Inside this Report:

Welcome from the Board President and Executive Director  
South Heartland District  
By the Numbers...  
Public Health Surveillance and Disease Investigation  
Health Hazards and Health Risks; Public Health Preparedness  
Healthy Lifestyles and Making Healthy Choices  
Linking People to Services  
Working together to Improve School Health  
Engaging Public Health Partners  
Annual Financial Report  
Board of Health Members & Staff Directory
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.
### South Heartland District 2013-14

**By the Numbers...**

<table>
<thead>
<tr>
<th><strong>108</strong></th>
<th>Disease Investigations for</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>24</strong></td>
<td>Types of Diseases</td>
</tr>
<tr>
<td><strong>35</strong></td>
<td>Follow ups on Elevated Blood Lead Levels (EBLL) in Children</td>
</tr>
<tr>
<td><strong>17</strong></td>
<td>Types of Diseases Prevented by giving Childhood Vaccinations</td>
</tr>
<tr>
<td><strong>1</strong></td>
<td>New Federally Qualified Health Center</td>
</tr>
<tr>
<td><strong>203</strong></td>
<td>Women Screened for Cervical or Breast Cancer through Every Woman Matters Program</td>
</tr>
<tr>
<td><strong>18</strong></td>
<td>Abnormal Cervical Tests</td>
</tr>
<tr>
<td><strong>20</strong></td>
<td>Abnormal Breast Screens</td>
</tr>
<tr>
<td><strong>2</strong></td>
<td>Breast Cancer Diagnoses</td>
</tr>
<tr>
<td><strong>83</strong></td>
<td>Number of Older Adults benefiting from 7 Tai Chi Classes offered in the District</td>
</tr>
<tr>
<td><strong>92</strong></td>
<td>Number of Hastings College Students and Title X Clinic staff trained in Suicide Prevention QPR Method (Question, Persuade , Refer)</td>
</tr>
<tr>
<td><strong>635</strong></td>
<td>High school and college students learned about the benefits of “Pure Performance” from former Olympic Training coach John Underwood</td>
</tr>
<tr>
<td><strong>26,876</strong></td>
<td>Page Views on our Website</td>
</tr>
<tr>
<td><strong>926</strong></td>
<td>Colon Cancer Screening (FOBT) Kits Distributed</td>
</tr>
<tr>
<td><strong>27</strong></td>
<td>Clay County Children Participated in a “CATCH Kids” After School Program</td>
</tr>
<tr>
<td><strong>77,455</strong></td>
<td>Total Votes on Radio “Distracted Driving” Public Service Announcement School Contest</td>
</tr>
<tr>
<td><strong>$6.31</strong></td>
<td>Amount Per capita from State LB 692 plus LB 1060 funding</td>
</tr>
<tr>
<td><strong>$1.08</strong></td>
<td>Amount per capita State Prevention Funding received</td>
</tr>
<tr>
<td><strong>&gt; $240,000</strong></td>
<td>Amount of leveraged Funding SHDHD brought into the Health District</td>
</tr>
<tr>
<td><strong>1,725 + 128</strong></td>
<td>Number of students and staff impacted by new or revised school policies resulting from Coordinated School Health activities at 4 area schools</td>
</tr>
<tr>
<td><strong>12</strong></td>
<td>Responders trained on how to access the ChemPak antidotes for chemical exposures</td>
</tr>
<tr>
<td><strong>731 + 5188</strong></td>
<td>Number of Staff and Students impacted by work environment and policy changes at 3 schools and ESU 9</td>
</tr>
<tr>
<td><strong>345</strong></td>
<td>Number of Volunteers who completed Psychological First Aid Training to assist during disasters</td>
</tr>
<tr>
<td><strong>118</strong></td>
<td>Hispanic individuals preventing or better managing their diabetes</td>
</tr>
<tr>
<td><strong>1</strong></td>
<td>E-Cigarette Policy Resolution passed by the Board of Health</td>
</tr>
<tr>
<td><strong>&gt; 800</strong></td>
<td>Community Partners</td>
</tr>
</tbody>
</table>

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**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

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 potentially 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.

### South Heartland Disease Investigation Summary

<table>
<thead>
<tr>
<th>Disease</th>
<th>July 1, 2013 - June 30, 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amoebiasis</td>
<td>1</td>
</tr>
<tr>
<td>Aseptic Meningitis</td>
<td>2</td>
</tr>
<tr>
<td>Campylobacteriosis</td>
<td>4</td>
</tr>
<tr>
<td>Chickenpox</td>
<td>2</td>
</tr>
<tr>
<td>Cryptosporidiosis</td>
<td>1</td>
</tr>
<tr>
<td>Giardiasis</td>
<td>1</td>
</tr>
<tr>
<td>Exposure to potentially R</td>
<td>21</td>
</tr>
<tr>
<td>Ebrihchiosis</td>
<td>1</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>1</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>4</td>
</tr>
<tr>
<td>Hepatitis C</td>
<td>21</td>
</tr>
<tr>
<td>Histoplasmosis</td>
<td>1</td>
</tr>
<tr>
<td>Invasive Strep Pneumonia</td>
<td>1</td>
</tr>
<tr>
<td>Kawasaki Disease</td>
<td>1</td>
</tr>
<tr>
<td>Lyme Disease</td>
<td>1</td>
</tr>
<tr>
<td>Norovirus</td>
<td>5</td>
</tr>
<tr>
<td>Psittacosis</td>
<td>1</td>
</tr>
<tr>
<td>Rickettsiosis (RMSF)</td>
<td>3</td>
</tr>
<tr>
<td>Salmonellosis</td>
<td>8</td>
</tr>
<tr>
<td>Shiga-toxin producing E col</td>
<td>3</td>
</tr>
<tr>
<td>Shigellosis</td>
<td>1</td>
</tr>
<tr>
<td>Tularemia</td>
<td>2</td>
</tr>
<tr>
<td>West Nile Virus</td>
<td>9</td>
</tr>
<tr>
<td>Yersiniosis</td>
<td>1</td>
</tr>
</tbody>
</table>

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 to SHDHD’s Network of Care:

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.

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.

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 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.

Jim Morgan 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.
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 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.

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.

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 repellant 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.

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 Hoit
- Kathy Dessenberger
- Karen Fox
- Marlice Sullivan
- Kathi Ely
- Kay Lockhart
Essential Service

Help People Receive Health Services

Are people receiving the health care they need?

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.

Essential Service

Help People Receive Health Services

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/nesis

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.

Linking People to Services

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).
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).

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).

Turn page for more Coordinated School Health successes...
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)

Revenue by Source

- LB 692 /1060 /119 (53%)
- Preparedness Contracts (32%)
- Other Local/State/Federal Grants & Contracts (12%)
- Other Income / Interest (<1%)
- Services (3%)

Total Revenue $647,644

Expenditure by Category

- Operations (37%)
- Programs (26%)
- Program Personnel (19%)
- Administrative Personnel (15%)
- Personnel Expenses (12%)
- Mini-Grants (2%)

Total Expenditures $632,940

TRI-Cities Medical Response System (TRIMRS)

- New Revenue (SHDHD FY 2013-14) $143,500
- Expenses (SHDHD FY 2013-14) $209,505

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
Staff Directory

Denise Ferguson
Operations Manager
denise.ferguson@shdhd.org | Ext. 103

Cindi McDowell, CFRE, PLMHP
Behavioral Health Projects & Grant Writer
cindi.mcdowell@shdhd.org | Ext. 106

Jim Morgan
Public Health Risk Coordinator
jim.morgan@shdhd.org | Ext. 107

Desiree Rinne, BS Health Promotion
Community Health Education Coordinator
desiree.rinne@shdhd.org | Ext. 105

Christy Burrows, CWPM
Wellness Coordinator
christy.burrows@shdhd.org | Ext. 104

Jessica Warner, MPH
Health Surveillance Coordinator
jessica.warner@shdhd.org | Ext. 105

Dorrann Hultman, RN
Immunization Clinic Coordinator/ Every Woman Matters
Program Coordinator
dorrann.hultman@shdhd.org | Ext. 117

LisaPaloma (Lis) Vazquez
Community Health Worker
lis.vazquez@shdhd.org | Ext. 116

Elizabeth Hardy, RN, MSN
Chronic Disease Prevention Project Coordinator
elizabeth.hardy@shdhd.org | Ext. 101

Rhonda McIntyre, RN, MSN
Public Health Nurse; Certified Application Counselor
(ACA) / Lead Poisoning Prevention Coord.
rhonda.mcintyre@shdhd.org | Ext. 114

Susan Ferrone, BSN, MPA
Health Literacy Project Coordinator
susan.ferrone@shdhd.org | Ext. 114

Jorge Perez
Minority Health Educator / IT
jorge.perez@shdhd.org | Ext. 106

Amy Market
Reception, CAC
amy.market@shdhd.org | Ext. 100

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