



Dedicated to YOUR Wellbeing

KENDALL COUNTY HEALTH DEPARTMENT

VOLUME 7, ISSUE 2

SPRING EDITION, 2023

INSIDE THIS ISSUE:

Water and Sewer	
Bill Assistance	2
Mosquito and	
Tick Team	2
Supporting	
Children and	
their Caregivers	3
Mental Health	
In Children	3
CARF Surveyor	4

For the
latest news,
follow us on:



@kendallhealth

31 years of Guiding Health

In 30 years, many things in Kendall County and public health have changed. One thing that was consistent through that time was the guidance and support of Joseph Gruber, III, D.D.S. For 31 years, Dr. Gruber served on the Board of Health as President, Vice President, Secretary, and board member. Dr. Gruber has stepped down from the Board of Health, but his impact will not be forgotten. Dr. Gruber was kind enough to share some reflections of his time on BOH.

"During the last few decades, advances in technology and communication have improved collaboration internally in the health department as well as externally with the public, enabling a greater number of services to be provided in a more efficient manner. Also, navigating the global pandemic was a great challenge, beyond the norm of what was happening in the past.

[While serving on the Board of Health] ... I learned how being part of our community in a deeper way is extremely rewarding. I think volunteering on the Board of Health has given me more than I have contributed to it. I truly value my colleagues and will always encourage others to participate in the community on whatever level they are able to serve.



Joseph Gruber, III, D.D.S.

Over the years I met and worked with many great people and it was a pleasure having that opportunity. We have a good county government, and I gained an appreciation for those who serve the community on other boards and donate their time, expertise, and consideration. ... The health department works collaboratively with the other parts of the county government, and that collaboration is vital and appreciated.

I would also emphasize how the Board of Health is there for them and keeps looking for new ways to protect public health— not just physical health, but mental health as well. [In the future] I would like to see the public embrace and fully support mental health to a greater extent and view addiction treatment as a necessary part of a safe and prosperous society. I hope that in the future, these health issues lose any stigma associated with them, to keep our community healthy."

Kendall County Health Department thanks Dr. Gruber for his long time and continued dedication to our community.

Water and Sewer Bill Assistance

Kendall-Grundy Community Action has been assisting residents of Kendall and Grundy counties with their water and sewer bills. So far, we have assisted 658 households with their water and/or sewer bills with an average payment of \$300 for both.



We are still here for you! However, the Water and Sewer program will be discontinued on August 31st, 2023. We are encouraging all residents who are income eligible to apply for assistance before it is too late by calling 630-553-9100 if they live in Kendall County and for Grundy County residents to call 815-941-3262.

Families who apply must be under the 200% federal poverty level for the past 30 days from their application. We are able to assist a family only one time with their water and sewer bills so unfortunately if you already applied we won't be able to assist again but we encourage you to spread the word to others in the community who might be able to take advantage of this program.

Have you been following our Mosquito and Tick Team?

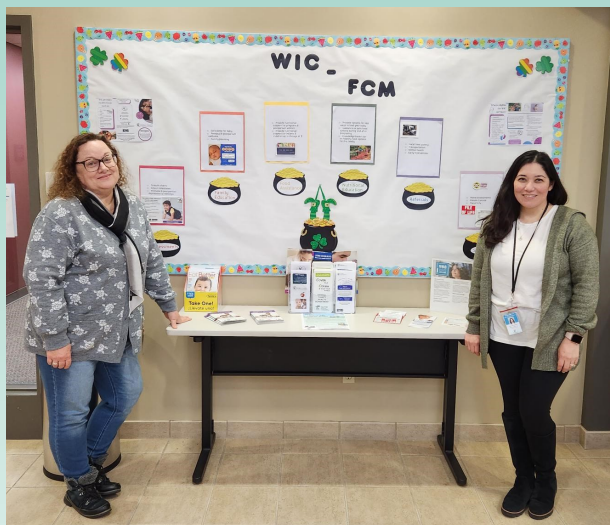
At the start of this year, our mosquito and tick surveillance team began a social media public campaign to raise awareness of the activities in this program. Maybe you've caught a glimpse of their work already under way from this season on our Facebook, Twitter, or Instagram pages. Their posts will be a mixture of mosquito and tick related facts, updates on the daily activities in this program as well as important notifications throughout the season concerning West Nile virus positive mosquitoes collected or ticks caught across the county. You will even learn what it looks like when we service a mosquito trap, or conduct a tick drag... even how we can tell if a mosquito sample is positive for West Nile virus!

If you haven't seen the team and our work, please stop by one of our social media pages and follow along through the year. Give them a like, a share, or a comment to let them know you appreciate them!



WIC & FCM: Supporting Children and their Caregivers

Kendall County Health Department offers several programs aimed to support children and their caregivers. Two of these programs are WIC and FCM.



The **Special Supplemental Nutrition Program for Women, Infants and Children (WIC)** seeks to improve the health of women, infants, and children; to reduce the incidence of infant mortality, premature births, and low birth weight; to promote breastfeeding; and to aid in the growth and development of children. The program serves income-eligible pregnant, breastfeeding, and postpartum women, and infants and children up to five years of age who have a nutritional risk factor. A client on WIC can receive an Electronic Benefits Transfer (EBT) card to purchase healthy foods, information about nutrition, information and help about breastfeeding, and help in finding health care and

other services in their area. We also supply Farmer's Market assistance, June through October.

Family Case Management is a statewide program that provides comprehensive service coordination to pregnant women, infants, and high-risk children. Assessments are conducted and care plans are developed to address a wide range of needs, including health care, mental health, educational, vocational, childcare, transportation, psychosocial, nutritional, environmental, developmental, and other services. Referrals are provided to assist the families in need.

If you would like to find out more about our WIC or FCM programs, give us a call at 630-553-9100 or visit our website: www.kendallhealth.org. This institution is an equal opportunity provider.

Mental Health in Children

Mental health concerns impact all ages of people, including children. Did you know that half of all individuals show mental health disorder signs prior to someone turning 14 years old and three-quarters show symptoms prior to 24 years old? At the Kendall County Health Department we engage with children and their families to improve quality of life. When working with a child or adolescent, we use play, art, and modeling of behaviors. We also encourage families to support one another. One suggestion would be to model healthy coping skills – this could be done through taking deep breaths together, making art projects, going on walks, or discussing your feelings “I was feeling really frustrated, so I stopped and took some deep breaths.” Want another suggestion? Take care of your own mental health in general or entering into counseling. Showing that it is beneficial to reach out for help decreases stigma for you and your family. Everyone matters.





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

Have feedback or questions about the newsletter? Please call Arissa Hunt at (630)553-8056 or email her at awhunt@kendallcountyil.gov

BOARD OF HEALTH MEMBERS

Lynn Cullick , President	Jim Jensen	Nanci Reiland
Karin Gustafson, D.O.	Jay DeMarco	Karen Kelly
Gabriella Shanahan	John Gleason, M.D.	Andrea Mann
Brooke Shanley	Julie Conlin, D.D.S.	

Mission

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 programs.

Vision

Partnering to build a thriving Kendall County where all people have equal opportunity for overall health and well-being.

Values

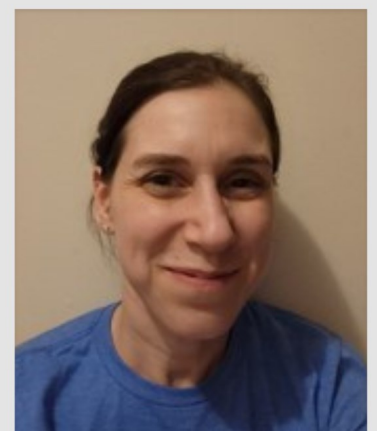
Integrity • Accountability • Commitment to Excellence • Inclusion • Compassion



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

Behavioral Health Director Appointed CARF Surveyor

Lisa Holch, our Director of Behavioral Health Services, was recently appointed a CARF Surveyor. CARF stands for **Commission on Accreditation of Rehabilitation Facilities**. It is a private, not-for-profit organization that accredits our Health Department. CARF surveyors are the cornerstone of the peer-review survey process. Surveyors, like Lisa, are professionals in their fields with primary employment at CARF-accredited organizations, such as KCHD. The benefits to the Health Department include having in-house expert on CARF standards, complimentary CARF trainings, exposure to current practices and industry trends, professional growth and cultivation of leadership skills for staff, opportunity to exchange ideas and practices with field leaders, and opportunity to contribute to CARF standards development. Having a trained surveyor in our Health Department will be a enormous asset to our staff and those we serve!



Lisa Holch, LCPC, CADC