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Covid-19 Information to Keep You Safe

Coronaviruses (CoV) are a large family of viruses transmitting between animals and people that cause illness ranging from the common cold to more severe diseases such as Middle East respiratory syndrome (MERS-CoV) and severe acute respiratory syndrome (SARS-CoV).

Reports suggest that 2019-nCoV, COVID19, infection can cause mild to severe disease and be fatal in some. Common observed symptoms include fever, cough, shortness of breath, sore throat, and breathing difficulties. In more severe cases, infection can cause pneumonia or severe acute respiratory syndrome, particularly in those with other chronic underlying health conditions, and even death.

10 actions to be taking now to slow the spread of COVID-19:

1. Stay 6 feet away from others.
2. Stay at home and only grocery shop once per week alone.
3. Wear a cloth face covering in public.
4. Work from home.
5. Hold conference calls or virtual meetings instead of in person.
6. Stay home if you or someone in your house has become ill.
7. Wash hands often with soap and water, or use a hand sanitizer.
8. Wash hands right before you eat.
9. Cover your nose and mouth with a tissue when you cough or sneeze.
10. Clean and disinfect frequently touched objects and surfaces.

Annie Jeffrey Health Center is here to help answer your questions and concerns.

Spring Mini-Health Fair a Success

The thirteenth annual Annie Jeffrey Memorial County Spring Mini-Health Fair was held on March 3rd at Annie Jeffrey Memorial County Health Center. Over 70 individuals took advantage of the health fair. Forty-three 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 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 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.

(Continued on page 2)



Thank you!

We are so grateful for the outpouring of love and support from our local community! Thank you to the following people for donating masks, hand sanitizer, gloves, goggles and fabric for masks:

Luanne Bond
John Girard
Osceola Public Schools
Eleanor Greenwall
Pat Carlson
Jackie Fjell
Cris Miller
Clara Kaup
Gloria Hayek
Dana Allen
Chris Gabel
Sandy Manning
Joyce Colling
Rose Bowen
Angie Rohan
Wendi Sanley
Ruby Grey Wearables
Emily Theis
Kenzie Pinney
DLG Designs
Chris Shanahan
Joyce Colling
Rose Bowen
Calli Carlson
Blaike Bryan
Emily Theis
Kenzie Pinney
Deb Girard
Ethan Gabel
Morgan Gabel
Molly Gabel
Adam Gabel

Foundation Donates for 3D Mammography

The Foundation for Annie Jeffrey Board of Directors voted to donate \$90,000 from their annual campaign to Annie Jeffrey Health Center to help upgrade our 2D Mammography to a new 3D Mammography. Three-dimensional (3D) mammography creates a 3D picture rather than a two-dimensional (2D) image of the breast. New information shows that almost 29% of invasive breast cancers are missed by 2D mammography. 3D mammography exams are also better for dense breasted women than 2D.



Pictured above with 3D Mammo are Susan Chrastil, Foundation Director, Margie Hayes, Kathy Gabel, Mary Lerch and Karen Stevens, Foundation for Annie Jeffrey Board members.



Pictured above with 3D Mammo are Nataly Sanley and Michelle Pruter, Annie Jeffrey Radiology techs with Steven Peterson and John Girard, Foundation for Annie Jeffrey Board members and Joe Lohrman, Annie Jeffrey Health Center CEO

The new 3D mammography has an evolutionary technology called SmartCurve that is clinically proven to deliver a more comfortable mammogram. The new 3D mammography at Annie Jeffrey Health Center gives you a state-of-the-art screening experience that delivers both accuracy and improved comfort.

Talk to your health care provider about scheduling your annual mammogram.

Spring Mini-Health Fair a Success *(Continued from front)*

The Polk County Health Department and Four Corners Health Department were on hand with flu shots, outreach information, and colon cancer screening information.

The Nebraska Kidney Association had twenty-one 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 14th Annual Mini-Spring Health Fair.

Look for upcoming information about the 17th Annual Fall Health Fair to be held in October.



Happy Volunteer Recognition Day

Annie Jeffrey Volunteers



We are extremely blessed and thankful for the continuous support and generosity of our community! The Annie Jeffrey Volunteers recently gifted the Physical Therapy department with a rebounder and a combo weight rack (pictured above). Over the past 24 years, they have donated over \$117,560.00 to the Annie Jeffrey Memorial County Health Center for the purchase of needed equipment!

Thank you!

~ Annie Jeffrey's Physical Therapy Department

Check Out the Thrift Shop

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

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 opening back up in June! Stop in to browse and see our recently added "new" items!

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!

Foundation Awards Scholarships to 5 Students!



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 five high school scholarship winners this year are:

- Jayce Vrbka from Shelby
- McKensy Pinney from Osceola
- Kamron Pokorney from Shelby
- Amanda Giannou from Cross County
- Libby Scott from Osceola

What's New in Physical Therapy?

Our Physical Therapist, Nathan Olson, is now certified in functional dry needling!

What is Dry Needling?

Dry needling is a technique physical therapists use to treat myofascial pain. The technique uses a "dry" needle (one without medication or injection) inserted through the skin into areas of the muscle, known as trigger points. A trigger point is a taut band of skeletal muscle located within a larger muscle group. Trigger points can be tender to the touch, and touching a trigger point may cause pain to other parts of the body.

The goal of dry needling is to release or inactivate the trigger points to relieve pain.

Dry needling involves a thin filiform needle that penetrates the skin and stimulates underlying myofascial trigger points and muscular and connective tissues. The needle allows a physical therapist to target tissues that are not manually palpable. The goal of dry needling is to release or

inactivate the trigger points to relieve pain and/or improve range of motion.

Is it painful?

There may be slight discomfort with the application, but it is typically short-lived. Patients may also experience some muscle soreness later on. This is not unusual, as it may arise a few hours later or the even the next day. The discomfort most often feels like having completed an intense workout. Occasionally, patients experience bruising with the soreness.

The size of the needle, .3-.4mm, is very minimal in comparison to: Matchstick= 4.2mm; Hypodermic Needle= 1.60mm; Sewing Needle= 1.02mm.

What are the benefits?

Dry needling can help control pain, reduce muscle

tension, decrease dysfunction, and decrease muscular compression. Some conditions that are treated using dry needling (but are not limited to) include bursitis, chronic pain conditions, joint dysfunctions, muscle spasms, muscle strains, tendonitis and tension headaches.

To contact the Physical Therapy Department at Annie Jeffrey for further information and questions, please call (402) 747-2031. We'd love to help you get back in motion!





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

Wayne and Lorraine Anderson
Leonard and Ramona Augustin
Monroe Bell
Thomas Blasé
Sheldon Bond
Jean Bond
George Boruch
Bobby Lee Brown
Lewis and Delores Buckley
Carl and Irene Burritt
John Carlson
Bob and Doris Cermak
Nick Cerny
Marge Cerny
Ted and Agnes Cuda
Raymond Cutsor
Dorothy Cutsor
Myrtle and Joseph DeSort
Phyllis and Jack DeSort
Lewis and Alice Dunn
Arnold Ekstrand
Jim Ekstrand
Burdette Flodman
Duane Gabel
Don Gable
Grandpa Gable
Our Grandparents
Kate Gripp
Ethan Mark Gustafson
Stewart Hays
Florie Hays
Marie Jarmin
Jinx Johansen
Mom and Dad Johansen

Willis and Lucille Jones
Frank, Sharon, Kathy Koenig
Dorothy and Steve Kozel
Glenn and Delphine Kresha
Charles "Chuck" Kucera
Edwin and Pearl Lerch
Marlene LeSuer
Eunice LeSuer
Lynn Lohrman
Mildred and William Lohrman
Louis Mak
Joan Marak
Joe Marsden
RaeJeanne Marsden
Laurence and Marie Meister
Dick and Helen Merrick
Bob Merrick
Wayne and Mary Ann Milburn
Jack and Bonnie Miller
Arlin and Linda Neujhar
Weston Nicolas
Evelyn Olson
Severt Oquist
Stanley Oquist
Wesley and Lois Peterson
Lindsay Pruter

George Rains
Marietta Rathjen
Eugene Reetz
David and Pat Richards
Martin and Gladys Roberts
Dan and Lora Ruff
John W. and Mary Ann Schott
Ruth and Gola Sebenar
Vicki Lynn Sheldon
Adam Simonsen
Charles and Letha Soll
Jerry Sterup
Mom and Dad Sterup
Horace Stevens
Arlo and Genelle Stevens
Patti Stevens
Jim Stufft
Brian Tunink
Betty Wanek
Darlene Wanek
Robert Wanek
Becky Watts
Maruice Watts Jr.
John "Jack" Wieseman
Phyllis Yungdahl
Sophie

 **Foundation**
FOR ANNIE JEFFREY
402-747-2031 • www.ajhc.org



**FOUNDATION FOR
ANNIE JEFFREY**

Golf Tournament

June 19, 2020

**Ryan Hill
Country Club**

*There is still time to
sign up for the annual
Foundation for Annie
Jeffrey golf tournament
on Friday, June 19th 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 tour-
nament promises to be
a fun-filled day with
great prizes, food
and fun!*

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



Thank you to our Frontline Workers!

**Thank you to all
of our community
members who are
responding to the
Coronavirus
pandemic!**

KC-135 Stratotanker
from Lincoln Air
National Guard base
flew above Nebraska
health care facilities,
including Annie Jeffrey
Health Center, on
Monday, May 18, 2020.

Dr. Brenda LaTowsky, Dermatologist, Q&A About “AKs” a Common Skin Condition

What is an actinic keratosis?

Actinic keratosis (AKs) are a skin condition caused by chronic sun damage. It causes scaly, rough, or bumpy spots on the skin that can appear red or brown. AKs are not cancer but can sometimes change into squamous cell cancer, which is the second most common form of skin cancer, so they are important to treat. Having one or more painful sunburns in your life raises your risk of getting AKs.

AKs are most common in people who:

- Spend a lot of time outside or did when they were younger
- Have fair or light skin and hair or those who have freckles
- Sunburn easily

Common places for AK's include sun-exposed areas such as:

- Scalp, face and neck
- Top of the ears
- Backs of the hands and forearms
- Legs or feet, especially in women who are younger).
- Have fair (light) skin and hair, and/or freckles.

What do AKs look like?

- Flattish and rough like sandpaper
- Red, skin colored or brownish
- Thick, crusty or scaly
- Smooth and red

How are AKs treated?

Most commonly they are frozen off with liquid nitrogen (cryotherapy) to prevent them from turning into a squamous cell skin cancer. While cryotherapy is the gold standard for spot treatments of AKs there are several other treatments also available. These treatments include Blu-light, topical chemotherapy creams and chemical peels. Each of these treatments cause local destruction of the

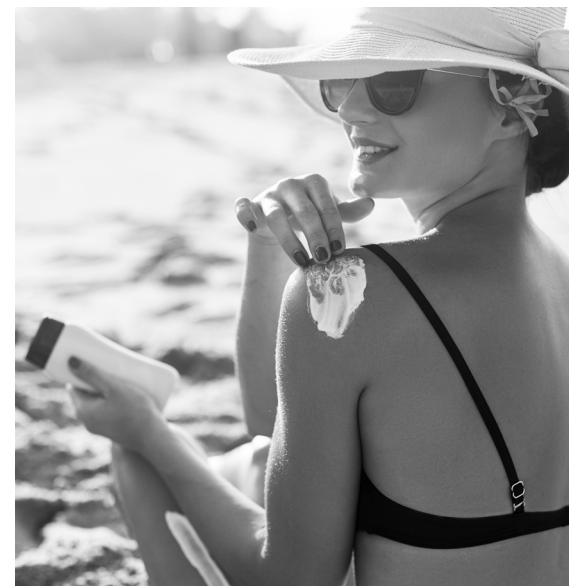
premalignant cells which allow the skin to regenerate with new healthy cells.

Can AKs be prevented?

Yes – protect your skin and lower your chance by:

- Staying out of the sun during the highest times of UV exposure (10:00am to 4:00pm)
- Wearing a broad-spectrum sunscreen of at least SPF 30
- Reapplying sunscreen every two hours
- Wearing a wide-brimmed hat
- DO NOT use tanning beds

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.



A recipe from our Dietary Department at Annie Jeffrey

Lemon Zucchini Bread

2 1/3 cups flour
1 1/2 teaspoon baking soda
1/2 teaspoon salt
2 teaspoons lemon zest or juice
1 cup sugar
1/3 cup canola oil
2 eggs
1 teaspoon vanilla extract
3/4 cup light sour cream
3 cups grated zucchini

Glaze:

1 cup powdered sugar
2 tablespoons lemon juice



Directions:

Preheat oven to 350 degrees. Grease and flour 2 loaf pans, or 4 mini loaf pans, and set aside. Combine flour, baking soda, and salt, in a bowl and whisk to combine. Set aside. In large mixing bowl, beat sugar, oil, and eggs. Mix in lemon zest, vanilla, and sour cream, beat to combine. Add dry ingredients and mix just until combined. Mix in zucchini just until combined. Divide batter between pans. Bake for 50-60 minutes or until a toothpick comes out clean. (Bake mini loaves for 30 – 35 minutes or muffins for 18 minutes.) Cool 10 minutes in pan on a wire rack; remove from pan, and cool completely on a wire rack before cutting.

Glaze:

Whisk together powdered sugar, lemon juice to create a thin glaze. Drizzle over the top of loaves when cool. (Add more or less lemon juice to get the right consistency.)

**Tip: Use a salad spinner to spin out excess water in the zucchini. You could also wrap it in towel and squeeze out excess water.*

Have a Better Sleep Month - Tips to Better Sleep

Stick to a sleep 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.

Sleep on a comfortable mattress and pillows. Ensure your mattress and pillows are comfortable and supportive. You should replace your mattress about every 10 years.

Know when to contact your doctor or provider. Nearly everyone has an occasional sleepless night – but if you or your partner 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 OR in your home.





Your Baby's Birth is Our Specialty



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 402-747-2031.

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

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