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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 3rd, 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

Continued on page 2.



Snowman Marathon

The Snowman Marathon Wellness program will conclude at the Spring Health Fair on March 3rd. 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!!

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 3rd, 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.

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.

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.

The most common irregular heart rhythm, affecting 2.7 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). 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 \$30 or free with a Medicare card. Four Corners Health Department will have Fecal Occult Blood test kits available. These non-invasive kits look for the presence of microscopic blood in your feces, which may be a sign of a problem in your digestive system. 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 3rd. 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.

How You Can Age Gracefully

Have you ever wondered why some people stay healthy and strong as they age, while others become weak and frail. Although the risk of being frail increases with age, you don't have to be! There are plenty of very active, robust people right here in our community in their 80's and 90's. These people are still living their lives much like they were when they were younger. So what's their secret? They are just living an active lifestyle and taking preventive steps to stay healthy.

No matter what your age is right now, if you want to be healthy when you get older you need to take steps now to maintain or improve your physical and mental health. The reasons to try to live better right now are pretty powerful. Eating healthier and getting in as little as 30 minutes of physical activity can give you the energy and vibrancy you need to bring a boost to your daily routine. You'll be more productive, more focused and more balanced overall.

Studies show that a positive attitude, being engaged in hobbies or activities and having good health are the things that keep all of us going. Regular medical checkups, preventive screening exams, eating well, keeping fit and keeping up with activities that challenge and interest you are the keys to healthy aging.

Other steps you should take to stay healthy as you age are:

- **Don't smoke** – smoking is a major cause of cardiovascular disease and bone loss
- **Eat a balanced, heart-healthy diet.**
- **Take a daily multivitamin** with enough vitamin D to bolster your bones
- **Maintain a healthy weight**
- **Have regular checkups** to monitor your blood pressure, cholesterol and glucose levels
- **Have a yearly flu shot** and a pneumonia shot as advised by your Doctor
- **Exercise your mind** – do a crossword puzzle, play cards or volunteer when you can
- **Stay as active as you can** – exercising includes gardening, dancing, and cleaning the house
- **Stay optimistic** – a can-do attitude is an essential part of living life to the fullest



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.

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!



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.

FOUNDATION FOR ANNIE JEFFREY
Golf Tournament
June 19, 2020
Ryan Hill Country Club

The twelfth annual Foundation for Annie Jeffrey golf tournament will be held on Friday, June 19 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!

Farm Safety is Important

What's more peaceful sounding than a family farm? In reality, it can be one of the most dangerous places to work. Farming involves a wide range of chores, many of which are physically demanding and must be performed in all kinds of weather. With the arrival of Spring and the busy season, farmers might work 12 to 18 hours every day of the week. Machinery is involved in about 50% of all farm injuries. Respiratory irritation is another sort of danger for farmers because of the toxic fumes associated with farming. Working with animals can also be risky.

Since most farm accidents take place at this busy time of the year, farmers need to remind themselves of their practical safety instincts, such as:

- Never take machinery for granted

- Never reach into equipment with moving parts or when making repairs
- Be sure equipment is turned off and don't remove safety shields or guards
- Avoid baggy clothing because they can catch in machinery too easily
- Supervise children and assign chores appropriate for their age
- Be careful when working in stored grain bins and manure pits

Farmers should take care of themselves physically and mentally. Farmers are known for their spirit of independence and self-sufficiency. This is an admirable trait, but it can work against you if you try to bear all the responsibilities alone. Always seek help when you need to and have a safe Spring.

THANK YOU to everyone who participated and contributed to our Hearts on Fire Wine and Beer Fest on Feb. 9th!!! 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.

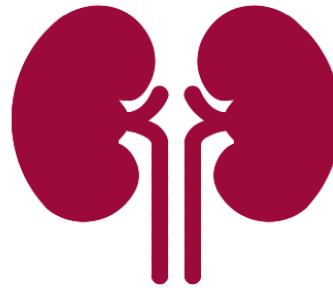
There are ways to prevent colorectal cancer. Screening tests are the most effective way to prevent colorectal cancer or detect it in its earliest, most curable stages. Most cases of the disease begin as non-cancerous polyps – grape-like growths in the lining of the colon and rectum. These polyps can 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.



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.

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 24 years has been able to donate over \$117,560.00 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!



National Doctor's Day

March 30, 2020

National Doctor's Day takes place on March 30, 2020. 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, 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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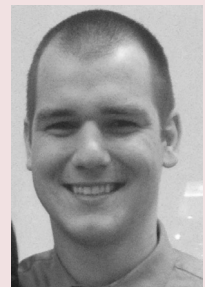


Cameron Sidak, MD
Family Practice

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, Chief of Staff, was born at Annie Jeffrey 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.



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.

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, 2020 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.



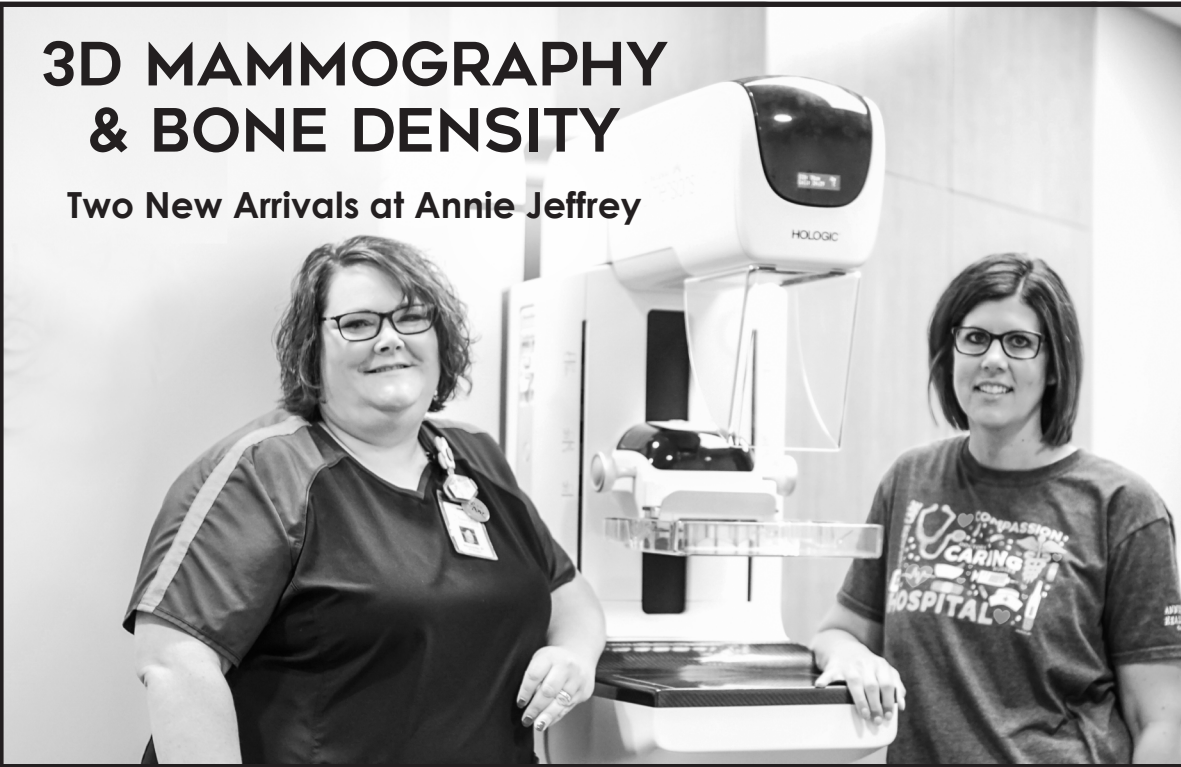
Jennifer Nekl, MSN, APRN, WHNP
OB/GYN

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.

3D MAMMOGRAPHY & BONE DENSITY

Two New Arrivals at Annie Jeffrey



Please contact your health care provider or Annie Jeffrey Health Center at 402-747-2031 for more information about our new equipment or to make an appointment.



Two new preventative screening technologies are now available at Annie Jeffrey Health Center to more effectively detect breast cancer and bone density.

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

 **Annie Jeffrey**

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