



Dedicated to YOUR Wellbeing

Kendall County Health Department

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Mass Vaccination

Providing COVID-19 Vaccine to the Community

With the first arrival of COVID-19 vaccine in late December 2020, Kendall County Health Department staff were excited to begin the daunting task of vaccinating the community. This task could only be accomplished, however, with many strong partnerships and many, many amazing volunteers.

It has been critical to utilize partnerships that existed prior to the pandemic and create new ones as well. Coordinating with these partners proved priceless in holding mass vaccination events. We partnered with local schools to host mass vaccination clinics, and with local law enforcement to help manage traffic and security. We also partnered with local fire and EMS to assist with medical emergencies, and with local municipalities to assist with volunteers and resources. Working with local medical offices, pharmacies, and businesses helped to lighten the load of vaccine administration during mass vaccination clinics as well.



As planning for mass vaccination clinics progressed, the need for volunteers was very clear. KCHD staff could not fight this battle alone. Medical and non-medical volunteers all signed up to help prepare & administer



vaccine, check in & assist attendees, and contact & schedule individuals who needed additional assistance. Through the help of these volunteers, just the first mass clinic weekend held in February vaccinated over 2,200 community members, with additional clinics increasing the vaccination rate in Kendall County.

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.jhu.edu/epidemiology/covid19/)

Clarifying Mask Rules

One of the most important protective factors in the fight against COVID-19 is to wear a mask. To this end, the state enacted an emergency amendment to the Communicable Disease Code last August requiring masks be worn by individuals over the age of 2 who could medically tolerate a face covering, when in a public place and when social distance couldn't be maintained. This rule applies whether indoors or outside. Businesses, services, facilities, and organizations are required to make reasonable efforts to ensure that this law is enforced. Failure to comply constitutes a class A misdemeanor and can amount in fines issued. However, masks can be removed when dining in a public place, but must be donned again when finished or upon leaving the table or walking through the establishment. Select Health Department staff are charged with staying on top of these rules, investigating complaints, educating the community on the rules, and issuing notices of non-compliance when appropriate.



Working to End Homelessness in Kendall County

In partnership with Kendall County PADS, Health Department staff located all the PADS guests that were displaced due to the closing of the PADS shelter and provided them temporary shelter at a local hotel during the COVID-19 lockdowns. The goal was to help each PADS guest find permanent housing.

In all, about 13 families including 5 children were staying at local hotels. During their stay, we provided additional assistance with case management, gas cards, food vouchers, and supportive services. We utilized our local partnerships to help us, including the Continuum of Care and the Kendall County Housing Authority. By the time Illinois went into Phase 3 of the Stay-At-Home order, 12 of our families were no longer staying in the hotels. These 12 families were able to obtain permanent housing. Some families were able to get jobs and save money for their own place while others were able to participate in the Move-On-Up project and used a housing voucher provided by the Kendall Housing Authority. We assisted these families with security deposits and relocation/stabilization services so that they had an easier transition with their new homes.



What's Next? Currently, Health Department staff are working with 17 families that are living in a local campground find permanent housing. Due to our partnership with the Kendall Housing Authority, these 17 families that are living in the local campground will be receiving a Mainstream Voucher for housing in Kendall County as well as other homeless families in the community. Kendall County historically has had a long waiting list for anyone in the community to receive vouchers from the Kendall County Housing Authority, so having these vouchers become available during the COVID-19 epidemic is an amazing opportunity.

Mindfulness in 5-4-3-2-1

With spring time approaching, it is a great opportunity to practice awareness and mindfulness skills outdoors. Part of what we do when working with individuals with heavy emotions is awareness building. This may be grounding ourselves in the moment when emotions become too heavy. Decreasing the weight of any emotion felt can increase our ability to have a reaction not solely based out of emotion. This is called being WISE minded. It is combining both our emotional responses with our rational or logical responses. When we are WISE minded it allows us to use a balanced approach to a problem.

THE 5-4-3-2-1 METHOD



Some ways to practice grounding include utilizing the five senses to immerse ourselves in the present. One technique using the five senses is the “5-4-3-2-1” approach: 5 things you see; 4 things you can touch; 3 you can hear; 2 you can smell; and 1 you can taste. If you are feeling in the present, and are having too many thoughts – you can quiet the mind by being aware or mindful of specific things in the environment. One way would be to practice noticing a specific color when you’re on a walk. Let’s say you pick red – notice the red flowers, bricks, cars, mailbox flags along the way.

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

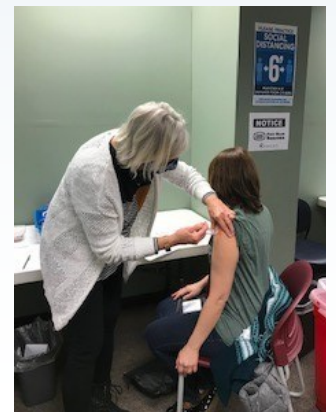
Volunteers: Making the World a Better Place

Kendall County is honored to have individuals 18 years and older from all backgrounds/professions helping to provide COVID vaccine services.

Our volunteers include administrative assistants, bankers, cashiers, chemical engineers, CNAs, consultants, dental services, forklift drivers, laser manufacturing operators, nurses, paralegals, paramedics, pharmacists, podiatrists, professors, radiologists, retirees, social workers, stay-at-home moms, teachers, truck drivers, veterinarians, and the list goes on.

Those who choose to volunteer are taking that extra step to make the world a better place. Actions speak louder than words, and this is definitely true when it comes to being compassionate toward others.

“The best way to find yourself is to lose yourself in the service of others.” - Gandhi



In the wake of a pandemic, it can often seem like there is little hope, with so much to deal with. But by volunteering in areas most in need, and doing what is necessary, communities can protect and serve, and lend a helping hand.

“The world changes according to the way people see it, and if you can alter, even by a millimeter, the way people look at reality, then you can change the world.” - James Baldwin



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 Arissa Hunt at
 (630)553-8056 or email her at
 awhunt@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.



Public Health
 Prevent. Promote. Protect.



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

Staff & Volunteers Thankful for Donations

Thank you to all wonderful groups and businesses that have donated towards the Mass Vaccination Clinics. Your generosity is so very appreciated!

