



# Village InCK News

IHub 618-518-4625(call) or 618-226-1726(text)  
villageinck@egyptian.org

August 2023



## Upcoming Events

**Back to School Supplies-Enfield Christian Church For NCOE**

August 2nd 5:30pm

**Back to School Night-New Hope General Baptist Church Omaha**

August 3rd 5pm-9pm

**Back to School Giveaway-McLeansboro First General Baptist Church**

August 5th 10am-2pm

**Back to School Bash-Star Church Closet of Second Blessings Eldorado**

August 6th 5pm-7pm

**Back to School Bash-Carrier Mills Grade School**

August 7th 6pm-8pm

**PACE Back to School-Eldorado High School Cafeteria**

August 10th 5:30pm-7pm

**Back to School Night-Gallatin County Elementary School**

August 10th 6pm-7:30pm

**Summer Movie Night-Ridgway Park**

August 12th 7:30pm

**Chalk the Walk- NCOE Elementary School**

August 14th 6pm-8pm

**Back to School Swim Bash-Aquatic Zoo Dahlgren Grade School**

August 18th 6:30pm-8:30pm

## Hydration for the Child Athlete

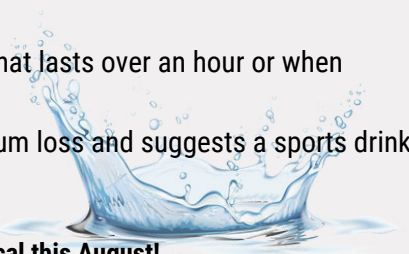


**Keeping youth hydrated is very important. Here are some tips!**

- Start sports practice well-hydrated by drinking water throughout the day and immediately after exercise.
- Within an hour before exercise, drink 8-20 oz. of fluid (water or sports drink).
- Children need fluids (3-5oz.) every 15-20 minutes during practice or games. Aim for 12-20 oz. of fluid every hour.
- Drink sports drinks during vigorous physical activity that lasts over an hour or when temperatures are very hot.
- A white residue on the skin or clothing indicates sodium loss and suggests a sports drink may be needed to replace electrolytes.

Source: *Sports Cardiovascular and Wellness Nutrition (SCAN)*.

**Don't forget to see your physician for an annual sports physical this August!**



## Staff Spotlights

"Hello! My name is Sarah and I'm a Service Integration Coordinator with Village InCK at the i-Hub. In my role, I work with children insured with Medicaid or All Kids and their families and help connect them to various beneficial resources within the five counties we serve. I have always enjoyed helping others. I'm passionate about fitness, nutrition, health, and wellness. I enjoy motivating others to make positive lifestyle changes. A few other hobbies of mine are spending time with my family and friends, trying new recipes, and gardening."



Katreena Black has been with Integrated Care for Adults (INCA) since January 2023. Before that she was the head cook and kitchen manager at the Red Onion in Equality. Katreena stated that "I decided I wanted to help people that are in situations that I was previously in myself. What better way to do that, than to work at the health department for a program that does exactly that. Since working in InCA, I have learned about so many new resources and ways to help others. I would have benefited from these resources myself as a single mother, working full time. I am so thankful for all of the people and support here at Egyptian Health Department.". In her spare time, Katreena enjoys adventuring with her little boy, Ryker, cooking, and spending time outdoors in her hammock.

This Project is supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$9,666,733 with no percentage financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CMS, HHS or the U.S. Government.