



Photo by: Will Haley



September  
2024

*Republican River, Franklin, NE*

River's Edge Trail, Republican City, NE



Photo by: Katie Mulligan

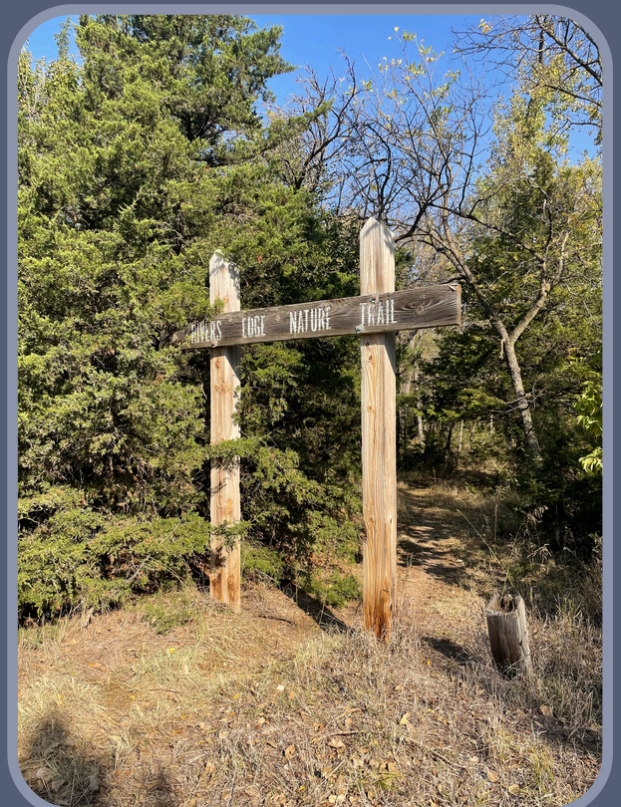
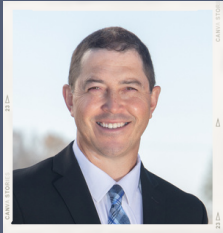


Photo by: Katie Mulligan



# Halloween Is On The Way



Halloween is a time for fun and festivities, but it's important to prioritize safety for everyone involved. Here are some safety tips to ensure a safe and enjoyable Halloween:

### Costume Safety:

- Choose bright and reflective costumes to ensure visibility.
- Avoid long capes or overly baggy clothes that could cause tripping.
- Use face paint instead of masks if possible, as masks can obstruct vision.

### Trick-or-Treating Guidelines:

- Always accompany young children while trick-or-treating.
- Stick to well-lit areas and familiar neighborhoods.
- Establish a route and communicate it to parents or guardians.

### Road Safety:

- Remind children to look both ways before crossing the street and use crosswalks whenever possible.
- Drivers should be extra cautious and watch for excited trick-or-treaters.

### Pet Safety:

- Keep pets indoors during trick-or-treating hours to prevent them from getting scared or running away.
- Make sure they don't have access to candy or decorations that could be harmful.



## Coming Up at TRPHD

To the left, you'll find our community immunization schedule along with the locations. Don't forget to call and arrange your Flu and COVID vaccinations at: 888-669-7154!

Healthy Families of America Two Rivers is excited to announce a Community Baby Shower in partnership with United Health Care insurance. Participants will receive complimentary baby items at this event, which is set to take place on November 8th in Cozad.

 <b>CLINICS THIS MONTH</b>	
WHERE:	WHEN:
LEXINGTON: Dawson County Annex Building	• Wednesday 10/02/2024 1 pm - 5 pm
KEARNEY: TRPHD office	• Thursday 10/10/2024 9 am - 5 pm
KEARNEY: TRPHD office	• Monday 10/14/2024 9 am - 5 pm
HOLDREGE: City Auditorium	• Wednesday 10/16/2024 4 pm - 6 pm
Franklin	• Monday 10/21/2024 12 pm - 2 pm
COZAD: First United Methodist Church	• Wednesday 10/23/2024 11:30 am - 1 pm
KEARNEY: TRPHD office	• Thursday 10/24/2024 9 am - 5 pm
KEARNEY: TRPHD office	• Monday 10/28/2024 9 am - 7 pm





## Coming Up in October

### Breast Cancer Awareness Month

**Early detection saves lives.**

**Breast cancer** is the **second most common** cancer in **NEBRASKA**

For more information, visit [www.necancer.org/breastcancer](http://www.necancer.org/breastcancer)



In 2024, more than 360,000 people will be diagnosed with breast cancer. Breast Cancer Awareness Month is an annual international health campaign every October to increase awareness of the disease and raise funds for research into its cause, prevention, diagnosis, treatment, and cure.

Knowing the signs and symptoms of Breast Cancer can make the difference in early or late detection.

- A new lump or thickening in the breast, armpit, or chest
- A change in the size or shape of the breast
- Dimpling or puckering of the breast skin, which may look like an orange
- A nipple that is pulled in or turned inward
- Nipple discharge that is not breast milk, including blood
- Redness or flaky skin in the nipple area or breast
- Pain in the breast or armpit that does not go away
- Swelling in the arm
- Pain or numbness in the arm or shoulder
- Constant pain in the chest

### Being Lead Safe

Each October, we celebrate National Lead Poisoning Prevention Week. Exposure to lead is toxic, especially to children. But, lead poisoning is preventable if parents or guardians remove lead from homes.

Two Rivers Public Health Department recommends that children get tested for lead at 12 and 24 months. Doctors may use a screening tool to identify potential lead hazards in homes to determine if testing is necessary.

#### Blood Lead Testing

Blood Lead Reference Level: greater than 3.5 ug/dL

**Who should be tested?**

- Children 6 months-6 years old
- Children in high risk zip codes (Elm Creek, Overton, Gibbon, Franklin)
- Adults with lead exposures through work or hobbies

#### Environment Testing

- Conducted by licensed Lead Based Paint Inspector or Risk Assesor
- At-Home Test Kits= available for paint
  - Not always accurate
  - Must be EPA approved brands




If you live in a home built before 1978 (when the U.S. Government banned residential lead-based paint), Two Rivers Health Department is able to conduct a lead-based paint inspection free of charge as long as children are present in the house for an extended period of time. Two Rivers may be able to provide funding to renovate and repair some homes after a qualification process.





## September Recap

### Governor's Wellness Award

Two Rivers Public Health Department (TRPHD) has been awarded the Grower Award by Governor Jim Pillen and the Nebraska Department of Health and Human Services through the Governor's Wellness Award program. The Governor's Wellness Award began in 2008. Since then, more than 500 organizations and companies have been recognized for dedicating resources and time to wellness efforts in the workplace.

TRPHD is one of the 23 Nebraska organizations recognized for providing evidence-based worksite wellness programs. Jeremy Eschliman, Health Director, emphasized the department's commitment to employee wellness and its efforts to enhance access to various wellness educational opportunities and initiatives for employees.



*Pictured Right: Haleigh Eschliman & Jeremy Eschliman receive Wellness award from Governor Jim Pillen*

### Save a Life Day



On Sep 26th, 2024, all the states East of the Mississippi River (and a few beyond) held the largest day of naloxone distribution to date. Over 300 counties from over 30 states were signed up!

Save a Life Days (aka Free Naloxone Days) are fun, effective ways to distribute a lot of naloxone, educate neighbors, challenge stigma, & bring your community together to save lives.

Handing someone naloxone can save a life, but Save A Life Day also aims to change hearts and minds through challenging stigma.

TRPHD had two booths one at UNK and one at CCC between the two there were 588 Narcan's distributed along with information on where to get free Narcan how to use it, the signs of an overdose, and what to do if you come upon that. Information was also distributed about STIs and other emerging drug trends.

*Pictured Left: Hayley Jelinek attends Save a Life Day at UNK*



## In the Community

*Pictured below:  
Community Health Assessment Focus Group*

### Community Focus Group

The Community Health Assessment is all about gathering information on what the community thinks are the issues that need to be raised for improvement. TRPHD hosted 3 focus groups to collect that information. What is good about the community and what could use some help? Within those three focus groups professionals, families, and elders attended, 50 in total.

The findings included barriers to health such as-bullying and substance abuse, mental health-suicide, depression and access to care, physical health-dementia, diabetes, and the aging community. The next step is to develop action plans to work on the issues that were raised up.



### Partnering with UNMC

TRPHD is collaborating with the University of Nebraska Medical Center in Kearney to provide public health clinical rotations.

In a clinical rotation, students work alongside experienced nurses and healthcare professionals in various departments, such as emergency rooms, intensive care units, pediatrics, and community health. This exposure allows students to observe and participate in patient care, learn effective communication with patients and families, and understand the dynamics of a healthcare team.

Nursing students are shadowing the TRPHD nursing team while they conduct disease investigation and provide vaccinations both in mobile clinics and at the office.



### OD2A Outreach

Haley Jelinek, Health Educator, visits Senior Centers in the Two Rives District and educates about overdose-signs and symptoms, NARCAN, and what they can do if they or their family comes upon someone that needs help.

- Call 911 and use NARCAN if it is available
- Turn individual on their side
- Stay with them until help has arrived

NARCAN and locking containers are handed out at these events.

TRPHD will also organize Drug Take Back Days at senior centers! If you have any questions give us a call and ask for Hayley Jelinek!



# Fun Health Fact of the Month.



Lead is an impostor.  
It is so similar to  
calcium that human  
cells take on lead  
instead.

