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Published Quarterly By:



MEMORIAL COUNTY  
HEALTH CENTER

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## 2011 Snowman Marathon



Get your New Year's Resolutions off to a great start by participating in the 2011 Snowman Marathon coordinated by Annie Jeffrey Health Center. Thanks to a generous grant from Blue Cross Blue Shield, we are expanding our 6 week program into each community this year. The overall purpose of the Snowman Marathon is to establish a routine of regular activity and healthy eating by providing weekly goals, nutrition information, and keeping you motivated with fun and prizes.

- Sign up between January 11-15. Registration cost will be \$20.
- All participants involved in an agriculturally related field, may also choose to become a member of the "Red" team (Case International) or "Green" (John Deere) team or "Orange" (AGCO) team. In order to generate some healthy competition, the average number of miles submitted by each team will be posted on-line at [www.ajhc.org](http://www.ajhc.org) – May the best tractor win!
- Packet pick up will be during a kick-off event in each community during the week of January 11-15. During this event, participants will be given instructions, starting packets (including mileage logs, and weekly Fruit and Vegetable contest forms).
- 'Marathoners' will also have the opportunity to learn about exciting new research in healthy eating and weight loss from registered dietitian, Sandra Burwell.
- Free use of the AJ Wellness Center will be offered to all participants, but those using equipment at home are also encouraged to participate.
- The marathon will begin January 18. Participants have 6 weeks to complete 26.2 miles. Participants track their own miles and submit them each week – on-line at [www.ajhc.org](http://www.ajhc.org) or in specified locations in each community.
- Special prizes will be given away each Monday to reward "runners" who turn in weekly mileage sheets to the box in the Wellness Center or submit their miles online by the previous Sunday.
- To promote healthier eating, weekly challenges will focus on increasing fruit and vegetable intake. Each week, we will draw a prize winner from those who submit their Fruit and Vegetable Contest forms.
- Contest winners and a leader board will be available via our website [www.ajhc.org](http://www.ajhc.org).
- All finishers will receive a Snowman Marathon T-shirt.
- Snowman Marathon concludes at our Spring Health Fair on March 3. All finishers will receive a prize and be entered to win a 1 year membership to the AJ Wellness Center.
- Free blood screening tests before and after the Snowman Marathon will be available to the first 75 people to sign up.





*Susan Hyatt  
Scholarship Recipient*

## Annie Jeffrey Scholarships

The Foundation for Annie Jeffrey recently started offering scholarships to Annie Jeffrey Health Center employees who want to further their education. The first scholarship winner was Susan Hyatt. Susan is an LPN going back to school to become a Registered Nurse.

Susan has worked at Annie Jeffrey Health Center for 1 1/2 years.

The new employee scholarship program funded by the Foundation will help the Annie Jeffrey staff continue the educational opportunities needed for them to advance in their health care field.



## Annie Jeffrey Health Fair

The seventh annual Annie Jeffrey Memorial County Fall Health Fair held on October 5th was a huge success. Over 170 fairgoers, from a variety of Nebraska communities, visited the health exhibits with 151 taking advantage of the discounted comprehensive health blood profiles. A healthy continental breakfast was provided by Annie Jeffrey's staff.

The health fair is designed to be an event where people can learn about their own health and obtain information about services provided in the area. The fair provided several interactive opportunities for those who visited. Participants were able to visit different booths where vendors provided free body fat analysis, oximetry, blood typing, complimentary massages, blood pressure screening, skin cancer screening, and tours of the Star Care V helicopter were available. Several adults and children received their season-

*The health fair is designed to be an event where people can learn about their own health and obtain information about services provided in the area.*

al flu vaccination from the Polk County Health Department.

There were 26 vendors at the fair providing health information and services. This year new vendors on hand included Belton Audiology Hearing Center and York Home Medical Equipment. The Aging Partners office from Lincoln conducted 53 Sahara Bone Density screen-

*Continued on page 5.*

## Foundation for Annie Jeffrey Receives \$1,000 Grant from Pioneer Hi-Bred

Pioneer Hi-Bred, a DuPont business, recently donated \$1,000 to the Foundation for Annie Jeffrey for new surgery equipment for the Annie Jeffrey Health Center.

Pioneer has been doing business in Polk County for many years. Giving back to the community is important to the business.

This grant originated with a request from Tim Pallas, through Pioneer Community Investment. As the philanthropic arm of Pioneer, Community Investment makes contributions to community-based organizations on behalf of the business and employees.

Consideration for Community Outreach grants are given to communities where Pioneer representatives, employees and customers live and work and that support quality-of-life initiatives to create an improved, sustainable lifestyle for people worldwide.

Joe Lohrman, CEO, Annie Jeffrey Health Center, stated "We are grateful for this gift from Pioneer Hi-Bred to help us purchase new equipment for our hospital," said Lohrman.



*Pictured are Joe Lohrman, CEO, AJHC, Karleen Watts, Foundation for Annie Jeffrey Board Member, John Girard, Foundation for Annie Jeffrey Board Member, and Tim and Colleen Pallas, Pioneer Hi-Bred dealers.*

## Behind the Scenes at Annie Jeffrey - Surgery/OP

**Jane Hays** was born and raised in South Dakota. She is married to Chris Hays and they have 2 children Eric, 14 and Samantha, 10. Jane graduated from nursing school in 1999 and has worked at Annie Jeffrey ever since. She is the surgery supervisor and works in the following departments: nursing, surgery, and GI clinic. The thing Jane likes best about working at Annie Jeffrey is that she already knows most of the patients she takes care of and also enjoys the people she works with. When Jane is not at work she enjoys attending her children's activities and quilting.

**Kimberly Yungdahl** works as a circulator in surgery. She was born and raised in Albion, NE and graduated from Methodist College with a Bachelors degree in nursing in 2002. Kimberly married her husband Eric in 2005 and they have two boys Tanner, age 3 and Cooper, age 2 which keep them both very busy. She has worked at Annie Jeffrey for 6 years as a nurse and enjoys taking care of patients and working at Annie Jeffrey. She works in surgery, urology clinic, and nursing. She enjoys golfing, shopping, and reading when she can.

**Cheryl Higgins** works as a circulator in surgery. She was born in Stillwater, Oklahoma and attended nursing school at Central Community College, graduating in 2004. Cheryl started working at Annie Jeffrey Memorial County Health Center in 2008. She has been married to her husband Tim for 23 years. They have 4 sons Jordan, Bryce, Collin, and Samuel. She enjoys sewing, bike riding and reading.

**Donna Hellbusch** works as a scrub tech in surgery. Her bio was featured in a previous newsletter.

**Vicki Mestl** works as a scrub tech in surgery and works in sterile processing department. Her bio was featured in a previous newsletter.

**Lorri Marsden ST,LR:** Lorri started working at Annie Jeffrey in 1991 as a Surgical Technologist. Over the last 19 years, with additional education, Lorri has expanded her occupation. She is a Surgical Technologist, Radiographer, the Outpatient Associate for Dr. Nagengast, Dr. Heiser, and Dr. Wiltfong. She works in other various

outpatient clinics and she also works in Central Supply. Lorri and her husband Roger have been married for 19 years and have two sons, Kjell (10), and Channer (7). Lorri is a 4-H and Cub Scout leader and a Sunday School Teacher. She enjoys working with her sons with their 4-H and Cub Scout projects. She enjoys anything and everything to do with the outdoors and farm life. She has seen many faces and many things change at Annie Jeffrey, but knows that Annie Jeffrey is and needs to remain a strong family to provide excellent care to our clientele.

**Chris Gabel, RN** was born and raised in Osceola, and started working at Annie Jeffrey shortly after graduating from UNMC College of Nursing in Lincoln. She started working in surgery in 1985. She is currently Director of Nursing, but continues to work in Surgery and in Labor and Delivery. Chris is married to Pat and has three sons and daughters-in-law: Brian and Heather, Tom and Jodi and Mike and Kelsey. She enjoys playing with her six adorable grandchildren, gardening, and reading in her spare time.

**Becky Kumpf** works in the sterile processing department and is the inventory and purchasing supervisor. She has worked at Annie Jeffrey for more than 30 years. She worked as a nurse aid when she first started and has worked in several areas/departments over the years. She is married to Steve Kumpf. She has 4 children and 6 grandchildren. When not at work she enjoys shopping, spoiling her grandchildren, and exercising.



*Left to right (front): Jane Hays, Donna Hellbusch, Kim Yungdahl and Chris Gabel  
Left to right (back): Vicki Mestl, Cheryl Higgins, Lorri Marsden and Becky Kumpf.*

## Meet Two of Our Specialists



*Stephen Nagengast, MD  
Board Certified  
General Surgeon*

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 did his residency in Phoenix, Arizona and has been performing general surgery since 1991.

As a board certified General Surgeon, Nagengast manages a broad spectrum of surgical conditions affecting almost any area of the body. 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 surgical patient.

If you are in need of surgical care or a second opinion contact the hospital at 402-747-2031.

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## Our Specialists

*Continued from page 3.*



*Robert Hibbard, MD, FACC  
Board Certified Cardiologist*

Robert N. Hibbard, MD 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 certified with the American Board of Internal Medicine and the American Board of Internal Medicine Subspecialty Boards of Cardiology. He is also 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 Jeffrey Health Center to see patients. If you are in need of care from a Cardiologist or are wanting a second opinion contact the hospital at 402-747-2031 for an appointment.

## Annie Jeffrey Volunteers Donate for Admissions Desk and New Waiting

The Annie Jeffrey Volunteers donated funds to Annie Jeffrey Health Center to help purchase a new admissions desk and new waiting room furniture for the hospital. During the past 15 years, the AJ Volunteers have donated \$80,860.00 to Annie Jeffrey Health Center with proceeds from the Thrift Shop. Joe Lohrman, Annie Jeffrey CEO, says "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."



*Pictured with the new waiting room furniture are (Standing left to right): Janet Carlson, Marie Jarmin, Karleen Watts, Ardie Hayes, Sally Bresnahan, Gloria Oquist, Bev Brigham, Joe Lohrman, Susan Chrastil. (Seated): Arlene Tonniges, Idelle Jacobsen*



*Foundation for Annie Jeffrey Board members decorate Foundation Family Tree. Pictured from left are: John Girard, Brian Beckner, Karleen Watts, Karen Stevens, Steve Peterson, Mary Lerch, Terry Fusco, Joe Lohrman and Susan Chrastil. Not pictured is Doug Rathjen*

## 2010 Foundation Family Tree

Family, friends and loved ones are cherished joys of the Christmas season. The Foundation for Annie Jeffrey has

set aside a special time each year to pause to remember and honor our loved ones.

*If you would like to receive an electronic copy of our Heartbeat newsletter, please go to the Health News link on our website at: [www.ajhc.org](http://www.ajhc.org) to submit your email address.*

# Open House December 1st

**A**nnie Jeffrey Health Center and Annie Jeffrey Family Medicine held an open house on Wednesday, December 1, 2010. Community members were able to visit the newly remodeled Annie Jeffrey Family Medicine Clinic and meet Dr. Cameron Sidak and the rest of the clinic and hospital staff. Tours of the medical clinic, business office, medical records and the OB/nursery were offered. Dr. Sidak held an information talk for the public during the event. Information on the Wellness program, Annie Jeffrey Snowman Marathon, was also available.



*Newly remodeled Annie Jeffrey Family Medicine Clinic waiting room at Open House*

## Annie Jeffrey Memorial County Health Center Annual Report 2010

**P**atients and community members come to us in need and honor us with their trust. They place their health, and often even their lives, in our hands. We take that responsibility seriously and ensure our patients receive quality, personalized and compassionate health care in a safe and efficient manner.

We continue to develop our work plan in conjunction with our strategic plan. Our Balanced Score Card gives us measurable information that allows us to track how we are doing in the areas of Financial Performance, Community and Customers, Internal Processes and Our People (Employees). We also continue our work in the areas of customer service excellence, provider recruitment and retention, communication with the public, expansion of services, and retaining a high quality workforce.

### **The following is a summary of activities for the past year:**

- Dr. Cameron Sidak began his family practice career at Annie Jeffrey Family Medicine & Prairie Creek Family Medicine.

- Continued October Mammograms incentives program
- Went to area schools to offer discounted blood draws in conjunction with annual Annie Jeffrey Health Fair.
- Quiet Time at Annie Jeffrey initiated



- Completed Phase II of our building project which included remodeling the Business Office, Medical Records and the Annie Jeffrey Family Medicine Clinic
- Continued Balanced Score Card training for staff
- Hosted the Foundation Family Tree Celebration

## Health Fair

*Continued from page 2.*

ings in an attempt to make the early detection of osteoporosis possible. Blue Valley Community Action sponsored a non-perishable food drive. Area residents expressed their selfless generosity by donating food and monetary donations. The Annie Jeffrey Volunteers held a bake sale raising over \$300. Approximately 7 other entities were unable to attend this year's fair but had information on hand for participants to take home.

The Health Fair Committee would like to thank all of the exhibitors, participants, and staff who helped make the 2010 health fair a success. Planning has already begun for next year's event. Look for upcoming information on the 4th annual Mini-Spring Health Fair.



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## The Foundation for Annie Jeffrey Board Members:

*Brian Beckner*

*Terry Fusco*

*John Girard*

*Mary Lerch*

*Steven J. Peterson*

*Doug Rathjen*

*Karen Stevens*

*Karleen Watts*

### *Annual Report continued from page 5.*

- Purchased new anesthesia machine with help of the Foundation for Annie Jeffrey and Bryan LGH Foundation
- Purchased new EKG machine with proceeds from golf tournament
- Snowman Marathon Wellness Program was well attended
- Featured a Baby insert with all babies born at Annie Jeffrey during the past year in the Polk County News
- Purchased new IV poles and new Stress Test treadmill
- Several Annie Jeffrey employees started volunteering as Teammates Mentors at the school
- Partnered with Pinnacle Bank in sponsoring BC/BS Walk for Lunch Day
- Annie Jeffrey Health Center was chosen as the business of the month



- Hosted the second Annual Foundation for Annie Jeffrey Golf Tournament
- Offered Mature Driving Classes at Annie Jeffrey in partner with Traffic Safety Plus
- Updated OB Room with AJ Volunteers donating funds for a new rocker, table and chairs
- Received \$10,000 Blue Cross Blue Shield wellness grant to help fund Snowman Marathon
- Published education on Advanced Directives
- Hosted Congressman Adrian Smith at facility to meet with Board of Directors, staff, medical staff and invited public to discuss views on health care reform
- Mike Karel, PAC toured the Senior Centers in Polk County to discuss senior health concerns and the H1N1 flu outbreak
- Polk County Foundation presented a \$20,000 check for a Cautery Unit/Surgery to Annie Jeffrey
- Hosted monthly trauma meetings with area rescue units



*Nataly Sanley and  
Larry LeSuer of Annie  
Jeffrey Health Center  
joined area hospitals  
affiliated with  
Southeast Medical  
Response System  
(SEMRS) to set up a  
portable hospital.*

- Annie Jeffrey participated in disaster training as part of the Southeast Nebraska Medical System (SEMRS)
- Began computer training for Electronic Medical Records (EMR)



### **In addition to the financial and statistical measures, Annie Jeffrey participated in the following community partnerships:**

- Offered 2 Health Fairs to community members with discounted health information and screenings
- Published a number of informational articles in The Polk County News
- Published a quarterly Heartbeat newsletter

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- Participated in Shelby and Osceola school system career day and other school related activities
- Provide shadowing opportunities for college and high school students
- Utilized tele-health for BryanLGH nursing students and Central Community College medical career students
- Co-sponsored and participated in National Walk Day, four blood drives and Stromsburg Festival Fun Run.
- Utilized tele-health equipment for educational and diagnostic purposes.
- Active in area Chamber of Commerce and community organizations

We wish to express our sincere gratitude for allowing us the privilege to serve your health care needs during the past year. We look forward to providing you and your loved ones with the best quality health care services in the upcoming year



*Dr. Sidak visits with community members at the Open House on December 1st.*

and are honored that you trust us with your most valued possession... your health.

The foundation for Annie Jeffrey Memorial County Health Center's future continues to be our reliance on the strength of our staff and its resolve to remain true to the heart of our mission and values – the provision of quality, compassionate health care for the citizens of Polk County and the surrounding area.



*Pictured above are the Annie Jeffrey Volunteers Board of Directors: Ardie Hayes, Gloria Oquist, Marie Jarmin, Karleen Watts, Sally Bresnehan and Idelle Jacobsen. Not Pictured are Janet Carlson and Arlene Tonniges.*

***“To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.”***

***~ William Londen***

### **Financial and Statistical Highlights**

<b>Statistic</b>	<b>2010</b>	<b>2009</b>
Acute admissions	224	224
Swing Bed Days	298	322
Surgical Cases	40	38
Observation Hours	1894	2562
CT Scans	405	388
ER Visits	676	606
X-ray Visits	1325	1374
Specialty Clinic Visits	847	938
PT Procedures	9726	9763
Operating Gain (Loss)	(\$315808)	(\$42275)

## SERVICES AVAILABLE AT ANNIE JEFFREY

*It is reassuring to know that specialized medical care for your family 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  
Radiology Services including  
general radiology, CT,  
Mammography and  
bone density studies  
Pharmaceutical Services  
Social Services  
Lab Services  
Physical Therapy

Child/Adolescent Health  
Services and Family Counseling  
Family Medicine Clinic

### WE ALSO PROVIDE:

Outpatient Treatments including:  
blood transfusions,  
IV therapies, specialty  
medication administration  
(such as Procrit or Remicade),  
dressing changes, etc.  
Anesthesia Services including:  
general, local, regional  
anesthesia, steroid injections  
for pain management  
Cardiolite Studies  
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  
Pulmonary Function Testing  
Pulmonary Rehab  
Wellness Center

### AT AJHC BY CONTRACT:

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

### SPECIALTY SERVICES:

General Surgery  
Gastroenterology  
Obstetrics & Gynecology  
Orthopaedics  
Physical & Sports Medicine  
Urology  
Ear, Nose & Throat  
Cardiology Clinic

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

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



**Annie Jeffrey**

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