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Published Quarterly By:



Annie Jeffrey

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Annie Jeffrey's Spring Health Fair Slated for March 7th

Annie Jeffrey Memorial County Health Center is always taking precautionary steps to protect our patients, community members and staff from the exposure and spread of any illness including COVID-19. Annie Jeffrey Health Center wants to continue to be able to offer discounted health screening services to fair goers. That being said Annie Jeffrey Memorial County Health Center is pleased to announce we will be proceeding with our 15th Annual Health Fair on Tuesday, March 7th. Available discounted health screening services will be blood draws and the Bryan Health Mobile Screening Unit will be offering cardiovascular screening tests. The Polk County Health Department will also be on site with information available.

"Routine maintenance on yourself is just as important as routine maintenance on your machinery," states Joe Lohrman, Annie Jeffrey Health Center Administrator.

The health fair will be held at Annie Jeffrey Memorial County Health Center in Osceola. If you are experiencing cold or flu symptoms including but not limited to fever, coughing and/or shortness of breath, if you or a member of your family have traveled from an area where COVID-19 is spreading or if you or a member of your family have been in close contact to or exposed to someone with a confirmed case of COVID-19 we ask that you do not attend the health fair. This year's event will be held from 6:45 a.m. until 12:00 p.m.



Annie Jeffrey Health Center will be providing comprehensive blood screening profiles including general blood chemistry analysis, cholesterol profile, and complete blood cell count at a discounted rate of \$35 (a \$315 value). Thyroid screening (TSH), diabetes screening (Hemoglobin A1C), Vitamin D, and prostate specific antigen (PSA) testing 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 so that your test results can be mailed directly to you.

The Comprehensive Blood Screening Profile provides information on your body's ability to fight infection along with helping identify health issues such as but not limited to anemia, diabetes, heart disease, some clotting disorders, cancers, and liver disease.

The thyroid screening, TSH, measures a thyroid stimulating hormone that tells if your thyroid is working too hard or not hard enough.

Continued on page 2.

Spring Health Fair *(Cont. from pg 1)*

The diabetes screening, Hemoglobin A1C, measures your average blood sugar for the past 2 to 3 months. This test provides a much better indication of long-term glucose control than a blood glucose.

Vitamin D screening provides a baseline Vitamin D level which is important since insurance companies will not cover this screening unless you are pre-diagnosed with a deficiency. Vitamin D deficiency presents a silent danger, it has been linked to several different illnesses and conditions including osteoporosis, respiratory diseases, high blood pressure, depression, fatigue, mood changes, psoriasis, muscle weakness, bone pain, and kidney problems.

The prostate cancer screening, PSA, measures a prostate specific antigen in men. This protein produced by the prostate gland tells men information about their prostate health.

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. See the above criteria to be eligible for this \$40 exam.

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. See the previously mentioned criteria to be eligible for this \$40 exam.

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. See the above criteria to be eligible for this \$20 exam.

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). Anyone is eligible for this \$10 exam.

Individuals are encouraged to call 402-747-2031 and ask for Robin or Mindy to address any questions or concerns or to schedule cardiovascular screenings. No appointment is necessary, walk-ins are welcome for the blood draws. We hope you choose to take control of your health on March 7th by practicing preventative maintenance with the Spring Health Fair opportunities.

Foundation Donates for New Equipment

The Foundation for Annie Jeffrey donated \$75,000 from their annual campaign and Wine & Beer Fest to Annie Jeffrey Health Center to help replace the Radiology equipment in the room above. The present X-ray room equipment was installed in 2007 and has a 15 year life span. The X-ray room at the hospital is utilized in over half of the 2700 + procedures performed in one year. The new equipment is on order and will be installed in March.

Pictured at right: Joe Lohrman, Annie Jeffrey CEO; Foundation for Annie Jeffrey Board Members, John Girard, Steven Peterson, LeRoy Gerrard; Stephanie Roberts, Annie Jeffrey Radiology staff; Karen Stevens; Michelle Pruter, Annie Jeffrey Radiology staff; Mary Lerch, Susan Chrastil, Foundation Director and Jane Watts. Not pictured: Margie Hayes, Lana Waller and Kathy Gabel.



Sleep Studies

Sleep studies are tests that watch what happens to your body during sleep. These studies are done to find out what is causing your sleep problems.

Sleep studies are done in a sleep lab, usually located in a hospital or can be done in your home. In a hospital setting, the studies are scheduled for overnight in a private hospital bed. For the convenience of community members, Annie Jeffrey Health Center offers sleep studies in Osceola.

During the sleep study, a trained sleep lab technician will place small discs called electrodes on your head and

body. These electrodes record your brain activity, eye movement, oxygen and carbon dioxide blood levels, heart rate and rhythm, breathing rate and rhythm, the flow of air through your mouth and nose, snoring, body muscle movements, and chest and belly movements. The electrodes are designed to be as comfortable as possible and should not make it hard to sleep.

To find out more about having a sleep study right here at your local hospital, call Annie Jeffrey Health Center at 402-747-2031.

March is National Sleep Awareness Month

Signs and Symptoms of Sleep Apnea include:

- **Loud Snoring** – The person may alternate between loud snoring and being very quiet. Periods of silence may be followed by gasps or snorting sounds.
- **Observed pauses in breathing** – The sleeping partner may notice that the sufferer has temporarily stopped breathing.
- **Excessive sleepiness** – He or she may fall asleep while watching TV, reading, attending meetings or driving. The person may wake up tired, even after a full night's sleep.
- **Morning headaches** – The person may consistently wake up with morning headaches.
- **Trouble concentrating or forgetfulness** – This can impact relationships as well as work performance.
- **Frequent nighttime awakenings** – There is a tendency to wake several times each night.
- **Irritability, short temper** – Lack of energy, depression, or other mood changes may occur.
- **Restlessness at night** – The sufferer may toss and turn or thrash about in bed.
- **Dry mouth** – One may experience this as well.

If you or someone you know is experiencing these signs and symptoms, talk to your healthcare provider today, sleep studies are performed locally at our hospital.



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.



New beginnings at AJHC



Annie Jeffrey Health Center's physicians who deliver babies are pictured in one of the new labor and delivery suites at Annie Jeffrey.

From left, Dr. Brent Jameson, Dr. Cameron Sidak holding baby Hazel, and Dr. David Jameson. Hazel is the daughter of Dan and Carrie Cramer, who was born at Annie Jeffrey in April.

FOUNDATION FOR ANNIE JEFFREY

Golf Tournament

June 16, 2023

**Ryan Hill
Country Club**

The 15th annual Foundation for Annie Jeffrey golf tournament will be held on Friday, June 16 at Ryan Hill Country Club in Osceola. Ryan Hill Country Club secured a position in American golf history in July 1997 when three players scored holes-in-one on the par-3 8th hole within an hour of each other. The Foundation for Annie Jeffrey golf tournament promises to be a fun-filled day with great prizes, food and fun!

Stay tuned for more information!

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

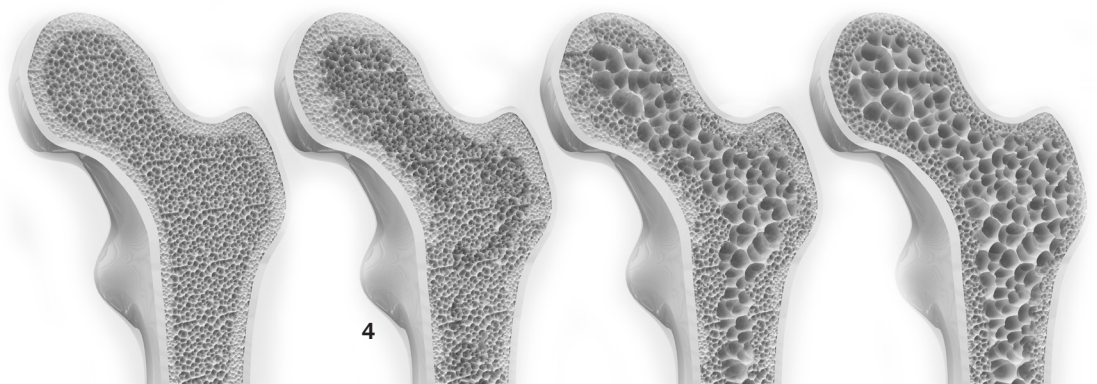
Bone Density Screenings at Annie Jeffrey

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 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 27 years has been able to donate over \$135,000.00 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!

New Year's Baby

Annie Jeffrey Health Center is pleased to welcome Thurston Lyndon Anderson as the New Year baby of 2023. Thurston was born January 6, and is the son of Beka and Clay Anderson of Columbus, Nebraska. He was welcomed home by brother, Reuben, age 3 and sister, Agnes, age 16 months. The Andersons were presented with a congratulatory gift by the Annie Jeffrey Volunteers. ***Congratulations!***



Wine & Beer Fest

Thank you to everyone who came to support the Foundation for Annie Jeffrey's 13th annual Wine and Beer fundraiser on Sunday, February 12 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! Wow! What great community support!



National Doctor's Day

March 30, 2023

National Doctor's Day takes place on March 30, 2023. 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, Chief of Staff, 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 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.



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.



Nicolas Eller, PA-C
Family Practice

Nicolas Eller, PA-C, is a certified Physician Assistant who grew up in Stromsburg. He received his undergraduate degree from Nebraska Wesleyan in 2015, and shortly after moved to California for two years

where he worked as a medical assistant at an urgent care clinic. While in California, he married his wife, Lexi, and in 2018 they moved to Lincoln so he could attend Union College's PA program. Upon graduation, he worked for a year in the General Surgery department at Children's Hospital in Omaha. Nicolas and Lexi have two daughters, and in his spare time he enjoys renovating their fixer upper, playing basketball, and leading worship at church.

Thank You!

NATIONAL DOCTOR'S DAY 2023



Doctor's Day - March 30 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.



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. He completed his Orthopaedic surgery residency at Charity Hospital of New Orleans, followed by a Fellowship in Sports Medicine at the University of Wisconsin-Madison. His practice interests and expertise include knee and shoulder reconstruction, sports injury evaluation and prevention, and arthroscopic surgery.



Corey Georgesen, MD
Derm

Corey Georgesen, M.D. is the Dermatologist from 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 was elected to the Alpha Omega Alpha Medical Honor Society and 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.

Health Screenings you must know for 2023

Concerns about COVID-19 have prompted some adults to delay or cancel their routine health visits. While there may be an end in sight for the pandemic, heart attacks, IBS, strokes, cancers and diabetes are here to stay.

Screening recommendations for healthy adults are:

- **Blood pressure** – all adults over 50 should be checked at least every two years and more often if you have a history of cardiovascular disease or your blood pressure reads above 120/80 mm HG
- **Cholesterol** – A simple blood test can measure your good and bad levels and should be checked at least every 4 years if yours is normal
- **Colorectal screenings** – Screenings are recommended every 5 to 10 years depending on if you are prone to problems, starting at age 45.
- **Diabetes** – Anyone over 50 with high blood pressure or who is overweight should be screened as recommended by your provider.
- **Skin Cancer** – an annual head-to-toe exam can check for suspicious moles or spots
- **Breast Cancer** – an annual mammogram is recommended for women over 50 or sooner if you have a history of breast cancer
- **Cervical cancer** – A Pap test at your exam can detect cervical cancers
- **Prostate Cancer** – A prostate exam and PSA test can help find cancers early starting at age 50
- **Bone Density** – a noninvasive DEXA scan of the spin and hip should start at age 60



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



Annie Jeffrey

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