

# TRPHD



Two Rivers Public Health Department Monthly Newsletter

January 2019

## Environmental Health

### Radon

The Two Rivers Public Health Department Radon Program works through both grant funding and an internal testing program. Radon is a radioactive gas that can cause lung cancer when a person is exposed over a long period of time. If the person is an active tobacco user, the likelihood of developing lung cancer is increased. Nebraskans are frequently exposed to high levels of radon and approximately 50% of the homes in the Two Rivers district will test above the recommended level of radon.

TRPHD increased the distribution of test kits over the month of January. This was accomplished by Assistant Director Laura Steele appearing on NTV to demonstrate how to use a test kit, a strategic Facebook Ad campaign, and word of mouth. TRPHD is able to provide test kits to community members at a better price than other locations. We are also there to help guide those testing through the process, and assist them in the right direction after results come back. Through a grant we have we are able to provide free kits to those who qualify.



# 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

During the month of January TRPHD staff hosted a series of meetings and training sessions on a violence prevention group for the Lexington Community. Members of the Lexington Community will meet to serve as a violence prevention team and begin the process of sharing resources to keep the community safe. A similar team will be forming and meeting in Kearney soon as well thanks to programmatic work of TRPHD staff with collaboration amongst the University of Nebraska Public Policy Center and community stakeholders.



# 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 January acting Emergency Response Coordinator Cody Samuelson served as controller for a full-scale mass casualty exercise held at multiple locations in the Kearney Community. The full-scale exercise took place in Alma on January 24, 2019. Multiple agencies from Kearney participated in the exercise, including but not limited to: CHI Health Good Samaritan, Kearney Regional Medical Center, the Kearney Police Department, the Buffalo County Sheriff's Office, the Nebraska State Patrol, City of Kearney / Buffalo County Emergency Management. The exercise focused on how the community would initially respond to a mass casualty incident. Multiple Two Rivers Public Health Department staff members assisted with the training exercise.

Going forward Samuelson will assist with writing an after action report to capture lessons learned and ways to improve based on the results of the exercise. A focus of the emergency response program is to build and improve resilience to both natural and man-made disasters of the agencies and communities in the TRPHD district. To inquire about TRPHD assisting with an exercise in your community, please contact our office at 888-669-7154!

During the month of January the TRPHD Emergency Response Program facilitated a full-scale exercise in Kearney that was attended by over 100 participants and included approximately 60 volunteers



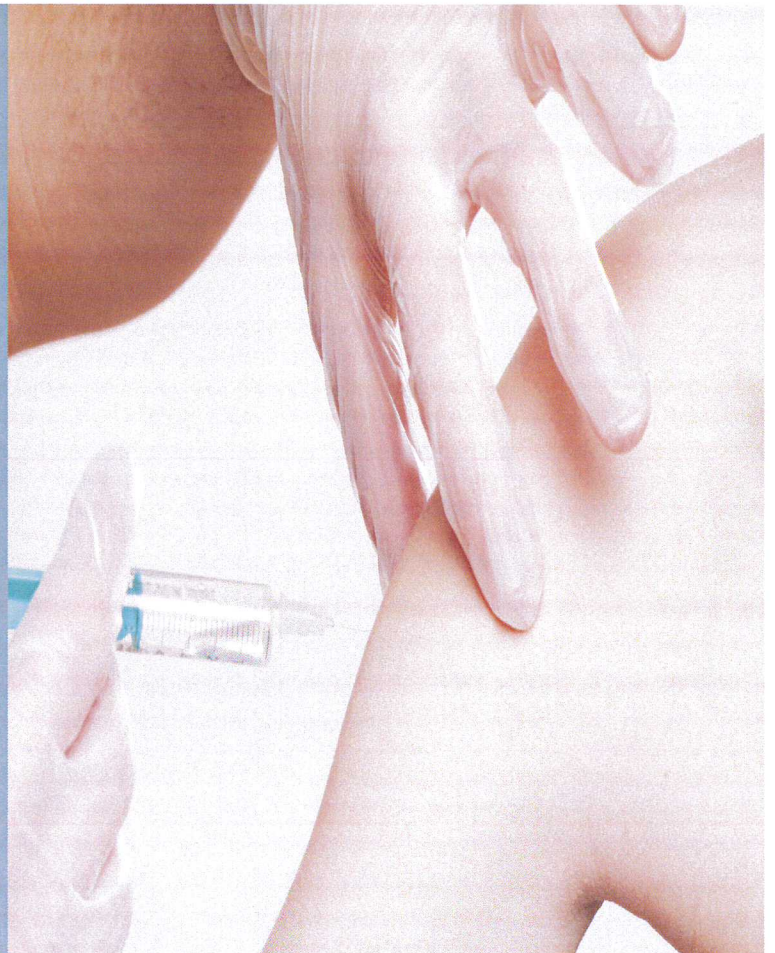
# Disease Surveillance and Investigation

TRPHD is committed to promoting healthy communities, families and individuals through communicable disease surveillance. The intention of surveillance is to identify, promptly investigate, and monitor each incident of a reported communicable disease. Timely recognition of the disease within the community enables the proper implementation of prevention and control activities. This action can contain the spread of the disease before the illness becomes a major public health crisis.

A good surveillance system also identifies emerging infectious diseases, acts of bioterrorism, and potential influenza pandemics, as well as providing a basis for evaluating the outcome of public health prevention programs.

## Preparing For Flu Season!

Two Rivers continued to monitor cases of reportable infectious diseases in the area. The surveillance team continued to encourage the public to get their flu shot as well as practice good hand hygiene, frequently clean contact surfaces, and stay home when you are sick.





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.



Data for the survey that was distributed was presented at the January Meeting.

It is currently helping to form a proposal to encourage active transportation in Kearney, as well as aid in the policy creation.

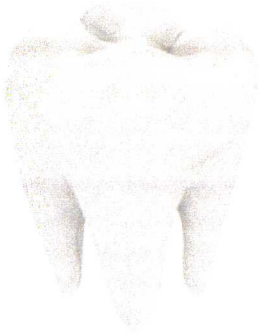
Move Kearney always welcomes new members to join. Monthly meetings for Move Kearney are held on the second Thursday of every month, at 6:30 PM at the Kearney Public Library. Please feel free to contact the health department at 308-995-4778 for more information.

## **Dawson County Rooted In Relationships**

The stakeholder group met January 15th from 11:30-1:00 Where Two Rivers provided a fiscal report. Two members have resigned from the Steering Committee (Pat Samway who retired from her position at the Lexington hospital and Rob Kueffner who resigned because of scheduling conflicts) Rob will continue to post items, flyers and events on the RiR Face Book page. The Farnam Library posted a picture of the SE back packs that were provided last year. The National Center for Social Emotional Learning Foundation's Face Book page shared the library's photo as a highlight of the Pyramid work that is occurring across the country. Year 1 Training 3 was held on January 12th at the Lexington Hospital Board room. The Year 3 Training 1 was held the same day at the Lexington United Methodist Church. Patti has submitted the sign in information to NCFE. Karina had scheduled to begin facilitating a class on January 10th for Circle Security, but had to postpone due to lack of participation. She has rescheduled a start date and currently has 6 enrolled. Patti submitted the Semi Annual Report which is due January 31st. It was suggested that additional data could be collected from the emailed information that was shared. Patti will collect the data and add it to the report before submitting it to TRPHD so that the fiscal report can be added prior to them submitting it. Patti updated the Work Plan to reflect the data. Pyramid parenting classes will start in Lexington on January 31st. Alma Burreguo (who is bi-lingual will give this class. Another class will start in Gothenburg on February 4, 2019.

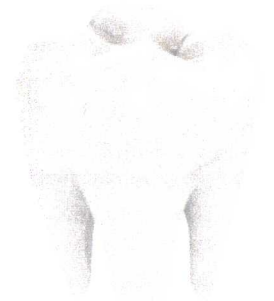


# LIFESMILES DENTAL HEALTH PROGRAM

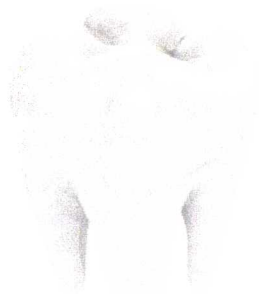


January is a time for new beginnings and the inspiration of personal goals. We with the LifeSmiles Dental Health Program wish to inspire all to embrace the goal of having good oral and dental health. Spending time on good health habits can not only improve our smile's appearance but can contribute to general better health. Good oral health contributes to reducing our risk for many diseases and improves our immune system. For those experiencing a health condition, having good oral and dental health can improve our ability to stabilize disease and reduce overall healthcare costs. All in all, spending two to three minutes, two times a day as well as visiting your dental office (as recommended) for regular dental visits can be a great way to take care of ourselves and start the New Year on a great path!

January's program outreach consisted of regular dental prevention services at schools, preschools, Head Starts, long-term care facilities and WIC clinics. Collaboration with Lutheran Family Services, with the Refugee Health Program, is taking place to evaluate where services can be coordinated to reach minority populations and additional education opportunities may be offered.



February's activities will incorporate focus on promoting Children's Dental Health Month and the benefits that good oral and dental health can have for our children.



In January, the LifeSmiles team provided services at 45 clinics located with our partners at 5 different long-term care facilities, 9 clinic visits were held at WIC sites, 10 preschools and schools received dental preventive services.



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During the month of January Cody Samuelson accepted the position of TRIMRS Coordinator effective January 7. Samuelson prepared items for the January 2019 TRIMRS Steering Committee meeting and facilitated that meeting in addition to an Executive Meeting prior to the Steering Committee. Samuelson submitted two assessments of TRIMRS in January that are part of the work plan.

**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.**

The primary event of note in January was a full-scale mass casualty exercise that was held at multiple locations in the Kearney Community on January 24th. The exercise was the result of many months' worth of planning and a collaborative effort. There was a fantastic turnout of area volunteers on the day of the exercise which contributed to a positive learning and training environment. Some participants of the exercise included but are not limited to, CHI Health Good Samaritan, Kearney Regional Medical Center, the Kearney Police Department, the Buffalo County Sheriff's Office, Nebraska State Patrol, City of Kearney / Buffalo County Emergency Management, and the Kearney Volunteer Fire Department.

Going forward, Samuelson will be assisting the planning team in generating an after action report about the exercise to establish lessons learned and ways to improve skills and future training exercises.

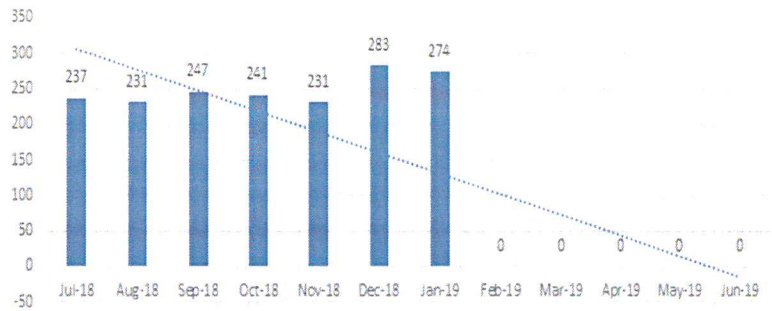
**TRI-CITIES MEDICAL RESPONSE SYSTEM**



# JANUARY FINANCIAL REPORT

Two Rivers fund balance on January 31st was \$874,671. We have 274 days cash on hand

Days Cash on Hand



Current Assets



Current assets are at an estimate of \$925,492; an increase of \$4,493 from December. This is due to a slight increase in receivables for this month.

Current Liabilities have increased in the month of January by about \$18,198. This is due to a numerous payables entered in the last week that got paid in the first week of February.

Current Liabilities



## A/R and A/P :

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

## Closeout and decreased revenue:

N/A

## New grants and increased revenue:

EWM Health Hub (9/30/18 – 9/29/19) \$14,882. Even though the Subaward started in September, there was a delay in the subaward. The subaward was signed and finalized in January.

The purpose of the subaward is to identify men and women of certain cancers at certain age ranges and help engage those individuals to educate, and navigate them to screening access, follow up and treatment resources as necessary.



## REAL IMPACT

Maria Barocio is the Community Health Worker at the health department. In this role, she is out in the communities we serve every day, providing health education and resources—and serving as a resource 'hub' herself.

During the month of January, The community Health worker is been busy and working with the Life Smiles Dental program at Lexington, Gibbon and Holdrege, doing data entry in Denticon System, giving appointments to people to come to the program, assisting the LSDP team to do the dental treatment interpreting and doing dental appointments, helping to find transportation for people to be able to go to their appointments, referring them to other services provided in the community or outside the community like, Hastings Central Community college, Dr. Carranza, Heartland Health Center, Dr. Johnson Mathew, Dr. Fedler, food pantry, Wic, Immunization, Weatherization, commodities, gas assistance.

This month a mother didn't know what to do because her daughter is been sick since a year ago on and off, she couldn't sleep good at nights neither the mother, child missed a lot of days of school, the mother was so worried that her child have a serious condition, she asked Maria if she knew a doctor for children, Maria talked about a Pediatrician and she helped to do her appointment, get intelliride for transportation services for mom and child, interpreted for her at Dr. visit, Dr. gave medication, Maria helped her to follow up with some other appointments, after 3 weeks mother said that her daughter sleep good, no more fever, mother and daughter are sleeping good child is more playful

Maria helped to do a dentist appointment for a gentlemen who was seen at Lexington, Dr. from Lexington referred him to a specialist on dental treatment (periodontist), Maria interpreted for him with the dentists, dentist gave dental education, after the education this man have a comments: if I knew about this education and all the dental problems that I'm having I should take good care of my teeth since I was young, now I will talk to my son who is 17 years old to start taking care of his teeth because I don't want him to have the same bad problems that I'm having.

## Administrative Notes

As of January 7th, 2019, Cody Samuelson has accepted the role of Healthcare Coalition Coordinator

The Emergency Response Coordinator position is open due to Cody S. taking on the role as Healthcare Coalition Coordinator.

Susan Puckett accepted the position for Community Health Nurse. Her starting date of hire will be February 4th, 2019.

## 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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Visit us on the web at [www.trphd.org](http://www.trphd.org)