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MEMORIAL COUNTY
HEALTH CENTER

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Mature Driver Classes

The Traffic Safety Council is offering free classes to mature drivers at the Annie Jeffrey Health Center on April 17 & 18 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 9th.

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.

To learn more or to register, call Annie Jeffrey Health Center at 402-747-2031.

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 Tuesday, March 5th, 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 5th, 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) tells if your thyroid is working too hard or not hard enough, Prostate Specific Antigen (PSA) tells men information about their prostate health, diabetes screening (Hemoglobin A1C) tells what your sugar level has been over a period of time, Hepatitis C Antibody is recommended for all baby boomers if left untreated it can cause liver damage, and Vitamin D determines bone weakness and parathyroid health. These tests will 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 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. The screenings include blood pressure, plus blood and urine tests for

signs of diabetes and kidney disease. The tests will measure blood glucose, eGFR, and creatinine, and urine protein testing. No fasting or test preparation is required. Participants will be given the results the day of the screening by the Nebraska Kidney Association.

Bryan Health Mobile Screening Unit will be here from 8:00 am until Noon. At that time they will be providing Atrial Fibrillation Screening for \$10 to any interested individuals. To be eligible for the following three screenings you must be at least 65 years old or age 55 to 64 with personal history of prior heart disease or heart surgery, history of tobacco use, high cholesterol, high blood pressure and/or diabetes or a family history of stroke, heart attack, high blood pressure, kidney failure, sudden cardiac death or abdominal aortic aneurysm. Abdominal Aortic Aneurysm Ultrasound Screening will be available for \$40, Carotid Artery Ultrasound for \$40, 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 appointment and receive your pre-diagnostic screening instructions for the vascular screenings available from 8:00 am until Noon.

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.

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 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.

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 5th. 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.

2019 AJ Snowman Marathon

The Snowman Marathon Wellness program will conclude at the Spring Health Fair on March 5th. 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!!

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 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 ex-

ercise 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.



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

Fit and Healthy Kids Community Wellness Program

Wednesday afternoons

June 5 - July 17

(No class the week of July 4)

3:00pm - 5:00pm

ANNIE JEFFREY HEALTH CENTER CAFETERIA

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



FOUNDATION FOR
ANNIE JEFFREY

Golf Tournament

June 21, 2019

**Ryan Hill
Country Club**

*The eleventh annual
Foundation for Annie
Jeffrey golf tournament
will be held on Friday,
June 21st 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!*

Sleep Apnea Hurts H.E.A.R.T.S.

by increasing the risk of:

H - Heart Failure
E - Elevated Blood Pressure
A - Atrial Fibrillation
R - Resistant Hypertension
T - Type 2 Diabetes
S - Stroke



Get tested for sleep apnea at Annie Jeffrey Health Center!

JOB OPENINGS at AJHC!

Come join our team!

Housekeeping Aide-FT position
Dietary Aide-RPT/FT positions

Registered Nurse (PM Shift)-FT position
Medical Lab Scientist-RPT/FT position

We offer an excellent wage, health/dental/vision insurance, paid time off, flexible scheduling, employee discounts, higher weekend/evening/holiday pay, and many other benefits. EEO

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. 10th!!! 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!!



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 colonoscopy. Dr. Cameron Sidak and Dr. Brent Jameson perform colonoscopies at Annie Jeffrey.

Volunteer Appreciation Week is in April

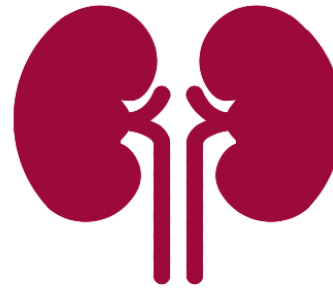
Volunteers are valued members of the community. Every year, they contribute hundreds of hours of time and energy. Every day they make a difference to the lives of our patients and the residents of Polk County.

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 23 years has been able to donate over \$113,060.00 to the Annie Jeffrey Memorial County Health Center for the purchase of needed equipment!

Thank you to our volunteers for making a big difference in our community!

March is Kidney Month

More than 20 million Americans – one in nine adults – have chronic kidney disease and most don't even know it. More than 20 million others are at increased risk for kidney disease. Your health care provider can check to see if you are at risk or have kidney disease. Early detection and treatment help keep kidney disease from getting worse. Chronic kidney disease means you have a condition that damages your kidneys. This decreases your kidney's ability to keep you healthy by doing their job. The two main causes of chronic kidney disease are diabetes and high blood pressure. There are many other conditions that can also harm your kidneys. Chronic kidney disease may progress slowly over a long time. Many people don't know they have kidney disease until it is severe. If it is found and treated early, kidney disease may be slowed down or even stopped. If it keeps getting worse, however, chronic kidney disease may lead to kidney failure.



This means your kidneys no longer work well enough to maintain life and you will need treatment like dialysis or a kidney transplant.

Check with your health care provider or the Annie Jeffrey Health Center at 402-747-2031 for more information about kidney disease and for tests to determine if you are at risk.

LaRoy Williams, MD of Kearney Urology, PC is the Urologist at Annie Jeffrey Health Center. Dr. Williams is board certified by the American Board of Urology and is available to see patients each month at Annie Jeffrey Health Center.



National Doctor's Day

March 30, 2019

National Doctor's Day takes place on March 30, 2019. 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!



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.



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.



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, NE area.

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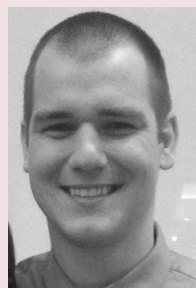


Cameron Sidak, MD
Family Practice

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.

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Brent Jameson, MD
Family Practice

Dr. Brent Jameson, was born at Annie Jeffery hospital and raised in Stromsburg, Nebraska. He completed his Bachelors of Science degree in Chemistry, Health and Life Sciences at Wayne State College in 2011. In

2015 he graduated from medical school at the University of Nebraska Medical Center. He was then accepted into the Accelerated Rural Residency Training Program which he completed in 2018. After finishing residency he moved back to his home town and joined the Medical staff.

ANNIE JEFFREY SPECIALISTS:



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.

Doctor's Day - March 30, 2019 ANNIE JEFFREY SPECIALISTS (CONT.)



Robert Hibbard, MD
Cardiology

Robert N. Hibbard, M.D. is a 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.



Christopher Balwanz, MD
Cardiology

Christopher Balwanz, M.D. is a Cardiologist at Annie Jeffrey Health Center.

Dr. Balwanz received his medical degree at the University of Nebraska Medical Center and completed his internal medicine residency and internship at the University of California-Davis School of Medicine. He did a cardiology fellowship at the University of Kansas Medical Center, Kansas City, Kan.

Dr. Balwanz is an Omaha native, and is board certified in cardiology and internal medicine. He has special interest in cardiac imaging.



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.



Annie Jeffrey

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

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