

Happy Halloween!



Photo by: TRPHD Staff



Northern Lights

October
2024

Just Clown'n Around

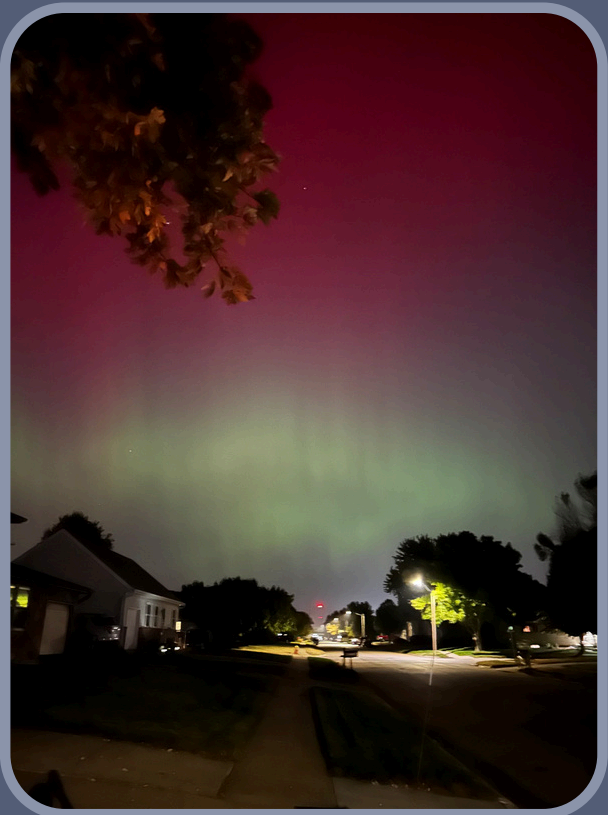


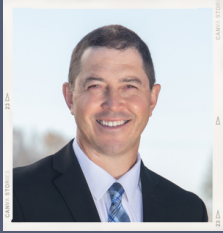
Photo by: Katie Mulligan



Photo by: Akaela Lieth



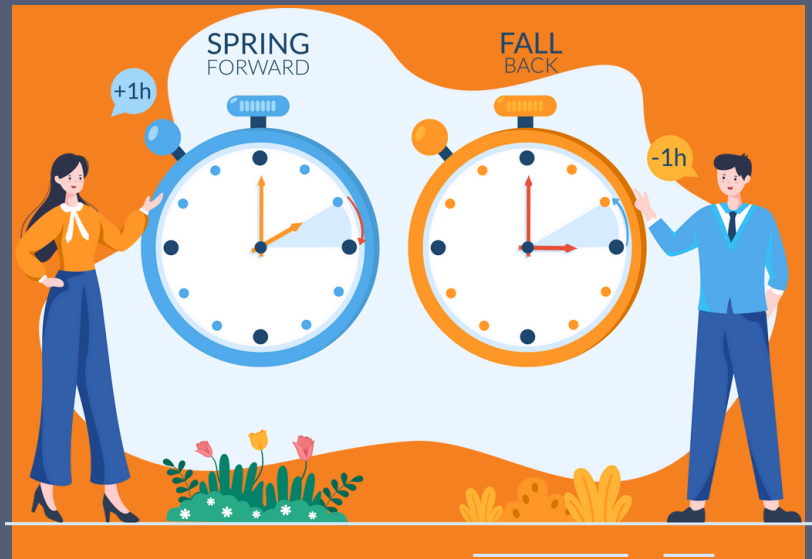
Daylight Savings



Get ready to fall back. Daylight savings time is here. You've all likely set your clocks back but daylight savings time is an excellent time to go through this checklist around the house!

Daylight Savings Preparedness Checklist:

- Change the batteries in your smoke detectors
 - Make sure your smoke alarms and carbon monoxide detectors are working and have new batteries
- Take stock of your medicine cabinet and pantry
 - Now is a great time to restock your stash of food and medical supplies, and to toss anything that has expired.
- Vacuum out your dryer's vent and ducts
 - Lint caught in vent pipes, behind the dryer, and outside ducts are often the cause of dryer fires.
- Replace or clean filters around your house
 - Inspect filters in your heating and air-conditioning units
- Check your emergency kit
 - Ensure your emergency kit is fully stocked



Coming Up at TRPHD

Upcoming Office Closures!
Listed Right

- **Monday November 11** (Veterans Day)
- **Wednesday November 27** (Closing at Noon)
- **Thursday November 28** (Thanksgiving)
- **Friday November 29** (Thanksgiving)



November Vaccine Clinics are listed below.

Due to upcoming Holidays the TRPHD clinic schedule may vary, but will resume their regular schedules in January! TRPHD offers COVID and Influenza vaccines at Vaccine Clinics.

- | | |
|---|---|
| 1. LEXINGTON: Dawson County Annex Building | Wednesday 11/06/2024 3 pm - 5 pm |
| 2. KEARNEY: TRPHD office | Thursday 11/07/2024 9 am - 5 pm |
| 3. COZAD: First United Methodist Church | Wednesday 11/13/2024 11:30 am - 1 pm |
| 4. HOLDREGE: City Auditorium | Wednesday 11/20/2024 4 pm - 6 pm |
| 5. KEARNEY: TRPHD office | Thursday 11/21/2024 9 am - 5 pm |
| 6. KEARNEY: TRPHD office | Monday 11/25/2024 9 am - 7 pm |



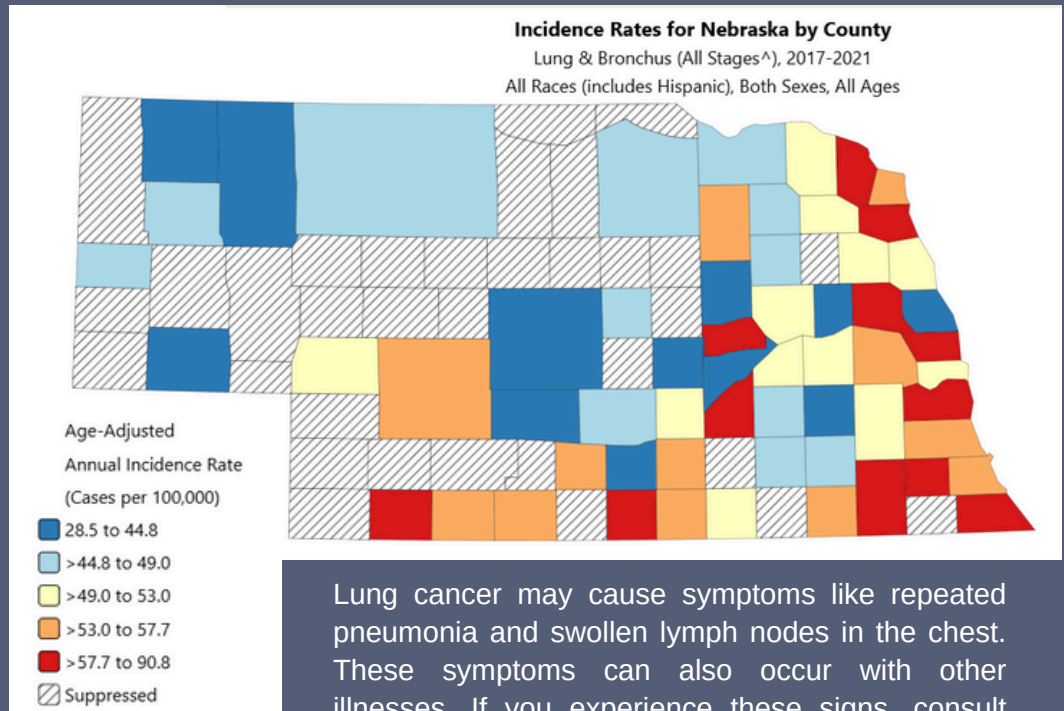
Lung Cancer Awareness Month

Lung cancer leads to 1.8 million deaths annually, the highest among all cancers. Deaths are expected to increase to 3.24 million by 2045.

Many cases of lung cancer are diagnosed late, reducing the chances for effective treatment. Most people with lung cancer don't have symptoms until the cancer is advanced. People can have different symptoms for lung cancer.

Lung cancer symptoms may include:

- Coughing that gets worse or doesn't go away.
- Chest pain.
- Shortness of breath.
- Wheezing.
- Coughing up blood.
- Feeling very tired all the time.
- Weight loss with no known cause.



Lung cancer may cause symptoms like repeated pneumonia and swollen lymph nodes in the chest. These symptoms can also occur with other illnesses. If you experience these signs, consult your doctor for diagnosis.

[State Cancer Registries](#) may provide more current or more local data.

† Incidence rates (cases per 100,000 population per year) are age-adjusted to the [2000 US standard population](#) (19 age groups: <1, 1-4, 5-9, ..., 80-84, 85+). Rates are for invasive cancer only (except for bladder cancer which is invasive and in situ) or unless otherwise specified. Rates calculated using SEER*Stat. Population counts for denominators are based on Census populations as modified by NCI. The [US Population Data](#) File is used for SEER and NPCR incidence rates.

‡ Incidence data come from different sources. The Average Annual Percent Change (AAPC) is based on the APCs calculated by Joinpoint. Due to data availability issues, the time period used in the calculation of the joinpoint regression model may [differ](#) for selected counties.

Rates and trends are computed using different standards for malignancy. For more information see [malignant.html](#).

Diabetes Month

Diabetes is a chronic disease that occurs when the body doesn't produce enough insulin or can't use insulin correctly resulting in high blood sugar levels:

- **Type 1 diabetes:** The body doesn't produce insulin.
- **Type 2 diabetes:** The body doesn't produce or use insulin well.

Prediabetes: Blood sugar levels are higher than normal but not yet high enough to be considered diabetes.

Diabetes symptoms depend on how high your blood sugar is. Some people may not experience any symptoms.



Some of the symptoms of diabetes are:

- Feeling more thirsty than usual.
- Urinating often.
- Losing weight without trying.
- Feeling tired and weak.
- Having blurry vision.
- Having slow-healing sores.
- Getting a lot of infections, such as gum, skin and vaginal infections.



October Recap

Eliminating Health Disparities Conference

Two Rivers Public Health Department (TRPHD) was recently invited to lead a workshop at the Annual Eliminating Health Disparities Conference this year in York. This two-day conference dove into a plethora of topics including, the 988 help line, social determinates of health, and the link between inclusive mindset and health equity.

TRPHD was specifically asked to present about health communications, Akaela Lieth (Marketing & Communications Coordinator) and Hayley Jelinek (Health Educator) presented on how understanding health communications in the social media era, and ensuring access to current health literate information, is a key component in lowering health disparities.



Pictured Right: Akaela Lieth, & Hayley Jelinek presenting at the 'Eliminating Health Disparities Conference'

NEHA



The Nebraska Environmental Health Association held its annual conference on October 24th in Lincoln. This event focuses on important work related to public health and the environment across Nebraska.

Representatives from the Two Rivers Public Health Department (TRPHD), including Health Director Jeremy Eschliman, Planning Section Manager Katie Mulligan, Clinical Section Manager Jacki Haley, and Environmental Health Specialist Ashley Green, attended the conference.

The event featured a keynote speech on effective communication by Commander Anna Khan from the CDC. There were discussions on data sharing and information about funding opportunities from the Nebraska Department of Environment and Energy. Katie Mulligan participated in a panel that talked about lead poisoning and exposure, which is a significant issue in Nebraska.

Pictured Left: Commander Anna Khan presents with Jacki Haley and Ashley Green in the foreground



In the Community

National Guard Trick or Treat

TRPHD participated in the Nebraska Army National Guard Haunted Armory event in Kearney on October 24th. The purpose of the event is to provide Military members and their children a safe and fun opportunity to come to the armory to dress up, "trick-or-treat" and play games/do crafts while also allowing families to get acquainted with some of the resources available in the community to veterans and their families.

TRPHD provided toothbrushes and coloring pages at this event.



Halloween Spooktacular

TRPHD attended the Spirit of Grace Lutheran Church & Holdrege Methodist Church 10th Annual Halloween Spooktacular on West Avenue in Holdrege. With all the Halloween Candy going around TRPHD thought it'd be a good idea to hand out dental cleaning kits!

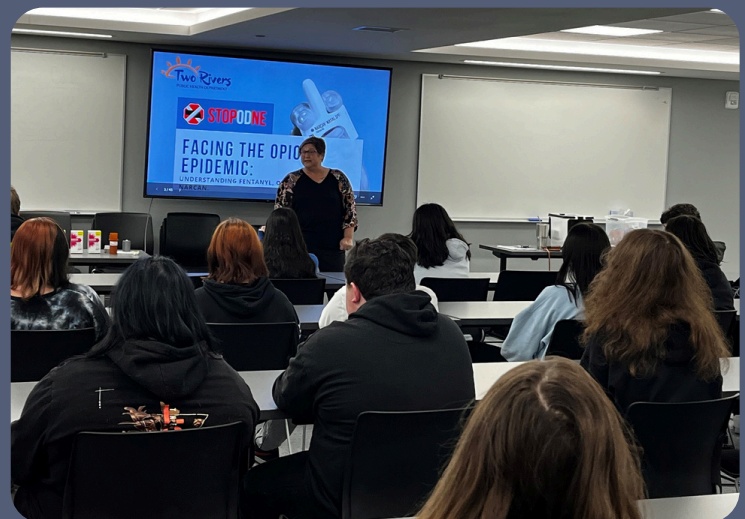


OD2A Outreach

Hayley Jelinek, Health Educator, doesn't just visit Senior Centers, she also presents to school around the Two Rivers District. To the right Hayley is pictured talking to students at the Hanny Arram Success Center.

She spoke on what opioids are, the dangers of mixing substances (including prescribed medications), use of NARCAN, and Fentanyl.

There was special emphasis on how there isn't a to tell the difference between fake medications and real medication, and how most counterfeit medications are being lace with Fentanyl. Overdose Data to Action's (OD2A) goal is to educate to prevent opioid overdoses within our communities,



Fun Health Fact of the Month.



Brushing your teeth alone misses 40% of your tooth surfaces— that’s why you need to floss, especially during the holidays!

