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New 3D/4D Ultrasound at Annie Jeffrey

Written by Erin Dickey, Feature Writer for the Polk County News

A new machine has rolled into place at Annie Jeffrey Health Center in Osceola. A Toshiba Aplio 500 Ultrasound System is equipping the staff at Annie Jeffrey with a new and improved look deep into its patient's healthcare.

Ultrasound uses high sound waves that are inaudible to humans. These pulses of sounds are sent through tissues which result in varying degrees of echoes and vibrations. These echoes and vibrations are turned into electrical pulses that are transformed into an image on a screen for the sonographer to see.

When most people think of ultrasound, obstetrics is the first thing to come to mind. While an ultrasound is an exciting part of obstetrics the technology of an ultrasound machine can be used in multiple medical fields from anesthesiology, tendons, urology, cardiology, ophthalmology, muscles and so much more.

With 3D and 4D capabilities, the Toshiba Aplio 500 machine allows a unique glance into the depths of vessels, tendons, organs

and of course, obstetrics. From tiny eyelashes, toenails, chubby cheeks and round noses, a baby's first picture can now be captured while in utero. Details that once remained a mystery until the birth of the baby can now be seen early on.

These images are recorded for medical professionals to examine and are burned onto a disc for families to enjoy as keepsakes for themselves.

The Foundation for Annie Jeffrey presented a check to Annie Jeffrey Health Center for the new Ultrasound machine and new Orthopaedic Surgery equipment after receiving donations from their annual campaign. The Foundation recently received funds from Pinnacle Bank, a grant from The Ethel S. Abbott Charitable Foundation and a grant from the Mary Tous Foundation to help with these purchases. Doctors employ ultrasound imaging in diagnosing a wide variety of conditions including the heart and blood vessels, liver, gallbladder, spleen, pancreas, kidneys, bladder, uterus, ovaries, eyes, thyroid and more.



Pictured with the new Ultrasound are Joe Lohrman, Annie Jeffrey CEO, Susan Chrastil, Foundation Director, and Foundation Board Members, Karleen Watts, Margie Hayes, Mary Lerch, Steve Peterson, Karen Stevens, John Girard, Kathy Gabel and Radiology Manager, Nataly Sanley.



FOUNDATION FOR ANNIE JEFFREY

Golf Tournament

June 17, 2016

**Ryan Hill
Country Club**

*There is still time to
sign up for the annual
Foundation for Annie
Jeffrey golf tournament
on Friday, June 17th at
Ryan Hill Country Club
in Osceola.*

**WIN A NEW
CHEVROLET WITH
A HOLE-IN-ONE
from TONNIGES
CHEVROLET.**

*The Foundation for
Annie Jeffrey golf
tournament promises to
be a fun-filled day with
great prizes, food
and fun!*

*Call 402-747-2031 for
more information.*

Speech Language Pathology Services at AJHC

Annie Jeffrey Health Center is now working with a new Speech Therapy Group called Therapy Works of Nebraska.

Is your child having difficulties saying specific speech sounds?

Does he/she say "Fum for Thumb"? Does he/she say "Wittle for Little"?

Is your child having difficulties with reading in school?

Speech & Language fundamentals are the foundations for learning to read.

Is your child struggling in school? Do they have an IEP?

Is he/she failing classes or falling below grade level?

Speech Therapy - it's more than learning to say your /r/ sound!

Speech Therapists help both kids and adults better his or her quality of life. Speech Therapists can help:

(1) teenagers who have suffered a concussion, adults who have had a stroke, dementia, or Parkinson's disease,

Seat Belts Save Lives

The use of seat belts is the single best way to save lives and to reduce injuries in traffic crashes.

Here are some Nebraska Seat Belt Facts from the Nebraska Office of Highway Safety, 6/17/2015:

- In Nebraska, 225 people died and 15,871 were hurt in traffic crashes in 2014.
- One crash happens every 16 minutes.
- 43 people were injured each day in motor vehicle crashes and one person was killed every 39 hours.
- Of the 225 deaths, 189 (84%) were occupants of cars.
- Of the 189 deaths, 78 (41%) were rollovers.
- Of the 189 deaths, only 58 (31%) were wearing safety belts; 131 (69%) were not wearing safety belts.

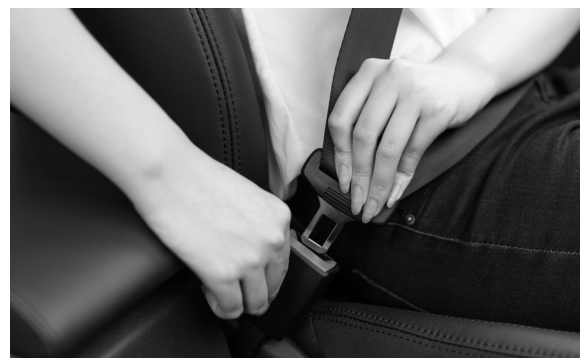
(2) young children who have difficulties saying specific sounds, have difficulties reading, or are generally struggling in school, and

(3) kids and adults who have having difficulties eating or swallowing.

Speech Therapy services are covered by Medicare and Medicaid as well as most private insurance companies. They also offer private pay options.

Schedule your child's free screen at Annie Jeffrey Health Center with Speech Language Pathologists Sharon Braun MA, CCC-SLP, Rachel Koch, MS, CCC-SLP & Erin Schmidt, MS, CCC-SLP by calling 402-747-2031.

Come spend a part of your summer with us – we are experienced in pediatric, child, and young adult speech & language and ready to help your child succeed!



- Of the 131 not wearing safety belts, 78 (60%) were thrown from the vehicle.
- Traffic crashes are the leading cause of death among those ages 5-34.
- Safety belts, when used, lessen the risk of death to car occupants by 45% and light truck occupants by 60%.

When in a moving vehicle, buckle up 100% of the time, no matter how short the trip. Make each person in your car buckle up, even those in the back seat. Parents and caregivers, show your children that you use a seat belt. Be safe for those who love and need you. For more information on vehicle safety and seat belt use, call 402-362-2621 or toll free at 877-337-3573 or email questions to info@fourcorners.ne.gov.



Annie Jeffrey Health Center honored Volunteers with a brunch and a program.

Annie Jeffrey Volunteers Honored at Annie Jeffrey Health Center

Annie Jeffrey Health Center honored the AJ Volunteers during Volunteer Appreciation Week at the hospital with a brunch and a program. The program on beekeeping and honey was presented by Abby Lyons from AbBee's Honey.

Joe Lohrman, Annie Jeffrey CEO, says "The AJ Volunteers are a great group of ladies that give their time and labor to the communities! They operate a Thrift Shop in the community of Osceola and have it open over 900 hours a year. They always have a smile and kind word for anyone that may venture in! We really appreciate all of the contributions the Annie Jeffrey Volunteers have made over the years. They have given countless hours of work in addition to their monetary donations of over \$100,000. This is just one small way of saying THANKS."

Annie Jeffrey Volunteers operate the Thrift Shop on the south side of the square in Osceola plus volunteer their time and talent at the hospital, help with the annual health fair, hold bake sales and help with the annual golf tournament.

The Thrift Shop has clothing for the entire family, books, 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.

"We are so fortunate to have such a dedicated group of Volunteers helping support our medical center."

The organization has over 60 members! The membership comes from all parts of the county and surrounding area. They also enjoy the social aspect of the group and often bridge the gaps that are often left in small, rural communities between the service organizations, churches, government programs and local businesses.

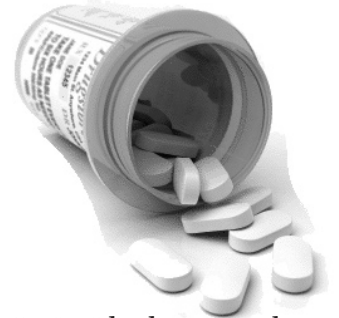
"We are so fortunate to have such a dedicated group of Volunteers helping support our medical center," said Lohrman.

For information about becoming an Annie Jeffrey Volunteer, contact Karleen Watts.



Medication Synchronization Saves Time!

~ Linda Myers-Bock RP, MBA
Tooley's Osceola Pharmacy



Whether you take 2 or 12 medications daily, getting your refills synchronized will save you time. Imagine not having to call or visit your pharmacy multiple times each month. The National Community Pharmacists Association (NCPA) found that 74 percent of patients enrolled in synchronization programs find it helpful in improving their overall adherence. This in turn means less hospitalizations or complications from not taking medications regularly. With any synchronization program, your pharmacy will arrange it so you can pick up all your prescriptions once a month or once every 90 days. A 2014 survey conducted by NCPA found that 3 out of 4 people who have trouble managing their prescriptions are not enrolled in a medication synchronization program. Contact your pharmacy and ask if there is a synchronization program you can enroll in today!

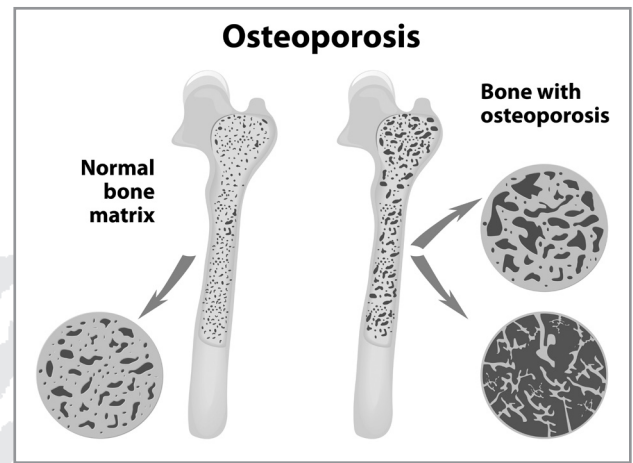
Bone Health

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.

Do you remember your grandmother when she was younger? Do you remember getting taller and perhaps your grandmother was getting shorter with her back getting more rounded and stooped over? It is

possible that she had osteoporosis. 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 available right here at Annie Jeffrey Health Center. It is a simple, painless procedure that takes about 15 minutes. Ask your health care provider about getting tested and what treatment options are available. Call Annie Jeffrey Health Center at 402-747-2031 for more information about bone health.

Annie Jeffrey Spring Health Fair a Success

The ninth annual Annie Jeffrey Memorial County Spring Mini-Health Fair was held on March 1st at Annie Jeffrey Memorial County Health Center. Over 90 individuals took advantage of the health fair. Fifty-one percent of the Snowman Marathon participants completed and reported their weekly activities and forty-eight percent of the participants returned for follow-up lab work or measurements. All fairgoers were treated to a free continental breakfast provided by Annie Jeffrey's staff.

The smaller health fair offered the same beneficial lab screenings as the larger October fair.

The Spring Mini-Health Fair was designed to provide an opportunity for those who are not able to attend the October health fair and as a conclusion to our Annual Snowman Mara-

thon. The smaller health fair offered the same beneficial lab screenings as the larger October health fair, but was held at a time which was more convenient for the area farmers. Returning to the health fair was the Bryan Health mobile screening truck. They provided abdominal aortic aneurysm screens, carotid artery ultrasound, peripheral arterial disease, and atrial fibrillation heart screening all to be read by a Bryan Health Cardiologist or Vascular Surgeon. Tooley Drug and Home care from Osceola was on site offering a medication take back opportunity and brown bag medication reviews. New to this year's event was the Center for Survivors with information about their new outreach clinics. Information was available for people to learn about their own health and to bring awareness of the services available at Annie Jeffrey.

The Polk County Health Department and Four Corners Health

Department were on hand with flu shots, farm safety products and information about radon and skin and colon cancer screening information.

Individuals were given an opportunity to get a closer look at the facility. 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 10th annual Mini-Spring Health Fair. Look for upcoming information about the 13th annual health fair to be held in October.



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:

Frank Alt
Donna Anderson
Irene V. Anderson
Wayne & Lorraine Anderson
Leonard & Ramona Augustin
Shelley Bond-Glen
George Boruch
Carl & Irene Burritt
John Carlson
Marge Cerny
Nick Cerny
Stanley Chrastil
Ted & Agnes Cuda
Raymond Cutsor
Dr. Clarence Davis
Myrtle & Joseph DeSort
Phyllis DeSort
Alice Dunn
Arnie Ekstrand
Ethan Mark Gustafson
Sally Gustafson
Shirley Hart
Don Hayes
Stewart & Florie Hays
Lyle Johnson
Earl & Dorothy Jones
Clint Jones
Willis & Lucille Jones

Carol Kohles
Dorothy & Steve Kozel
Mom & Dad Kozel
Delphine Kresha
Bill Kucera
Kenneth Larson
Lorraine Larson
Shirley Larson
Eunice LeSuer
Marlene LeSuer
Wilbert LeSuer Sr.
Lynn Lohrman
Mildred & William Lohrman
Mom & Dad Lohrman
Joe Marsden
RaeJeanne Marsden
Leonard & Marie Meister
Bob Merrick
Dick & Helen Merrick
Leonard Mrkvicka
Evelyn Olson
Severt Oquist
Stanely Oquist
Our Grandparents
Mary Peterson
Lindsey Pruter
Eugene Reetz
Mom & Dad Renihan

Martin & Gladys Roberts
Mavis Rowan
Karen Schoop
Ron Schoop
Esther Schott
John W. & Mary Ann Schott
Ruth & Gola Sebenar
Horace Stevens
Elaine Stromberg
Francis Urban
Bob Wanek
Darlene Wanek
Maurice Watts
Ross Watts
Bill Wieseman
Mike Wieseman
Myrtle Wieseman
David Winslow
Gay Winslow



Fit & Healthy Kids

Annie Jeffrey Health Center is once again offering a community wellness program called Fit and Healthy Kids.

This program is for kids ages 8 and over plus at least one parent or grandparent. Participants will attend weekly cooking classes at the hospital during the summer so they learn how to cook simple healthy meals and snacks, grocery shop by reading food labels, the importance of good nutrition and will participate in daily fitness challenges.

This 6-week wellness program is designed to help establish a routine of regular exercise and healthy eating by providing weekly recipes and goals, nutrition information and keeping participants motivated with fun, prizes and camaraderie.

To register for this program, please call Sandra Burwell, Annie Jeffrey Health Center Registered Dietitian at 402-747-2031 or complete and mail in the registration form on the back page of this newsletter.



Here is a recipe from our Dietary Department at Annie Jeffrey

Orange Creamsicle Yogurt Bites

3 cups vanilla yogurt,
Low-fat
2 (1/3 ounce) box sugar-free orange gelatin
(can use any flavor)

DIRECTIONS:

1. Combine ingredients in a bowl.
2. Microwave on high for 1 minute.
3. Stir
4. Microwave on high for 1 minute.
5. Stir
6. Pour, by the 1/4 cup into a muffin tin lined with 12 cupcake liners.
7. Freeze for at least 1 hour.

New Software at AJHC

Annie Jeffrey will be going live with a new computer software for our electronic medical records Monday July 11. While our goal is to make this transition smooth, there may be some delays that occur. Thank you for your understanding and patience during this transition period.

Foundation for Annie Jeffrey Awards Scholarships



Pictured with scholarship winners, MaKenna Sempek, Karlee Pinney and Brady Langemeier are Joe Lohrman, Annie Jeffrey CEO, Susan Chrastil, Foundation Director and Foundation for Annie Jeffrey Board Members: Margie Hayes, Karleen Watts, Mary Lerch, Steve Peterson, Karen Stevens, John Girard and Kathy Gabel. Not pictured are Chloe Engel, scholarship winner and Brian Beckner, Foundation for Annie Jeffrey Board Member.

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. The four scholarship winners this year are:

- Brady Langemeier from Cross County High School
- MaKenna Sempek from Cross County High School
- Chloe Engel from High Plains
- Karlee Pinney from Osceola High School

AJ Participates in National Walk at Lunch Day on April 27

To help show the community the importance of walking, Annie Jeffrey Health Center and Pinnacle Bank employees sponsored the National Walk @ Lunch Day on April 27th.

National Walk @ Lunch Day is a workplace walking program that encourages people to take time during their lunch breaks to start walking to better health. Most American schedules are built around a workday, so *National Walk @ Lunch Day* is designed to fit into – not compete with – the daily routine. Many employers are supporting *National Walk @ Lunch Day* by encouraging their workforces to participate. The national walking effort is the next step of *Walking Works*,

a Blue Cross and Blue Shield Association program to help Americans live healthier lives and reduce unnecessary medical costs due to physical inactivity. The *Walking Works* program was developed in partnership with the President's Council on Physical Fitness and Sports.



**TURN A
WORKING
LUNCH
INTO A
WALKING
LUNCH**



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



Specialized Care Here in Polk County!

GENERAL SERVICES:

Cardiac Rehab
Certified Lactation Counselor
Child/Adolescent Health Services and
Family Counseling
Emergency Services - 24-hour ER, Lab,
X-Ray and CT
Family Medicine Clinic
Inpatient and Outpatient Care
Lab Services
OB Care including Labor and Delivery,
C-section, nursery
Pharmaceutical Services
Physical Therapy
Pulmonary Function Lab
Radiology Services including general ra-
diology, CT, Mammography, Ultrasound
and bone density studies
Social Services
Specialty Clinics
Surgical Services including Inpatient
and Outpatient
Swing Bed

WE ALSO PROVIDE:

Anesthesia Services including: general,
local, regional anesthesia, steroid injec-
tions for pain management
Cardiolite Studies
Electrocardiogram
Nutritional Services including: inpatient
and outpatient consultations
Outpatient Treatments including: blood
transfusions, IV therapies, specialty
medication administration (such as Pro-
crit or Remicade), dressing changes, etc.

AT AJHC BY CONTRACT:

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

SPECIALTY SERVICES at AJHC:

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

Pulmonary Function Testing
Pulmonary Rehab
Respiratory Therapy provided by:
Nursing including oxygen administra-
tion, hand held nebulizer treatments,
incentive spirometry and peak flow
measurements
Wellness Center
Wellness Programs including:
community education, diabetes, and
OB education

HAPPY 60TH ANNIVERSARY TO ANNIE JEFFREY!

In 1956, Polk County
received a generous
gift from Dr. Charles W.
Jeffrey. As a memorial
to his mother Annie,
Dr. Jeffrey had a new
hospital built in Osceola.

Thanks to Dr. Jeffrey's
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Health Center is proud to
say that we have helped
thousands of people
through the years. Our
dedication to improv-
ing both the delivery of
health care and the living
conditions in our area are
among our top goals.

Help us celebrate on
Thursday, July 28th at
the Polk County Fair!

FIT & HEALTHY KIDS REGISTRATION FORM

Registration cost will be free thanks to a generous grant from Blue Cross Blue Shield.

Name: _____ Address: _____

Age: _____ Phone Number: _____ T-Shirt size: _____

Adult Participant(s): _____

Do you wish to receive weekly motivational and prize notification E-mails?

(No record of e-mails will be kept after the contest is over).

If so, provide e-mail address below. Otherwise, contest results will be presented each week during class time.

E-Mail Address: _____

I understand that I must have my physician's approval before I begin any exercise program and that Annie Jeffrey is not responsible or liable for any injuries sustained during this event.

Signature _____

Return this completed registration to: Annie Jeffrey Memorial Health Center - Dietary Office, 531 Beebe St., Osceola, NE 68651

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



Annie Jeffrey

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