



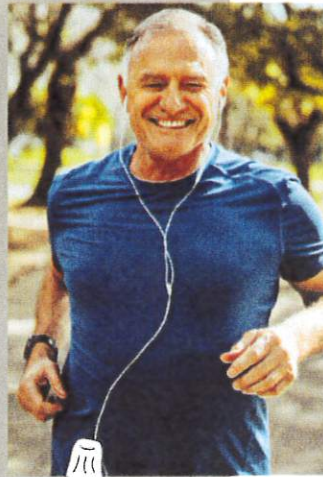
NORTHEAST NEBRASKA PUBLIC HEALTH DEPARTMENT

PUBLIC HEALTH PULSE

ISSUE #8
NOVEMBER 2025

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- Men's Health Awareness
- National Brush Your Teeth Day
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NATIONAL BRUSH YOUR TEETH DAY NOVEMBER 1ST

National Brush Day aims to reinforce children's dental health. Call for free dental assessment, sealants, and a general cleaning. Stacy Benne is our dental hygienist and she would be happy to make your smile beautiful! We are offering kids to come in on November 1st to cash in their Halloween candy for a prize. Donated candy will be sent to our Military!

Team Member Feature

- Peggy Triggs is the Director of Services for Northeast Nebraska Public Health Department (NNPHD) in Wayne, Nebraska. She has worked at NNPHD for seven years, covering four counties in rural Nebraska. She oversees multiple grants, making her position one of lifelong learning. Some current grants include Diabetes/Chronic Disease; Oral Health; Substance Use Prevention; Community Response, and Migrant Health which currently brought the health vending machine Kiosk to two of the four counties. Additional responsibilities of her job are supervising Community Health Workers, overseeing the WSC students and their practicum experience and working alongside the students to achieve their class requirements. Leading coalitions and collaborating with community members and partners on projects is essential to the Health Department's success and a key role in Peggy's position. Peggy has an AA in Behavioral Health along with multiple certifications and training related to past and present grants. Peggy's experience includes working as a manager for Head Start for 17 years, monitoring and training Family Service Workers, overseeing programs and staff training in Health, Nutrition, Safety, & Enrollment in a 14-county area for children ages birth to five years old in the Head Start program. Peggy moved to Nebraska in 2001 after marrying her husband and has raised 3 boys in the 24 years together. Peggy has had the privilege to be a grandma to three granddaughters and one grandson. Peggy will continue to work towards the goal of preventing disease and injury, promoting optimal health, and protecting the health of the public.

MENS HEALTH AWARENESS MONTH

Here are some notable statistics about men's health from the CDC and other health-based organizations.

- Studies show that men are often more likely than women to participate in behavior that puts their health at risk.
- Prostate cancer remains the most common type of cancer among men in the U.S. in 2019.
- 40.5% of men aged 20 and over are currently classified as obese.
- 10.8% of men in the U.S. have been diagnosed with diabetes.
- 51.9% of men aged 20 and over with hypertension.



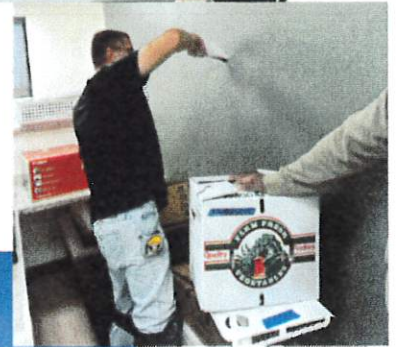
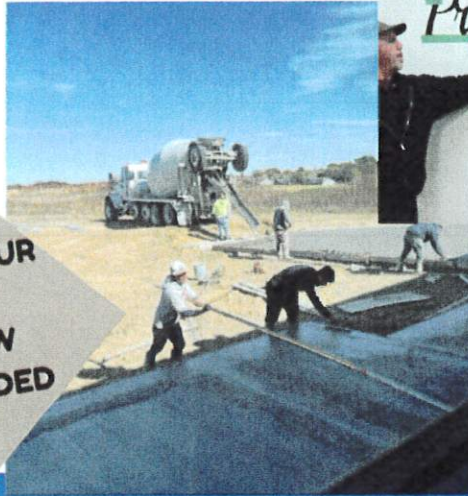


We welcome Lisa Goodyear to our team

Lisa joins us as a Community Health Worker. She began employment on September 29, 2025. She recently returned to the local area after living and working for years, in multiple economic sectors on the West Coast. She is looking forward to making a positive impact in this region.



**MOVING AND CONSTRUCTION ON OUR
NEW LOCATION
WE ARE BLESSED TO HAVE A NEW
BUILDING AND THE SPACE WE NEEDED**



WHAT IS HAPPENING THIS MONTH

November is Diabetes Awareness Month!

Join us as we shine a light on healthy living and diabetes prevention through a month full of informative and fun events!

Participate in our activities for a chance to win a \$50 food voucher for fresh fruits and vegetables and a FREE turkey!

- Free health screenings-walk ins are welcome every Thursday from 11-1:00 pm or 4-6:00 pm. You can also call for an appt 402-375-2200.
- Grocery tours-join us in Wayne and Laurel to learn how to eat healthy and shop smart. Spots are limited, please call to sign up.
- Diabetes on Track Coalition Meeting-discover our amazing team and the work being done to raise diabetes awareness in our communities on Nov 20th from 12-1:00 pm.
- Sweet Talk-diabetes discussion group, connect, share, and find support with others in your community. We welcome everyone! Join us Nov 20th from 5:30-6:30 pm at our new location!
- Flu shots-did you know people with diabetes are at higher risk for illness? Stay protected this season.

Each time you get a health screening, your name is entered into our raffle. Bring a friend and earn an extra entry. This is a great way to encourage your loved ones to get screened and be proactive with their health. Raffle ends November 24th

Be aware of **RADON!**



RADON IS A GHOSTLIKE GAS THAT IS VERY DANGEROUS. IT IS ALSO COLORLESS, TASTELESS, ODORLESS, AND IS HAUNTING YOUR HOMES.

RADON COMES FROM THE GROUND AND IT CAN GET INTO YOUR HOME OVER TIME. RADON GAS DECAYS INTO TINY PARTICLES THAT ARE RADIOACTIVE. WHEN YOU INHALE THESE TINY PARTICLES THE PARTICLES CAN HURT YOUR LUNGS. OVER A LONG PERIOD OF TIME RADON GAS CAN CAUSE LUNG CANCER. THE ONLY WAY TO KNOW IF THERE IS RADON IN YOUR HOME IS TO TEST FOR IT.

**WE HAVE FREE RADON TEST KITS
STOP IN TO GET YOURS!**

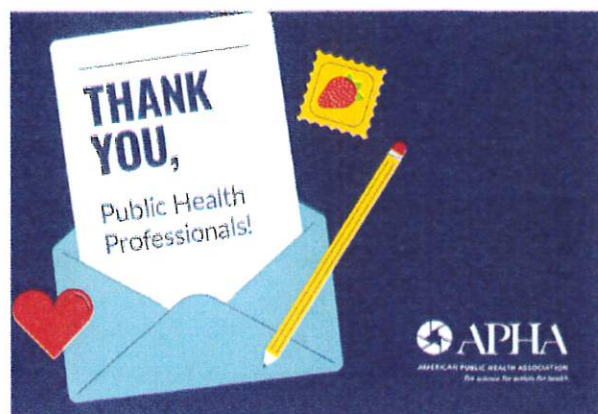


Bright futures begin lead-free

**TEST YOUR CHILDREN
LEAD POISONING IS MORE COMMON
THAN YOU THINK**

JJ Jackson, our ERC, has been busy with trainings! This one was at NECC in Norfolk on October 21st Demonstration of Salamander badges and related systems.

**OUR STAFF AT THE LAUREL NIGHT OUT
WE GAVE FLU SHOTS AND HANDED OUT
INFORMATION ON OUR SERVICES**



**November 24th
Celebrate Public Health
Thank you Day!**



Staff Direct Lines and Extensions

STAFF

Debbie Ussery-Public Health Nurse/DIS
ext. 215

Jackie Loecker-Public Health Nurse/DIS
ext. 216

Kalynn Palmisano-Public Health Specialist
ext. 217

Brittney Uhing-Public Health Nurse
ext. 203

Sarah Johnson-Program Specialist/DIS
ext. 218

JJ Jackson-Emergency Response
ext. 204

Teresa Jackson-Administrative Specialist
ext. 201

DIRECTORS

Colleen Hupke- Executive Director
ext. 205

Jill Belt-Director of Operations/HR
ext. 211

Peggy Triggs-Director of Services
ext. 210

COMMUNITY HEALTH STAFF

Janie Ortega-Community Health Worker ext. 206

Stacy Benne-Dental Hygienist ext.208

Lisa Goodyear-Community Health Worker ext 209

Hailie Brentlinger-Services Coordinator ext 213

STOP IN FOR FREE TEST KITS

Radon test kits available in our office
Contact information on water test kits
Free condoms available at our office

CONTACT INFORMATION

Fax 402-375-2201
Confidential Fax 402-487-0519
Main office 402-375-2200

HOLIDAY

Office Hours

NOVEMBER

November 11th Closed

November 26th Close at Noon

November 27th -28th Closed

DECEMBER

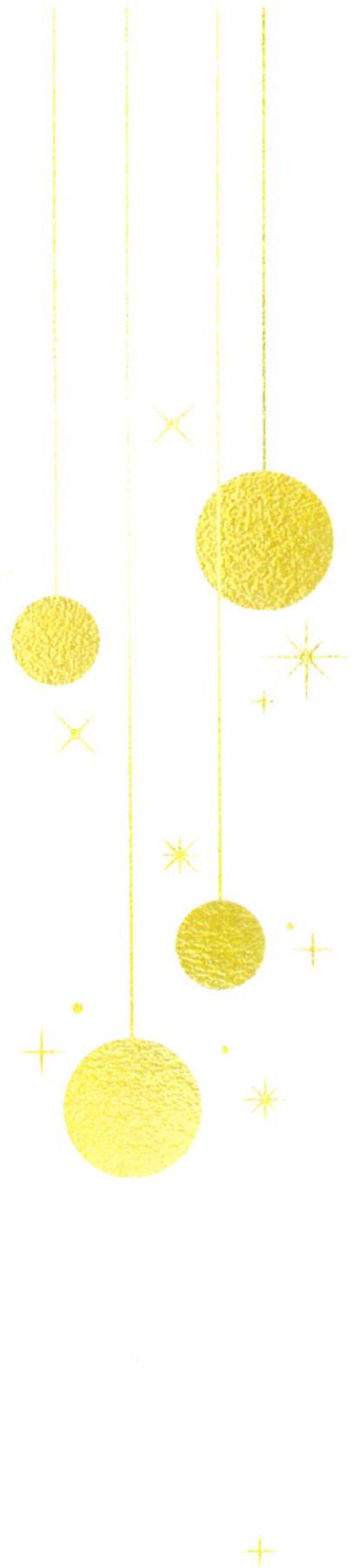
December 24th Close at Noon

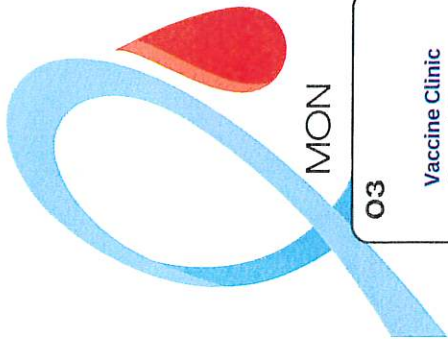
December 25th -26th Closed

December 31st Close at 3:00 pm

JANUARY

January 1st -2nd Closed





NOVEMBER IS DIABETES AWARENESS MONTH



Participate in our events and enter your name into our raffle for a grand prize!



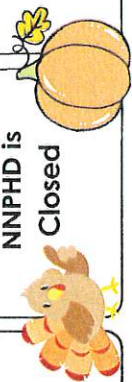
+2 Tickets for participating in an event.



+1 Ticket if you bring a friend to participate with you in the event.

Grand Prize: \$50 Fruit and Vegetable Voucher with a free turkey!

MON	TUE	WED	THU	FRI
03 Vaccine Clinic Sacred Heart Catholic Gym 4:00 - 6:00 PM	04	05	06 Blood Pressure & InBody Check 11:00 am - 1:00 pm 4:00 - 6:00 pm	07
10 Grocery Tour at Wayne's Pac N Save Grocery Tour at Laurel's Hometown Vaccine Clinic at Cedar County Courthouse	11	12	13 Diabetes Screening (A1c) 11:00 am - 1:00 pm 4:00 - 6:00 pm	14 National Diabetes Day! Send us a picture of you in blue!
17 Diabetes Screening (A1c) Wayne's U-Save Pharmacy 3:00 - 6:00 pm	18	19	20 Diabetes Coalition 12:00 am - 1:00 pm Sweet Talk 5:30 - 6:30 pm	21
24 Raffle Drawing!	25	26	27 Thanksgiving NNPHD is Closed	28



Contact us for more details.



Northwest Nebraska
Public Health Department
402-375-2500
801 Milo Dr, Wayne, NE 68787

Thank you to our team!

DIABETES
ON TRACK

Details of Our Events

Free Health Screenings on Thursdays

- 801 Milo Dr. Wayne, NE 68787
- Walk In 11:00 am - 1:00 pm
- Walk In 4:00 - 6:00 pm **OR**
- Call 402-375-2200 for an appointment.

Vaccine Clinics

- Sacred Heart Catholic Gym on Nov. 3rd
 - 601 N Main St, Emerson, NE 68733
 - 4:00 - 6:00 pm
- Cedar County Courthouse on Nov. 10th
 - 101 S Broadway Ave, Hartington, NE 68739
 - 1:30 - 4:30 pm

Grocery Tour with Angela Nuss

- Wayne's Pac N Save on Nov. 10th

- November 10, 2025

- Spots are limited, please sign up.

Grocery Tour with Kristin Heimes

- Laurel's Hometown Market on Nov. 10th

- November 10, 2025

- Spots are limited, please sign up.

National Diabetes Day! Wear blue!

- Tag us in a picture on Facebook **OR** email publichealth@nnphd.ne.gov of you wearing blue.

Diabetes Screening (A1c)

- Wayne's U-Save Pharmacy on Nov. 17th

- 3:00 - 6:00 pm

Diabetes Coalition at NNPHD on Nov. 20th

- NNPHD 801 Milo Dr. Wayne, NE 68787

- 12:00 am - 1:00 pm

Sweet Talk on Nov. 20th

- NNPHD 801 Milo Dr. Wayne, NE 68787

- 5:30 - 6:30 pm



AREA FOOD PANTRIES

Wayne-Presbyterian Church
Pastor Theresa 402-375-2669

Dixon-Methodist Church Ponca
223 W 2nd St Ponca Ne 68770
Pastor Ken Johnson
poncaunitedmethodistchurch@yahoo.com

Laurel/Coleridge
Laurel Food Pantry PO Box 5
Jean Granquist 402-518-0047

Thurston County
Pender United Church
Pastor Springer 402-922-3469

