



Dedicated to YOUR Wellbeing

Kendall County Health Department

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Kathy Lewis retires after 20 years!



The Health Department will never be the same after Kathy (Kat) Lewis retires this month. Kat is the first person anyone sees as they step off the elevator on the 2nd floor. Kat receives each visitor and staff member with a thoughtful greeting and a warm beautiful smile. Kat has served at the health department for just over 20 years and has been a true asset to the fiscal team. Kat's tireless dedication to billing and data entry has been very much appreciated. Her witty personality and common-sense approach to problems will be greatly missed.

About her retirement, Kat said *"I'll be 65 in December and with my Rheumatoid Arthritis retirement was an easy (but bittersweet) choice. After retirement I plan to spend time with my family, fix up my house and just live in the moment."* Kat refers to herself as a *"crazy cat lady"* that loves to read, garden, craft and sew. She also enjoys genealogy, photography and refinishing antiques.

Kat went on to say, *"My favorite part of my job are my co-workers. I've been blessed to have worked with a great group of dedicated professionals that have not only taught me, but inspired me to be a better person. I want the public to know that the Health Department is filled with dedicated people. Each department is filled with knowledgeable and kind people who only want the best for Kendall County. My favorite memory is our H1N1 clinics. It ran so smoothly and we helped so many residents during a true public health crisis."*

Kat has a delightful daughter, Tanya, a wonderful son-in-law Brian, 4 grandchildren, 1 new great-grandson and 3 step children and step-grandchildren, that she loves as her own.



Traveling this Winter?

When traveling plan long trips carefully, listen to the radio or television for the latest weather forecasts and road conditions. If bad weather is in the forecast, drive only if absolutely necessary. Prepare for [winter safety](#).

Emergency Kit for the Car:

- Jumper cables
- Flares or reflective triangle
- Ice scraper
- Car cell phone charger
- Blanket
- Map
- Water
- Cat litter or sand for better tire traction



Keeping our Community Healthy!

Our innovative programs have been fruitful in 2018! This was the first year of [Commit to be Fit](#) and utilizing our bountiful “Sense”-ational garden.



This garden was designed for all ages to improve our communities’ nutritional knowledge. 75 individuals participated in the *Commit to be Fit* program and we had many community partners involved (YMCA /Plano, Home Depot / Yorkville, Walmart /Plano, and Jewel/Yorkville).

This year, we shared dental information and provided fluoride treatments to children ages 0-6 years. These valuable

treatments were provided at local day care centers and also to our Women, Infant and Children (WIC) and Family Case Management (FCM) clients.

As we move ahead into 2019, we will be providing lead screenings to our 0-5-year-old WIC/FCM clients and we will host an adult dental care clinic “From Start to Finish” for uninsured adults 18 and older. This much needed dental clinic is possible with support from Illinois Department of Public Health, local dentists, and very generous Kendall County residents.

Thank you to ALL community partners for a fabulous year!



HOW BAD IS JUULING

JUULs are made to resemble flash drives. They have a high tech feel and appearance, and both the product itself and the marketing of it make it look very cool. In comparison with some other e-cigarettes, JUULs are harder to detect. They’re small and can be hidden in the palm of the hand, and they emit little visible aerosol. Kids are known to be using them in school restrooms and even in the classroom. They come in flavors advertised as fruit medley, cool mint, and crème brulee. JUULs deliver a higher concentration of nicotine than some other types of e-cigarettes. Some kids do not even know that JUULs contain nicotine. The brain is still developing well into the mid-20s and even beyond, so health concerns apply not only to teens, but also to college-age users. Some kids are reported to have become physically dependent on nicotine, and are using JUULs not just recreationally, but also compulsively, to sustain what has turned into a drug problem. **Are your kids juuling?**

Are your kids juuling?



Radon, A Danger in Your Home

Radon is a colorless, odorless, naturally occurring gas formed in the soil. It naturally seeps out of the soil and causes no

hazard unless it seeps into a basement through unsealed sump pits or cracks in foundation walls where it can concentrate in the residence. Prolonged exposure to radon in a home can increase the chance for developing lung cancer. [Radon](#) is the highest cause of lung cancer in non-smokers.

We work hard to educate residents of Kendall County on the dangers of exposure to radon. We are here to provide meaningful consultation about the dangers of radon and we sell low cost radon test kits at our office. These test kits help determine the radon level in your home. We participate in monthly conference calls with other agencies who promote radon awareness and share ideas. We

RADON is colorless, odorless, and tasteless. This radioactive gas is responsible for more than 20,000 deaths every year in the U.S.

It is the second leading cause of lung cancer globally.

have been a leader in reaching out in the community and have utilized a wide variety of methods to get the word out including; radon themed movie trailers, mailers, television, radio, print and social media messages. We also serve as a hub of information on what to do to remediate a radon problem if it’s detected. Please feel free to give us a call about radon at (630)553-9100.





Energy Assistance Outreach

Community Action has a new outreach site providing [Low Income Home Energy Assis-](#)

[tance Program](#) (LIHEAP) and other services at the Help for Hope Service Location site: 100 S. Baima St., Coal City, IL.

Staff will be at the Coal City location from 9am to 12p on the following dates:

- December 12, 2018
- January 9 & 23, 2019
- February 6 & 20, 2019
- March 6 & 20, 2019
- April 3 & 17, 2019

Services are available to Grundy County residents needing help with their heat and electrical service. Walk-ins are welcome.

To apply for services families will need to bring with them:

- ⇒ Social Security cards for each household member
- ⇒ Proof of all gross household income for the past 30 days (employment, social security, child support, etc.)
- ⇒ Current gas and electric bills
- ⇒ Medicaid card (if applicable)

For more information on these services and services in Kendall County, please call (630)553-9100.



We are now at the new Oswego Police Department!

We are excited to announce that we are providing behavioral health services at the new Oswego Police Department. This cutting-edge community facility has the perfect space to conduct confidential mental health treatment. Thank you to the Village of Oswego and the Oswego Police Department for this valuable partnership and commitment to the community! Call (630)553-9100 for an appointment in Oswego today.

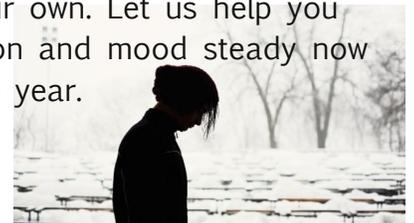
Feeling Blue this Winter?

Tis' the season for seasonal affective disorder (SAD), a form of depression related to the changing of our seasons. For most people, SAD typically begins and ends at about the same times each year with symptoms starting in the fall and continue into the winter months. It can rob us of energy and cause us to feel extraordinarily moody. While not as common, it can cause depression in the spring or early summer.



We are able to assess and treat individuals for SAD. Our [treatment](#) is rooted in a caring and collaborative approach based on a meaningful relationship between the individual and one of our behavioral health professionals.

So please don't shrug off that reoccurring annual feeling as just a case of the "winter blues" or a seasonal rut that you need to get through on your own. Let us help you keep your motivation and mood steady now and throughout the year.





Kendall County Health Department
 811 West John St.
 Yorkville, IL 60560
 (630)553-9100
 (630)553-9506 Fax

For questions about the newsletter,
 please call RaeAnn VanGundy at
 (630)553-8064 or email her at
 rvangundy@co.kendall.il.us

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Mission Statement

The mission of the Kendall County Health Department is to promote physical health, mental health, environmental health, protect the community's health, prevent disease, and promote family economic self-sufficiency through both person based services and population based services.



Looking for something? Click [here](#) to see the Resource Directory.

21 homes were weatherized in 2017

Services received:

- Air sealing
- Insulation of attics, walls, crawlspaces, or foundations
- Repair/replacement of doors and windows
- Cleaning, tuning, repair, or replacement of furnace

Weatherization can reduce heating costs on average **30%**

Health Benefits of Weatherization

After Weatherization...

- Residents with asthma reported fewer hospitalizations and ER visits
- Residents experienced fewer "bad" physical and mental health days
- Children in the household missed fewer days of school
- Household members reported fewer allergy and cold symptoms

Source: Oak Ridge National Laboratory- weatherization.ornl.gov