



Photo by: Akaela Lieth



April
2025

Water Jamboree 2025

Summer on the Way

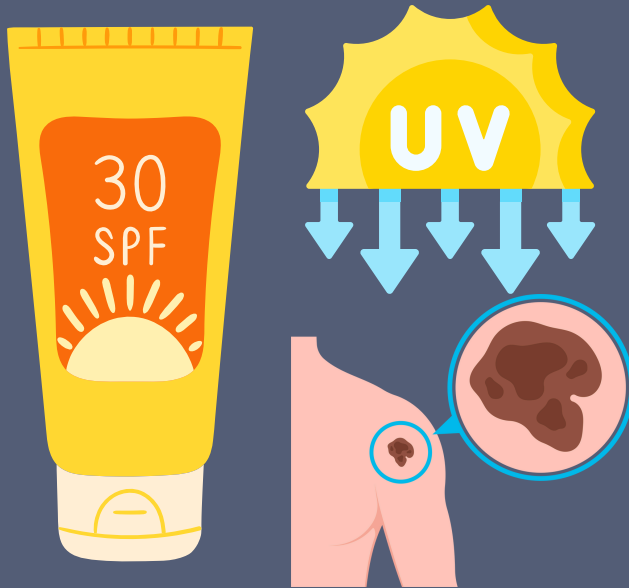




Sun Safety

Skin cancer is the most common type of cancer in the United States and is one of the most preventable cancers. There are several types of skin cancer, with melanoma being the most dangerous. Melanoma of the skin is the fifth most common cancer in Nebraska. Incidence and mortality rates of melanoma cancer are higher in Nebraska compared to overall U.S. rates.

There are certain factors that put a Nebraskan at higher risk for skin cancer. If people spend time outdoors without protecting their skin, they are exposing their skin to damage and sunburn which increases your risk. Having just five or more sunburns doubles your risk of developing melanoma. People with blue and green eyes, blonde or red hair and skin that freckles or burns easily are also at risk.



“Early detection of skin cancer can save lives. Regular skin exams that are part of routine check-ups are important. Wear sunscreen with a SPF of 30 or higher and reapply it often. When in the sun, wear a hat with a 2-3-inch-wide brim and UV-blocking sunglasses along with protective clothing.

“Seek shade, especially between the hours of 10am and 4pm,” said NC2 President Dr. Joel Michalski. “Remember that children including teens need special attention regarding sun safety to protect them and their future risk for skin cancer.” To learn more about your risks, skin cancer screening and prevention, visit: www.necancer.org/skincancer

Nebraskans are encouraged to contact their primary care provider to start a conversation about skin cancer screening. Additionally, anyone wanting to support the statewide skin cancer awareness effort is invited to participate in the statewide “Your Skin Needs You” awareness campaign throughout the month of July. Share your photos on social media platforms using the hashtags #YourSkinNeedsYou #ScreeningSavesLives and #NebraskaCancerCoalition.

NEBRASKA



Coming Up in May



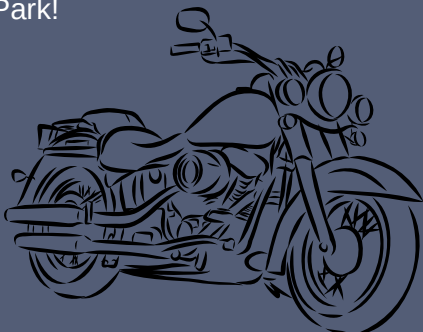
**Office Closed
Monday May 26th,
in observance of
Memorial Day**

May Clinics 2025

KEARNEY: TRPHD office	<div></div> <div>May</div> <table><tr><th>Su</th><th>Mo</th><th>Tu</th><th>We</th><th>Th</th><th>Fr</th><th>Sa</th></tr><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr></table> <div>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</div>	Su	Mo	Tu	We	Th	Fr	Sa					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<ul style="list-style-type: none">Thursday 05/01/2025 9 am - 5 pm
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KEARNEY: TRPHD office	<ul style="list-style-type: none">Monday 05/05/2025 9 am - 5 pm																																											
LEXINGTON: Dawson Co. Annex Building	<ul style="list-style-type: none">Wednesday 05/07/2025 3pm - 5 pm																																											
KEARNEY: TRPHD office	<ul style="list-style-type: none">Thursday 05/15/2025 9 am - 5 pm																																											
HOLDREGE: City Auditorium	<ul style="list-style-type: none">Wednesday 05/21/2025 4 pm - 6 pm																																											
KEARNEY: TRPHD office	<ul style="list-style-type: none">Thursday 05/22/2025 9 am - 5 pm																																											
COZAD: First United Methodist Church	<ul style="list-style-type: none">Wednesday 05/28/2025 11:30 am - 1:30 pm																																											
KEARNEY: TRPHD office	<ul style="list-style-type: none">Thursday 05/29/2025 9 am - 7 pm																																											

May 15th - Children's Mental Health: Pony Express Ride

The Pony Express Ride, are volunteer motorcyclists that travel over 900 miles across Nebraska to collect letters and raise awareness about children's mental health. Join for resources, fun, food, and games from 4:30-6:30 at Harmon Park!



Catch TRPHD in the Community!



May 28th - Bike Rodeo - Lexington

TRPHD, and community partners, will be at the Lexington Public Library for the Summer Safety Workshop & Bike Rodeo. This event, at 10:30 AM, is all about having safe and healthy summer fun as the kids learn about bike safety, water safety, and more!



April Recap

TRPHD's Expanding Team: Rosa Granillo Hernandez

Rosa is one of Two Rivers Public Health Department's new Family Support Specialists. Rosa highlighted that her love for her family, especially her husband Miguel and her daughter Cristal, are important to her. She is an active part of her community by participating in her church and training horses. Rosa's love for animals runs deep as she has 2 dogs and 2 horses that they train for racing. Rosa welcomes the opportunity to help families with the gift she has been given of speaking two languages. Rosa's work history includes previously working at Early Head Start and notes that she likes to know about other cultures and to learn from them. Rosa says "I am excited to learn more about the Healthy Families program and help families that want to learn."



Healthy Families



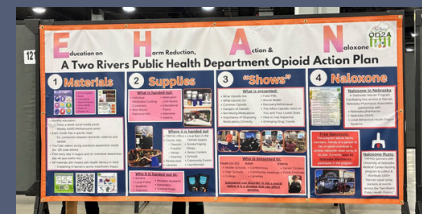
Almost the entire Healthy Families Nebraska Two Rivers team attended the bi-annual statewide summit conference at the Lied Lodge in Nebraska City. They met and networked with funders, peers, and collaborated on new ideas and initiatives. The team listened to local and national presenters discussing topics they often encounter.

Topics included perinatal mental health, families experiencing intimate partner violence, language barriers, supporting breastfeeding in the home, and so many more! Home Visitation Supervisors could attend sessions that focused on improving data collection, accreditation, and setting boundaries. This information is pertinent to the work that is performed through our Healthy Families program and is applied to the families served.

RX Summit

Rx and Illicit Drug Summit is the largest, most influential event addressing the drug crisis, where strategies are shared and put into action. The global community includes multidisciplinary stakeholders "from federal to family." In its 14th year, the mission has become increasingly important.

More than one million lives have been lost since the start of the opioid epidemic. Overdoses and deaths involving synthetic opioids have reached record rates. Hayley Jelinek, Health Educator, was selected to present at this summit, for her work in TRPHD's Opioid Data to Action program, where Hayley educates schools, senior centers, and communities of the dangers of opioids, safety, and resources to help those struggling with opioid misuse.





In the Community Prescription Takeback

TRPHD, in partnership with Buffalo County Community Partners and Kearney Police Department, held a prescription takeback event at the Peterson Center in Kearney. The partnership educated on emerging drug issues and how to spot things that may be used for drug use at others homes, the importance of safely disposing medications you no longer use/need, and how they can safely store current medications.

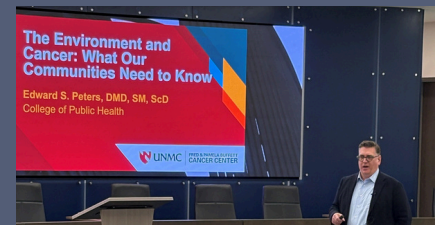


Attendees had the opportunity to dispose of their old medications using deterra. Deterra was created to reduce the risk of abuse, misuse and accidental ingestion of leftover medication, especially prescription opioids by deactivating any organic medications including opioids.

TRPHD was able to dispose of 5770 pills at this event, as well as distributing 35 medication lock boxes.

Partnering With UNMC

Two Rivers Public Health Department, in partnership with Nebraska Extension, University of Nebraska Medical Center, and the Fred & Pamela Buffett Cancer Center, hosted a “Let’s Chat Cancer” event. This event included a lecture from Dr. Ed Peters, from University Nebraska Medical Center, and FREE cancer screenings.



This event was open to the public and held at the Regional Engagement Center in Kearney where a Cancer Eligibility Questionnaire and a Cancer Risk Assessment were available. Both resources were available to help you know your cancer risks, and let you know what to look for.

Healthy Kids Day



Healthy Kids Day® is a national annual event celebrated at Ys across the country to help inspire healthy habits in kids and families. For more than 30 years, Ys have celebrated Healthy Kids Day by hosting a free community event focused on active physical play, nutrition education, STEM and the arts, and much more.

All activities are designed to inspire kids to get active while teaching families how to develop routines that support mental and physical health at home.

This year TRPHD was able to attend at three of our local Ys: Kearney, Holdrege, and Lexington. A few of the activities provided by the health department included bubbles for breathing exercises, oral hygiene education and toothbrushes, safe sleep education and books, and home safety information.

Interns



In the Community Environmental Health

Dependent on their interests and background, interns pick a focus area and TRPHD gives real world experience in the field of environmental health. Interns have shadowed and participated in different inspections - some looking for lead based paint, mold, or swimming pool compliance. Additionally, they assist in administrative work, like creating educational presentations and social media relevant to environmental health concerns. Finally, they get some experience in writing grant workplan updates about what events/tasks EH was completing towards goals.



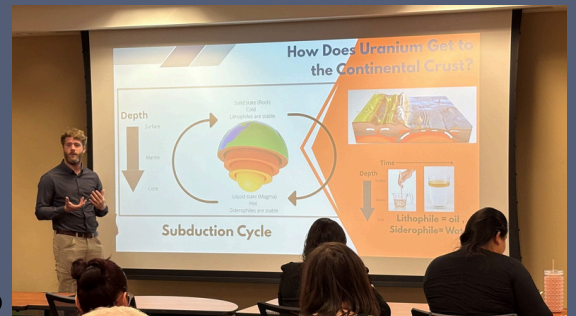
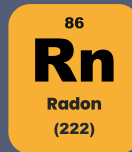
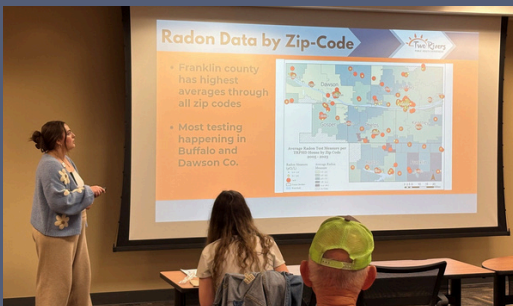
Current Environmental Health Interns

Conner is a graduating senior at UNK, Majoring in Health Sciences with a Minor in Public Health. He intends to work in environmental health after graduation, then attend UNMC to receive a Masters of Public Health in Environmental and Occupational Health.

Ramona is a junior at UNK, Majoring in Healthy Sciences with a Minor in Public Health.

Let's Talk Radon

Two Rivers Public Health Department's Environmental Health team hosted a lunch and learn all about Radon. While this event was geared toward property owners, realtors, and community partners, it was open to the public.



This presentation explained what Radon is, where it comes from, as well as the risks of Radon, and steps to take to mitigate Radon. TRPHD's Environmental Health team also provided local data on what we see in the district regarding radon, while sharing how to communicate the risks to patients, home buyers/sellers, and community members.

Water Jamboree

The Water Jamboree is an educational fun day for fifth and sixth grade students in south central Nebraska and north central Kansas. Students participate in water activities relating to aquatic life, recreational uses, water quality, non-point source pollution, irrigation, historical aspects of water, plants and water, and how water quality affects wildlife.



Two Rivers had education on swimming and water safety, as well as pool safety and the Health Departments role in keeping pools safe, clean, and inspected. Plus a demonstration on how to properly wash your hands.



Fun Health Fact of the Month.



Want More Happy Hormones?

Dopamine

Reward/Motivation Chemical



- Listen to Music
- Get Moving
- Get Quality sleep
- Eat Enough Protein



Oxytocin

Mood Stabilizer



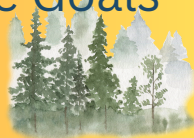
- Have Dinner With Friends
- Give a Hug
- Dance
- Give Compliments



Serotonin

Love/Contentment Hormone

- Try Yoga
- Spend Time in Nature
- Be in the Sun
- Set Achievable Goals



Endorphins

The Pain Killer



- Move Your Body
- Laugh
- Be Creative
- Eat Dark Chocolate

