

STATE REPRESENTATIVE ★ 84TH DISTRICT

**STEPHANIE KIFOWIT**



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

## ALS Awareness Month

Dear

I hope you had a happy Mothers Day last weekend and celebrated with your mother, an special aunt, grandmother, or a special mother figure in your life. As we transition into warmer weather please remember to stay hydrated, wear sunscreen, and to cool off on excessively hotter days that are coming this week.

In case you weren't aware, May is ALS Awareness Month. ALS, also known as Lou Gehrig's disease, is a progressive neurodegenerative disease. People with ALS lose the ability to move, eat, speak, and eventually, to breathe. There is no cure for ALS yet. While many of us cannot combat the disease head on, educating and being aware of ALS helps break any stigmas and misinformation. I have highlighted more info on how to advocate and learn about ALS below.

I also would like to invite you to join me at the monthly **Aurora American Legion meeting on Friday, May 13 at 8:00am at the lower level of 1 E Benton.** If you are a Veteran or a family member of a Veteran please come and enjoy the company of our few remaining WWII Veterans and a Korean Veteran along with other Veterans and Veteran supporters. Coffee and bagels are provided.

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,

A handwritten signature in black ink that reads "Stephanie".

**MAY**



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](#).

## Celebrating our Healthcare Heroes!

This past week we celebrated National Nurses Week by recognizing a few of our amazing Aurora VNA Healthcare Heroes. These exceptional women have helped administer thousands of Covid-19 vaccines across many communities, protecting our most vulnerable groups. Though nurses week has ended, always take time to appreciate a healthcare worker who has helped to keep you or a loved one healthy.

If you would like assistance getting vaccinated at VNA click [here](#).



*(Left to Right): Representative Kifowit, Nurse Practitioner Lovely George, VNA Healthcare Administrator Crystal Phillips, and Registered Nurse Elisa Lara*

## May is ALS Awareness Month

Every May, the ALS community bands together for ALS Awareness Month. Through community events, volunteerism, advocacy work, and donations, many are doing *Whatever It Takes* to create a world without ALS. If you would like to learn how to advocate, participate, and learn about ALS please click [here](#) to be directed to the ALS Association website.

See below for an info graphic with some quick facts about ALS. Learning about ALS is one of the key ways to spread awareness, engage in proper advocacy, and break any negative or false stigmas around ALS. Click on the image to enlarge it!

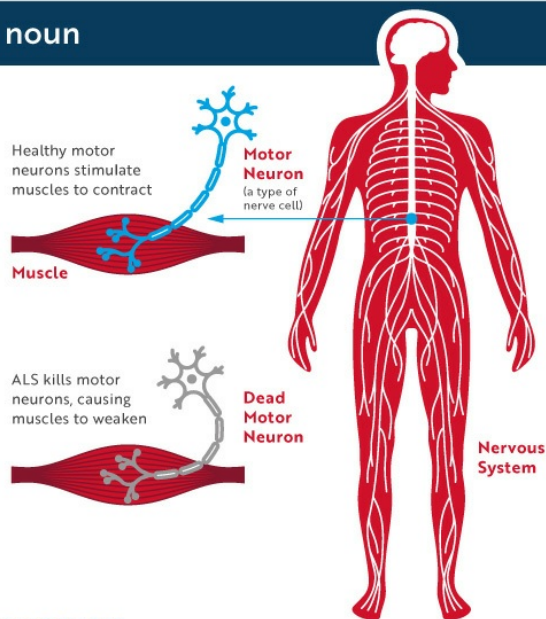
# WHAT IS ALS?

a·myo·tro·phic lateral sclerosis | noun

**ALS IS A PROGRESSIVE NEURODEGENERATIVE DISEASE THAT AFFECTS NERVE CELLS IN THE BRAIN AND SPINAL CORD.**

ALS usually strikes people between the ages of 40 and 70, and approximately 20,000 people in the U.S. have the disease at any given time.

Although there is not yet a cure or treatment that halts ALS, scientists we fund through our global research program have made significant progress in understanding what causes ALS. But their work is not done. Together, we work toward a cure.



## FACTS ABOUT ALS

**15,000** people are diagnosed per year

**10%** of cases are inherited through a mutated gene

**2-5 YEARS** is the average life expectancy

**90%** of cases occur without family history

Every **90 MINUTES** someone is diagnosed and someone passes away

**\$250,000** is the estimated out-of-pocket cost for caring for a person with ALS

Only **3 DRUGS** are currently approved by the U.S. FDA to treat ALS (Riluzole, Nuedexta, and Radicava)

**\$2 BILLION** is the estimated cost to develop a drug to slow or stop the progression of ALS

There is **NO CURE** for ALS

## SYMPTOMS

**Progressive loss of muscle control**

ALS gradually prohibits the ability to:

- Speak
- Swallow
- Walk
- Grasp objects
- Move
- Breathe

## DIAGNOSIS

**Difficult to diagnose**

- ALS is often diagnosed by ruling out other diseases, which may take months or years

## MILITARY

**Veterans are 2x as likely to get ALS**

- ALS affects veterans who served in peacetime and war
- ALS impacts veterans, regardless of the branch of service or the war they served in

The ALS Association Core Values: **COMPASSION - INTEGRITY - URGENCY**

**ALS**  
ASSOCIATION

## Science in Service of Veterans May 20th, 2PM

In observance of National VA Research Week, VA's Office of Research and Development is hosting a symposium to highlight the work of four groundbreaking VA investigators. Each has been recognized for outstanding research that has advanced knowledge in their

fields and improved the lives of Veterans and others.

If interested, you can attend on Friday, May 20, 2022 at 2pm ET for the 2022 VA Research Week Symposium. Sign up [here!](#)

The awardees are Dr. Leigh Hochberg, VA Providence Health Care System; Dr. Louis Dell'Italia, Birmingham VA Health Care System; Dr. Donna Washington, Greater Los Angeles Health Care System; and Dr. Robert Bonomo, Louis Stokes Cleveland VA Medical Center.



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## Senior Food Drive May 23rd 11 AM-1PM

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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@kaneseniouncil.org](mailto:info@kaneseniouncil.org) or visit [kaneseniouncil.com](http://kaneseniouncil.com)



From left to right: Michelle with Representative Kifowit's District Office; Ernell with Kane/Dupage Senior Services; Marcella with Representative Hernandez District Office; and Rusty with Representative Wheeler's District Office.

## 15th Annual Aurora Health Fair June 11th 9 AM - 12PM

The [Aurora African American Health Coalition](#) is hosting a free community health fair on Saturday, June 11th from 9 am to 12 pm located at the Prisco Community Center 150 W Illinois Ave, Aurora, IL 60506. There will be:

- **No-cost health screenings**
- **Guest speakers**
- **Vaccination opportunities**
- **Fitness demos**
- **And more!**

Any questions on the event can be answered by [AuroraaaHealthCoalition@gmail.com](mailto:AuroraaaHealthCoalition@gmail.com)

# 15th Annual Health Fair Healthy Mind, Body, & Soul

**Aurora African American Health Coalition**  
in partnership with Blue Cross and Blue Shield of Illinois

Saturday, June 11, 2022

9AM-12PM

Prisco Community Center

150 W. Illinois Ave. Aurora, IL 60506



**FREE EVENT**  
**NO COST HEALTH SCREENINGS**  
**IMMUNIZATIONS/VACCINES**  
**SPEAKERS/VENDORS**  
**ACTIVITIES FOR CHILDREN**  
**GIVEAWAYS**  
**FITNESS DEMOS**  
**HEALTHY SNACKS**  
**NO COST, FARMERS MARKET**



**BlueCross BlueShield  
of Illinois**

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,  
an Independent Licensee of the Blue Cross and Blue Shield Association



For more information:  
[auroraaahealthcoalition@gmail.com](mailto:auroraaahealthcoalition@gmail.com)  
[www.auroraaahealthcoalition.org](http://www.auroraaahealthcoalition.org)



**AURORA  
ILLINOIS**  
CITY OF LIGHTS

Some supplies purchased through a partnership with IPHA through the Pandemic Health Navigator Grant.

## 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.



The graphic features a central orange background with a white circle containing a portrait of Representative Kifowit. To the left is a coffee cup with latte art, and to the right is a laptop displaying the Facebook Live logo. The background is decorated with stylized suns and clouds. Below the portrait, the text reads: "Monday Morning Coffee Facebook Live with Representative Kifowit". At the bottom, a teal bar contains the time and location: "9:00AM @ILDISTRICT84".

Monday Morning Coffee  
Facebook Live with  
Representative Kifowit

9:00AM @ILDISTRICT84

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630.585.1308    [stephanie.kifowit@att.net](mailto:stephanie.kifowit@att.net)    Visit our website

[Twitter](#)    [Instagram](#)    [Facebook](#)