



HEALTHY PEOPLE

healthy communities

December 2017

Radon Test Kits are here!

Beginning in January, home radon test kits can be purchased for \$7 plus tax at any of our three offices, Monday - Friday from 8:00 am to 4:30 pm:

- Norfolk: 302 W Phillip Ave., Suite 100
- Wisner: 2104 21st Circle
- Tekamah: 1121 S. 13th St.



Radon is the second leading cause of lung cancer. It is a natural gas in soil and rock that you cannot see or smell. It can enter your home through holes and cracks in the basement floor, walls, or from well water. The Environmental Protection Agency (EPA) recommends that homes with radon levels of 4 picocuries per liter (pCi/L) of air or more be mitigated. Last year, the average radon level in our service area was 7.9 pCi/L, nearly twice the safe amount.

We achieved accreditation!



We are proud to announce that we have achieved national accreditation through the Public Health Accreditation Board (PHAB). ELVPHD is one of fewer than 200 health departments that have thus far achieved accreditation through PHAB. "We are pleased and excited to be recognized for achieving national standards that foster effectiveness and promote continuous quality improvement," said Gina Uhing, Health Director, of the ELVPHD. "The accreditation process helps to ensure that the programs and services we provide are as responsive as possible to the needs of our community. With accreditation, ELVPHD is demonstrating increased accountability and credibility to the public, funders, elected officials and partner organizations with which we work."

To receive accreditation, a health department must undergo a rigorous, multi-faceted, peer reviewed assessment process to ensure it meets or exceeds a set of quality standards and measures.



Want to lose some of those extra pounds?

If so, our 16 week Healthy Lifestyles Weight Mangement Program would be perfect for you!

- When:** January 10th, 2018 (meets weekly for 16 weeks)
- Time:** 5:30pm - 6:30pm
- Where:** ELVPHD Norfolk Office
- Cost:** Just \$75 for the complete 16 week program
- Register:** Required by calling 402-529-2233

Welcome!



We are pleased to introduce our newest staff member...Krista Snodgrass! Krista is one of our public health nurses who will be working with various programs including: immunizations, substance abuse prevention, radon and fall prevention.



Tai Chi Classes beginning soon!

- Where:** Lied Tekamah Public Library, Tekamah
- When:** January 29, 2018 - April 19, 2018. Will be held each Monday & Thursday for 12 weeks from from 7pm- 8pm.
- Instructor:** Peggy Knights
- Cost:** None - free will donation accepted
- Registration:** Required by calling 402-374-2189 OR 402-529-2233.

Tai Chi is exercise that helps with flexibility and balance. It puts minimal stress on joints and is especially helpful for those sixty years of age or older. Outcomes from past classes show that 85% of the participants improved their Timed Up and Go (TUG) mobility and fall risk test score from the first to the final class.

Upcoming Events

- Jan 3, 10, 17:** Norfolk Immunization Clinic, 10am - 3pm, Appointments required - call 402-529-2233.
- Jan 8:** Madison Immunization Clinic, 1pm - 5pm, Appointments required - call 402-529-2233.
- Jan 10:** Healthy Lifestyles Weight Loss Program (held each Wednesday for 16 weeks), 5:30pm - 6:30pm, ELVPHD Norfolk Office, \$75.
- Jan 22:** Madison County Coalition (Youth Drug & Alcohol Prevention), 9am - 10am at ELVPHD - Norfolk.
- Jan 24:** Norfolk Immunization Clinic, 1pm - 6pm, Appointments required - call 402-529-2233.
- Jan 29:** Tai Chi class series (12 weeks) begins. Mondays & Thursdays from 7pm-8pm at the Lied Tekamah Public Library in Tekamah. Cost: None / free will donation accepted. Instructor: Peggy Knights. Registration required by calling 402-374-2189 OR 402-529-2233.
- Feb 7, 14, 21:** Norfolk Immunization Clinic, 10am - 3pm, Appointments required - call 402-529-2233.
- Feb 15:** West Point Immunization Clinic, 10am - 3:30pm, Appointments required - call 402-529-2233.
- Feb 28:** Norfolk Immunization Clinic, 1pm - 6pm, Appointments required - call 402-529-2233.