

Immunizations



It has been an exciting month for our immunization program. Our equipment has arrived and vaccine is on its way. Our new billing clerks, Krista Pierce and Sally Heusinkvelt (who also work in our Bright Smiles dental program) have been finishing up with insurance credentialing, NESIIS, software program, and vaccine management training, as well as processing all the registration forms we have received. The last week of October and into November, we will be out and about in Kearney, Holdrege, and Minden with flu shots. Influenza will be arriving on our doorstep soon. Don't be a victim! Everyone over six months of age should receive an influenza vaccination every year. Efficacy of the vaccine (which has to be developed and mass pro-

duced each year) varies from year to year, but in general, studies have shown that those who have been vaccinated but still contract influenza have much milder symptoms and a shorter duration of illness than those who did not receive vaccine. Every flu season, we face challenges when large portions of our population are affected. If you do become ill, it is important to restrict your contact with other people until you have not had a fever for at least 24 hours and other symptoms are subsiding. Influenza is a respiratory virus and the tiny viral particles move easily through the air and can infect others. Be vigilant with handwashing before eating, after using a tissue or coughing into your hand, and always after using the toilet. Stay warm and stay well!



LIFESMILES

DENTAL HEALTH PROGRAM



For it's a long, long while from May to December / But the days grow short when you reach September. — Maxwell Anderson

Fall is coming and our time to accomplish tasks gets condensed as our days grow shorter. We, at Two Rivers Public Health Department, are working hard to utilize every minute to share program services as well as important health and safety information to all in our district. Please call or visit our website for more information. We are a small, but dedicated team of professionals working to serve those in our district and make our community healthy and safe for all! We are here for you!

The LifeSmiles Program has begun with school services in limited areas of the district.

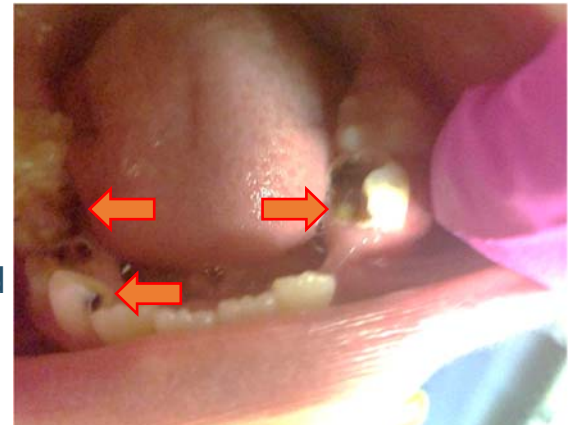
Areas selected have been identified as those with highest need so we can utilize our limited funds to serve those at greatest risk for dental disease. We are grateful for those we partner with as we have already identified many children with unmet dental disease and are able to collaborate to help them receive restorative care. The prevention services in schools have revealed that urgent needs reduce the longer we are able to provide services in a school.

We also have resumed services in some WIC clinics. This has also been a wonderful partnership as we have the opportunity to educate caregivers as well as children in addition to providing prevention services. It is a rewarding experience to help families without access to prevention or restorative dental care.

We persist in our efforts to attain support for services to those in need. This epidemic is often overlooked and we have much to do to in raising our communities' understanding of the linkage between good oral health and good overall health as this will help to reduce the disparities associated with oral health and will lead to healthier communities.

You can contribute to this program by contacting Two Rivers Public Health Department or visiting our website

at www.trphd.org and click on the "donate now" tab at the top of the page, followed by clicking on the orange "Donate Here" option at the middle of the page. Please note that you would like funds to support the dental program in the "notes/ comments" portion of the page. Contributing to LifeSmiles Services is a way to help many in your community.



A child served at a LifeSmiles Dental Clinic suffering with severe rampant decay.

TRI-CITIES MEDICAL RESPONSE SYSTEM

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.

During the month of September, Coordinator Cody Samuelson embarked on a journey throughout the TRIMRS Region to visit with hospital coalition members and collect their specific essential information to have on file in the event of an emergency or disaster. The face-to-face meetings provided opportunities to build relationships with members and have thoughtful discussions on how to make TRIMRS an effective organization for all involved. The project involved travelling to and | or corresponding with hospitals in the following communities:

- Alma
- Aurora
- Broken Bow
- Callaway
- Central City
- Cozad
- Franklin
- Gothenburg
- Grand Island
- Hastings
- Holdrege
- Kearney
- Lexington
- Minden
- Ord
- Red Cloud
- Saint Paul



Going forward, Samuelson will be working with TRIMRS members and other community members to collect similar emergency information for long-term care centers throughout the

TRIMRS Region. Samuelson will make another round of hospital visits in the spring of 2020 for further discussion of the coalition and collecting different emergency preparedness information for another project.

In the middle of September one of the TRIMRS mobile medical asset trailers was inventoried. TRIMRS owns two trailers and they are each stocked with supplies and cots to establish alternate care sites to support hospitals in the event they need to provide patient care outside of their facilities. TRIMRS plans call for annual inventory of the supplies in the trailers. Samuelson was assisted with the inventory by Two Rivers Public Health Department Emergency Response Coordinator Katherine Mulligan, Loup Basin Public Health Department Emergency Response Coordinator Catie Larsen, and South Heartland District Health Department Public Health Risk Coordinator Jim Morgan. While performing the inventory of the trailer contents, perishable supplies were replenished with recently purchased supplies.

With the assistance of members of the TRIMRS Executive Committee, several highly infectious disease go kits were assembled in Mid-September. The kits contain personal protective equipment for hospital staff members to protect them from infectious patients as well as both wet and dry infectious disease types. The kits are roughly the size of a suitcase and will be a resource hospitals can share with one another if needed. Other Health Care Coalitions in the State of Nebraska currently have these kits available to their members. Training on the kits and how to implement them will take place during October thanks to experts from the University of Nebraska Medical Center's Biocontainment Unit. After the training, the infectious disease kits will be put into circulation for service.

September also involved Samuelson travelling throughout the region and participating in numerous disaster exercise planning meetings. During October three exercises will take place in the TRIMRS Region and involve the topics of communication, a mass-casualty incident, and an active shooter exercise.

Radon

Radon is a radioactive gas that is the leading cause of lung cancer in non-smokers. In Nebraska, the concentration of radon radiation in homes is frequently higher than the EPA recommends. Because radon is invisible, odorless, and tasteless, the only way to determine the presence or amount of radon in a home is through testing. TRPHD sells simple Radon Test Kits for \$10 so our community members can easily determine whether or not the radon level in their homes are safe. If the radon level is found to be unsafe, retesting and remediation, if needed, is recommended. During the month of July, TRPHD provided education materials and sold test kits at county fairs in our jurisdiction.

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.

Katie submitted a grant application to the Kearney Area Community Foundation to help fund a location for the event, this funding was denied. Katie will hold a meeting in October with the larger group to determine if this is a viable project.

VetSET

Rural veterans, service members, and their families can be disproportionately affected by negative health outcomes. Two Rivers Public Health Department through VetSET Nebraska is working to connect veterans and service members to community resources to better serve this population. We are increasing community awareness, building collaboration with partners, and connecting our community to support.

Katie completed the year for this program by raising awareness for veterans through Facebook. During the month of September, Katie worked to create a tri-fold pamphlet and postcard that will be distributed throughout the district during this fall and winter.

Disease Surveillance and Investigation

We work diligently in the early detection, intervention, prevention and education of communicable diseases. Our public health department is notified of communicable disease laboratory results through the National Electronic Disease Surveillance System (NEDSS). The community health nurse investigates each report, which may include patient interviews and physician consultations. Recommendations are made to patients to prevent, promote, and protect the health of community members.

We have completed mosquito trapping results for this year. Our seven counties made it through a West Nile season without a confirmed human case. This is not a moment to rest as we head full force into Influenza season. Our hospital infection preventionists will begin completing weekly Influenza Like Illness (ILI) reporting on October 8th. Schools started their weekly reporting in early September. This information is shared (without any student or patient identifiers) with the NE DHHS epidemiologists and the Center for Disease Control (CDC) to help track the spread of influenza across the nation. There is no doubt that our communities will be affected by influenza as we move into fall and winter. The only question is how severe it will be. The best preventative measures to protect our citizens are:

- Influenza vaccine for everyone over the age of 6 months, every year. Many are clinics, pharmacies, and Two Rivers Public Health Department will be offering influenza immunization clinics beginning in October.
- Frequent handwashing throughout the day – but especially before you eat, after using a tissue or coughing into your hands, and always after toileting
- Avoid touching your face with your hands unless you have completed hand washing. The eyes, nose, and mouth are easy portals of entry into the body for the germs lurking on hands.
- Stay home if you are sick! Influenza is a respiratory illness that spreads by tiny viral particles expelled into the air when sick people cough and sneeze. Cough or sneeze into your sleeve to reduce the number of airborne viral particles in your home.
- Avoid contact with other people who are sick, especially if they are coughing and sneezing.

Lead

TRPHD works with the Nebraska Childhood Lead Poisoning Prevention Program to track children who have had their blood lead levels tested and provide education about possible lead hazards in their environment and safe options for remediating those hazards. Lead may harm a child's brain and central nervous system. Even low blood lead concentrations can cause irreversible damage, such as impaired and or delayed development, behavioral problems, and hearing loss. Knowing where the source of lead exposures in a child's environment are likely to be found and removed is the best way to prevent elevated lead levels in a child's blood. Houses built prior to 1978 were very likely painted with lead based paint. Over the years, inside and out, these houses have been painted over many times with paint that does not contain lead. All is well until paint is not maintained and begins to deteriorate by chipping, peeling, flaking, or chalking. When this happens, the old leaded paint can leach into the environment. If you are planning to scrape old paint before applying a fresh coat, in a building erected prior to 1978, please check to make sure there is no lead in those layers you are removing! During the month of September, two staff members from Two Rivers Public Health Department completed Lead Paint Inspector and Environmental Lead Hazard Inspector training, including successful completion of the State of NE examinations for certification. We will avoid some delays waiting for limited and busy DHHS inspectors that cover the entire state when home inspections are needed for families with a child who has an elevated blood lead level. During the month of September, five new cases of Elevated Blood Lead Levels (EBLL) were opened and

Dawson County Rooted In Relationships

There was no stakeholder meeting due to members attending the 2019 Thriving Communities Conference in Kearney on September 16 and 17

Two Circle of Security Classes began in Lexington, given in Spanish and English.

These are 8 weekly classes.

October stakeholder meeting work will be focused on enhancing the stakeholder membership.

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.

During the month of September Katie Mulligan was able to help prepare for disasters by doing an inventory of the TRIMRS mobile medical asset trailer. Katie facilitated a formal meeting of the Greater Kearney Area COAD. Mulligan will act as COAD Chair until the meeting later in the year. During September all of the Emergency Response Coordinators across the state of Nebraska met in Broken Bow. The coordinators discussed efforts to communicate to the public in a crisis, the implementation of a statewide communication platform, the Nebraska State Immunization Information System, and the updating of the local public health all hazards emergency response plan.

UNMC Dia-Beat-it

In early May Two Rivers started a project with a second research group from UNMC regarding Community Health Workers. This group, led by Dr. Fabiana Silva, is trying to help CHWs address diabetes in Hispanic populations, specifically Dawson County for us. They have asked us to do focus interviews with them to gather data. There will be 3 different focus groups/ interviews scheduled during one day, each lasting about 1 hour. One group will be comprised of those who supervise CHWS. One group will be CHWs. One group will be representatives of the community.

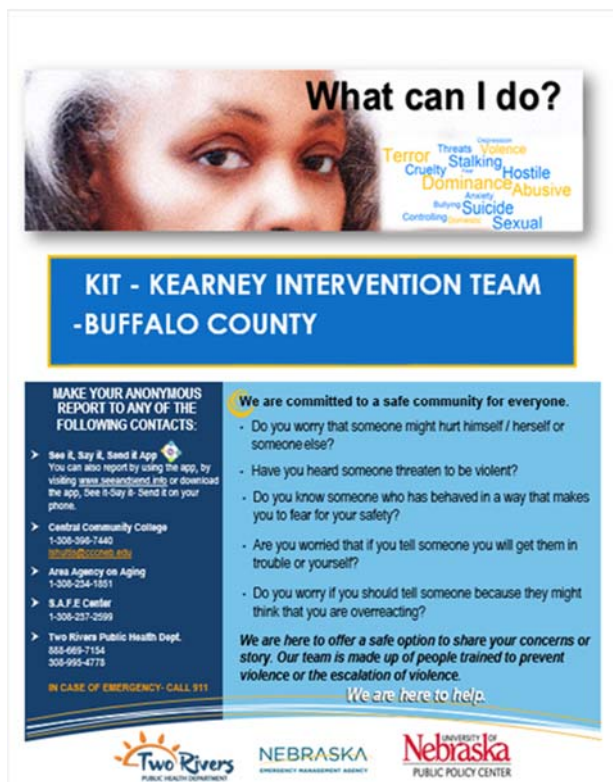
The first set of meetings is set for October 3rd.

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.

These teams are unique as the focus is from a public health approach, utilizing many stakeholders who are invested in caring for their communities. Similar teams in the nation are an extension of law enforcement. With that being said, law enforcement is also represented within these teams as they have much to offer with their specific professional experience in helping with safety and threat assessment. The Lexington Community Safety Resource Team (CSRT) and the Kearney Intervention Team (KIT) are composed of various representatives in the community who have been trained in threat assessment and are available as a resource to communities as a safe option to report concerning behaviors. The goal is to help those who may be on a path to violence and prevent a violent incident.



What can I do?

Terror Threats Violence
Cruelty Stalking Hostile
Dominance Abusive
Bullying Suicide
Controlling Sexual

**KIT - KEARNEY INTERVENTION TEAM
-BUFFALO COUNTY**

MAKE YOUR ANONYMOUS REPORT TO ANY OF THE FOLLOWING CONTACTS:

- See it, Say it, Send it App. You can also report by using the app, by visiting www.seesayandsendit.com or download the app. See it-Say it- Send it on your phone.
- Central Community College
1-308-595-7440
kturbin@cccneb.edu
- Area Agency on Aging
1-308-234-1031
- S.A.F.E. Center
1-308-237-2599
- Two Rivers Public Health Dept.
888-669-7154
308-995-4778

We are committed to a safe community for everyone.

- Do you worry that someone might hurt himself / herself or someone else?
- Have you heard someone threaten to be violent?
- Do you know someone who has behaved in a way that makes you to fear for your safety?
- Are you worried that if you tell someone you will get them in trouble or yourself?
- Do you worry if you should tell someone because they might think that you are overreacting?

We are here to offer a safe option to share your concerns or story. Our team is made up of people trained to prevent violence or the escalation of violence.

We are here to help.

Two Rivers PUBLIC HEALTH DEPARTMENT
NEBRASKA EMERGENCY MANAGEMENT AGENCY
UNIVERSITY OF NEBRASKA PUBLIC POLICY CENTER



What can I do?

Depression
Cruelty Dominance
Suicide Anxiety
Abusive Controlling
Stalking
Bullying
Fear

**COMMUNITY SAFETY RESOURCE TEAM
-LEXINGTON**

MAKE YOUR ANONYMOUS REPORT TO ANY OF THE FOLLOWING CONTACTS:

- See it, Say it, Send it App. You can also report by using the app, by visiting www.seesayandsendit.com or download the app. See it-Say it- Send it on your phone.
- Handi Reports
Chaplain, Tyson Foods
handireports.com
308-524-8278
- Central Community College
1-308-595-7440
kturbin@cccneb.edu
- Two Rivers Public Health Dept.
888-669-7154
308-995-4778
- Non-Emergency Police Contact
308-524-2517
IN CASE OF EMERGENCY- CALL 911

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Two Rivers PUBLIC HEALTH DEPARTMENT
NEBRASKA EMERGENCY MANAGEMENT AGENCY
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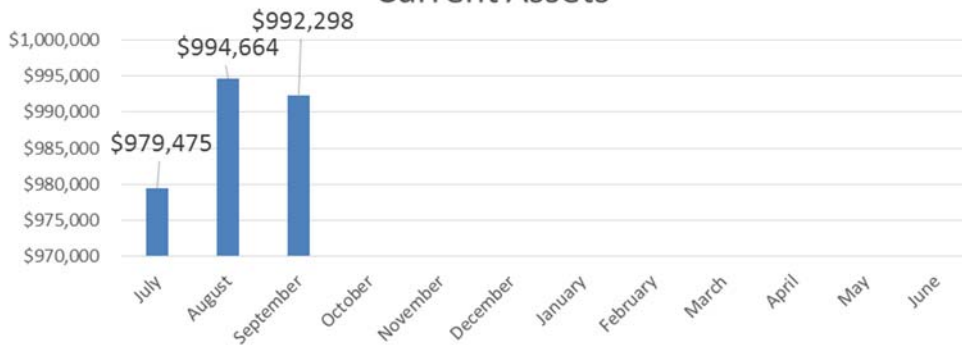
If you or someone you know needs help, the National Domestic Violence hotline number is: 1-800-799-7233. Statistics Provided By NCADV. For more information visit <https://www.ncadv.org>

SEPTEMBER FINANCIAL REPORT

Two Rivers fund balance on September 30th was \$934,692. We have 355 days cash on hand.



Current Assets



Current Assets are at an estimate of \$992,298 for September 2019. This is due to a slight decrease to our bank cash flow.

Current Liabilities in the month of September increased to \$38,234. This is due to higher payables submitted in the final week of September, along with higher accruals for the month of September.



A/R and A/P this month are both operating efficiently. Radon invoice of \$3000 is 31 – 60 days past due. Talked to DHHS for the status of this invoice. They replied back that it was submitted to be approved on August 31st. Will follow up in September if we don't hear anything back on this invoice. UPDATE on Radon Invoice: Payment has been received for \$3000.

New grants and increased revenue:

N/A

Closeout and decreased revenue:

These programs have come to a close, but will be renewed for this fiscal year

Accreditation Support (October 2018 – September 2019) \$15,000

Lead (October 2018 – September 2019) \$10,200

Making Connections (October 2018 – September 2019) \$5,200

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, and interpreting for those who can't speak English, and connecting individuals with resources.

In the month of August, Maria referred 5 families to LSDP, Immunization, WIC program, Food Pantry, Micah's house, CSFP and home base study.

Maria Interpreted at Kearney car seat inspection, referred children to CAPMN for immunization, referred 11 families to Circle of Security, and helps schedule dental appointments. She also referred families to Parent Child Center for Winter clothes and shoes. Maria worked within the community by connecting with Catholic church for dental funds, connecting with Kristi O'Meara for Dental funds and Lincoln Dental day, and attending the Lexington Community violence prevention meeting.

Administrative Notes

Accreditation Update:

Two Rivers Public Health Department received our response for our Accreditation status.

Still interviewing for Assistant Director position

Contact Us

Give us a call for more information

Two Rivers Public Health Department

Holdrege Office:

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

Kearney Office:

3715 29th Ave., Suite A2 Kearney, NE 68845

Phone Number:

(888) 669-7154

Visit us on the web at www.trphd.org