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Foundation for AJ Receives \$548,754 Grant For Digital Mammography

Patients of Annie Jeffrey Health Center will benefit from new state-of-the-art Mammography equipment, which is possible through a grant from The Leona M. and Harry B. Helmsley Charitable Trust.

The Leona M. and Harry B. Helmsley Charitable Trust has awarded Annie Jeffrey Health Center \$548,754 to upgrade its Mammography Services. The grant will be used to purchase a state-of-the-art digital Mammography unit, replace Radiologist workstations and upgrade the Mammography room.

ment, which allows clearer images. This means that abnormalities or cancer in the breast may be detected sooner.

“Breast cancer has become the most common non-skin cancer and is the second leading cause of cancer-related deaths in the nation,” says Lohrman. “The digital technology will ensure that our patients are receiving the highest level of diagnostic services available for early detection and treatment.”

The Rural Healthcare Program of The Leona M. and Harry B. Helmsley Charitable Trust began awarding grants in 2009. It funds programs that provide rural health care to people in the upper Midwest. In the last two years, The Helmsley Trust has awarded more than \$84 million in grants to nonprofit organizations.

The Leona M. and Harry B. Helmsley Charitable Trust, established in 1999, supports a diverse range of organizations with a major focus on health and medical research, human services, education and conservation.

“This is an incredible gift for our organization and the people we serve,” says Joe Lohrman, CEO. “This means patients can get the best cancer detection possible without leaving the area.”

The hospital will replace its analog Mammography equipment with digital equip-

Published Quarterly By:



Medical Staff:

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

Board of Trustees:

- Steven J. Peterson, Chairman
- Peggy Hopwood, Vice Chair
- Karen Stevens, Secretary
- John Girard, Treasurer
- Charles Roberts

Joe Lohrman, Administrator



Our dedicated team of medical professionals are here to serve you. Their combined expertise in health care is matched only by their passion for serving the unique needs of our citizens.

Annie Jeffrey Health Center Medical Providers (l-r): Mike Karel, PA-C, Bryan Myers, PA-C, Dr. Cameron Sidak, Dr. David Jameson

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 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.

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

Volunteers Make a Difference!



2011 AJ Snowman Marathon Final Results

Thanks to a generous grant from Blue Cross Blue Shield, Annie Jeffrey Health Center held their third 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 3, 2011. 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. A total of 7322.27 miles were submitted for all participants during the 6 weeks. We initially had 128 'runners' sign up for the Snowman Marathon – 78 if those completed at least 26.2 miles. 22 additional participants completed at least some miles. The Grand Prize winner was drawn from all participants who submitted their mileage logs – the winner was Cindy Nyberg. Cathy Peil was a fleece jacket as a second prize.

An additional feature of this year's challenge was for area farmers to sign up

for team divisions. Green, Red, Orange and Blue teams competed against each other to log their miles to see which team would win. Although the Red team lead throughout the contest, the Orange Team defeated them by a narrow margin in the final week – 97.27 average miles – 96.99 miles. The Green team averaged 53.31 miles and the Code Blue team 31.77.

Several information meetings were held during this event to learn exciting new information about healthy eating from our Registered Dietitian, Sandra Burwell. All participants received a pedometer plus had free access to the Wellness Center for 6 weeks, body fat testing, and blood pressure screening. Free lab testing was available during the first and final weeks of the competition. This event concluded at the Spring Health Fair where we saw many success stories. Many people did not see a big drop in their weight on the scale, but did see big changes in their waist circumfer-

Continued on page 3

Behind the Scenes at Annie Jeffrey

FOUNDATION FOR ANNIE JEFFREY

Since 2007, the Foundation for Annie Jeffrey has served as the fund raising arm of the hospital. The Foundation for Annie Jeffrey is a non-profit corporation organized to accept donations and 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 for Annie Jeffrey volunteer board members are: Brian Beckner, Terry Fusco, John Girard, Mary Lerch, Steven J. Peterson, Karen Stevens and Karleen Watts. Non-voting members of the Foundation Board are Joe Lohrman, CEO and Susan Chrastil, Foundation Director.

The Foundation helped fund Phase I and Phase II of the building project, funded the Healing Garden, applies for grants, funds new medical equipment and plays



an important role in funding those special projects that our hospital needs. Annual fundraisers include an annual campaign, golf tournament, Foundation Family Tree, and special events like the recent Wine Fest. The Foundation for Annie Jeffrey is operated exclusively for charitable and promotional health care purposes to benefit health care in our community. *100% of all donations are used as the donor designates.* Donors giving gifts accumulative of \$1000 or more are recognized on the Wall of Commitment in the hospital.



Free Mature Driving Classes

April 14 & 15

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.



The Traffic Safety Council is offering free classes to mature drivers at the Annie Jeffrey Health Center on April 14th & 15th from 8:30AM to 12:30PM each day. These classes are developed specifically to teach drivers 55 and older defensive driving techniques and help them adjust their driving styles. This 8-hour class typically costs over \$300.00 to take, but is being offered for free to those registering by April 11, 2011. To register or for more information, call 747-2031.

2011 AJ Snowman Marathon Final Results

Continued from front.

ence, body fat percentage or blood pressure. One of the main ideas stressed in the nutrition program was that there are many ways to measure “success” – and the scale is not always the best way! Several people

commented that even though there were exercising regularly before the Marathon, they did increase their fruit and vegetable intake – and as a result saw a drop in their blood pressure.

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 747-2031.

Mark Your Calendars Now!

FOUNDATION FOR ANNIE JEFFREY

Golf Tournament



June 17, 2011

Ryan Hill Country Club

Mark your calendar for the third annual Foundation for Annie Jeffrey golf tournament on June 17, 2011 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.

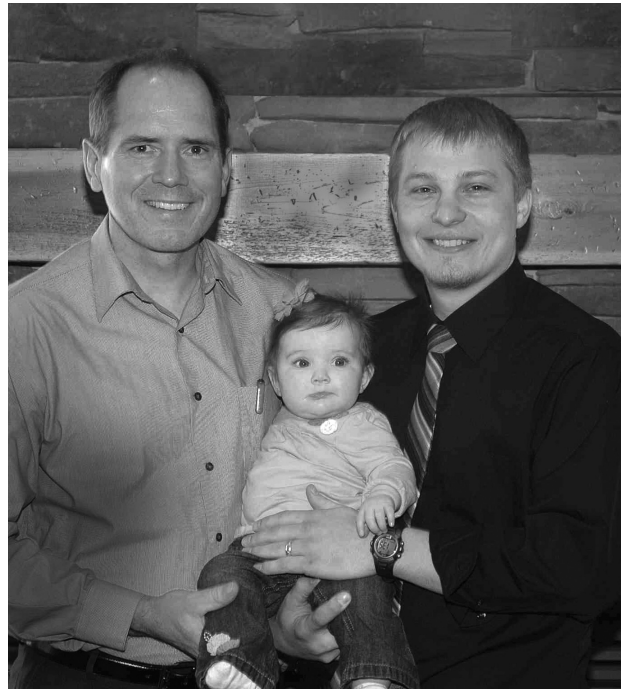
Thank You!

Doctor's Day - March 30, 2011

Thank you Dr. Jameson and Dr. Sidak for the dedication, talent and commitment you bring to your patients, to the community and to the lives you touch at Annie Jeffrey Health Center!

Dr. David Jameson, M.D., 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.

Dr. Cameron Sidak, M.D., graduated in 2007 from The University of Nebraska Medical Center with his M.D. Dr. Sidak covered calls at Annie Jeffrey beginning in October of 2008 and became part of the Medical Staff in July 2010. Dr. Sidak and his family live in Osceola.



Dr. David Jameson (l) and Dr. Cameron Sidak (r) holding Lily Jane Cramer delivered at Annie Jeffrey Health Center on April 14, 2010.



A Special Thank You to our Dedicated P.A.'s



Bryan Meyers, PA-C
Family Practice

Bryan Myers, PA-C, graduated in 1994 from the University of Nebraska Medical Center. Bryan has practiced at Annie Jeffrey Health Center since 1995. Bryan and his family reside in Stromsburg, NE.



Mike Karel, PA-C
Family Practice

Michael Karel, PA-C, graduated in 2002 with his Bachelor's degree in Physician Assistant Studies from Union College in Lincoln, NE. Michael has practiced at Annie Jeffrey Health Center since December 2008. Michael and his family reside in Valparaiso, NE.



Jennifer Nekl,
MSN, APRN, WHNP
OB/Gyn

Jennifer Nekl, MSN, APRN, WHNP, has been working with Annie Jeffrey Health Center since November of 2009. She is a Nurse Practitioner with Columbus Women's Healthcare and lives with her family in Shelby, NE.

Doctor's Day - March 30, 2011 ANNIE JEFFREY SPECIALISTS



Robert Hibbard, MD
Cardiology

Robert N. Hibbard, M.D. 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 Subspecialty Boards of Cardiology. He is also a member of several professional societies and is listed in the reference volume, "America's Best Doctors," a listing of the top referral specialists in the U.S.



David Heiser, MD
Orthopaedics/
Sports Medicine

David P. Heiser, M.D. graduated from the University of Nebraska College of Medicine in 1973. Upon graduation, Dr. Heiser did his Surgical Internship with the University of Cleveland, OH and completed a orthopaedic residency with Case Western Reserve University, School of Medicine, Cleveland, OH in 1978. He is a member of the American Academy of Orthopaedic Surgeons, the American Association of Hip & Knee Surgeons and the American Medical Association.



Steven Nagengast, MD
General Surgery

Stephen M. Nagengast, M.D. 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. He is usually responsible for the comprehensive management of the trauma victim or the critically ill surgical patient.



Stuart Oxford, MD
Nerve Conduction

Stuart G. Oxford, M.D. is the EMG (Electromyography) Nerve Conduction specialist for Annie Jeffrey Health Center. He graduated from the University of Nebraska School of Medicine in December, 1975 and did his internship and residency in Physical Medicine and Rehabilitation at the University of Washington, Seattle, WA from 1976 to 1979. He specializes in the treatment of chronic pain resulting from musculoskeletal problems, past injuries or disabilities. As an EMG (Electromyography) Nerve Conduction specialist, Dr. Oxford performs tests and physical examinations to find the source of pain, especially if standard diagnostic tests do not reveal specific problems.



Paul Welch, MD
OB/Gyn

Dr. Paul Welch, OB/GYN graduated from Union College in Lincoln, NE with a Bachelor of Arts in Biology in 1996. He then attended Loma Linda University School of Medicine, obtaining his M.D. in 2000. Upon graduation Dr. Welch began work in Obstetrics as a Resident OB/GYN Physician at the Southern Illinois University School of Medicine in Springfield, IL. He now is the owner of Columbus Women's Healthcare, P.C. and sees patients at Annie Jeffrey Health Center. Dr. Welch offers complete care in obstetrics including annual care, health screening, ultrasound services, and a full range care of gynecologic and female urinary problems.



Douglas Brouillette, MD
Gastroenterology

Douglas E. Brouillette, M.D. graduated from University of Nebraska Medical Center in 1983. Then he completed his residency in Internal Medicine at the University of Nebraska College of Medicine in 1986 and Fellowship in Gastroenterology/Hepatology at the University of Pittsburgh in 1988. He is certified with the American Board of Internal Medicine in Gastroenterology specializing in diagnosing and treating conditions involving the digestive organs such as the stomach, bowels, liver and gallbladder. Dr. Brouillette is available each month at the Annie Jeffrey Health Center to see patients.



Jodi Miller
Dietary Supervisor

AJ Foundation Announces Scholarship Winner

The Foundation for Annie Jeffrey recently awarded a scholarship to Annie Jeffrey Health Center employee, Jodi Miller. Jodi is the Dietary Department Supervisor at Annie Jeffrey and is taking classes in Dietary Management.

The employee scholarship program funded by the Foundation helps the Annie Jeffrey staff continue the educational opportunities needed for them to advance in their health care field.

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:

Herb and Mary Ament
Irene V. Anderson
Ray & Marie Beebe
Calmer Boden
Leona Boden
Lambert and Mary Ann Boruch
Carl Burritt
Irene Burritt
Delores Carlson
Theodore Carlson
Marge Cerny
Nick Cerny
Bill Channer
Dorothy Channer
John and Hazel Chrisman
Maxine Cogdill
Ted and Agnes Cuda
Frank L. Czarnick
Joseph and Myrtle DeSort
Phyllis DeSort
Joseph L. Fjell
Donna Fusco
Mary Jo Gabel
Mary Rose Girard
Ethan Mark Gustafson
Jeanette Hanson
Abigail Hohman
Judy Jakub
Dorothy Jones
Martin and Myrtle Jones
Richard Klein
Eric Kohles
Steve and Dorothy Kozel
Kenneth Larson

Lorraine Larson
Norma Larson
Norman Leach
Francis "Whitey" Leif
Maurice Lindburg Jr.
Lynn Lohrman
William and Mildred Lohrman
Nancy Mangelsen
Lori Wyatt- Marsh
Bob Merrick
Dick Merrick
Helen Merrick
Wayne Monroe
Leonard Mrkvicka
Stanley Oquist
Goldie Palensky
Theodore & Irene Pandorf
Lindsay Pruter
Raymond Roehrs
David and Grace Rutter
Adelia Schmal

Karen Schoop
Ron Schoop
Judy Schott
Gola and Ruth Sebenar
Myrtle Shore
Kim Sinkule
Wayne and Anna Sisty
Horace Stevens
Jerold Tonniges
Phyllis Tunink
Francis Urban
Ray Walgreen
Darlene Wanek
Maury Watts
Bill Wieseman
Earl Wieseman
Michael Wieseman
Myrtle Wieseman
Joshua Winn
Roger Wyatt
Elizabeth Yungdahl

Newborn Hearing Screening

The Foundation for Annie Jeffrey approved the purchase of a newborn hearing screening machine at their regular board meeting. The Polk and Butler Mutual Insurance Company donated \$2500 or about half the cost of this machine and the Foundation received a grant for the remainder of it. Joe Lohrman, CEO, stated that the hospital is mandated by the state to conduct hearing tests for newborns before they leave the hospital. This machine replaces the outdated machine and just recently came in.



Pictured with the newborn hearing screening machine are Foundation for Annie Jeffrey Board Members: (back row) Brian Beckner, John Girard, Steve Peterson, (front row) Karleen Watts, and Karen Stevens. Also pictured are Robin Carlson, RN and Joe Lohrman, CEO. Not pictured are Mary Lerch and Terry Fusco.

Spring Mini-Health Fair a Success

The annual Annie Jeffrey Memorial County Spring Mini-Health Fair was held on March 3rd at Annie Jeffrey Memorial County 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.

The Health Fair Committee would like to thank all participants and staff for helping to make the health fair a success. Planning has already begun for the 5th annual Mini-Spring Health Fair. Watch for upcoming information about the 8th Annual Health Fair to be held in October.

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



Heart Attacks and Stroke

Both heart attacks and strokes are life-and-death emergencies – every second counts. If you see or have any of the symptoms, immediately call 911. Not all of these signs occur in every heart attack or stroke. Sometimes they go away and return. If they occur, get help fast! Heart attack and stroke victims can benefit from new medications and treatments that were unavailable to patients in years past. But to be effective, you need to get help right away.

Most heart attacks start slowly with mild pain or discomfort and some are sudden and intense. Often people aren't sure what is wrong and wait too long before getting help. **Here are signs that can mean a heart attack is happening:**

- Chest discomfort – Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like an uncomfortable pressure, squeezing and pain.

- Discomfort in other areas of the upper body – Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath – This may occur with or without chest discomfort.
- Other signs – These may include breaking out in a cold sweat, nausea or lightheadedness.

Stroke warning signs are:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If you or someone with you has one or more of these signs, don't delay in calling 911! It is very important to take immediate action.

Ask your health care provider if you need a stress test. Annie Jeffrey Health Center has new Cardiac Stress testing treadmill for testing your heart. A stress test, sometimes called a treadmill test or exercise test, helps a doctor find out how well your heart handles work. As your body works harder during the test, it requires more oxygen, so the heart must pump more blood. The test can show if the blood supply is reduced in the arteries that supply the heart. It also helps doctors know the kind and level of exercise appropriate for a patient.

SERVICES AVAILABLE AT ANNIE JEFFREY

Coming Soon ~ Digital Mammography

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
Radiology Services including
general radiology, CT,
Mammography and
bone density studies
Pharmaceutical Services
Social Services
Lab Services
Physical Therapy

Child/Adolescent Health
Services and Family Counseling
Family Medicine Clinic

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

AT AJHC BY CONTRACT:

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

SPECIALTY SERVICES:

General Surgery
Gastroenterology
Obstetrics & Gynecology
Orthopaedics
Physical & Sports Medicine
Urology
Ear, Nose & Throat
Cardiology Clinic

**Please contact 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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