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## Annie Jeffrey

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## AJ Participates in National Walk at Lunch Day on April 29

To help show the community the importance of walking, Annie Jeffrey Health Center and Pinnacle Bank employees sponsored the National Walk @ Lunch Day on April 29th.

National Walk @ Lunch Day is a workplace walking program that encourages people to take time during their lunch breaks to start walking to better health. Most American schedules are built around a workday, so National Walk @ Lunch Day is designed to fit into – not compete with – the daily routine. Many employers are supporting National Walk @ Lunch Day by encouraging their workforces to participate. The national walking effort is the next step of Walking Works,

a Blue Cross and Blue Shield Association program to help Americans live healthier lives and reduce unnecessary medical costs due to physical inactivity. The Walking Works program was developed in partnership with the President’s Council on Physical Fitness and Sports.



## TURN A WORKING LUNCH INTO A WALKING LUNCH

## Foundation for Annie Jeffrey donates \$50,000 for new Chemistry Analyzer

At their recent board meeting, the Foundation for Annie Jeffrey donated \$50,000 to Annie Jeffrey for a new Chemistry Analyzer for the Lab. The new chemistry analyzer can run 40 different tests. It is able to use plasma or serum samples and is 5 to 10 minutes faster, depending on the test, than the instruments it replaced. That means getting the info to the providers that much faster.



*Pictured with Chemistry Analyzer are Foundation for Annie Jeffrey Board members: Karleen Watts, Margie Hayes, Mary Lerch, Kathy Gabel, Steve Peterson, Brian Beckner, John Girard, Susan Chrastil, Foundation Director and Karen Miller, Lab Manager. Not pictured are Karen Stevens, Foundation Board member and Joe Lohrman, Annie Jeffrey CEO.*

# Foundation for Annie Jeffrey receives Susan G. Komen grant

**T**he Susan G. Komen Foundation has awarded the Foundation for Annie Jeffrey a \$2,460 breast cancer awareness grant. About 1 in 8 women in the United States will develop breast cancer over the course of her lifetime. The sooner breast cancer is detected, the less likely a woman will need highly invasive and uncomfortable treatments and the more likely she will survive the disease. The American Cancer Society recommends women start having yearly mammograms at age 40. Significant progress in mammography technology is helping physicians to diagnose the disease earlier with improved outcomes. Annie Jeffrey Health Center offers Digital Mammography services, the newest technology in diagnosing breast cancer.

Since 1982, Komen has played a critical role in every major advance in the fight against breast cancer – transforming how the world talks about and treats this disease and helping to turn millions of breast cancer patients into breast cancer survivors. Susan G. Komen is proud of our contributions to some real victories:

## **More early detection and effective treatment–**

Currently, about 70 percent of women 40 and older receive regular mammograms, the single most effective screening tool to find breast cancer early. Since 1990, early detection and effective treatment have resulted in a 34 percent decline in breast cancer mortality in the U.S.

**More hope** –In 1980, the 5-year relative survival rate for women diagnosed with early stage breast cancer (cancer confined to the breast) was about 74 percent. Today, that number is 99 percent.

**More research** – The federal government now devotes more than \$850 million each year to breast cancer research, treatment and prevention (compared to \$30 million in 1982).

**More survivors** – Currently, there are about 3 million breast cancers survivors, the largest group of cancer survivors in the United States.

Join the Annie Jeffrey Mammography Department in honoring Mothers, Daughters, Sisters and friends by getting a mammogram. After getting a mammogram you will receive a special gift and your name will be entered into a drawing for a special iPad.

The Radiology Staff at Annie Jeffrey Health Center wants to remind everyone to Celebrate Life by encouraging your loved ones to get a mammogram. If you haven't seen or been to our Digital Mammo suite, please make an appointment. A mammogram only takes about 20 minutes. Those 20 minutes a year can save your life! Schedule yours today by calling 402-747-2031.



*Pictured 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 Susan Chrastil, Foundation Director.*

FOUNDATION FOR  
ANNIE JEFFREY

*Golf Tournament*

**June 19, 2015**

*Ryan Hill  
Country Club*

*There is still time to  
sign up for the annual  
Foundation for Annie  
Jeffrey golf tournament  
on Friday, June 19th at  
Ryan Hill Country Club  
in Osceola.*

**WIN A NEW  
CHEVROLET WITH  
A HOLE-IN-ONE  
from TONNIGES  
CHEVROLET.**

*The Foundation for  
Annie Jeffrey golf  
tournament promises to  
be a fun-filled day with  
great prizes, food  
and fun!*

*Call 402-747-2031 for  
more information.*



Annie Jeffrey Health Center honored Volunteers with a brunch and a program.



Above: Michelle Pruter, Annie Jeffrey Mammography Tech; Sara Noble & Donna Hellbusch

## AJ Volunteers honored at Annie Jeffrey Health Center

Annie Jeffrey Health Center honored the AJ Volunteers during Volunteer Appreciation Week at the hospital with a brunch and a program.

Joe Lohrman, Annie Jeffrey CEO, says “The AJ Volunteers are a great group of ladies that give their time and labor to the communities! They operate a Thrift Shop in the community of Osceola and have it open over 900 hours a year. They always have a smile and kind word for anyone that may venture in! We really appreciate all of the contributions the Annie Jeffrey Volunteers have made over the years. They have given countless hours of work in addition to their monetary donations of over \$100,000. This is just one small way of saying THANKS.”

Annie Jeffrey Volunteers operate the Thrift Shop on the south side of the square in Osceola plus volunteer their time and talent at the hospital, help with the annual health fair, hold bake sales and help with the annual golf tournament.

The Thrift Shop has clothing for the entire family, books, 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 organization has over 60 members! The membership comes from all parts of the county and surrounding area. They also enjoy the social aspect of the group and often bridge the gaps that are often left in small, rural communities between the service organizations, churches, government programs and local businesses.

We really appreciate all of the contributions the volunteers have made over the years. They have given countless hours of work in addition to their monetary donations.

“We are so fortunate to have such a dedicated group of Volunteers helping support our medical center,” said Lohrman.

## iPad Winners

Annie 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 Sara Noble.

The Annie Jeffrey Staff winner of a special iPad is Donna Hellbusch. Both are pictured with Annie Jeffrey Mammography Tech, Michelle Pruter.

There is still time to schedule your Mammogram at Annie Jeffrey Health to get your name in for the next drawing!



## Foundation for Annie Jeffrey Awards Scholarships

*Pictured with 2 of the 3 scholarship winners Lori Peterson and Kelly Cliffords are Foundation for Annie Jeffrey Board Members: John Girard, Karleen Watts, Margie Hayes, Mary Lerch, Kathy Gabel and Steve Peterson. Not pictured are Foundation Board members, Brian Beckner and Karen Stevens and Joe Lohrman, Annie Jeffrey CEO.*

In 1956, Polk County received a generous gift from Dr. Charles W. Jeffrey. As a memorial to his mother Annie, Dr. Jeffrey donated funds to help build a new hospital in Osceola. Thanks to Dr. Jeffrey's foresight, Annie Jeffrey Health Center is proud to say that we have helped thousands of people through the years. Our dedication to improving both the delivery of health care and the living conditions in our area are our top goals.

The Foundation for Annie Jeffrey continues Dr. Jeffrey's vision by offering scholarships for the future of health care. We offer scholarships to the four area high schools, Shelby/Rising City, Cross County, Osceola and High-Plains, for high-school seniors wanting to pursue a health-related degree plus scholarships to our employees who want to further their education.

Kelly Cliffords is a graduate of Cross

County High School and plans to pursue a degree to be a Physical Therapist.

Lori Peterson is a graduate of Osceola High School and plans to pursue a medical degree.

Cale Harless recently graduated from High Plains High School and will pursue a degree in Information Technology so he can work in a health care facility.

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## Annie Jeffrey Spring Health Fair a Success

The eighth annual Annie Jeffrey Memorial County Spring Mini-Health Fair was held on March 3rd at Annie Jeffrey Memorial County Health Center. Over 80 individuals took advantage of the health fair. Thirty Snowman Marathon participants returned for follow-up lab work and measurements while fifty other participants took advantage of the discounted comprehensive health blood profiles. All fairgoers were treated to a healthy breakfast provided by Annie Jeffrey's staff.

health fair, but was held at a time which was more convenient for the area farmers. Returning to the health fair was Tooley Drug and Home care from Columbus. They provided a respiratory therapist to answer pulmonary questions and assist individuals with oximeter and CPAP pressure checks. The Bryan LGH mobile screening truck had to reschedule for April 16 to provide abdominal aortic aneurysm screens, carotid artery ultrasound, peripheral arterial disease, and atrial fibrillation heart screening by Bryan/LGH East. Information was available for people to learn about their own health and to bring awareness of the services available at Annie Jeffrey.

Individuals were given an opportunity to get a closer look at the facility. The Health Fair Committee would like to thank all participants and Annie Jeffrey staff for helping to make the health fair a success. Planning has already begun for the 9th annual Mini-Spring Health Fair. Look for upcoming information about the 12th annual health fair to be held in October.

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**The smaller health fair offered the same beneficial lab screenings as the larger October fair.**

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The Spring Mini-Health Fair was designed to provide an opportunity for those who are not able to attend the October health fair. The smaller health fair offered the same beneficial lab screenings as the larger October

The Polk County Health Department and Four Corners Health Department were on hand with farm safety products and information about radon and skin and colon cancer screening information.



## Memorial Gifts

Each year, Annie Jeffrey Health Center receives financial contributions in memory of loved ones. The Foundation for Annie Jeffrey would like to thank those donors who are helping support the hospital's charitable mission, while paying tribute to a family member or friend. Here is the list of the community members we received donations in memory of this past year.

### *In Memory Of:*

David Alt  
Wayne and Lorraine Anderson  
Irene V. Anderson  
Leonard and Ramona Augustin  
George Boruch  
Carl Burritt  
Irene Burritt  
Ted Cannon  
John Carlson  
Nick Cerny  
Marge Cerny  
Louise Cerny  
Don Conkling  
Ted and Agnes Cuda  
Raymond Custor  
Leonard Davidson  
Dr. Clarence Davis  
Myrtle and Joseph DeSort  
Phyllis DeSort  
Alice Dunn  
August and Margaret Fittje  
Duane Gabel  
Gladys Gaedeke  
Nicki Glatter  
Sally Gustafson  
Ronald Hajek  
Shirley Hart  
Sheriff Mark Hecker  
Dorothy Hiemer  
Mr. and Mrs. Tom Hofbauer  
Charles Huggler  
Waldean Johnson

Ruth Jones  
Carol Kohles  
Dorothy and Steve Kozel  
Delphine Kresha  
William (Bill) Kucera  
George Kumpf  
Lorraine Larson  
Kenneth Larson  
Shirley Larson  
Anna Leif  
Francis "Whitey" Leif  
Marlene LeSuer  
Lynn Lohrman  
Mildred and William Lohrman  
Dale Lucas  
RaeJeanne Marsden  
Joe Marsden  
Laurence and Marie Meister  
Dick Merrick  
Helen Merrick  
Bob Merrick  
Dorothy Mills  
Delbert and Velma Morris  
Leonard Mrkvicka  
Evelyn Olson  
Severt Oquist  
Stanley Oquist  
Mary Peterson  
Wes Peterson  
Mr. and Mrs. Charles Petrizilka  
Lindsay Pruter  
Russell Reese

Eugene Reetz  
Martin and Gladys Roberts  
Sophie Jo Robinson  
Karen Schoop  
Ron Schoop  
Esther Schott  
Mary Ann and John W. Schott  
Vicki Schuler  
Al Sculley  
Ruth and Gola Sebenar  
Arlo and Genelle Stevens  
Pat Thayer  
Jerome Urban  
Andrew and Barbara Urkoski  
Darlene Wanek  
Robert A. Wanek  
Marurice Watts, Jr.  
Michael Wieseman  
Myrtle Wieseman  
Bill Wieseman  
Mike Wieseman  
Robert and Alice Willits  
Loretta Wyatt  
Roger Wyatt  
Lori Wyatt-Marsh  
Our Grandparents  
Mom Milly and Mom Eleanor  
Lerch Deceased Family  
Members  
Ruff Deceased Family  
Members



## Fit & Healthy Kids

Annie Jeffrey Health Center is starting a new community wellness program May 28th called Fit and Healthy Kids. This program is for kids ages 8 and over plus at least one parent or grandparent.

Participants will attend weekly cooking classes at the hospital during the summer so they learn how to cook simple healthy meals and snacks, grocery shop by reading food labels, the importance of good nutrition and will participate in daily fitness challenges.

This 6-week wellness program is designed to help establish a routine of regular exercise and healthy eating by providing weekly recipes and goals, nutrition information and keeping participants motivated with fun, prizes and camaraderie. To register for this program, please fill out and mail the registration form on the back of this newsletter or call Sandra Burwell, Annie Jeffrey Health Center Registered Dietitian at 402-747-2031.

Here is a recipe from our Dietary Department at Annie Jeffrey

## Lemon Zucchini Bread

2 1/3 c. flour  
1 1/2 t. baking soda  
1/2 t. salt  
2 t. lemon zest or juice  
1 c. sugar  
1/3 c. canola oil  
2 eggs  
1 t. vanilla extract  
3/4 c. light sour cream  
3 c. grated zucchini

### GLAZE:

1 cup powdered sugar  
2 tablespoons lemon juice

Directions - Preheat oven to 350 degrees. Grease and flour 2 loaf pans, or 4 mini loaf pans, and set aside. Combine flour, baking soda, and salt, in a bowl and whisk to combine. Set aside. In large mixing bowl, beat sugar, oil, and eggs. Mix in lemon zest, vanilla, and sour cream, beat to combine. Add dry ingredients and mix just until combined. Mix in zucchini. Divide batter between pans. Bake for 50-60 minutes or until a toothpick comes out clean. (Bake mini loaves for 30 - 35 minutes or muffins for 18 minutes.) Cool 10 minutes in pan on a wire rack; remove from pan, and cool completely.

GLAZE - Whisk together powdered sugar and lemon juice to create a thin glaze. Drizzle over the top of loaves when cool.

\*Tip: Use a salad spinner to spin out excess water in the zucchini. You could also wrap it in towel and squeeze out excess water.

## Foundation for Annie Jeffrey Awards an Employee Scholarship to Vicki Mestl



*Pictured are Foundation for Annie Jeffrey Board Members, John Girard, Margie Hayes, Karleen Watts, Brian Beckner, Vicki Mestl, scholarship winner, Kathy Gabel, Mary Lerch, Susan Chrastil, Foundation Director and Steven Peterson. Not pictured are Karen Stevens and Joe Lohrman, Annie Jeffrey CEO.*

Vicki Mestl has been awarded a Foundation for Annie Jeffrey scholarship as she pursues her Health Information degree. Vicki received her Associates in Health Information Management Services from Central Community College in 2013. Vicki graduated from Abilene, KS High School in 2005. After High School she achieved her Associate's Degree in Applied Science Surgical Technology from Southeast Community Col-

lege. Vicki married Anthony Mestl, a local Osceola farmer, on July 7, 2007. They have two children, Braxton, 8 and Kendly, 6. She has been employed with Annie Jeffrey Health Center for 7 years and has worked in many different departments, including Surgery, Sterile Supply, Medical Coding and Records, Lab, Insurance, and Outpatient recovery. In her free time Vicki enjoys camping, shopping, and hanging out with friends and family!!

## Annie Jeffrey Now Offers LSVT LOUD®!

LSVT LOUD® is a highly effective speech treatment that improves vocal loudness, respiratory, laryngeal and articulatory function to maximize speech intelligibility in people with Parkinson's disease and other neurological impairments. LSVT LOUD uses loudness training to bring the voice to an improved, healthy vocal loudness with no strain.

**Did you know that Speech-Language deficits are the most common of childhood disabilities and affect about 1 in 12 children?**

The Speech-Language Pathologist at Annie Jeffrey Memorial County Hospital works closely with families and referring physicians to better understand the child's strengths and needs. Annie Jeffrey Memorial County's speech therapist work with a wide variety of pediatric speech and language needs including articulation disorders, stuttering, feeding and swallowing dif-

ficulties, receptive and expressive language, voice, reading difficulties and more.

**Did you know that the average person swallows over 2000 times a day!**

When you have swallowing difficulties or dysphagia, it can be miserable. Good thing Annie Jeffrey Memorial County Hospital has a Speech-Language Pathologist that is highly trained in swallowing difficulties and has the latest technology to help get you back to eating and drinking safely again.

Here are some signs and symptoms of swallowing difficulties to watch for: Choking when swallowing or after swallowing, a sensation of food getting stuck in your throat, pain during swallowing, a sensation of having a lump in your throat, an onset of pneumonia of unknown origin, weight loss, anterior spillage when you drink or eat, food stuck in your cheeks, dehydration, reflux, trouble initiating the swallow or holding

*Continued on page 7.*



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

## Specialized Care Here in Polk County!

### GENERAL SERVICES:

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

### WE ALSO PROVIDE:

- Anesthesia Services including: general, local, regional anesthesia, steroid injections for pain management
- Cardiolite Studies
- Electrocardiogram
- Nutritional Services including: inpatient and outpatient consultations
- Outpatient Treatments including: blood transfusions, IV therapies, specialty medication administration (such as Pro-crit or Remicade), dressing changes, etc.

### AT AJHC BY CONTRACT:

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

### SPECIALTY SERVICES at AJHC:

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

- Pulmonary Function Testing
- Pulmonary Rehab
- Respiratory Therapy provided by: Nursing including oxygen administration, hand held nebulizer treatments, incentive spirometry and peak flow measurements
- Wellness Center
- Wellness Programs including: community education, diabetes, and OB education

## LSVT LOUD®

*Continued from page 6.*

food in your mouth, oral or nasal regurgitation.

Did you know that 1 in 4 people who have had a stroke will lose their ability to speak what they are thinking!

The good news is that the speech-language pathologist, also called speech therapist, at Annie Jeffrey Memorial County Hospital can help you regain your ability to express yourself and be understood, especially when the therapy is started soon after a stroke.

The condition, known as aphasia — a language disorder due to brain damage — is often the result of a stroke-induced brain injury. The stroke can also damage the muscles used to speak, making it difficult to form words clearly.

The speech-language pathologist will tailor stroke recovery strategies to each patient's needs, whether it's having trouble speaking, understanding, or both.

For more information about any of these health problems, please contact Annie Jeffrey Memorial County Hospital Speech Therapy Department at (402) 747-2031.

# FIT & HEALTHY KIDS REGISTRATION FORM

Registration cost will be free thanks to a generous grant from Blue Cross Blue Shield.

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Age: \_\_\_\_\_ Phone Number: \_\_\_\_\_ T-Shirt size: \_\_\_\_\_

Adult Participant(s): \_\_\_\_\_

Do you wish to receive weekly motivational and prize notification E-mails?

(No record of e-mails will be kept after the contest is over).

If so, provide e-mail address below. Otherwise, contest results will be presented each week during class time.

E-Mail Address: \_\_\_\_\_

I understand that I must have my physician's approval before I begin any exercise program and that Annie Jeffrey is not responsible or liable for any injuries sustained during this event.

Signature \_\_\_\_\_

Return this completed registration to: Annie Jeffrey Memorial Health Center - Dietary Office, 531 Beebe St., Osceola, NE 68651

See Annie's Babies on our website at:  
[www.AJHC.org](http://www.AJHC.org)



**Annie Jeffrey**

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