

# Health Matters



from the Kane County Health Department

— September 21, 2017 —

## Trending Matters:

**Walk to School Day:  
Thursday, Oct. 5**

To register, go to  
[makingkanefitforkids.org](http://makingkanefitforkids.org)

**Free Depression Screenings  
Thursday, Oct. 5**

By **Presence Health**  
2 - 7 p.m.

To register call **877.737.4636**  
Registrations are strongly  
encouraged. Walk-in  
appointments are available  
on a limited basis.

**A free mental health  
screening is available at:**  
[HelpYourselfHelpOthers.org](http://HelpYourselfHelpOthers.org)

## Walking the walk: Walk to School Day promotes active lifestyles



**Making Kane County Fit for Kids** is excited to open registration for **Walk to School Day 2017 on Thursday, October 5**. Last year, we had over 70 elementary and middle schools actively participate and promote safe, healthy and active transportation to school. This year we hope to engage even more schools, students and families in this great awareness raising event.

Walk to School Day is a fun activity that encourages community leader to consider the feasibility and accessibility of walking to school in their neighborhoods.

Fit for Kids is offering a \$150 stipend to the parent teacher organization at each participating elementary and middle school. Sponsors for this year's event include: Aldi, Shodeen Family Foundation, City of Elgin, City of Aurora, Advocate Sherman Hospital, Presence Health and the Rotary Club of Aurora.

Walk or Bike to School Day is a day celebrated internationally to promote the importance of physical activity by engaging schools, students, and communities. It's a one-day event geared toward creating

change in community culture and creating mobility and transportation options for all. While the event only occurs once per year, it's a conversation starter and change initiator for schools and communities.

To learn more about our local efforts to make our children healthier, go to [www.makingkanefitforkids.org](http://www.makingkanefitforkids.org) or check out our [Facebook page](#).

To learn more about **International Walk to School Day**, go to [www.walkbiketoschool.org](http://www.walkbiketoschool.org).

## Calling volunteers: Medical Reserve Corps needs you

The Health Department held its first Medical Reserve Corps (MRC) kick-off meeting Saturday, Sept. 16, and saw a good showing of new volunteers. **However, we're always looking for more!**



*MRC Crew: L-R, Medical Reserve Corps Coordinator Claudia Reginato, Health Planner Stacy Zeng and Emergency Response Coordinator Maria Pergi.*

The MRC is more than a collection of people looking for ways to give back and volunteer their time to make a difference in their communities. It is a gathering of people with specific skills, training and experience that makes them an invaluable public health resource.

The need for a national Medical Reserve Corps (MRC) became apparent after the 9/11 terrorist attacks, when thousands volunteered in support of emergency relief activities, and found that there was no organized approach to channel their efforts.

Local responders were already overwhelmed and did not have a way to identify and manage these spontaneous volunteers, and many highly skilled people were turned away. As a result, the MRC was established to provide a way to recruit, train, and activate volunteers. Recent events around the country continue to remind us of the need for trained, organized volunteers to rapidly respond to incidents.

Today, the Medical Reserve Corps is a national network of local groups of volunteers committed to improving the health, safety, and resiliency of their communities. MRC units successfully identify, screen, train and organize volunteers and utilize them to support routine public health activities and augment preparedness and response efforts. MRC volunteers include community members, medical and public health professionals, such as physicians, nurses, dentists, veterinarians, interpreters, chaplains, office workers, retail salespersons and many more. ANYONE can volunteer!



If you are interested in volunteering or learning more about the Medical Reserve Corps in your community, please contact MRC Coordinator Claudia Reginato [reginatoclaudia@co.kane.il.us](mailto:reginatoclaudia@co.kane.il.us)

More information about the MRC is available by visiting [mrc.hhs.gov/HomePage](http://mrc.hhs.gov/HomePage) and [kanehealth.com/medical\\_reserves.htm](http://kanehealth.com/medical_reserves.htm)

## Providing support and fighting stigma are goals of National Mental Illness Awareness Week

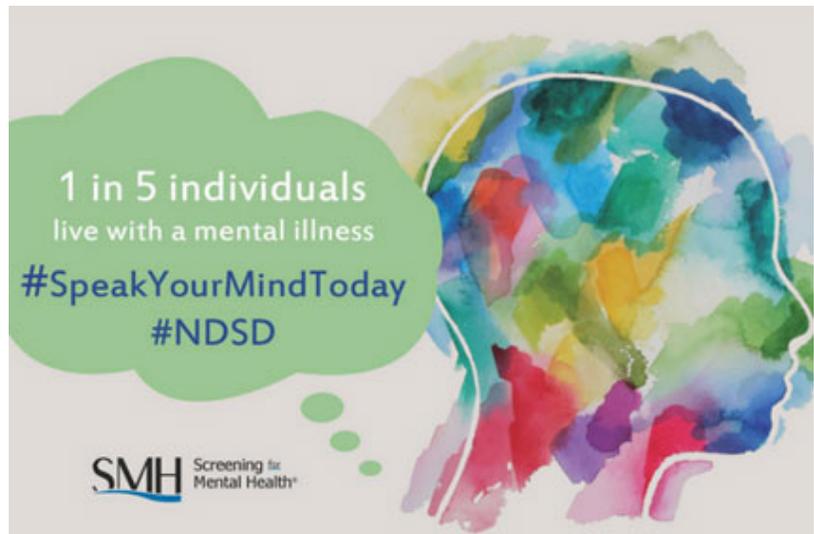


According to the Centers for Disease Control and Prevention, more than 1 out of 20 Americans 12 years of age and older have reported current depression. In acknowledging this issue, the Kane County community chose behavioral health as one of its top health priorities in the Community Health Improvement Plan (CHIP).

During **Mental Illness Awareness Week, Oct. 1-7**, the National Alliance on Mental Illness (NAMI) and other agencies from across the county and the nation are raising awareness of mental illness. Each year, the movement grows stronger.

**National Depression Screening Day** is dedicated to raising awareness and encouraging screening for people for depression and related mood and anxiety disorders. Depression Screening Day falls within Mental Illness Awareness Week. Each year, the week provides an opportunity to fight stigma, provide support, educate the public and advocate for equal care. Unfortunately, individuals and families affected by mental illness are still often subjected to stigma and discrimination.

During **Mental Illness Awareness Week**, the National Alliance on Mental Illness (NAMI) and other agencies from across the county and the nation are raising awareness of mental illness. Each year, the movement grows stronger. Mental health issues are important to address year-round, but highlighting them during #MIAW provides a time for people to come together and display the passion and strength of those working to improve the lives of the tens of millions of Americans affected by mental illness.



If you or someone you know may need a mental health assessment, anonymous online tools are available. For **National Depression Screening Day on Oct. 5**, you can get a free mental health screening at [HelpYourselfHelpOthers.org](http://HelpYourselfHelpOthers.org).



To learn more about the Behavioral Health CHIP priority please click [HERE](#). You can also visit the [Kane County Behavioral Health Council website](#).

## Breastfeeding Friendly Workplace Award



St. Charles Mayor Raymond Rogina (right) and St. Charles Human Resources Director Jennifer McMahon (left), accept a **Breastfeeding Friendly Workplace Award** from Theresa Heaton, Director Community Health on behalf of the **Kane County Breastfeeding Coalition**, at a recent meeting of the St. Charles City Council. St. Charles was one of many Kane County businesses to receive recognition. Certificates were sent to all recipients by mail and email.



[kanehealth.com](http://kanehealth.com)

**Facebook**  
[facebook.com/kanehealth](https://facebook.com/kanehealth)

**Twitter** @KaneCoHealth

**Serving  
 Kane County,  
 Illinois**

Visit the **Health Matters page** of our website [HERE](#)

You'll find an online version of this newsletter as well as an archive of past issues. There is also a **Sign Up Form** on the page, for those who would like to be added to our email list to receive future Health Matters newsletters.