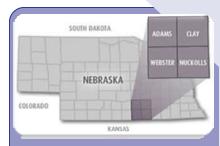
# South Heartland Annual Report 2010-2011





South Heartland's Vision:

Healthy People
in
Healthy Communities

### **Inside this Report:**

Welcome from the Board President and Executive Director	2
Public Health Improvement Plan	3
Public Health Surveillance and Disease Investigation	4
Responding to Emergencies	5
Healthy Lifestyles and Making Healthy Choices	6
Linking People to Services	8
Partnering for Public Health	9
Enforcing Laws; Training Public Health Workforce	10
Annual Financial Report	11
Board of Health Members &	10

Staff Directory



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

South Heartland takes the statement, "Actions speak louder than words" to heart by demonstrating leadership in the promotion of healthy lifestyles and healthy communities. As a result of our work over the past year, SHDHD received the Governor's Excellence in Wellness Sower Award which recognizes businesses that are sowing the seeds of wellness with their employees. Our Executive Director, Michele Bever, received the Jim Dills Distinguished Service Award for



her "outstanding efforts in strengthening the public health system in Nebraska...and at the community level". Our staff and board members actively promote health and wellness through many leadership roles and activities. We encourage all individuals to choose actions that lead to a healthier life. May this coming year be your healthiest yet!

Peggy Meyer, LIMHP, Board President

#### FY 2010 At a Glance from the Executive Director

"Knowledge may give weight, but accomplishments give luster, and many more people see than weigh." ~ Herodotus

South Heartland's accomplishments from this past year are many. Our Assistant Director, Cindi McDowell, and I each completed Master's Degrees - Cindi's in Counseling and mine in Public Health. The successes of our expert, dedicated staff- frequently in partnership



with other community organizations and agencies - included encouraging radon-testing in hundreds of homes throughout the district and a successful effort to revise the City of Hastings building codes to include radon-resistant new construction. We were rewarded with nearly 100,000 hits to our website during a contest for schools to develop a Public Service Announcement about public health. We now have a presence on Face-Book. We initiated a new partnership with Community Action Partnership of Mid-NE and area dental hygienists to provide oral health services to 414 WIC clients in all 4 counties. We provided over 2000 immunizations to children qualifying for the Vaccine for Children program. We assisted additional worksites to form wellness teams, bringing the total participating businesses to nine (1,269 employees). But wait, there's more! Check out the following pages to learn about these and other accomplishments at SHDHD. And, as we look to future accomplishments, we hope these will involve you! Please join with us as we work toward our vision of 'Healthy People in Healthy Communities'.

Michele Bever, PhD, MPH

### South Heartland's Mission

The South Heartland District Health Department is a combined health district dedicated to preserving and improving the health of the residents of various municipalities and townships within Adams, Clay, Nuckolls, and Webster Counties. Our mission is to provide those services mandated by statutes of the State of Nebraska in a courteous, efficient and effective manner within the limits of sound economic responsibility. Through interaction with other community agencies and leaders, the Board and staff will determine which public health services are needed and how that need may be met and financed. The Board will conduct continuing review of these activities to judge their effectiveness and continued need.

#### New Board Members

Justin Armstrong Webster County Commissioner



Michael Kleppinger, DDS Dental Representative



# SHDHD Public Health Improvement Plan

### Progress Report on Action Plans

South Heartland is entering the 4th year of a 5-year public health improvement plan launched in mid 2008. Action plans for each of six public health goals outline activities for (1) data collection and monitoring the health issue, (2) education and prevention, (3) mobilizing partnerships to tackle the issue while seeking resources to support the collaborative efforts, and (4) utilizing best practices and developing innovative approaches in order to be both effective and good stewards of our resources.

#### **Progress highlights:**

#### To promote healthy living through physical activity, nutrition and safety

- ◆ Fall Prevention in Seniors: Measured an increase in mobility in older adults participating in Tai Chi Better Balance programs in South Heartland counties.
- ♦ Increased physical activity: Wellness programs in 9 worksites across South Heartland impacting 1260 employees; measured an increase in number of employees who report exercising regularly.

# To inform area about mental health and wellness and to facilitate access to appropriate services

- Suicide Prevention: 40 community members trained in QPR (Question, Persuade, Refer) method of recognizing signs of suicide.
- ◆ Access to Mental Health: Submitted proposal to Health Resources Services Administration for a rural network planning project on behavioral health/primary health integrated rural care. Awarded \$84,000 for 1 year of assessment & planning.

# To prevent and control oral disease, conditions, and injuries and improve access to related services

- ◆ Regular Dentist: Connected 87 people to dental homes via P.H.O.N.E. program.
- Access: Continued Sonrisa dental care program, expanding dental screening and restoration beyond low income school age children to include children age 0-6 years and uninsured or low-income pregnant women.
- ♦ Access: Initiated oral health access in WIC clinics; in the first 6 months reached 414 children and their caregivers for education and fluoride varnishes.

# To reduce illness, disability and death caused by lung, breast, prostate & colon cancer

- ♦ Increase cancer screening rates: South Heartland Colon Cancer Coalition, distributed 161 free colon cancer screening kits through partnerships with 14 pharmacies and assisted individuals testing positive to navigate next steps for colonoscopy.
- ♦ Investigated 3 new violations of Nebraska Clean Indoor Air Act (smoking ban).

#### To reduce the illness, disability and death related to substance abuse

♦ Collected 170 pounds of expired or unwanted medicines at drug collection events.

#### To reduce the health impact of environmental hazards

- Radon Testing: Offered low cost radon test kits and surveyed homeowners whose levels were high to determine whether they had taken steps to reduce radon levels.
   Top reasons for not mitigating include: "Don't perceive it as a threat" & "Expense"
- Policy Success: City of Hastings adopted building code for radon-resistant new construction and gives training to Central Community College construction students.
- ♦ Awareness of Drinking Water Safety: Assisted Hastings Utilities with water testing in private wells within the Hastings Wellhead Protection Area to determine nitrate levels. Of 461 private wells tested, 20 had nitrates 20-35 mg/L and 96 had nitrates 10−20 mg/L. The EPA Maximum Contaminant Level = 10 mg/L for public water systems. SHDHD also monitors public water supply violations then posts violations for nitrates and coliforms on the SHDHD website for access by the public.

#### Page 3

Essential Service

Develop Public Health Policies and Plans

# How effective are we in planning and in setting health policies?



Board Members Michael Combs, Merrill Duntz and Barb Sprague

#### 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 \$2,760.00 to two organizations for health-related projects or programs that support the SHDHD Public Health Improvement Plan:

- DVD educational videos for Geriatric Mental Health , Good Samaritan Society, Hastings
- Youth Activity Program
   Development, Nuckolls
   County Youth Soccer Program

# Public Health Surveillance Essential Service and Disease Investigation

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

South Heartland staff investigated over 150 disease reports and provided follow up or referral for a host of nuisance reports and complaints, environmental issues (such as mold), and queries from residents and health care providers on topics ranging from radon testing to bird droppings, dog bites to egg recalls, as well as Hepatitis B in the workforce, head lice in a daycare center, TB in a homeless shelter, exposure to a bat in a home, tick exposure in a boy scout camp, blood exposure in

a fitness facility, boil water advisories, bed bugs in motels and nursing homes, MRSA in a day care center, influenza in a long-term care facility, home clean up recommendations after sewer back-up, complaints about food service establishments or property upkeep, and adults looking for a low-cost option for influenza vaccine. South Heartland prides itself in providing excellent customer service - finding answers or providing referrals in a prompt, courteous and timely manner.



Monitor Health

Status and

(Inderstand Health

Issues Facing the

Community

Health Surveillance staff Anita
Sullivan and Shelley Smith partner 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. They respond to food-borne or other disease outbreaks and follow up on suspected and confirmed cases of reportable diseases such as pertussis (whooping cough), hepatitis, or cryptosporidiosis.

#### What Diseases are Reportable in Nebraska?

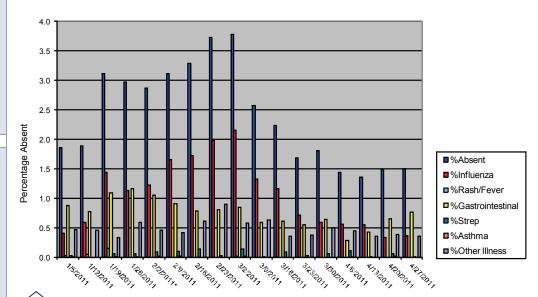
Find Out Here: http://dhhs.ne.gov/Pages/ reg\_t173.aspx

173 NAC 1
Title 173
CH. 1 Reporting & Control of Communicable Diseases

Nebraska Statutes on Notifiable Conditions were Revised Effective May 11, 2010

#### **Reducing Spread of Disease**

This year SHDHD investigated or monitored 210 reports of illnesses, including: 30 reports of food- or water-borne illness, 25 reports of hepatitis, 7 confirmed influenza cases, and 22 confirmed pertussis (whooping cough) cases. For communicable diseases, SHDHD staff follow up to ensure that case contacts (persons exposed to a person with illness) are educated on symptoms and available treatment to reduce the chances of developing illness, as well as recommendations for reducing spread of the illness.



Report Date

What's keeping students home from school? Thirty-eight schools in Adams, Clay, Nuckolls and Webster counties collaborated with SHDHD to monitor the absentee rates and illnesses of 7558 students. Top reason given for student absences due to illness? Gastrointestinal illness was the most common reason cited for absence due to illness from mid-October through mid January, while from mid-January through late March influenza was the most prevalent reported reason for absence.

# Emergency Preparedness & Response

# South Heartland leads exercises to test local emergency preparedness plans.



#### Bringing in stockpiled supplies.

How quickly and efficiently can we request and distribute the Strategic National Stockpile (SNS) of medical and pharmaceutical supplies if we needed these supplies locally?

SHDHD, along with 3 other area health departments and Nebraska DHHS staff, designed a full-scale exercise to test the SNS distribution plan, including receipt, inventory control, pick list generation, repackaging, pick up, chain of custody and



Above: Pallets of supplies are repackaged and inventoried for delivery to specific sites across the South Heartland District and supplies are signed over to a County Sheriff for delivery to Webster County.

transport. In addition to public health staff, law enforcement and emergency managers from all four counties were involved as well as hospitals in Red Cloud, Superior, and Hastings. A local Pharmacist assured appropriate management and distribution of the scenario's controlled substances.

#### Page 5

Essential Service

Protect People
from
Health Problems
and
Health Hazards

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

How effective is our response?

#### **Testing Resource Requests and Communication Among Agencies**



Above: Participants receive instructions and then work in small groups to discuss local response procedures to the chemical release scenario provided to them.

SHDHD designed and conducted a combination Table Top Exercise / Functional Exercise for schools, emergency managers, law enforcement, hospitals, Region III Behavioral Health, news media, State Patrol, FBI, National Weather Service and public health. With 90 people attending, the exercise involved all as-



pects of communications, the Incident Command System, and resource availability. SHDHD's primary roles in this type of scenario would be to assist with access to the ChemPak for antidotes/treatment and to initiate behavioral health response. The exercise stimulated important discussion around what entity would have the lead command and how entities would work together in their response.



Public Health Risk Coordinator Jim Morgan is responsible for developing and testing plans for responding to and protecting the population from health threats such as pandemic influenza. Jim works closely with other agencies and organizations within the Health District and Across Nebraska.

### Healthy Lifestyles....

#### Essential Service

Give People Information They Need to Make Healthy Choices



"Don't Get Sick, Wash Up Quick"
Scrubby Bear teaches elementary and
preschool students about hand washing &
how to stop the spread of germs.

The Skin Scope (provided at 3 county health fairs) allowed participants to look at skin damage, such as damage caused by UV exposure.



#### 4th Graders Attend 6th Annual Kids Fitness & Nutrition Day



Five hundred and seventy-three 4th grade students from 22 area schools came to Hastings College in September 2010 to participate in a day focused on physical fitness and nutrition activities.

Our partners (Hastings College, Hastings Y, and UNL Extension-Adams County) helped coordinate and pro-



vided most of the 100 volunteers for the event activities. At the physical activity stations the students tried out the Fitness Stability Balls, Dead Bug Freeze Tag, Parachute, and many more. At the Nutrition Stations, students learned about Label Logic, Hand Washing & Food Safety, Energy Balance, Healthy Snacks, and MyPyramid.

#### **Promoting Wellness Education in Schools**



Seven School Wellness Councils working with South Heartland wrapped up the school year with wellness activities including field days, walking programs, wellness days, breakfast campaign, and a staff wellness challenge. This year, the school wellness councils served over 1500 students.

#### Creating Healthier Worksites for Employees

Through South Heartland's Wellness for Women at Work project, employers in the SHDHD area are joining the effort to make worksites healthier for

their employees. 35 area employers/ employees attended a workshop presented by Well Force to learn how to start a workplace wellness team.

#### Participating in the National Drug Take Back

In partnership with local law enforcement, hospitals, pharmacists, and the Area Substance & Alcohol Abuse Prevent coalition, South Heartland collected 170 pounds of expired or unused medications as part of the Drug Enforcement Agency's DEA National Drug Take Back events. The DEA covered the costs of pick up and environmentally-friendly disposal.



### .......... And Making Healthy Choices

#### "What is Public Health?" PSA Contest

South Heartland sponsored a Public Service Announcement (PSA) contest for the secondary (grades 9-12) schools in the health district. Student teams were challenged to develop a 30-second PSA answering the question "What is Public Health?" Winners had their PSA aired on TV during Public Health Week in April. There were nearly 100,000 votes cast for the People's Choice PSA contenders.



#### Goal:

Page 7

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

#### **Active Older Adults Moving for Better Balance**



South Heartland launched a second Tai Chi Moving for Better Balance program in partnership with Midland Area Agency on Aging. This evidence-based program aims to improve balance, coordination, and strength in older adults. South Heartland's Tai Chi program had a total of 47 participants in the 4-county area with data indicating that participants showed significant improvement in the 50-foot walk test. In pre/post self-assessments, participants reported on their successes, saying: "...my arthritis was much better..." and "We absolutely loved the instructor!"

#### Suicide Prevention in the South Heartland District



South Heartland Suicide Prevention Coalition promoted recognition of signs of suicide by offering three QPR (Question, Persuade, Refer) suicide prevention trainings. The more than 40 participants who attended one of the five trainings offered across the health district were trained to recognize signs of suicide ideation in youth, trained to ask appropriate questions and assess risk, and provided methods to appropriately assist and ensure proper precautions are taken and care is given.

#### **Building Awareness for Colon Cancer Screening**

South Heartland Colon Cancer Coalition secured continuation funding to support an awareness and education campaign as well as screening and intervention. The Coalition partnered with area beauty parlors and bars/taverns to distribute emery boards and coasters, respectively, with messages that encouraged screening for colon cancer during National Colon Cancer Awareness Month and partnered with 14 area pharmacists for distribution of colon cancer screening kits.



Dr. Bever and Dr. Schramm visiting KHAS Sunrise 60 morning show to discuss the importance of colon cancer screening





Above: Holiday Radon Ad in the Hastings Tribune Below: West Nile Virus Ad published in 6 local newspaper



#### yourself against West Nile Virus

- 1. DETER by using repellent containing DEET
- DRESS in long sleeves and long pants
- Avoid DUSK to DAWN when mosquitoes are most active
- DRAIN standing water to reduce mosquito breeding sites

For more information, call South Heartland District Health Department at 877.238.7595

### Linking People to Services...

Essential Service

Help People Receive Health Services

Are people receiving the health care they need?

Nebraska State Immunization Information System



Vaccination Records are available on-line at www.dhhs.ne.gov/imm/ immindex.htm



Health Disparities Coordinator

Jorge Perez provides education
and interpretation services for the
Inspirado diabetes program and
coordinates the WIC Oral Health
Access program. You can also find
him serving as an interpreter and
technician at Child Car Seat Safety
Events.

#### P.H.O.N.E. Program Assists Medicaid Clients

South Heartland's Public Health Outreach Nursing Education (P.H.O.N.E.) program provides assistance to those who are on — or potentially eligible for — Medicaid and Kid's Connection. Having medical, dental and optometric homes is essential for maintaining wellness. The P.H.O.N.E. Nurse Coordinator connected 23 persons to medical homes, 87 to dental homes, and 47 to vision homes. She follows up on missed healthcare appointments, investigating reasons for missing the appointments and stressing to patients the importance of keeping appoint—



ments. In addition, the P.H.O.N.E. nurse follows up on clients who have accessed the emergency room at Brodstone Memorial Hospital, Webster County Community Hospital and Mary Lanning Memorial HealthCare with an aim of reducing inappropriate emergency room visits.

P.H.O.N.E. nurse Janet Staehr initiated 981 contacts reminding clients of early periodic screening diagnosis & treatment (EPSDT), completed 139 health assessments to determine client and family needs, followed up on 462 emergency room visits, 431 missed dental appointments, and 15 missed vision appointments; made contact with families of 525 children regarding upcoming dental surgeries; and made referrals to other resources and services for 217 persons.

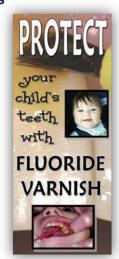
#### Vaccine for Children program provides 2054 vaccinations



The Hastings/Adams County Immunization clinic at South Heartland District Health Department saw 766 patient visits in 2010-2011. A total of 2054 vaccinations were administered based on the recommendations of the Advisory Council on Immunization Practices. Approximately half (49%) of clients were underinsured (meaning their insurance does not cover immunizations), one-quarter (26%) were uninsured and one-fifth (19%) had Medicaid. SHDHD is not allowed to bill for service; therefore, the program relies on donations to cover the costs to staff the clinic and administer the vaccines, which are provided free to eligible clients under this federal program.

#### SHDHD Offers Oral Health Services at WIC Clinics

With support from a grant through the DHHS Office of Oral Health and Dentistry and a partnership with Mid-Nebraska Community Action Partnership's Women, Infant and Children (WIC) program, South Heartland initiated oral health services for clients at WIC clinics in Superior, Red Cloud, Clay Center and Hastings beginning in March 2011. From March to June, 414 WIC children and their caregivers took advantage of the services offered, which included iodine and fluoride varnish treatments, education on oral health care, and a take-home bag consisting of preventive dental care information, toothbrushes, toothpaste, and Xylitol gum to reduce bacteria in the mouth. SHDHD contracts with public health dental hygienists to provide services and CCC dental hygiene students are gaining public health experience by participating in the program. Jorge Perez coordinates the project and provides interpretive services.



## Working Together to Improve Public Health

#### **Partnering to Manage and Prevent Diabetes**

Inspirado en el Bienestar (Inspired by Wellness) is a partnership between Mary Lanning Memorial Health Care Diabetes Department, SHDHD, & the Hastings YMCA to serve the health and wellness, medical education and exercise needs of the Hispanic population in the Hastings area diagnosed with or at risk for diabetes. A community garden was started on the YMCA grounds to further develop team work and unity for Inspirado group members. UNL Extension staff provided Nutritional Education on ways to prepare fresh garden vegetables.



#### Exploring a "Complete Streets" Policy

The A.C.H.I.E.V.E. (Action Communities for Health Innovation & EnVironmental ChangE) community coalition, which includes representation from the City of Hastings, the Hastings City Council, Mary Lanning Memorial Hospital, the YMCA and YWCA, and the South Heartland District Health Department, is working toward a "Complete Streets" policy in Hastings. Under this policy, any street or road work would consider the Complete Streets concept, taking into consideration non-motorized uses for that street. The goal is to make streets friendlier for walking and biking in order to facilitate a more physically active public.

Below: Participants at a Complete Streets Workshop practice evaluating a section of street and then brainstorm improvements using Complete Streets principles.



#### All New Homes in Hastings to Include Radon-Resistant Features



Above: Mark Evans, City of Hastings Building Inspector, trains Central Community College Construction Management students on Radon-Resistant New Construction methods. In an effort to initiate local policy change aimed at reducing exposure to radon, South Heartland researched regulations, building codes and model policies regarding radon and developed an action plan to achieve radon resistant new construction practices. SHDHD presented information and data supporting adoption of Appendix F of the International Residential Code which includes radon-resistant new construction to the City of Hastings Planning Commission which recommended the proposal to the Hastings City Council. The policy was approved by the council on March 14, 2011.

#### Page 9

Essential Service

Engage the
Community to
Identify and Solve
Health Problems

How well do we really get people and organizations engaged in health issues?



Community Health Education Coordinator Sandi Stevens represents
South Heartland in the ACHIEVE community coalition. She researches evidence-based practices and helps participants in two SHDHD wellness projects to implement environmental and policy level changes to promote healthier work sites and communities.



Health Educator **Desiree Rinne** is responsible for coordinating Radon Awareness, Kid's Fitness & Nutrition Day, Colon Cancer Prevention Awareness, Scrubby Bear Hand Washing, the Tai Chi program & more!

#### Essential Service

Enforce Public Health Laws & Regulations

#### Essential Service

Maintain a
Competent Public
Health Workforce



SHDHD Executive Director Dr.
Michele Bever graduated with a
Master of Public Health degree
from Emory University's Rollins
School of Public Health on May 9,
2011 in Atlanta, GA.

## Protecting Public Health by Enforcing Laws

When we enforce health regulations are we up-to-date, technically competent, fair and effective?



#### **NE Clean Indoor Air Act.**

The number of smoking violations reported was fewer in the second year of NE Clean In-

door Air Act (NCIAA) implementation. SHDHD investigated 3 new reports of smoking violations (NCIAA noncompliance) and continued working on 5 violations reported in the first year.

Establishments investigated included two businesses, four bars/taverns, one assisted living facility, and one municipal building. Using an educational approach during the first visit, most establishments were in compliance when SHDHD staff returned for a follow up visit. SHDHD worked with Law Enforcement, when appropriate, with only one case resulting in a fine.

## Training & Expertise in Public Health

Do we have a competent public health workforce? How can we be sure our staff and partners stay current?

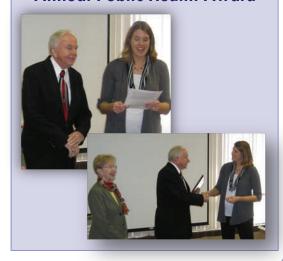
#### SHDHD Trains & Recognizes Current and Future Public Health Workforce

SHDHD coordinates quarterly meetings of the **South Heartland Infection Control Group**. RNs, LPNs, APRNs, CMAs, and other health care providers working in school, clinic, long term care, hospital, and public health settings are invited to attend our educational programs on a variety of public health topics. Invited experts provided the following training:

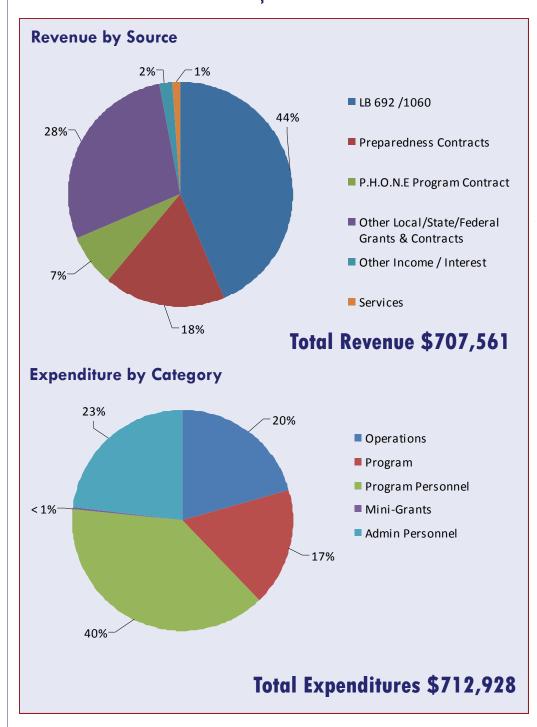
- July, 2010 "Immunization Update" presented by Karen Rutherford and Lori Howell from DHHS Immunization Program.
- October, 2010 "Best Practice in Isolation Procedures and Perinatal Influenza Infections" presented by Connie Hyde, RN, and Janet Riese, RN, Infection Preventionists from Mary Lanning Memorial HealthCare.
- January, 2011 "Nebraska State Immunization Information System (NESIIS)" Training presented by a DHHS Immunization Program staff member.
- April, 2011 "Compassion Fatigue" presented by Dr. Ann Harms, Creighton University School of Nursing.

South Heartland provides internship and temporary employment opportunities for students who may be interested in pursuing a career in public health. Hastings College senior Tara Harms researched evidence-based interventions for improving school health. Hastings College junior Apollo Stack trapped mosquitoes for the West Nile Virus surveillance program and developed a "Jeopardy-type" game about mosquitoes for 4th-6th grade students.

# SHDHD Board of Health Honors former Board Member Elmer Murman with the First Annual Public Health Award



## Annual Financial Report 2010-2011





TRI-Cities Medical Response System (TRIMRS)

New Revenue (SHDHD FY 2010-11)

\$150,285

Expenses (SHDHD FY 2010-11)

\$292,487

Page 11

Public Health
Core Functions

**ASSESSMENT** 

POLICY DEVELOPMENT

**ASSURANCE** 

ABIG "Thank You!" to part-time SHDHD Staff & Volunteers

#### Vaccine for Children Program:

- Leslie Anderson, RN
- Sheryl Buescher
- Amanda Fitzke, RN
- Kari Grams, CMA
- Carol Hamik, RN
- Judy Sandeen, RN
- Dixie Zoucha, LPN
- Jessica Warner

#### Sonrisa Dental Program:

Gloria Molina

#### **Suicide Prevention Coalition:**

• Sue Kennedy, Derek Bumgardner

#### West Nile Virus Program:

Apollo Stack, Derek Bumgardner

#### **Experience Works Participant:**

Janice Bank





Assist. Director & Grants Administrator Cindi McDowell finds resources to help staff address Public Health Improvement Plan goals. Operations Manager Denise Ferguson coordinates SHDHD's administrative and financial activities.



606 N. Minnesota, Suite 2 Hastings, Nebraska 68901

Phone: 402-462-6211 / 1-877-238-7595 For Public Health Emergencies: 402-469-2543

Fax: 402-462-6219

E-mail: shdhd@windstream.net

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

We are on the web at www.southheartlandhealth.org



Follow us on Facebook

#### **Board of Directors**

#### County Officials

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

#### **Public Spirited Citizens**

Judy Reimer **Adams County Bradley Neet** Adams County Merrill Duntz Clay County **Bob Rose** Clay County Nuckolls County Peggy Meyer Perry Freeman **Nuckolls County** Barbara Sprague Webster County Ron Kuehner Webster County

#### **Professional Representatives**

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

#### Officers (Elected March 2010)

President Peggy Meyer, LIMHP Vice President Charles Neumann, DVM

Treasurer **Bob Rose** 

#### Board Members who completed terms or retired during the 2010-2011 Fiscal Year:

David Landgren, DDS Michele Durr, MD

We thank you for your years of service!



#### **Staff Directory**



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

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



Cindi McDowell, CFRE, PLMHP **Assistant Director & Grants Administrator** cindi.mcdowell@southheartlandhealth.org

Phone: 402-462-6211 Ext. 103



**Denise Ferguson Operations Manager** 

denise.ferguson@southheartlandhealth.org

Phone: 402-462-6211 Ext. 101



Janet Staehr, RN Public Health Outreach Nursing Education (P.H.O.N.E.)

janet.staehr@southheartlandhealth.org

Phone: 402-462-6244



Anita Sullivan, RN Surveillance Coordinator/Immunization Clinic Manager

anita.sullivan@southheartlandhealth.org Phone: 402-462-6211 Ext. 115



Jim Morgan **Public Health Risk Coordinator** j.morgan@southheartlandhealth.org Phone: 402-462-6211 Ext. 107



Sandi Stevens, RN, MS **Community Health Education Coordinator** sandi.stevens@southheartlandhealth.org Phone: 402-462-6211 Ext. 105



**Desiree Rinne, BS Health Promotion Public Health Educator** 

desiree.rinne@southheartlandhealth.org Phone: 402-462-6211 Ext. 104



Jorge Perez **Health Disparities Coordinator** jorge.perez@southheartlandhealth.org

Phone: 402-462-6211 Ext. 106



Shelley Smith, RN, MSN **Public Health Nurse** 

shelley.smith@southheartlandhealth.org Phone: 402-462-6211 Ext. 116



**Amy Market** Reception shdhd@windstream.net

Phone: 402-462-6211 Ext. 100