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Celebrating Hospital Week with the Community

The Annie Jeffrey staff celebrated Hospital Week with the community on Monday, May 13 with FREE ice cream from Anna Street Trolley. Anna Street Trolley offered premium ice cream from the Chocolate Shoppe Ice Cream Company of Madison, Wisconsin. The ice cream trolley came to Annie Jeffrey on a warm evening for cool treats!

Thank you community members for helping us celebrate!



Get Your Measles Booster!

With the outbreak of Measles at its highest level in 25 years, now is the time to see if your immune system needs a booster.

With out-of-state vacations, visitors and the return home of college students, NOW is the time to know. Annie Jeffrey Lab offered a chance to find out. On May 16th, 17th, and 18th and again on May 23rd, 24th, and 25th, Annie Jeffrey offered blood draws for \$20.00 to find out if you've had the measles or if your vaccination is strong enough to keep you from getting the Measles.

If you were born before 1957, you are considered immune. If you were born during or after 1957:

- An infant 6-11 month need 1 dose of MMR vaccine before international travel;

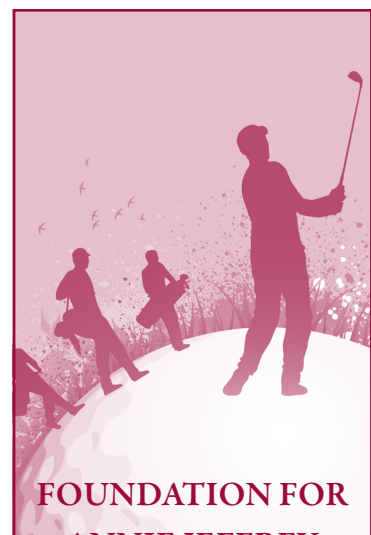
- Children and teenagers need 2 doses of MMR: the standard ACIP schedule recommends doses at 12-15 months and 4-6 years (at least 28days apart);

Adults born during or after 1957 should have documentation of at least one dose of MMR or other evidence of measles immunity. People of this age group who need a 2nd dose include:

- Postsecondary educational students, international travelers, healthcare personnel;
- Persons with HIV and a CD4 count > 200 cells/uL for at least 6 months;
- Household or close personal contacts of immunocompromised persons with no evidence of immunity.

As always, please contact your physician if you have any questions regarding your health.

It is reassuring to know that specialized medical care is available right here in Polk County.



FOUNDATION FOR
ANNIE JEFFREY

Golf Tournament

June 21, 2019

**Ryan Hill
Country Club**

*There is still time to
sign up for the annual
Foundation for Annie
Jeffrey golf tournament
on Friday, June 21st 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 DEXA Scanner

The Foundation for Annie Jeffrey Board of Directors voted to donate \$65,000 from their annual campaign to Annie Jeffrey Health Center to purchase a new DEXA scanner for Annie Jeffrey Health Center.

A DEXA scanner or bone density test uses low dose of X-rays in a quick, non-invasive way to measure the amount of calcium and other minerals in a segment of bone, usually the hips and spine. By identifying decreases in bone mineral density, your health care provider can determine your risk of fractures and diagnose osteoporosis.

As you age, your risk for osteoporosis increases because bone density tends

to decrease as people grow older. That is especially true in women. If you are a woman 65 or older, a bone density test is recommended. Men and women with a family history of osteoporosis or other risk fractures such as taking certain kinds of drugs such as steroids also need a bone density test.

There are things you can do to help keep your bones healthy as you get older such as eating a healthy diet, getting the right amount of calcium and vitamin D and exercising.

Talk to your health care provider about getting a bone density test and discuss any concerns you have about your bone health.

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 24th.

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**



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

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 A Century of Fashion by Sue McLain. McLain, dressed in period attire, entertained and educated the Volunteers about fashions between 1900 and 1919. Sue has been collecting vintage clothing for over 25 years and has traveled the Midwest entertaining groups with her fashions and programs.

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 over \$113,000. 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

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

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.

Check Out the Thrift Shop

GREAT "NEW" and ANTIQUE Items are available for purchase at the Thrift Shop. Stop by and see us today!!

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 Jeffrey Thrift Shop in downtown Osceola.

Profits from sales are given to Annie Jeffrey 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!





Having a Baby at Annie Jeffrey

Annie Jeffrey hospital has been a place for me to grow as a nurse and person. I have formed so many relationships and love the communities we serve. One of my favorite aspects about the hospital is that I get to practice all areas of nursing. My passion I have found over the years is Labor and Delivery. Annie Jeffrey is the most unique hospital for labor and delivery I have been a part of. We not only have an amazing health care team but we offer so much to all out delivering mothers.

I recently became the Maternal Newborn Care Coordinator at Annie Jeffrey and I am so excited to see all the new mothers and babies born there. We offer one on one nursing care during Labor and Delivery, and an on call CRNA for labor epidurals. We offer Certified Lactation Counseling(CLC) for all mothers who choose to breastfeed. There is a webpage Annie's Milkyway which gives easy access for all mothers to share post and reach out to the CLC for questions.

Additionally, we offer education for all mothers prior to delivery along with a hospital tour. Our labor and delivery team are passionate about what we do and would love to be part of anyone's journey into parenthood. Future plans for Annie Jeffreys labor and delivery are evolving and plans of updating the labor and delivery suite are currently in the works.

~ Carlena Conard RN/BSN, CLC

Annie Jeffrey Spring Health Fair a Success

The twelfth annual Annie Jeffrey Memorial County Spring Mini-Health Fair was held on March 5th at Annie Jeffrey Memorial County Health Center. Over 70 individuals took advantage of the health fair. Thirty-four percent of the snowman marathon participants returned for follow-up lab work or measurements.

All of those that returned saw improvement over the past 8 1/2 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. 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, colon cancer screening information, and were providing skin analysis for sun damage. 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. The Nebraska Kidney Association had twenty-nine individuals take advantage of the free Kidney Early Detection screening. Bryan Health Mobile Screening unit was on site. They provided abdominal aortic aneurysm screens, carotid artery ultrasound, peripheral arterial disease, and atrial fibrillation heart screening.

These lifesaving tests were performed by a Bryan Health Vascular technologist and were read by a Bryan Health 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 13th Annual Mini-Spring Health Fair. Look for upcoming information about the 16th Annual Fall 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

Wayne & Lorraine Anderson
Leonard & Ramona Augustin

George Boruch

Bobby Brown

Robert Bryan

Jeanne Buckau

Lewis & Delores Buckley

Carl Burritt

Irene Burritt

John Carlson

Bob & Doris Cermak

Marge Cerny

Nick Cerny

Bill Channer

Dorothy Channer

Georgia Clark

Richard Cramer

Ted & Agnes Cuda

Raymond Cutsor

Rex Dake

Myrtle & Joseph DeSort

Phyllis DeSort

Alice Dunn

Lewis Dunn

Arnold Ekstrand

Max Ernst

Donald Gable

Grandpa Gable

Michael Gripp

Stewart & Florie Hays

Harold Jarmin

Marie Jarmin

Dixie Jasper

Jinx Johansen

Mom & Dad Johansen

Willis & Lucille Jones

Dorothy Kozel

Steve Kozel

Steve & Dorothy Kozel

Delphine Kresha

Glenn Kresha

Millie Liss

Lynn Lohrman

Mildred & William Lohrman

Mr. & Mrs. Lohrman

Louis Mak

Joe Marsden

RaeJeanne Marsden

Laurence & Marie Meister

Bob Merrick

Dick Merrick

Helen Merrick

Alex Mills

Matthew Mohr

Evelyn Olson

Severt Oquist

Stanley Oquist

Our Grandparents

Brenda Peterson

Danielle Pieres

Lindsay Pruter

George Rains

Eugene Reetz

Don Reisdorff

Mr. & Mrs. Renihan

Pat & David Richards

Martin & Gladys Roberts

Caroline Runquist

John W. & Mary Ann Schott

Joan Schumacher Viergutz

Ruth & Gola Sebenar

Adam Simonsen

Jerry Sterup

Mom & Dad Sterup

Gaylerd Stevens

Horace Stevens

Patti Stevens

Jim Stufft

Betty Wanek

Darlene Wanek

Robert Wanek

Maurice Watts Jr.

Pamela White

Glen Wobig

Andrea Wyman

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 starting Wednesday June 5. This program is for kids ages 8 and over plus at least one parent or grandparent.

Participants 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.

Better Sleep

Stick to a schedule.

Having the same sleep schedule, weekends included, will help to regulate your body's clock and could help you fall asleep and stay asleep for the night.

Practice a relaxing bedtime ritual.

A relaxing, routine activity before bedtime, away from bright lights helps separate your sleep time from activities that can cause excitement, stress or anxiety can make it difficult to fall asleep and stay asleep.

Avoid naps. If you are having trouble sleeping at night, avoiding afternoon naps may help with your sleep health.

Exercise daily. Daily exercise can help you fall asleep and stay asleep at night.

Evaluate your room. A cool bedroom, between 60 and 67 degrees is conducive for sleep. Ensure quietness and darkness as this helps as well.

Nearly everyone has an occasional sleepless night – but if you often have trouble sleeping, contact your doctor or provider. Identifying and treating any underlying causes can help you get the better sleep you deserve.

Sleep Studies are performed locally at Annie Jeffrey Health Center.

Foundation Awards 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.

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.)



Back row (L-R): Susan Chrastil, Foundation Director, Foundation for Annie Jeffrey Board Members: LeRoy Gerrard, Karleen Watts, Steven Peterson, Karen Stevens, Kathy Gabel, Margie Hayes, Mary Lerch, and Joe Lohrman, Annie Jeffrey Health Center CEO.

Front row (L-R): Jenna Nekl, Mollie Rathjen, Ian Anderson, Delaney Carlstrom and Madison Young. Not pictured are Foundation Board Members: Brian Beckner and John Girard and scholarship winners: Rachelle Reimers and Hannah Tonniges.

The seven high school scholarship winners this year are:

- Mollie Rathjen from Osceola
- Jenna Nekl from Shelby
- Madison Young from Clarks
- Hannah Tonniges from Polk
- Ian Anderson from Polk
- Delaney Carlstrom from Polk
- Rachelle Reimers from Clarks



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

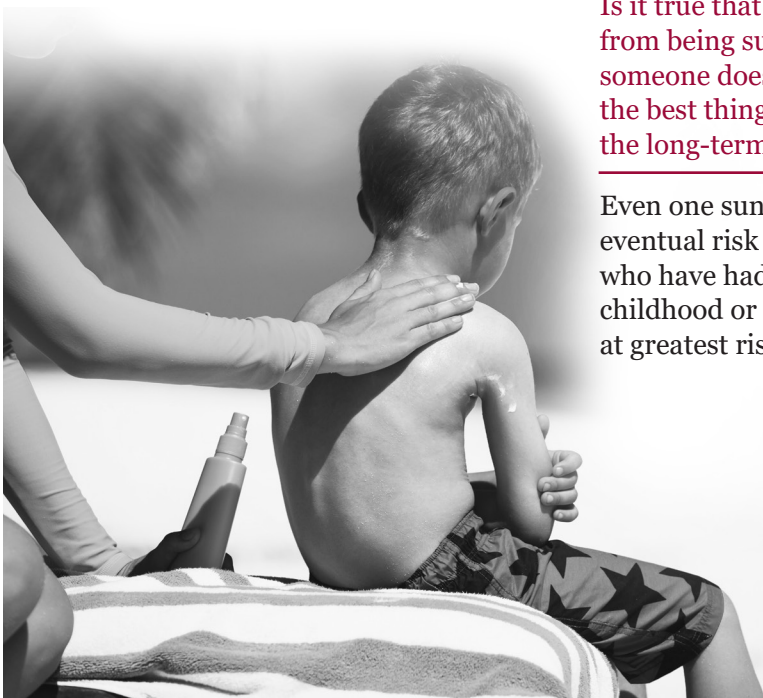
been sunburned, especially those who have been sunburned multiple times, should have their health care provider or a dermatologist examine them at least once a year. Patients who have had skin cancers should be seen more frequently. Skin cancer is easiest to treat when caught early, and a short visit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