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Construction is Underway at Annie Jeffrey

Construction has begun on the two new OB rooms at Annie Jeffrey.

Annie Jeffrey Health Center staff and providers identified the need for a second Labor Delivery Recovery room about 2 years ago before Covid-19 entered our lives. We have worked about 2 years refining the design to obtain a future OB area which will meet our future needs.

The construction on these two new suites has begun. Each suite will have space for the delivery bed with access on three sides, space for the family to be with the mother and child and space for a baby warmer. The new suites comply with new OB regulations and have a separate bathroom that can accommodate a wheelchair. Special ceiling mounted delivery lights are

Under Construction

OUR OB PROJECT HAS STARTED!

Due to the construction our employees are parking in the east parking lot to save parking in the south lot for our patients and visitors.

ALL PATIENTS AND VISITORS MUST CONTINUE TO ENTER THROUGH THE ER ENTRANCE ON THE SOUTHWEST SIDE OF THE BUILDING.



provided in each suite. The south suite is in process now. While this phase is constructed, the existing labor and delivery room remains available for deliveries. When the south suite is finished, the north suite construction will began.

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.

Stay tuned for updates!

New Year's Baby

Annie Jeffrey is proud to introduce our New Year's Baby, Keatyn Anthony Kobus born February 3rd. Parents are Anthony and Cora. Congratulations!

New Year's Baby, Keatyn Kobus with his parents, Anthony and Cora.



There will not be a Spring Health Fair this March so we encourage you to see your health care provider when you need a checkup.



Wine and Beer Fundraiser

Thank you to everyone who came to support the Foundation for Annie Jeffrey's 12th annual Wine and Beer fundraiser on Sunday at the Rose Colored Glass. Special thanks to Bob Berggren who went out of his way to make our event so successful. Thanks to Prairie Creek Vineyards and Nissen Winery who donated samples of their wine and Lazlo's who donated samples of their beer. Special thanks to the Foundation for

Annie Jeffrey Board members for all their help and the hospital staff for their support!

Thank you to the Stromsburg merchants who were open during our event. And **THANK YOU to EVERYONE WHO ATTENDED AND SUPPORTED US!**

*What great community support!
Thank you so much!*



Community members start gathering and sampling appetizers at the event

How Do You Make Real Changes in Your Life?

Speak to people who have made real changes in their lives and they'll tell you how difficult it was but how much happier they feel as a result of those changes. Research reveals that long-lasting change is most likely when it's self-motivated and rooted in positive thinking. But still, why does it have to take so long?

That's because change is a process and not an event. It doesn't happen instantly. Let's take a look at the 5 stages of change:

1. Pre-contemplation: You have no conscious intention of making a change at this point, but you have an awareness of the issue involved. To get past this stage, you have to realize that the unhealthy behavior is negatively affecting your personal goals.

2. Contemplation: You realize the behavior is a problem in your life and you're thinking about taking action to deal with it. At this point, you haven't made any commitment to change. Making a list of the pros and cons of changing your behavior can move you onto the next step.

3. Preparation: You now know that change is important to you and you begin to prepare yourself and put together a plan to make that change.

4. Action: You've made the change and you've begun to experience challenges without reverting back to the old behavior. You're employing positive coping skills to deal with those challenges. To make that change stick, it's important to be clear about your motivation for changing (Write it down, Engage in self-talk, Get support.)

5. Maintenance: Once the new behavior is part of your routine for six months, you need to maintain it. You work to prevent relapse and to integrate the change into who you are. That may require other changes, especially avoiding situations or triggers associated with the old habit. It can be tough, especially if it means steering clear of certain activities or friends while you work to fully assimilate your new, healthier habit.

The most difficult part of making real change in your life is getting discouraged along the way. As you embark on your journey, keep things in perspective. Real change doesn't happen in a linear fashion. There may be bumps along the way. Keep your goal in mind and remember: The fact that you are even trying is progress. Think about how far you've come from stage 1.



Physical Therapy

Physical therapy can help relieve pain and restore function for a wide variety of ailments and injuries throughout the entire body, including the head, neck, back, ribs, pelvis, arms, and legs. People of all ages and most conditions can benefit from physical therapy. These conditions can include pre-op and post-op surgical patients, work comps, weekend warriors, and high school athletes. Physical therapy can also help with vertigo and balance impairments, nerve and spine injuries, as well as a variety of aches and pains resulting from everyday use of the body.

Treatment may include modalities like ultrasound, electrical stimulation, traction, and iontophoresis, but is likely to incorporate specialized manual therapy techniques like Graston Technique and Functional Dry Needling. Individualized exercise programs are developed to correct dysfunctions and improve limitations in flexibility, weakness, or balance.

Physical therapy at Annie Jeffrey Memorial County Health Center is available Monday through Friday, with appointment times from 7:00 a.m. to 4:00 p.m. Physical therapy is provided by Nathan Olson, PT, Brandi Watts, PTA, and Douglas Hackett, PT. To make an appointment or inquire about services, please call 402-747-2031.

Nathan Olson, PT

Nathan started his physical therapy career in 2004, and has been working exclusively in Polk County since the fall of 2017. While most of his experience has been in outpatient orthopedics, he has also worked in the inpatient, home health, skilled nursing, and school settings. Nathan prefers hands-on therapy techniques with an individualized exercise program, but also uses Functional Dry Needling, Sole Supports custom foot orthotics, and other specialized interventions. He and his wife have three children and enjoy being involved in all of their activities.



*Front row, (L-R): Abbie Peterson, PT Aide; Myra Pinney, PT Aide; Brandi Watts, PT Assistant.
Back Row, (L-R): Doug Hackett, PT; Nate Olson, PT*

Brandi Watts, PTA

Brandi was born, raised, and currently lives in Osceola. In 2013, she graduated from Northeast Community College with her Physical Therapist Assistant license. Her experiences have been based in outpatient, inpatient, skilled nursing, home health, and school-based settings. Brandi is certified in custom foot orthotic casting through Sole Supports. She hopes to continue expanding her knowledge in the health field. She and her family enjoy being a part of this community.

Douglas Hackett, PT

Douglas is semi-retired here in Osceola, working part-time and filling in when he's not busy on his hobby farm or spending time with his grandchildren. He also enjoys running, biking, and swimming. Doug received his MPT from Northern Arizona University in 1998 and before that worked in recreation. He also has a BA in recreational leadership and a masters in health, physical education, and recreation. In addition to outpatient PT, Doug has experience in pediatric PT, fitting custom wheelchairs, and home health.



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.




FOUNDATION FOR
ANNIE JEFFREY

Golf Tournament

June 17, 2022

**Ryan Hill
Country Club**

*The 14th annual
Foundation for Annie
Jeffrey golf tournament
will be held on Friday,
June 17 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!*



Annie Jeffrey

New Beginnings Start at Annie Jeffrey



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.

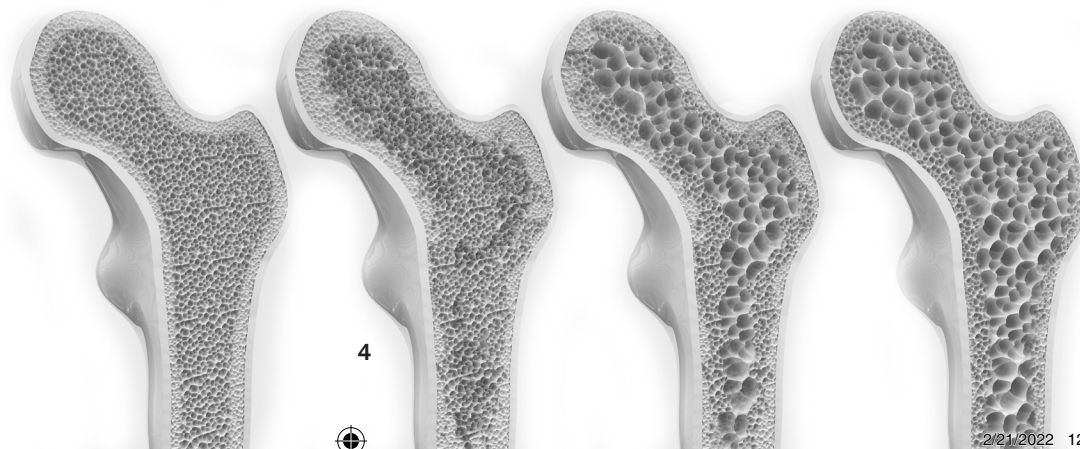
Bone Density at Annie Jeffrey

One Radiology test offered at Annie Jeffrey is a **bone density** radiology procedure. Calcium and protein make up your bones. There is a hard outer bone and a spongy inner bone. As you grow from infancy through the early 30's, your bone is steadily renewing and replacing itself to stay dense and strong. As you enter your mid-thirties, the ability to replace old bone is diminished. This causes the outer bone to become thinner and the holes in the inner bone to become larger and weaker. Over time, your bones are not as strong as they used to be.

Osteoporosis is known as the 'silent epidemic'. It is a degenerative disease process that thins and weakens bones

as we get older. While the effects of this disease are most likely seen later in life, women need to be concerned about how to help prevent the risk of suffering from this debilitating disease. Major bone change related to osteoporosis can be minimized by practicing good bone health early in life. There are approximately 25 million Americans who have osteoporosis, with 8 out of 10 being women.

There are a range of treatments for osteoporosis when it is diagnosed. One way to determine bone mass is with a bone density radiology procedure. It is a simple, painless procedure that takes about less than 30 minutes.



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 45 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's 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 26 years has been able to donate almost \$130,000.00 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!

Volunteer Appreciation Week is in April



GREAT "NEW" and ANTIQUE Items to check out at the Thrift Shop!
Stop by to check them out today!!

National Doctor's Day

March 30, 2022

National Doctor's Day takes place on March 30, 2022. 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, NE 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.



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.



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.



Jordan Eller, PA-C
Family Practice

Jordan Eller, PA-C, is a certified Physician Assistant who completed her Master's degree at the University of Nebraska Medical Center in Omaha, NE. She grew up in Fremont, NE with two siblings. She graduated

from Wayne State College in 2018 with a Bachelor's degree in biological sciences. While at Wayne, she met her husband Ross who grew up in Stromsburg. She is excited to be a part of the community that her husband was raised in and experience this new stage of life together.

ANNIE JEFFREY SPECIALISTS:



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.

Doctor's Day - March 30, 2022 ANNIE JEFFREY SPECIALISTS (CONT.)



Stephen
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.



Robert
Dugas, MD
Orthopaedics/Sports
Medicine

Robert Dugas, M.D. is the Orthopaedics and Sports Medicine

specialist for Annie Jeffrey Health Center. Dr. Robert Dugas has been active in the practice of Orthopaedic surgery since 1989, originally joining Nebraska Orthopaedic and Sports Medicine in 1990. In 2006, he returned to Louisiana after spending 16 years in Lincoln. Born and raised in New Orleans, Louisiana, Dr. Dugas completed his undergraduate studies at Louisiana State University and earned his medical degree from Louisiana State University School of Medicine-New Orleans. Dr. Dugas is Board Certified in Orthopaedics and Sports Medicine. He is a member of the American Orthopaedic Society of Sports Medicine, and The Arthroscopy Association of North America.



Corey
Georgesen, MD
Dermatology

Corey Georgesen, M.D. is the Dermatologist from the University of

Nebraska Medical Center who uses TeleHealth to diagnose skin conditions. Dr. Georgesen grew up in Omaha, Nebraska and attended the University of Nebraska-Lincoln where he graduated with highest honors. He attended the University of Nebraska Medical Center on the Regent's scholarship where he graduated with distinction. Dr. Georgesen completed internal medicine preliminary at California Pacific Medical Center and dermatology residency at Weill Cornell/New York Presbyterian. He then pursued additional training at the University of Pittsburgh Medical Center, completing both teledermatology and dermatopathology fellowship training programs.

Melanoma: Symptoms and Signs - Start with the ABCDE Rule

Changes in the size, shape, color, or feel of a mole are often the first warning signs of melanoma. These changes can occur in an existing mole, or melanoma may appear as a new or unusual-looking mole. The "ABCDE" rule is helpful in remembering the warning signs of melanoma:

- **Asymmetry.** The shape of one-half of the mole does not match the other.
- **Border.** The edges are ragged, notched, uneven, or blurred.
- **Color.** Shades of black, brown, and tan may be present. Areas of white, gray, red, or blue may also be seen.

- **Diameter.** The diameter is usually larger than 6 millimeters (mm) or has grown in size. This is about 1/4 inch in diameter, about the size of a pencil eraser. Melanoma may be smaller when it is first detected.

- **Evolving.** The mole has been changing in size, shape, color, or appearance, or it is growing in an area of previously normal skin. Also, when melanoma develops in an existing mole, the texture of the mole may change and become hard or lumpy. The skin lesion may feel different and may itch, ooze, or bleed, but a melanoma skin lesion usually does not cause pain.

When to see a doctor

Many melanomas are dark brown or black and are often described as changing, different, unusual, or "ugly looking." However, any skin abnormality that is growing or changing quickly and does not go away, whether colored or not, should be examined by a doctor. Bleeding may be a sign of more advanced melanoma. In addition, the appearance of a new and unusual mole is more likely to be melanoma.

If you are concerned about a new or existing mole, Annie Jeffrey offers Tele-Dermatology services to help figure out the cause of the problem.

SERVICES AVAILABLE AT ANNIE JEFFREY

It is reassuring to know that specialized medical care is available right here in Polk County.

GENERAL SERVICES:

Inpatient and Outpatient Care
Swing Bed
Surgical Services including
Inpatient and Outpatient
Specialty Clinics
OB Care including Labor and
Delivery, C-section, nursery
Emergency Services
24-hour ER, Lab, X-Ray
and CT
Cardiac Rehab
Certified Lactation Counselor
Radiology Services including
general radiology, CT,
Mammography, Ultrasound,
and bone density studies
Pharmaceutical Services
Social Services
Lab Services
Physical Therapy

Child/Adolescent Health
Services and Family Counseling
Family Medicine Clinic
Pulmonary Function Lab

WE ALSO PROVIDE:

Outpatient Treatments including:
blood transfusions,
IV therapies, specialty
medication administration
(such as Procrit or Remicade),
dressing changes, etc.

Anesthesia Services including:
general, local, regional
anesthesia, steroid injections
for pain management

Wellness Center

Wellness Programs including:
community education,
diabetes, and OB education

Nutritional Services including:
inpatient and outpatient
consultations

Electrocardiogram

Respiratory Therapy provided by:
nursing including oxygen
administration, hand held
nebulizer treatments,
incentive spirometry and
peak flow measurements

Cardiolite Studies

Pulmonary Function Testing

Pulmonary Rehab

**Please contact the
hospital at
402-747-2031 for
more
information.**

AT AJHC BY CONTRACT:

Speech Therapy
MRI Scans
Nuclear Medicine
Sleep Studies
Echocardiogram
Cardiovascular Doppler Studies
Doppler Studies
Occupational Therapy
Pathology Services
PET/CT Scans

SPECIALTY SERVICES:

Cardiology Clinic
Gastroenterology
General Surgery
Obstetrics & Gynecology
Orthopaedics
Physical & Sports Medicine
Tele Dermatology

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



Annie Jeffrey

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