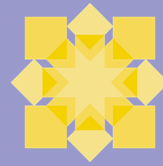


# South Heartland Annual Report 2013-2014

SOUTH  
HEARTLAND  
DISTRICT



**HEALTH  
DEPARTMENT**

*Making tracks toward our vision of  
"Healthy People in Healthy Communities"...*



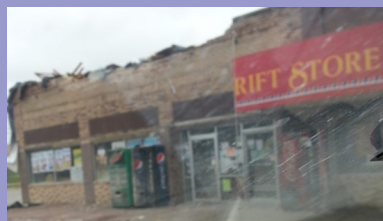
## South Heartland's Vision:

**Healthy People  
in  
Healthy Communities**



## Inside this Report:

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**Heartland Health Center**



## Public Health Core Functions

### ASSESSMENT

### POLICY DEVELOPMENT

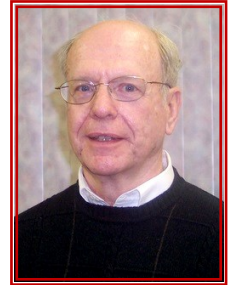
### ASSURANCE

## Essential Public Health Services:

- (1) **Monitor Health Status and Understand Health Issues Facing the Community**
- (2) **Protect People from Health Problems and Health Hazards**
- (3) **Give People Information They Need to Make Healthy Choices**
- (4) **Engage the Community to Identify and Solve Health Problems**
- (5) **Develop Public Health Policies and Plans**
- (6) **Enforce Public Health Laws and Regulations**
- (7) **Help People Receive Health Services**
- (8) **Maintain a Competent Public Health Workforce**
- (9) **Evaluate and Improve Programs and Interventions**
- (10) **Contribute to and Apply the Evidence Base of Public Health**

## Welcome from the Board President and the Executive Director

Greetings! On behalf of the Board of Health and Staff for South Heartland District Health Department, we would like to thank our many partners from across our four counties who are working with us to implement our Community Health Improvement Plan (CHIP 2013-2018). Your efforts with our shared strategies to address Obesity, Cancer, Substance Abuse, Mental Health, and Access to Health Care are ensuring that we are already making progress toward our CHIP goals in this first year.



One notable accomplishment is an action by the Board of Health promoting adoption of policies on electronic cigarettes (e-cigarettes). In May 2014, the Board passed a resolution stating the dangers of nicotine and the lack of evidence for safety of e-cigarettes, including the unknown effects of the vapor, and encouraging governments, businesses, schools, worksites and others to revise their tobacco policies to include e-cigarettes. SHDHD staff prepared an e-cigarette policy toolkit (distributing hard copies and posting it on our website) and has been giving presentations about e-cigarettes to interested organizations. The SHDHD Hastings Office became the first location in the four counties to erect external signs indicating "No Smoking, including e-cigarettes" for a smoke-free, e-cigarette-vapor-free campus.



We invite you to check out the following pages to learn about SHDHD's programs and evidence-based strategies to improve health, our successes, and what we are doing with our partners throughout Adams, Clay, Nuckolls and Webster Counties to move toward our vision of "Healthy People in Healthy Communities."

Ron Kuehner, Board President

Michele Bever, PhD, MPH, Executive Director

## South Heartland's Mission

The South Heartland District Health Department is dedicated to preserving and improving the health of residents of Adams, Clay, Nuckolls and Webster counties. We work with local partners to develop and implement a Community Health Improvement Plan and to provide other public health services mandated by Nebraska state statutes.

## Guiding Principles

- ◇ We are committed to the principles of public health and strive to be a credible, collaborative and stable resource in our communities.
- ◇ We seek to perform our duties in a courteous, efficient and effective manner within the limits of sound fiscal responsibility.
- ◇ We work together to create a positive environment, listening carefully and treating everyone with honesty, sensitivity, and respect.



## By the Numbers...

### 108

Disease Investigations for  
**24** Types of Diseases

### 35

Follow ups on Elevated Blood Lead Levels (EBLL) in Children  
**3** EBLLs in Adults

### 203

Women Screened for Cervical or Breast Cancer through Every Woman Matters Program

**18** Abnormal Cervical Tests

**20** Abnormal Breast Screens

**2** Breast Cancer Diagnoses

### 83

Number of Older Adults benefitting from **7** Tai Chi Classes offered in the District

### 92

Number of Hastings College Students and Title X Clinic staff trained in Suicide Prevention QPR Method (Question, Persuade, Refer)

**17** Types of Diseases Prevented by giving **550** Childhood Vaccinations

**1** New Federally Qualified Health Center

**29,957** Interactions with our Facebook page

**> \$240,000** Amount of leveraged Funding SHDHD brought into the Health District

### 1,725 + 128

Number of students and staff impacted by new or revised school policies resulting from Coordinated School Health activities at 4 area schools

**12** Responders trained on how to access the ChemPak antidotes for chemical exposures

### 926

Colon Cancer Screening (FOBT) Kits Distributed

**7** Positive FOBT Test Results referred for follow up testing

### \$1.08

Amount per capita State Prevention Funding received

### 731 + 5188

Number of Staff and Students impacted by work environment and policy changes at 3 schools and ESU 9

**118** Hispanic individuals preventing or better managing their diabetes

**1** E-Cigarette Policy Resolution passed by the Board of Health

**> 800** Community Partners

### 27

Clay County Children Participated in a "CATCH Kids" After School Program

**26,876** Page Views on our Website

**77,455** Total Votes on Radio "Distracted Driving" Public Service Announcement School Contest

### \$6.31

Amount Per capita from State LB 692 plus LB 1060 funding

### 184

Number of Radon Tests Completed

### 5.8

Average Radon Level (pCi/L)

### 32.5

Highest Radon Level reported this year (pCi/L)

### 345

Number of elementary students who learned about hand washing from Scrubby Bear

### 4

Number of Volunteers who completed Psychological First Aid Training to assist during disasters

Essential Service

Evaluate and Improve Programs and Interventions

### 5

# of years remaining on SHDHD's 6-year *Community Health Improvement Plan 2013-18*

### 5

 Priority Goals

**Goal 1: Obesity** Reduce obesity and associated chronic disease risk through consumption of healthful diets, daily physical activity and achievement and maintenance of healthy body weights

**Goal 2: Cancer** Reduce the number of new cancer cases as well as illness, disability and death caused by cancer

**Goal 3: Mental Health** Improve mental health through prevention and by ensuring access to appropriate, quality mental health services

**Goal 4: Substance Abuse** Reduce substance abuse to protect the health, safety and quality of life for all, especially young people

**Goal 5: Access to Health Care** Improve access to comprehensive, quality health care services



# Public Health Surveillance and Disease Investigation

Essential Service

Monitor Health Status and Understand Health Issues Facing the Community



Health Surveillance Coordinator **Jessica Warner** partners with schools to monitor absences due to illness, with hospitals to track influenza-like illnesses, and with DHHS to keep an eye on public water system violations. Staff respond to foodborne or other disease outbreaks and follow up on suspected and confirmed cases of reportable diseases such as pertussis (whooping cough), hepatitis, or Norovirus.

## You Can Report It

Got Mold? Bedbugs? Need to report a violation of the Nebraska Clean Indoor Air Act (smoking violation)? Do you think your illness may be related to food consumption at an event? Report it to South Heartland! We may be able to connect you to helpful resources or use your information to help investigate a health risk.



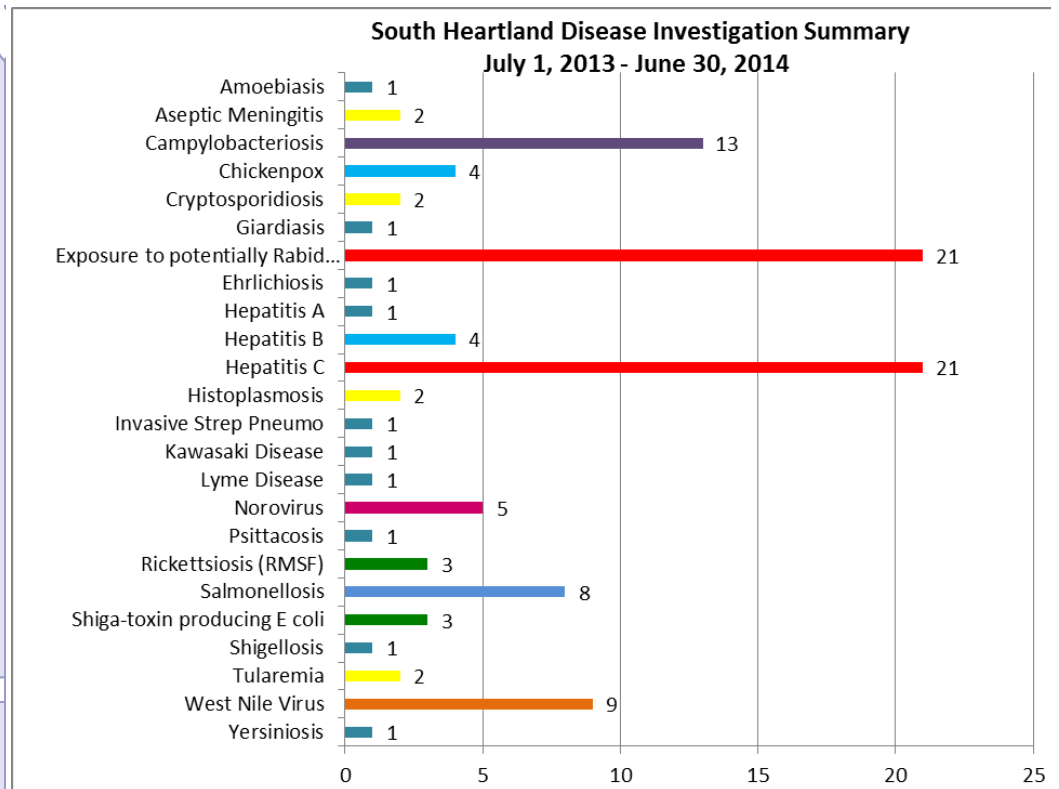
Contact our health & environmental surveillance staff toll free at

1-877-238-7595

## What's going on in our communities? Do we know how healthy we are?

South Heartland monitors notifiable conditions using the NEDSS (National Electronic Disease Surveillance System) and direct reports from local health care providers. SHDHD reviewed 1266 disease reports, including reports of exposure to po-

tentially rabid animals, elevated blood lead levels (lead poisoning), hepatitis C, chickenpox, norovirus, West Nile virus, various foodborne illnesses such as campylobacter and salmonella, and approximately 173 sexually-transmitted infections.



### Looking for local Health Data?

Need assistance with a **Health Decision** such as when a mammogram or prostate screening might be right for you?

Want to start your own secure **Personal Health Record**?

Want to learn more about **Tests and Treatment** for specific health conditions?

Find it all on SHDHD's Network of Care website!

Follow the link from our website

[southheartlandhealth.org](http://southheartlandhealth.org) to SHDHD's Network of Care:

### What Diseases are Reportable in Nebraska?

Find Out Here:

[http://dhhs.ne.gov/Pages/reg\\_t173.aspx](http://dhhs.ne.gov/Pages/reg_t173.aspx)

173 NAC 1

Title 173

CH. 1 Reporting & Control of Communicable Diseases



# Health Hazards and Health Risks

## Encouraging Radon Testing to Prevent Lung Cancer



With grant support from the Nebraska Cancer Control Program, South Heartland offered radon testing in public buildings such as libraries, courthouses, or schools that agreed to participate. Jim Morgan, South Heartland's public health risk coordinator, collaborated with a certified radon testing specialist to complete testing in two public buildings. One building tested high for radon in certain areas and will be retested after some facility projects are completed to determine if mitigation (radon reduction) will be necessary.

South Heartland continues to offer short term radon test kits for homeowners at the main office in Hastings, and through University of Nebraska Extension Offices in Clay, Nuckolls and Webster counties. Test kits are \$5. Long-term follow-up test kits are available from the Hastings office for \$20. In addition, Jim Morgan completed a radon measurement training course and passed the exam for certification in radon measurement, allowing South Heartland to begin offering testing with a continuous radon monitor, such as might be requested for real estate transactions.

**Have you had your home tested for radon?** Radioactive radon gas forms naturally from our soils and can build up in a home's closed spaces. Call us with questions about testing, test results, and radon reduction options if your home's radon level is higher than 4 picocuries per liter, the "Action Level" for radon.

Essential Service

Protect People from Health Problems and Health Hazards

Are we ready to respond to health problems and health threats?



Public Health Risk Coordinator **Jim Morgan** develops and tests plans for responding to and protecting the population from health threats such as pandemic influenza and ebola. Jim works closely with other agencies and organizations within the Health District and across Nebraska: county emergency management agencies, hospitals, Community Organizations Active in Disaster, mass fatality & Family Assistance Center planning, & Tri-Cities Medical Response System.

Jim is also SHDHD's go-to person for environmental health risks including radon testing, Clean Indoor Act (smoking) violations, meth lab clean up assurance, bed bug and mold questions, and access to State resources such as the ChemPack for chemical exposures.

# Public Health Preparedness and Response

## Responding to Emergencies: Mother's Day Storms

SHDHD's public health risk coordinator, Jim Morgan, led the Health Department's response to the Sutton Mother's Day storms and assisted the Sutton Emergency Manager as needed. In addition to welfare checks, SHDHD distributed materials on food safety during power outages and tips for preserving mental health during and following disasters. We checked on the need for tetanus vaccine for responders, and confirmed that the two local clinics had some on hand and were providing it to the few individuals who needed it.

mental health and Psychological First Aid to those affected by the storms in Clay County and surrounding areas. We ran a large advertisement in the newspaper and provided inserts regarding mental health self-care tips for each paper. There are 1800 newspapers distributed by the Clay County News.



Mr. Morgan also organized two separate meetings for behavioral health services for residents in Clay County: one in Sutton for the area affected by the Mother's Day 2014 storms and one in Edgar, at the one-year anniversary of the tornado that hit that community in 2013. Region 3 Behavioral Health, South Heartland District Health Department, and Psychological First Aid Responders were present at the meetings and additional referrals were arranged by Region 3.

South Heartland utilized the Clay County Newspaper to distribute information on

**Join Us to Debrief from the 2013 & 2014 Storms**  
Sutton Community Center  
Tuesday, May 27, 7-9 pm  
Or  
Edgar Community Center  
Wednesday, May 28, 7-9 pm  
For more information, call  
South Heartland District Health  
Department toll free at  
877-238-7595  
Sponsored by South Heartland District Health Department and Region 3 Behavioral Health



# Healthy Lifestyles.....

## Obesity Prevention and Health Promotion Programs

### “Eat Right, Move More!”



“Eat Right, Move More!” is a motto we taught to over 500 fourth graders at SHDHD’s Annual Kids Fitness and Nutrition Day at Hastings College. This (9th Annual) event was staffed by SHDHD and our partners: Hastings college students and staff, UNL Extension Nutrition Education Program specialists and the Hastings YMCA and was supported by University of Nebraska—Kearney, the Nebraska Beef Council and SHDHD. The all-day event provides students with physical activity and “active” nutrition education and was evaluated with pre/post surveys to assess knowledge and behavior change.

### Essential Service

Give People Information They Need to Make Healthy Choices



Community Health Education Coordinator **Desiree Rinne** is responsible for coordinating Radon Awareness, Kid’s Fitness & Nutrition Day, Scrubby Bear Hand Washing, West Nile Virus education, the Tai Chi program & more! She researches evidence-based practices and helps to implement environment and policy changes in the community. Desiree provided leadership and technical assistance to school health advisory teams participating in the Coordinated School Health Institutes.

### Bicycle Sunday Fun Day

The Hastings community took advantage of the walk-able, bike-able Pioneer Spirit Trail at the first annual Bicycle Sunday Fun Day sponsored by Hastings Parks and Recreation. One of our Community Health Improvement Plan goals for obesity prevention is to increase the amount of physical activity people get each week... and this activity was a fun way for families to meet this goal together. Since SHDHD is located right next to the trail, we participated by providing a parking lot obstacle course where willing participants could hop off the trail and test their skills.



**Christy Burrows**, Wellness Coordinator for SHDHD, works with schools and worksites and collaborates with community partners to encourage healthy work environments. She promotes environment and policy changes that make it easier for employees to make healthy choices at work. Christy created the Bicycle Sunday Fun Day obstacle course and the SHDHD E-cigarette Policy Toolkit.

### Obesity = Cancer Risk

Did you know...a healthy lifestyle can reduce the risk of cancer.? At SHDHD’s *Every Woman Matters* Enrollment Event, participants could practice physical activity by participating in a Zumba demonstration and could “sample the nutrition” at a healthy cooking demonstration. Many community partners contributed to the event activities, including Mary Lanning Healthcare, Morrison Cancer Center, Hastings YMCA, and Hastings Public Library.



## ..... And Making Healthy Choices

### Learning about a Skeeter's Life... to understand how to prevent West Nile Virus disease

SHDHD provided education on West Nile virus, mosquito life cycle and food chain to more than 700 5th and 6th graders at the bi-annual Water Jamboree at Liberty Cove near Lawrence, Nebraska. The students played a special game of "tag" illustrating the food chain relationship between birds, fish and mosquitoes. Students also learned how SHDHD uses mosquito traps for mosquito surveillance (to check for West Nile Virus in the mosquitoes), they viewed 3-D models of mosquito stages of development and live examples of the mosquitoes (eggs, larva, pupa, adult), and watched demonstrations of live fish eating live mosquito larvae (natural mosquito control).



At Kool-Aid Days in Hastings, SHDHD handed out individual insect repellent wipes to parents and taught kids about mosquitoes using a Mosquito Mask-making activity. Wearing the masks, kids used the mosquito's proboscis (a straw) to drink their Kool-Aid!

### Health promotion for all ages!

Scrubby Bear helps our staff get the word out about hand washing to the little people at Children's Book Day sponsored by Hastings Public Library. Staff share many topics, such as cancer screening information, with older adults at Senior Center congregate meals, while distracted driving prevention education at schools and health fairs is targeted to teens and their adult role models.



**Goal:**  
**Inform, Educate & Empower People About Health Issues to Reduce Risk and Promote Improved Health**

#### More Health Promotion Programs at SHDHD:

- Tai Chi Moving for Better Balance (Fall Prevention for Older Adults)
- Sun Safety (Reducing Skin Cancer Risk Factors)
- Every Woman Matters Cancer Awareness and Screening Promotion
- Distracted Driving Prevention
- Worksite Wellness Support
- Coordinated School Health (School Wellness Promotion)
- QPR Suicide Prevention (*Question, Persuade, Refer* Training)
- Psychological First Aid
- Electronic Cigarette Policy Toolkits
- Substance and Alcohol Abuse Prevention Initiatives
- Medication Take Back Events
- Oral Health Education and Prevention Services

#### A BIG "Thank You!" to the 2013-14 Tai Chi Volunteer Instructors:

- Tammy Musgrave
- Karen Hoyt
- Kathy Dessenberger
- Karen Fox
- Marlice Sullivan
- Kathi Ely
- Kay Lockhart



# Linking People to Services

Essential Service

Help People  
Receive  
Health Services

Are people  
receiving the  
health care they  
need?



Public Health Nurse **Susan Ferrone** is the manager for SHDHD's Hastings/Adams County Immunization Clinic and she coordinates *Every Woman Matters*, a cancer prevention program that encourages and supports screening for breast, cervical and colon cancers. She also leads our Health Literacy efforts.



A bilingual Community Health Worker **Lis Vazquez** serves as a bridge between providers of health care services and the community. Lis provides outreach and education for the *Every Woman Matters* program, helps at the Hastings/Adams County Immunization Clinic, and oversees CATCH Kids after school programs.

## Helping people understand the Insurance Marketplace



Rhonda McIntyre leads SHDHD's efforts to assist people in getting health care coverage. She and staff member Amy Market trained to be Certified Application Counselors and brought in experts from Mid-Nebraska Community Action Partnership and AARP- Nebraska to help explain the Insurance Marketplace to area health care providers (below left) and to small businesses and community organizations (below right).



## Are you and your children up-to-date on recommended immunizations?



### Nebraska State Immunization Information System

Vaccination Records are available on-line at <http://dhhs.ne.gov/nesiis>

**Vaccine for Children** — The Hastings/Adams County Immunization Clinic saw more than 200 patient visits for vaccination and provided 550 immunizations for 18 preventable diseases. The Vaccine for Children program serves children under age 19 and the Immunization clinic is offered the first Thursday of each month at SHDHD.

## Heartland Health Center Opens! Heartland Health Center

A dream and more than seven years of effort paid off for South Heartland and Central District Health Departments and our many community partners and stakeholders across 7 counties who worked to plan and apply to bring a federally qualified health center to south central Nebraska. Heartland Health Center, our new Federally Qualified Health Center in Grand Island, opened and began seeing patients the last week of February, 2014. Once the new health center is functioning fully, our next step will be to begin planning for a satellite clinic in Hastings.

## Working in the Community to Link People to Services

SHDHD's community health worker Lis Vazquez is bi-lingual and a trusted member of the Hispanic community. She helps women understand how they can access cancer screening services through the Every Woman Matters (EWM) program and assists them in navigating the system of appointments, screenings and follow up. This year 203 women accessed screening for cervical or breast cancer through EWM.

Lis and SHDHD staff also helped to make it easy for people to get screened for colon cancer by distributing 926 colon cancer screening (FOBT) kits at health fairs, other events and



through partnerships with local pharmacies. For the 7 people who had positive test results, staff offered assistance with referral for follow up.



# Working Together to Improve School Health

## Changing the Context to Make the Healthy Choice the Easy Choice!

In the South Heartland Health District, schools are taking action to be healthy places where making healthy choices is the default. Using the evidence-based **Coordinated School Health** model, school health advisory councils are reviewing their wellness policies, assessing their school's "environment" through a health lens, identifying priorities and developing action plans for improvement.

Teams from four South Heartland area schools received training in a series of **Coordinated School Health Institutes** presented by the Nebraska Department of Education and supported in part by South Heartland's prevention funds. Coordinated School Health is one strategy identified in South Heartland's Community Health Improvement Plan that addresses obesity, substance abuse, mental health and access to health care through policy and environment changes in the school setting. In the first year alone, the Coordinated School Health initiative impacted **1725 students and more than 300 school staff** in South Heartland area schools: Superior Schools, Adams Central Schools, Hastings Catholic Schools and Lincoln Elementary School (Hastings Public).



Left: Coordinated School Health Institute 2: *Evidence-Based Principles and Practices for Physical Activity*, Brian Coyle, Physical Activity Coordinator, NE DHHS. Right: The School Health Advisory Team from Hastings Catholic Schools meets between institutes to complete their School Health Index and identify priorities.

At Hastings' **Lincoln Elementary School**, priorities for action included physical activity for students and staff. The school adopted a building-level wellness policy and began providing more opportunities for physical activity at recess and in the classroom so that students could meet a goal of 80 minutes per week, with 50% of this time spent in moderate to vigorous physical activity.

To ensure a safe environment for learning, Lincoln Elementary adopted Safety & Anti-bullying Policies that support social-emotional health. Their new *Girls on the Run* program incorporates running, physical activity and moving with activities that build self-esteem and self-care for pre-teen girls. Program coaches reported that the girls made progress in their physical endurance and benefitted socially, emotionally and physically. The girls raved about the program, too (see inset).

Girls on the Run is a amazing program. It really helped me get into shape and actually do fitness. It made me feel great about myself! you make new friends. You also get to do a lolipop run "that you will LOVE! I loved the lolipp run because you get to Run with your mom or dad. Its not about who wins, its about doing your best.

You also get prizes if you do good that day! You try it!

Love,  
Anna

Essential Service

Engage the Community to Identify and Solve Health Problems



Monica Kramer, School Counselor & Licensed Mental Health Practitioner at Jefferson Elementary in North Platte talked about social and emotional learning (above). UNK professor Dr. Todd Bartee teaches teams about how to sustain their Wellness Initiatives.



Julane Hill (2nd from right), Director of the Coordinated School Health (CSH) Institutes recognizes the team from Adams Central Schools for successfully completing the 2013-14 CSH Institutes.

Essential Service

Contribute to and Apply the Evidence Base of Public Health

OUTCOMES of 2013-14 Coordinated School Health Institutes

Revised or New Policies:

- School Wellness Policy
- Safety & Anti-Bullying
- Breastfeed / Milk Expression
- Electronic Cigarette Policy
- Social and Emotional Health
- Food Allergy Management
- Teachers Modeling Healthy Behaviors
- Fundraising Policy
- Alcohol/Drug Policy
- Snack Guidelines
- Food Rewards Policy
- No Outside Foods Policy

Congratulations to the School Health Advisory Councils at Adams Central Schools, Lincoln Elementary-Hastings, Hastings Catholic Schools and Superior Schools for their successes and the progress they have made toward healthy students in healthy schools!!

# Working Together to Improve School Health

## More Success Stories...

At **Hastings Catholic Schools**, the Coordinated School Health team identified staff wellness as a priority and also focused on improving nutrition and increasing physical activity for the students. They purchased equipment for indoor recess at St. Michael's elementary and started a middle school noon activity period at St. Cecilia's. They made nutritious snacks available for students in the morning to provide nutrition, reduce sluggishness, and increase capacity for learning. With prevention funds from South Heartland, they purchased a cart and dorm-size refrigerator for the sale of healthy snacks at the middle and high school.



The "Smart Snack Cart" is available during Hawk Block on Mondays, Wednesdays, and Thursdays. A variety of items are available such as fresh fruit and vegetables, 100% juice, skim and 1% milk, cheese sticks, hard-boiled eggs, and graham crackers. The "Smart Snack Cart" is now self-supporting and the school wellness team is looking into expanding availability of the cart to include after school hours.

Based on sales and student, faculty and staff comments, the "Smart Snack Cart" is a tremendous success. When asked about the "Smart Snack Cart" one junior girl said "It's great!" and a faculty member said, "I love it! I have no excuse for not eating fruit most mornings."

## Engaging our Public Health Partners

### And celebrating their contributions...



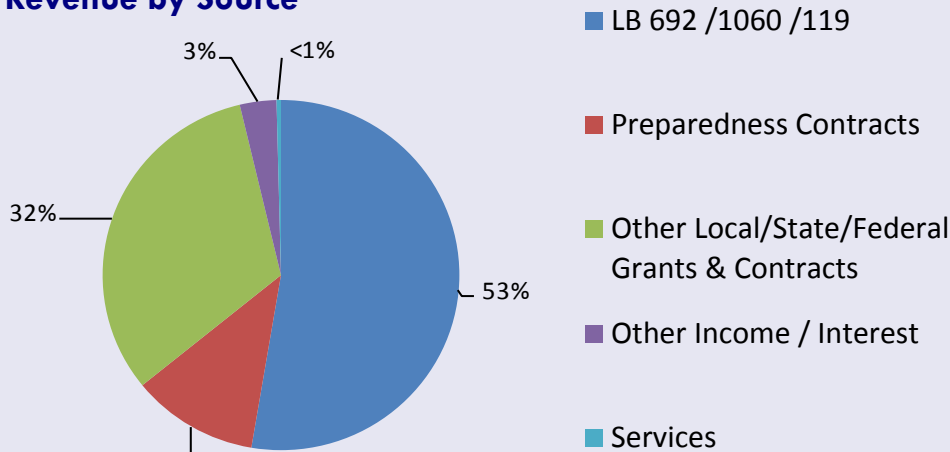
SHDHD's 2014 Community Health Service Award was presented to Garry Steele of Edgar for his exemplary community service and volunteerism in efforts to improve public health preparedness in our district. Also pictured: Peggy Meyer (L), Michele Bever and Ron Kuehner (R)



SHDHD presented a Distinguished Service Award in honor and remembrance of former Board of Health member Barbara Sprague (L) to Red Cloud Schools REACH group. Also pictured above: Peggy Meyer (L), Michael Sprague and Judy Reimer (R)

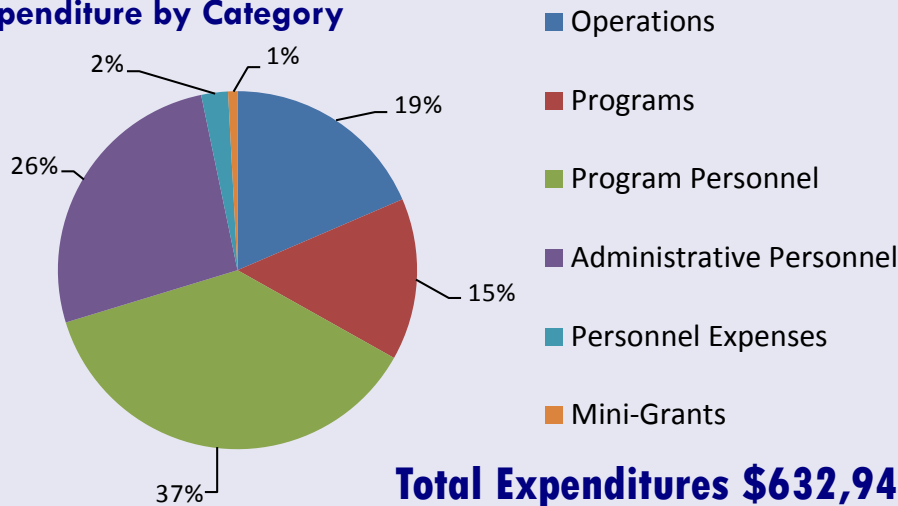
# Annual Financial Report 2013-2014

## Revenue by Source



**Total Revenue \$647,644**

## Expenditure by Category



**Total Expenditures \$632,940**

### TRI-Cities Medical Response System (TRIMRS)

<b>New Revenue</b> (SHDHD FY 2013-14)	<b>\$143,500</b>
<b>Expenses</b> (SHDHD FY 2013-14)	<b>\$209,505</b>

## Mini-Grants

South Heartland uses a portion of LB692 funds to support community efforts to identify and solve health problems. This year, SHDHD awarded a total of **\$5,339** to three organizations for health-related projects or programs that are aligned with the SHDHD Public Health Improvement Plan:

- **Project Homeless Connect: Restorative Dental Care**, to South Central Partnership
- **Food & Fun Program** (nutritional education and physical activity), to The Zone - YWCA
- **Parenting Education** to promote healthier pregnancies, healthier births, healthier lifestyles and to help parents be better role models, to Healthy Beginnings

Public Health  
Core Functions

ASSESSMENT

POLICY  
DEVELOPMENT

ASSURANCE



Operations Manager **Denise Ferguson** coordinates SHDHD's administrative and financial activities.

Thank You to part-time  
SHDHD Staff,  
Contractors, Interns &  
Volunteers

### Vaccine for Children Program:

- Sheryl Buescher
- Ashley Washburn, RN
- Carol Hamik, RN

### West Nile Virus Program:

- Katharine Kotas

### AmeriCorps Students:

- Mirae Nakouzi
- Sebastian Lane

### Student Interns:

- Brooke Wolfe
- Jasmine Khamouna
- Torey Kranau

### Volunteers:

- Sharon Rentzell
- Justice Stoltz

606 N. Minnesota, Suite 2  
Hastings, Nebraska 68901

Phone: 402-462-6211 / 1-877-238-7595  
For Public Health Emergencies: 402-469-2543  
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E-mail: mail@shdhd.org

*Protecting and Improving Health  
in Adams, Clay, Nuckolls and Webster Counties*

We are on the web at  
[www.southheartlandhealth.org](http://www.southheartlandhealth.org)



Follow us on Facebook

## Board of Directors

### County Officials

Charles Neumann	Adams County Supervisor
Eric Samuelson	Clay County Supervisor
Michael Combs	Nuckolls County Commissioner
Justin Armstrong	Webster County Commissioner

### Public Spirited Citizens

Judy Reimer	Adams County
Michelle Oldham	Adams County
Nanette Shackelford	Clay County
Dixie Siemsen	Clay County
Peggy Meyer	Nuckolls County
Derek Clark	Nuckolls County
Luke Poore	Webster County
Ron Kuehner	Webster County

### Professional Representatives

Phyllis Salyards, MD  
Dee Griffin, DVM  
Michael Kleppinger, DDS

### Officers (Elected March 2014)

President	Ron Kuehner
Vice President	Justin Armstrong
Treasurer	Derek Clark

*We thank these former Board members for their service!*

Bob Rose and Merrill Duntz, Clay County Public-Spirited Representatives and Barbara Sprague, Webster County Public-Spirited Representative



**Michele Bever, PhD, MPH**  
**Executive Director**

michele.bever@shdhd.org  
Phone: 402-462-6211 Ext. 102

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**Susan Ferrone, BSN, MPA**

**Health Literacy Project Coordinator**

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**Jorge Perez**

**Minority Health Educator / IT**

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**Amy Market**

**Reception, CAC**

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