

# HEALTHY TIMES

Bi-Monthly Journal of the  
Greene County Health Department

November  
December  
2025

Issue  
18

## Drive-Thru Vaccine Clinics

Our drive-thru vaccine clinics are always a big win for the community. Fast, friendly, and full of positive energy! Neighbors lined up with smiles as they received important vaccines without ever stepping out of their cars. The smooth process made it easier than ever for busy folks to stay protected. With cheerful staff and a steady flow of grateful residents, the event turned a simple clinic into a feel-good moment of community health in action.



## Greene County Health Fair Brings Wellness and Learning to Life

On September 26, our Greene County Health Department team proudly hosted a vibrant community health fair featuring 17 dedicated vendors, each bringing tools, resources, and expertise to support healthier living. One of the most talked-about highlights of the day was the inflatable colon—a fun, interactive walk-through exhibit that offered clear, memorable education on colorectal health and the importance of regular screenings.

From preventive care to local wellness programs, attendees had the chance to connect with providers, get their car seats checked and ask questions, and explore ways to stay healthy at every stage of life. The event's energy, outreach, and collaboration made it a meaningful step toward a stronger, more informed community.



**THIS ISSUE**  
Drive Through  
Vaccine Clinics  
Health Fair  
CHW of the Year  
Art Walk Event  
Warmth Collection  
Food Drive  
Trunk or treat



*Keep Calm  
And Gobble On*



## What Do You Know About Epilepsy?

Epilepsy is a seizure disorder. It often gets overlooked as something else. Early detection of epilepsy is crucial for effective management and improved quality of life. Recognizing the signs—such as brief seizures, unusual sensations, or sudden lapses in attention—and seeking medical evaluation promptly can lead to timely diagnosis and treatment. Early intervention helps reduce the frequency and severity of seizures, prevents complications, and allows individuals to maintain daily activities safely. Awareness and prompt action are key to staying in control of epilepsy. We have resources to help you learn more. Call or stop by the office for more information. (217) 942-6961

### Help Improve Epilepsy Care in Our Community!

If you or someone you care for lives with epilepsy, you can help make a difference by taking a quick survey called the Gold Standard of Treatment Questionnaire.

This short survey helps the Epilepsy Foundation understand:

- What kind of care people with epilepsy have received
- What services are most needed in our area
- How we can improve access to care and support

Your answers will help guide programs and resources for people living with epilepsy — right here in our community.

Scan the QR Code Below to Take the Survey! It only takes a few minutes and makes a big impact.



**1-866-QUIT-YES**

NEED TO VENT?

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



## Trunk or Treat With a Message

Our crew had a great time participating in several Trunk-or-Treat events this season, sharing candy, smiles, and helpful information about our programs. These community gatherings gave us a fun and family-friendly way to connect with our partners and local residents to spread the word about the services we offer. We're grateful for the chance to engage with so many families and look forward to more opportunities to support our community.





## Our Very Own CHW of the Year

The Greene County Health Department is proud to announce that Amanda McKinley, one of our exceptional team members, has been honored with the Community Health Worker of the Year Award by the Illinois Public Health Association (IPHA).

This prestigious award recognizes Amanda's outstanding achievements, dedication, and compassion in her role as a Community Health Worker (CHW). Her commitment to supporting individuals and families, addressing barriers to care, and improving community well-being has made a lasting difference across Greene County. Community Health Workers are trusted frontline professionals who bridge the gap between healthcare systems and the communities they serve. They connect residents with vital services, help people navigate health systems, and provide education, advocacy, and support to improve access to care—particularly in rural and underserved areas.

"Amanda's work reflects the heart of public health," said Molly Peters, Public Health Administrator of the Greene County Health Department. "Her dedication to helping others, her compassion, and her ability to connect with people make her an invaluable asset to our team and to our entire community. We couldn't be prouder to see her efforts recognized at the state level."

Amanda's passion, hard work, and leadership continue to inspire both her colleagues and the community. Her recognition as Community Health Worker of the Year serves as a reminder of the critical role CHWs play in advancing health equity and strengthening local public health systems. Congratulations, Amanda — your light shines bright in Greene County and beyond!



# Early DETECTION Saves LIVES



MONTHLY  
SELF EXAMS



KNOW WHAT'S  
NORMAL FOR YOU



KEEP EXAMS  
WITH DOCTOR



AFTER 40 ANNUAL  
MAMMOGRAMS

Breast cancer is one of the most common cancers affecting women, but when detected early, it is highly treatable. Regular screenings, including mammograms, clinical breast exams, and self-checks, can help identify cancer before symptoms appear. Early detection not only increases survival rates but also allows for less aggressive treatment options.

Women are encouraged to talk to their healthcare providers about when to start screening based on age, family history, and personal risk factors. Staying aware of changes in the breast, maintaining a healthy lifestyle, and keeping up with recommended screenings are all key steps in protecting breast health. Some need help with barriers that prevent them from getting screened. We can help you navigate some of the barriers you may have. Remember: early detection is your strongest defense—don't wait to check. Visit:

[www.cancer.org/cancer/types/breast-cancer.html](http://www.cancer.org/cancer/types/breast-cancer.html) to learn more

## Food Drive

Due to the recent surge in needs, we initiated a food drive for our local pantries. We have food boxes in 5 convenient locations:

Roodhouse Health Department office  
Carrollton Health Department office  
The Eldred Legion  
White Hall Library  
Greenfield Library

To learn how you can help, connect with us at (217) 942-6961 ext 4110



## Warm Winter Item & Hygiene Drive

We will be collecting warm winter items and hygiene products for those in need. Coats, gloves, hats, scarves, socks, shampoo, soap, laundry detergent, and other hygiene items are welcome. Contact us at (217) 942-6961 opt 6 for more information and drop-off location.



it's ok to not feel  
merry and bright



*You're Not Alone.*  
**Help is Available.**

**988 Suicide &  
Crisis Lifeline**

**988 or 988Lifeline.org**

**Veterans Crisis Line**  
Dial 988 (press 1)

**SAMHSA's  
National Helpline**  
**1-800-662-HELP (4357)**

**Disaster Distress  
Helpline**  
**1-800-985-5990**

**FindSupport.gov**

**FindTreatment.gov**

**SAMHSA**

## Recovery Paint Nights

Our Recovery Council paint nights have become a bright spot for connection, creativity, and healing. These gatherings offer a relaxed, supportive space where participants can unwind, express themselves through art, and share meaningful moments with others on similar journeys. Each brushstroke becomes a reminder that recovery is not just about rebuilding—it's about rediscovering joy, community, and confidence along the way.







## Rainbow Roll-Up Sandwiches

- 1 large tortilla or lavash bread
- 1/3 cup hummus of choice
- 1/2 red bell pepper, thinly sliced
- 1 small carrot, thinly sliced
- 1/2 yellow bell pepper, thinly sliced
- 1/4 cup fresh spinach
- purple cabbage, thinly sliced or finely chopped

### Instructions

1. Spread hummus evenly on tortilla or lavash bread.
2. Place chopped vegetables in rainbow color order towards the middle of the wrap. Leave the edges with just hummus so that it will stick together.
3. Roll up tightly, then slice into coins.



## CHRISTMAS WORD SEARCH



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| Z | M | B | C | M | E | X | W | Y | Q |
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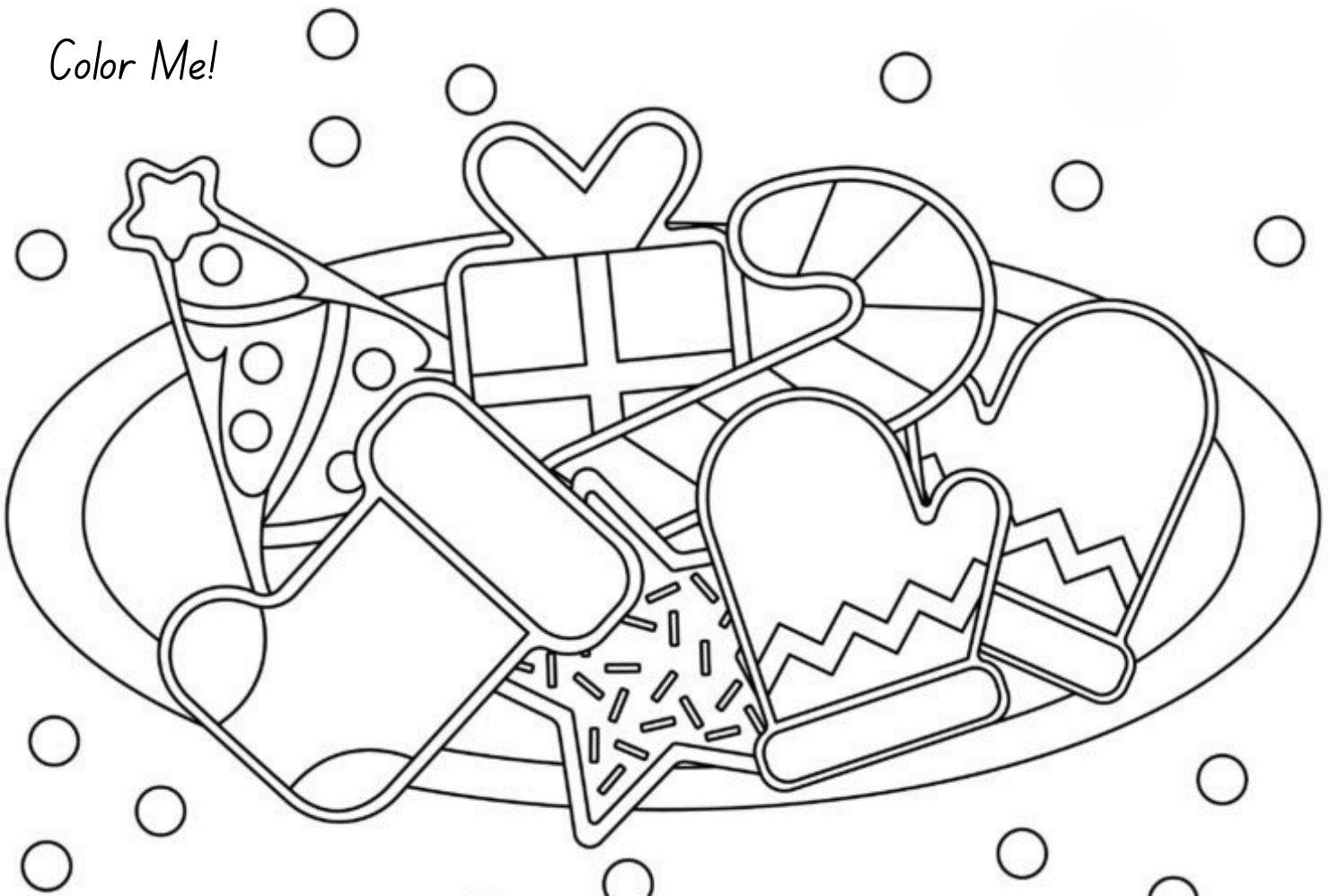
TOY  
TREE  
STAR



Knock Knock.  
Who's there?  
Butter.  
Butter who?  
Butter save me some turkey!

Knock, knock!  
Who's there?  
Dozen.  
Dozen who?  
Dozen anybody else want pie?

Color Me!



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

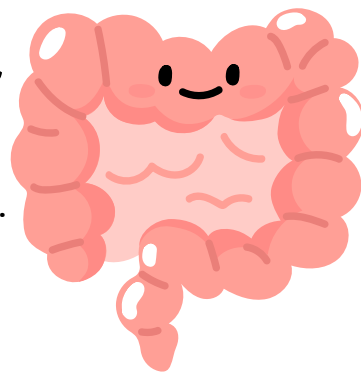
Provide exercises to help optimize daily living,  
improve mobility, and memory/communication

### Home Health Aide

Assist with bathing, personal care,  
and ambulation

## 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

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## Newsletter

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

<https://GreeneCountyHD.org/newsletter>



**Greene County  
Health Department**

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