

# HEALTHY TIMES



BI-MONTHLY JOURNAL OF  
GREENE COUNTY HEALTH DEPARTMENT



OCTOBER

NOVEMBER

2024

## HEALTH FAIR 2024

The Greene County Health Department hosted our annual Health Fair on June 14, 2024 in Greenfield on the city square. There were 14 Vendors on hand for the community to learn about the many services and resources offered. Some of which included car seat checks, crisis intervention, hospital services and lemonade! The Health Department was available to take blood pressures and give vital information about hypertension, the danger of tobacco use, mosquito and tick borne illness and so much more! There was also a petting zoo which included an albino joey for all to enjoy. The beautiful weather was a welcome addition to the fair, as it encouraged more people to roam around our vendors and have lengthy conversations about the health of our community. We would like to thank all who participated in this amazing event.



## HYGIENE DRIVE

WAY TO GO!! The Greene County Health Department held a hygiene drive to build up our hygiene supply for our community closet. Our box was filled up twice! Thank you to everyone who donated to this project. Meeting the needs of our community is something we strive for. If you are interested in donating to our Closet, please connect with us by calling (217)-942-6961 ext. 4110.



## BACK TO SCHOOL FUN

With the new school year getting underway, we wanted to show our enthusiasm and support too! We participated in many of the Summer Bash and Back to School events in the area. We went to the Greene County Fair grounds for the Summer Bash with bubbles and educational materials for all! In White Hall, we handed out goodies and talked about how to wash our hands. We all know that back to school usually means back to sharing germs. We would like to thank all of those who hosted these valuable events and for those who participated!

THIS ISSUE

Health Fair

B2S Bashes

Pumpkin Painting Event

Bounty Box

Hygiene Drive



BACK  
TO  
SCHOOL

GREENE COUNTY HEALTH DEPARTMENT - 310 FIFTH ST. CARROLLTON IL - (217)-942-6961





## LOW Cost Radon Testing is HERE!!

Radon testing is a process used to measure the levels of radon gas in a home or building. Radon is a naturally occurring, radioactive gas that is invisible, odorless, and tasteless, and it can seep into buildings through cracks in the foundation or other openings. Prolonged exposure to high levels of radon is a leading cause of lung cancer, making it important to test for and mitigate radon if necessary. Testing can be done using short-term or long-term detectors. It's a simple and essential step in ensuring indoor air quality and health safety.

The Greene County Health Department is committed to making this test accessible to the community. We offer Radon tests at a low cost of \$10. Drop by the office at 310 Fifth St. Carrollton, or Call Us for more information (217)-942-6961 ext 4102

## Interagency Meeting

The Greene County Health Department attended the interagency coalition meeting. At this meeting, regional agencies gather to talk about the services they offer and what is new to the group. We want to stay connected to the resources that can help our communities thrive. If your agency has news you would like to share about the exciting things you are doing, please contact us at (217)-942-6961 ext 4110 and we will help spread the word!



## Are YOU Looking for an Opportunity to Volunteer?



Did you know that most work in small communities is done by the hand of volunteers? It's true! We have Volunteer fire Departments, and Girls and Boy Scout Leaders, 4-H, and meal deliveries. Making your community safe and healthy sometimes come with a small price of time. Garden Club volunteers, and Civic groups are all volunteer too! If you are looking for an opportunity to help your community in a really BIG way, WE would LOVE to talk to YOU! To learn more about serving on an Emergency Response Team, Call (217)-942-6961 ext 4102 or go to our website and join our volunteer list! Or go to our website <https://greencountyhd.org/>

## GREENE COUNTY DAYS 2024

The Greene County Health Department participated in the Greene County Days Celebration 2024 by having a booth full of goodies and information on our vital programs. We shared our offerings and had great conversations about how we serve our community and how we are making impactful change across the county.

We were also joined by the Crisis Foundation of Jacksonville on this beautiful day. We know that we are better when we partner with other vital agencies to provide a more rounded experience for our communities. Our services are enhanced when we share our resources.

## SUPERHERO SATURDAY!

We are always ready to help save the world, here at the Greene County Health Department! With the help of some of our friends and some incredible Superheroes in the Greenfield Square, we shared information about the vital role nutrition and other healthy habits play to help Superheroes stay healthy. Fighting the ICK takes a strong immune system!



Not All Heroes  
wear Capes



# Recovery Council News!



🎉 Huge Success! 🎉

We're thrilled to announce that our ROSC Council's Pumpkin Painting & Wiener Roast was a fantastic success! Thank you to everyone who joined us to celebrate recovery, connect, and enjoy the spirit of the season.

🍂 From creative pumpkin designs to delicious food around the fire, it was a heartwarming evening filled with laughter, community, and support. Events like these remind us of the strength and resilience within our recovery community.

A special thank you to all the volunteers and supporters who made this event possible. We're grateful for each of you and can't wait to continue building a supportive, thriving recovery community together.

Stay tuned for more upcoming events! 🍷

## Back to School Bash in Scott County

Friday August 9th we were able to support the Scott County Back to school bash with Information on Recovery and Substance use. Promoting our ROSC Council and efforts towards a healthier community is our passion.

NEED TO VENT?

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



## Bounty Box

During the garden harvest season we implemented our Bounty Box. Home gardeners donated some of their extra harvest to us to provide free healthy homegrown food to our community in need.





# October is Breast Cancer Awareness Month



Breast Cancer Awareness Month is observed every October to raise awareness about breast cancer, its impact, and the importance of early detection. This annual campaign is dedicated to educating the public on the signs and symptoms of breast cancer, promoting regular screenings, and supporting those affected by the disease. Throughout the month, organizations, communities, and individuals participate in various activities, including fundraising events, educational workshops, and wearing pink ribbons, the international symbol of breast cancer awareness. The initiative also honors survivors, remembers those who have lost their lives, and strives to increase research funding to find a cure. Breast Cancer Awareness Month plays a crucial role in encouraging people to take proactive steps in their health and fostering a supportive environment for those battling breast cancer. The Illinois Breast and Cervical Cancer Program (IBCCP) offers free mammograms, breast exams, pelvic exams and Pap tests to eligible women in Illinois, without insurance, 35 to 64 years old. Call the Women's Health

To enroll in IBCCP, women can call the Women's Health Line 888-522-1282 (800-547-0466 TTY). The Women's Health Line will be able to walk women through the eligibility requirements and the screening process.

# Bully Awareness month is October



Bullying is a harmful behavior that can have severe and lasting effects on a person's mental health. Victims of bullying often experience feelings of anxiety, depression, and low self-esteem, which can persist long after the bullying has stopped. The constant fear and stress from being targeted can lead to symptoms such as social withdrawal, difficulty concentrating, and even suicidal thoughts. Over time, the emotional toll of bullying can interfere with a person's ability to form healthy relationships and perform well in school or work. Addressing bullying early on is crucial to preventing these negative mental health outcomes and fostering a supportive and safe environment for all individuals.

## FIND HELP

Text **CONNECT** to **741741** if you need free, confidential, 24/7 mental health support. Bullying is no joke. And, if you're dealing with it, you deserve help. Because, everyone deserves kindness and compassion. From how to make it through the school day to how to ask for help, we've got your back.



## Drive Through Vaccine Clinics

Our Drive-Thru Vaccine Clinics continue to be a popular service of the Greene County Health Department. Hosting these clinics is always a highlight to our department. We have had beautiful weather for these events! Thank you to all who have participated! If you missed this clinic, give our office a call and set up an appointment or visit our Carrollton office any Monday in November from 1-3 (except Veterans Day) 217-942-6961 ext 4122



# Back to School Word Find



**KIDZ**   
**KORNER**

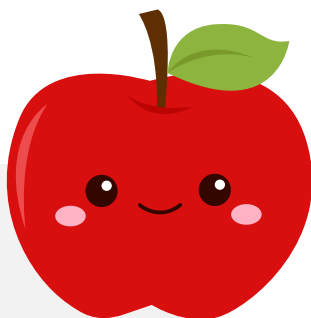


BOY COAT FLOOR GIRL LAND SCHOOL  
CHAIR FEET GAME HOME PAPER WATER

Can you Find Your Way?



## Homemade Applesauce



### Ingredients

7 apples  
1/2 cup water  
1/4 cup sugar

### Directions

Wash hands with soap and water.  
Wash and then cut apples in quarters. Apples can be peeled, but fiber will be decreased.

Combine apples and water in saucepan. Heat to boiling. Turn heat to low as soon as the water is boiling.

Simmer over low heat for 15 to 20 minutes or until apples are tender. Stir occasionally to prevent sticking.

Stir in sugar and heat until sugar is dissolved.



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)

## 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
  - » HIV/STD Services
  - » Laboratory Testing
  - » Preconception Health Services
  - » Physical Exams
  - » Sexual Health Assessment
- GREENE COUNTY HEALTH DEPARTMENT  
310 5TH ST  
CARROLLTON IL  
8 A.M. TO 4 P.M.
- To Learn more or to schedule an  
appointment, please call us at  
(217)-942-6961



## 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

### Upcoming Events

#### November

30 - White Hall Hometown  
Christmas 9:00am Whiteside Park

#### December

6th - Carrollton Christmas Parade at 6:30  
14th - Breakfast with Santa 9:00 - 11:00am  
Faith Baptist Church Hall - Carrollton  
11th - Ugly Sweater Party 6:00pm  
205 S Morse, Roodhouse

#### January

30 - Colorectal Clinic - Roodhouse  
HD 1:00 - 3:00pm



**Greene County  
Health Department**

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