELPS TO REBUILD CONFIDENCE, DEVELOP SOCIAL CONNECTIONS, AND INTEGRATE INTO OUR COMMUNITY IN A MEANINGFUL WAY. ENGAGING WITH THE COMMUNITY THROUGH WORK, SOCIAL EVENTS, OR VOLUNTEER ACTIVITIES PROVIDES A SENSE OF PURPOSE AND STRUCTURE, WHICH CAN BE CRUCIAL FOR MAINTAINING LONG-TERM RECOVERY. BEING IN PUBLIC SPACES ALSO ALLOWS INDIVIDUALS TO PRACTICE COPING SKILLS IN REAL-WORLD SITUATIONS, REINFORCING THEIR ABILITY TO MANAGE TRIGGERS AND STRESS. ADDITIONALLY, POSITIVE SOCIAL INTERACTIONS CAN REDUCE FEELINGS OF ISOLATION, WHICH IS A COMMON CHALLENGE IN RECOVERY. BY GRADUALLY IMMERSING THEMSELVES IN EVERYDAY LIFE, INDIVIDUALS CAN REGAIN A SENSE OF NORMALCY AND INDEPENDENCE, MAKING THEIR RECOVERY JOURNEY MORE SUSTAINABLE AND FULFILLING. IF YOU ARE INTERESTED IN HOW WE CAN HELP, REACH OUT TO US AND LET'S TALK!

(217)-942-6961 OPT 6



NEED TO VENT?

**Text HOME to 741741  
to connect with a  
volunteer Crisis  
Counselor**

# Homemade Cheese Crackers



1 large egg, separated

1 tablespoon cider vinegar

1 1/4 cups all-purpose flour, plus more for dusting

3/4 teaspoon kosher salt, plus more for sprinkling

1/2 teaspoon dry mustard

1/2 teaspoon paprika

1/4 teaspoon turmeric

6 tablespoons unsalted butter, cut into small pieces

1/2 cup shredded Cheddar

1/2 cup grated Parmesan

**1** Whisk together the egg white, vinegar and 3 tablespoons water in a small bowl; set aside. Refrigerate the egg yolk in a small bowl, covered, until ready to use.

**2** Pulse the flour, salt, mustard, paprika and turmeric in a food processor to combine. Add the butter, Cheddar and Parmesan, and pulse until the butter is completely broken up. Pour in the egg white mixture, and pulse until the dough comes together in a ball. (It's OK if it's a little wet.)

**3** Place the dough on a large piece of plastic wrap, and pat it into a 1/2-inch-thick square. Wrap it up, and refrigerate to chill and firm up the dough, about 1 hour.

**4** Position 2 oven racks at the top and bottom thirds of the oven, and preheat to 350 degrees F. Line 2 baking sheets with parchment.

**5** Roll the dough out on a large piece of parchment (to keep it from sticking to the counter) into a 10-inch square about 1/8 inch thick. (Dust the dough with flour if you find it too sticky.) Trim the edges to straighten the square, then cut it into 1-inch squares (a pizza cutter works great).

**6** Whisk 2 teaspoons water into the egg yolk. Brush the mixture over the tops of each cracker. Sprinkle each with the tiniest pinch of salt.

**7** Bake the crackers, 2 baking sheets at a time, until they are deep golden brown on the bottom, about 20 minutes, rotating the sheets about halfway through. Let the crackers cool on the baking sheet for a few minutes, then transfer to a cooling rack to cool completely.

**8** Store the crackers at room temperature in an airtight container for up to 2 days, or freeze them for up to 1 week.

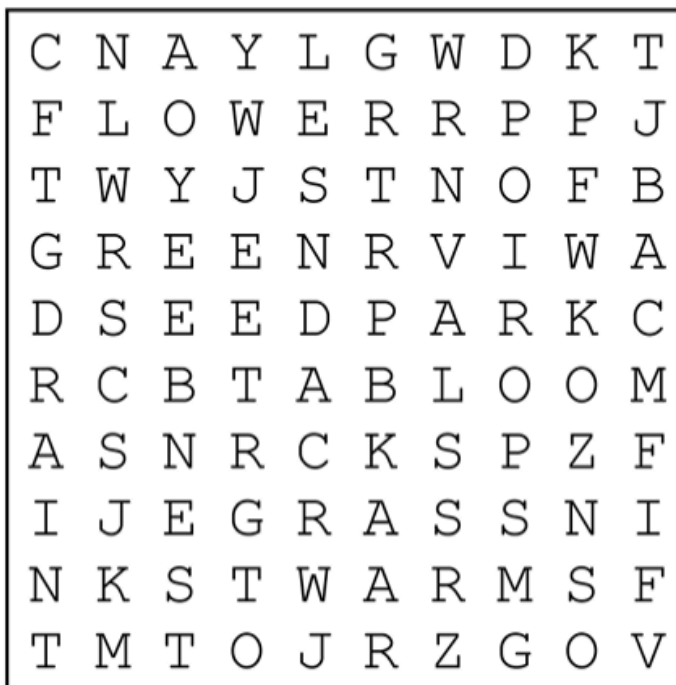
# KIDZ KORNER



## SPRING AWAKENS

BLOSSOMS BLOOM AND ROBINS SING,  
SOFTEST TOUCH OF GENTLE SPRING.  
GOLDEN SUN AND SKIES SO BLUE,  
MORNING KISSED BY SPARKLING DEW.  
BUDDING TREES AND BUZZING BEES,  
FRAGRANT WHISPERS IN THE BREEZE.  
WINTER FADES, NEW LIFE TAKES WING,  
JOY RETURNS—HELLO, SWEET SPRING!

## SpringTime



Word list:  
BLOOM  
FLOWER  
GRASS  
GREEN  
GROW  
NEST  
PARK  
RAIN  
SEED  
WARM



DO YOU KNOW  
SOMEONE WHO NEEDS

## HOME HEALTH?

includes IN HOME physical therapy,  
occupational therapy, nursing, home  
health aide, and speech therapy

CONTACT THE  
GREENE COUNTY HEALTH DEPARTMENT:  
PHONE #: 217-942-6961 OPT 4

Servicing Greene and Scott County

We accept: private insurance, Medicare,  
Medicaid, Medicare advantage plans (Aetna,  
BCBS, United Health Care)

## Information about each service provided:

### Skilled Nursing

Comprehensive Nursing Assessment  
Vital Signs  
Medication Monitoring and Management  
Wound Care  
IV Therapy  
Education Support and Much More!

### Physical, Occupational, and/or Speech Therapy

Provide exercises to help optimize daily living,  
improve mobility, and memory/communication

### Home Health Aide

Assist with bathing, personal care,  
and ambulation



**Greene County  
Health Department**

**APRIL 25  
2025**

GET INVOLVED

# EARTH DAY

IN GREENE COUNTY

*Volunteers needed!*

SIGN UP HERE:  
[GreeneCountyHD.org/EarthDay](https://GreeneCountyHD.org/EarthDay)

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



## UPCOMING EVENTS

**April 5** Food Protection Manager  
Certification Classes

**April 9** Recovery Resurrection Easter  
Craft in Roodhouse 6-7pm

**April 25** GCHD Earth Day  
Countywide Event

**May 10** Fairways to Freedom  
Recovery Golf Outing

Call to Learn More

**310 Fifth Street  
Carrollton, IL 62016  
(217)-942-6961**