



Village InCK News

InCK 618-518-4625(call) or 618-226-1726(text)
iHUB 618-518-4482 villageinck@egyptian.org

September 2023



Back to School Tips!



Develop a Healthy Sleep Routine: Keep bedtime routines consistent. Having a set bedtime, putting away electronics, and getting enough sleep has proven to improve academic achievement and behavior as well as decrease absenteeism and tardiness.

Encourage Good Eating Habits: A good breakfast is a great way to start your child/teen's day off on the right foot. Lunch time at school can be hectic, but reinforcing good eating habits for all meals will help support your child and teen's well-being all day long. Dinner is also a meaningful meal for families. Whenever possible, eat dinner together.

Set Aside Time with your Child or Teen: One of the most essential relationships in the life of a child and teen is with their caregiver. Even if you only have 15 minutes to give, spend quality time with your children. Positive time spent together can be life-changing for a kid.

Show Interest in your Child/Teen's School Life: Speak positively about learning. Many children and teens struggle with various aspects of the classroom, which is stressful. Staying positive and helping them see the value in overcoming difficulties will motivate your child/teen to be successful. Promote becoming involved in activities such as sports, music, theater, and art. These activities foster responsibility, independence, and creativity.

Upcoming Events

Stonefort Old Soldier's and Sailor's Reunion- September 1st-2nd

McLeansboro Fall Festival - September 7th-9th, Parade Sept. 6th at 6pm

Ridgway Popcorn Days- September 7th-9th, Parade September 9th at 1pm

Fairfield Fall Fun Fest- September 13th-16th, Parade September 16th at 11am

Harrisburg Homecoming Parade-September 14th at 3pm

Wayne City Bean Days- September 21st-24th, Parade September 23rd at 10am

Carrier Mills Catskin Days - September 21st-24th, Parade September 23rd at 5pm

Norris City Dairy Days-Parade September 23rd at 5pm

Enfield Mule Days- October 5th -7th, Parade October 7th at 1:30pm

Harrisburg Sasquatch Fest- October 7th

Carmi Corn Days-October 13th -14th, Parade October 14th at 4pm

InCK/InCA Spotlights

Integrated Care for Kids has been busy adding Back to School Bags in your local Blessing Boxes and Little Free Libraries. If you live in the counties of Gallatin, Hamilton, Saline, Wayne, and White, be on the look out for them. They contain back-to-school supplies such as: pencils, rulers, erasers, folders, and a list of your county's local food pantries.



Michelle LeDuff is a Service Integration Coordinator for InCA. She has been with Intergrated Care for Adults since January 2023.

Michelle previously worked for Egyptian Health Department as a Family Resource Developer for 5 years. Michelle stated that "As a single mother of two, I have had to navigate the system which isn't always easy. Through this journey, I have been able to educate myself in order to help others. I am very passionate about helping others in need and finding them opportunities to succeed." In her spare time, Michelle enjoys spending time outdoors, and spending time with her two children.

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.