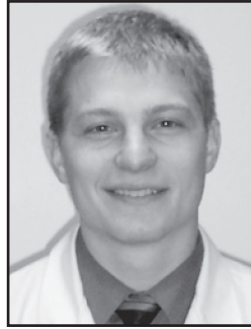


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Welcome Dr. Sidak

Join us as we welcome our newest family doctor to Polk County. Dr. Cameron Sidak has recently been added to our professional team. More information about Dr. Sidak and his family will be coming in the next newsletter.

Farming Safety

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.

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

Continued on page 3

Published Quarterly By:



Annie Jeffrey

MEMORIAL COUNTY HEALTH CENTER

Medical Staff:

- David Jameson, MD
- Cameron Sidak, MD
- Bryan Myers, PA-C
- Michael Karel, PA-C

Board of Trustees:

- Steven J. Peterson, Chairman
- Doug Rathjen, Vice Chair
- Karen Stevens, Secretary
- John Girard, Treasurer

Joe Lohrman, Administrator



Volunteer Appreciation Week

April 19th-25th

Volunteers are valued members of the community. Every year, they contribute hundreds of hours of time and energy. Every day they make a difference in 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.

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

Volunteers Make a Difference!



Free Mature Driving Classes

April 29 & 30

8:30am - 12:30pm each day

ANNIE JEFFREY HEALTH CENTER

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.



These classes are developed specifically to teach drivers 55 years and older, defensive driving techniques and help them adjust their driving styles.

This 8-hour class typically costs \$300 to take, but is being offered free of charge to those registering by April 15, 2010.

For more information or to register, call Annie Jeffrey Memorial Health Center at 402-747-2031.

AJ Snowman Marathon



Due to the great response we had last year, Annie Jeffrey Health Center held their second AJ Snowman Marathon, a community health and fitness event. Participants competed in a 6-week, 26.2 mile marathon that began in January and ended at the Spring Health Fair on March 4, 2010. The overall purpose of the Snowman Marathon was to help participants establish a routine of regular activity and healthy eating by providing weekly goals, nutrition information, and keeping motivated with fun, prizes and camaraderie. An additional feature of this year's challenge was the team division. Family, co-workers and friends were encouraged to form teams of 2-4 people. The goal of the team was to encourage all members to complete their miles in order for all of the other team members to receive their weekly prizes.

The event kicked off with our 5-star Dietary Department catering a spaghetti meal while marathoners learned about exciting new research in healthy eating from our Registered Dietitian, Sandra Burwell. Two additional nutrition information sessions were also presented. During these sessions, participants shared their progress, gained new tips for success and learned about healthy cooking techniques and recipes. All participants received free access to the Wellness Center for 6 weeks, body fat testing, and blood pressure screening. Free lab testing was available during the first week of the competition and low-cost follow-up testing was available during the Spring Health Fair.

The purpose of this event was to establish a regular exercise routine and promote healthier eating.

BryanLGH Grant



Annie Jeffrey Health Center and the surrounding communities will benefit from a \$10,000 grant made by the BryanLGH Foundation Primary Care Matching Grants Program. At its most recent board meeting, the BryanLGH Foundation Board approved the grant award to the Foundation for Annie Jeffrey to assist with the purchase of a new anesthesia machine.

The Foundation for Annie Jeffrey is a non-profit corporation organized to provide funding for projects (such as new medical equipment or facility renovations) that promote health care in the communities served by Annie Jeffrey Health Center. The Foundation is governed by an eight-person volunteer board. The hospital foundation keeps track of funds which are donated and for what purpose they are donated; seeks grants and other outside funding; provides tax reports to the IRS; recognizes donors in newsletters and on our Wall of Commitment; helps publish quarterly newsletters; plans fund raising events; and participates in numerous hospital and clinic activities. Donations to the foundation qualify as tax-deductible charitable gifts.

Proceeds from the Foundation's annual campaign will be used to fund the balance of the anesthesia machine.

The BryanLGH Foundation Primary Care Matching Grants Program funds programs or services that improve the quality of health care or increases access to health care in the community. Since the program's inception in 1997, the Foundation has awarded 149 grants to primary health care organizations across the state totaling over \$1.2 million.

Organizations requesting grant funds from the BryanLGH Foundation Matching Grants Program must have not-for-profit 501c3 or other tax-exempt status and must be able to match at least half of the funds required for the project. Preference is given to Nebraska-based organizations.

At their February meeting, the Foundation for Annie Jeffrey gave a check to Annie Jeffrey Health Center to pay for the \$28,000 anesthesia machine. The Foundation for Annie Jeffrey is a non-profit corporation for promotion of health care in the community served by Annie Jeffrey Health Center.

For more information about the Foundation for Annie Jeffrey, contact Joe Lohrman, CEO, Annie Jeffrey Health Center at 747-2031.

SECOND ANNUAL Annie Jeffrey Golf Tourney

June 25

Ryan Hill
Country Club



Mark your calendar for the second annual Foundation for Annie Jeffrey Golf Tourney on June 25, 2010 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!

Call 747-2031 for more information.

If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.

~ Anne Bradstreet

Farming Safety

Continued from front.

- 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.

Behind the Scenes at Annie Jeffrey

LAB

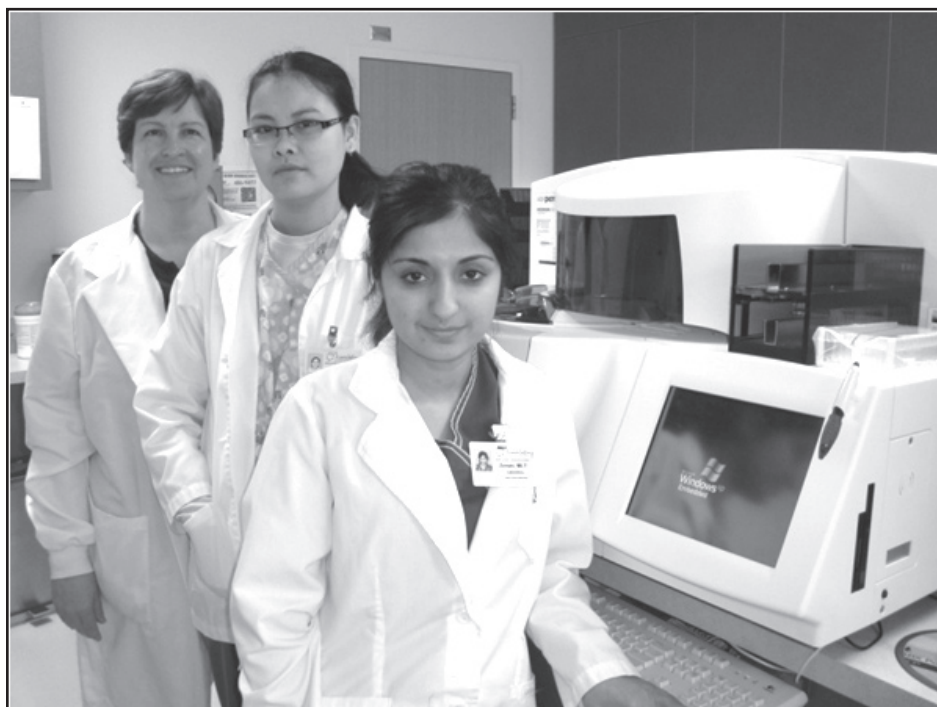
Karen Miller has worked in the Laboratory at Annie Jeffrey for a little over thirty years; first as a bench tech and for the last 2 1/2 years as Lab Supervisor. She started training at Wayne State and graduated as a Medical Technologist from the Medical Center in Omaha. Her job partly consists of obtaining and analyzing blood and body fluid samples to aid the Medical Providers with their diagnosis. The other part consists of trying to run the lab efficiently and keeping up with modern technology in order to serve the inpatients and outpatients at Annie Jeffrey.

Karen is originally from Albion, NE and married Jerry in 1979. They enjoyed raising four boys, Charlie, Craig, Curtis and Christopher in Osceola. They also have a wonderful daughter-in-law, Kristen, and a beautiful granddaughter, Zoe. They are looking forward to another grandchild in the spring. Besides spoiling her granddaughter, Karen enjoys visiting, reading and warm weather!

Karen has met so many wonderful people in her patients and co-workers that Annie Jeffrey is her home away from home. She continually delights in the many changes and growth at Annie Jeffrey and looks forward to its bright future.

Oanh Nguyen started working at Annie Jeffrey in 2007. She attended college at SCC in Lincoln and graduated with an Associates Degree in Medical Lab Technology. She has been married for eight years. Oanh and her husband are from Lincon, but originally from Vietnam. She enjoys spending time with family and friends. In her free time, she likes to shop and listen to music.

Zenab Rehman is from David City. She graduated from Central Community College in Hastings with an Associate of Applied Science Degree in Medical Lab Technology. She really enjoys working at Annie Jeffrey because the people are very friendly and



nice to work with. She is originally from Pakistan and has been in the States for seven years. In her spare time, she likes to spend time with her family, shop and travel.



Johnathan Johnson

Jonathan was born in Lyons, KS and raised in Gothenburg, NE. He married his lovely wife Michelle in 1989. They have one

son, Jonathan, who is a sophomore at St. Paul High School.

Jonathan helps on his wife's family farm, but because of his interest in the medical field, he pursued a career as a Medical Lab Technician. He went on to be a Medical Technologist, obtaining his degree through the University of NE in Lincoln. He is presently getting his Bachelor of Science degree through Bellevue University and plans on graduating in June with honors.

Jonathan also teaches classes in Hastings, Grand Island and Osceola High School Distance Learning Center. His classes are helping others in their medical fields of interest. He has taught for ten years and has been a Med. Tech for 13 years. He previ-

Above: Karen Miller, Oanh Nguyen and Zenab Rehman are standing in front of the newest instrument in the laboratory known as the Pentra 400. This Chemistry analyzer uses plasma samples as opposed to serum samples. This makes the turnaround time about 15 minutes faster than the old analyzer, which means providing results to the Physician or PA is that much quicker. It also allows the lab staff to do more tests in the Annie Jeffrey Lab as opposed to sending them off to a reference lab.

ously worked in Grant, Neligh and O'Neil hospitals and has been working in Osceola for about a year.

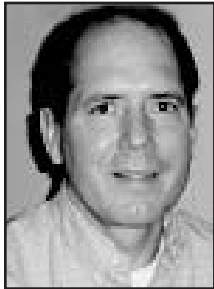
Jonathan loves all kinds of sports, especially outdoor sports including fishing and hunting, but also loves to play chess.

Annie Jeffrey

Thank You!

Doctor's Day - March 30, 2010

Thank you to all of our Doctors and Mid-levels for the dedication, talent and commitment you bring to your patients, to the community and to the lives you touch at Annie Jeffrey Memorial County Health Center!



David Jameson, MD
Family Practice



Cameron Sidak, MD
Family Practice



Robert Hibbard, MD
Cardiology



Steven Nagengast, MD
General Surgery



Nila Novotny, MD
Ear, Nose, Throat



Stuart Oxford, MD
Nerve Conduction



Paul Welch, MD
OB/Gyn



Douglas Brouillette, MD
Gastroenterology



David Heiser, MD
Orthopaedics/Sports
Medicine



David Wiltfong, MD
Urology



Bryan Meyers, PA-C
Family Practice



Mike Karel, PA-C
Family Practice



Jennifer Nekl,
MSN, APRN, WHNP
OB/Gyn

April Clinics Outpatient Services

CARDIOLOGY:

Dr. Robert Hibbard
April 14 & 28

CARDIAC REHAB:

Every M-W-F

EAR, NOSE, THROAT:

Dr. Nila Novotny
April 23

OB/GYN:

Jennifer Nekl, MSN, APRN
April 2

Dr. Paul Welch
April 16

ORTHOPAEDICS/ SPORTS MEDICINE:

Dr. David Heiser
April 7 & 21

PHYSICAL THERAPY:

John Makovicka, RPT
Kellen Benes, DPT
Katie Alder, PTA
Monday thru Friday

GENERAL SURGERY:

Dr. Stephen Nagengast
April 6 & 23 (tentative)

NERVE CONDUCTION:

Dr. Stuart Oxford
April 21

NUTRITIONAL COUNSELING:

Sandra Burwell, RD, LMNT
April 21

UROLOGY:

Dr. David Wiltfong
April 9

Memorial Gifts

Each year, Annie Jeffrey Health Center receives financial contributions in memory of loved ones. The Foundation for Annie Jeffrey would like to thank those donors who are helping support the hospital's charitable mission, while paying tribute to a family member or friend. Here is the list of the community members we received donations in memory of this past year.

In Memory Of:

Lonnie Ackerman
Doris Anderson
Lee Anderson
Herman Becker
Sheldon and Jean Bond
Imogene Brigham
Carl Burritt
Irene Burritt
Traci (Rein) Carder
Jerry Carlson
Ron Carlson
Nick and Marge Cerny
Ted and Agnes Cuda
Joseph and Myrtle DeSort
Phyllis DeSort
Bernita Dittmer
William Dittmer
Arthur Ekstrom
Florence Ekstrom
Ellen Engel
Joseph L. Fjell
Effie Fornander
Ethan Mark Gustafson
Shirley Hahn
Florabelle Hays
Laird Hengelfelt
Richard Hiemer
Gilbert Hinkle
Abigail Hohman
Alton Johnson
Jack Keef
Morgan Klein
Richard Klein



Above: Foundation for Annie Jeffrey Board Members standing in front of the Donor Wall of the hospital. Left to Right: Terry Fusco, Mary Lerch, Doug Rathjen, John Girard, & Joe Lohrman. Not pictured are: Karen Stevens, Steve Peterson, Brian Beckner, and Karleen Watts.

Steve and Dorothy Kozel
Marjorie Ann Kuper
Katherine Lacy
Dorothy Larson
Ken Larson
Lorraine Larson
Norma Larson
Norman Leach
Edwin Lerch
Ronald Lerch
Steven Lerch
Eunice LeSuer
Lynn Lohrman
William and Mildred Lohrman
Dolores Meister
Gerald Mentink
Bob Merrick
Dick and Helen Merrick
Gary Moore
Mary Ann Moore
Leonard Mrvicka
William H. Norton
Janet O'Brien
Stanley Oquist
Parents of Rev. Cliff and Ingrid Hoper
Renee Palensky
Helen Peterson
Agnes Petrzilka

Charles Petrzilka
Earl and Alice Pierce
Kathleen Roesener
Lora Ruff
Peter Ruff
Grace Rutter
David Rutter
Bernice Scherer
Jake Scherer
Jody Schott
Gola and Ruth Sebenar
Ruth Sherfey
Karen Shoup
The Signer Family
Kenneth Sipes
Arlo and Genelle Stevens
Horace Stevens
Vella and Zang Stewart
Richard Swantek
Norma Udey
Francis Urban
Raymond G. Walgreen
Sandy Walgren
Elenore Wallman
Darlene Wanek
Maury Watts
Bill Wieseman
Michael Wieseman
Myrtle Wieseman

Annie Jeffrey Spring Mini-Health Fair a Success

The third annual Annie Jeffrey Memorial County Spring Mini-Health Fair was held on March 4th at Annie Jeffrey Health Center. After the participants took advantage of the discounted comprehensive health blood profiles and vascular screenings, Annie Jeffrey's staff treated fair goers to a healthy breakfast.

The Spring Mini-Health Fair was designed to provide an opportunity for those who are not able to attend the October health fair. The smaller health fair offered many of the beneficial lab screenings and blood draws as the larger October health fair, but was held at a time which was more convenient for the area farmers. Additional tests offered at this health fair were the Abdominal Aortic Aneurysm Ultrasound Screening, Carotid Artery



Vascular Screening for strokes, Echocardiogram Heart Screening, and Peripheral Arterial Disease Screening provided by BryanLGH East. Information was available for people to learn about their own health and to bring awareness of the services available at Annie Jeffrey.

Above: BryanLGH brought their mobile screening lab to the Mini-Health Fair to do Echocardiogram Heart Screens and Peripheral Arterial Disease Screens.

The Health Fair Committee would like to thank all participants and Annie Jeffrey staff for helping to make the health fair a success. Planning has already begun for the 4th annual Mini-Spring Health Fair. Look for upcoming information about the 7th annual health fair to be held in October.

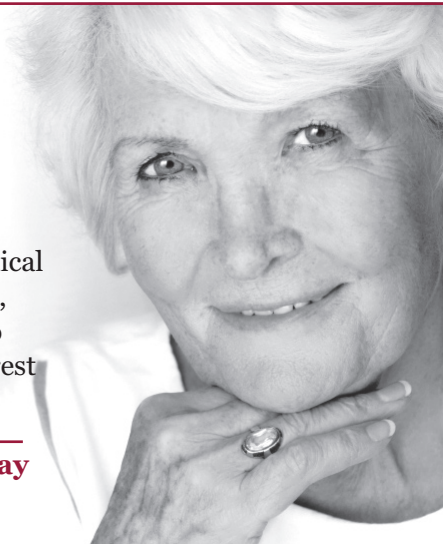


How You Can Age Gracefully

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 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

SERVICES AVAILABLE AT ANNIE JEFFREY

It is reassuring to know that specialized medical care for your family 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
Cardiac Rehab
Radiology Services including
general radiology, CT and
bone density studies
Pharmaceutical Services
Social Services
Lab Services
Physical Therapy
Occupational Therapy
Child/Adolescent Health
Services

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
Cardiolite Testing
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
Pulmonary Function Testing

SPECIALTY SERVICES:

General Surgery
G.I. Clinic
Nephrology
OB/GYN
Orthopaedic
Physical Medicine
Sports Medicine
Urology
ENT
Cardiology

AT AJHC BY CONTRACT:

Speech Therapy
MRI
Nuclear Medicine Consultations
Sleep Studies
Echocardiogram
Doppler
Pathology Services
Ultrasound
Mammography
PET/CT

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

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



Annie Jeffrey

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Osceola, Nebraska 68651

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