



HENDERSON COUNTY

# HEALTH NEWSLETTER

## DEPARTMENT Issue 27 : August 2026

### SNAP Connect NEW at HCHD

After the passage of House Resolution 1 in the Summer of 2025, several changes were codified into the Supplemental Nutrition Assistance Program (SNAP), the most notable of which created more work requirements on an expanded definition of Able-Bodied Adults without Dependents (ABAWDs). Because these changes put many at risk of losing their SNAP benefits, the Illinois Department of Human Services (IDHS) created a program called SNAP Connect to help raise awareness of the work requirement changes to impacted persons. Community Health Workers will work with clients to help them understand the policy changes around SNAP, help them determine if they qualify for exemptions or connect them to opportunities that will meet the work requirements, and support them throughout the application process. Karen Cole and Sharon Graham from the Henderson County Health Department received their training in 2023 to become Community Health Workers as designated by the Illinois Public Health Association. Cole and Graham received training from the University of Illinois-Extension to become Find Food IL Navigators in June and July of 2026. As of August 1, 2026, they began conducting outreach and SNAP Connect activities and assistance in Henderson County. By working directly with Henderson County residents to try to ensure understanding and compliance with the federal work requirement changes, Henderson County Health Department can help reduce hunger throughout Henderson County and Illinois. Contact Karen and Sharon at 309-627-2812, ext. 230 or ext. 240.

*On the floor. A jigsaw piece lies unobserved. Whispers of Stories.*



Many people who visit the Henderson Co. Health Department comment about the beautiful jigsaw puzzles that brighten the walls of the gym, which also doubles as a fitness center & community room. For the past 10 years Donnie Olson of Gladstone has had at least one puzzle under construction in one of the corners of the gym. Jayne Olson, Donnie's wife, glues the completed puzzles together so they can be hung for viewing. Other community members also contribute to solving the puzzles.

Darice Ennis of Oquawka received a beautiful 2000 piece puzzle from one of her three daughters for Christmas in 2022.

Darice worked on the puzzle from January through March in 2023 when she and her husband started preparations to move from Chicago area to Oquawka. In October of 2025 Darice brought the puzzle to the health department. Donnie, Darice and other puzzle lovers completed the puzzle in May of 2026..

Puzzling requires complete focus on the task at hand & can become addictive. It is an unintentionally mindful activity that calms the nerves and helps people de-stress. Donnie enjoys using his mathematical, organizational and observational skills to complete the puzzles. Darice recognizes that life doesn't always allow time or room in your home. Currently, there are two puzzles under construction in the gym. You are welcome to stop in

### BE A FORCE OF NATURE BE READY.GOV

September is National Preparedness Month. It is a time to prepare yourself and those in your care for emergencies and disasters. You know that emergencies can happen unexpectedly in Henderson County, to people just like you. In just this year, we have seen blizzards, hurricanes, tornado outbreaks, river floods and flash floods, wildfires, and even water main breaks and power outages throughout the United States. Police, fire, and rescue personnel may not always be able to reach you quickly in an emergency or disaster. The most important step you can take in helping your local responders is being able to take care of yourself and those in your care.

This September, please prepare and plan in the event you must go for three days without electricity, water service, access to a grocery store, or local services for several days. It is important to make a family emergency plan that can be put in action as soon as disaster strikes. Make sure to include plans for infants, children, seniors, people with disabilities and special needs, and don't forget pets! A supply kit is a must when planning for potential disasters.

Check out Ready.Gov online!!

## **REMINDERS from HCHD**

### **COOLING CENTER**

Did you know that the Henderson County Health Department is a designated cooling shelter? The building is open to the public from 8:00 a.m. to 4:00 p.m. on Mondays and Wednesdays, until 6:00 p.m. on Tuesdays and Thursdays, and until Noon on Fridays. The gym has exercise equipment and enough room to walk the gym's perimeter. There are jigsaw puzzles, magazines, and playing cards that can be used to pass the time. Cell phones can be charged. People should bring their own snacks as well as toys if they are accompanied by children. Service animals must be leashed. Free water and coffee are always available and. For more information, call 309-627-2812, ext. 240.

### **LONGER PANTRY HOURS**

The Henderson County Community Pantry is housed at the Henderson County Health Department at 208 West Elm Street in Gladstone, IL. The hours are from 1:00 to 6:00 p.m. on Tuesdays and from 1:00 to 6:00 p.m. on Thursdays. Guests may obtain food monthly. A limited variety of fresh produce is available on the 4th Thursday of each month.

### **EXTENDED GYM HOURS**

**Open to the Public**

**No Charge**

**MONDAY & FRIDAY**

**8:00 a.m. to 4:00 p.m.**

**TUESDAY & THURSDAY**

**8:00 a.m. to 6:00 p.m.**

**FRIDAY: 8:00 a.m. to Noon**



**HELP FILL the CUPBOARD  
for  
HENDERSON COUNTY  
COMMUNITY PANTRY  
at  
HENDERSON COUNTY  
HEALTH DEPARTMENT**

**NONPERISHABLE FOOD  
LAUNDRY SUPPLIES  
HYGIENE SUPPLIES  
MONETARY GIFTS**

## **CONTACT HCHD**

**Phone: (309) 627-2812**

**Fax: (309) 627-2305**

**208 West Elm Street,**

**P. O. Box 220,**

**Gladstone IL 61437**

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**Business**



**Hours:**

**Monday – Thursday:**

**8:00 a.m. – 4:00 p.m.**

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

| <b>Event</b>                                                | <b>Time and Date</b>                      | <b>Location</b>                                 |
|-------------------------------------------------------------|-------------------------------------------|-------------------------------------------------|
| Eagle View 2026<br>Health Fair<br>Open to Public            | August 5th<br>11:00 a.m. to 2:00 p.m.     | Stronghurst Park<br>Stronghurst                 |
| Card Games and<br>Board Games<br>Puzzles                    | Tuesday Afternoons<br>12:30 til close     | Henderson County<br>Health Department           |
| Stronghurst<br>Farmers Market                               | 5:00 to 7:00 pm<br>Aug 3, 17, 31          | Broadway Street<br>Stronghurst, IL              |
| <b>Free</b> Bingo<br>1:00 to 3:00 p.m.                      | <b>August 5 (Canceled)</b><br>August 19th | Henderson County<br>Health Department           |
| <b>Free</b> Low Impact Exercise<br>No registration required | Mon-Wed-Fri<br>8:00 am to 9:00 am         | Henderson County<br>Health Department           |
| <b>Free</b> Fit and Strong!<br>Exercise Class               | Mon-Wed-Fri<br>9:30 am to 10:30 am        | Stronghurst<br>Senior Center<br>Broadway Street |
| West Central High School<br>First Home Football Game        | August 21 7:00 pm                         | Home Against<br>Flanagan/Woodlawn               |