

STATE REPRESENTATIVE ★ 84TH DISTRICT

**STEPHANIE KIFOWIT**



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

## Upcoming District Events

Dear

Earlier this week, I sent out an email regarding the fiscal improvement of the state of Illinois, I am happy to report in the past few days Illinois **received a double upgrade from S&P Global Ratings in our credit**. Fiscally responsible choices over the last three years have made real progress toward fiscal stability in Illinois. For the past 20 years, Illinois had seen downgrade after downgrade. Now, Illinois has received a remarkable swing with multiple credit upgrades. [You can read a summary here](#). We have passed balanced budgets, paid our bills and have been fiscally responsible and it is paying off!!

As Chair of the IL House Veterans Affairs committee, the recent Auditor General's report on the circumstances surrounding the deaths of our Veterans at the LaSalle Veterans' home is very concerning. I am scheduling a committee hearing to review these findings and have a robust discussion on how we can keep our Veterans safe in that are under our care. [You can read my full statement here](#).

May is Military Appreciation Month. Being the only female USMC Veteran in the General Assembly and my husband who is an Army Veteran along with my son who is currently serving in the Navy, we are a military family. It is so important to recognize the support families give to our Servicemembers who are currently serving. During this month, remember to express gratitude to our service men and women, to their families, and for all they do everyday. Also, I am a member of the Roosevelt Aurora American Legion and you can join us at our monthly meeting for Veterans on May 13th at 8:00am at 1 E Benton Street in Downtown Aurora. Hope to see you there!!

Over the next few months, my office is planning several events. Please read below for info on our Shred Day, Kids Expo, and our bi-monthly senior food drive. As always any questions on these events can be answered by calling my district office at (630)-585-1308 or visiting my website at [www.ILDistrict84.com](http://www.ILDistrict84.com)

Take care and be well,

Stephanie



# NATIONAL MILITARY APPRECIATION MONTH

Remember ~ Honor ~ Support

P.S. Our Youth Advisory Council is seeking new members! All high school students are encouraged to participate if you are interested in state government! If interested click [here](#).

## Thank you to all who donated to our Mutual Ground Drive!

Throughout the month of April, my office partnered with Representative Hernandez's office to collect donations for Mutual Ground Domestic Violence Shelter in Aurora. These donations will go towards individuals in crisis seeking assistance from Mutual Ground. With over 50 items collected I wanted to thank all of you for helping us out.

Mutual Ground continues to collect donations all year long. If you'd like to drop off any other items or want more information on what they do, please visit their website [here](#).



(From L-R: Rep Kifowit, Mutual Ground Administer Krystyna , Molly from Rep Kifowit's Office, and Allison from Rep. Hernandez's Office)

## May is Mental Health Awareness Month

While it's important to practice self care all year long, this month we're highlighting some key aspects of self care that anyone can use!

1. **Be physically active!** Staying active and exercising have been shown to reduce anxiety, depression, and stress.
2. **Eating a well-balanced diet** can help you live a longer life and reduce your chances of medical issues and the stress that comes with them. Visit [nutrition.gov](https://www.nutrition.gov) for more information.
3. **Pace yourself!** Overworking and not creating time for yourself can cause undue mental stress. Make time to relax and appreciate all that life has to offer.
4. **Get enough quality sleep!** Sleep is essential for the proper function of your body and mind. Lack of sleep hurts your mental health and contributes to high blood pressure, diabetes, heart attacks, heart failure, or stroke.
5. **Reach out for help if you need it.** If you feel like you are struggling with your mental help, reach out! You can call the SAMHSA National Helpline 24/7 at 1-800-662-4357. You can also visit [www.dhs.state.il.us](https://www.dhs.state.il.us) for more resources.



### Senior Food Drive May 23rd 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.repberhernandez@gmail.com](mailto:hailey.repberhernandez@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@kaneseniouncil.org](mailto:info@kaneseniouncil.org) or visit [kaneseniouncil.com](http://kaneseniouncil.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

**Kids Expo "Touch a Truck" 2022  
September 10th, 10 AM-1 PM**

Our Kids Expo has been confirmed for September 10th from 10am - 1pm! This is a perfect day for children and adults to come out and learn about vehicles ranging from firetrucks, ambulances, and a medivac helicopter. There will be food trucks and a variety of other fun

organizations and activities at this event as well.

I highly encourage everyone to come out, engage with all our local participants, and have fun! See below for more info.

**State Representative  
Stephanie Kifowit**

**PRESENTS**

**KIDS  
EXPO**

**RAIN  
OR  
SHINE**

**Saturday**  
**SEPTEMBER 10, 2022**  
**10:00am-1:00pm**  
**Saturday**

**FIRETRUCKS • TRUCKS • POLICE CARS • MEDIVAC**  
and much more!

**Phillips Park Family Aquatic Center, North & South  
Parking Lots (off Howell Place)  
828 Montgomery Rd., Aurora, IL 60505**

**FREE ADMISSION!**

**CALL US FOR MORE INFO**  
**630.585.1308**

**VISIT US ONLINE**  
**www.ildistrict84.com**

## 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.



A promotional graphic for a Facebook Live event. The background is a vibrant orange-red color with decorative elements including a yellow sun, a teal cloud, and a circular inset showing a cup of coffee with a latte art design. Another circular inset features a portrait of Representative Stephanie Kifowit. A third circular inset shows a laptop screen with the Facebook Live logo. The text is centered and reads: "Monday Morning Coffee Facebook Live with Representative Kifowit". Below this, a teal banner contains the time and location: "9:00AM @ILDISTRICT84".

Monday Morning Coffee  
Facebook Live with  
Representative Kifowit

9:00AM @ILDISTRICT84

630.585.1308

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