

March 2013

Briefs:

PFLAG (Parents, Families, & Friends of Lesbians and Gays) and the Nebraska AIDS Project will be sponsoring Your Real World: Finding Health, Happiness, and Acceptance in the Real World, a youth event that includes a showing of the movie *Pedro* at the World Twin theatre at 7 p.m. Thursday, March 28. Admittance to the movie is free.

Following the movie, youth will be invited to a dance at the Krave where there will be games and interactive booths. Admittance to Krave is free with a movie ticket stub or \$4 without one (half the normal cost).

Partner with us!

If you would like to partner with Buffalo County Community Partners through a financial donation you may:

- Contact Denise Zwiener at 308-865-2280 or dzwiener@bcchp.org.
- Donate on our website, bcchp.org, by clicking the blue "Donate" button.



Elks February Students of the Month

The Elks of Kearney/Holdrege, Lodge No. 984, along with Buffalo County Community Partners and Twin Rivers Public Health, sponsor the Elks Student of the Month for students enrolled in area high schools. Nominations are based on scholarship, citizenship, performing arts, fine arts, hobbies, athletics, church, school, club and community service, industry and farming.

This month, we congratulate seniors Rachel Ruston of Holdrege High School and Clay Blank of Wilcox-Hildreth School.

Ruston maintains a 4.0 GPA while participating in golf, cross country, track & field, and road racing. She is planning to attend UNL and pursue a pre-med major. "Rachel is always taking the initiative when it comes to working or helping people. This is a very giving young lady. Rachel has been actively involved in her school and community and yet has time to keep her academics in proper perspective, ranking

in the top 5 % of her class," said Holdrege Mayor Richard J. Jeffery.



Elks member Doug Kramer presenting Clay Blank with his student of the month award. Rachel Ruston is currently out of the country on a mission trip.

Blank also maintains exemplary academic performance and has assumed a variety of leadership roles. "Clay is willing to work both in school and out of school; he is involved in cross-country, basketball, track, and Future Business Leaders of America. Clay and his family have been involved in community and church activities since he was a very little boy," said business teacher Samantha Stoetzel.

If you would like to nominate a student of the month, contact Doug Kramer at 308-233-5229.

Get Ready for Another Prescription Takeback Event

Positive Pressure, along with Two Rivers Public Health Department, Good Samaritan Hospital, ELKs, and volunteer law enforcement officers, will be holding their bi-annual Prescription Drug Takeback on Saturday, April 27th. The event gives residents of Buffalo County a chance to safely dispose of unneeded prescription medications in an effort to help prevent prescription drug abuse and misuse.



Volunteers boxing up prescription medications collected at the April 2012 Prescription Takeback.

said, “Prescription Drug Takeback is an opportunity for our community to come together and responsibly dispose of old prescription or over-the-counter drugs. It’s great to see our community be proactive and work towards changing the issues we see in the accidental and/or intentional harm seen with prescription drugs.”

The event has taken place since 2009. In the past, up to 457 lbs. of unwanted prescription medications were recovered and destroyed.

Positive Pressure Coordinator Tana Nelsen

Meet our Two Newest Board Members



David Holl

“As a businessman in the community, it is important to be engaged, but also as a family man who not only is raising his family but watching his children and grandchild put down roots in the community.”

Michelle Sawicki

“Being born and raised in Kearney, I feel very strong about promoting, maintaining and building healthy living in Buffalo County. I look forward in helping BCCHP with my professional experience and involvement in the community on focusing on building a healthy community in the 2020 Vision.”



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A Voice for Democracy

The following question was put towards Buffalo County Youth Advisory Board member Nathan Leach at a speech meet: “Do you think your vote really matters?” Rather than think of an answer or an argument, Leach wondered why such a question would even exist in a society founded on democracy.

Leach has noticed a “trust deficit” between the government and the people, particularly among his peers. He brought his concerns to Buffalo County Community Partners and brainstormed an event to remind youth that their vote counts and their voice can be heard.

The Youth Advisory Board took on the challenge and began preparing for the Youth Academy of Democracy, a day-long event with keynote speakers, presentations, and workshops designed to engage youth and remind them of their voting power.

Slated to take place in October 2013, expect to hear more about it in the coming months.



TIPS: Train the Trainer

More certified TIPS (Training and Intervention ProcedureS) trainers are coming to Buffalo County thanks to the Train the Trainer event sponsored by Community Partners, Positive Pressure, the University of Nebraska at Kearney Student Affairs and UNK’s Counseling & Health Care.

“This TIPS training for universities is more than training for alcohol servers. It also educates on what to do to help a friend who has had too much to drink. This training is a wonderful resource and UNK is proud to team up with our Buffalo County Community Partners, an organization which takes the lead in improving our community’s health,” said LeAnn Obrecht, Director, Counseling & Health Care.

The all-day event will produce several trainers who will be certified to teach TIPS classes at UNK and at businesses throughout the community. There will now be a Spanish/English bilingual trainer to help spread the TIPS curriculum to previously untrained parts of the community, as well.

This activity was supported in whole or part from federal or state funds received from the Division of Behavioral Health of the Nebraska Department of Health and Human Services.

Our Mission

Buffalo County Community Partners is a county-wide, non-profit organization with a mission to assess, promote and strengthen the health of Buffalo County citizens. Community Partners facilitates change through the recruitment and training of volunteers and the creation of coalitions to impact priority issues that reach all corners of the county.

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Have a story idea for our next newsletter? Send it to staff@bcchp.org



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DONATE TODAY! Join us in building a healthier Buffalo County community.

Calendar of Events

- **Activate Buffalo County** meets on the fourth Wednesday of the month, 10:00-11:00 a.m., Richard Young Hospital Board Room.
For more information: staff@bccchp.org or www.ActivateBuffaloCounty.org
- **Positive Pressure Coalition** meets on the first Tuesday of each month, 12-1 p.m., Region 3 Conference Room. For more information: positivepressure@bccchp.org or www.bccchp.org
- **Buffalo County Tobacco Free Coalition** meets on the first Thursday of each month, 1:15-2:15 p.m., Region 3 Conference Room. For more information: jbrown@region3.net
- **Buffalo County Health Ministry Network** meets on the second Thursday of each month, 12-1 p.m., Good Samaritan Hospital, Telehealth, Suite 1. For more information: (308) 865-7741
- **Youth Advisory Board** For more information: www.bcyab.org
- **TIPS Trainings** For more information: positivepressure@bccchp.org or www.bccchp.org
- **Community Health Access Team (CHAT)** meets on the third Thursday of the month, 12-1 p.m., Community Partners offices. For more information: chathub@bccchp.org
 - **Alzheimer's Coalition** meets on the fourth Wednesday of the month, 9:30 a.m., Community Partners offices. For more information: Alexandra Dillion at Alexandra.dillion@alz.org
 - **Violence Prevention Coalition** meets the second and fourth Wednesdays of each month, 4 p.m. For more information: admin@bccchp.org