



Photo by: TRPHD Staff



November
2024

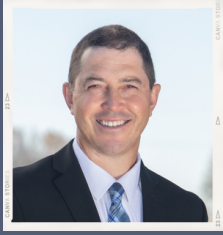
Into the Woods

To Our Veterans



Photo by: Will Haley

Photo by: Anonymous



CredibleMind Healthy Bonds

As we dive headfirst into the holiday season, there's no better time to focus on the strength and resilience of family bonds. Because if there's one thing we do during the holidays, it's spend time with family.

In today's fast-paced world, it's easy to lose sight of the importance of nurturing these connections, but with a little intention, we can create deeper, more meaningful relationships with those we love.

Familial relationships play a large part in supporting our emotional and mental wellbeing. Whether it's through shared experiences, open communication, or simply spending quality time together, family connections can be a source of comfort, strength, and joy.

Let's prioritize moments of togetherness, whether that means having heartfelt conversations, enjoying a meal together, or engaging in family traditions. Head to trphd.crediblemind.com for resources to help you strengthen those bonds and build healthier relationships with those you love.



Coming Up at TRPHD

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|---|--|
| 1. LEXINGTON: Dawson County Annex Building | Wednesday 12/04/2024 3 pm - 5 pm |
| 2. KEARNEY: TRPHD office | Thursday 12/05/2024 9 am - 5 pm |
| 3. KEARNEY: TRPHD office | Monday 12/09/2024 9 am - 5 pm |
| 4. COZAD: First United Methodist Church | Wednesday 12/11/2024 11:30 am - 1:30 pm |
| 5. KEARNEY: TRPHD office | Thursday 12/16/2024 9 am - 7 pm |
| 6. HOLDREGE: City Auditorium | Wednesday 12/18/2024 9 am - 5 pm |
| 7. KEARNEY: TRPHD office | Monday 12/19/2024 9 am - 5 pm |

Upcoming Office Closures!

Listed Right

December Vaccine Clinics are listed above.

Due to upcoming Holidays the TRPHD clinic schedule may vary, but will resume their regular schedules in January!

- **Tuesday December 24th** closing at noon (Christmas Eve)
- **Wednesday December 25th** (Christmas Day)
- **Tuesday December 31st** closing at noon





Winter Safety

Winter is just around the corner, and with winter weather comes cold weather dangers. The temperature is out of your control but there are things in your control that will keep you safe and warm! Check out these 6 tips to stay safe this winter!

Prepare your home:

- check heating system
- clean out the chimneys/fireplaces
- ensure smoke/carbon monoxide detectors are in working order
- don't use a generator inside, keep them 20 feet from windows and doors

Prepare you Car:

- check and refill fluids
- check tire tread and pressure
- don't forget to rotate tires
- keep an emergency kit in your vehicle

Drive safely:

- slow down
- drive defensively
- steer into the skid to regain traction
- increase the distance to the car in front of you

Prepare for outdoor activities:

- dress in light and warm layers
- when working outdoors (shoveling snow) ease into the work
- don't work alone and always carry a charged cell phone in case of emergency

Wear appropriate clothing

- wearing a hat will prevent the loss of body heat
- wear a scarf and cover you mouth to protect your lungs
- know the temperature outside, different temps - different layers

Use space heaters properly

- keep heater at least 3 feet away from furniture
- never use for an extended period of time
- don't plug a space heater into an extension cord
- keep kids and pets a safe distance from the heater

COVID Vaccines

The TRPHD clinical team continues to make waves in vaccinations. Most recently, TRPHD had a family from Kansas come to our office for the COVID vaccine, because they couldn't find it anywhere within 2 hours of their hometown.

TRPHD is amazed that our health department has outreach not only beyond our district lines but even past our state line. It is our hope that we can continue to do our best to make a healthy community for all.

Pictured Right: TRPHD minis! These tiny but mighty munchkins are the much adored children of TRPHD employees!





November Recap

Water and Waste Management Conference

Jeremy Eschliman, Health Director; Katie Mulligan, Planning Section Manager; and Ashley Green, Environmental Health Specialist, participated in the 2024 Joint Fall Conference organized by the American Public Works Association Nebraska Chapter, Nebraska Water Environment Association, Solid Waste Association of North America, and American Water Works Association Nebraska. This conference provides a valuable opportunity for professionals dedicated to safeguarding public health through effective water and waste management to come together and enhance their individual practices.



LifeSmiles Dental



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

TRPHD's LifeSmiles Dental Program is participating in the Kearney Area Give Where You Live Campaign. Access to quality health and dental care is a significant issue for rural communities, particularly in the TRPHD area. Key statistics reveal that:

- 81% of rural children experience dental decay by 3rd grade.
- 53% of that decay remains untreated.
- 40% face limited access to dental care due to inadequate insurance.

Poor dental health negatively impacts school-aged children, affecting their attention, immune systems, and overall learning. To combat this, the LifeSmiles Dental Health Program collaborates with local groups to provide preventative dental services across seven counties and over 20 schools, including:

- Dental screenings by licensed hygienists
- Iodine application to fight germs
- Fluoride varnish for tooth strength
- Dental sealants for cavity protection
- Education on dental care
- Free toothbrush and toothpaste for each student.



In the Community

Healthy Families Nebraska

We are thrilled to share the wonderful success of our recent baby shower event, which brought together 36 families for an event of celebration, connection and support. The event was a heartwarming gathering that showcased the power of community and collaboration.

A significant highlight was the interest in our Healthy Families America program, with 9 families inquiring about benefits of the program's resources. This response underscores the importance of community events in fostering awareness and building connections that lead to stronger family support networks.



Our baby shower was enriched by the active participation of several partnering agencies. The opportunity to work together, share ideas, and discuss the various benefits we offer to families created a collaborative atmosphere that strengthened our relationships and broaden our collective impact.

Attendees enjoyed a range of activities, including crafts, shared visiting, food and drinks which contributed to a warm and inviting environment for mothers-to-be- and their families. We also distributed essential supplies to support new and expecting parents, emphasizing our commitment to nurturing and aiding families as they grow.



We extend our heartfelt gratitude to everyone who contributed to making this event a resounding success. It was truly an event filled with joy, community spirit, and support for families on their journey into parenthood.

Hoping to see you at our next community event.

-Two Rivers Healthy Families Home Visitation Team

Pictured on this page: TRPHD Home Visitation Team (Brenna Bergstrom, Lindsey Morris, Fatuma Nebi, Haleigh Eschliman), and Community Health Worker (Maria Barocio) work together to share recourses and information in Lexington.



Fun Health Fact of the Month.



Did you know cold winds increase the likelihood of frostbite? You can get frostbite in 30 minutes or less at a wind chill of -15°F or less.

