

STATE REPRESENTATIVE ★ 84TH DISTRICT

**STEPHANIE KIFOWIT**



1677 Montgomery Rd., Ste. 116 ★ Aurora ★ 630-585-1308 ★ [Stephanie.Kifowit@att.net](mailto:Stephanie.Kifowit@att.net)

## PTSD Awareness Month

Hello,

I hope everyone's June is off to a great start.

June is here and that means we are having our annual **Shred and Recycle Day on June 18th from 9 AM - 12 PM in the parking lot of my office 1677 Montgomery Road, Aurora.** Make sure you read the flyer below or go to my website for a list of approved electronics. We are also accepting unused prescriptions in a clear plastic bag, eye glasses, paper shred, cellphones and gently used books. This event helps so many non-profits and also helps you clean out your closets. If you have an antique electronic or a unique item, let us know - the Paramount Theater takes antique and unique items as stage props for their productions.

The month of June has many designations. June 12th is designated as Women Veteran's Day. It was on this day in 1948 the Women's Armed Services Integration Act was signed into law. Prior to this law, women (with the exception of Nurses) were only allowed to serve in times of war and in a limited capacity. When I served, women were still only allowed to serve in a handful of military occupations. Today, women are allowed to serve in almost every military occupation in all branches of the Armed Forces. **I am the only woman Veteran and only USMC Veteran in the whole General Assembly.**

This Memorial Day I was unable to participate in because I caught COVID-19; however, I was fully vaccinated and boosted so my symptoms were mild and I am fully recovered. My office staff joined the Aurora Roosevelt American Legion Post 84 for ceremonies at cemeteries and again in the Aurora Memorial Day Parade. I also appreciate all the Facebook posts of those who recognized the National Time of Remembrance at 3pm on Memorial Day. Thank you to all who properly honored our Fallen.

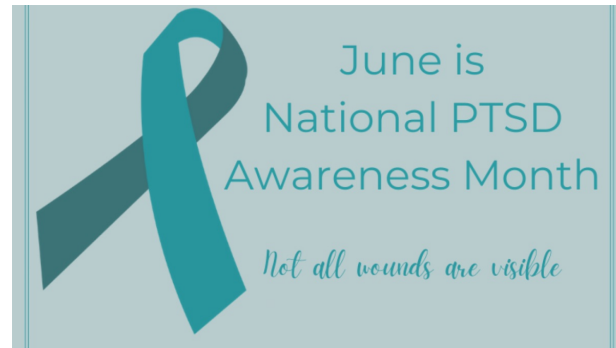
It is so important that we honor and always remember those that have given their lives in the service of our country. I encourage everyone to consider spending time volunteering with our Veterans, attend events or visit American Legion meetings. Many of our senior Veterans can feel isolated at times, so chatting with a Veteran in your community can mean the world to them. Continue reading below for additional information.

In the month of June, we raise public awareness about issues related to PTSI, or Post Traumatic Stress Injury. While technically it is listed as PTSD, many in the Veteran community is working to change the designation to PTSI. **[You can read my PTSI resolution here.](#)**

The reality is that Post Traumatic Stress is an injury that many, especially our Veterans

have. As we raise awareness, it helps reduce any stigma associated with PTSD, and helps ensure that those suffering from the invisible, but very real, wounds of trauma receive proper treatment. Statistics show that 7-8% of our population will suffer from PTSD at some point in our lives. If you are affected, know that help is available. You may read below for further information on PTSD.

Take care and be well,



P.S. With the warmer weather here I hope everyone can enjoy some time outdoors. Make sure to put on sunscreen, hydrate, and stay cool! Higher temperatures can lead to extreme health issues. Please visit the [CDC's website](#) to learn more about how to enjoy the warmer weather safely. As always, if you have any questions on events you may call my district office at (630)-585-1308 or visit [www.ILDistrict84.com](http://www.ILDistrict84.com)

---

## Memorial Day 2022

---

This Memorial Day, we attended a variety of events in and around Aurora to honor and remember fallen Veterans. The Roosevelt Aurora American Legion Post 84 always visits four cemeteries to honor those who lost their lives in the service of our country. Many also participated once again in this Aurora's Memorial Day Parade.

You can Volunteer at the local Veterans organizations, such as the Roosevelt Aurora American Legion Post 84 and continue to support our Veterans throughout the year. Visit the Aurora American Legion website [here](#) or call our office with any questions at (630)-585-1308.



---

## Senior Food Drive June 13th 11 AM-1PM

---

For the 3<sup>rd</sup> year we are partnering with Representative Keith Wheeler and Representative Barbara Hernandez to distribute frozen meals to eligible seniors and all Veterans. You must reside in Kane County, be 60 years of age or older, or a Veteran to participate in this program. Additional particulars are on the flyer below. You may call any of our offices for more information.

# Senior Meal Distribution Drive-Thru



Rep. Barbara Hernandez



Rep. Stephanie Kifowit



Rep. Keith Wheeler

## Mondays from 11am -1pm



- March 14th & 28th
- April 11th & 25th
- May 9th & 23th
- June 13 & 27th
- July 11th & 25th
- Aug 8th & 22nd
- Sept 12th & 26
- Oct 3rd & 24th



St. Athanasios Greek Orthodox Church, 1855 5th Ave, Aurora, IL 60504

### \*Only Available Via Registration:

To register, call: 630.585.1308 (Kifowit)  
630.270.1848 (Hernandez)  
630.345.3464 (Wheeler)



\*Registration closes the Friday prior at 12:00pm

Adults who are 60+ and reside in Kane county are eligible for 5 frozen meals. Veterans of all ages, residing in Kane County are eligible. You must call to register to be eligible to participate. You are not eligible if currently enrolled in Meals On Wheels

[www.ildistrict84.com](http://www.ildistrict84.com) - [michelle@ildistrict84.com](mailto:michelle@ildistrict84.com)

[www.StateRepresentativeBarbaraHernandez.com](http://www.StateRepresentativeBarbaraHernandez.com) - [hailey.repbnhernandez@gmail.com](mailto:hailey.repbnhernandez@gmail.com)

[www.repkeithwheeler.com](http://www.repkeithwheeler.com) - [office@repkeithwheeler.org](mailto:office@repkeithwheeler.org)

Meals Provided by the Kane Senior Council. This is a Temporary Service that may conclude at any time. For more information about Kane Senior Council call 630.338.0999 or email [info@kaneseniorouncil.org](mailto:info@kaneseniorouncil.org) or visit [kaneseniorouncil.com](http://kaneseniorouncil.com)

## Shred & Recycle Day June 18th 9 AM-12 PM

Mark your calendars for a late spring cleaning day! On June 18th, come out from 9am-12pm to shred any old documents, papers, and recycle other household items. See below for items that will be accepted at this rain or shine event. Call (630)-585-1308 with any questions.

# STATE REPRESENTATIVE STEPHANIE KIFOWIT



## RECYCLE & SHRED DAY



Electronic  
Recycling

Medication

Paper Shred

Cell phone  
Eyeglasses &  
Used Books



Accepting: computer towers, microwaves, DVD players, VCRs, video game consoles, printers cable receivers, fax machines digital players & recorders

**NO TVs or  
COMPUTER MONITORS**

Prescription drug & over-the-counter medication collection provided by Fox Metro  
No controlled substances. Please place all medications in a clear plastic bag

On-site document shredding

Limit of 4 bags per car

Cell phone collection to benefit Mutual Ground domestic violence & sexual assault services

We are also accepting eyeglasses and gently used books

**SATURDAY, JUNE 18, 2022 9:00AM - NOON**

**WHERE:  
Rain or Shine**

Rep. Kifowit  
constituent service  
office parking lot  
1677 Montgomery Rd  
Aurora, IL  
630.585.1308  
Stephanie.kifowit@att.com

Follow us on Facebook & Twitter  
@ ILDistrict84



Rep. Kifowit-USMC



Contactless  
disposal

**Self Care and STS Free Training  
June 28th 9 AM**

The month of May was designated as Mental Health Awareness Month, and it's important to continue to advocate for self care and good mental health practices. Join Age Guide for a virtual training on Identifying Secondary Trauma & Self Care. This training will focus on

identifying the secondary trauma workers are exposed to and the importance of self-care.

Register at the link [here](#)!

## **IDENTIFYING SECONDARY TRAUMA & SELF-CARE**

This training will focus on identifying the secondary trauma workers are exposed to and the importance of self-care. Presented by Robin Pendleton, Owner of Pendleton Training and Consulting

**Tuesday, June 28th**  
**9 - 10:30 AM**  
**Held Virtually on Zoom**



## **Free Summer Meals for Aurora Youth Monday through Friday until August 12th**

Children in Aurora will have access to FREE meals this summer! Through the USDA's Summer Food Service Program, the Northern Illinois Food Bank will offer its Meals on the Move Program for children 18 years and younger.

Nutritious boxed meals will be distributed each weekday at four Aurora parks from Monday, June 6 through Friday, August 12 on the following daily schedule:

- **10 a.m. – 11 a.m. at McCarty Park, 350 E. Galena Blvd.**
- **11:30 a.m. – 12:30 p.m. at Phillips Park, 1000 Ray Moses Drive.**
- **1 p.m. – 2 p.m. at Blackhawk Park, New York St. and Blackhawk St.**
- **2:30 p.m. – 3:30 p.m. at Greene Field Park, 630 N. Russell Ave.**

This year, Meals on the Move also includes the Friday Fresh Market, where every Friday, take-home lunches for the weekend, along with fruits & vegetables, will be provided to families.

All meals are completely free. No registration or identification is required. Weekday meals

## FREE SUMMER MEALS FOR AURORA YOUTH



### JUNE 6 - AUGUST 12

**VISIT ANY LOCATION EACH WEEKDAY FOR FREE MEALS  
FOR AURORA YOUTH AGES 18 AND YOUNGER\*:**

**10 A.M. - 11 A.M.**

**McCarty Park**

350 E. Galena Blvd.

**11:30 A.M. - 12:30 P.M.**

**Phillips Park**

1000 Ray Moses Dr.

**1 P.M. - 2 P.M.**

**Blackhawk Park**

New York St. & Blackhawk St.

**2:30 P.M. - 3:30 P.M.**

**Greene Field Park**

630 N. Russell Ave.

*\* All meals must be eaten onsite during the weekdays*



**DUNHAM  
FOUNDATION**

**FRIDAY FRESH MARKET:** Each Friday, take-home lunches for Sat. & Sun. - along with fruits & vegetables - will be provided.

## ALL FREE! ALL FRESH! ALL WEEK!

## Aurora's Farmer Market Returns Weekly from 8 AM - 12 PM, Until October 8th

The Farmers Market in Aurora has returned this summer for its 110th season! The market features fresh, locally grown fruits and vegetables, delicious baked goods and pastry items, a selection of local food trucks and vendors, fresh coffee, one-of-a-kind artisan items and more!

The Farmer's Market will be located at Water Street Square (65 Water Street, Aurora, IL. 60505 - directly across from City Hall and the Water Street Mall). Visit the City of Aurora's website [here](#) for more information.



## PTSD Awareness and Facts

There are currently about 8 million people in the United States with PTSD. Even with PTSD treatment available, not everyone with PTSD takes it. June is PTSD Awareness Month. Help us spread the word that effective PTSD treatments are available.

Learn more on how to advocate and spread awareness [here](#) or click on the image below to enlarge it!

### PTSD FIGHT TO SUPPORT AWARENESS

Post-traumatic Stress Disorder (PTSD) is a severe anxiety disorder brought on by psychologically traumatic events. The condition can last for a few months or for the rest of the victim's life.

#### HOW COMMON IS PTSD?



AN ESTIMATED **7.8%** OF AMERICANS WILL EXPERIENCE PTSD AT SOME POINT IN THEIR LIVES WITH **WOMEN (10.4%) TWICE AS LIKELY AS MEN (5%) TO DEVELOP PTSD**



#### THE TRAUMATIC EVENTS MOST OFTEN ASSOCIATED WITH PTSD



#### WHAT ARE SYMPTOMS OF PTSD?

NUMBNESS  
BAD MEMORY  
NIGHTMARES  
INSOMNIA  
VIOLENCE

GUILT  
HOPELESSNESS  
NO FOCUS  
HALLUCINATIONS  
SUBSTANCE ABUSE

ANGER  
SELF DESTRUCTION  
SHAME  
FLASHBACKS  
IRRITABILITY

#### PHYSICAL SIGNS:

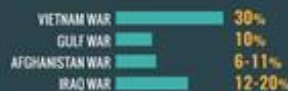
HEADACHES  
AGITATION  
DIZZINESS  
INCREASED CHEST PAIN  
FAINTING

#### PTSD IN CHILDREN



**MORE THAN 60%** OF CHILDREN AGES 0-17 EXPERIENCED OR WITNESSED AT LEAST ONE TRAUMATIC EVENT IN THE LAST YEAR

#### PTSD IN THE MILITARY



#### PTSD AND DOMESTIC ABUSE



#### SUPPORT PTSD DISORDER





# Facebook Live Mondays at 9 AM

I continue to host Monday Morning Coffee live via Facebook at 9:00am-10:00am where you can post your comments and questions.

I realize not everyone has Facebook. The good news is that you can still participate. If you would like to join us on Monday mornings, you can join in via ZOOM! Once connected via ZOOM, you'll be able to interact just as if you were on Facebook. Don't worry you will not be on live - your video feed and mic will be muted.

The ZOOM link will be emailed to everyone separately for Monday morning participation.

If you would like to join us, please email [Michelle@ILDistrict84.com](mailto:Michelle@ILDistrict84.com) or call the office at 630.585.1308.



Monday Morning Coffee  
Facebook Live with  
Representative Kifowit

9:00AM @ILDISTRICT84

630.585.1308

[stephanie.kifowit@att.net](mailto:stephanie.kifowit@att.net)

[Visit our website](#)

[Twitter](#)

[Instagram](#)

[Facebook](#)