

Pool PH Testing



Photo by: Katie Mulligan



February
2025

Waiting to be seen

Hanging with Ben



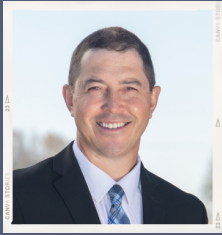
Photo by: Maria Barocio



Photo by: Katie Mulligan



TRPHD partnering
with NC2



Colorectal cancer is the second leading cancer killer in Nebraska and our state ranks 34th in screening rates.

- In 2025, the American Cancer Society estimates 940 new cases in Nebraska.
- In 2025, the American Cancer Society estimates 360 deaths in Nebraska.
- Colorectal cancer incidence and mortality rates are higher in Nebraska when compared to overall U.S. rates.
- In 2022, 64% of Nebraskans aged 45-75 years old were up to date on colorectal cancer screening.

**National
Colorectal
Cancer
Awareness Month**

Talk to a healthcare provider about your risk and when you should be screened for colorectal cancer.

For more info visit: www.necancer.org/Colorectal-Cancer

NC2 Nebraska Cancer Coalition

You've Got Guts - Kick it in the Butt!

Regular screening, beginning at age 45, is the key to preventing colorectal cancer and finding it early.

- Current guidelines recommend that all men and women at average risk for colorectal cancer get screened, beginning at age 45.
- Of all cancer deaths in people under 50 in the United States, colorectal is number one in men and number two in women.
- In Nebraska, only 38% of 45–54-year-olds report being up to date with colorectal cancer screening.
- The stage of disease at diagnosis strongly affects the outcome for colorectal cancer patients. The most recent data for Nebraska indicates that the 5-year relative survival rates for colorectal cancer are 92% for early-stage diagnoses, while rates for advanced-stage cases fall to 77% for regional diagnoses and 15% for distant diagnoses.
- Three in five people are now being diagnosed with advanced stage colorectal cancer.

DID YOU KNOW?

COLORECTAL CANCER INCIDENCE AND MORTALITY RATES ARE HIGHER IN NEBRASKA WHEN COMPARED TO OVERALL U.S. RATES.

Talk to a healthcare provider about your risk and when you should be screened for colorectal cancer.

For more info visit: www.necancer.org/Colorectal-Cancer

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Coming Up in March

Clinics This Month March 2025



KEARNEY: TRPHD office								<ul style="list-style-type: none"> Monday 03/03/2025 9 am - 5 pm
LEXINGTON: Dawson Co. Annex Building	March							<ul style="list-style-type: none"> Wednesday 03/05/2025 3pm - 5 pm
KEARNEY: TRPHD office	Su	Mo	Tu	We	Th	Fr	Sa	<ul style="list-style-type: none"> Thursday 03/13/2025 9 am - 5 pm
KEARNEY: TRPHD office	2	3	4	5	6	7	8	<ul style="list-style-type: none"> Monday 03/17/2025 1 pm - 5 pm
HOLDREGE: City Auditorium	9	10	11	12	13	14	15	<ul style="list-style-type: none"> Wednesday 03/19/2025 4 pm - 6 pm
COZAD: First United Methodist Church	16	17	18	19	20	21	22	<ul style="list-style-type: none"> Wednesday 03/26/2025 11:30 am - 1:30 pm
KEARNEY: TRPHD office	23	24	25	26	27	28	29	<ul style="list-style-type: none"> Thursday 03/27/2025 9 am - 5 pm
KEARNEY: TRPHD office	30	31						<ul style="list-style-type: none"> Monday 03/31/2025 9 am - 7 pm

Clinics not in the TRPHD office are by appointment only. In Office Clinics stop at 4:30, unless appointment has been made. To make an appointment please call: 888-669-7154



Monday, March 17th, 2025 TRPHD office will have a 12:30 PM late open.

National Sleep Awareness Week

On March 9th, we spring forward in time for Daylight Savings, which can affect sleep patterns for several days. Fittingly, National Sleep Awareness Week is March 9-15, 2025. Health directly affects sleep, and quality sleep is connected to health and well-being. To ensure you have a smooth transition use the following strategies:

- Get sunlight in the morning
- Limit tech time in the evening
- Gradually transition your bedtime by 15 minutes for several nights leading up to the time change.





February Recap



TRPHD's Expanding Team: Pilar Konz

Pilar Konz is TRPHD's newest Accounting Assistant! She is organized and detail-oriented, making her a perfect fit for the position. Pilar started her at TRPHD in October 2024. She is also employed as an accounting instructor and technical assistant for small business operators with the Center for Rural Affairs, where she has worked for eleven years.

Pilar also worked for MONA as an accounting assistant for over 6 years. She earned her degree from The Universidad Central as an accountant in her native country of Colombia, working over 15 years as an accountant and auditor for several Colombian companies. She is also currently studying everything related to income taxes.

Preparing for Pool Season

Two Rivers Public Health Department will begin inspecting public swimming pools in April 2025. A public swimming pool in Nebraska is a pool that's open to the public for swimming, bathing, or recreation. This includes pools at hotels, motels, apartments, and fitness facilities. Splash pads are only considered pools if they have standing water.

The team at TRPHD will provide consultative inspections, which means that the focus of the inspections will be education. Each of the over 70 public swimming pools in the district will be visited twice per year.



Mental Health First Aid

Two of TRPHD's employees, Hayley Jelinek and Courtney Swanson, had the opportunity to participate in a Mental Health First Aid Training in February. Mental Health First Aid is a course that teaches you how to identify, understand and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

The training gives you the skills you need to reach out and provide initial help and support to someone who may and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out be developing a mental health or substance use problem or experiencing a crisis.





In the Community Hy-Vee Health Fair

Two Rivers Public Health Department attended the annual HyVee Health Fair. The health fair features several health-oriented businesses, community-based organizations, and your local health department.

Our focus for this event was lead poisoning prevention. There are a variety of ways to prevent lead poisoning such as nutrition, cleaning practices, and sometimes removal of lead hazards from homes.



Pictured Above: Adam Viar, Environmental Health Specialist at the HyVee Health Fair

TUNA SALAD SANDWICH

Ask your family to cook this yummy recipe with you to help prevent getting sick from lead!

CONTAINS CALCIUM

HIGH IN IRON

VITAMIN C



INGREDIENTS

- 1 can (5oz) tuna, drained
- 1 tbsp low-fat mayonnaise
- 1 tsp lemon juice
- 2 slices whole wheat bread
- 1 lettuce leaf
- 1 tomato

DIRECTIONS

1. Mix tuna, mayonnaise, and lemon juice in a bowl
2. Spread tuna mixture onto one slice of bread
3. Add lettuce and tomato on top of tuna mixture then place second slice of bread on top





TRPHD offers guidance to guide cleaning and eating practices. TRPHD's HUD Lead Hazard Reduction program can help to remove lead hazards from homes.

While maintaining a diet that prevents lead poisoning sounds like a daunting task, TRPHD encourages individuals to include food rich in calcium, iron, and vitamin C in each meal. See the simple recipe for an easy lead poisoning prevention meal.

Connecting the Dots

Connecting the Dots program in Buffalo County is a dynamic, hands-on career exploration simulation designed to help high school freshmen and sophomores discover potential career paths and understand how to bridge the gap between high school, further education, and the workforce.

TRPHD was invited to represent Public Health at Kearney High by sharing insights and advice to students who will one day join the workforce. Many people may not be familiar with the wide range of career opportunities available in public health. Our booth showcased jobs in areas like epidemiology, health education, environmental health, and nursing.



Fun Health Fact of the Month.



We're the only mammals
who deliberately choose
to sleep:

Most animals sleep instinctively,
but humans have the ability to
regulate our sleep patterns.

