

10th Year Anniversary Celebration

Southwest Nebraska Public Health Department celebrated its 10th anniversary since its inception in April 2002 with an open house celebration on August 30th.

There were approximately 50 in attendance through out the day taking advantage of our mini-health fair and enjoying the healthy snacks of tortilla roll-ups, fruit salsa with homemade chips, frozen fruit slush, and trail mix. Visitors were given a tour of our new facility and important



information on all of the programs offered at SWNPHD.

Visitors could register for door prizes being given away at various program booths. KICX Radio was broadcasting from our location interviewing staff and also giving away prizes.

Southwest Nebraska Public Health Department is the lead agency in public health preparedness planning, follow-up for disease, influenza and school surveillance, radon measurement and education, tobacco cessation and education, and the lead coordinator of public health data.



Visit our new website at www.swhealth.ne.gov

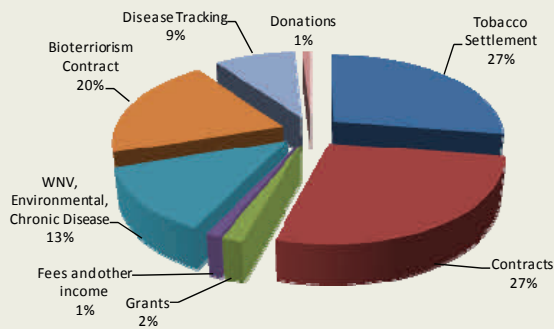
The screenshot shows the website's navigation menu with links for Home, About Us, Wellness & Prevention, Environmental, Preparedness, Respite, Health Services, Data & Resources, and Media. Below the menu are social media links for Facebook, Flickr, and Twitter. The 'Hot Topics' section features three main images: a group of children at a fitness event, hands being washed under a faucet, and a drawing of a radon character.

Our website has been revamped to give our visitors more information and to be more user friendly. The new website utilizes all our corporate colors and it is more interactive with graphics and prevention/protection facts. Please visit us at www.swhealth.ne.gov to see all our changes.

Financials

as of June 30, 2012

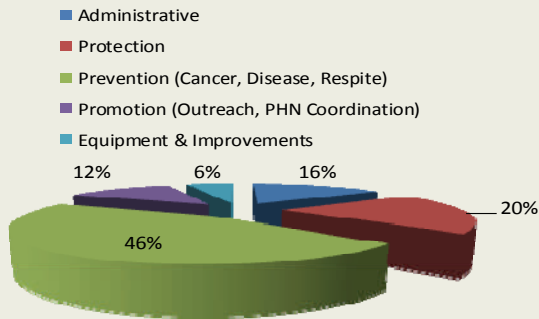
Revenues



Where the money comes from:

Tobacco Settlement	\$158,504.00	27%
Contracts	\$155,821.00	27%
Grants	\$10,000.00	2%
Fees and other income	\$6,364.00	1%
WNV, Environmental, Chronic Disease	\$72,942.00	13%
Bioterrorism Contract	\$115,806.00	20%
Disease Tracking	\$52,729.00	9%
Donations	\$5,440.00	1%
Total	\$577,606.00	100%

Expenditures



Where the money goes:

Prevention (Cancer, Disease, Respite)	\$252,687.00	46%
Protection	\$113,553.00	21%
Promotion (Outreach, PHN Coordination)	\$69,327.00	13%
Administrative	\$86,238.00	16%
Equipment & Improvements	\$30,943.00	6%
Total	\$552,748.00	100%

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Staff

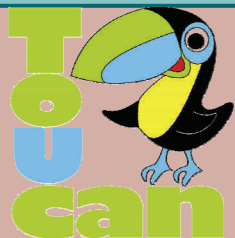
Myra Stoney, Director
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The mission of
Southwest Nebraska
Public Health Department,
in partnership with other entities,
is to promote a healthy and secure
quality of life for our communities.



404 West 10th ST (1 block north of Arby's)
PO Box 1235 · McCook, NE 69001
PH: 308.345.4223 · Fax 308-345-4289
www.swhealth.ne.gov





teaching our youth choices: activities and nutrition

The **Toucan** program provides education on healthier choices and physical activity to school age children . TOUCAN teaches Kindergarten through Third grade students proper eating habits, the food guide plate (myplate), physical activity in relationship to calories consumed, and exposes the children to calorie counting. Learning is so much fun with storytelling, puppet shows, fun games and physical activity. The program was taught in McCook, Medicine Valley, Chase and Hitchcock County schools. **A total of 761 students participated.**



Students had fun with puppet shows, stories about fruits and veggies, an obstacle course, balance beam, and even went fishing.

Each child receives a bag containing information on the importance of physical activity and nutrition, a pencil, bookmark, magnet, stickers, wrist bands and other handouts from USDA to take home to their parent.

Pool Cool

Over **350 youth** in southwest Nebraska benefitted from the POOL COOL program in 2012. This is a skin cancer prevention program that educates youth through eight lessons taught by lifeguards and pool staff on the use of sunscreen, covering up, sunglasses, shade, exposure timing and UV rays. Southwest Nebraska Public Health Department taught lifeguards and pool staff the POOL

COOL sun safety program at three new pools in 2012: Benkelman, Curtis and Wauneta.

Sun safety signage and shade structures were

purchased for the Curtis Pool and Benkelman Pool through the partnership with the Comprehensive Cancer Control Program and Nebraska Department of Health & Human Services.

Pools that have participated in the POOL COOL program in the past continued to teach the sun safety program in 2012 with additional training were Beaver City, McCook and Palisade. All of the pools received free UV wrist bands and sunscreen to share with their youth throughout the summer. ESU 15 Migrant Education classes also took part in the program through the leadership of Jamie Garner.



Have you seen someone smoking in a bar, restaurant, or work place in Nebraska and you aren't sure if it is legal?

The Nebraska Clean Indoor Air Act prohibits smoking in public places and places of employment. **To file a complaint:** submit online at dhhs.ne.gov/publichealth/Pages/smokefree, call toll free **1-877-633-7331**, or contact SWNPHD at 308-345-4223.

SMOKEFREE
nebraska
So long smoke. Hello clean air.

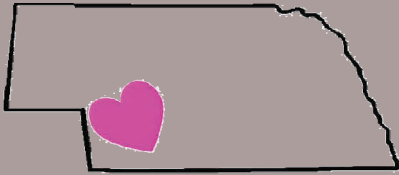
Clinic Services

Several clinic services are offered by the health department: adult and child immunizations, TB Testing, hemocult colon screenings, and blood pressure screenings are offered, as well as, the Vaccines for Children (VFC) program.

VFC clinic hours are offered monthly at the health department every third Wednesday of each month. Off-site clinics are held in Hayes Center every 2nd Monday of odd months, Curtis every 2nd Monday of even months, Trenton every 2nd Wednesday of odd months and Cambridge every 2nd Wednesday of even months. Drop ins are always welcome.

Visit our web page www.swhealth.ne.gov for more Information and printable schedules.





Nebraska Respite Network 1-866-RESPITE

Respite care is a short-term, temporary care designed to help a caregiver who is responsible for the primary care of a loved one. Respite care allows caregivers to take a little time away from their responsibilities so that they can rest, recharge and come back refreshed.

Respite care is available to caregivers of people who are unable to care for themselves because of their physical, mental, or medical condition regardless of age. Respite care comes in many forms to fit each individual's need.

It can last from a few hours to a few days, depending on the caregiver's needs.

Respite assists families in locating providers, accessing information for respite funding, and maintaining listings of independent care providers and provide trainings and support for family caregivers, providers, agencies and community members.

The Nebraska Respite Network Southwest Service Area serves 18 counties: Arnold, Arthur, Chase, Dawson, Dundy, Frontier, Furnas, Gosper, Grant, Hitchcock, Hooker, Keith, Lincoln, Logan, McPherson, Red Willow and Thomas.

This year the Nebraska Respite Network, along with Ann Barger, McCook Alzheimer's Support Group

Coordinator, hosted an "Alzheimer's Night Out" in McCook on March 13th.

Caregivers were invited to a "spa" inspired atmosphere where they were pampered with chair massages, supper, gift packages, support information and fellowship of sharing stories.



"Fannie" (Martha Roe) entertained at the Caregiver Retreat.

On April 24th & 25th a "Caregiver Retreat" was hosted in Ogallala, NE. Participants from the McCook, North Platte, Benkelman and Ogallala area enjoyed two fun filled days of informative presentations, relaxing chair massages, scrap-booking and Tai Chi. The over-all theme for the event developed into laughter.

The presenters and entertainers made it a huge success.

2012 Timeline of Events

January: opened Twitter page for SWNPHD; Smoke Free Housing designated in Indianola, Hayes Center, Grant, Palisade, several McCook sites; Long-term Care facility preparedness meeting with all nursing homes and assisted living facilities in health district; first VFC clinic conducted in Hayes Center; two staff members trained in PIO functions; Point of Distribution training in Perkins county; Closed POD training with Hi Line Home Health and NCTA; Radon Proclamation Month in McCook, Cambridge, Curtis

February: first VFC clinic in Frontier county; TOUCAN presented to McCook, Culbertson and Imperial schools; Closed Point Of Distribution training with Arapahoe and Cambridge nursing homes; POD MOU with Arapahoe; preparedness communications drill with emergency managers and hospitals; handwashing clinic with K-6 graders in Imperial; Denise trained in American Lung Association smoking cessation class

March: long term care facilities tabletop exercise; Functional Needs Registry kicked off; first VFC clinic in McCook; TOUCAN presented to Curtis; attended Perkins County Health Fair

April: observed public health week with public health messages on table tents; held school and community health CEU workshop; NIMS 100 & 700 held in Chase County; education presented at Family Fun Night; held Chase County CPC meeting; Myra updated all eight county commissioner groups; Respite Caregiver retreat held in Ogallala; Pool Cool kicked off in Benkelman; Shelter-in-Place buckets delivered to McCook Schools

May: Pool Cool kicked off at McCook and Curtis; held Hayes County CPC meeting; discussed mutual aid agreement with Northeast Colorado Health Department; Management Academy training attended

June: tobacco cessation class taught in McCook; 8th Walk to Health walking program kicked off; tabletop exercise with West Central Medical Response System; Pool Cool follow-up done with Palisade and Beaver City; Amtrak presentation at Preparedness Symposia at Kearney, Norfolk, & Omaha; attended Cambridge health fair; WNV activities at Huck Finn fishing derby; Cooling station set up with McCook officials



The 6th annual Nebraska Kids Fitness and Nutrition Day was held October 10, 2012 in McCook, Nebraska. This all-day event brought 4th grade students in our eight county health district together to learn and have fun with staying active and nutrition . The event is held jointly at McCook Public Schools and McCook YMCA. 15 schools partook with a total of **427 students ,109 volunteers and 43 school representatives.**

Schools participating were Dundy County Schools, Hitchcock County, McCook, St. Patricks, Cambridge, Arapahoe, Southwest, Southern Valley, Eustis-Farnam, Medicine Valley, Maywood, Hayes Center, Wauneta-Palisade, Chase County and Perkins County. Volunteers included McCook High School seniors and juniors, Optimists club, SWNPHD staff, YMCA staff, McCook Community College students, Medicine Valley HS students, McCook Public Schools staff, Red Willow County Health staff, and educators from the local UNL Extension offices.

During this one day event the kids rotated through 16 physical activity stations for seven minutes. Physical activity stations included an obstacle course, parachute, scooters, stackers, hurdle hopscotch, jump rope, dance twister, kick boxing, bosu balls, over/under medicine balls, disc Frisbee, chair basketball, bouncy balls, fitness Tic Tac Toe and boot camp.

Nutrition Stations included Energy Balance, Handwashing, Healthy Snacks, Label Logic, My Plate, and Portion Distortion.

The healthy meal consisting of a roast beef sandwich, baked chips, baby carrots and milk was provided by Sodexo and served by the McCook Optimist's Club.

Land O Lakes donated the milk and additional educational materials which were included in the educational packets for the kids to take home.

Donors of \$100 or more were recognized on the back of the t-shirts, which were presented to all students, volunteers and teachers.



2012 Timeline of Events

July: presented at Arapahoe and Beaver City health fair; Pool Cool kicked off in Wauneta; attended resource fair in Imperial

August: attended senior resource fair; presented at Dundy County, Chase County & Indianola health fairs; Dr. Jaeger became Medical Director; NIMS training held for SWNPHD Board of Trustees; presented fans to home health agencies for National Preparedness Month; held 10th Anniversary Open House

September: presented West Nile Virus information at State Fair; Flickr account established; presented at Curtis health fair; influenza clinics conducted throughout health district; NIMS 100 & 700 conducted for Red Willow County Sheriff office and City of McCook; staff attended epidemiology training; presented FROG at Public Health Association of Nebraska conference; Steer Clear of Tobacco at Heritage Days parade

October: assisted with health checks at McCook Public Schools; participated in school wellness committee at McCook Schools; kicked off Radon Poster Contest; Chempak training with Bartley EMS; presented display at SONAR conference; hosted Kids Fitness and Nutrition Day for all 4th grade students in health district; handwashing demonstration at Wauneta/Palisade schools; booth at Taste of Home Cooking show in McCook; Minority Health Focus group in McCook

November: Minority Health Focus Group held in Imperial; presentation to Radon Poster Contest winners throughout the health district; Chempak tabletop with DHHS; first VFC Clinic at Trenton; held Furnas County & Red Willow County CPC meeting; closed POD agreement with Golden Ours Convalescent Home

December: handwashing demonstrations in Cambridge, McCook, Holbrook and Benkelman; first VFC Clinic held in Cambridge



Local Planning Groups

SWNPHD has the privilege of leading planning committees throughout the health district.

Each county has a Community Planning Committee (CPC) made up of local volunteers willing to help in a public health emergency. The groups meet once a year to review and update plans, train, and prepare for any type of emergency or disaster. This committee is instrumental in getting life-saving medications out to the public during a disease outbreak, help operate a shelter or family assistance center or provide psychological first aid after a traumatic event such as a tornado or mass shooting. Volunteers are always needed and since they meet once a year, it is not a huge time commitment. Please contact SWNPHD if you would be interested in learning more or volunteering.

The Long-term Care Facilities (LTCF) and Assisted Living Centers are organizing their planning efforts by formally meeting twice a year. They are also planning for the distribution of life-saving medications to their residents and staff during a disease outbreak, whether within the facility or community, as well as evacuation planning before or during an emergency or disaster. Each facility will be discussing an evacuation exercise in conjunction with emergency management in the coming year. This planning group has been a great supplement to the local preparedness already implemented in each facility, taking it to a regional level among all LTCF within our health district. Family of our LTCF residents should feel at ease knowing there is exceptional preparedness and planning happening to keep their loved-ones safe.

Southwest Nebraska Functional Needs Registry

<http://lancaster.ne.gov/emergency/needs/index.htm>



Questions? Contact your local
Emergency Manager or call
SWNPHD at 308.345.4223

One of the critical tasks we are called to do as emergency response personnel is planning for those with functional needs.

SWNPHD, in conjunction with emergency management, is managing a registry for the people in our eight-county district. This online directory helps SWNPHD and emergency management locate anyone with functional needs before or after a disaster or any other emergency situation, because of their physical limitations, may not be able to evacuate their residence.

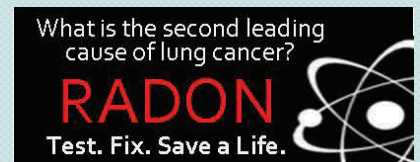
All information is kept confidential and only used when an emergency warrants its use. To add your loved one to the registry or if you have any questions about this registry or other disaster preparedness please contact SWNPHD.

Nebraska Radon Program Test Kits

Special pricing for **Nebraska residents** can be obtained by purchasing a test kit from the following companies.

- To order a low-cost **short term test kit** from Air Chek, Inc. visit: www.radon.com/nebraska or call 1-800-247-2435.
- Accustar sells **long-term test kits** at a low-cost when you call **800-523-4964** and mention NEBRASKA. More information about Accustar products can be found at: <http://www.accustarlabs.com/Default.aspx>.
- Alpha Energy Laboratories offers discounted **short or long-term test kits** at <http://drhomeair.com/nebraska> or call **1-800-324-5928**.

SWNPHD offers licensed Continuous Radon Monitor (CRM) testing. Call 308-345-4223



West Nile Virus

Southwest Nebraska Public Health Department participates in the West Nile program by trapping mosquitoes to submit to the State laboratory for testing. Traps are set biweekly at six sites in Chase county during the surveillance period. Dead birds are also collected within the eight county health district and sent to the State for testing.

Three dead birds were collected and one bird tested positive for West Nile Virus.

Educational materials using the "Fight to Bite" message were given to **500 area residents**. Fishermen, boaters, and other lake dwellers were the target group for this year's campaign. Fishing contest's, marina's and other areas were great locations to hand out the special promotional and education materials of small tackle boxes, note pads, sticky pads, bobbers, pens, magnets, knives, activity books, deet wipes and brochures.



Radon Poster Contest – Local, State and National Winner

JoAnn Neel, 7th grader at McCook Junior High School, received recognition for her creative efforts in the Radon Poster Contest. Her poster -"The Answer is Clear" took 3rd place among 312 locally (the eight county health district), 1st place among 500+ at the state-level, and 3rd place among 800+ at the national level.

JoAnn was honored at an award ceremony with Robert Dye, Environmental Scientist with EPA Region 7, and Sara Morgan, Indoor Quality Air Program Manager with NDHHS.

The poster contest is held annually to increase awareness to the dangers of radon gas. Radon is the second leading cause of lung cancer causing 21,000 deaths each year, yet there are no regulations that homeowners have to test for radon and remove it.

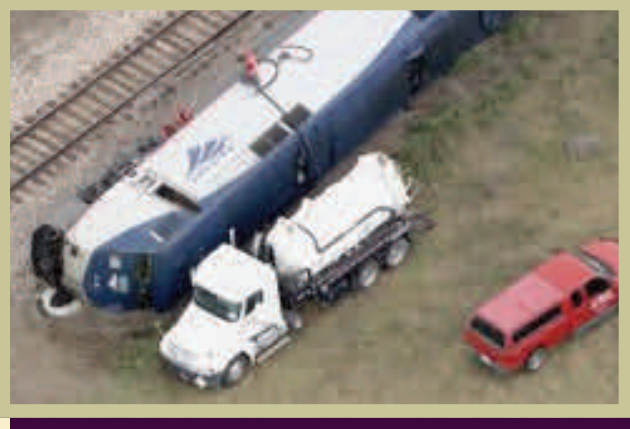


Denise Ringenberg, SWNPHD Assistant Director, JoAnn, Sara Morgan NDHHS, and Robert Dye, EPA

Amtrak Presentation

An Amtrak train derailed in Dundy County on

August 26, 2011 which sparked an incredible response from not only the first responders of the county, but also from community members, businesses, and surrounding counties. Their response was coordinated, organized, and spectacular given the limited resources available compared to those of large cities. It was a story that had to be shared. Heidi Wheeler, Emergency Response Coordinator was invited by the Center for Preparedness to share the story at their annual symposia in Norfolk, Omaha, and Kearney.



Her presentation, *Planes, Trains, and Amtrak*, was told as a five-act play which unfolds the day's events. The plot reveals how a small rural Nebraska town responded to what could have been a very horrific event. Each agency's specific response actions was captured which included Emergency Management, EMS, the fire department, hospital, and school and concluded with Lessons Learned and Gold Stars.

Steer Clear Float at McCook Heritage Days Parade.



Southwest Nebraska Public Health Department joined forces with Project Pals 4-H Club, Driftwood Feeders 4-H Club and Southwest Nebraska Rodeo Queen and Jr. Rodeo Queen to encourage youth "Steer Clear of Tobacco".

Nine hundred "Steer Clear" stickers were placed on youth along the parade route by 4-Hers and the queens handed out pencils. Our float title using the Heritage Days parade theme was "*Happiness Is: Tobacco Free Youth.*"

1-800-QuitNow
24 Hour Nebraska Tobacco Quitline



Fitness Reaching Older Gens (FROG) is an exercise program developed by SWNPHD through a grant to help improve balance and reduce falls in persons aged 55 or older. Participants of this exercise class can expect to build balance, strength and flexibility all while having fun in a social atmosphere.

Reducing falls may reduce healthcare costs and provide the older adult population with a more active and enjoyable life. Many changes take place as we age, such as: diminishing sense of taste and smell, tooth loss and change in energy levels. These are all normal processes of ageing. Exercise and nutrition play a huge part in keeping ageing bones and muscles more flexible to help protect your body from serious injuries should you fall. FROG can be found in many communities throughout the health district. A complete listing with times can be found at our website.



PHAN Conference: Myra Stoney, Director; Jeff Levi, Phd Trust for America ; and Corrine Graffunder, DrH, MPH, CDC.

Walking is one of the least expensive and easiest ways for people to get active. Whether you want to shed some pounds or increase mobility, walking is great for people of all ages.



In 2003, Southwest Nebraska Public Health Department received a grant to encourage people to be more active and fight obesity. The "Walk to Health" walking program was developed and is held annually. The grant also awarded funds to the public walking trails in McCook and Wauneta, which are consistently being used.

The McCook trail winds through Kelley Creek on the east side of McCook and has several stations and equipment along the trail which focus on stretching and lifting.

Wauneta's Walking trail is located within the city park and is four tenths of a mile long. There are five exercise stations along the trail which include a high bar, body curl, push up, sit-up and a stretching station.

Two hundred and ninety participated in the 2012 Walk to Health program. For those that turned in their logs we recorded:

- Total fitness minutes - 378,591.
- Total fitness miles - 18,696
- Total weight loss -94.7 lbs

Prize winners were:

- Jaynee Janousek - most weight lost (15 lbs)
- Francisca Morales - most lost overall inches (20.75)
- Darwin Scott - most fitness minutes (22,220)
- Ron Crowe - raffle drawing
- Lori Harding - raffle drawing
- All kids participating received a prize.

Disease Surveillance

SWNPHD works with the State of Nebraska to investigate reportable infectious diseases. The program serves as an early warning system to monitor for impending public health emergencies.

157 cases were investigated in 2012.

During the flu season, surveillance is conducted with 33 schools reporting their absences each Wednesday and 5 hospitals reporting the number of in-patients for Influenza like illnesses. This collected information is entered in the State's reporting database.

