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Welcome Dr. Brent Jameson!

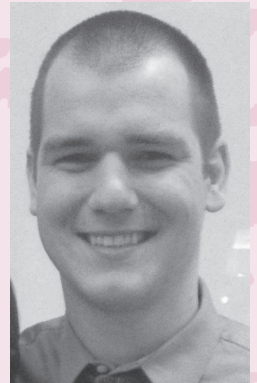
Dr. Brent Jameson is a family physician certified by the American Board of Family Medicine. He was born at Annie Jeffery hospital and raised right here in Stromsburg, Nebraska.

He completed his Bachelors of Science degree in Chemistry, Health and Life Sciences at Wayne State College in 2011. During his junior year at Wayne he was married to his wife Kelsey. They have two children Samuel and River. 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 staff of Prairie Creek

and Annie Jeffery Family Medicine.

He and his family want to serve God first and foremost and secondly serve Polk county and surrounding area with high quality rural healthcare.

In his free time he enjoys sports, tabletop games, books, and movies with his family. He is active in the local church and community.



Beginning in May 2018, Dr. Brent Jameson joins the Annie Jeffery staff.



Published Quarterly By:



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Free Diapers!

Annie Jeffery Health Center is pleased to continue offering **FREE DIAPERS** to anyone who delivers a baby at our hospital. All families will receive a year of FREE diapers! Limit one box per month.

New mothers will receive a coupon book to fill out each month and choose a size. This offer is only for babies born here at Annie Jeffery Memorial County Health Center!

Thank you for choosing Annie Jeffery for your healthcare needs. We strive to be the best with exceptional care.



GREAT "NEW" and ANTIQUE Items are available for purchase at the Thrift Shop. As you are doing spring and summer cleaning and find you have gently used clothing, kitchen utensils, baking dishes, knickknacks, and toys that you no longer use, please consider donating the items to the Annie Jeffery Thrift Shop. Profits from sales are given to Annie Jeffery Health Care Center. Also if you have a few extra hours to volunteer each month, please consider becoming a volunteer worker at the Thrift Shop. It's a lot of fun and you meet very interesting people!



Golf Tournament

June 15, 2018

**Ryan Hill
Country Club**

*There is still time to
sign up for the annual
Foundation for Annie
Jeffrey golf tournament
on Friday, June 15th 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.*

Foundation Donates for New Lab Equipment

The Foundation for Annie Jeffrey Board of Directors donated \$45,602.83 from their annual campaign to Annie Jeffrey Health Center to purchase new lab equipment for Annie Jeffrey Health Center. One piece of equipment is the Vidas 3. The Vidas 3 is a complete standalone immunodiagnostic system which has the ability to test several analytes. Procalcitonin (PCT) is a blood test that is frequently performed if there is a suspicion that a patient may have bacterial sepsis.

Procalcitonins can be safely used to guide the Providers decision to initiate antibiotics in patients presenting with acute respiratory illness. With all the concern about antibiotic resistant bacteria and the long term antibiotics causing Clostridium Difficile, it is safe to say that knowing if a patient is septic (having bacteria in the blood stream) or has a virus will mean a reduction in antibiotic utilization. Just as an elevated Procalcitonin will suggest a bacterial infection that would encourage the initiation of antibiotics so the patient can recover quicker and therefore get out of the hospital quicker.

Procalcitonin is a promising tool to advance antibiotic stewardship in treatment of lower respiratory tract infections such as acute bronchitis, exacerbations of COPD, and pneumonia. It will help differentiate between bacterial or viral



Above: Pictured in the lab from left are Foundation for Annie Jeffrey Board Members: Margie Hayes, Mary Lerch, Karleen Watts, Kathy Gabel, Karen Miller, Annie Jeffrey Lab Director, LeRoy Gerrard, Karen Stevens, John Girard, Joe Lohrman, Annie Jeffrey CEO, Susan Chrastil, Foundation Director and Brian Beckner. Not pictured: Steve Peterson, Foundation member.

meningitis, bacterial or viral respiratory tract infections, and help in the diagnosis of renal involvement in pediatrics with urinary tract infections. It may be useful in monitoring sepsis and septic shock, systemic secondary infections post-surgery, post-organ transplant, and severe burns, multi-organ failure and severe trauma.

By having this instrument available in our lab, the providers will have results usually within an hour whereas if the test had to be sent to our Reference Lab it could be anywhere from a 2-5 day turn around.

AJ Participates in National Walk at Lunch Day

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 25th.

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 Work @ 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.



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

JOIN US FOR THE *Hot Dawg* CHALLENGE

2018

Hot Dawg Challenge

On April 25, Pinnacle Bank and Annie Jeffrey kicked off a summer fitness program called the "Hot Dawg Challenge". The challenge began April 25 at the BCBS Walk at Lunch event and ends 3 months later at the Fun Run on July 28.

The next supervised walk was at Annie Jeffrey Health Center during noon hour on Wednesday, May 23. After our walk we enjoyed a picnic lunch with grilled hot dogs and hamburgers!

Participants who achieve their fitness goals will be invited to go Up, Up and Away in a tethered Hot Air Balloon ride during the fair!

**For more information
call 402-747-2031.**

Thank you Annie Jeffrey Volunteers!

Annie Jeffrey Health Center honored the AJ Volunteers for Volunteer Appreciation Week at Ryan Hill Country Club with a brunch and a program. The program was called "Excess Baggage: Riding the Orphan Train" by Charlotte Endorf. Charlotte traveled more than 15,000 miles seeking the last surviving riders and descendants to document the real-life stories of the children who rode the Orphan Trains between 1854 and 1929. Dressed in period attire, Charlotte entertained and educated the Volunteers about this little known Nebraska history.

Annie Jeffrey Dietary staff made the food and the Annie Jeffrey staff served the Volunteers.

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 almost \$110,000. 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 AJ Volunteers are a
great group of ladies that give
their time and labor to the
communities!"**

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.

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.



Some Summer Health Woes

Dehydration and heatstroke

happen most commonly to people who are out in the sun for a while. What happens is that people sweat a lot and can't replace their lost electrolyte-packed body fluids. Dehydration can soon follow. Heatstroke can set in if a person becomes so dehydrated they can't sweat enough to cool down allowing their body temperature to rise.

If you are outside and sweating, you should be drinking water plus Gatorade-like drinks that have potassium and sodium. Make sure you drink something at least every

hour that you're outside working or exercising in the sun. Symptoms of dehydration are being thirsty, general fatigue, headaches, nausea and confusion. Other heatstroke symptoms are headache and confusion, delirium and even hallucinations.

Mild dehydration can be treated by rehydrating with fluids. Heatstroke is serious and needs immediate attention by a health care provider in the emergency room.

Poison Ivy is a three-leafed plant, usually with a little yellow and purple, that is hiding out with other vegetation. The old adage

still rings true "Leaves of three...let them be." Stay out of shrub or wear high boots if you are going trekking in the woods and don't touch anything you don't recognize. Poison ivy can creep up on you, even if you wear head-to-toe clothing. Even if you take your clothes off after your hike and touch your clothes, you're going to get the itching and swelling from poison ivy. If you are exposed to poison ivy, use topical anti-itching cream, like calamine lotion. If you can suffer through it and it doesn't get any worse, you can ride it out. But if it gets worse, you need to see a doctor for a stronger medication.

Annie Jeffrey Spring Health Fair a Success

The eleventh annual Annie Jeffrey Memorial County Spring Mini-Health Fair was held on March 6th at Annie Jeffrey Memorial County Health Center. Over 60 individuals took advantage of the health fair. Thirty percent of the snowman marathon participants returned for follow-up lab work or measurements. Eighty-nine percent of those that returned saw improvement over the past 8 weeks in at least one of their measurements: blood pressure, pulse, weight, waist measurement, BMI, and body fat. 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 Marathon. 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. 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, radon kits, outreach information for veterans, and colon cancer screening information. Also, returning to this year's event was the Two Parks Running Club offering information about ways to become a member of their club and Tooley Drug and Home Care with preventative health information and samples. New to this year's event was The Nebraska Kidney Association. Twenty-six individuals took advantage of the free Kidney Early Detection screening. Participants were given their results during the screening by the Nebraska Kidney Association in an attempt to increase awareness and help reduce the risk of developing kidney disease.

Bryan Health Mobile Screening unit was not able to be here during the health fair but, was able to bring their screening unit to Annie Jeffrey Health Center on March 29th from 8:00 am until Noon. They provided atrial fibrillation testing which

is the most common heart arrhythmia; affecting 2.7 million Americans. Peripheral Arterial Disease screening which is a non-invasive test called the ankle brachial index that compares the blood pressure in the ankles to the blood pressure in the arms to determine how well the blood is flowing. Abdominal Aortic Ultrasound screening a non-invasive screening that detects the presence of an aneurysm in the abdominal aorta. Carotid Artery Ultrasound screening is a non-invasive screening that detects plaque deposits in the carotid arteries that are a leading risk factor for strokes. All tests were performed by a Bryan Health Registered Technologists and were read by a Bryan LGH Cardiologist or Vascular Surgeon.

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 12th annual Mini-Spring Health Fair. Look for upcoming information about the 15th annual health fair to be held in October.





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. Below is the list of the community members we received donations in memory of this past year.

In Memory of

Leonard & Ramona Augustin

George Boruch

Brenda Brooke

Lewis & Delores Buckley

Carl & Irene Burritt

John Carlson

Bob & Doris Cermak

Nick Cerny

Marge Cerny

Ted & Agnes Cuda

Raymond Cutsor

Myrtle & Joseph DeSort

Phyllis DeSort

Carol Dowling

Lewis & Alice Dunn

Arnie Ekstrand

Jim Ekstrand

Donnie Gable

Grandpa Gable

Linda Glaser

Kathy Grosch

Ethan Mark Gustafson

Stewart & Florie Hays

Harold Jarmin

Mom & Dad Johansen

Verlin Johnson

Walden Johnson

Willis & Lucille Jones

Steve & Dorothy Kozel

Glenn Kresha

Delphine Kresha

Ken Larson

Lorraine Larson

Shirley Larson

Grandma & Grandpa

Lohrman

Lynn Lohrman

Mildred & William Lohrman

Louis Mak

Joe Marsden

RaeJeanne Marsden

Wally McNaught

Laurence & Marie Meister

Dick & Helen Merrick

Bob Merrick

Wayne & Mary Ann Milburn

Jack & Bonnie Miller

Leonard Mrkvicka

Evelyn Olson

Severt Oquist

Stanley J. Oquist

Our Grandparents

Wesley & Lois Peterson

Lindsay Pruter

George A. Rains

Eugene Reetz

Grandma & Grandpa

Renihan

David & Pat Richards

John W. & Mary Ann Schott

Ruth & Gola Sebenar

Karen Shoop

Adam Simonsen

Jerry Sterup

Mom & Dad Sterup

Horace Stevens

Betty Wanek

Darlene Wanek

Robert Wanek

Maurice Watts, Jr.

Bill Wieseman

Myrtle Wieseman

Michael Wieseman

Glen Wobig

Foundation
FOR ANNIE JEFFREY

402-747-2031 • www.ajhc.org



Fit & Healthy Kids

Annie Jeffrey Health Center is once again offering a FREE community wellness program called Fit and Healthy Kids on Wednesday's from June 6 through July 18.

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 of this newsletter.

Here is a recipe from our Dietitian, Sandra Burwell:

Strawberry Spinach Salad

(Serves 2)

- 1 cup fresh spinach
- 2 chicken breasts- cooked and sliced
- 4 fresh strawberries – sliced
- ½ cup slivered almonds
- Strawberry Balsamic Vinaigrette (recipe below)

DIRECTIONS:

Top spinach with other ingredients and drizzle with dressing. The dressing only takes a few minutes to prepare, but really adds a great flavor to the salad!

Strawberry Balsamic Vinaigrette

- ¼ cup balsamic vinegar
- 6 tsp brown sugar
- 1 Tbs garlic powder
- ½ tsp salt
- ½ tsp black pepper
- ¾ cup olive oil
- 1 cup fresh or frozen strawberries
- 2 Tbs corn starch

Puree strawberries in small food processor with other ingredients. Cook for 1-2 minutes in microwave until thickened. Chill. Whisk again before serving if necessary. Store leftover dressing in the refrigerator.

Foundation Awards Seven Scholarships

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 seven high school scholarship winners this year are:

- Samantha Hays from Osceola
- Ginni Johansen from Osceola
- Lexus Lemburg from Osceola
- Brennan Bryan from Osceola



Above back row: Joe Lohrman, Annie Jeffrey CEO, Susan Chrastil, Foundation Director, Foundation for Annie Jeffrey Board Members: John Girard, Karen Stevens, Karleen Watts, Kathy Gabel, Mary Lerch, LeRoy Gerrard, Brian Beckner and Margie Hayes.

Front row students from left: Shaelyn Voss, Ginni Johansen, Lexus Lemburg, Emily Neujahr, Samantha Hays, Brennan Bryan and Emily Noyd.

- Shaelyn Voss from Shelby/Rising City
- Emily Neujahr from Shelby/Rising City
- Emily Noyd from Cross County

Dr. Brenda LaTowsky, Dermatologist, Q&A About Protecting Yourself from the Sun

Based on your experience, how well would you say that people protect themselves from the sun?

Fortunately, most people are aware of the potential dangers of the sun. This is in contrast to the past, when people used iodine, baby oil, Crisco and other creative methods in order to get more sun! The problem is that the effects of the sun appear decades after exposure, so even

if someone is careful about sun exposure now, they could still develop skin cancers.

Isn't some amount of sun exposure good for the skin?

Being in the sun feels good – no one denies that. People in northern climates who have short days have higher rates of Seasonal Affective Disorder. And the sun can increase the amount of active Vitamin D in our bodies. But appropriate protective measures should always be taken when out in the sun, as the development of certain types of skin cancer is directly related to the quantity of sun exposure.

(continued on page 7.)

Can sunburn or sun damage occur through tinted or untinted windows?

It is known that UVA rays go through car windows. UVA rays are a component of sunlight that have damaging effects on the skin. UVA radiation is especially effective at aging the skin. Oftentimes when I am examining patients, they will have more precancerous lesions and skin cancers on the left side of their face, which is the driving side. As well, they have deeper wrinkles on that side of the face! This phenomenon is especially noticeable in truck drivers or people who have commuted long distances over the years.

What are the basics that everyone should know about sun protection (i.e. sunblock, long sleeve shirts, hats, etc.)?

A common misconception is that once sunscreen is applied, it will protect for the rest of the day. In reality, most sunscreens break down after two or three hours; sooner if someone is swimming or perspiring (this even applies to “waterproof” sunscreens). Most people do not put enough sunscreen on: adults should apply at least 1 ounce, or the amount that would fill a shot glass. Sun-protective clothing is very effective at

protecting against the sun’s rays, and I ask most of my patients who are out in the sun to purchase a wide-brimmed hat to protect their scalp and their face from the sun. These areas are especially important to protect because

Even one sunburn can increase the eventual risk of skin cancer, and those who have had multiple burns are at greatest risk.

they are the most common location for skin cancers. When looking at sun-protective clothing, one should look for the UPF, or UV Protective Factor. A UPF of 50 means that only one-fiftieth of the ultraviolet radiation will reach the skin when using the protective garment.

Does the time of year still matter for sun exposure?

Though it may feel like not as much caution is needed when the temperatures are cooler, it is important to use sun-protective measures all year long. However, the sun’s rays are more powerful in the summer, and so the public should be especially cautious during this time.

Is it true that skin cancer can result from being sunburned one time? If someone does suffer sunburn, what is the best thing he/she can do to limit the long-term effects?

Even one sunburn can increase the eventual risk of skin cancer, and those who have had multiple burns during childhood or adolescence are probably at greatest risk. Patients who have

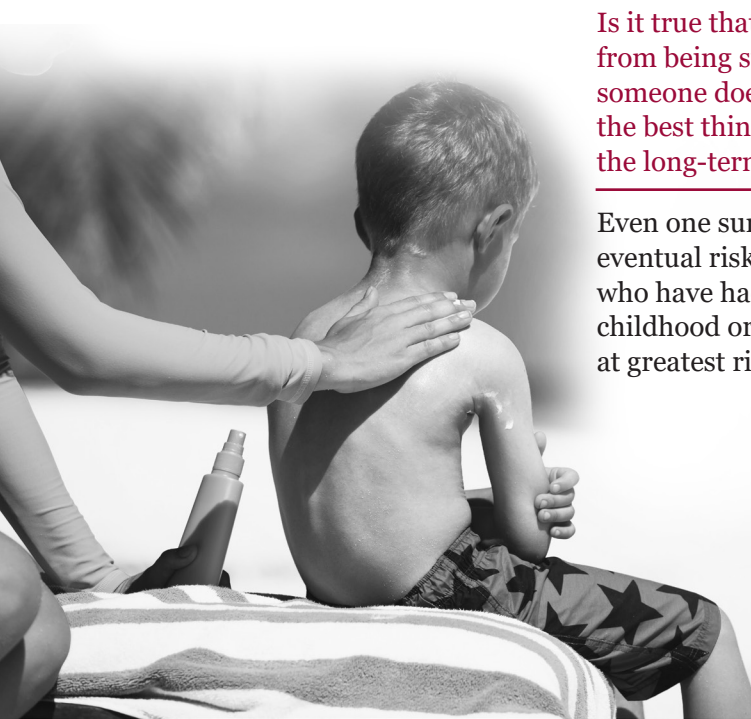
been sunburned, especially those who have been sunburned multiple times, should have their health care provider or a dermatologist examine them at least once a year. Patients who have had skin cancers should be seen more frequently. Skin cancer is easiest to treat when caught early, and a short visit to a dermatologist is a small inconvenience compared to the consequences of a skin cancer.

Can you explain exactly what sun damage is?

The radiation exposure from the sun directly damages the DNA of the skin cells. This damage can be fixed by the body, but the body can become overwhelmed by the damage and it can also make mistakes. When this happens, a skin cancer can develop. As well, sun damage can accelerate the signs of aging by making the collagen and elastic fibers in the skin thinner and less functional.

As a dermatologist, what is the main thing you’d like readers to know about the impact of sun on the skin?

As a procedural dermatologist, I treat a lot of skin cancer. I also provide cosmetic treatments for patients whose aging has been accelerated from the sun. Most people have active lifestyles exposing them to sun year-long. It is important to make sun protection a daily habit, which is much easier now than before: sunscreens are cosmetically more acceptable and come in various forms that are easy to apply. There are hats made from sun protective fabrics that are much more stylish than in the past. These measures as well as regular visits to your health care provider or board-certified dermatologist can reduce the likelihood of dying from skin cancers.



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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