



Photo by: Akaela Lieth



January
2025

Jefferson

Mailbox Mural



Photo by: Katie Mulligan

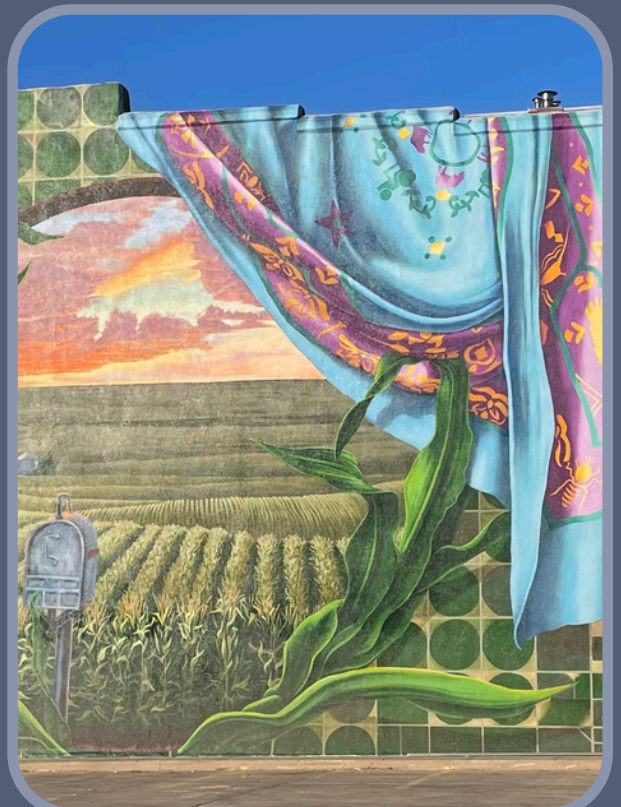
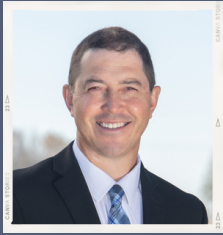


Photo by: Katie Mulligan



20 Years of Public Health



Two Rivers Public Health is celebrating 20 years as your local health department. This momentous event has allowed us to take some time for reflection about where we have been and where we are going.

The mission of the Two Rivers Public Health Department is to collaborate with partners, community leaders, and the public to promote healthy lifestyles, provide preventive education, ensure environmental quality, and create healthier, safer communities for everyone in our district.



*Pictured: TRPHD's Healthy Families Team
Haleigh Eschliman, Lyndsey Morris, Brenna Bergstrom, Fatuma Nebi*

Over the past two decades, we have wholeheartedly embraced this mission and have worked diligently to transform health systems, reduce disparities, and positively impact countless lives.



Pictured: TRPHD's Finance Team Pilar Konz, Jesse Valenti, Patty Samuelson, Charlien Longoria

This milestone reflects the dedication, passion, and tireless efforts of everyone who has contributed to the Two Rivers Public Health Department, including our team members, community partners, public health advocates, and supporters. Your contributions have been vital in achieving what we have accomplished so far, and we are deeply grateful for your hard work, which has led to real, measurable improvements in public health outcomes.



Pictured: Katie Mulligan, & Maria Baroso



*Pictured Right:
TRPHD's Nursing Team
Malissa Kissinger,
Rosa Pinon,
Jordan Anderson,
Lexi Klauz-Rohde,
Liz Weins,
Diane Zechman,
Ranea Jacobs,
Jacki Haley*



*Pictured Left:
TRPHD's OD2A Team
Hayley Jelinek &
Courtney Swanson*

Clinics This Month

February 2025



February

KEARNEY: TRPHD office							<ul style="list-style-type: none"> Monday 02/03/2025 9 am - 5 pm 	
LEXINGTON: Dawson Co. Annex Building	Su	Mo	Tu	We	Th	Fr	Sa	<ul style="list-style-type: none"> Wednesday 02/05/2025 3pm - 5 pm
KEARNEY: TRPHD office	2	3	4	5	6	7	8	<ul style="list-style-type: none"> Thursday 02/13/2025 9 am - 5 pm
KEARNEY: TRPHD office	9	10	11	12	13	14	15	<ul style="list-style-type: none"> Monday 02/17/2025 9 am - 7 pm
KEARNEY: TRPHD office	16	17	18	19	20	21	22	<ul style="list-style-type: none"> Wednesday 02/19/2025 4 pm - 6 pm
HOLDREGE: City Auditorium	23	24	25	26	27	28		<ul style="list-style-type: none"> Wednesday 02/26/2025 11:30 am - 1:30 pm
COZAD: First United Methodist Church	<p>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</p>							<ul style="list-style-type: none"> Thursday 02/27/2025 9 am - 5 pm
KEARNEY: TRPHD office								

National Children's Dental Health Month

Maintaining good oral health is essential throughout one's life. In honor of National Children's Dental Health Month, TRPHD encourages all caregivers to kick off the new year by adopting fresh dental health habits with children. One effective tip is to use timers to motivate kids to brush for the appropriate duration. See more tips below:

- Schedule routine check-ups.
- Clean your baby's gums daily.
- Start brushing with the first tooth.
- Brush twice each day for two minutes.
- Begin flossing.
- Snack healthy!
- Keep them hydrated! Avoid sugary drinks and stick to good old-fashioned water.





TRPHD's Expanding Team

Adam Viar is an Environmental Health Specialist with a deep commitment to serving the public through risk assessment, education and outreach, and aiding in the development of local environmental policy. Adam's love for the environment was developed and nurtured through his prior work experience as a geologist and wildland firefighter and activities. He enjoys backpacking and rock climbing and hopes to be a part of preserving our natural resources for generations to come.

RADON

Part of Two Rivers Environmental Health education is RADON. TRPHD's dedicated Environmental Health team, Ashley Green, and Adam Viar took to the public and distributed nearly 200 radon test kits.

- In Nebraska, homes are at *high risk for radon* due to a lot of naturally occurring uranium.
- Radon levels can vary widely from house to house, even if they are right next to each other.
- The lowest levels of the home often have the highest levels of radon, including basements and crawlspaces.
- Counties with Highest Average Radon Levels
 - #1 Franklin (Average= 6.0-6.7)
 - #2 Phelps (Average= 5.2-5.7)
 - #3 Harlan (Average= 5.2-5.7)

JANUARY IS
RADON ACTION
MONTH

YOU CAN'T:

- SEE IT
- SMELL IT
- TASTE IT

YOU CAN:

GET A FREE TEST FROM TWO RIVERS AND KNOW YOUR LEVELS

CALL TODAY 888-669-7154

Environmental Health
 Two Rivers PUBLIC HEALTH DEPARTMENT

Fun Health Fact of the Month.



Did you know that your heart can sync to the rhythm of the music you are listening to?

