



September

2023





2023 National Preparedness Month theme is “Take Control in 1, 2, 3”.

September Preparedness Month

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

Preparing older adults for disasters is a priority this year. Older adults from communities that are disproportionately impacted by disasters need assistance to prepare for the disasters that continue to threaten the nation. Help older adults by using the steps below:

Step 1: Put a plan together by discussing the questions below:

1. How will I receive emergency alerts and warnings?
2. What is my shelter plan?
3. What is my evacuation route?
4. What is my family/household communication plan?
5. Do I need to update my emergency preparedness kit?

Step 2: Consider specific needs in your household. Discuss your needs and responsibilities.

1. Medical Needs
2. Dietary needs
3. What do your pets need
4. Disability access

Step 3: Create a Family Emergency Plan & Practice

Make a Family Communication Plan quickly and easily with our fillable form.





Employee Highlight

Left: Maria Barocio, Right: von Lutz

Maria Barocio, Community Health Worker, has been working at Two Rivers Public Health Department for almost 7 years now but has been working in public health for over 20 years. She loves helping people by speaking with them and helping them find public health resources in their communities.

Maria takes all the care and love she has for helping others and puts it into gardening in her free time. She says she could spend days just gardening. She starts from seeds and now she has 11 lemon trees, 2 avocado trees, 2 mango trees. She also has a vegetable and herb garden and a lot of flowers. She really has a love for all things that grow!




Von Lutz, DSW, Clinical Services Manager, has worked at the health department for over 3 years. In his role, Von obtained his undergraduate degree from Concordia College in Human Services in addition to a Master of Science in Applied Child, Family, and Community Services. Von continued his education obtaining Doctor of Social Work from Concordia College in May 2020. Von oversees TRPHD's LifeSmiles program as well as collaborating with long term care facilities.

Von is an advocate for children and families and is an active Board Member for The Association of Child Abuse Prevention (ACAP). In his spare time, Von enjoys spending time with his family and traveling. Von is also an avid gardener. Von is currently serving a 2 year term with NACCHO Immunizations and Behavioral Health work groups. Von was 1 of 9 applicants selected to join the LEAN IN (Leadership Excellence for Area Nonprofits) program through Kearney Area Community Foundation.

Water Quality

Jeremy Eschliman, Health Director, and McKenzie Petersen, Environmental Health Specialist, presented to Nebraska Democrats about water quality. This presentation discussed water quality issues such as contaminants like nitrates and e. coli, and how water is managed in Nebraska.



The Safe Drinking Water Act (SDWA)

The Safe Drinking Water Act (SDWA) originally passed in 1974 in order to protect the nation's public drinking water supply. The SDWA dictates that the EPA sets health standards for drinking water. In Nebraska, the NDEE is the primary agency for enforcing drinking water standards.

Public Notification Rule

In accordance with the SDWA, consumers should be notified if public drinking water may pose a risk to health. This requirement is the Public Notification (PN) rule. At minimum, PNs are directly delivered to consumers.

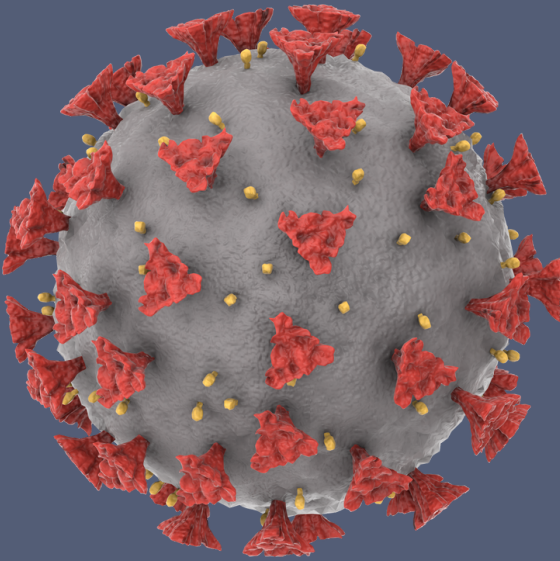
Consumer Confidence Reports

All community water systems are required by the Consumer Confidence Report (CCR) Rule to produce annual water quality reports. The CCR is a summary about the systems source water, contaminant levels, compliance, and education information.

80% + of
Nebraska
drinking
water comes
from
groundwater



New COVID Vaccine



Hospitalizations of COVID cases have been on the rise since late summer. The new COVID vaccine has been approved for everyone 6 months and older, and has replaced all previous vaccines. This new vaccine will protect from all previous strains of COVID and the current variant. You can get the new COVID vaccine and Influenza vaccine at the time. TRPHD has the vaccine for all regardless of insurance status.



In the Community



TRPHD attends to provide education to all that attend and gain knowledge about the cultures in our district. These educations include information on TRPHD's monthly medical health topics, emotional wellness, healthy habits, and TRPHD vaccine clinics. TRPHD's district is diverse and as such we strive to provide all our information in several different languages to make it more accessible to those in our district.

TRPHD attended United by Culture, an amazing festival combining food, music and cultures, it is held yearly in Lexington Nebraska at the Kirkpatrick Memorial Park. Lexington is Two Rivers Public Health Departments most diverse community with Somali, Hispanic, Afghan and many more populations!



Fun Health Fact of the Month.



Drinking 5 glasses of water can reduce your chances of suffering from a heart attack by up to

40%

