

HEALTHY TIMES



Greene County
Health Department

BI-MONTHLY JOURNAL OF GREENE COUNTY HEALTH DEPARTMENT



GREAT THINGS HAPPENING!

In April, staff and community members came together to create tangible change during our annual Earth Day Clean Up event. This was a record-breaking year for us, with nearly 600 participants. A special thank you goes out to our generous sponsors; none of this would have been possible without you! It is estimated that more than --- tons of trash was removed from our community collectively.



BREAKING BARRIERS WITH OPIOID SETTLEMENT FUNDS

The Greene County Board approved the purchase of a vehicle a few months ago, using funding provided to Greene County from the Opioid Settlement Funds paid out by big Pharma for their role in the opioid epidemic. As a part of the court order, communities were to leverage funds to combat the substance use crisis. With transportation being a key barrier identified in our community needs assessment, this vehicle expands the department's capacity to help break through this barrier for the recovery community. If you or someone you know may need transportation assistance, connect with the team call/text (217) 702-2396 or email rss@greencountyhd.org.



THIS ISSUE:

- EARTH DAY
- FAIR WEEK
- NEW CAR
- ART CONTEST
- MENTAL HEALTH WINDOWS



GREENE COUNTY HEALTH DEPARTMENT

310 FIFTH ST. CARROLLTON, IL



GREENE COUNTY FAIR HAS ANOTHER AMAZING YEAR!

Once again, the Greene County Fair Board kicked off a fabulous Fair Week! The rides, the food, and the events were spectacular! From the Pageant to the Pulls and everything in between. Meeting up with friends and seeing your friendly local faces! We are proud sponsors of the 2024 fair. The department believes in the power of social connection as an essential part of a healthy community! Staff from the department also took this as an opportunity to give back, volunteering to work the gates a few nights.



Greene County Health & Job Fair 2024

We are set to hold our annual Health and Job Fair on June 14, 2024. This year, we are taking the show on the road! It will be held on the Greenfield square this year. Recognizing there is much more to Greene County than just Carrollton, our goal is to reach everyone in our community, no matter where they are. Last year's fair, held in Roodhouse, was a huge success. We are looking forward to good weather, but if it rains, we will be rescheduled for Friday, June 21. We hope to see you there! If you are interested in connecting with us to be a vendor in 2025, it's never too early! Connect with us at (217) 942-6961 Opt 6

DON'T FORGET SUN SAFETY



Sun safety is essential to protect your skin from harmful ultraviolet (UV) rays and reduce the risk of skin cancer, sunburn, and premature aging. Simple sun safety practices include wearing broad-spectrum sunscreen with at least SPF 30, applying it generously and reapplying every two hours or after swimming or sweating. Seek shade, especially during peak sun hours between 10 AM and 4 PM, and wear protective clothing such as wide-brimmed hats, sunglasses, and long-sleeved shirts. Staying hydrated and avoiding tanning beds also contribute to overall sun safety. By incorporating these habits into your daily routine, you can enjoy the sun while keeping your skin healthy and protected. For more information, visit the site below or connect with one of our community health workers by calling (217) 942-6961 Opt 6
<https://www.cancer.org/cancer/risk-prevention/sun-and-uv.html>



HELL-Sun Summer

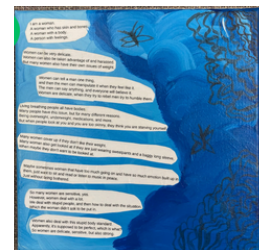
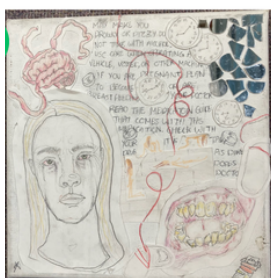


MENTAL HEALTH ART CONTEST



In May, we celebrated Mental Health Awareness in a big way! We hosted a Mental Health Art Contest for high school students in Greene and Scott Counties, inviting participation from five schools. The contest received 13 entries, each depicting what mental health means to the students.

The submitted artwork, with its diverse and thought-provoking perspectives on mental health, has enriched our understanding and inspired us. These works have been featured on our Facebook page and are currently displayed at the Roodhouse Health Department office.



We invited local businesses in Greene County to show their support for reducing mental health stigma in the community. This volunteer initiative received fantastic participation, and we are thrilled with the level of community involvement. A special thank you to all participants—Greene County truly rocks!

MENTAL HEALTH WINDOW PAINTING

KID'S CORNER



Word Scramble

Unscramble the ten summer themed words below

1. SLCOPEIP _____
2. NCAOE _____
3. NUNYS _____
4. SWRRBAITSREE _____
5. SNSLSSAGUE _____
6. GRNSUIF _____
7. TWMISSUSI _____
8. CMNAPGI _____
9. OTORODSU _____
10. ASELBBAL _____

Healthy Habits for Kids

- Drink Water
- Eat Breakfast
- Exercise
- Brush Teeth
- Bathing/Showering
- Get Routine Vaccinations
- Spend time with Family
- Eat Vegetables/fruit
- Get Adequate Sleep
- Use Sunscreen and Bug Spray
- Make time for fun activities



CAN YOU HOLD
THESE POSES FOR
20 SECONDS EACH?



JUNE 14th 2024

Rain Date - June 21

Free Community HEALTH FAIR

Something
for Everyone!

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

KIDS
GAMES

PETTING
ZOO

BLOOD
PRESSURE

MASSAGE
THERAPY

CARSEAT
INSPECTIONS

FREE
COLORECTAL
FIT TEST
KITS

VENDORS AND ACTIVITIES ARE SUBJECT TO CHANGE



THIS IS A FREE COMMUNITY
EVENT, DESIGNED TO
ENCOURAGE HEALTHY
LIFESTYLES, PREVENT AND
MANAGE DISEASE, AND
CONNECT YOU TO RESOURCES!
TO BE A VENDOR, CALL TO REGISTER
(217) 942-6961 EXT 4110



Greene County
Health Department

A Little Planning Can Make a HUGE Difference in the Outcome

We are conducting a short survey to get YOUR feedback on Emergency Preparedness issues you feel are the most important for us to address. We care deeply about our community and our hope is always to improve the ways we serve you. This is your opportunity to be heard. Go online and take the survey today!



+ Please take our
Survey so WE know
what is most
important to YOU



<https://www.surveymonkey.com/r/Greene-CQ>

Reproductive Health and Wellness Services



The Greene County Health Department is excited to offer reproductive health services. Maybe these are services you'd like to take advantage of!

SERVICES INCLUDE:

Contraceptive
Services

Physical
Exams

Sexual Health
Assessment

Laboratory
Testing

HIV/STD
Services

GREENE COUNTY HEALTH DEPARTMENT
310 5TH ST
CARROLLTON IL
8 A.M. TO 4 P.M.

Preconception
Health
Services

To Learn more or to schedule an
appointment, please call us at
(217)-942-6961



DID YOU KNOW?

I want Greene County
Home Health



YOU CAN REQUEST LOCAL CARE

- **Skilled Nursing Services**
Wound care, wound vac, IV therapy, comprehensive nursing assessments, medication monitoring & management, and education for physician's plan of care
- **Physical Therapy**
- **Occupational Therapy**
- **Speech and Language Pathology**

We Offer Services in the following Illinois Towns

- Alsey
- Carrollton
- Eldred
- Greenfield
- Hillview
- Kane
- Manchester
- Patterson
- Rockbridge
- Roodhouse
- White Hall
- Winchester
- Wrights
- Bluffs



Greene County
Health Department

310 5TH ST
CARROLLTON IL
8 A.M. TO 4 P.M.
(217) 942-6961 EXT 4121

Connect
With us
Today

Upcoming Events

GCHD Health Fair

Greenfield Square - June 14

Food Certification - June 15

CPR Class - July 12

Safe Sitter - July 15

White Hall Lions Club

Celebration Events held
in Lions Park June 27-29

- Parade 27th-7pm
- Fireworks 29th at Dusk
- Carnival 27-29th
- 5K 29th 8am
- Boat Races at the Rez 10am

SAFE SITTER ESSENTIALS WITH CPR

Designed to prepare students (6th to 8th grade) to be safe when they're home alone, watching younger siblings, or babysitting.

The instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue!

July 15, 2024
9:00 am - 1:00 pm

Greene County Health Department
310 5th Street
Carrollton, IL 62016

REGISTRATION INFORMATION

Class fee is \$40 per student. To register, please complete and return the attached registration form & payment to Greene County Health Department. Checks can be made payable to Greene County Health Department. Registration is required prior to the class date. Students should bring a lunch and something to drink.



Greene County Health Department

2024 CPR Classes

January 12th @ 1:00 PM - Recertification

March 1st @ 12:30 PM - Certification

May 3rd @ 1:00 PM - Recertification

July 12th @ 12:30 PM - Certification

September 6th @ 1:00 PM - Recertification

November 8th @ 12:30 PM - Certification

Certification - \$65 Recertification - \$35

Must register before date of class. Alternate dates may also be available.
217-942-6961 ext. 4123.



EMPOWERING GREENE PODCAST

RURAL COMMUNITIES:
A FORGOTTEN FRONTIER

STREAMING
FEBRUARY 2023



GREENECOUNTYHD.ORG



Newsletter

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

<https://GreeneCountyHD.org/newsletter>