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**MEMORIAL COUNTY  
HEALTH CENTER**

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Katie Rystrom, FNP

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Joe Lohrman, Administrator

## Mature Driver Classes

**T**he Traffic Safety Council is offering free classes to mature drivers at the Annie Jeffrey Health Center on April 12 & 13 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 5, 2017.

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 re-acquaint 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.

## Health Fair offers Spring "Tune Up"

**E**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 Tuesday, March 7th, 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 oppor-



tunity 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

*Continued on page 2.*

## Health Fair offers Spring “Tune Up” *(Cont. from pg 1)*

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 7th, 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), 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 Health 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 Health 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 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.

A Carotid Artery Ultrasound screening will help you determine if you are at risk for Carotid Artery Disease which typically has no warning signs, but can cause strokes due to narrowing or blocked arteries. 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.

The most common irregular heart rhythm, affecting 2.2 million Americans is atrial fibrillation. A-fib 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 747-2031 to make an appointment for any of these four screenings.

Be sure to attend the Spring Health Fair on March 7th. 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. Walk-ins are welcome for lab work from 6:45 am until Noon.

The Polk County Health Department will be on site promoting the “Rethink Your Drink” campaign and will have flu shots available for \$25 or free with a Medicare card. Four Corners Health Department will be offering free blood pressure checks and will have their Skin Scope available to

provide free skin analysis evaluating damage caused by the sun. They will also have home colon cancer screening kits and home radon test kits available. Radon is a cancer-causing, radioactive gas. Radon comes from the natural (radioactive) breakdown of uranium in soil, rock and water and gets into the air you breathe. Radon can be found all over the U.S. It can get into any type of building. Testing is inexpensive and easy and is the only way to know if you and your family are at risk from radon. EPA and the Surgeon General recommend testing all homes below the third floor for radon. You can’t see radon. And you can’t smell it or taste it. But it may be a problem in your home. Radon is estimated to cause many thousands of deaths each year. In fact, the Surgeon General has warned that radon is the second leading cause of lung cancer in the United States today.

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

### **SNOWMAN MARATHON 2017**

*The Snowman Marathon Wellness program will conclude at the Spring Health Fair on March 7. 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.*

*Be sure to attend the Spring Health Fair to see if you’ve reached your wellness goal!!*



## Fit and Healthy Kids Community Wellness Program

Thursday Evenings  
June 8 - July 13  
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*
- *Evening meal prepared and eaten with the class*

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

## Fit and Healthy Kids Program

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."

Wonderful aromas will fill the halls at Annie Jeffrey Memorial Health Center this summer as we will offer our third annual Fit and Healthy Kids Program. The program is free to participants thanks to a generous grant from Blue Cross Blue Shield. Mark your calendars now! You can also 'Like' Annie Jeffrey Memorial Health Center on Facebook or check out our website [ajhc.org](http://ajhc.org) for more information.

During this year's program, participants attend weekly cooking classes and learn

how to prepare simple, healthy meals and snacks, the importance of good nutrition and participate in weekly 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, and prizes. Leading the wellness program is Sandra Burwell, Annie Jeffrey Health Center registered dietitian and Heather Stevens, food service director.

Each session begins by tasting and describing a variety of fruits and vegetables. Members then work together to use those fruits or vegetables to prepare a nutritious recipe.

By cooking together, school-aged children and their parents can learn about healthy eating and the importance of working together to plan and prepare healthy meals. We hope to see you there!

## 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.

## Welcome!

R. Chris Whitmore was recently appointed as a member of the Board of Trustees of Annie Jeffrey Memorial County Health Center by the Polk County Board of Commissioners.



## Foundation Makes \$70,000 Donation

**T**he Foundation for Annie Jeffrey Board of Directors donated \$70,000 from their annual campaign to Annie Jeffrey Health Center to purchase a Konica digital X-ray detector that we will use in our current X-ray room to convert Computed Radiography to Digital Radiography. Computed Radiography has a cassette with an imaging plate that is used to capture the image. Digital Radiography has the detector that captures the image and sends it directly to a viewing computer, which is a faster process. Advantages include time efficiency and less radiation.



*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 2017**  
**Ryan Hill**  
**Country Club**

*The eighth annual Foundation for Annie Jeffrey golf tournament will be held on Friday, June 16 at Ryan Hill Country Club in Osceola. Ryan Hill Country 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!*

## Positive Changes in the Physical Therapy Department

**T**he Physical Therapy Department at Annie Jeffrey Memorial County Health Center has undergone a positive change at the end of the 2016 summer. The department hours have been expanded to 7am-5pm in order to better accommodate our school students and working population. Physical therapist John Makovicka continues to manage the department and see patients part-time as he is semi-retired. Lindsey Crook a doctor of physical therapy, graduate of UNMC, has been providing therapy to Annie Jeffrey for the past 3.5 years. Brandi Watts also joined our therapy team as a physical therapist assistant at the end of 2015.

The department added a game ready to our equipment. The game ready is an ice machine that offers an adjustable cold temperature as well as compression, which is great for all shoulder, elbow, knee and ankle injuries or after orthopedic surgeries.



*Above ~ Physical Therapist, John Makovicka, assists patient with a foot injury.*

Working with your physician, we strive to give you comprehensive care for all your rehabilitation needs. Our experienced staff in the Physical Therapy Department is always here for you when you need us.

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**THANK YOU** to everyone who participated and contributed to our Hearts on Fire Wine and Beer Fest on Feb. 12th!!! What a fun event!!! A BIG thank you to Rose Colored Glass, Prairie Creek Winery, Makovicka Winery and Lazlo's Brewery for your participation and donations! Special thanks to everyone who supported us! What a great community we live in!!

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## Win an iPad!

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. Since Annie Jeffrey started this program, we have awarded 18 iPads to our community members who faithfully receive their mammograms!

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!



*Above ~ One of last year's iPad winners, Jacquie Eggli pictured with Michelle Pruter, Annie Jeffrey Mammo Tech.*

## 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 south-east 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.

## Volunteers Make a Difference!

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 \$106,560.00 to the Annie Jeffrey Memorial County Health Center for the purchase of needed equipment!

Remember - Volunteer Appreciation Week is in April. Tell a Volunteer "thank you" today!

*Right ~ Annie Jeffrey Volunteers  
Thank you to all of our volunteers  
for making a big difference  
in our community.*







## National Doctor's Day

### March 30, 2017

**N**ational Doctor's Day takes place on March 30, 2017. National Doctor's Day is commonly celebrated in healthcare organizations as a day to recognize the contributions of doctors to individual lives and communities.

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!

*Thank You!*



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.

#### ANNIE JEFFREY SPECIALIST:



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.



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.

## Doctor's Day - March 30, 2017 ANNIE JEFFREY SPECIALISTS (cont.)



**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 professional societies and is listed in the reference, "America's Best Doctors," a listing of the top referral specialists throughout the United States.



**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. His practice interests and expertise include knee and shoulder reconstruction, sports injury evaluation and prevention, and arthroscopic surgery. Dr. Dugas is Board Certified in Orthopaedics and Sports Medicine. If you are in need of orthopaedic care or are experiencing pain from a past injury contact the hospital.



**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.



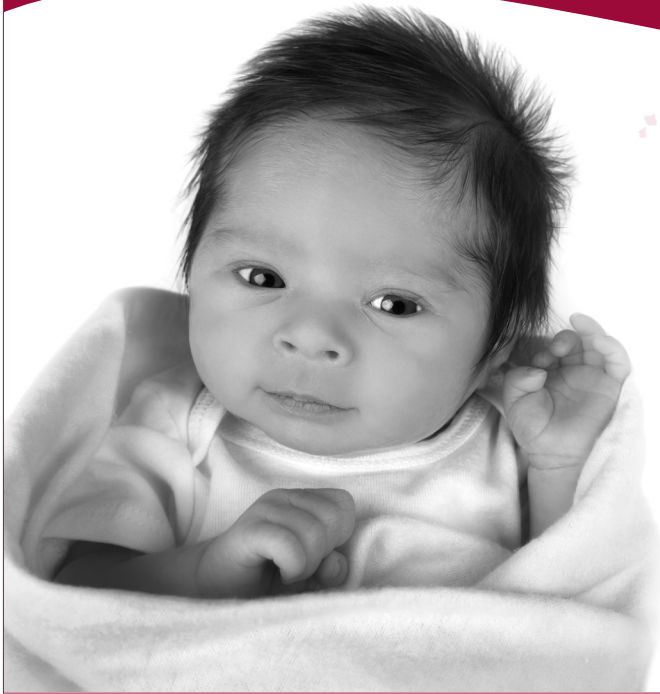
**Jennifer Nekl, MSN,**  
APRN, WHNP  
OB/GYN

**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.



## Your Baby's Birth is Our Specialty



Whether you are having your first child or your fifth, Annie Jeffrey Health Center wants to make sure your baby's birth is an event that will be cherished forever.

To arrange a tour of our labor and delivery room, call Annie Jeffrey at 402-747-2031.

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



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