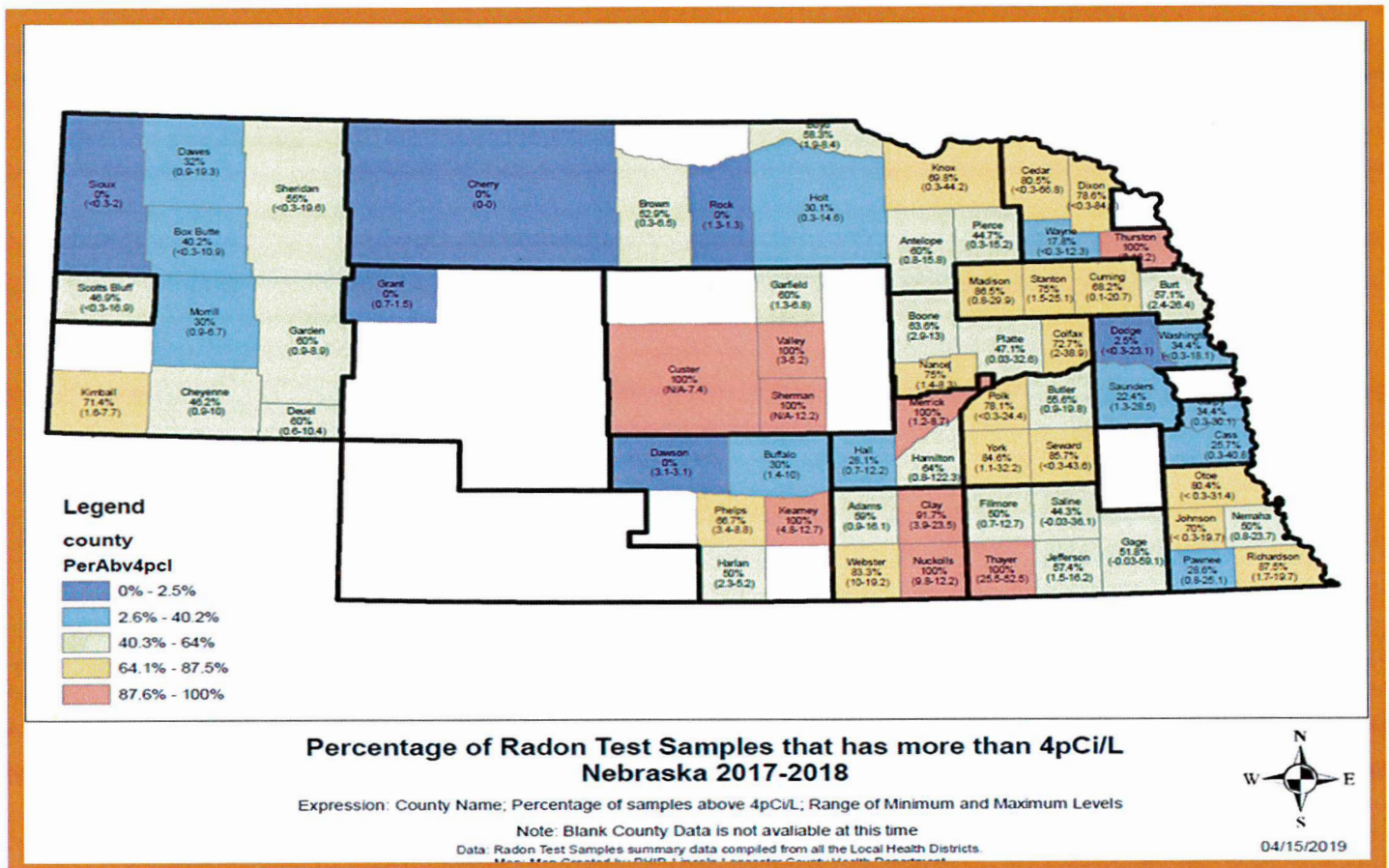


## Environmental Health Radon

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. Depending on the composition of the soil, radon has the potential to leach through basement cracks and expose families to the radioactive gas. The following map of Nebraska demonstrates the percentage of radon test samples that tested above the recommended level of exposure.



TRPHD continues to sell radon test kits for \$10. We recommend that you test the lowest level of your home that is in active use. The results will determine if you are exposed in excess of recommendation. At that point, you can retest or explore radon mitigation.



## 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 will host the first of two Community Health Worker Collaboratives. Katie Mulligan has actively been reaching out to Community Health Workers in both the Two Rivers District and our western neighbor West Central District Health Department. Two Rivers is excited to be able to provide assistance with paying for transportation, wages for attendance, and food while the meeting is being held.

Working on obtaining number of people registered for the event.

## 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.

Two Rivers has been working to **convene** an executive committee composed of representatives of non-profit agencies throughout Kearney. The executive committee will meet in mid-April and the entire group will meet in May. The event is set to occur in November of 2019.



# 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

Many good things are happening with the development progress of Violence Intervention Community groups in Kearney and Lexington. This program is unique in its efforts to intervene and prevent potential violence in our communities. Its potential for developing good community relations with those in need is vast. Helping those who may be on a destructive path is what this program's focus is on and the teams created will be unique to each community so to serve each community to its best ability.

Organization efforts took place in March for the Disrupting the Pathway to Violence Program. The Lexington team has identified themselves as the "Community Safety Resource Team" and great progress has been made to move forward with goals of being able to handle community cases in the near future. Kearney's team is still developing their team but progress is going well. Training for both communities is being organized 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.

Starting early on Tuesday March 12th, 2019 Governor Pete Ricketts declared a State of Emergency in Nebraska. Heavy fog, followed by rain and snow, created a disaster situation in much of the state. The Two Rivers district was less affected than other areas. Buffalo County experienced the most damage when Gibbon, Pleasanton, and Ravenna experienced flooding.

Emergency Response Coordinator Katie Mulligan contacted County Emergency Managers in each of the 7 counties in our district. Mulligan was able to assist in convening the Kearney COAD (Community Organizations Active in Disaster), to begin assisting those in need. The COAD was able to work with Gibbon Baptist Church to create a Multi-Agency Resource Center (also called MARC). Services offered at the MARC were rent assistance, mold clean-up kits, furnace replacement/repair assistance, behavioral health services, and assistance understanding insurance coverage.

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 the bacteria, *Campylobacter*, lurks in animals, our soil, and untreated waters so precautions must be taken to avoid a week of misery with diarrhea (often bloody), fever, abdominal cramps and sometimes nausea and vomiting.

*Campylobacter* is one of the most common causes of diarrheal illness in the United States. Symptoms usually start within two to five days after exposure and last about a week. In people with weakened immune systems, such as people with blood disorders, AIDS, or people receiving some kinds of chemotherapy, *Campylobacter* occasionally spreads to the bloodstream and causes a life-threatening infection. Since *Campylobacter* infection is a reportable condition, I am starting to see an uptick in number of cases. I work to identify the source of infections transmitted by food and other routes.

Understanding where the *Campylobacter* lurks and the steps needed to prevent becoming its next victim are keys to staying healthy. Most cows, chickens, other birds, and animals that show no signs of illness carry *Campylobacter*. It can be carried in the intestines, liver, and giblets of animals and can be transferred to other edible parts of an animal when it's slaughtered. Milk can become contaminated when a cow has a *Campylobacter* infection in her udder or when milk is contaminated with manure. Other foods, such as fruits and vegetables, can become contaminated through contact with soil containing feces from cows, birds, dogs, cats, or other animals. Animal feces can also contaminate lakes and streams. Pasteurization of milk, washing or scrubbing of fruits and vegetables, and disinfection of drinking water helps prevent illness. Most *Campylobacter* infections are associated with eating raw or undercooked poultry or from contamination of other foods by these products. People can get infected when a cutting board that has been used to cut and prepare raw chicken isn't washed before it is used to prepare foods that are served raw or lightly cooked, such as salad or fruit. *Campylobacter* infection is common in the developing world, and people who travel abroad have a greater chance of becoming infected.

When you have been outdoors working or playing in the soil, untreated water, or with animals, please remember to wash your hands with soap and water when you return indoors – because if *Campylobacter* gets on your hands, it can end up in your mouth. In the kitchen, try to have a cutting board dedicated only to raw meats and wash it with soap and water after each use. If you travel internationally, try to access bottled water whenever possible and avoid eating undercooked meats. Be prepared with a personal travel bottle of liquid soap for handwashing while you are touring about.

The CDC estimates that it affects more than 1.3 million people in the US each year. About 1 in 5 infections reported are associated with international travel.



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

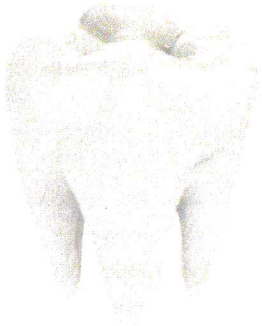
**Pyramid:** Nine of the original twelve child care providers are completing year 3 of receiving Social Emotional coaching and training. They will be receiving a \$500 stipend in June. This was a huge commitment on their part! The three providers who did not complete the 3 years have all moved out of Dawson County or are not providing childcare anymore, and became ineligible to continue in the program.

**Free Parenting Classes:** 2 Pyramid Parenting Classes and one Circle of Security class have been completed since the first of the year. Three Circle of Security Classes are currently being given.

**Week of the Young Child:** 12 volunteers worked at the Free Movie "Cloudy With A Chance of Meatballs" that was hosted on 4/13/19 at the Majestic Movie Theater in Lexington. 4 boxes of canned food was collected and given to the Lexington Food Pantry. Every child was given free popcorn and a social emotional book. At the Gothenburg celebration, children were given the materials to make a solution kit and a social emotional book. The Lexington celebration was cancelled due to weather. Cozad did not host a celebration this year.



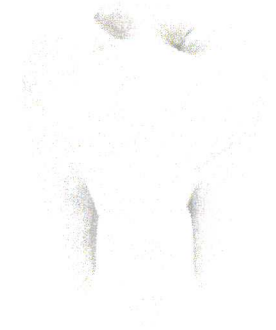
# LIFESMILES DENTAL HEALTH PROGRAM



March was a month of guessing what Mother Nature would be up to each day. Some not-so-great weather impacted meetings and organization of program activities but all came together eventually.

To address the community need to resume services with the LifeSmiles Dental Program, a roadshow is in process to solicit support from county, city, hospital, and school stakeholders. This is an opportunity to invest in their community's health and well-being. Supporting disease prevention efforts ultimately saves our communities thousands of dollars as prevention is the most cost efficient use of funds.

LifeSmiles Program Coordinator and PHRDH team attended an informative presentation on Silver Diamine Fluoride hosted by Central Community College's Dental Hygiene Alumni Association with Dr. Jeremy Horst presenting. Dr. Horst is a national leader in decay prevention research and much was learned from attending that can be applied to program outreach. Media outreach consisted of With LifeSmiles budget restrictions, focus has been on our roadshow activities, including meeting with community stakeholders 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.





T

During the month of March TRIMRS Coordinator Cody Samuelson attended the initial exercise planning meeting of the South Central Regional Local Emergency Planning Committee (SCRLEPC) to hold a table-top tornado exercise in Alma. Samuelson will be assisting with generating exercise documents and helping to promote the exercise.

R

Samuelson also participated in the quarterly meeting of the TRIMRS Region Emergency Response Coordinators. The group discussed items on their cumulative work plans that must be addressed and finalized in the coming months prior to the end of the 2018-2019 budget year.

I

**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.**

M

The month of March brought unprecedented flooding to most of the State of Nebraska and the TRIMRS Region was certainly no exception. During the flooding incident TRIMRS was not formally requested to assist any member agency, however Samuelson was actively communicating this members during the incident. Samuelson will be actively participating in crafting an after action report in regard to the incident and will also participate in hot washes to discuss the response to flooding.

R

The final after action report for the December active shooter table-top exercise at the Viaero Center in Kearney was finalized. Samuelson will be working with coalition members to address the action steps of the plan and implementing changes to improve response. A final report for the full-scale active shooter exercise in Kearney is also nearing completion.

S

## TRI-CITIES MEDICAL RESPONSE SYSTEM

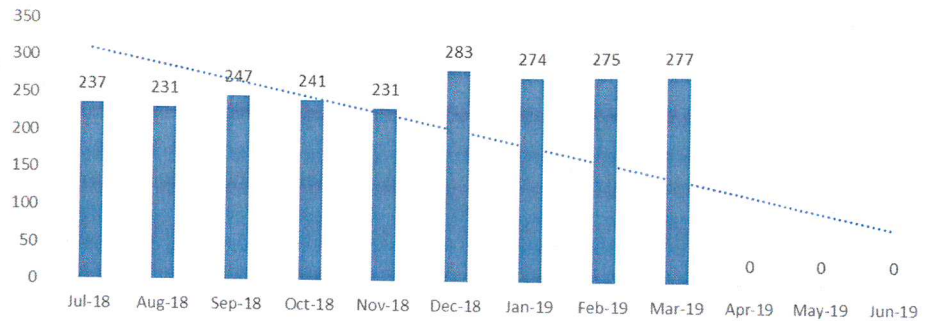
April will be a busy month with TRIMRS Executive and Steering Committee meetings and other planning meetings throughout the coalition area.



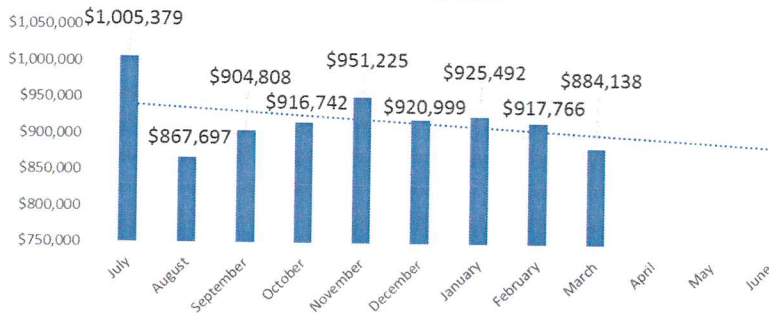
# MARCH FINANCIAL REPORT

Two Rivers fund balance on March 31st was \$882,848. We have 277 days cash on hand.

Days Cash on Hand



Current Assets



Current assets are at an estimate of \$884,138; a decrease of \$33,628 from February. This is due to collecting a couple more payments in receivables for this month.

Current Liabilities have increased in the month of March by about \$10,048. This is due to higher accruals for the month of March, along with increase purchased items through credit cards for the program RIR.

Current Liabilities



## 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.

## A/R and A/P :

This month are both operating efficiently. Will follow up with DHHS on the outstanding invoices of \$340.00 for TB Surveillance.

March 2019 - Received an email from Jessie in regards to the past due invoices. DHHS processed the invoices and we will be receiving payment in April.

## New grants and increased revenue:

**DOT (Directly Observed Therapy)** – this is to provide home visits to carry out DOT if necessary.

Contract is in effect from 3/21/2019 – 3/19/2020 for a total of \$3,600

## Closeout and decreased revenue:

N/A



## 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. In the month of March, Maria received many calls for assistance.

Maria received a call about a frantic mother with a child that stuck a q-tip in his ear. The mother had pulled the q-tip out and the child was still screaming in pain, and the ear was now bleeding. Maria told the woman to take her child to the emergency room. The woman said that she had to find transportation first. Maria told her to call back if she couldn't find transportation. After Maria hung up she called back to let the woman know she can call the police or the ambulance to come get her. She told Maria that she has a friend coming to get her. She then called maria again once she got to the hospital because she needed a translator, but then the hospital provided one. Maria followed up later, the women told her that the child was fine, and that they were back home. The doctor had pulled out the point of the q-tip, checked and washed the ear, and applied 3 medicine drops. The mother was instructed to give Tylenol, and the nurse would call to check in in 3 days.

Maria received a call from a woman asking for the Life Smiles Dental Program. Maria explained to this person that this program is in hold right now till further notice because it is passing thru some changes, but she could put their name on a waiting list. When the program is in operational again they can call her to set up an appointment. The woman agree to do that. Maria then offered her a free Colorectal kit, she said yes and asked for one for her for my friend. She then asked to Maria "do you know what shampoo is good for not losing hair? Because I'm losing a lot of hair". Maria said, "no, I don't but if you are concern you should visit a doctor". The woman said, "I already did, and I asked if this could be some indication of cancer". The doctor told her no, but there are lot of good products in Wal-Mart for hair loss. The woman continue to say, "but I already passed thru beginning of head cancer that the symptoms started losing my hair and a Doctor did a surgery and removed a tumor the size of an avocado like 8 or 10 years ago". Maria told her, "for a peace of mind you should seek a second opinion". she said, "I will do that".

## Administrative Notes

### Accreditation Update:

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

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

Community Health Assessment is complete. Will begin working on Community Health Improvement Plan

## Contact Us

Give us a call for more information

**Two Rivers Public Health Department**

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701 4th Ave., Suite 1  
Holdrege, NE 68949

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3715 29th Ave., Suite A2  
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(888) 669-7154

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[www.trphd.org](http://www.trphd.org)