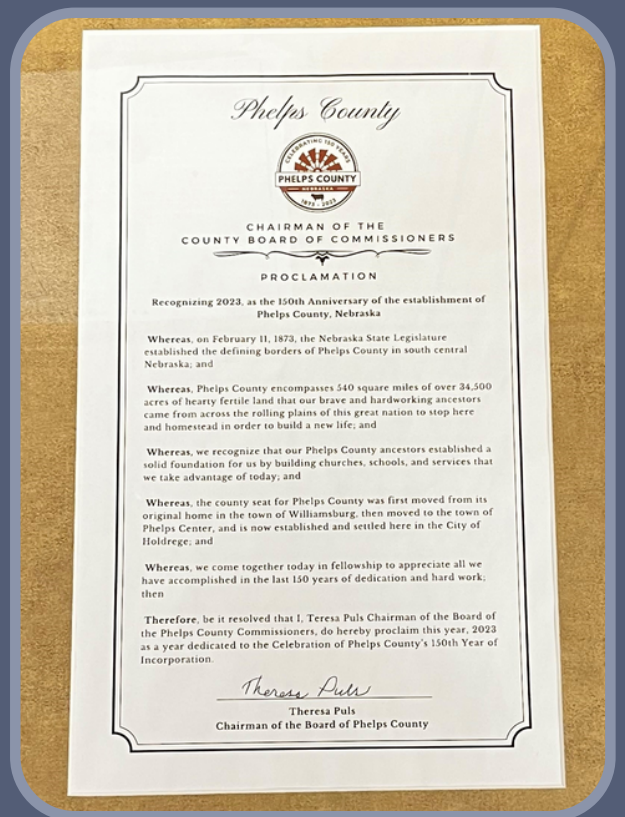
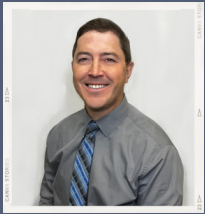




February  
2023



# MEET THE STAFF



Jeremy  
Eschliman, MBA  
REHS  
Health Director



Katherine  
Mulligan  
Planning Section  
Supervisor



Jacki Haley,  
BSN RN  
Community Health  
Nurse Supervisor



Von Lutz, DSW  
Clinical Services  
Supervisor



Aravind Menon  
PHD MPH MBBS  
Epidemiologist



Jesse  
Valenti  
Finance  
Supervisor



Andrea  
Shoemaker  
Administrative  
Assistant



Julie  
Williams  
Administrative  
Assistant



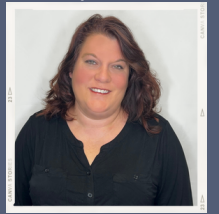
Hayley  
Jelinek  
Health  
Educator



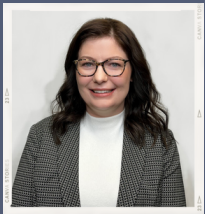
Emily  
Beaver  
Health  
Educator



Akaela Lieth  
Marketing &  
Communications  
Coordinator



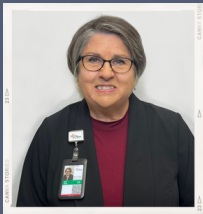
Erica Carpenter  
Emergency  
Response  
Coordinator



McKenzie  
Petersen  
Environmental  
Health Specialist



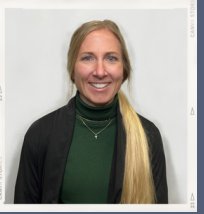
Rosa  
Pinon, LPN  
Program  
Nurse



Rita Kaul  
BSN, RN  
Community  
Health Nurse



Marilyn  
Warnken, LPN  
Program  
Nurse



Elizabeth Wiens  
MS, RN, BSN  
Community  
Health Nurse



Jordan Anderson  
BSN, RN  
Community  
Health Nurse



Krista  
Pierce  
Health  
Educator



Maria  
Barocio  
Community  
Health Worker



Nazaria  
Mackins  
Community  
Health Worker



Cindy  
Redding  
Community  
Health Worker



Brent  
Roemmich  
Billing  
Specialist



Sally  
Heusinkvelt  
Billing  
Specialist



Patty  
Samuelson  
Billing  
Specialist



# JOIN OUR TEAM



## We Are looking for a Rockstar!!!

**Who We Are:** With a dynamic and innovative crew, TRPHD is comprised of individuals that strive to eliminate barriers to health. We have a 'start-up' culture that is receptive to new ideas on improving health outcomes in our jurisdiction. Our highly collaborative culture offers experience across the spectrum of our programmatic work. We pitch in, help out, and learn together. Join us today! Passion. That's the common attribute of those that work for our organization.

We are dedicated to helping the people who utilize our services. If you're ready to make a difference, browse our openings or upload your resume and tell us your interests. We'll consider you for future opportunities.

### Dental Hygienist

Contract/ Temporary

While the majority of oral and dental diseases are preventable, accessing dental care for many residents in Nebraska can be difficult. Access to preventive dental care helps to avoid dental problems before they begin, and by identifying dental problems early, treatment can be less expensive, time consuming and invasive.

As a contracted dental hygienist with TRPHD you will help improve the dental health of children within the district through education, dental screenings and application of povidone iodine, fluoride varnish, prophylaxis, referral recommendations and dental sealants when indicated for preventive treatment to program participants through local partnered public health facilities within scope of practice via Nebraska regulations.



### Finance Supervisor

As the Finance Supervisor with TRPHD, the responsibilities would be to serve as primary manager of finance at Two Rivers Public Health Department, answers phones, processes documents, and requisitions, and organizes and files information. As well as being responsible for supervising other personnel as assigned by Health Director.

#### This includes:

- Responsible for accounts payable/receivable processes
- Tracking organization and program budgets, and payroll
- Development of organization and program budgets in partnership with Director and program coordinators.
- Establish and maintain insurance contracts for reimbursement of program services.

### Billing Specialist

Temporary/ Part Time

As a Billing Specialist with TRPHD, the responsibilities would be for functions related to program participant management, support, and billing .

#### This includes:

- Assuring program registrations are distributed and completed.
- Manage content of program participant electronic health systems, data input and inquiry into electronic filing system.
- Complete initial, follow up, and ultimate resolution of unpaid claims with insurance companies, government agencies, and patients.
- Establish and maintain insurance contracts for reimbursement of program services.





# Go Red For Women



The first Friday in February is National Wear Red Day.

The Go Red for Women campaign started in 2004 when the American Heart Association took on the challenge of raising awareness about the number 1 cause of death in women. This national campaign urges women to learn their risk for heart disease and to take steps to lower their risk.



Heart disease and stroke kill one in three women. These diseases are 80 percent preventable according to Go Red for Women's official website. We can prevent or reverse many of these risks by taking action. Speaking with your physician also helps to further lower our risk of heart attack and stroke by making and following a plan.

Quit smoking. Ask for help if you need it. Become more active and improve your eating habits. This will help with many risk factors including stress, family history, and other health conditions.

Get routine physical exams.

## Employee Highlight

Left: Andrea Shoemaker, Right: Patty Samuelson



Andrea Shoemaker is one of TRPHD'S Administrative Assistants serving as assistant to the Health Director and lead at the front desk.. In this position she performs a variety of secretarial and clerical duties in support of staff and programs. Previously she worked at a local long term care facility as an Office Manager. She came to the TRPHD team in December.

She grew up in the Kearney area where she played volleyball and competed in track in high school. Now Andrea has two boys who are active in boy scouts, 4-H shooting sports, football, baseball, wrestling and track which keeps me on the go. She enjoys reading books, gardening, fishing and running in her spare time.

Patty Samuelson is a Billing Specialist for TRPHD. She grew up in Lexington, and went on to college at Nebraska College of Technical Ag, where she received her associates degree. Before coming to Two Rivers Health Department Patty worked for 5 years for a local business selling appliances. She hopes to gain is more business management skills and meet new people in the community. Patty is very active in the Phelps County 4-H program where she is a club leader, on the swine livestock committee, and the awards committee. She is also a member of the Prairie Quilt Guild where she and her guild make quilts for our local Veterans. Patty, her husband and 2 kids all enjoy attending antique tractor shows, rodeos, craft shows, flea markets, music concerts, and spending time at home having friends and family out for a barbeque and bon fires and making memories that to last a lifetime.

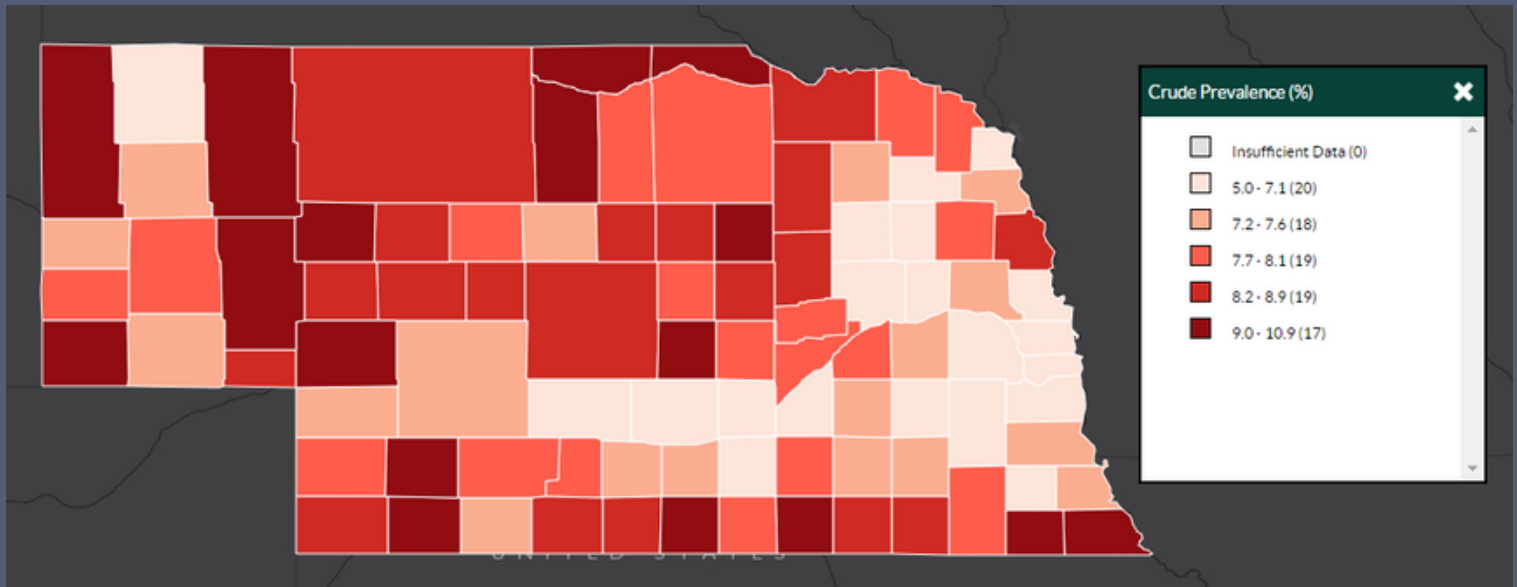


## February is Heart Health Month

Rural Americans are more likely to die from heart disease, cancer, unintentional injury, chronic lower respiratory disease, and stroke than their urban counterparts. This means that celebrating heart health month is much more important in the TRPHD district than other parts of the country.

Cardiovascular diseases refer to diseases of the heart, most commonly those affecting vessels carrying blood to the heart (Coronary Artery Disease). In 2021, 5% of all adults in the US (around 16 million people) had been diagnosed with coronary heart disease at some point in their lives. In Nebraska however, that figure was about 7% of all adults & 20% of 65+ year old's. High blood pressure, high cholesterol, and smoking are the three most important risk factors for developing heart disease; almost half of all Americans suffer from one of these three. Other risk factors include diabetes, obesity, unhealthy diet, physical inactivity and excessive alcohol use.

### Coronary Heart Disease Among Adults Age 18+, 2020 CDC Map

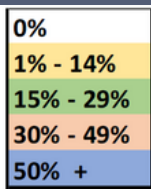


Cardiovascular diseases are the number one cause of adult deaths in the United States. In 2021, around 696,000 people died across the country due to cardiovascular diseases, accounting for about 1 in 5 deaths that year. Symptoms include chest pain or discomfort, upper back or neck pain, fluttering sensations in the chest, shortness of breath, swelling of feet, ankles, legs or abdomen, as well as non-specific symptoms like headache, dizziness, heartburn, indigestion, nausea and vomiting. Nebraska has the 17th highest rate of cardiovascular death among all US states, comparable to the national average (20%).

Cardiovascular diseases are a serious concern in the 7-county region served by Two Rivers Health Department. Between 2005-2022, over 30% of all deaths in the district were due to cardiovascular disease. **This is significantly higher than the national or state average.** This might be caused by a variety of factors including: a relatively high proportion of older residents, lower deaths among younger residents, access to quality healthcare, and lifestyle choices.

# Heart Disease Deaths in the District

## Legend



The graph below describes the proportion of persons who died due to heart disease among overall deaths (2005-2022) in Buffalo, Dawson, Franklin, Gosper, Harlan, Kearney and Phelps counties. The key to interpreting colors is presented left. Predictably, cardiovascular diseases were more likely to be the cause of death among older residents and those living in counties with smaller populations. However, cardiovascular death rates were higher in women across almost all age groups aged 60 years and over in all 7 counties during the 2005-2022 period, contrary to the national trend.

	0-17 YRS	18-29 YRS	30-39 YRS	40-49 YRS	50-59 YRS	60-69 YRS	70-79 YRS	80-89 YRS	90+ YRS	TOTAL
Buffalo	1%	1%	9%	18%	23%	22%	24%	34%	42%	30%
Dawson	3%	5%	10%	17%	17%	22%	26%	36%	42%	30%
Franklin	0%	10%	8%	23%	25%	30%	28%	40%	51%	35%
Gosper	20%	0%	0%	25%	20%	16%	21%	27%	37%	26%
Harlan	0%	0%	0%	46%	14%	19%	25%	36%	43%	31%
Kearney	0%	9%	19%	23%	21%	18%	22%	37%	37%	29%
Phelps	0%	0%	14%	14%	19%	25%	22%	30%	42%	30%
<b>TOTAL</b>	<b>2%</b>	<b>3%</b>	<b>10%</b>	<b>19%</b>	<b>21%</b>	<b>22%</b>	<b>24%</b>	<b>34%</b>	<b>42%</b>	<b>30%</b>

## What should you do?

The strategy for improving heart health is sometimes summarized as the “ABCS of heart health”. Efforts to address the “ABCS” include:

- Aspirin: Increase low dose aspirin therapy according to recognized prevention guidelines and as directed by your primary care provider.
- Blood pressure: Prevent and control high blood pressure; reduce sodium intake.
- Cholesterol: Prevent and control high blood cholesterol.

**Your heart health,  
your way.**

**Take the first step to improving your  
heart health with Pulse Check.**

The path to heart health is different for everyone. Pulse Check is an interactive roadmap that let's you customize your own small steps for heart-healthy living. Explore helpful tips, content, and quizzes to boost your knowledge. You can even earn points and badges along the way.



Try it today:  
[LivetotheBeat.org/PulseCheck](http://LivetotheBeat.org/PulseCheck)



**Your Heart : 4 Ways to Protect it Now**

- 1. Eat Like the Mediterraneans**
  - Less meats
  - Less carbs
  - More plant-based foods
  - More "good" fats (ie. olive oil, nuts, avocados)
- 2. Get Active**

Aim for...

  - 150 minutes/week of moderate exercise OR
  - 75 minutes/week of vigorous exercise
- 3. Watch Your Weight**

Your BMI...

18.5 - 24.9 = Normal  
25 or higher = Lose weight.
- 4. Know Your Family History**

1st-degree relatives (ie. parents/siblings) with heart issues = more risk for you.

February's Community Call had TRPHD program nurse Rosa Piñon talking heart health. To the left you can see tips on immediate changes you can make to protect your heart.

1. Foods you should avoid. Foods high in saturated and trans fats, fried foods, foods high in cholesterol like, eggs, and red meats. Limiting your salt intake helps keep your blood pressure under control and sugar intake lowers your chances of diabetes.
2. Being active for just two and a half hours a week can greatly improve cardiovascular health.
3. Changing what you eat and being more active on a day to day basis will effect your weight and your Body Mass Index (BMI) and help keep it within a healthy range.
4. Know you family history. Knowing your family history will help you know what diseases you are at risk for.

## 6 Heart Health Numbers You Should Know and Why

- 1.** Monitoring your resting heart rate is important because it can help provide clues about your overall heart health. For instance, a consistently high resting heart rate can be a sign that your heart isn't working as efficiently as it could be.
- 2.** Cholesterol are basically referred to as body fats. There are two types of cholesterol – HDL (good cholesterol) and LDL (bad cholesterol). Having too high LDL cholesterol levels can cause fatty deposits in the arteries and increases risk of heart diseases, heart attack and stroke.
- 3.** Your Body Mass Index (BMI) is a measure of body fat based on weight and height. Being overweight or obese can put a strain on a person's heart and increase an individual's risk of developing type 2 diabetes, heart diseases and other health conditions.
- 4.** During the blood movement, blood pushes against the sides of the blood vessels. The intensity or force of this pushing is called Blood Pressure. When the force of the blood increases, it puts a strain or 'pressure' on the arteries, this is called High Blood Pressure or Hypertension. High blood pressure forces your heart to work harder. It increases an individual's risk of developing heart diseases, kidney failure, diabetes and stroke.
- 5.** Having high sugar levels is indicative of the body's inability to produce enough or effectively use insulin (a hormone that regulates blood sugar). Having high blood sugar can overtime result in hypertension (high blood pressure) which can damage the blood vessels, nerves and also cause damage to organs such as the eyes, kidney.
- 6.** Carrying too much weight around your waist increases your risk of type 2 diabetes and heart disease. You just need to measure your waistline (the level of your belly button). For men, less than 40 inches. For women less than 35 inches.

**6 Heart Health Numbers You Should Know**

- 1 Resting Heart Rate**
- 2 LDL or "bad cholesterol"**
- 3 Body Mass Index**
- 4 Systolic Blood Pressure**
- 5 Hemoglobin A1c**
- 6 Waist Circumference**



# Environmental Health



McKenzie Petersen, TRPHD's Environmental Health Specialist (EHS), pictured left, secured funding to participate in the CDC's 2023 National Environmental Assessment Reporting System (NEARS) Explorer Program. This funding provides the department a chance to learn more about the CDC's NEARS surveillance system that captures environmental assessment data from foodborne illness outbreak investigations in retail food services with the aim of improving food safety programs. The program provides environmental assessment training and helps identify environmental causes of outbreaks in the district. After the 3-month trial, the department will be able to formally join the NEARS network.

## Gaining Knowledge

In February McKenzie also attended the regional Integrated Foodborne Outbreak Response and Management (InFORM) conference in St. Louis. The event was hosted by the National Environmental Health Association (NEHA) and the Center for Disease Control and Prevention. Meetings included joint and discipline-specific sessions for environmental health specialists, epidemiologists, laboratory scientists, health communicators, and other federal, state, and local public health officials involved with foodborne and enteric disease outbreak response. This opportunity allowed McKenzie to network and share knowledge, best practices, and lessons learned with other public health professionals from Kansas, Iowa, South Dakota, Missouri, Indiana, Minnesota, Oklahoma, Michigan, Wisconsin, Tennessee, Ohio, and Illinois. At the conference, McKenzie was able to attend a NEARS investigation class. Highlights from her trip include visiting with other EHS about their retail food programs and visiting The Gateway Arch. McKenzie's training was funded through a NACCHO scholarship.

**PROTECT YOURSELF WHEN EATING OUT**

**FOUR TIPS TO PREVENT FOOD POISONING**

- 1 CHECK INSPECTION SCORES**  
Many state health departments make restaurant health inspection scores available on the web. Check the score before going to the restaurant or check when you get there.
- 2 MAKE SURE THE RESTAURANT IS CLEAN**  
Confirm that restaurant tables, floors, and utensils are clean. If not, you may want to take your business elsewhere.
- 3 CHECK THAT YOUR FOOD IS COOKED THOROUGHLY**  
Meat, fish, poultry, and eggs should be cooked thoroughly to kill germs. If food is served undercooked or raw, send it back.
- 4 PROPERLY HANDLE YOUR LEFTOVERS**  
Taking your food to go? Remember to refrigerate within 2 hours of eating out. If food is left in a hot car or temperatures above 90°F, refrigerate it within 1 hour. Eat leftovers within 3 to 4 days.

[cdc.gov/foodsafety](https://www.cdc.gov/foodsafety)





## Finance

# Why Invest in Public Health?



**Investing in public health can also save money.**

### Worth the investment.

Every **\$1 invested** in prevention **saves \$5.60** in health care costs!

Spending \$10 per person per year in community health programs could save the United States more than \$16 billion each year.



### Public health funding is used in many ways.

How is money invested in public health spent? Just about any way and anywhere there's an opportunity to improve population health. The APHA says: "Public health works to track disease outbreaks, prevent injuries, and shed light on why some of us are more likely to suffer from poor health than others. ... Public health saves money, improves our quality of life, helps children thrive, and reduces human suffering."

**Increased public health funding can save lives.**

According to the American Public Health Association (APHA), every 10% increase in funding for community-based public health programs has the potential to reduce deaths due to largely preventable causes by 1% to 7%. "Chronic conditions—the most common, costly, and preventable of all health problems—account for 90% of the nation's \$3.8 trillion in annual healthcare costs," the APHA reports.



### Spending money on public health has led to successful disease prevention.

Funds supporting prevention and health promotion are well invested. In a 2019 report, The Commonwealth Fund said the U.S. "outperforms peer nations in terms of preventive measures." The organization cited as examples the high number of adults who receive flu vaccines and women who have breast cancer screenings.



## Fun Health Fact of the Month.

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An adult heart is about the size of 2 hands clasped together. A child's heart is about the size of a fist.

