



HEALTHY TIMES

**Bi-Monthly Journal of the
Greene County Health Department**



Building a Greener Community



In observance of Earth Day, on April 24th, 2026, the Greene County Health Department proudly partnered with community members, businesses, and volunteers to make a lasting impact on our environment. What began as a shared vision for a cleaner, greener community turned into a powerful day of action across the county. Thanks to the generous financial support from Zoetis, Bunn, and other donors, this year's Earth Day efforts expanded beyond cleanup to include the planting of food-bearing trees throughout the community. These donations made it possible to invest in long-term environmental health, helping to improve air quality, provide free food, and enhance the beauty of shared spaces for years to come. A special highlight of the event was the collaboration with Farm Credit of Illinois, which assisted with delivering and planting trees at the designated sites. Their expertise and hands-on support helped ensure that each tree was planted with care and purpose, setting the stage for strong growth and sustainability. (continued on page 2)



**A Special Thank you to
our Earth Day Sponsors**

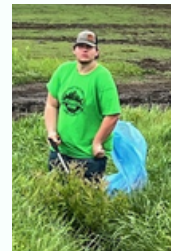


A total of 30 trees were purchased and delivered at these locations:
North Greene Elementary School
Roodhouse Library Community Garden
North Greene High School
Greenfield High School FFA Food plot
Eldred Community Garden
White Hall Community Garden Park
Carrollton High School FFA



Building a Greener Community (continued)

Volunteers of all ages showed up ready to make a difference—removing litter, revitalizing public spaces, and working side-by-side to support a healthier environment. The energy and teamwork on display were a reminder that meaningful change happens when a community comes together. This Earth Day initiative reflects the health department’s ongoing commitment to not only protect public health but also to support environmental wellness. Clean spaces and green areas play a vital role in the well-being of our community, and this event was a step forward in creating a healthier place for all. We extend our sincere gratitude to the businesses, partners, and volunteers who made this event possible. Your support and dedication continue to make our community stronger, cleaner, and more connected.



May is for Mental Health!

Mental health is just as important as physical health and plays a vital role in our overall well-being. Here at the Greene county Health Department, we take mental health seriously. We participated in Wear Green Day to show support for Mental Health Awareness. Taking care of our mental health helps us cope with stress, build healthy relationships, make positive decisions, and enjoy everyday life. Challenges such as anxiety, depression, grief, and burnout can affect anyone, regardless of age or background. By encouraging open conversations, reducing stigma, and seeking support when needed, we create stronger, healthier communities where people feel valued and supported. Remember, asking for help is a sign of strength, and taking time to care for your mental well-being matters every day.

If you or someone you know needs to talk to someone, give our team a call (217) 942-6961 opt 6 or call 988



mental health matters



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, connect with one of us by calling (217) 942-6961 Opt 6



- **Drink plenty of water**
- **Wash hands often**
- **Wear sunscreen daily**
- **Brush teeth morning & night**
- **Get active and play outside safely**
- **Shower after swimming and outdoor play**
- **Get plenty of sleep**



SUMMER WORD SEARCH

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

The Best of Summer

School is out, the sun is bright,
 Days are long and full of light.
 Running barefoot through the grass,
 Watching fluffy clouds drift past.

Sprinklers splash and kites fly high,
 Fireflies twinkle in the sky.
 Summer brings so much delight,
 From morning fun to starry night!

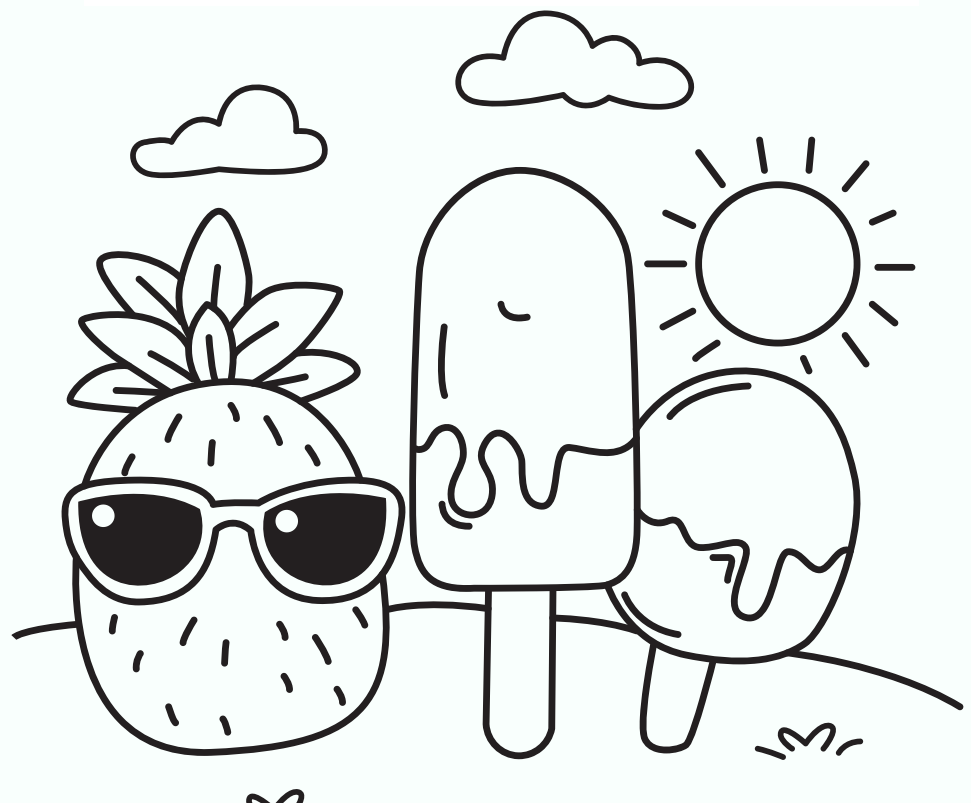
Choco-Nana-Butter Sammich



- 1/4 cup creamy peanut butter
- 2 tablespoons honey
- 1/4 teaspoon ground cinnamon
- 2 tablespoons miniature semisweet chocolate chips
- 4 slices whole wheat bread
- 1 medium banana, thinly sliced

Mix peanut butter, honey and cinnamon; stir in chocolate chips. Spread over bread. Layer 2 bread slices with banana slices; top with remaining bread. If desired, cut into shapes using cookie cutters.

- | | | | |
|-------------|----------|------------|------------|
| SUNGLASSES | AUGUST | CHERRY | LAWN MOWER |
| FIREWORKS | UMBRELLA | WATERMELON | VACATION |
| SAND CASTLE | OUTDOORS | BARBECUE | GOGGLES |





The One Where Liz R•E•T•I•R•E•S

After years of dedicated service to our community, we are honored to celebrate the retirement of our Sanitarian, Liz Stemm, at the Greene County Health Department. Through inspections, education, and a commitment to protecting public health, she has worked tirelessly to keep our restaurants, schools, businesses, and community safe. Her knowledge, professionalism, and caring approach have made a lasting impact on both our department and the residents we serve. We are deeply grateful for her years of hard work and dedication, and we wish her happiness, relaxation, and many exciting adventures in retirement. Thank you for making a difference in our community every single day! She will definitely be missed by us all.

Mock Crash for Prom

The Greene County Health Department was honored to be a part of the mock crash that was held at the Greenfield High School May 5. Students gathered with anticipation as local emergency agencies came together for a powerful mock crash demonstration ahead of prom season. The realistic scene, complete with first responders, emergency vehicles, and dramatic rescue efforts, served as a sobering reminder of the importance of safe driving and responsible choices.

Firefighters worked quickly to stabilize vehicles and remove "victims," while EMS personnel demonstrated lifesaving care and law enforcement officers explained the consequences of impaired and distracted driving. The coordinated effort showed students the real-life impact one decision can have on families, friends, and an entire community.

We are grateful to all the agencies, volunteers, students, and staff who helped make this meaningful event possible. Your dedication to education and prevention helps keep our community safer for everyone.



Be Summer Ready

Warmer temperatures can bring severe storms, power outages, flooding, and dangerous heat conditions.

Here are a few simple ways to be ready this summer:

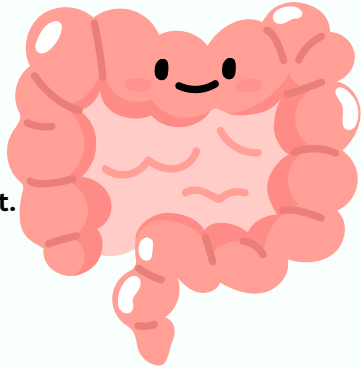
- Keep flashlights, batteries, and a weather radio on hand
- Stay hydrated and avoid prolonged heat exposure
- Create an emergency plan with your family
- Charge phones and devices before storms arrive
- Never leave children or pets in vehicles
- Stock up on medications and basic supplies

Stay informed, stay cool, and stay safe this summer!

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



YOUR LUNGS DON'T
THINK ITS COOL



1-800-QUIT-NOW

Newsletter

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

<https://GreeneCountyHD.org/newsletter>



Is your loved one needing a little extra care? Call and ask about our Home Health Services today!
217-942-6961
ext 4115

Free mammograms and Pap tests are available through the *Illinois Breast & Cervical Cancer Program*

Call the Women's Health Line:

888-522-1282



Greene County
Health Department

310 5TH ST - CARROLLTON, IL

(217) 942-6961

A Rise in Tickborne Disease



There has been a rise in tick-borne illnesses in Illinois and other states. They can cause a variety of symptoms, some of which can be serious. We have even seen some of these illnesses in Greene County. Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).




Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, fishing, gardening, or hunting could bring you in close contact with ticks.

Many people get ticks in their own yard and neighborhood.

After being outside, check your clothing for ticks. Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.

- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks.
- Shower soon after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.
- Check your body for ticks after being outdoors. Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body. Check these parts of your body and your child's body for ticks:

- Under the arms and around waist
- Back of the knees
- In and around the ears In and around the hair
- Inside belly button Between the legs

Black-legged tick	Lone Star tick	American Dog tick
 <ul style="list-style-type: none"> • Lyme disease • Anaplasmosis • Babesiosis 	 <p>Alpha - Gal</p> <ul style="list-style-type: none"> • Ehrlichiosis 	 <ul style="list-style-type: none"> • Rocky Mountain spotted fever

Use Caution & Be considerate When Lighting Fireworks



It's the time of year where many in our family & community use fireworks to celebrate. While beautiful and fun, it's important to keep in mind safety.

Be courteous of the needs of your neighbor and pets. Many people suffer trauma from past experiences in the military or past tragedy. The noise and light associated with fireworks can spark a bad memory. Most often burns are associated with the use of fireworks, commonly on hands, fingers, and face. Be careful, use only under adult supervision, and don't use while consuming alcohol.

Never place a part of your body directly over a firework or hold a firework in your hand when lighting. To safely light fireworks, make sure they are secured on the ground away from people and animals and use a stem lighter such as a grill lighter. Only light one firework at a time.



Congratulations to the Graduating Class of 2026

Everyday is a **NEW Beginning**

Upcoming **EVENTS**

	MAY
ROSC Council Meeting	19
Mental Health Fair Roodhouse	22
Memorial Day Offices Closed	25
Greene County Health Department At the Greene County Fair	27
	JUNE
White Hall Lions Club Parade	27
	July
4th of July Office Closed	4