



Above: SHDHD is tracking respiratory illnesses and informing the public through news releases and interviews about what is happening in the health district and what residents can do to protect themselves.



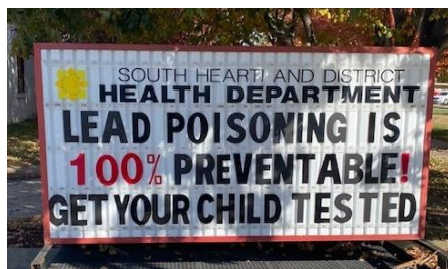
Above: SHDHD staff learn the current science of Cancer & Nutrition at a Wellness Presentation with Mary Lanning's Shannon Frink, a registered dietitian.



Tam Pauley (*above left*), public health nurse with SHDHD, organizes monthly education and services, such as blood pressure screenings, for residents at the Brewery Lofts in Hastings. In December, in addition to BP screening, the topics were winter safety and food safety. SHDHD's health surveillance coordinator, Devi Dwarabandam (not shown) went along to share information about food safety.



Above: Luisa Najera Torres (*left*), community health worker, coordinated a bi-monthly meeting of SHDHD's Minority Health Advisory Committee.



Left: SHDHD's signboard with a lead poisoning prevention message.



Above: SHDHD's signboard promoting screening for diabetes risk.

Jean Korth (*left*), chronic disease prevention program assistant with SHDHD, discusses the Diabetes on Track-Hastings Coalition's Smart Hub for Diabetes Prevention (website) resources with staff at a local primary care clinic.





Above: December's Minority Health educational event, planned by SHDHD's Minority Health Advisory Committee, focused on "Eating Healthy During the Holidays" presented by Zayra Navarrete (not shown), Bilingual Central Navigator with the United Way's Community IMPACT Network.



Above: Four South Heartland staff ready to make a home visit after planning for community outreach. Left to Right: Program nurses Shelley Fletcher, Zelda Anderson and Bea Marino Jachim, and interpreter Luisa Najera Torres.



Left: 606 N. Minnesota is getting a new roof, finally!



Left, Right and Below: South Heartland welcomed new staff, recently retired staff, recently rehired staff, and a couple of board members, to our holiday gathering for a little mental wellness break of food, games and camaraderie.

