

2014 ANNUAL REPORT

Southwest Nebraska Public Health Department

Clinic Services Expanded



Meet our nursing team, Melissa Propp, RN and Tami Herskowitz, RN .

In April, our **Lab Services program** launched offering personal preventative health screening tests on a monthly basis. Testing can include:

General Health Panel

- **Complete Metabolic Panel (CMP)** - tests kidney and liver, electrolyte acid/base balance, and levels of blood glucose and proteins.
- **TSH test** - evaluates thyroid function and/or symptoms of hyperthyroidism or

hypothyroidism.

- **Complete Blood Count (CBC)** - determines an individual's general health status.

Hemoglobin A1c - blood sugar levels for persons with diabetes.

Lipid Profile - helps determine risk of coronary heart disease with total cholesterol (good and bad) and triglyceride levels.

PSA - screening test is used to detect cancer of the prostate.

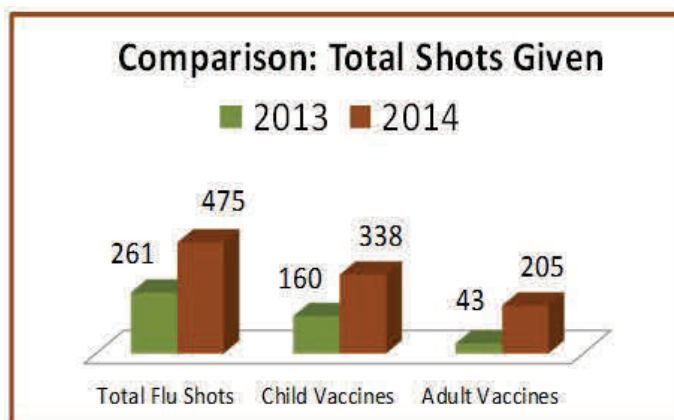
Lab service clinics are held the last Tuesday of each month or other days by appointment at our McCook office.

Additionally, childcare provider health screenings and lead testing services are now available at our office.

Please call our office, 308-345-4223, to schedule an appointment. More information is available on our website: www.swhealth.ne.gov.

Immunization Clinic Growth

Growth in both child and adult immunizations!



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STAFF: (F) Linda Walzem, Heidi Wheeler, Myra Stoney, Denise Ringenberg, Janet Brenning, Tami Herskowitz. (B) Melissa Propp, Helena Janousek, and Martha Marentes.



404 West 10th St
1 block north of Arby's
McCook, NE 69001

Mission Statement

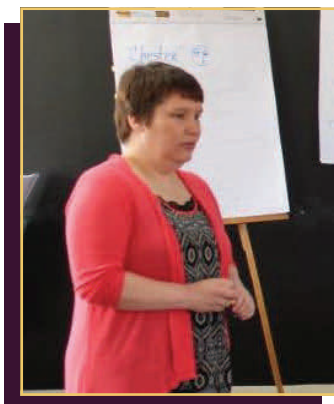
The mission of Southwest Nebraska Public Health Department, in partnership with other entities, is to promote a healthy and secure quality of life for our communities.



We partnered with the **AmeriCares** program this year bringing 100 free flu vaccines for our residents who are uninsured, under insured (insurance doesn't pay for a flu shot) for adults age 19 or older. Also, 200 doses of Tdap were sent to Pilger tornado relief.

Thanks AmeriCares!

Nebraska Respite Network



Helena T. Janousek, Respite Coordinator earned her Respite Education and Support Training (REST) certificate in Atlanta, GA. As a registered REST trainer, Helena can conduct this exceptional interactive training that equips providers with skills needed to support caregivers in the communities through respite. She has presented the "Unload Sensory Overload" portion of the training for staff at the El Dorado Nursing Home and Childcare Conference in McCook.

Emergency Preparedness

Volunteer disaster training was offered in McCook and Imperial. This free training targeted clergy & faith communities, school staff, counselors, mental health professionals, hospital personnel, first responders and anyone willing to volunteer after a disaster.



Trainers, John and Deborah Bauers have worked for over 25 years in the areas of pastoral care, professional counseling, crisis and trauma preparedness, and recovery. They have been involved in professional counseling with several disasters: the New Life Church shooting, Columbine shooting, and multiple large wildfires in Colorado.

The Bauers trained on recognizing the symptoms of a traumatized individual, defusing and debriefing, delayed grief responses, and how early interventions can effect mental health outcomes. This training encouraged faith-based ministries to interface with first responders and the mental health community.

National Preparedness Month

In celebrating National Preparedness Month, SWNPHD offered a contest to the youth in our health district to compile a disaster kit containing items relating to their family needs.

Winner's were Ashley Grassia, age 12 of Imperial and Lillie Schultz, age 11 of Danbury. Both winner's received a \$50 iTunes gift card.



Wellness Grant Award Presentation



Front, L-R: Cheri Beckenhaur, McCook Community Foundation Fund; Rob Trebilcock, BCBS; Doug Skiles, MCF; Nate Odgaard, BCBS; Tami Herskowitz, SWNPHD; Melissa Propp, SWNPHD; Back; Don Harpst, MCF; Peggy Been, MCF; Karl Shaddock, MCF; Chuck Vette, SWNPHD; Earl McNutt, SWNPHD; Myra Stoney, SWNPHD.

Southwest Nebraska Public Health Department received a \$10,000 wellness grant from Blue Cross Shield of Nebraska. Grant funds will be used for equipment and supplies for our new “Target Your Health” wellness program being developed. The program brings personal health services to employers and employees. Funds are administered through the McCook Community Foundation Fund.



West Nile Virus Promotion

“Skeeter Day” was a new event for us this West Nile Virus season. It was a fun day of education with residents of southwest Nebraska. We joined forces with “The Hawk” radio station; while we were out delivering mosquito kits to area oil field workers, the radio gave



live updates on our where-a-bouts and offered West Nile Virus trivia questions to the listening audience. Winners came to our office to pick up their prize of a fabulous “skeeter kit.”

Our theme this season was “Let’s Put the Screw to WNV.” The “skeeter kit” included a mini screwdriver set, DEET wipes, pen, note pad, and a West Nile Virus Fun-Fact card.

Mosquito trapping was done in Chase and Red Willow Counties. Both sites reported positive pools for West Nile Virus.



Skeeter Kit



Walk to Health

Southwest Nebraska Public Health Department

The 11th annual Walk to Health program kicked off April 1st as part of our National Public Health Week festivities. The 12 week program ended June 28th with 350 participants.

Results reported were 198.5 pounds lost, 145.3 inches lost, and 450,050 minutes walked.

Congratulations to all who participated!! Check out our website to see all the individual winners.

Help Fight the Bite!



- ◆ Use DEET repellent
- ◆ Wear long-sleeves & pants
- ◆ Avoid outside activity around dawn & dusk when mosquitoes are most active
- ◆ Empty wading pools and other containers when not in use
- ◆ Change pet water & bird baths

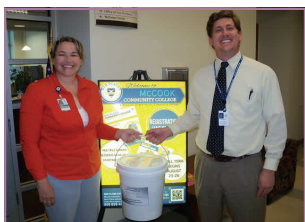
Shelter - in - Place Buckets



Heidi Wheeler, Emergency Response Coordinator, making shelter-in-place buckets for McCook Public Schools.



McCook Junior High - Dennis Berry, Principal, Heidi Wheeler, ERC, and Chad Lyons, Asst. Principal.



Heidi Wheeler, ERC presented Andy Long, McCook Community College with a bucket during National Public Health Week.



Denise Ringenberg takes a break at the SAC Museum during the Environment Conference at Mahoney State Park.

“Good habits formed at youth, make all the difference” ~ Aristotle

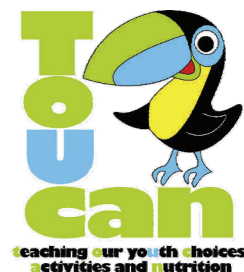
Nebraska Kids Fitness and Nutrition Day is held in the fall for all fourth grade students in the health district. Through partnerships with University of Nebraska-Kearney, Nebraska Beef Council, Land O’Lakes, Nebraska Academy of Nutrition and Dietetics, McCook Public Schools, Ed Thomas YMCA, and numerous local sponsors this fabulous one day event is brought to 412 students. The students rotate through highly educational fitness and nutrition stations.



Helena T Janousek is the SWNPHD coordinator who works closely with Carrie Goltl and Matt Wiemers, McCook Schools Physical Education Instructors, Michelle Gonzales instructor with the YMCA and McCook Dietician, Susan Hardin.

Toucan

K-3rd grade students participated in TOUCAN (Teaching Our yoUth Choices: Activities and Nutrition). Our goal is to reduce childhood obesity by providing education through stories, puppets, and activities to children at a young age. Students learn about MyPlate guidelines, food groups, calories, and staying active. This is the seventh year for the TOUCAN



program. Schools participating in the 2013-2014 school year include: Chase County, Hitchcock County, McCook, Medicine Valley, Perkins County, and Wauneta/ Palisade. Toucan is taught by Helena T. Janousek with assistance from Linda Walzem and Martha Marentes, Program Assistants.

Environmental

The environmental program saw a rise in radon measurement testing this year. New home buyers are concerned about radon levels and ask for radon measurement through the purchase of their home. Denise Ringenberg, Assistant Director and Environmental Coordinator teaches radon awareness through the MEDC Homebuyers Education classes and works closely with area realtors. A total of 65 homes this year compared to 22 homes last year were tested for radon.

The Answer is Clear, National 3rd place radon poster by JoAnn Neel of McCook, was featured in the 2013 MEDC Holiday Home Tour. The radon room included clear decorations and radon testing information.

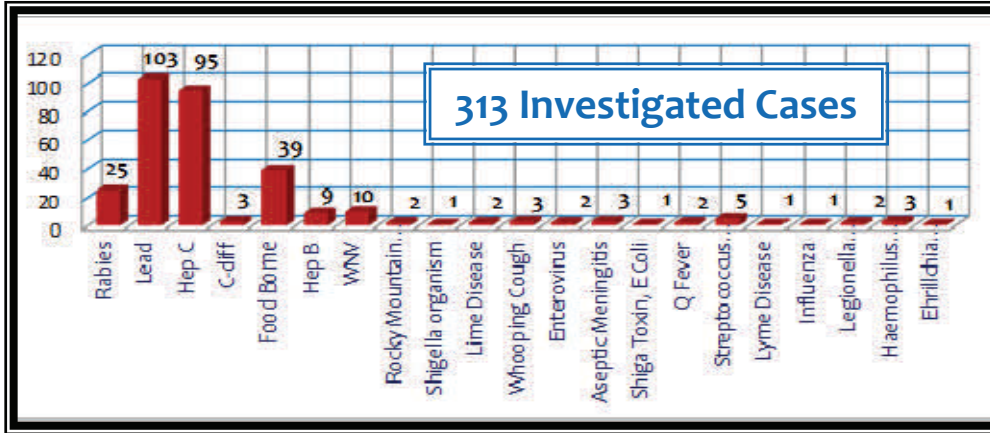
Six environment complaints were investigated which include mold, animal bio-waste run off, bed bugs and various odors. Also six Clean Indoor Air Act smoking complaints were investigated.



2013 MEDC Holiday Home Tour Display

Disease Surveillance

SWNPHD works with the State of Nebraska to investigate reportable infectious diseases. This is an early warning system for possible public health emergencies. Surveillance information is collected with 33 schools and 5 hospitals to monitor the flu season.



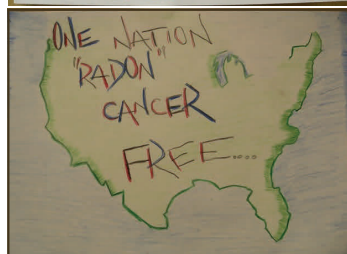
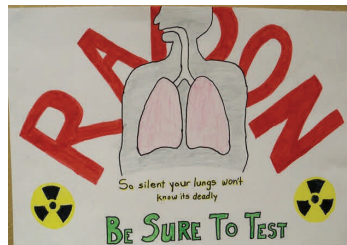
Radon Poster Contest

Congratulations to the 255 outstanding students that entered our radon poster contest. We appreciate the talented students and dedicated teachers from seven different schools that created these excellent posters.

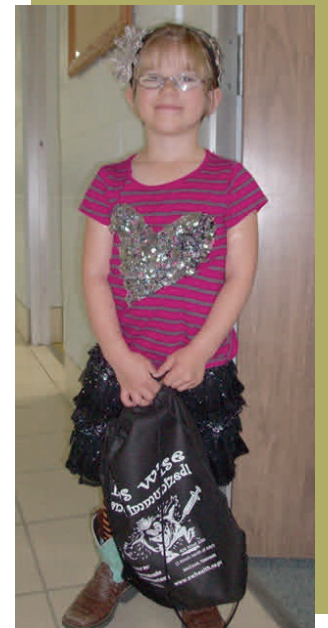
Winners: 1st place – Megan Hodgson – 5th grade; 2nd place – Analise Hernandez – 5th grade; 3rd place – Kora Keslin – 5th grade; 4th place – Emily Kjendal – 5th grade – all from McCook Central Elementary School; 5th place – Aryn Seiler – 7th grade – Perkins County Middle School.

Honorable mention category. Hannah Whitson – 4th grade – Arapahoe Elementary School; Lexi Hauxwell – 5th grade; Emma Kehler – 5th grade; Thomas Richards – 5th grade; Isiah Wiemers – 5th grade all from McCook Central Elementary School; Michael Beck – 8th grade; Mia Holscher – 8th grade; Nathan Kemling – 8th grade; Emma Schrotberger – 7th grade; Morgan Turner – 7th grade all from Perkins County Middle School and Bryson Warner – 4th grade – Southern Valley Schools.

Poster judges were: Camy Bradley, McCook Abstract & Title Company; Becky Dutcher, McCook Housing Agency; Christi Evans, Golden Plains Realty; Melanie Goodenberger, Golden Plains Realty; Mary Kircher, McCook Economic Development Corporation Housing; JoAnn Neel, 3rd place National Contest Winner; Tamra Neel, Hillcrest Nursing Home Activities Director; and Melanie Jones-Wier, DDS, Bison Dental and SWNPHD board member.



Megan Hodgson and Analise Hernandez also took 1st and 2nd place at the State competition.



Karlee Hatfield receives her free backpack for getting her shots at the Curtis Clinic.



Luis Fuentes received his shots from Public Health nurse, Melissa Propp at the Hayes Center Clinic.



L-R: Megan Hodgson, Analise Hernandez, Kora Keslin, Emily Kjendal and their teacher Mrs. Gayl Korus.



Stop the Spread of Germs!

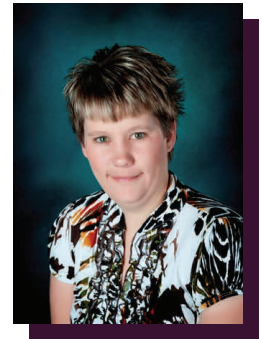
- * Stay away from sick people
- * Stay home if you have a fever (should be fever free for 24 hours without taking a fever lowering medicine (Advil, Tylenol))
- * Cover your mouth with a tissue when you cough or sneeze (use your elbow if you do not have a tissue)
- * Throw tissue in the trash right away
- * Try not to touch your eyes, nose, or mouth
- * Wash your hands often
- * Get plenty of rest
- * Drink lots of fluids



Bright colored signage decorates our front lawn. The signage changes frequently to remind everyone passing by this is where you get your shots, lab work, free DEET wipes, radon measurement testing and other services.

Special Achievement

Helena T. Janousek was accepted into the Great Plains Public Health Leadership Institute. Helena is the Respite Coordinator and Health Educator for the TOUCAN and Nebraska Kids Fitness and Nutrition programs. Helena also assists the Emergency Response Coordinator with emergency preparedness responsibilities. Congratulations Helena!!

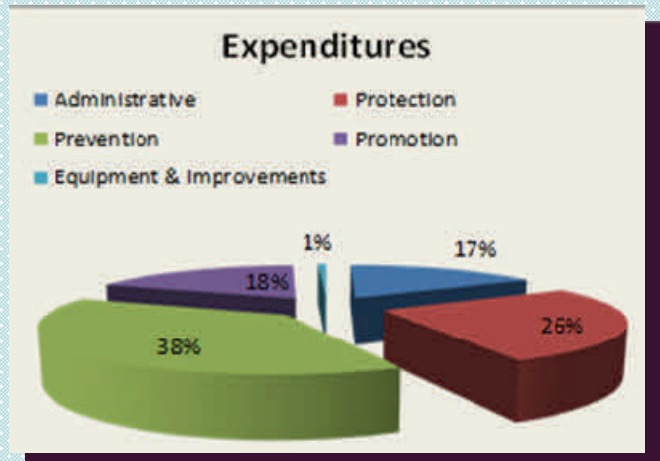


Financials - July 1, 2013 - June 30, 2014

Unaudited Financials

Where the Money Goes

Administrative	\$98,991.38
Protection	\$156,452.63
Prevention	\$223,795.58
Promotion	\$108,232.51
Equipment & Improvements	\$4,183.42
Total	\$591,655.52



Where the Funding Comes From

Tobacco Settlement	\$158,503.60
Contracts	\$142,175.81
Grants	\$8,785.60
Fees and other income	\$69,969.98
Environmental, WNV, Chronic Disease	\$60,223.28
Prevention Funding	\$50,000.00
Bioterrorism Contract	\$77,049.84
Disease Tracking	\$49,729.00
Donations	\$2,976.15
Total	\$619,413.26

