

# HEALTHY TIMES

ISSUE 16 - JULY-AUGUST  
2025

## EARTH DAY 2025

In a heartwarming show of community spirit, over 550 residents came together for this year's Greene County Health Department Earth Day Event.

Many participants expressed how inspired they felt to be a part of this event. With such a strong turnout and lasting impact, this Earth Day event reminded everyone that when a community comes together, real change IS possible—even in the smallest of places.

We would like to thank all of those who participated and also our generous sponsors for your donations toward event t-shirts! Your support helped make this event a success and gave our volunteers something special to wear with pride. We truly appreciate your commitment to our community and the environment!

We are already looking forward to next year's event and we hope you join us!

(Photos included on page 3)

## INSECT SAFETY

Ticks and mosquitoes are annoying but they can be dangerous too. The diseases they carry can be life-altering. Always use bug spray with deet while outside, to help prevent the nasty bites. Check yourself and your pets for ticks after spending time outdoors. For more information visit: [www.cdc.gov](http://www.cdc.gov)



## END OF SCHOOL

The end of any school year is a joyous time for many, and we had the privilege of sharing some good times with the North Greene Pre-K Program's End of School Celebration. We shared information on our current programs and how we serve our community. We partnered with other agencies and the Roodhouse Fire & Rescue as well.

## Contact Info



Greene County  
Health Department

310 Fifth Street - Carrollton IL  
(217) 942-6961  
[greenecountyhd.org](http://greenecountyhd.org)



## 5 SUN SAFETY TIPS

- Apply Sunscreen

Use SPF 30 or higher – don't forget ears, neck, and the tops of your feet!

Reapply every 2 hours.

- Wear Sunglasses

Protect your eyes with lenses that block 100% of UVA & UVB rays.

- Cover Up

Wear a wide-brimmed hat, long sleeves, and UPF-rated clothing.

- Stay in the Shade

Especially from 10 AM to 4 PM, when the sun's rays are strongest.

- Check the UV Index. Plan your day around lower UV hours—many weather apps include it!

- Stay hydrated. Overheating happens fast. Staying hydrated helps your body keep cool and prevents heat-related illness.

# Be SAFE

# STAY ACTIVE

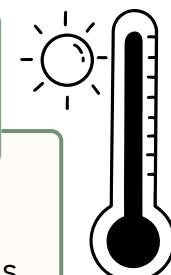
# STAY GROOVY

## FIREWORK SAFETY

- Never allow young children to handle fireworks.
- Keep a bucket of water or hose nearby.
- Light one firework at a time and move back quickly.
- Never relight a “dud” firework—wait 20 minutes, then soak it.
- Use fireworks outdoors, away from people, pets, and buildings.
- Follow local laws and safety instructions on labels.
- Keep pets indoors—they can be scared or injured.

## COOKOUT FOOD SAFETY

Summer heat can turn a fun picnic into a food safety hazard if you're not careful. Keep cold foods cold by using ice packs or coolers. The Danger Zone: 40°F–140°F is the range where bacteria can grow quickly—don't let food sit in this range for more than 2 hours (1 hour if it's over 90°F). Wash hands before handling food, use separate plates for raw and cooked meats, and cook foods to proper temperatures. A little caution goes a long way in keeping your summer meals safe and delicious!



## Earth Day 2025



## Health Fair 2025

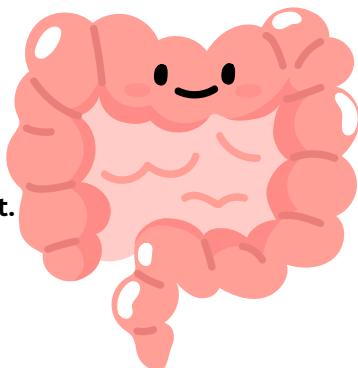
The Greene County Health Department will be hosting its annual HEALTH FAIR in Carrollton this year! We will be located on the East side of the Greene County Courthouse Yard on September --, 2025. There will be a variety of vendors who offer a multitude of services. Watch for more information coming soon!



## FREE Colorectal FIT Test

Colorectal health is often ignored because testing feels scary or inconvenient. This FIT test is simple to take in the privacy of your own home and there's nothing to drink! Call for your free test today!

To learn more, call  
(217)942-6961 ext 4110



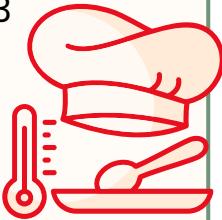
Greene County  
Health Department

**45 is the new 50**

Recent guidelines recommend starting colorectal cancer screening at age 45 for average-risk individuals, shifting from the previous 50-year mark, with options for stool-based or visual exams, and continued screening through age 75 for those in good health

## FOOD CLASSES

- Saturday, July 19
- Saturday, September 13
- Saturday, November 8



Classes 8:am-4:pm

Testing 4:15pm - 6:15pm at the  
Greene County Health  
Department.

For more information and to  
sign up, call Liz at (217)-942-  
6961 ext 4102



# Recovery Council

Dear Recovery Community,

As summer unfolds with its longer days, social gatherings, and relaxed routines, it can be both a time of joy and a season filled with challenges for those on the path of recovery. While the warmth and energy of summer can lift our spirits, they can also bring unexpected triggers that test our commitment to sobriety.

Barbecues, vacations, festivals, and even idle time can stir up old memories, social pressures, or feelings of loneliness that may tempt us to return to unhealthy behaviors. It's important to recognize these moments not as setbacks, but as opportunities to grow stronger in our recovery.

Here are a few ways to stay grounded during the summer months:

- Stay connected. Reach out to your support group, sponsor, or trusted friends regularly. Isolation can be a quiet trigger—community is your safety net.
- Plan ahead. If you're attending an event where substances may be present, have an exit strategy or bring a sober support buddy with you.
- Establish structure. Keep a routine, even when things feel more relaxed. Daily check-ins with yourself, journaling, or prayer can help anchor your day.
- Protect your peace. It's okay to say no to events or people that compromise your recovery. You don't owe anyone an explanation for taking care of yourself.
- Lean on your tools. Whether it's mindfulness, reading, exercise, or attending meetings—don't forget what helps you stay strong.

Remember, recovery doesn't take a summer break—and neither does your strength. Each day you choose to stay sober is a victory. You are not alone on this journey. We're walking with you, step by faithful step.

Wishing you a safe, empowering, and sober summer.

In solidarity and support,



# Summer WORD SEARCH

A	I	C	E	C	R	E	A	M	B	A	B
S	O	U	T	S	I	D	E	W	S	U	A
U	J	U	K	O	U	B	E	A	C	H	L
N	F	R	I	E	N	D	P	R	A	J	L
N	H	O	D	P	H	S	O	M	M	U	K
Y	I	C	S	P	O	O	L	N	P	L	I
A	U	G	U	S	T	N	P	L	A	Y	N

Find these words in the puzzle

AUGUST	JULY
BALL	KIDS
BEACH	OUTSIDE
CAMP	PLAY
FRIEND	POOL
HOT	SUNNY
ICE CREAM	WARM



## Go-Fish Snack



### INGREDIENTS

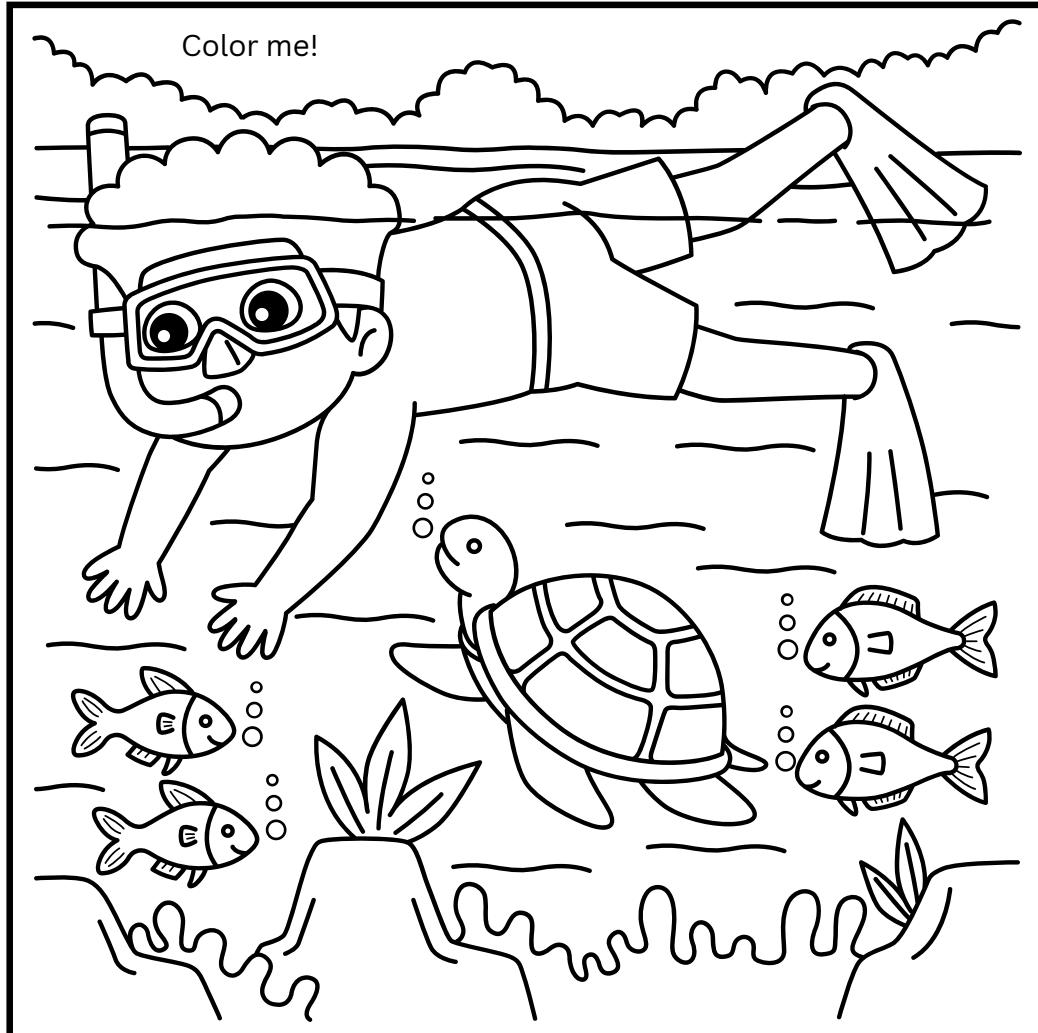
1/2 Cup Peanut Butter

16 Pretzel or Breadsticks

1 Cup Goldfish crackers

### Directions

1. Put 1 tablespoon of peanut butter, 2 breadsticks and a few crackers on a large plate for each child.
2. Let the kids dip their breadstick in the peanut butter.
3. Then use the peanut buttered stick to "fish" for the fish-shaped crackers on their plates.





# Make Recovery Possible for More People

The challenges around substance use disorders are complex and affect more communities each year. That's why Greene County Health Department is looking for another Recovery Navigator to provide peer support to people in recovery.

Recovery Navigators use their experience in recovery to help people overcome barriers and increase their recovery capital. Through peer-to-peer mentoring, they offer support as people work toward their personal recovery goals.

With great training and coaching, this is an excellent opportunity for anyone looking to develop professional skills and launch a career in recovery. The training and service hours can even be counted toward earning certification as a Peer Support Specialist!

Part-time (25 hours/week) and full-time (40 hours/week) positions are available beginning in September. Members receive a paycheck every two weeks, additional money for college tuition or student loans, federal student loan forbearance and interest repayment, and more! Full-time members also receive free individual health insurance, with the monthly premium 100% covered.

Ready to make a difference in your community? Learn more and apply at RecoveryCorps.US. Questions can be sent to [join@ampact.us](mailto:join@ampact.us).

## Newsletter

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

<https://GreeneCountyHD.org/newsletter>



[greenecountyhd.org](http://greenecountyhd.org)

# 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

## 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:

- » Sexual Health Assessment
- » Contraceptive Services
- » Physical Exams
- » HIV/STD Services
- » Laboratory Testing
- » Preconception Health Services
- » To Learn more or to schedule an appointment, please call us at (217)-942-6961



# Greene County Health Department

310 5TH ST - CARROLLTON, IL

(217) 942-6961