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# neartbeat

"Exceptional care, close to home.

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Published Quarterly By:



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Joe Lohrman, Administrator

## Health Fair offers Spring "Tune Up"

very year as spring approaches, area farmers begin gearing up by having their farm machinery inspected before planting season gets into "full swing." Both the John Deere and AGCO facilities see a flurry of activity just after the first of the year. Area farmers know the importance of getting a good start on planting and how a well running machine can make all the difference.

"Routine maintenance on yourself is just as important as routine maintenance on your machinery," states Joe Lohrman, Annie Jeffrey Health Center Administrator.

As farmers get their machinery ready, it is important they don't forget about routine maintenance on themselves. On March 3rd Annie Jeffrey Health Center will be offering a mini-Spring Health Fair to allow farmers and anyone else who missed the October health fair the opportunity to get blood work and other health screens. This smaller fair will offer many of the beneficial lab screenings as the larger October health fair, but will be held at a time which is more convenient for the area farmers who could not attend the fall fair.



"As a rural ag community, our area farmers play an important role in all our lives. Annie Jeffrey wants to be a vital part of their maintenance program." John Girard, Hospital Board member stated, "As the average age of the farmer increases, preventative maintenance for the operator becomes even more valuable than the routine maintenance checks of our equipment."

The annual Spring Health Fair will be on Tuesday, March 3rd from 6:45 am until Noon at the health center with a free continental breakfast. A comprehensive blood screening, which normally costs over \$315, will be offered for only \$35. This test includes: general blood chemistry, cholesterol profile and a complete blood cell count. Thyroid screening (TSH), prostate specific antigen (PSA),

Continued on page 2.



he Snowman Marathon Wellness program will conclude at the Spring Health Fair on March 3. This wellness program is designed to help participants establish a routine of regular activity and healthy eating by providing weekly goals, nutrition information, and keeping you motivated with fun, prizes and camaraderie. Don't forget to attend our Spring Health Fair to see if you've reached your wellness goal!!

# Foundation Makes Donation for ePharmacy, eEmergency, Breast Cancer Event

A t their November meeting, the Foundation for Annie Jeffrey presented grant money to Annie Jeffrey Health Center for ePharmacy, eEmergency and the Susan Komen breast cancer event held in October.



Pictured above from left are Foundation for Annie Jeffrey Board Members: Kathy Gabel, Karleen Watts, Brian Beckner, Margie Hayes, Steven Peterson, Karen Stevens, Joe Lohrman, Annie Jeffrey CEO, Mary Lerch and John Girard. Not pictured is Foundation Director, Susan Chrastil.

#### Health Fair offers Spring "Tune Up" (Cont. from pg 1)

and diabetes screening (Hemoglobin A1C) will also be available for \$20 per each additional test requested.

All participants who want a blood test are asked to not eat or drink 8-12 hours before the test. You are encouraged to drink as much water as possible to keep hydrated and to take your medications as you usually do. Please bring a self-addressed, stamped legal sized envelope for us to mail your lab results to you.

Additional tests offered at the Spring Health Fair are Abdominal Aortic Aneurysm Ultrasound Screening for \$40, Atrial Fibrillation Screening for \$10, and Peripheral Arterial Disease Screening for \$20 through Bryan LGH East from 8:00 am until Noon by appointment. Tests will be performed by a Bryan Health Registered Vascular Technologists and will be read by a Bryan LGH Cardiologist or Vascular Surgeon.

Interested individuals need to call Annie Jeffrey Health Center at 402-747-2031 to set up an appointment and receive your pre-diagnostic screening instructions for the vascular screenings available from 8:00am to Noon.

Abdominal Aortic Aneurysm is caused by a weakened area in the main vessel of the body that supplies blood from the heart to the rest of the body and is called the "silent killer" because there are usually no obvious symptoms. The Abdominal Aortic Aneurysm screening is a painless ultrasound screen that takes pictures of the aorta to detect the presence of an AAA.

The most common irregular heart rhythm, affecting 2.2 million Americans is atrial fibrillation. Afib is caused by the top two chambers of your heart (atria) beating in an unorganized manner not in sync with the bottom two chambers (ventricles).

Peripheral Arterial Disease affects about 8 million Americans and is caused by a narrowing or blockage in the blood vessels feeding the pelvis and legs. A non-invasive measurement of the Ankle –Brachial Index will compare the blood pressure in the ankles to the blood pressure in the arms to determine how well the blood is flowing.

Please call Annie Jeffrey Health Center at 402-747-2031 to make an appointment for any of these four screenings.

Be sure to attend the Spring Health Fair on March 3rd. Interested individuals need to call Annie Jeffrey Health Center at 402-747-2031 to set up an appointment and receive your pre-diagnostic screening instructions for the vascular screenings available from 8:00 am until Noon. Walkins welcome for lab work from 6:45 am until Noon.

The Polk County Health Department will be on site with farm safety information. Four Corners Health Department will have its Skin Scope available to provide free skin analysis evaluating damage caused by the sun and will have home colon cancer screening kits available. Tooley Drug and Home Care from Columbus will also be present. They will be providing free oximeter readings and will have a respiratory therapist available to provide CPAP pressure checks and fit testing.

As the Snowman Marathon concludes participants are encouraged to attend the health fair to re-check their measurements, body-fat, and blood work. Details of the event's conclusion will be made available as the date nears.

We hope you choose to take control of your health by practicing preventative maintenance with this year's Spring Health Fair activities.

GREAT "NEW" and ANTIQUE Items to check out at the Thrift Shop! Stop by to check them out today!!

### **Sleep Studies**

S leep studies are tests that watch what happens to your body during sleep. These studies are done to find out what is causing your sleep problems. Some common sleep problems include:

- Sleep apnea this is when an adult stops breathing during sleep for 10 seconds or longer. This may be caused by blocked airflow during sleep, such as from narrowed airways. Or it may be caused by a problem with how the brain signals the breathing muscles to work.
- Narcolepsy is when you have problems staying awake.
- Sleepwalking, night terrors or bed-wetting are other nighttime behavior problems.
- Insomnia is having problems sleeping at night.

Sleep studies can also determine whether you have a problem with your stages of sleep. Sleep studies are done is a sleep lab, usually located in a hospital. The studies



are scheduled for overnight in a private hospital bed. For the convenience of community members, Annie Jeffrey Health Center offers sleep studies in Osceola.

During the sleep study, a trained sleep lab technician will place small discs called electrodes on your head and body. These electrodes record your brain activity, eye movement, oxygen and carbon dioxide blood levels, heart rate and rhythm, breathing rate and rhythm, the flow of air through your mouth and nose, snoring, body muscle movements, and chest and belly movements. The electrodes are designed to be as comfortable as possible and should not make it hard to sleep.

To find out more about having a sleep study right here at your local hospital, call Annie Jeffrey Health Center at 402-747-2031.

# Mature Driving Classes

he Traffic Safety Council is offering free classes to mature drivers at the Annie Jeffrey Health Center on April 29 & 30 from 8:30AM to 12:30PM each day. These classes are developed specifically to teach drivers 55 and older defensive driving techniques and help them adjust their driving styles. This 8-hour class typically costs over \$300.00 to take, but is being offered for free to those registering by April 24, 2015.



People are living longer and some seniors struggle with the fact that they are not able to drive safely anymore. This is a great opportunity to reacquaint yourself with safe driving techniques and could possibly save you money on your car insurance.

For more information or to register, call Annie Jeffrey Health Center at 402-747-2031.

## March is Kidney Month

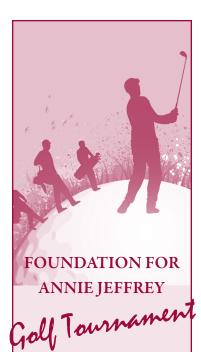
ore than 20 million Americans – one in nine adults – have chronic kidney disease and most don't even know it. More than 20 million others are at increased risk for kidney disease. Your health care provider can check to see if you are at risk or have kidney disease. Early detection and treatment help keep kidney disease from getting worse.

Chronic kidney disease means you have a condition that damages your kidneys. This decreases your kidney's ability to keep you healthy by doing their job. The two main causes of chronic kidney disease are diabetes and high blood pressure. There are many other conditions that can also harm your kidneys. Chronic kidney disease may progress slowly over a long time. Many people don't know they have kidney disease until it is severe. If it is found and treated early, kidney disease may be slowed down or even stopped. If it keeps getting worse, however, chronic kidney disease may lead to kidney failure. This means your kidneys no longer work well enough to maintain life and you will need treatment like dialysis or a kidney transplant.

Check with your health care provider or the Annie Jeffrey Health Center at 402-747-2031 for more information about kidney disease and for tests to determine if you are at risk.

LaRoy Williams, MD of Kearney Urology, PC is the Urologist at Annie Jeffrey Health Center. Dr. LaRoy Williams graduated from Georgetown University in Washington, D.C. and then attended Medical School at the University of Rochester, in Rochester, New York. Dr. Williams completed his residency in General Surgery and Urology at the University of Cincinnati Medical Center in Cincinnati, Ohio.

Dr. Williams is board certified by the American Board of Urology and is available to see patients each month at Annie Jeffrey Health Center.



#### June 2015 Ryan Hill Country Club

The sixth annual Foundation for Annie Jeffrey golf tournament will be held in June at Ryan Hill Country Club in Osceola. Ryan Hill County Club secured a position in American golf history in July 1997 when three players scored holesin-one on the par-3 8th hole within an hour of each other. The Foundation for Annie Jeffrey golf tournament promises to be a fun-filled day with great prizes, food and fun!

Stay tuned for more information!!



# Fit and Healthy Kids

Community Wellness Program
Thursday evenings
May 28th - July 2nd
3:30pm-5:30pm

ANNIE JEFFREY HEALTH CENTER CAFETERIA

These classes are available free to kids ages 8 and over, plus at least one parent or grandparent.

# Join us for a 6-week program that will teach:

- Basic cooking skills
- How to plan and cook simple healthy meals and snacks
- Grocery shop & read food labels
- Weekly fitness challenges
- Lots of fun learning and weekly prizes
- Participants receive cook book for kids, menus, recipes and mileage log
- Hands-on preparation of recipes each week
- Evening meal prepared and eaten with the class

For more infomation or to register, call Annie Jeffrey Memorial Health Center at 402-747-2031.

# Cooking with Kids

ncouraging your children to help you out in the kitchen can improve more than just their cooking skills.

Allowing your children to lend a hand in the kitchen requires extra time and patience, but the benefits far outweigh the effort. Cooking can boost your children's self-esteem by giving them a way to accomplish and take ownership of family tasks and helping them gain a sense of independence. It can also be a good opportunity to model healthy eating behaviors. Preschoolers going through a picky eating phase may be more likely to eat foods they help create, and older children can explore healthy foods they like that aren't "boring" or "gross."

Cooking is a good way to encourage creativity as well, whether by making tweaks to recipes to suit your young child's current likes and dislikes, or allowing older children to create their own recipe altogether. This is also a terrific opportunity to teach older kids life skills such as safe food preparation techniques. No matter what age your child is, though, working together on a project is always a great excuse for family bonding time.

\*\*\*\*\*\*

THANK YOU to everyone who participated and contributed to our Hearts on Fire Wine and Beer Fest on Feb. 8th!!!

What a fun event!!!

\*\*\*\*\*

#### AJ iPad Winners

nnie Jeffrey Health Center is continuing their special promotion for all community members and Annie Jeffrey staff members who have a mammogram during a 12 month time period.

The Annie Jeffrey community winner of a special iPad is Connie Hablitzel.

The Annie Jeffrey Staff winner of a special iPad is Elizabeth Soll. Both are pictured with Annie Jeffrey Radiology Director, Nataly Sanley.

The next drawing for the special iPad winners will be held in March. There is still time to schedule your Mammogram at Annie Jeffrey Health!



Pictured above are staff winner, Elizabeth Soll; Annie Jeffrey Radiology Director, Nataly Sanley; and community winner, Connie Hablitzel.

## LOUD Therapy and Parkinson Disease Patients

he American Parkinson Disease Association (APDA) reports that 89 percent of patients suffering from Parkinson's disease have speech problems that make it difficult or impossible to speak for themselves. LOUD is a speech therapy program that uses the clinically proven Lee Silverman Voice Training (LSVT) method to improve voice and speech in individuals with Parkinson's disease.

LOUD is an intense four-week, sixteen session speech therapy treatment program. It uses exaggerated vocal exercises to train patients to monitor and control the volume of their voices. The program addresses all three causes of speech problems:

- motor problems such as slow or jerky muscle movement
- sensory processing disorders that may make them unable to hear that their voice is soft
- inability to cue themselves to speak louder.

LOUD helps patients make themselves understood. The program doesn't teach them to yell but rather to speak strongly and forcefully. LOUD is effective in any phase of the disorder but works best during the early or middle stages. Pre-LOUD efforts at using speech therapy with Parkinson's disease showed that patients who made progress lost the improvements quickly. However, a number of clinical studies support the effectiveness of LOUD treatments.

Research supported by the National Institutes of Health and the National Institute for Deafness showed marked improvements for as long as two years after LOUD therapy treatment. Furthermore, imaging studies showed physical improvements in the brain after LOUD therapy.

It is common for individuals with Parkinson's disease to have difficulty being loud enough for people to hear, run out of air when talking, and/or to avoid groups of people. The LOUD program strives to increase patient's success with communication by improving the patient's voice and speech function.

LOUD improves vocal loudness by stimulating the muscles of the voice box (larynx) and speech mechanism through a systematic of exercises. Focused on a single goal "speak LOUD!" - the treatment does not train people to shout or yell; but rather uses loudness training to bring the voice to an improved, healthy vocal loudness with no strain.

Cindy Haggadone, the speech-language pathologist at Annie Jeffrey Memorial County Health Center is certified in the LOUD program. The LOUD therapy program is offered through the Rehab department at Annie Jeffrey. Contact your local healthcare provider for a referral if you think you or a family member may benefit from this program. To learn more, call Annie Jeffrey Memorial County Health Center at (402) 747-2031.

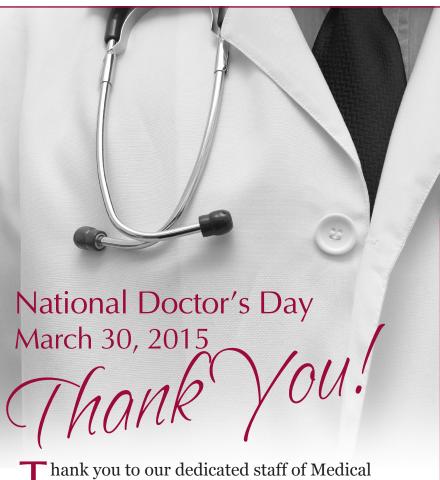
Source: www.livestrong.com

# Volunteer Appreciation Week April 12 - 18

olunteers are valued members of the community. Every year, they contribute hundreds of hours of time and energy. Every day they make a difference to the lives of our patients and the residents of Polk County.

**Annie Jeffrey Volunteers** operate the Thrift Shop on the south side of the square in Osceola. The Thrift Shop has clothing for the entire family, toys, household items and a variety of gift items. Profits obtained from sales are donated to the hospital and are used to purchase specialty items and fund new equipment. The shop does a great business and over the past 19 years has been able to donate over \$100,000.00 to the Annie Jeffrey Memorial County Health Center for the purchase of needed equipment!

Thank you to all of our volunteers for making a big difference in our community!



Thank you to our dedicated staff of Medical Specialists for your talent and commitment you bring to your patients, to the community and to the lives you touch at Annie Jeffrey Health Center!



David Jameson, MD Family Practice

Dr. David Jameson,
M.D., Chief of Staff, graduated from the University of
Nebraska Medical Center in
1983 with his M.D. degree.
He began practicing at Annie Jeffrey Health Center
in 1988. Dr. Jameson also
serves as Annie Jeffrey's
Trauma Medical Director.
He and his wife reside in the
Stromsburg, NE area.



Cameron Sidak, MD Family Practice

Dr. Cameron Sidak, M.D., graduated in 2007 from The University of Nebraska Medical Center with his M.D. Dr. Sidak covered call at Annie Jeffrey beginning in October of 2008 and became part of the Medical Staff July 2010. Dr. Sidak and his family live in Osceola.



Jenn Stanton, PA-C Family Practice

Jenn Stanton, PA-C, grew up in Grand Island, Ne. She completed PA school at Union College in Lincoln, Ne and graduated in 2009. She worked in Vermont for 2 years and in O'Neill, Nebraska for a year. When she is not busy at work, she enjoys spending time with her family and friends.



Jennifer Nekl, MSN, APRN, WHNP OB/GYN

Jennifer Nekl, MSN, APRN, WHNP is a Nurse Practitioner with the Columbus Women's Healthcare, P.C. Nurse Practitioners are midlevel providers with advanced education. They are unique in that they are trained in nursing along with diagnosis and management of common and some complex medical conditions. Nurse Practitioners can provide services ranging from annual exams, sports physicals, routine OB care, contraceptive management, menopause issues, treatment of illness and much more. Jennifer offers care in obstetrics and a full range care of gynecologic and female urinary problems.

## Doctor's Day - March 30, 2015 ANNIE JEFFREY SPECIALISTS



Robert Hibbard, MD Cardiology

Robert N. Hibbard, M.D. is the Cardiologist for Annie Jeffrey Health Center. He graduated from the Creighton University School of Medicine in Omaha in 1980. Following graduation he completed his internship, a residency in internal medicine and fellowship in cardiology at the Creighton University School of Medicine. He is a member of several additional professional societies and is listed in the reference volume, "America's Best Doctors," a listing of the top referral specialists throughout the United States. Dr. Hibbard is available twice each month at the Annie Jeffery Health Center to see patients.



Robert
Dugas, MD
Orthopaedics/
Sports Medicine

Robert Dugas, M.D. is the Orthopaedics and Sports Medicine specialist for Annie Jeffrey Health Center. He has been active in the practice of Orthopaedic surgery since 1989, originally joining Nebraska Orthopaedic and Sports Medicine in 1990. In 2006, Dr. Dugas completed his undergraduate studies at LSU and earned his medical degree from Louisiana State University School of Medicine-New Orleans. His practice interests and include knee and shoulder reconstruction, sports injury evaluation and prevention, and arthroscopic surgery.



Steven Nagengast, MD General Surgery

Stephen M. Nagengast, M.D. is the General Surgeon for Annie Jeffrey Health Center. He went to college and medical school at Creighton University in Omaha. Dr. Nagengast has been performing general surgery since 1991. As a board certified General Surgeon, Nagengast manages a broad spectrum of surgical conditions. He can establish the diagnosis and provide the preoperative, operative, and postoperative care to surgical patients and is usually responsible for the comprehensive management of the trauma victim or the critically ill. If you are in need of surgical care contact the hospital.



LaRoy Williams, мр Urology

LaRoy Williams, MD of Kearney Urology, PC is the Urologist at Annie Jeffrey Health Center. Dr. LaRoy Williams graduated from Georgetown University in Washington, D.C. and then attended Medical School at the University of Rochester, in Rochester, New York. Dr. Williams completed his residency in General Surgery and Urology at the University of Cincinnati Medical Center in Cincinnati, Ohio. Dr. Williams is board certified by the American Board of Urology and is available to see patients each month at Annie Jeffrev Health Center. Call Annie Jeffrey Health Center at 747-2031 to make an appointment.



Nick Wulf, MD OB/Gyn

Dr. Nick Wulf, OB/GYN
holds monthly clinics at Annie
Jeffrey Health Center. Dr. Wulf
graduated from the University
of Nebraska, Lincoln, where he
received his Bachelor of Science
degree in Nutritional Science in
2001. He received his Masters in
Nutritional Science in 2004 from
UNL. He completed medical school
in 2008 at Kansas City University
of Medicine and Biosciences and
completed his residency in
Obstetrics and Gynecology at
Creighton University.



Douglas Brouillette, MD Gastroenterology

Douglas E. Brouillette, M.D. is the Gastroenterologist for Annie Jeffrey Health Center. He graduated from University of Nebraska Medical Center in 1983. Then he completed his residency in Internal Medicine at the University of Nebraska College of Medicine in 1986 and Fellowship in Gastroenterology/Hepatology at the University of Pittsburgh in 1988.

He is certified with the American Board of Internal Medicine in Gastroenterology specializing in diagnosing and treating conditions involving the digestive organs such as the stomach, bowels, liver and gallbladder.

#### SERVICES AVAILABLE AT ANNIE JEFFREY

It is reassuring to know that specialized medical care is available right here in Polk County.

#### **GENERAL SERVICES:**

Inpatient and Outpatient Care Swing Bed Surgical Services including Inpatient and Outpatient **Specialty Clinics** OB Care including Labor and Delivery, C-section, nursery **Emergency Services** 24-hour ER, Lab, X-Ray and CT Cardiac Rehab Certified Lactation Counselor Radiology Services including general radiology, CT, Mammography, Ultrasound, and bone density studies Pharmaceutical Services Social Services Lab Services Physical Therapy

Child/Adolescent Health Services and Family Counseling Family Medicine Clinic Pulmonary Function Lab

#### WE ALSO PROVIDE:

Outpatient Treatments including: blood transfusions, IV therapies, specialty medication administration (such as Procrit or Remicade), dressing changes, etc. Anesthesia Services including:

Anesthesia Services including: general, local, regional anesthesia, steroid injections for pain management

Wellness Center

Wellness Programs including: community education, diabetes, and OB education Nutritional Services including: inpatient and outpatient consultations

Electrocardiogram

Respiratory Therapy provided by: nursing including oxygen administration, hand held nebulizer treatments, incentive spirometry and peak flow measurements

Cardiolite Studies Pulmonary Function Testing Pulmonary Rehab

Please contact the hospital at 402-747-2031 for more information.

#### AT AJHC BY CONTRACT:

Speech Therapy
MRI Scans
Nuclear Medicine
Sleep Studies
Echocardiogram
Cardiovascular Doppler Studies
Doppler Studies
Occupational Therapy
Pathology Services
PET/CT Scans

#### **SPECIALTY SERVICES:**

General Surgery
Gastroenterology
Obstetrics & Gynecology
Orthopaedics
Physical & Sports Medicine
Urology
Cardiology Clinic

# See Annie's Babies on our website at: www.AJHC.org



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