



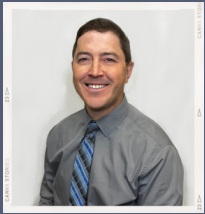
March

2023





# MEET THE STAFF



Jeremy  
Eschliman, MBA  
REHS  
Health Director



Katherine  
Mulligan  
Planning Section  
Supervisor



Jacki Haley,  
BSN RN  
Community Health  
Nurse Supervisor



Von Lutz, DSW  
Clinical Services  
Supervisor



Aravind Menon  
PHD MPH MBBS  
Epidemiologist



Jesse  
Valenti  
Finance  
Supervisor



Andrea  
Shoemaker  
Administrative  
Assistant



Julie  
Williams  
Administrative  
Assistant



Hayley  
Jelinek  
Health  
Educator



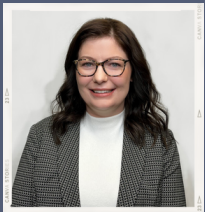
Emily  
Beaver  
Health  
Educator



Akaela Lieth  
Marketing &  
Communications  
Coordinator



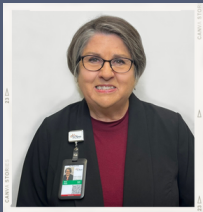
Erica Carpenter  
Emergency  
Response  
Coordinator



McKenzie  
Petersen  
Environmental  
Health Specialist



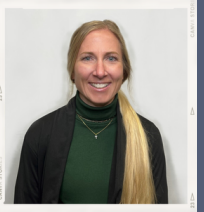
Rosa  
Pinon, LPN  
Program  
Nurse



Rita Kaul  
BSN, RN  
Community  
Health Nurse



Marilyn  
Warnken, LPN  
Program  
Nurse



Elizabeth Wiens  
MS, RN, BSN  
Community  
Health Nurse



Jordan Anderson  
BSN, RN  
Community  
Health Nurse



Maria  
Barocio  
Community  
Health Worker



Nazaria  
Mackins  
Community  
Health Worker



Brent  
Roemmich  
Billing  
Specialist



Patty  
Samuelson  
Billing  
Specialist





# The importance of Cancer Screenings



As March is the National Awareness Month for many cancers including Colorectal, Kidney, and Multiple Myeloma, TRPHD would like to share information as to why cancer screenings are important.

Screening tests can help find cancer at an early stage, before symptoms appear. When abnormal tissue or cancer is found early, it may be easier to treat or cure. By the time symptoms appear, the cancer may have grown and spread. This can make the cancer harder to treat or cure.



Finding some cancers at an early stage (before symptoms appear) may help decrease the chance of dying from those cancers. For many cancers, the chance of recovery depends on the stage (the amount or spread of cancer in the body) of the cancer when it was diagnosed. Cancers that are diagnosed at earlier stages are often easier to treat or cure.

## Employee Highlight

*Below Left: Katie Mulligan, Right: Hayley Jelinek*



Katie Mulligan is the Planning Section Supervisor at TRPHD. She has worked at TRPHD for 5 years. Katie's passion for public health has blossomed through watching the impact of public health work. She has worked in programming for chronic disease prevention, public health emergency response, equity, environmental health, strategic planning, community health assessment, and public health accreditation.

As Planning Section Supervisor, Katie now oversees all the programs she enjoys working in. The goal of a Planning Section Supervisor is to ensure TRPHD fulfills the mission of "A Healthy Community for All."

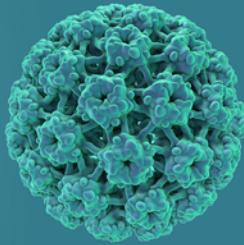
Hayley Jelinek is one of TRPHD's Health Educators. In her role she hopes to make a difference in the community and bring access to care to EVERYONE in the community. Hayley is passionate about helping people, and enjoys working with the public, some of the programs she is a part of are Opioid prevention, and the Minority Health Initiative (MHI). Previously Hayley was a social worker, discharge planning at hospitals, and worked at the Area Agency on Aging, as well as advocated for child and adult abuse victims.

Hayley has been married to her husband for 30 years. Together they love to watch tv together, and traveling to Florida to visit their grandkids and trying new restaurants. At work her coworkers would say that she has a big heart. She'll be the first person to volunteer to help someone out, and she cares very deeply about those around her. She makes everywhere a fun place to be and she is very much loved.

### MYTH: HPV IS RARE.

HPV is very common. In fact, it is the #1 sexually transmitted infection in the United States. About 50% of new genital HPV infections occur in 15- to 24-year-olds.

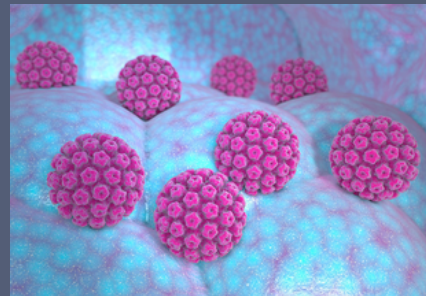
### What is Human Papilloma Virus ?



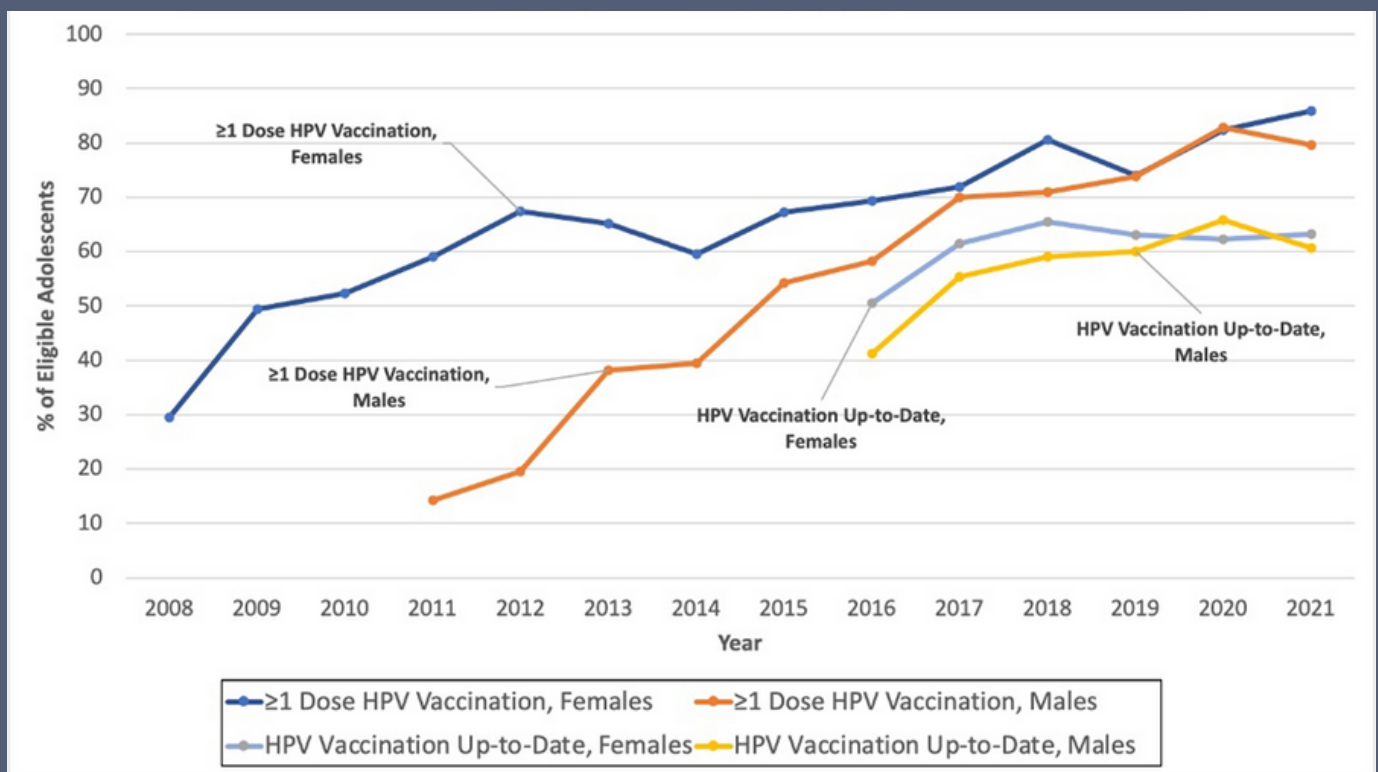
HPV is the most common Sexually Transmitted Infection (STI). There were about 43 million HPV infections in 2018, many among people in their late teens and early 20s. There are many different types of HPV. Some types can cause health problems, including genital warts and cancers. But there are vaccines that can stop these health problems from happening. HPV is a different virus than HIV and HSV (herpes).

### How is HPV spread?

- Any kind of sexual activity involving skin to skin genital contact with an infected person.
- People with HPV may not show any signs or symptoms, so they can pass the virus on without knowing it.



### Vaccination Coverage among Adolescents (13-17 years) in Nebraska (2008-2021)



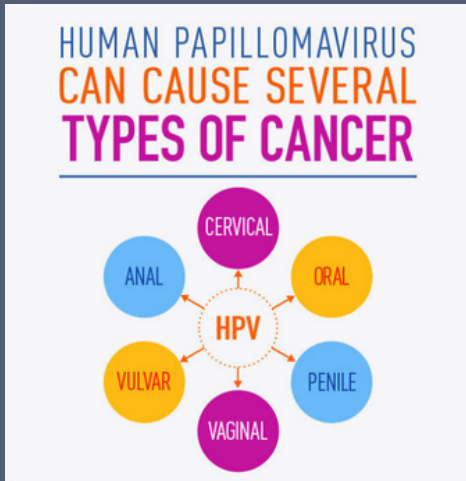




# Human Papilloma Virus (HPV) Continued

## Does HPV cause health problems?

In 9 out of 10 cases, HPV goes away on its own within two years without health problems. But when HPV doesn't go away, it can cause health problems like genital warts and cancer.



## Who should get the HPV vaccine?

CDC recommends HPV vaccination for:

- All preteens (including boys and girls) at age 11 or 12 years.
- Everyone through age 26 years, if not vaccinated already.

Vaccination is not recommended for everyone older than age 26 years. Some adults age 27 through 45 years who are not already vaccinated may decide to get the HPV vaccine after speaking with their healthcare provider about their risk for new HPV infections and the possible benefits of vaccination. HPV vaccination in this age range provides less benefit.

# March Health Educations

In 1987, President Reagan recognized March as Developmental Disabilities Awareness Month to increase “public awareness of the needs and the potential of Americans with developmental disabilities” and to provide the “encouragement and opportunities they need to lead productive lives and to achieve their full potential.”



According to the Centers for Disease Control and Prevention (CDC), developmental disabilities are defined as impairments in physical, learning, language or behavior areas, and include:

- Autism spectrum disorders
- Cerebral palsy
- Attention-deficit/hyperactivity disorder
- Learning or intellectual disabilities
- Hearing loss
- Vision impairment
- Other developmental delays

## HPV infections targeted by vaccine have decreased since vaccination was introduced\*



HPV can cause some cancers in women and men  
HPV vaccination is cancer prevention

\* HPV vaccination introduced in 2006  
† Prevalence of HPV types targeted by the quadrivalent HPV vaccine among females aged 14-19 years and females aged 20-24 years in 2015-2016 compared with 2003-2006  
\* HPV vaccination is also recommended for everyone through age 26 years if not adequately vaccinated previously

# Protecting Children's Teeth is a Priority



TRPHD welcomes new dental team members. TRPHD strives to collaborate with local schools to provide dental care to children through visits to schools twice each school year.

According to the CDC, on average, 34 million school hours are lost each year because of unplanned (emergency) dental care. In 2017, there were 2.1 million emergency room visits for dental emergencies. Medicaid pays for about 69% of these visits for children and about 40% for adults. During 1996–2013, \$26.5 billion\*(e) was spent on dental care for children and adolescents. About 70% of this total was used for preventive services, such as general exams and cleanings, X-rays, and orthodontic treatment (such as braces)

Cavities are still one of the most common chronic diseases for kids from age 6 to 19. Protect your child's teeth by having them:



**1**  
Brush their teeth twice a day with fluoride toothpaste.



**2**  
Drink tap water that contains fluoride.



**3**  
Get dental sealants when your dentist says it's the right time.



If your child is younger than 6, watch them brush. Make sure they use a pea-sized amount of toothpaste and always spit it out rather than swallow. Help your child brush until they have good brushing skills.





## Tabletop Exercise

Erica Carpenter, Emergency Response Coordinator, collaborated with other local health departments to host a tabletop exercise focused on a wildfire occurring southwest of Kearney Regional Medical Center-Bryan Health. The exercise was hosted at the Kearney Public Library on March 28, 2023. Erica was required to conduct a community drill through the Public Health Emergency Preparedness grant. Community drills create a no-fault environment for partners to discuss response to a disaster together.



### Hosting Departments

- Central District Health Department
- Loup Basin Public Health Department
- South Heartland District Health Department
- Two Rivers Public Health Department

### Entities Present

- Brookestone Gardens
- Central Community College (CCC)
- Good Samaritan Hospital (GSH)
- Grand Island Regional Medical Center
- Kearney Cornerstone Berean Church
- Kearney Fire Department (KFD)
- Kearney Police Department (KPD)
- Kearney Regional Medical Center (KRMC)
- National Weather Services



All Entities Present have established evacuation plans that work with access and functional needs for their populations. Some, including CCC, GSH, and Brookestone, have had extra trainings like evacu-chair, med sled, and shelter in place fire drills in preparation for large scale emergency events.



## Emergency Response Coordinators

All Nebraska Public Health ERCs held a meeting in Kearney, pictured left, to ensure that all health departments are operating in a consistent manner. This meeting allowed ERCs to ask questions, complete a tabletop exercise, ask questions to a panel of community experts, and to network.



## Women's History Month

### DID YOU KNOW?

**Susan La Flesche Picotte**

**Born: 1865**  
**Died: 1915**  
 Omaha  
 Reservation,  
 Nebraska



- She was told to go to college for "Housewifery skills".
- Instead she was the first Native American woman to earn a medical degree and become a doctor.



As part of the Minority Health Initiative (MHI), TRPHD posted several "DID YOU KNOW?" posts, seen left, on social media highlight revolutionary, minority women of the past.

One of these notable women comes from Nebraska. Susan La Flesche Picotte (June 17, 1865 – September 18, 1915, Omaha) was a Native American doctor and reformer in the late 19th century. She campaigned for public health.

Picotte was an active social reformer as well as a physician. She also campaigned to prevent and treat tuberculosis, which then had no cure, as part of a public health campaign

The Minority Health Initiative (MHI) projects enable organizations to better address the goal of advancing health equity, reducing health disparities and increasing access to

preventive and chronic disease management for minority populations, such as African Americans, American Indians Asian/Pacific Islanders, Hispanics, and refugees and immigrants. Here at TRPHD we have formed a Minority Advisory Committee whose goals have been to provide minority populations with information on health topics in different languages and to assist with transportation to medical appointments.





## We are looking for a Finance Supervisor

As the Finance Supervisor with TRPHD, the responsibilities would be to serve as primary manager of finance at Two Rivers Public Health Department, answers phones, processes documents, and requisitions, and organizes and files information. As well as being responsible for supervising other personnel as assigned by Health Director.

**This includes:**

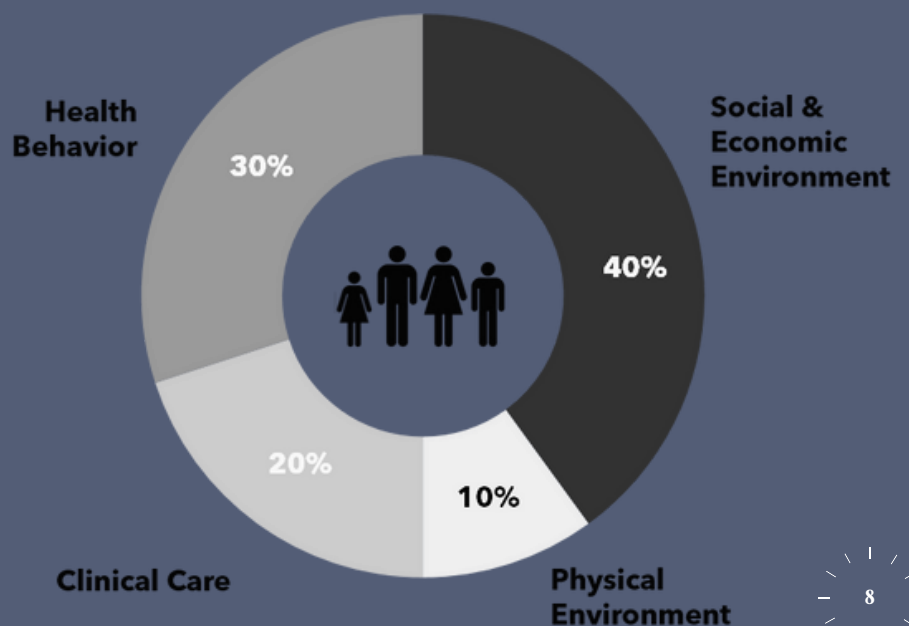
- Responsible for accounts payable/receivable processes
- Tracking organization and program budgets, and payroll
- Development of organization and program budgets in partnership with Director and program coordinators.
- Establish and maintain insurance contracts for reimbursement of program services.



## States and Localities Fund Public Investments That Affect Health

States' and localities' influence over health care, as well as many other social and economic, behavioral, and environmental factors that shape health, is most apparent in their budget decisions. Health is one of the largest categories of state and local spending, making up more than a quarter of expenditures. It includes health coverage programs like public health departments that lead disease prevention and health promotion efforts such as vaccination programs, food safety, and disaster preparedness and response. These public investments directly affect residents' health, and they play a critical role in determining health outcomes.

### THE DRIVERS OF HEALTH



## Fun Health Fact of the Month.

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Think twice about that cup of coffee first thing in the morning! Apples, not caffeine, are more efficient at waking you up in the morning!

