

HEALTHY TIMES

Bi-Monthly Journal of the

SEPTEMBER-OCTOBER 2025
ISSUE 17

GREENE COUNTY HEALTH DEPARTMENT



LOCAL NEEDS INSPIRE GREAT GENEROSITY

The increasing need of our community has sparked immeasurable kindness. We have partnered with several community members to address food insecurity. We now have a Blessing Box located at both the Roodhouse Police Department and the Greene County Health Department in Roodhouse. Donations have included shelf stable foods and drinks that someone could take small portions of. There is great need at this time. If anyone would like to donate, or have questions, please call (217) 942-6961 option 6.

NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED



BACK TO SCHOOL EXCITEMENT

It's that time of year when backpacks are packed, pencils are sharp, and the excitement of new beginnings fills the air! From supply drives to community celebrations, back-to-school events are the perfect way to kick off the year with energy, smiles, and connection. Let's make this school year one to remember—full of learning, laughter, and new opportunities. The Greene County Health Department was on hand at several events to answer questions, paint faces and hand out materials to help keep our students have a fun and safe start to the new school year! A special shout out to our area the agencies and school friends who hold these events.



Don't trust that mosquito.

Mosquitoes can cause more than those annoying, itchy bumps...

some can make you seriously sick.



Stay safe with the 3 "R's"

Fight the Bite

IDPH urges the public to Fight the Bite by practicing the three "R's" – reduce, repel, and report:

REDUCE - make sure doors and windows have tight-fitting screens. Repair or replace screens that have tears or other openings.

Try to keep doors and windows shut.

Eliminate, or refresh each week, all sources of standing water where mosquitoes can breed, including water in bird baths, ponds, flowerpots, wading pools, old tires, and any other containers.

REPEL - when outdoors, wear shoes and socks, long pants and a light-colored, long-sleeved shirt, and apply an EPA-registered insect repellent that contains DEET, picaridin, oil of lemon eucalyptus, IR 3535, para-menthane-diol (PMD), or 2-undecanone according to label

instructions. Consult a physician before using repellents on infants.

REPORT – report locations where you see water sitting stagnant for more than a week such as roadside ditches, flooded yards, and similar locations that may produce mosquitoes. The local health department or city government may be able to add larvicide to the water, which will kill any mosquito larvae.



Small Steps, Big Results

Heart disease is the leading cause of death in the United States, but the good news is that many cases are preventable. Taking small, consistent steps toward a healthier lifestyle can make a big difference in protecting your heart.

Start with nutrition—choose more fruits, vegetables, whole grains, lean proteins, and limit foods high in saturated fat, sodium, and added sugars. Regular physical activity is another powerful tool; just 30 minutes of brisk walking most days can strengthen your heart and improve circulation. Avoiding tobacco, limiting alcohol, and maintaining a healthy weight are also important ways to reduce your risk. Managing stress, getting enough sleep, and keeping blood pressure, cholesterol, and blood sugar in healthy ranges through regular checkups are equally essential. By making heart-healthy choices today, you're investing in a stronger, longer, and healthier life tomorrow.

Back-to-School Jokie-Jokes

1. Why did the kid cross the playground?
"To get to the other slide."

2. Why did the dog do so well at school?
"Because he was the teacher's pet."

3. What do teachers do at the beach? "Test the water."

4. Who's in charge of the pencil case? "The ruler."

5. What time would it be if T-Rex came to school? "Time to run"

Always
remember to...

Be Kind

Be Positive

BE
PROUD
OF YOU

No-Bake Peanut Butter Cereal Cookies

Directions

6 cups of any dry cereal

Step 1

Bring sugar and syrup to a boil. Add peanut butter and stir well. Remove from heat. Stir in cereal (see Cook's Note).

Step 2

Pat into a lightly greased 9x13-inch pan, or drop by spoonfuls onto waxed paper.

Step 3

Allow to cool before slicing bars.



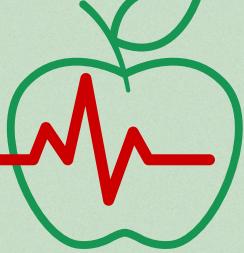
Trick or Treat Safety

Halloween is a time for fun costumes, spooky adventures, and plenty of candy, but safety should always come first. When trick-or-treating, be sure children carry a flashlight, glow stick, or wear reflective tape so they can be seen in the dark. Stick to familiar, well-lit areas and remind kids to walk on sidewalks and cross streets at crosswalks. Costumes should fit properly to avoid trips and falls, and masks should allow for clear vision. Finally, check all treats before eating to make sure they are sealed and safe. With a little extra care, Halloween can be both safe and spooktacular!



GREENE COUNTY HEALTH DEPARTMENT

HEALTH & JOB FAIR 2025



MAKING A DIFFERENCE

 Greene County Health Department

TODAY - TOMORROW - ALWAYS

SEPTEMBER 26, 2025 - CARROLLTON, IL
10 AM - 3 PM ON THE SQUARE

RAIN DATE OCTOBER 3, 2025

FREE COLORECTAL FIT TEST

LEILA THE CHOCOLATE CHUNK

BLOOD PRESSURE SCREENING

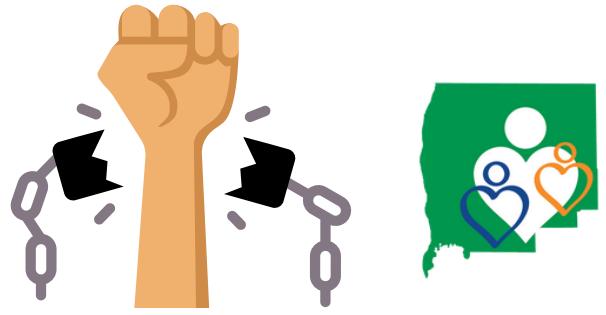
SENIOR HOME SERVICES

CAR SEAT INSPECTIONS

Something for everyone!
For more information or to reserve a space, call (217) -942-6961 Ext 4110



Actively Breaking Barriers



Not long ago, a man experiencing homelessness came to our agency searching for hope and a fresh start. Without stable housing or the documents needed to apply for assistance, he faced what felt like impossible barriers.

Our team worked with him step by step, beginning with the basics—helping him obtain his vital records so he could access the services he was entitled to. With these documents in hand, doors that had once been closed began to open.

Together, we guided him through the process of applying for unemployment benefits and housing. He had never been through this process before, so this process felt intimidating to him. Because of his persistence and the resources provided, he was able to secure both. We continue to work side by side, on his progress, setting goals for finding employment.

Today, he has a safe place to call home and the support of financial stability as he plans for his future. His story is a reminder that sometimes all it takes is the right connection at the right time to change the course of someone's life.

Donations Needed



Something as small as a shower and fresh clothing can go a long way for someone in need. Our Next Impression Closet is always looking for donations of soap, shampoo, deodorant, toothpaste, laundry detergent, fabric softener, gently used towels and wash cloths, gently used clothing, shoes and other essentials that help our neighbors feel fresh, confident, and cared for. These simple items make a big difference for those in need—turning daily struggles into moments of dignity. Together, we can stock the shelves with hope and health. If you would like to donate, items may be dropped off at 205 S. Morse St., Roodhouse, IL, during business hours, 8:00 am - 4:00 pm. Call if you have any questions (217) 943-6961 opt. 6

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**



1-866-QUIT-YES

Quitting smoking is one of the best decisions you can make for your health—it lowers your risk of heart disease, cancer, and lung problems while also improving your energy and quality of life. Within just days of quitting, your body begins to heal, and over time, the benefits only grow stronger. It's not easy, but every smoke-free day is a step toward a healthier, longer life. If you are ready to take the step, call 1-888-QUIT-YES



UPCOMING EVENTS

Sept 13

Food Protection Manager
Certification Classes

Sept 26

Greene County Health Dept
Annual Health Fair
Carrollton

October 31

Halloween
Trick or Treating
Community Wide

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