



Dedicated to YOUR Wellbeing

Kendall County Health Department

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Coordinating Volunteers

Prior to the COVID-19 pandemic, Lynn Dubajic spent her professional time as an economic development consultant for the United City of Yorkville. As Coronavirus vaccine became available and clinics began, the need for a volunteer coordinator became apparent. Lynn stepped up into the role of managing volunteers — scheduling, organizing, and helping train over 400 individuals from January to June 2021. With vaccine clinics scaling down, Lynn returns to economic development, but shared her reflections from the past 6 months.

“(Our greatest success)... was the comradery and cooperation of the volunteers, all working together with the same vision, the same goal, all with different backgrounds and personalities. It felt like we were moving mountains together.”



Lynn Dubajic with volunteers Karen and Rick Lynch

Lynn shares that the greatest challenge she experienced was filling scheduling gaps that occurred around holidays and breaks. “While scheduling was time consuming and last minute changes were inevitable, we adapted and learned to pivot.”

When asked what she hoped volunteers would take away from their time working the clinics,

Lynn responded “I hope they understand the impact an individual can make on the world. How they really did make a difference. And it is really amazing what we accomplished.” Lynn also shared that, for her, this was “professionally the most rewarding thing I’ve ever done.”

While Lynn did not have a favorite moment from her time as volunteer coordinator, she did state that “I wish I had kept a journal because there were so many things that happened that were heartwarming, funny, and heroic — because they happened on a regular basis. It was just people doing acts of kindness randomly, and it raises everybody up.” KCHD thanks Lynn and the volunteers for all their efforts.



For the newest updates on COVID 19, please visit our webpage at www.kendallhealth.org.

Other Trusted Links:

- ♦ [IL Department of Public Health](https://www.idph.state.il.us/)
- ♦ [CDC - Coronavirus](https://www.cdc.gov/coronavirus/)
- ♦ [Global Cases by Johns Hopkins real time map](https://www.covid19-jhu.com/)

Employment Support



If you or someone you know is on unemployment or recently found a new job we have a program that provides short-term financial assistance for transportation, past due bills, and work required materials. The household bills may be for those who will be working remote or who are seeking to gain employment and need internet, electricity, phone, etc for those purposes. In the past we have assisted new nurses with purchasing scrubs, stethoscopes, and shoes as well as people just starting out in the trades who needed work boots, tools, winter coats, as well as gas cards to get to work. This program is designed to help members of our community obtain and maintain employment and to mitigate any potential obstacles that may block those important opportunities for success.

To apply, please call 630-553-9100 ext. 8051 for Kendall County residents. Grundy County residents can apply by calling 815-941-3262.

Seasonal Affective Disorder

Warmth and sunshine are coming our way for summer. Although many individuals tend to notice a positive change to their mental health in the summer months, some actually feel worse. This is because the depression they are experiencing is not changing with the weather as it does for some others. In fact, it is noted that about 10% of individuals actually have summertime onset for seasonal affective depression.

There are many reasons for this, including: changes in routine and schedules, body image concerns due to not having layers of clothing and hiding areas that the individual is unhappy or uncomfortable with, and the heat. In order to continue to be our best selves it is beneficial and recommended to continue to utilize coping skills.

Some of these coping skills may be keeping true to your sleep routine, seeking professional help, exercising in moderation, and establishing or keeping your healthy boundaries. We welcome you to consider services at Health Department to address these concerns or others you may be facing. It's ok to not be ok and you are enough.

To find out more about our Counseling services, please call 630-553-9100.

SUMMERTIME S.A.D.

Got that summertime sadness? While this condition is rare, you're not alone.



6%

Percentage of the U.S. population affected by S.A.D.



10%

Of those with S.A.D., percentage with summer-onset symptoms

Seasonal affective disorder (S.A.D.) is a major depressive disorder that occurs in a seasonal pattern. It is most common during the winter months; however, some people experience symptoms during the summer.

Symptoms include:

- Depression
- Anxiety
- Loss of appetite
- Trouble sleeping

"While the cause of winter S.A.D. seems to be linked to increases in the production of melatonin triggered by decreased light, the causes of summer S.A.D. are less clear," says Dr. Chandra Vedak, psychiatrist at Advocate Good Shepherd Hospital. "Researchers are unsure whether it is too much light or the external temperature which may be the cause."

Statistics: National Alliance on Mental Illness & National Institutes of Health

Homebound Receive COVID-19 Vaccinations

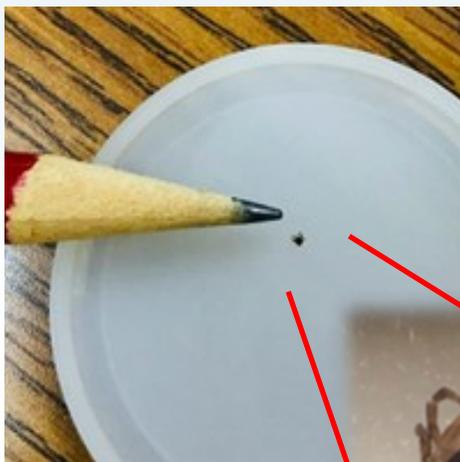
Kendall County Health Department staff, in cooperation with Kendall County Senior Services, began providing COVID-19 vaccine services to homebound residents in May 2021. The COVID-19 Vaccine is an urgent need for residents with significant health issues who are unable to leave their homes. As healthcare professionals, we recognize that an individual’s health status, and a lack of transportation are barriers to receiving a COVID-19 vaccination. Our goal is to eliminate the barriers that prevent residents from receiving their vaccinations.

On May 21, 2021, our staff began to provide first dose COVID-19 vaccinations to homebound residents. We were fortunate to be able to offer our clients a choice in their brand of vaccination. Our clients and their families have been very welcoming and appreciative of the in home vaccination services. We look forward to continuing this service as we continue to provide our clients with their second dose of COVID-19 vaccine.



To find out more about the COVID-19 vaccines and vaccine clinics, please call 630-553-9100.

Teeny Tiny Ticks



Zoomed in view of the larval tick.



Recently, Health Department staff were contacted by a county resident. She was a mother who, in response to her child’s complaints of a pain in her arm, removed an extremely small tick from the site. She contacted our office and brought the tick in. To our surprise, this extremely small tick appears to be a deer tick in the larval stage of life.

Kendall County Health Department is one of only a few health departments in the state that runs a tick surveillance program. Tick borne disease is on the rise in Illinois, with Lyme disease being the most common. Since the start of this program, this surveillance has helped identified deer ticks across the county and subsequent testing of these ticks shows that almost half have been carriers for Lyme Disease.

The recent larva sample we received is the first tick in this life stage collected in the county. Up until recently, it was understood that deer tick larvae could not transmit this virus, but new research shows that this may not be the case.

What should you do to protect yourself and your loved ones? Conduct daily tick checks, especially if you have been outdoors. Visit www.kendallhealth.org/environmental-health/ticks/ for more information or call us at 630-553-9100.



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For questions about the newsletter,
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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.



Public Health
 Prevent. Promote. Protect.



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

Beat the Summer Sun

Kids don’t have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun’s harmful UV rays whenever they are outdoors.

You can reduce your risk of sun damage and skin cancer by staying in the shade, wearing clothes made of tightly woven fabric, wearing a hat that has a large brim all the way around, and wearing sunglasses. It is also very important to wear a broad spectrum sunscreen that is a SPF of 15 or higher and reapply after 2 hours, swimming, or sweating. To learn more, visit www.cdc.gov/cancer/skin/basic_info/sun-safety.htm.



Exercising and being outdoors has both physical and mental health benefits. Enjoy being outside, but don't forget your sunscreen and hat when you're getting your sweat on with Mother Nature!