



Photo by: Anonymous



December
2024

Nebraska's Christmas Town

To Our Veterans



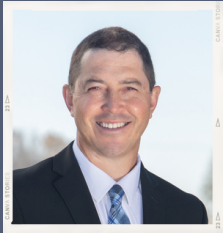
Photo by: Katie Mulligan



Photo by: Akaela Lieth



CredibleMind Healthy Bonds



January 1 is a fairly arbitrary date on the calendar, it may feel daunting to decide which resolution is best and many people are unsuccessful with the resolutions they decide to make. Losing weight, getting more exercise, traveling more, and the vague goal to ‘live life to

the fullest” are some of the most common resolutions that people make for the new year but ultimately do not fulfill. One major reason that resolutions tend to fail is that people simply do not choose the right goal – one that truly speaks to them and that will make a meaningful change in their lives. Other times, the goal is too broad or unrealistic. The type of resolution you choose and the reason you choose it is important to your success.

In the new year, or even on this new day, make the choice to not become lost in the chaos and drama other people lay at your feet. This can affect your mental health and make it hard to take care of yourself.



Coming Up at TRPHD

- | | |
|---|--|
| 1. LEXINGTON: Dawson County Annex Building | Wednesday 01/08/2025 3 pm - 5 pm |
| 2. HOLDREGE: City Auditorium | Wednesday 01/15/2025 4 pm - 6 pm |
| 3. KEARNEY: TRPHD office | Monday 01/16/2025 9 am - 5 pm |
| 4. COZAD: First United Methodist Church | Wednesday 01/22/2025 11:30 pm - 1:30 pm |
| 5. KEARNEY: TRPHD office | Thursday 01/30/2025 9 am - 7 pm |

January Vaccine Clinics are listed above.

**Upcoming Office
Closures!
Listed Right**

- **Thursday January 9th Closed** (National Day of Mourning)
- **Monday January 20th Closed** (Martin Luther King Jr. Day)





Coming Up in January

Radon Awareness Month

What is Radon? It's a colorless, odorless, and tasteless gas that is found in the ground. Often times it is found in the ground under our homes. This gas can seep into our homes and get trapped there. That is when it becomes dangerous.

Since we are typically unaware of it's presence, we sometimes miss the side effects of it, Radon is the number 1 cause of lung cancer for non-smokers. So, how can we protect ourselves from something we can't see, smell, or taste?

- Get a radon kit for free at our office, a low cost at a local hardware store or order one through the National Radon Hotline at 1-800-767-7236.
- If you have high levels of radon, ventilating your home and sealing possible entry points can help reduce radon levels.
- Want to know more? Watch our Video about Radon with the QR code above. Or call the EPA Radon Hotline at 1-800-557-2366 for questions about radon or join us at the library or swing by our office



Blood Donor Month

Every two seconds in the United States, someone needs blood. National Blood Donor Month is celebrated in January to recognize blood donors and encourage others to donate.

Did you know that there are different types of blood donation? Here are 4 types of donation you can give.



Whole Blood

Whole blood donations can be transfused in its original form, or separated into its specific components of red cells, plasma and platelets.

Power Red

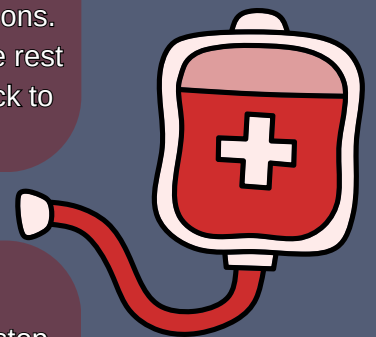
Power Red is a concentrated dose of red cells where a process separates your red blood cells from the other blood components, and returns the rest to you

Plasma

Plasma is used in emergency situations. It is collected and separated from the rest of the blood and returns the rest back to you.

Platelet

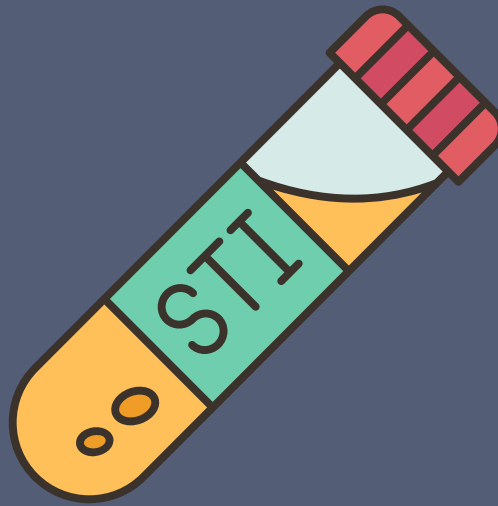
Platelets are what forms clots and stop bleeding. It collects your platelets along with some plasma, separated and the rest is returned back to you.





TRPHD Rolling out a new program: In house STI testing

Chlamydia, Gonorrhea, Syphilis, and HIV are all reportable diseases in Nebraska. In 2024, TRPHD Nurses investigated almost 300 Sexually Transmitted Infection (STI) cases. Of those STI cases, 87% were Chlamydia, 5% were Gonorrhea, 5% were Syphilis, and 3% were HIV/AIDS. Additionally, STIs as a whole account for over 50% of all disease investigations Two Rivers Public Health Department conducts.



There is a great need for additional STI testing sites in our area. In order to bridge that gap, and in turn, get more individuals tested, Two Rivers Public Health Department will be rolling out a new program that will offer STI testing right here in our office! Stay tuned for more updates in the coming months for details and as always, if you have any questions regarding STIs, call our office at 888-669-7154 and ask for any of the nurses.

NACO

Nebraska Association of County Officials

TRPHD participated in the annual conference of the Nebraska Association of County Officials (NACO) held in Kearney. NACO is a non-profit organization dedicated to advocating for the interests of all elected and appointed county officials throughout the state. Originally, NACO primarily included commissioners and supervisors, but it later expanded to welcome other officials, such as local health directors.

At the annual conference, TRPHD offered flu and COVID-19 vaccinations to county officials while also providing educational materials. Among the items distributed at the TRPHD booth, Narcan was the most sought after, with nearly 300 boxes (containing 2 doses each) handed out to various county officials to help prevent overdoses within their communities.



Pictured: TRPHD provides a screening in a school conference room.



In the Community

Supporting Our Veterans

The holiday season is a time filled with joy, warmth, and connection, yet for many veterans, spending Christmas at the VA home can be a challenging and lonely experience. During this time of year, we must come together to honor the sacrifices made by our veterans. By showing our support, we uplift their spirits and remind them that they are not alone.

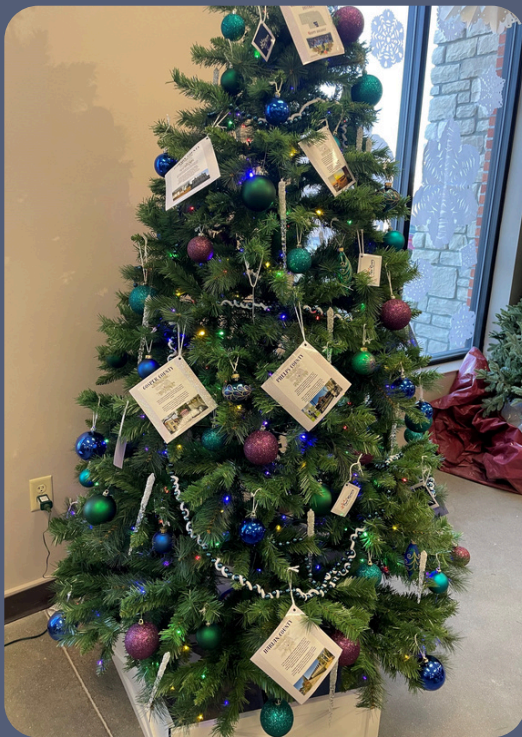
TRPHD supported 15 veterans by giving them gifts at Christmas time. Supporting our veterans during Christmas benefits them and enriches our communities as we come together to recognize and celebrate their contributions. We strengthen the bond within our community, making it a richer, more inclusive place for all. Together, we can create a holiday season filled with love, gratitude, and celebration, ensuring that every veteran feels valued and cherished.



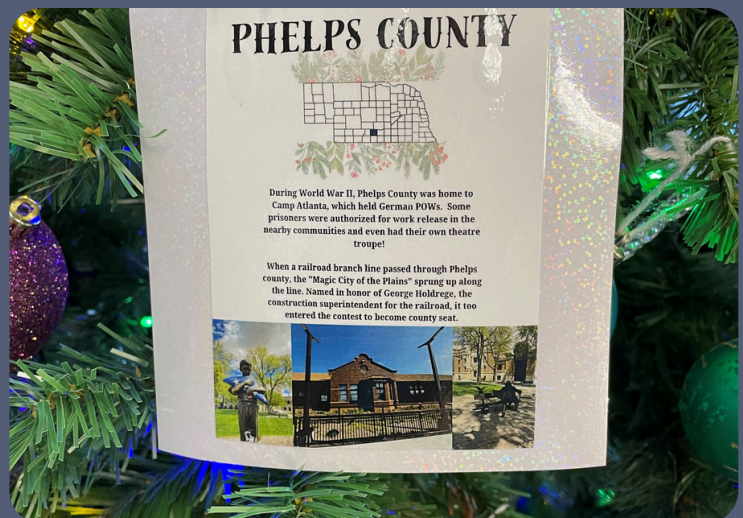
Kearney Christmas Tree Walk

TRPHD decorated a tree for the Trails and Rails Christmas tree walk for the second year in a row!

This year's theme was mapping Buffalo County and was the 37th year it was held. The Christmas Tree Walk featured many wonderful trees from area non-profits and businesses in the Kearney area community! Proceeds from the event and auction went to the Buffalo County Historical Society. The museum was completely decorated for the holidays. Visitors voted on their favorite tree and the winners will be announced later this month.



Two Rivers Public Health Department used this opportunity to highlight the 7 counties within our district. Buffalo, Dawson, Franklin, Gosper, Harlan, Kearney, and Phelps counties were each displayed with pictures from their county and a fun fact about their counties.



Fun Health Fact of the Month.



Did you know January is
Mental Wellness
Month? Check out
trphd.crediblemind.com
for mental wellness
tips!

