



Dedicated to YOUR Wellbeing

Kendall County Health Department

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Dan Reedy; A True Asset to Environmental Health

Dan Reedy, Kendall County Farm Bureau Manager for almost 37 years, has spent the past 13 years volunteering as the Chair of the Environmental Health Advisory Board for the Kendall County Health Department. Dan continues to be a true asset to this Advisory Board. Dan is a strong leader in our community and an expert on best management practices for agriculture as they relate to environmental health concerns.

When Dan was first appointed to the Environmental Health Advisory Board 20 years ago he remembers working on local burning ordinances and manure concerns only. Dan stated, *"Today, our Advisory Board is more diverse to include all facets of Environmental Health including restaurant managers, soil and water professionals, recyclers and many more. This diverse membership yields a learning opportunity for all each month."*

Dan went on to say, *"As Farm Bureau Manager and Chair of Environmental Health Advisory Board, I appreciate how considerate the County Board, Board of Health and the Environmental Health Advisory Board have been toward agriculture over the years."*

When asked about his experience while serving on the Advisory Board, Dan stated *"I am always surprised to hear about the array of services the Health Department provides and the way the services are integrated. If someone walks in for an immunization, they are assessed and may be referred to other services, like energy assistance if needed. The public needs to know about all the helpful services at the Health Department."*

Dan plans to retire in 2019. The Health Department will miss his wisdom, wit and compassion for the community. Thank you for everything you have done Dan. We wish you a retirement life full of good health and happiness.



"I am always surprised to hear about the array of services the Health Department provides..."

**THE AIR
IN YOUR
HOME
CAN BE
A SILENT
KILLER**

**47% of homes tested
IN KENDALL COUNTY
have DANGEROUS levels
of RADON, a leading
cause of LUNG CANCER**

**TEST YOUR
HOME!**



The Importance of Water Well Record Keeping

Do you have a private water well? If you do, it is a very good idea to keep all information and documents relating to your well in one place in case it needs to be assessed or repaired. Ideally, your water well file should include:



1. The written contract with the well driller who constructed your well.
2. A copy of the well construction log for the well on your property. Please call the Health Department if you don't have a construction log.
3. Documents related to the well and water system that were provided by the water well contractor who constructed your well.
4. Records of all water test results for your well. The Health Department recommends annual sampling for coliform bacteria and nitrate, at a minimum.
5. Maintenance records, warranties, papers for any work performed on your well system.
6. A copy of Health Department issued water well sealing forms for any sealed wells on your property.

Also consider visiting the Northern Illinois Public Health Consortium website for a Well Owner's Handbook – [A Consumer's Guide to Water Wells](#). For more information on your private water well in Kendall County, please visit our website at [Water Wells](#) or call (630)553-9100.



Colorectal Cancer and FIT TESTING



HELPING THE FIGHT AGAINST



Colorectal Cancer (CRC) is the second leading cause of cancer related deaths in the United States among men and women. There is a 91% survival rate if caught in Stage I, but a dismal 11% survival rate if caught in Stage V. Over 134,000 new cases are diagnosed each year and more than 49,000 people die from colorectal cancer each year. Kendall County is offering a screening program known as FIT (Fecal Immunochemical Test). It is a simple process which can be provided annually. If you are between 50 to 75 years of age you may be eligible. It is covered by Medicaid and many Insurances. FIT is a screening test that is FDA-cleared. If the results come back positive, the individual will then be referred to their primary care physician for a colonoscopy. Talk to your primary care physician about FIT today.



Take control of your health.

For more information, call Kendall County Health Department at 630-553-9100.

In October, the Plano Area Chamber of Commerce in partnership with the Plano Police Department, Kendall County Sheriff's Office and the Health Department hosted a prescription drug take back event in an effort to prevent drug abuse and theft by ridding local homes of potentially dangerous, expired, unused, and unwanted prescription drugs.

According to a 2014 study by Partnership for Drug-Free Kids, more than 70% of teenagers say it is easy to get prescription drugs from their parent's medicine cabinets.

Pictured above: Joe Oleck – KCHD, Mr. Richard Healy – Plano Chamber of Commerce, Jonathon Whowell – Plano Police Chief, Pat Healy and Lieutenant Norman Allison – Plano Police Department.





Have you tried to quit smoking or tobacco use in the past but have been unsuccessful? Do you sometimes feel overwhelmed by the idea of finally quitting? Please rest assured that you are not alone. According to the Centers for Disease Control, more people in the United States are addicted to nicotine than to any other drug and research suggests that nicotine may be as addictive as heroin, cocaine, or alcohol. Quitting smoking is hard and may require several attempts. People who stop smoking sometimes start again because of withdrawal symptoms, stress, or other side effects. However, people who stop smoking greatly reduce their risk for disease and early death. Although the health benefits are greater for people who stop at earlier ages, there are benefits at any age. You are never too old to quit. Stopping smoking is related to the following health benefits: lowered risk for lung cancer and many other types of cancer, reduced risk for heart disease, stroke, and peripheral vascular disease (narrowing of the blood vessels outside your heart), Reduced heart disease risk within 1 to 2 years of quitting, and reduced respiratory symptoms, such as coughing, wheezing, and shortness of breath.

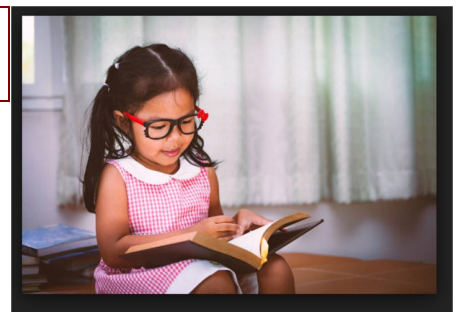
Making a New Year's resolution on January 1 can be one of the most exciting things about ending one year and starting the next. If you're one of the nearly 7 in 10 U.S. smokers who want to quit, why not make a resolution to get started in 2018? Smoking is the leading cause of preventable disease and death in the United States, and quitting now can cut your risk and leave you feeling stronger and healthier. The Illinois Tobacco Quitline is a FREE resource for tobacco users who want to quit for good. The Kendall County Health Department is also able to assist with the [tobacco cessation process](#) and is available to support you in this important life change. For more information, please call 630-553-9100.



Helping Hands for School

A child needs many abilities to succeed in school. Good vision is a key. Reading, writing, chalkboard work, and using computers are among the visual tasks students perform daily. As children progress in school, they face increasing demands on their visual abilities. When certain visual skills have not developed, or are poorly developed, learning is difficult and stressful, and often

children avoid reading, attempt to do the work anyway, but with a lowered level of comprehension or efficiency, or experience discomfort, fatigue and short attention span. During 2017, Community Action began a program called *Helping Hands for School*. The purpose of this supportive program is to assist eligible families with purchasing eyewear for their children. To date, Community Action has assisted 31 local children with prescription glasses. Funding is available for this valuable program. For more information on eligibility or the *Helping Hands for School* program, please call the Health Department at 630-553-9100.





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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.

Collaboration Prevents "Crack-up"

This fall, Health Department staff met for a few hours to discuss the rapidly changing world of health care delivery, rules on grant deliverables and transparency, and the strategies behind meaningful social media. Towards the end of day, after a brief discussion about the importance of collaboration with external and internal stakeholders, staff divided into two groups. Each group was challenged to create a floating object (with pre-determined supplies) that would protect a raw egg from cracking when being dropped six feet onto the ground.

This task was not just about "having fun", it was aimed to help staff understand that everyone has different skills, strengths and leadership styles, yet people still have to find ways to work together, come to consensus and build productive relationships. This exercise challenged our staff to solve a problem as a group. It required the strengths of both practical and creative personalities. The teams had to weigh options and make choices that would effect the outcome of the egg in a relatively short period of time.

Like our daily jobs, this task had a variety of workable solutions and listening to varying perspectives and ideas expanded the realm of possibilities. We know that in the end, collaboration and cooperation make work better—and more enjoyable. Congratulations to the winning team made up of Aaron, Becki, Jason and Victoria. Great work everyone!

