



HENDERSON COUNTY

# HEALTH NEWSLETTER

DEPARTMENT Issue 22 : January 2026

## JANUARY!!!!

Post-holiday blahs and seasonal changes can significantly affect mental health this time of year. Seasonal Affective Disorder (SAD) impacts millions of Americans each year and may pose increased challenges to Henderson County residents due to shorter daylight hours, concern about weather and road conditions, and limited access and affordability to behavioral health services. Symptoms may include low energy, depressed mood and/or anxiety, oversleeping, difficulty concentrating, social withdrawal, and changes in appetite or weight. Early recognition by the person affected, by family members, and by friends are important to seeking medical care as well as other resources and strategies. Finding support and treatment are healthy and necessary steps. A medical provider should be consulted before introducing strategies that could be helpful.

### **Vitamin D supplementation:**

2/3rds of the US population has a deficit of Vitamin D.

### **Light therapy lamp:**

Do your research for affordable options before making a purchase .

### **Counseling or talk therapy:**

Telehealth and virtual care options are also available if in-person care is not available.

### **Social Activities & Exercise**

Reach out to people you know and invite them to attend community events or visit with you.



## THANK YOU

As the Henderson County Health Department begins this new year of service to Henderson County residents in 2026, we want to say thank you! Your trust, support, and encouragement have been the heartbeat of everything we have done since 1978. We can't wait to see what this next year brings with your help.

## HAPPY NEW YEAR!

The year 2026 will be several days old by the time this newsletter is read. The busyness and rush of the holiday season will be past. People will be sprinkling the last of the cookie crumbs onto their bird feeders as they contemplate how they can grow the seeds of self-improvement that are called New Year's resolutions. January brings more than a change of year; it brings a shift in mindset. The new year encourages us to let go of bad habits, set new goals, and have **fun**.

Locally there are many activities and opportunities to help people overcome the winter blahs, reconnect with family and friends, and enrich their lives while having **fun** and developing new skills. The county has a great library, many churches and community organizations sponsor delicious meals that are **fun**-raising and fund-raising for a variety of worthy causes, and the three schools that comprise West Central Community Unit School District 235 also keep area residents busy with academic adventures, artistic attractions, and spirited sporting competitions. Face January with a smile and a laugh!! For information about what is happening in Henderson County, contact Sharon Graham by phone at 309-627-2812, ext. 240 or by email at [sharon.graham@hendcohealth.com](mailto:sharon.graham@hendcohealth.com).

**Fay Roth** (Photo with Santa) and her friends are seeking other people who like to play Pitch, to organize a group to meet regularly. Call 309-627-2812, ext. 240. Fay can be found playing cards on Tuesdays, Bingo on Wednesdays, and exercising in the gym or helping with the Henderson County Community Pantry all in Gladstone at the health department. Fay likes to laugh and she definitely keeps busy! Look for Fay as she is out and about.



### VACCINES FOR CHILDREN AND VACCINE AWARENESS PROGRAM

Eagle View Community Health System and Henderson County Health Department provide free vaccines to eligible children 18 and younger. If your child is Medicaid eligible or enrolled, not insured, or are underinsured, they are eligible to receive vaccines at no charge. Getting vaccinated not only protects you, it protects your family and community.

Call Eagle View Community Health System at 309-924-2414 or Henderson County Health Department at 309-627-2812, ext. 223 to make a vaccination appointment. \*All infant and childhood vaccinations are available.



### INFLUENZA VACCINATIONS

Influenza vaccinations are still being given at the Henderson County Health Department. The 65+ vaccine is the only available vaccine. Just call the health department to make certain a nurse is available before coming to the agency. Medicare ID is required. Medicare will be billed or cash or check will be accepted for payment. Commercial insurance is not accepted.

### CONTACT HCHD

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**Business Hours:**

**Monday – Thursday:**

**8:00 a.m. – 4:00 p.m.**

**Friday: 8:00a.m. - Noon**

Event	Time & Date	Location
Free Bingo	1:00 to 3:00 Wednesday Jan 7th & 21st	Henderson County Health Department
Low Impact Exercise (FREE) No registration required	Mon-Wed-Fri 8:00am-9:00am	Henderson County Health Department
Fit and Strong! Exercise Class (Free) No registration required	Mon-Wed-Fri 9:30 am to 10:30 am	Stronghurst Senior Center Broadway Street
Free Card Games	Tuesdays	Henderson County
Board Games	Noon	Health Department
Lomax-Carman Senior Citizens Potluck	4 <sup>th</sup> Thursday of the Month 11:30 a.m.	Lomax Senior Center 911 E. Main Street
Jigsaw Puzzles	Week Days	HC Health Dept.
Family Outreach Community Center Trivia Fundraiser	Friday January 30, 2026 5:30 Registration 6:30 Gametime	The Barn at Fairview Acres Biggsville, IL