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MEMORIAL COUNTY
HEALTH CENTER

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Snowman Marathon

The Snowman Marathon Wellness program will conclude at the Spring Health Fair on March 1. 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!!

GET FIT
DON'T
QUIT

Health Fair offers Spring "Tune Up"

Every 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 1st 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.

"Routine maintenance on yourself is just as important as routine maintenance on your machinery," states Joe Lohrman, Annie Jeffrey Health Center Administrator. "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 1st from 6:45 am until Noon at the health center with a free continental breakfast. A comprehensive blood screening, which normally costs

Continued on page 2.

A Letter from the Nebraska Community Blood Bank to the Annie Jeffrey Community

Thank you so much to the 39 people who registered and donated blood on January 6. There were 32 units collected. Your organization helped patients in Lancaster, Saline, Seward, Polk, York and Jefferson Counties.

Each week, Nebraska Community Blood Bank needs the support of more than 1,000 donors to supply blood to area hospitals. Your commitment is vital for local patients.

Please extend our heartfelt thanks to the donors at Osceola. Blood donors are special people for truly giving of themselves so that others might live. Please don't wait to be asked...volunteer!

Again, thanks for your hard work. Your enthusiasm and commitment are making a difference!

~ Jami Kassebaum
*Donor Recruitment
Representative
Nebraska Community
Blood Bank*

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

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), 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, Carotid Artery Ultrasound 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.

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. The Abdominal Aortic Aneurysm screening is a painless ultrasound screen that takes pictures of the aorta to detect the presence of an AAA.

A Carotid Artery Ultrasound screening will help you determine if you are at risk for Carotid Artery Disease. This non-invasive screening detects plaque deposits in the carotid arteries. In order to be eligible for the carotid screening you must be at least 60 years old or have a history of any of the following: cardiovascular disease, tobacco use, high cholesterol, high blood pressure, or diabetes.

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. Walk-ins welcome for lab work from 6:45am until Noon.

The Polk County Health Department will be on site offering free blood pressures checks and will have flu shots available for \$25 or free with a Medicare card. 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 will also be present with their Medication Take-Back and Brown Bag Medicine Review programs. They will be giving the public the opportunity to rid their homes of potentially dangerous expired, unused, and unwanted prescription drugs. This service is free and anonymous, no questions asked.

Tooley Drug and Home Care will also be providing a free Brown Bag Medicine Review from 7:00 am until Noon. A pharmacist will go through your medications, vitamins, and over the counter supplements. They will look for any interactions between the medications/supplements. In order to participate bring all your medications; prescriptions and over-the-counter, including vitamins and supplements, a list of your allergies and medical conditions. Please allow approximately 30 minutes to complete. The Center for Survivors will be onsite promoting their new satellite offices so victims located in the rural counties will have more accessibility to their services.

As the Snowman Marathon concludes participants are encouraged to attend the health fair to re-check their measurements, body-fat, and blood work.

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

Sleep 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 in 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.

March is Colorectal Cancer Awareness Month

Colorectal cancer – cancer of the colon or rectum – is the second leading cause of cancer-related deaths in the United States for both men and women combined. Despite the fact that it is highly preventable, each year there are so many new cases of colorectal cancer diagnosed.

There are ways to prevent colorectal cancer. Screening tests are the most effective way to prevent colorectal cancer or detect it in its earliest, most curable stages. Most cases of the disease begin as non-cancerous polyps – grape-like growths in the lining of the colon and rectum. These polyps can become cancerous. Because there are often no symptoms related to polyps, it is very important to be screened.

Doctors recommend that everyone should be screened for colon cancer when they turn 50 - or younger if a parent, sibling, or child

has been diagnosed with colon cancer - and at least once every ten years after that. Unfortunately, residents living in southeast Nebraska have higher rates of colon cancer than the U. S. average. If you follow your doctor's guidelines and have your colonoscopies on time you will reduce your risk of colon cancer by up to 90%.

The risk of developing colorectal cancer increases with age. All men and women should talk with their health care professional about screening for colorectal cancer.

Please call Annie Jeffrey Health Center at 402-747-2031 to schedule your colorectal cancer test. Both Dr. Sidak and Dr. Brouillette perform this procedure at Annie Jeffrey.

It's Scholarship Time!

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.

Students should contact their school counselors for more information.

The greatest wealth is health. ~ Virgil

Foundation Receives \$27,500 Avon Grant

The Avon Breast Health Outreach Program has awarded a \$27,500 one-year grant to the Foundation for Annie Jeffrey to increase awareness of the life-saving benefits of early detection of breast cancer. It is the first year that the program has received funding from the Avon Breast Cancer Crusade to support its work on this important health issue.

The Mothers, Daughter, Sisters and Friends program at Annie Jeffrey Health Center will educate the Polk County area women and refer them to mammograms and clinical breast exams in their own communities. The vital program will also offer health talks with health professionals on the importance of breast health and mammograms.

Since May, 2011 when digital mammography was installed at Annie Jeffrey Health Center, we have provided early detection of breast cancer to over 1200 women. The Mothers, Daughters, Sisters and Friends program at Annie Jeffrey Health Center has informed many women about the importance of mammograms, early detection and clinical breast exams through newsletters, news articles, radio and the Ladies Night Out events put on by our Mammography Department.

Breast cancer is the most common form of cancer in women in the United States. According to the American Cancer Society, 1230 new cases of breast cancer will be detected in Nebraska this year and

210 lives will be lost. While advances have been made in prevention, diagnosis, treatment and cure, early detection still affords the best opportunity for successful treatment. Programs such as the Mothers, Daughters, Sisters and Friends help ensure that all women have access to early detection information and options, even poor and medically underserved women.

Since 1993, the Avon Breast Cancer Crusade has awarded more than 1,800 grants to community-based breast health programs across the United States, including Mothers, Daughters, Sisters and Friends at Annie Jeffrey Health Center. The Avon Breast Cancer Crusade awards funding to beneficiaries ranging from leading cancer centers to community-based grassroots breast health programs to support breast cancer research and access to care. Many programs are dedicated to educating underserved women about breast cancer and linking them to early detection screening services. Visit avonbhop.org for more information.

For more information on the Mothers, Daughters, Sisters and Friends program at Annie Jeffrey Health Center, please call Nataly or Michelle at 402-747-2031. To learn more about the Avon Breast Health Outreach Program, visit www.avonbhop.org



THANK YOU

to everyone who participated
and contributed to our Hearts
on Fire Wine and Beer Fest
on Feb. 7th!!!

What a fun event!!!



Above ~ 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: Foundation Director, Susan Chrastil.

FOUNDATION FOR ANNIE JEFFREY

Golf Tournament

June 2016

**Ryan Hill
Country Club**

*The seventh 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
holes-in-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!*

*Right:
Community
iPad winner,
Jacque Eggli
pictured with
Michelle Pruter,
Annie Jeffrey*



*Above: Staff iPad winner, Gerry Windhorst
pictured with Annie Jeffrey Radiology Director,
Nataly Sanley.*

AJ 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 was Jacque Eggli and the

Annie Jeffrey Staff winner of a special iPad was Gerry Windhorst.

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!

Center for Survivors Introduces Satellite Offices

The Center for Survivors is excited to announce that beginning in January of 2016; we will be utilizing satellite offices to maintain coverage in the rural counties we serve. The Center for Survivors provides free and confidential services to victims of domestic violence, sexual assault, stalking, teen dating violence, elder abuse, child abuse, and human trafficking. While we serve the counties of Boone, Butler, Colfax, Nance, Platte, and Polk, our office is located in Columbus. We are hoping that with the introduction of satellite offices, victims located in the rural counties will have more accessibility to services. We also offer awareness trainings to schools, hospitals, businesses, and law enforcement in order to better serve victims of abuse and educate the public on abuse, warning signs of abuse, and healthy relationships.

Office Hours and Site Information:

- Boone County –Wednesdays 10am-2pm at The Boone County Health Center, Albion

- Butler County –Tuesdays 9am-1pm in the Joelle Vrbka room at the Butler County Health Care Center, David City
- Colfax County – Tuesdays 10am-2pm at Municipal Building, 1103 B Street, Schuyler
- Nance County – Tuesdays 10am-2pm at the Genoa Medical Facilities, Genoa
- Platte County – in the Platte County Courthouse on Mondays from 10am-2pm, Columbus
- Polk County – Wednesdays from 9am-1pm at the Annie Jeffery Health Center, Osceola

We will also be available by appointment at each location. Please see our website at www.centerforsurvivors.net for more information on our services.



*Ann Garey is pictured presenting two of the
many stuffed animals donated to Joe Lohrman,
CEO, Annie Jeffrey Health Center.*

Library Donation

The Polk Public Library held their annual Christmas Season Drive, this year requesting stuffed animals from the Polk community. The stuffed animals are given to the kids that are brought to Annie Jeffrey Health Center to help comfort them.

Volunteer Appreciation Week

April 10 - 16

Volunteers 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 20 years has been able to donate over \$102,000 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!



National Doctor's Day March 30, 2016

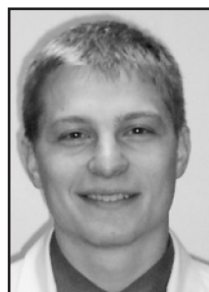
Thank You!

National Doctor's Day takes place on March 30, 2016. National Doctor's Day is commonly celebrated in healthcare organizations as a day to recognize the contributions of doctors to individual lives and communities.



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.



Katie Rystrom, APRN-FNP
Family Practice

Katie Rystrom, APRN-FNP is a Family Nurse Practitioner (FNP) who received her undergraduate degree in nursing at Bryan College of Health Sciences in Lincoln, NE. She then began working as a Registered Nurse (RN) at Annie Jeffrey Memorial County Health Center while completing her master's degree. She graduated from Creighton University College of Nursing in 2015 with a Master of Science in Nursing as an Advanced Registered Nurse Practitioner with a specialty in Family Practice. Katie and her family live outside of Stromsburg.



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. She offers care in obstetrics and a full range care of gynecologic and female urinary problems.

Doctor's Day - March 30, 2016 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 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 in the U.S.



Robert Dugas, MD
Orthopaedics/
Sports Medicine

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



LaRoy Williams, MD
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 Jeffrey Health Center.



Nick Wulf, MD
OB/Gyn

Dr. Nick Wulf, OB/GYN 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.



Fit and Healthy Kids

Community Wellness Program

Thursday Evenings

June 2 - July 7 • 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 information or to register,
call Annie Jeffrey Memorial Health Center
at 402-747-2031.*

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



Annie Jeffrey

531 Beebe Street
PO Box 428
Osceola, Nebraska 68651

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