

## Those Nebraska Sunsets



Photo by: Anonymous



# March 2025

*The Spirit Within Artist: Mike Sughroue*

*Hanging with Sue*



Photo by: Akaela Lieth

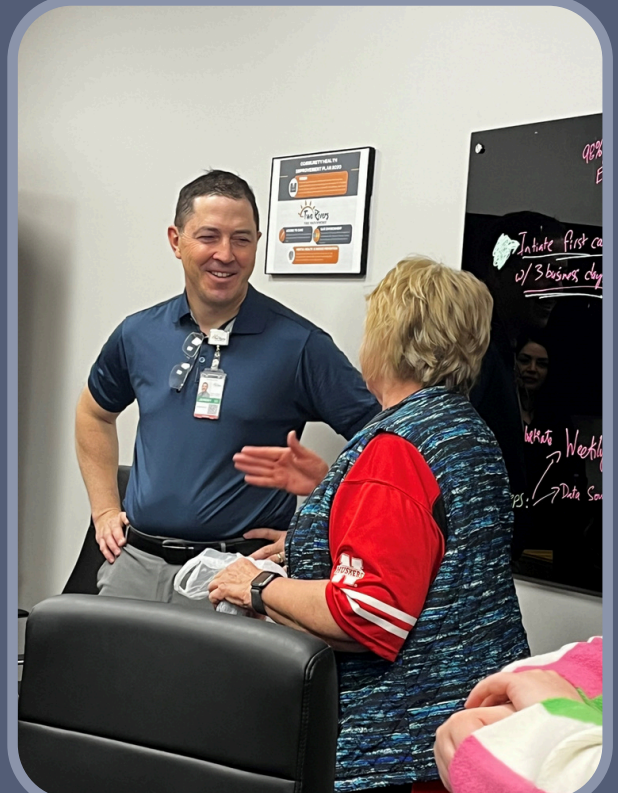


Photo by: TRPHD staff



## Reflecting on a Decade at TRPHD

In 2015, I had the privilege of becoming the Health Director at TRPHD, with our office located in the F. Johnson Building in Holdrege. This location, at the geographic center of our district, is a testament to the progressive spirit of our area. Since the inception of the Health Department, Holdrege has thrived as a hub of activity and shown incredible resilience during various challenges.

Looking ahead, in 2017, TRPHD's Board of Health recognized the need to enhance our services by opening an additional office in Kearney, where a significant portion of our population resides. This small office laid the groundwork for our growth as a team dedicated to serving our entire community more effectively.

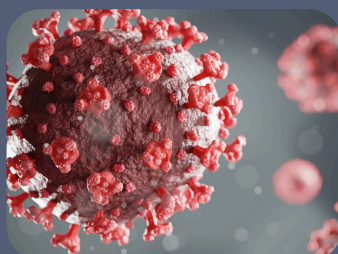
As we reflect on the challenges of the 2019 flooding, it became evident that TRPHD's presence in both Kearney and Holdrege positioned us well to respond to community needs. Looking forward, the necessity of being established in Kearney became clear as we continued to prepare for future events.

The experience of moving offices during a global pandemic was unlike any other. From the beginning of construction on our current office to our move-in date, TRPHD's staff had grown significantly making office space cramped. As we kept responding to the pandemic through 2020 and beyond, I appreciated our collaborations with local health systems and county officials for large-scale vaccine clinics, distributing PPE, and sharing vital information.

By 2022, we were poised to transition from pandemic response to treating COVID-19 as an endemic illness. Looking ahead from 2022, we implemented a strategic plan focusing on improving access to care, fostering collaboration, establishing ourselves as a trusted source for data, and building a sustainable infrastructure.

In 2023, we received the Promising Practice award for our efforts in opioid overdose prevention, and in 2024, TRPHD made a significant investment by purchasing Centennial Plaza, in Kearney, the home of our offices.

As we approach the spring of 2025, we are thrilled to be launching our new Swimming Pool program, which promises to make a positive impact in our community. Exciting times are ahead for TRPHD as we continue to evolve and serve!







Coming Up in  
April



**Board Of Health  
Meeting!  
Tuesday April, 8th,  
at 6 PM**

## Clinics This Month April 2025



LEXINGTON: Dawson Co. Annex Building	April							<ul style="list-style-type: none"> <li>• Wednesday 04/02/2025 3pm - 5 pm</li> </ul>
	Su	Mo	Tu	We	Th	Fr	Sa	
KEARNEY: TRPHD office			1	2	3	4	5	<ul style="list-style-type: none"> <li>• Monday 04/07/2025 9 am - 5 pm</li> </ul>
HOLDREGE: City Auditorium	6	7	8	9	10	11	12	<ul style="list-style-type: none"> <li>• Wednesday 04/16/2025 4 pm - 6 pm</li> </ul>
KEARNEY: TRPHD office	13	14	15	16	17	18	19	<ul style="list-style-type: none"> <li>• Thursday 04/17/2025 9 am - 5 pm</li> </ul>
COZAD: First United Methodist Church	20	21	22	23	24	25	26	<ul style="list-style-type: none"> <li>• Monday 04/21/2025 9 am - 7 pm</li> </ul>
KEARNEY: TRPHD office	27	28	29	30				<ul style="list-style-type: none"> <li>• Wednesday 04/23/2025 11:30 am - 1:00 pm</li> </ul>

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

## National STI Awareness Week

STI Awareness Week, April 13th - 19th, aims to raise awareness about STIs, reduce stigma, and ensure people have the tools and knowledge for prevention, testing, and treatment. This year the CDC has 3 campaigns:

- **Talk. Test. Treat.** This encourages individuals and healthcare providers to take three simple actions to protect their health and the health of their partners.
- **Prepare Before You're There:** This campaign emphasizes making sexual health intentional.
- **GYT (Get Yourself Tested):** Encourages people to understand what places them at risk for STIs and to make a prevention "game plan" before they're in the "heat of the moment."





## March Recap

### TRPHD's Expanding Team: Malissa Kissinger



Malissa is from rural Custer County, where she discovered her passion of caring for people, working as a CNA in two long term care facilities while in high school. She graduated from Creighton University, with a BSN. Malissa began her career as an RN at Mary Lanning Hospital on the inpatient psychiatric unit.

In 2004 she moved to Kearney, working at a treatment group home for 12-18 year old's. Malissa also worked at a treatment home for 8-12 year old's and some more experience in inpatient psychiatric settings before moving back to long term care of the elderly and then Home Health care before coming to TRPHD in September 2024. The impact her job has on the health and well-being of the communities TRPHD serves is what she loves most about her job.

### We're Certified

TRPHD now has three Registered Environmental Health Specialists/ Registered Sanitarians (REHS/RS). Professionals who hold this credential demonstrate competency in an impressive range of environmental health topics including vector control, water quality, hazardous materials, air quality, built environment, direct and train personnel to respond to routine or emergency environmental situations, and provide education to their communities.

REHS/RS credential holders are also key to ensuring communities are in compliance with local, state, and federal environmental health regulations. This credential is recognized by the National Environmental Health Association.



### Above & Beyond

#### Maria Barocio, was awarded the 'Above and Beyond Award'

Maria Barocio has been a Community Health Worker (CHW) at Two Rivers for 8 years. A CHW is a trusted member of the community who connects people with healthcare and social services, often working in outreach, and advocacy to improve health outcomes of those in their community.

Buffalo County Community Partners presented Maria with the 'Above and Beyond Award'. This award is bestowed to a person(s) who works with Community Partners and makes extraordinary contributions to building community engagement within their communities or community sector. People who receive this award provide a model for innovation, investment in identifying issues, value data in telling the story, and connect people and resources.







## In the Community Community Baby Shower

Two Rivers Public Health Department collaborated with Sixpence-Lexington as they hosted a Community Baby Shower at the Lexington Middle School. Community partners like the hospital, Central Community College, NE Medicaid's, and Two Rivers Home Visitation team were present to talk about the work their programs provide to the area. They were able to connect with families that were pregnant or have just had a baby to discuss resource options and provide guidance as to anything the family was looking for.



*Pictured Above:*  
Jacki Haley, RN, Malissa Kissenger, RN, Fatuma Nebi, Rosa Granillo Hernandez, and Haleigh Eschliman

## Partnering with UNK



### TRPHD continues partnering with the University of Nebraska!

Katie Mulligan, Planning Section Manager, attended as a guest speaker at the HSCL 140 Intro to Public Health class. The presentation focused heavily on the relationship between the national Healthy People 2030 program in relation to TRPHD's community health assessment and community health improvement plan.

In the end, these are similar processes, but Healthy People 2030 is created for the federal government, and the community health assessment is made by the TRPHD community. TRPHD also compared similarities in goals between the two plans as a way to show the students a small portion of what goes into public health.



# Fun Health Fact of the Month.



Did you know, more than 50 million Americans experience allergies annually, making allergies the 6th leading cause of chronic illness in the U.S.

