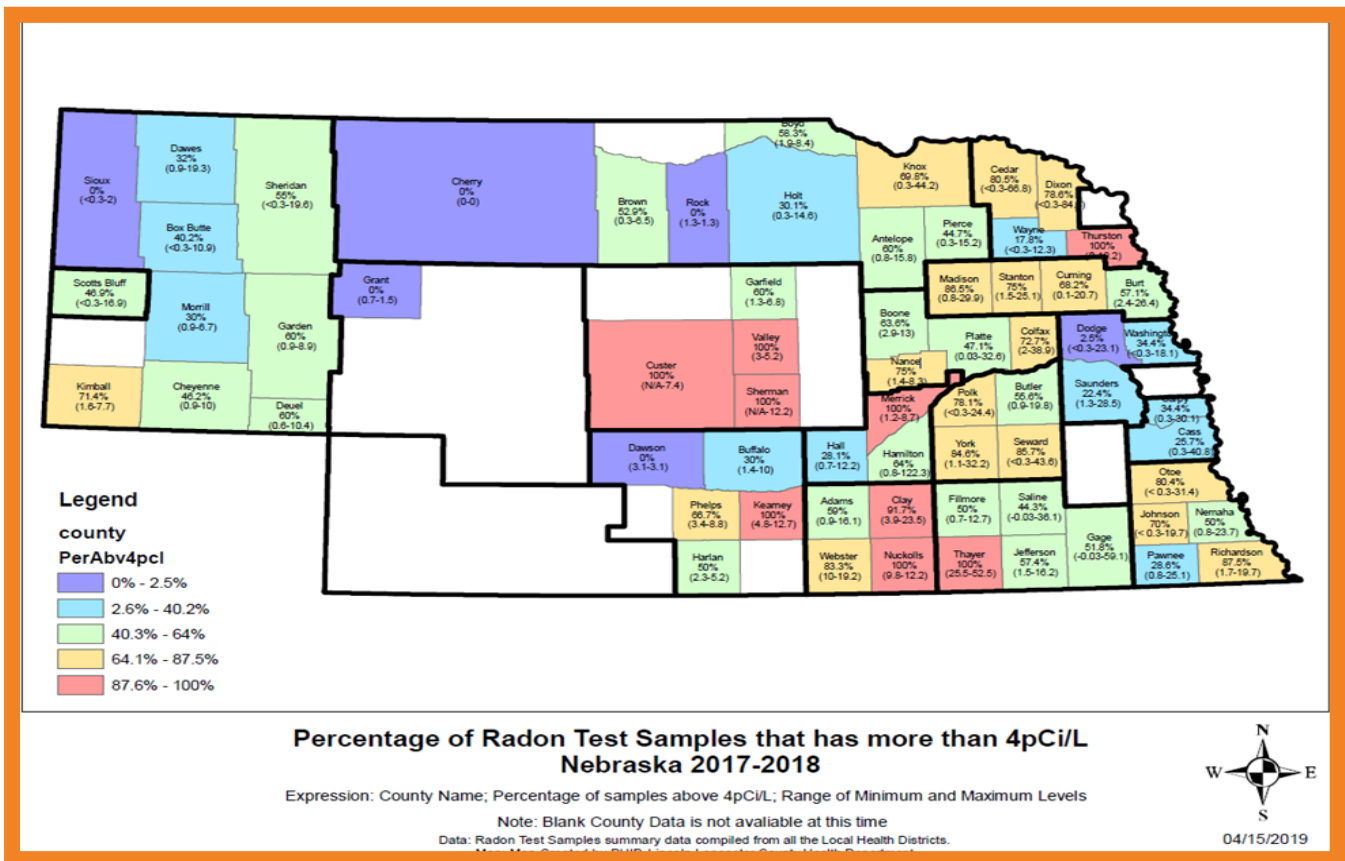


Environmental Health Radon

Radon is a radioactive gas that is the number one cause of lung cancer in non-smokers. In Nebraska, the concentration of radon radiation in homes is frequently higher than the EPA recommends. It is important to test every home for radon. The reason it is important to test for radon is that it is odorless, tasteless, and invisible to the human eye. A very small amount of radon can have a large health effect. If you are interested in obtaining a Radon Test Kit, please visit our Kearney or Holdrege office. Radon Test Kits can also be mailed to your home. To request a test kit to be mailed to your home, please call 308-995-4778.



After obtaining a radon test kit, please be aware of the following:

- the kit needs to be hung at eye level
- weather can affect the outcome of your test
- make sure all doors and windows are closed
- the test should be placed at the lowest livable level of your home
- we recommend using one test kit for every 2,000 square feet
- be sure to periodically test your home

Community Health Worker Collaborative

Community Health Workers play a key role in helping the public receive the proper health care. Often Community Health Workers (CHWs) help clients navigate the health system in order to connect those who need health care to resources. Two Rivers has created a CHW Collaborative so that that Community Health Workers are aware of the services available to clients. The other goal of the collaborative is to provide continuing education to community health workers to help better serve the community.

On April 25th 2019 Two Rivers Public Health Department hosted the first of two Community Health Worker Collaboratives. Seven Community Health Workers in both the Two Rivers District and our western neighbor West Central District Health Department were able to attend. The discussion was led by Dr. Drissa Toure, assisted by Jessica Ern. UNMC will use the information gathered to help determine the needs of our Community Health Workers.

Seven in attendance.

Kearney Area Project Connect

Project Homeless Connect was pioneered in San Francisco in 2004. The goal of Project Connect is to guide homeless or poverty level people toward agencies and services available to establish housing and stability. Project Connect consists of a short term gathering of these agencies in one location (sometimes yearly) to create a one-stop-shop for help. Agencies like barbershops, behavioral health professionals, and real estate agents provide additional services to link clients with jobs, houses, and mental health services.

The executive committee of Kearney Area Project Connect met in Mid-April. The committee was able to determine the scope of those who will be served, a general location of the event, a time-frame for the date of the event, and what to bring to the larger group participating in the event.

DISRUPTING THE PATHWAY TO VIOLENCE

Targeted violence can happen anywhere. Disrupting the Pathway to Violence aims to create safer communities by reducing barriers to reporting potential violence. There are a variety of reasons why behaviors of potential violence may go unreported, including fear, intimidation, language barriers, and trust. Utilizing a public health based approach, the program intends to address the potential barriers to reporting violence by training front-line organizations and community leaders on how to identify the signs of violence.

Taking Action

Organization for the Kearney and Lexington Disrupting the Pathway to Violence Program teams continues to gain traction. This program is unique in its efforts to intervene and prevent potential violence in our communities. Those in each community committing to serve on a team are to be commended as they will be contributing to safer communities. These team members will consist of volunteers who value their community's and will be providing their individual professional skills, resources, and threat assessment training to help those who may be on a destructive path.

A successful Threat Assessment Training for the Disrupting the Pathway to Violence Program was held in Lexington in early April. Presenters for the professional training were from UNL Public Policy. Lexington's "Community Safety Resource Team" is now working to organize meetings within the Lexington community to share information about the team and how they can be a valued resource in preventing violence. They are looking to be able to handle cases in the near future. Kearney's team will now be known as "Kearney Intervention Team", or "KIT". Another training, that will be accessible for both communities, is scheduled to be held in May at UNK in Kearney, by TRPHD via collaboration with UNL Public Policy.

Emergency Response

Emergency Response activities include developing and testing plans for responding to disasters in an effort to protect the Two Rivers Public Health Department district from health threats. Emergency Response also involves working closely with other agencies and organizations to best serve the citizens living in the Two Rivers Public Health Department district. Preparedness activities can inform the response time of the community to provide lifesaving help and resources to individuals who are in need. Through collaboration with community partners, clinics, hospitals, agencies, and organizations Two Rivers Public Health Department has the ability to assist with coordinating a collaborative response to emergencies.

TRPHD continued to address flooding efforts in Buffalo County. Indirectly, flooding can increase the risk of poor mental health, risk of injury, risk of poisoning, increase in communicable disease, and chronic disease. To combat some of these risks by providing education to the public through facebook posts, and helping to publicize a webinar series addressing mental health after a flood.

Approximately 50 homes were damaged in Buffalo County. Buffalo County experienced over \$1,000,000 in damages to personal property.

Disease Surveillance and Investigation

Warmer weather and spring break travels are always welcome after a long winter. The opportunity to be outside to check calves, go for a walk, clean up the yard, or plan a garden are all healthy activities that help to revive us. It is important, however, to be aware that Rabies is a preventable viral disease of mammals most often transmitted through the bite of a rabid animal. The vast majority of rabies cases reported to the Centers for Disease Control and Prevention (CDC) each year occur in wild animals like raccoons, skunks, bats, and foxes.

The rabies virus infects the central nervous system, ultimately causing disease in the brain and death. The early symptoms of rabies in people are similar to that of many other illnesses, including fever, headache, and general weakness or discomfort. As the disease progresses, more specific symptoms appear and may include insomnia, anxiety, confusion, slight or partial paralysis, excitation, hallucinations, agitation, hypersalivation (increase in saliva), difficulty swallowing, and hydrophobia (fear of water). Death usually occurs within days of the onset of these symptoms.

In the United States, human fatalities associated with rabies occur in people who fail to seek medical assistance, usually because they were unaware of their exposure.

Treatment once a person has been exposed, post exposure prophylaxis (PEP) still consists of a series of 4 shots given over a two week period. Costs vary across the United States, but average \$3,000 per person. The cost of prevention is much more reasonable, as rabies vaccination for our domestic pets is less than \$50 once every three years per pet. Be a responsible pet owner!

Over the last 100 years, rabies in the United States has changed dramatically. More than 90% of all animal cases reported annually to CDC now occur in wildlife; before 1960 the majority were in domestic animals. The principal rabies hosts today are wild carnivores and bats.

The number of rabies-related human deaths in the United States has declined from more than 100 annually at the turn of the century to one or two per year in the 1990's. Modern day prophylaxis has proven nearly 100% successful.

Move Kearney is an advocacy group based in Kearney NE. This group advocates for active transportation and complete streets policies. A complete streets policy requires streets to be planned, designed, operated, and maintained to enable safe, convenient and comfortable travel and access for the users of all ages and abilities regardless of their mode of transportation. Active transportation encourages community members to commute in a way other than using a car, for example; biking to work, walking to the grocery store, and skateboarding to meet friends.



Move Kearney always welcomes new members to join. Monthly meetings for Move Kearney are held on the second Thursday of every month, at 6:30 PM at the Kearney Public Library. Please feel free to contact the health department at 308-995-4778 for more information.

Dawson County Rooted In Relationships

Three Circle of Security Parent 8 week classes are finishing up in Gothenburg and Lexington .

A banquet is being planned for the recognition of 9 Childcare providers who have completed 3 years of training and coaching on the Pyramid (a social and emotional framework for teaching children social and emotional skills. The banquet will be June 10th in Lexington.

Several Pyramid Child Care providers are having assessments done by independent observers. Their scores are being aggregated with additional data to measure the effectiveness of their coaching and training in the Pyramid model. The data is aggregated by Monroe Meyer Institute, UNMC in Omaha.

LIFESMILES DENTAL HEALTH PROGRAM



Christopher Morley said, “April prepares her green traffic light and the world thinks, ‘Go;”. Mother Nature was a bit argumentative with that statement a time or two, but inevitably spring has crept in despite her.

As we look forward to an attitude of “Go” for the LifeSmiles Dental Program, our community roadshow continues and we are optimistic that our district will be able to contribute to supporting the valuable services this dental program provides to many in need.

LifeSmiles Program Coordinator’s media outreach consisted of educating on oral cancer with April being National Oral Cancer Awareness Month. Attendance at Kearney’s Children’s Museum “Eggstravagansa” event was filled with lots of fun education while interacting with over 400 attendees participating! Another valued collaboration occurred with participation in the Community Health Worker Collaborative held in Kearney. Participants represented those from other local health departments, Community Action Mid-Nebraska, and Long-term care professionals. Roadshow activities, to promote support for LifeSmiles services, continues to solicit support for better program sustainability. As access to care continues to be an issue in our district, preventive dental services are in desperate need to many.



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The month of April proved to be a very busy and very productive month for the TRIMRS Program. Coordinator Cody Samuelson participated in planning meetings for a table-top exercise that will take place in Harlan County in June and is open to Franklin County responders as well. The scenario will involve a tornado impacting the area. The exercise is being done as a collaboration between members of the South Central Local Emergency Planning Committee.

Samuelson also joined a real-world flooding incident hot wash in Burwell at the request of the Loup Basin Public Health Department. It was made clear that emergency managers were overwhelmed by the amount of work they needed to do during the flooding and there were possible solutions discussed about utilize local public health departments as well as TRIMRS to alleviate the burden on emergency managers during future disasters. Emergency managers were so taxed during the flooding that they turned away financial donations due to a lack of an agency to take the lead and facilitate that function and they were also inundated with donations of household items and supplies. The region also doesn't have a strong COAD presence, going forward Samuelson will be assisting the region with forming and bolstering COADs.

The Tri-Cities Medical Response System (TRIMRS) helps to strengthen emergency response through collaboration. TRIMRS assists in designing, facilitating, and evaluating community-wide disaster drills and table-top exercises. TRIMRS also serves as a liaison and information sharing conduit for members.

Samuelson met with Kearney Regional Medical Center during the month of April to discuss furthering the draft of their facility's after action report (AAR) of the full-scale active shooter exercise. Both KRMC and CHI Health Good Samaritan are nearing final versions of their reports which will be combined into a final TRIMRS AAR.

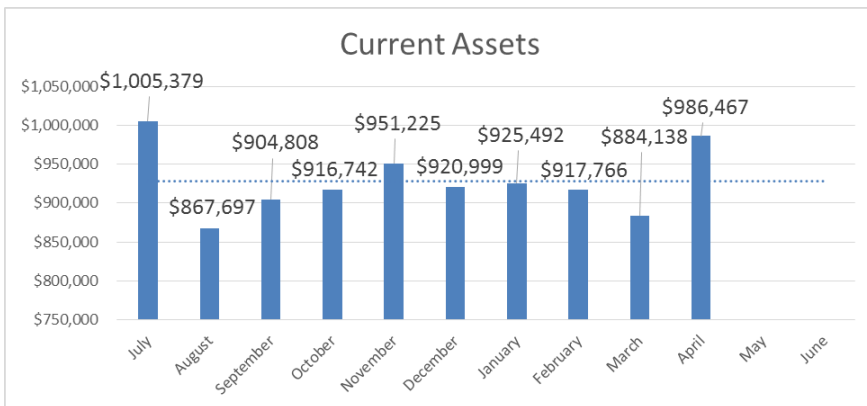
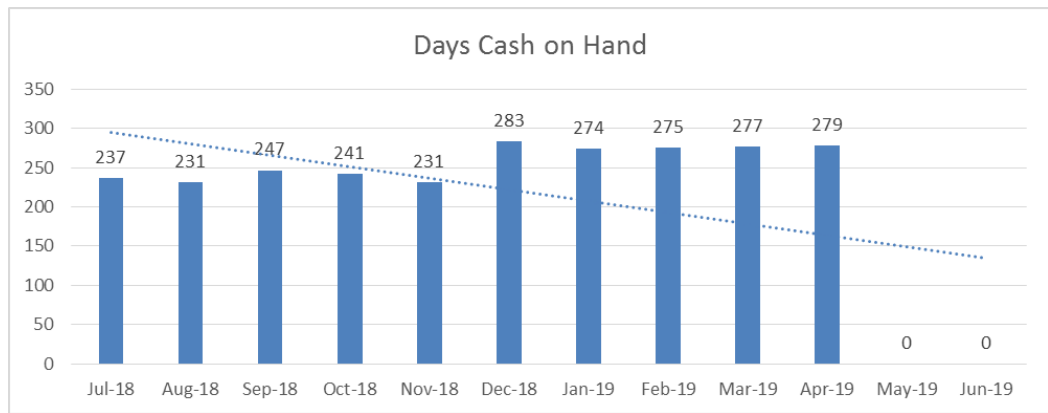
Samuelson joined South Heartland District Health Department in late April to conduct hospital specific incident command training. The plan moving forward is to use lessons learned from this training, further develop the presentation, and bring this training to any TRIMRS hospital that requests it.

TRI-CITIES MEDICAL RESPONSE SYSTEM

Finally for the month of April, a workshop was held on the 24th at the Holiday Inn Convention Center in Kearney. The workshop involved discussing how TRIMRS members currently respond to a surge of patients at hospitals. The workshop was funded and facilitated in total by a grant funded project to develop how rural areas respond to patient surges. Only two hospitals in the United States were selected to participate in the grant project. One is in Massachusetts and the other is the University of Nebraska Medical Center. TRIMRS, the Rural Region One Medical Response System (RROMRS) and the Omaha Healthcare Coalition (OMHCC) are the coalitions in Nebraska participating in this phase of the grant project. The lessons learned from this grant will be used to bring back to all healthcare coalitions in the United States in the future. There will be many activities related to this project in the next few months.

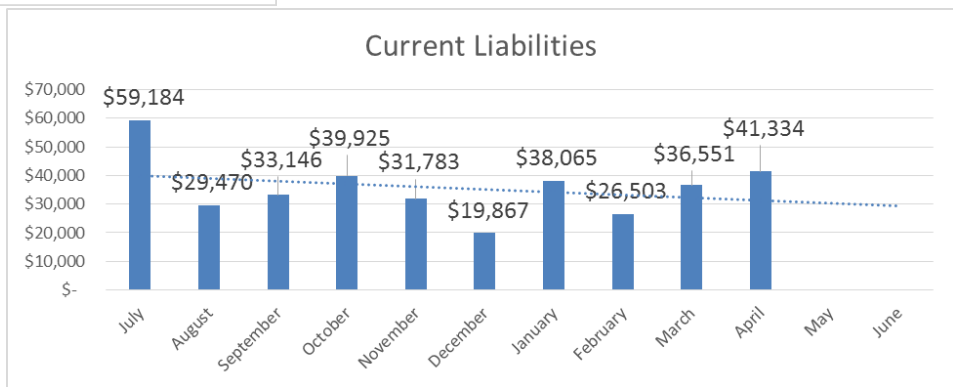
APRIL FINANCIAL REPORT

Two Rivers fund balance on April 30th was \$888,945. We have 279 days cash on hand.



Current assets are at an estimate of \$986,467; an increase of \$102,329 from March. This is due to the increase in revenue (receivables) after invoice our 3rd quarter expenditures. We also received the TRIMRS Reserve Funds for the TRIMRS program.

Current Liabilities have increased in the month of April by about \$4,783. This is due to higher accruals for the month of April.



Infrastructure Report:

Office Space: Mike and Laurie Hendrickson offered a 6 month extension on our lease for the Kearney office after our contract ends on May 31st, 2019. The contract was mailed to Jeremy for signature approval.

A/R and A/P :

this month are both operating efficiently.

New grants and increased revenue:

CHW (Community Health Worker) Workforce Development – this is to provide regional activities for CHW in Nebraska to develop workforce and the CHW role as respected and valued members working to improve population health outcomes in community and clinical settings.

Contract is in effect from 8/20/2018 – 8/19/2019 for a total of \$8,800.

REAL IMPACT

Maria Barocio is our Community Health Worker. In this role, she is out in the communities we serve every day, providing health education and resources, serving as a resource 'hub' herself. Maria is great at assisting individuals in finding transportation to and from appointments. Maria has also been working within the community to get individuals colorectal screenings.

She is trying to connect families with health services by assisting in helping schedule their appointments. Maria works hard to break barriers like transportation by connecting people with services like Intelliride to provide these services when parents have no vehicle. Maria also provides interpreting services.

Maria is working been reaching out to people 50-74 year of age for the colorectal screenings, and bringing awareness to the importance of getting screened. Cancer at the first stage sometimes have no symptoms, the earlier you get screened the better your chances are of surviving. Forty-five applications have already been filled out and kits had been given to them, and 27 data entries have been entered into the database.

Administrative Notes

Accreditation Update:

A Mock Site Visit is scheduled for May 14th and 15th.

Site Visit is scheduled for June 5th and 6th.

CHA is completed and work is beginning on CHIP

Contact Us

Give us a call for more information

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