

STATE REPRESENTATIVE ★ 84TH DISTRICT

STEPHANIE KIFOWIT



1677 Montgomery Rd., Ste. 116 ★ Aurora ★ 630-585-1308 ★ Stephanie.Kifowit@att.net

Appreciating our Volunteers

Dear

This week I am proud to highlight one of our outstanding student volunteers, Rhea, from Oswego East High School. I am appreciative of the many volunteers from local high schools who come each week to my office and help out with a variety of tasks. Our volunteers help spread the word on district events, to collecting cards for our Veterans, help distribute senior meals and so much more. Our volunteers do great work for the residents of the 84th district.

Rhea has been a volunteer at our office since last summer and carries herself with kindness and professionalism at all times. Rhea will be moving out of state at the end of the month and she will be greatly missed! She made many positive contributions to our district office and I am confident that she has a very bright future ahead. Click on the photo of Rhea below to read more about her on our Facebook page!

As a member of the Roosevelt Aurora American Legion, I've included information on their **free American Legion Band Concert on May 28th at West Aurora High School at 3pm**. Enjoy an afternoon of wonderful music in honor of our active duty servicemember and our Veterans.

In less than a month, on June 18th from 9am - 12pm, I will be seeing many of you at our Shred and Recycle Day. Continue reading below for more details and other events coming up in the district.

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

Take care and be well,

A handwritten signature in black ink that reads "Stephanie". The signature is fluid and cursive, with a large initial 'S'.



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

Addressing the Baby Formula Shortage

Whether it is due to supply chain issues, recalls or trade issues, the Baby Formula shortage is real for many Illinois families.

On the state level, if you are having trouble finding baby formula you can call the Illinois Department of Human Services Help Line at 1 (800) 843-6154 or visit their website at DHS.Illinois.Gov/Babyformula

On the National level, in the wake of the infant formula shortages across the country, the Biden Administration has been working with retailers and manufacturers to help replenish these essential supplies at our stores. These efforts have ramped up production 30-50 percent bringing more products to the market. If you are struggling to find formula please view the resources that the National Department of Health and Human services have provided on their website [here](#).



The infographic is titled "Do" and "Don't" and is centered around a baby bottle. The "Do" section lists: "Talk to your pediatrician", "Check with area baby pantries", "Look for the generic version of your go-to brand", and "WIC participants call: 785-776-4779 ext. 7661". The "Don't" section lists: "Stretch or dilute your formula", "Make homemade formula", "Substitute with non-human milk", and "Buy from third-party vendors". A yellow banner at the bottom states: "Watering down formula can cause nutritional imbalances". The background is light yellow with various baby-related icons like a pacifier, stars, a rattle, and footprints.

Do

- Talk to your pediatrician
- Check with area baby pantries
- Look for the generic version of your go-to brand
- WIC participants call: 785-776-4779 ext. 7661

Don't

- Stretch or dilute your formula
- Make homemade formula
- Substitute with non-human milk
- Buy from third-party vendors

Watering down formula can cause nutritional imbalances

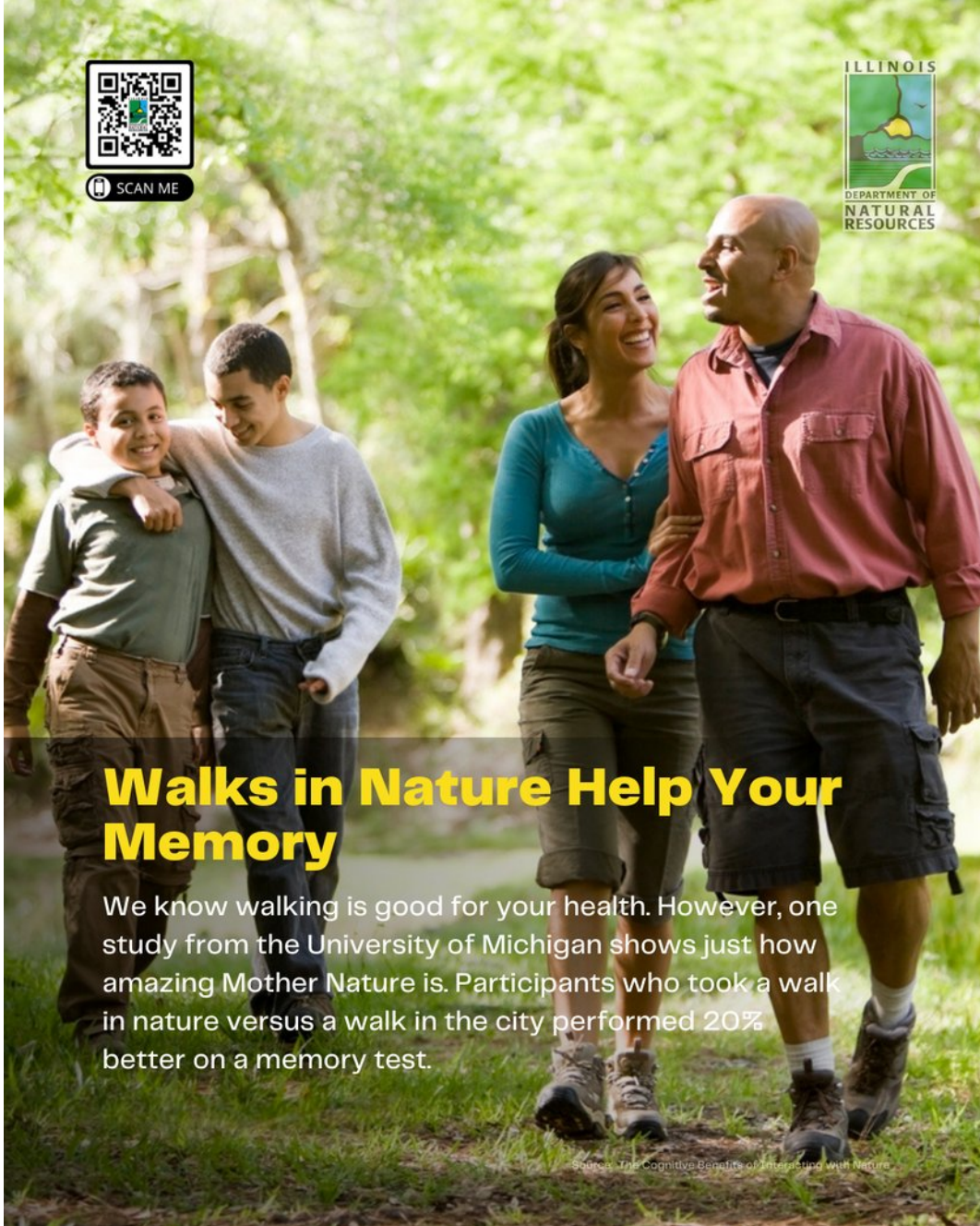
Nature and Mental Health

With summer weather finally arriving, and summer break coming soon for many of our students, we suggest you go spend some time in nature! It should come to no surprise that spending some time outside can lead to better mental health. In fact, the Illinois Department of Natural Resources found in a 2020 survey that "85% of Illinoisans say outdoor recreation is important to their quality of life". With over 400 free public sites in the state including trails, forest preserves, public parks with beautiful lakes and streams, we have a tremendous opportunity to enjoy the beauty and peaceful atmosphere that we find when we are in the great outdoors. .

IDNR has a great list of resources and ideas for outdoor exploration at their website [here](#). Or you can click on the photo below and scan the QR code using your phone or tablet!



SCAN ME



Walks in Nature Help Your Memory

We know walking is good for your health. However, one study from the University of Michigan shows just how amazing Mother Nature is. Participants who took a walk in nature versus a walk in the city performed 20% better on a memory test.

Source: The Cognitive Benefits of Interacting with Nature

Armed Forces Day Free Concert May 28th at 3 PM!

For the first time in two years The Roosevelt Aurora American Legion Post 84 will be hosting a free concert by the Aurora Legion Band on Armed Forces Day on May 28. The concert will take place at 3 p.m. at West Aurora High School with doors opening at 2:45.

The American Legion band has been in rehearsal during the winter and spring to prepare for it's 85th Season. The concert serves to honor service members currently serving around the globe. Everyone is encouraged to attend the concert and enjoy the music performed by this talented band as we all pay tribute to and honor our armed forces.



**Roosevelt Aurora American Legion Post 84
HOSTS**

**Armed Forces Day
Free Concert**

with the
Aurora Legion Band

Saturday May 28th
at 3:00 p.m.

West Aurora High School
1205 W New York Street, Aurora IL
doors open at 2:45pm in the auditorium

FOR MORE INFORMATION:

Greg Probst – info@auroralegionband.com – auroralegionband.com
Commander Mike Eckburg – (630) 474-5084 – commander@post84.com

MEMORIAL DAY, May 30 2022
Events to Honor The Memory of Our Veterans
Lost In The Service of our Country

Aurora



Oswego

Naperville



The City of Aurora's Annual Memorial Day Parade will begin at 12:00 p.m. on Monday, May 30, 2022, in downtown Aurora! Click [here](#) for details.



You're invited to join us for our first community workout at BattleFit 720! Come check out what we're all about, meet the coaches and kick off this Memorial Day with a fun workout! Click [here](#) for details.

The Naperville Memorial Day Parade will feature nearly four dozen participants, including members of the Naperville Police and Fire Departments, Cub Scout groups, marching bands from local schools, the Chicago Chapter of the 82nd Airborne Division Association and other groups. Click [here](#) for details.

Every year members of the Roosevelt - Aurora American Legion Post 84 visit four cemeteries to pay respects to the fallen veterans of our community. The community is encouraged to attend and honor those we have gave their lives for our Nation. The members meet at the following:

- 8:00 a.m. at Lincoln Memorial Cemetery located at 675 U.S. 30, Aurora
- 9:00 a.m. at Annunciation Cemetery located at 1820 Church Road, Aurora
- 9:30 a.m. at St. Michael's Cemetery located on Route 25 at Mitchell Road, Aurora
- 10:00 a.m. at Rive Hills Memorial Park Cemetery located at 1650 S. River, **Batavia, IL**

Looking for activities and other ways to honor our fallen service members on Memorial Day? Click on the link [here](#) learn of activities for Memorial Day Weekend 2022 .

Senior Food Drive June 13th 11 AM-1PM

For the 3rd 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 - michelle@ildistrict84.com

www.StateRepresentativeBarbaraHernandez.com - hailey.repbhernandez@gmail.com

www.repkeithwheeler.com - 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 or visit 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

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 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

[Visit our website](#)

[Twitter](#)

[Instagram](#)

[Facebook](#)