

INSIDE THIS ISSUE

Snowman Marathon 2018.....	2
Fit & Healthy Kids.....	3
Encourage Your Kids In The Kitchen.....	3
It's Scholarship Time!	3
2018 Golf Tournament..	4
Safe Sleep Champions....	4
Exercise Your Heart....	4
Win an iPad!	5
Colorectal Cancer Awareness Month.....	5
Our Volunteers Make a Difference.....	5
Diabetes Prevention Program	5
National Doctor's Day	6



Published Quarterly By:



Medical Staff:

David Jameson, MD
Cameron Sidak, MD
Katie Rystrom, FNP
Amy Steiner, PA-C

Board of Trustees:

Steven J. Peterson, Chairman
Charles Roberts, Vice Chair
Karen Stevens, Secretary
John Girard, Treasurer
R. Chris Whitmore

Joe Lohrman, Administrator

Dr. Jameson Celebrates 30th Anniversary!



Dr. Jameson celebrated his 30th anniversary as a physician at Prairie Creek Family Medicine, Annie Jeffrey Family Medicine and Annie Jeffrey Health Center. A reception was held at the clinic in Stromsburg on February 9th.

Joe Lohrman, Annie Jeffrey CEO says "Our community is fortunate to have the leadership, professionalism, experience and medical knowledge that Dr. Jameson has brought to Polk County! Congratulations and we look forward to many more years of working together with you in providing excellent medical care to our area!"

Health Fair on March 6th 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.

As farmers get their machinery ready, it is important they don't forget about routine maintenance on themselves. On Tuesday, March 6th, 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 6th, from 6:45 am until Noon at the health center with a free continental breakfast. A comprehensive

Continued on page 2.

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

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), diabetes screening (Hemoglobin A1C), and Vitamin D will also be available for \$25 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.

Returning vendors Tooley Drug and Home Care and Two Parks Running Club will be present with health promotions and wellness information. New to this year's event will be The Nebraska Kidney Association. They will be sponsoring a Kidney Early Detection screening. This is a free service and is limited to the first 100 participants. Anyone over the age of 18 with a personal or family history of diabetes, hypertension, and/or kidney disease or is over the age of 60 is encouraged to be tested. Participants will be given the results the day of the screening by the Nebraska Kidney Association.

Due to a scheduling conflict Bryan Health Mobile Screening Unit will not be here until Thursday, March 29th from 8:00 am until Noon. At that time they will be providing Abdominal Aortic Aneurysm Ultrasound Screening for \$40, Carotid Artery Ultrasound for \$40, Atrial Fibrillation Screening for \$10, and Peripheral Arterial Disease Screening for \$20. Tests will be performed by a Bryan Health Registered Vascular Technologists and will be read by a Bryan Health Cardiologist or Vascular Surgeon. Interested individuals need to call Annie Jeffrey Health Center at 402-747-2031 to set up an appoint-

ment and receive your pre-diagnostic screening instructions for the vascular screenings available from 8:00 am until Noon on March 29th.

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 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. 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.

The Polk County Health Department will be on site promoting the Cancer Survivors Luncheon and will have flu shots available for \$25 or free with a Medicare card. Four Corners Health Department 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 available. Home radon test kits will be available to purchase for \$6.50 per kit. Radon is estimated to cause many thousands of deaths each year. That's because when you breathe air containing radon, you can get lung cancer. In fact, the Surgeon General has warned that radon is the second leading cause of lung cancer in the United States today.

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

Be sure to attend the Spring Health Fair on March 6th. Walk-ins welcome for lab work and the kidney early detection screening from 6:45 am until Noon.

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

SNOWMAN MARATHON 2018

The Snowman Marathon Wellness program will conclude at the Spring Health Fair on March 6. 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!!



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

Fit and Healthy Kids Community Wellness Program

Thursday Evenings
June 6 - July 14

(No class the week of July 4)

3:30pm - 5:30pm

ANNIE JEFFREY HEALTH CENTER CAFETERIA

*For more information or to register,
call 402-747-2031.*

Encourage Your Kids in the Kitchen

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

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

Wonderful aromas will fill the halls at Annie Jeffrey Memorial Health Center this summer as we will offer our fourth annual Fit and Healthy Kids Program. The program is free to participants. Mark your calendars now! You can also 'Like' Annie Jeffrey Memorial Health Center on Facebook or check out our website 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. Examples of the type of recipes prepared in the class include: apple crisp, Bean Chili Macaroni and class favorite: Banana Berry Smoothies. When asked if the class changed their minds about fruit and vegetables through tasting and recipe preparation, one participant commented: "I learned more fun and easy ways to eat fruit." Another student said "I like more things now - just try them!"

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. Hope to see you there!



It's Scholarship Time for High School Seniors

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.

AJHC Receives Safe Sleep Hospital Champion Status



Annie Jeffrey Memorial County Health Center is proud to announce we have achieved the Safe Sleep Hospital Champion Status.

This certificate is recognition of meeting the state wide criteria that incorporated signing a pledge, creating or updating a Safe Sleep Policy, providing yearly education to hospital personnel, modeling safe sleep recommendation and educating parent with evidenced based safe sleep materials.

There were 45 sudden unexpected infant deaths in Nebraska during 2012 and 2013. The deaths occurred in 16 different counties, covering both urban and rural areas. At least 35 occurred in an unsafe sleep environment.

The ABCs of Safe Sleep:

- A – Your baby should always sleep alone.
- B – Your baby should always sleep on his or her back.
- C – Your baby should always sleep in a safe crib.

Learn more about safe sleep and how to create a safe sleep environment - dhhs.ne.gov/publichealth/MCAH/Documents/SafeSleepofBaby.pdf.



L-R: Jackie Moline, RN, Maternal Infant Health Program Coordinator for the State of Nebraska, and RN's from Annie Jeffrey Health Center: Carle Conard, Tonya Kaup, and Chris Gabel

Exercise Your Heart

A new study concludes that if you're younger than 65 and have never exercised, start now. Exercise will reverse damage to an aging or sedentary heart plus reduce your chance of heart failure in the future. Dr. Benjamin Levine, author of the study says that exercise needs to be part of your daily life like brushing your teeth and changing your clothes. He sums it up by saying, "Imagine a brand new box of rubber bands. You take them out of the box, stretch them and they snap back. Stick them in a drawer for 10 years and what happens? They're stiff and have lost elasticity."

That's what happens to many parts of the human body."

At the end of two years, the exercise group showed an 18% improvement in their maximum oxygen uptake or how the body uses oxygen during exercise. They also had more than a 25% improvement in the elasticity of the left ventricle of the heart.

Talk to your health care provider about the benefits of exercise and always consult your provider before starting an exercise program.

THANK YOU to everyone who participated and contributed to our Hearts on Fire Wine and Beer Fest on Feb. 11th!!! 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!!

**FOUNDATION FOR
ANNIE JEFFREY**

Golf Tournament

June 15, 2018

**Ryan Hill
Country Club**

The tenth annual Foundation for Annie Jeffrey golf tournament will be held on Friday, June 15 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!

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 almost two dozen 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!



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.

Our 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.

Diabetes Prevention Program



The Annie Jeffrey Diabetes Prevention Program will kick off March 15, 2018 at 4:00 p.m.

If you have pre-diabetes or other risk factors for type 2 Diabetes, now is the time to take charge of your health and make a change. The Annie Jeffrey Diabetes Prevention Program can help!

Annie Jeffrey is part of the National Diabetes Prevention Program led by the Centers for Disease Control and Prevention (CDC). It features an approach that is proven to prevent or delay type 2 diabetes.

The program includes:

- Trained lifestyle coach
- CDC-approved curriculum
- Group support
- 16 weekly meetings
- 6 monthly follow-up meetings

By improving food choices and increasing physical activity, you can lose 5 to 7 percent of your body weight — that is 10 to 14 pounds for a person weighing 200 pounds. If you have pre-diabetes, these lifestyle changes can cut your risk of developing type 2 Diabetes by more than half.



The shop does a great business and over the past 21 years has been able to donate over \$109,560.00 to the Annie Jeffrey Memorial County Health Center for the purchase of needed equipment!

Thank you for making a big difference in our community!

Did you know?

The Centers for Medicare and Medicaid Services are removing Social Security numbers from Medicare cards. All Medicare patients will be receiving packets beginning in April, the packages will include important information, and a new Medicare Card with your new number. We wanted to be sure you were aware of this change and are watching for your new card.

Medicare will replace your current "Medicare Number" with a unique, randomly generated number. The top priority for this change is to remove all social security numbers for your insurance card, and to further protect your personal information. You will need to bring your new card with you to your next visit to the doctor or hospital so we can update our records. If you have any questions regarding this matter please contact the business office at 402-747-2031.

National Doctor's Day - March 30, 2018

National Doctor's Day takes place on March 30, 2018. 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!



David Jameson, MD
Family Practice

Dr. David Jameson, 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 area.



Cameron Sidak, MD
Family Practice

Dr. Cameron Sidak, 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.



Amy Steiner, PA-C
Family Practice

Amy Steiner, PA-C, is from Columbus, Nebraska. She attended University of Nebraska in Lincoln for her Bachelors of Science degree and then went to Union College to become a Physician's Assistant. Amy

enjoys being outdoors, reading, running, watching movies and spending time with friends and family.



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 SPECIALISTS:



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.

NEW DOCTOR IN 2018:

Dr. Brent Jameson – COMING THIS SUMMER!

Thank You!

Doctor's Day - March 30, 2018 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 Sub-specialty 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

 **Annie Jeffrey**
531 Beebe Street
PO Box 428
Osceola, Nebraska 68651

Nonprofit Organization US Postage PAID Osceola, NE 68651 Permit No. 15 Standard Route Presort
--

ECRWSS
POSTAL CUSTOMER