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Published Quarterly By:



Annie Jeffrey

MEMORIAL COUNTY
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Annie Jeffrey Welcomes Jordan Eller, PA-C

Jordan Eller is a certified Physician Assistant who completed her Master's degree at the University of Nebraska Medical Center in Omaha, NE. She grew up in Fremont, NE with two siblings. She graduated from Wayne State College in 2018 with a Bachelor's degree in biological sciences.

While at Wayne, she met her husband Ross who grew up in Stromsburg. She is excited to be a part of the community that her husband was raised in and experience this new stage of life together. She looks forward to getting involved in the community and making it her home. She loves spending time with her family and friends, crafting, being outdoors, and cuddling with her cat.



She is honored to have the opportunity to serve the community alongside such a quality medical team. She is available to see patient's at all three Prairie Creek Family Medicine clinics.

Spring Mini-Health Fair a Success



Darcy Deines is having her blood drawn by Taylor Boruch, RN at the mini Health Fair in March.

The modified 14th Annual Annie Jeffrey Memorial County Health Center Spring Health Fair was held at Annie Jeffrey Memorial County Health Center on Tuesday, March 2nd. The event went well with everyone being screened upon entry to the hospital. While wearing masks social distancing was implemented to maintain safety of all fair goers. Over 70 individuals from a variety of Nebraska communities came and took advantage of the discounted blood profiles and Bryan Health cardiovascular screenings. A sacked grab and go breakfast was provided by Annie Jeffrey's dietary staff.

National Hospital Week Puts Spotlight on People

A hospital is more than a place where people go to heal, it is a part of the community that fosters health and represents hope. From providing treatment and comfort to the sick, to welcoming new life into the world, hospitals are central to a healthy and optimistic community. Health care facilities across the country celebrated National Hospital Week during the week of May 9–15.

“National Hospital Week, first and foremost, is a celebration of people,” Joe Lohrman, CEO of Annie Jeffrey Health Center, said. “We’re extremely proud of each member of our staff and we recognize the important role they play in extending a sense of trust to our patients and our communities.”

National Hospital Week dates back to 1921 when it was suggested by a magazine editor who hoped a community wide celebration would alleviate public fears about hospitals. The celebration, launched in Chicago, succeeded in promoting trust and goodwill among members of the public and eventually spread to facilities across the country.



*Inspiring Hope
Through Healing*

Annie Jeffrey Named Top Critical Access Hospital

Annie Jeffrey Memorial County Health Center in Osceola, Nebraska was recently named one of the top 20 critical access hospitals (CAHs) for quality in the country.

The top 20 CAHs, including Annie Jeffrey scored best among CAHs as determined by the Chartis Center for Rural Health for quality. The rankings were recently announced by the National Rural Health Association (NRHA). An awards ceremony will be held during NRHA’s Critical Access Hospital Conference in September in Kansas City, Mo.

The top 20 CAHs have achieved success in overall performance based on a composite rating from eight indices of strength: inpatient market share, outpatient market share, quality, outcomes, patient perspective, cost, charge, and financial efficiency. This group was selected from the Chartis Center for Rural Health’s 2021 top 100 CAH list, which was released earlier this year.

The top 20 CAH best practice recipients have achieved success in one of two key areas of performance:

Quality index: A rating of hospital performance based on the percentile rank across rural-relevant process of care measures.

Patient perspective index: A rating of hospital performance based on the

percentile rank across all 10 HCAHPS domains.

“Annie Jeffrey is proud of the efforts of the physicians and staff who have contributed to our hospital achieving this designation,” says Joe Lohrman, CEO. “Our results as a top Quality hospital means our community can count on us to deliver the services they need now and in the future.”

Annie Jeffrey is a 16-bed critical access hospital located in the heart of Polk County. We provide state-of-the-art equipment operated by trained professionals. We take our responsibilities and obligations seriously and strive to serve our area with compassion and respect in a warm, welcoming facility with a knowledgeable and experienced staff. Annie Jeffrey Health Center works collaboratively with its community, patient population and other providers to achieve excellence in health care, respect for life and respect for each other.

About NRHA

The National Rural Health Association is a national nonprofit membership organization with more than 20,000 members. The association’s mission is to provide leadership on rural health issues. NRHA membership consists of a diverse collection of individuals and organizations, all of whom share the common bond of an interest in rural health.

Coming Soon...

TeleDermatology Clinic at Annie Jeffrey Health Center.
Watch our Facebook page and the Polk County News for more information



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

Volunteer Appreciation 2021

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 The Cross Makers from Seward. Bob Kropf, Greg Walz and Bill Morse gave the history and mission of The Cross Makers. Just as the name implies, they make crosses – mostly palm crosses, meant to fit comfortably in the hand of its holder, encouraging fingers to clasp the smooth edges. The crosses are made and available to anyone seeking comfort. The Cross Makers have given away and sold thousands of palm crosses to hospital and care center patients, to funeral homes, to military veterans --- to anyone needing a reminder of “God’s richest blessings.” They shipped them to every state in the union and a handful of foreign countries.

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. 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. 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.

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

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 Cheryl Jones or Roxanne Page.



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.

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!

AJ participates in National Walk at Lunch Day on April 28

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 28th.

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.



TURN A
WORKING
LUNCH
INTO A
WALKING
LUNCH

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.



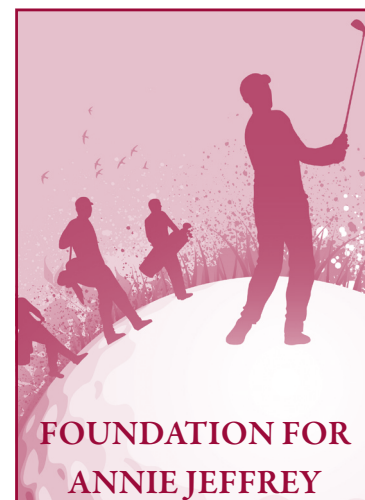


Each year, Annie Jeffrey Health Center receives financial contributions in memory of loved ones. The Foundation for Annie Jeffrey would like to thank those donors who are helping support the hospital's charitable mission, while paying tribute to a family member or friend. Here is the list of the community members we received donations in memory of this past year.

In Memory of

Leonard and Ramona Augustin	Bob and Marge Johansen	Lindsay Pruter
Brian Beckner	Eric Johnson	Eugene Reetz
Sam and Glenney Bell	Willis and Lucille Jones	Pat and David Richards
Jean and Sheldon Bond	Steve and Dorothy Kozel	John and MaryAnn Schott
George Boruch	Glenn Kresha	Ruth and Gola Sebenar
James and Imogene Brigham	Delphine Kresha	Adam Simonsen
Bobby Lee Brown	Lynn Lohrman	Burdette Sisty
Lewis and Delores Buckley	Mildred and William Lohrman	Donna Snook
Carl and Irene Burritt	Louis Mak	Mary Lou Stallings
Ellen Campbell	Joan N Marek	Mom and Dad Sterup
Dale Carlson	Joe Marsden	Jerry Sterup
John Carlson	RaeJeanne Marsden	Michelle Sterup
Dorothy Carlson	Laurence and Marie Meister	Arlo and Genelle Stevens
Nick Cerny	Dick and Helen Merrick	Horace Stevens
Marge Cerny	Bob Merrick	Jim Stufft
Ted and Agnes Cuda	Wayne and MaryAnn Milburn	Nona Stufft
Raymond Cutsor	Jack and Bonnnie Miller	Margaret Taylor
Dorothy Cutsor	Lavern Miller	Lola Urban
Myrtle and Joseph DeSort	Dave Miller	Ray Urban
Phyllis and Jack DeSort	Dorothy and Harold Nelson	Betty Wanek
Arnold Ekstrand	Arlin and Linda Neujahr	Darlene Wanek
Jim Ekstrand	Evelyn Olson	Robert Wanek
Elaine Ekstrand	Severt Oquist	Maury Watts
Margaret Ekstrand	Stanley Oquist	Maurice Watts
Anne Fehncke	Ortha Perry	Paul and Berneitta Weitzel
Terry D. Fusco	Marla Porth	LaVerna Winslow
Donald Gable		
Grandpa Gable		
Our Grandparents		
Char Grossnicklaus		
Ethan Mark Gustafson		
Jinx Johansen		
Mom and Dad Johansen		

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



**FOUNDATION FOR
ANNIE JEFFREY**

Golf Tournament

June 18, 2021

**Ryan Hill
Country Club**

*There is still time to
sign up for the annual
Foundation for Annie
Jeffrey golf tournament
on Friday, June 18th 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.*

*All proceeds will be used
for a new fetal monitoring
system.*



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.

Foundation Donates for New Scopes

The Foundation for Annie Jeffrey Board of Directors voted to donate \$60,000 from their annual campaign to Annie Jeffrey Health Center to help purchase new Endoscopy scopes. Upper and lower endoscopies are procedures that let the doctor look inside your body using a scope (a long, thin tube) with a tiny camera attached. The doctor moves it through a body passageway or opening to see inside an organ. Besides imaging, these scopes can also do minor surgery.



Pictured above are the Foundation for Annie Jeffrey Board members with Joe Lohrman, Annie Jeffrey Health Center CEO and Dr. Cam Sidak.



Pictured with scholarship winners Allie Neujahr, Taylor Carlson, Erica Stratman and Talia Nienhueser are Foundation for AJ Board Members, Margie Hayes, Kathy Gabel, Joe Lohrman, CEO, Susan Chrastil, Foundation Director, Steve Peterson, John Girard, Mary Lerch and Karen Stevens. Not pictured is LeRoy Gerrard.

Foundation Awards Scholarships to Six!

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.

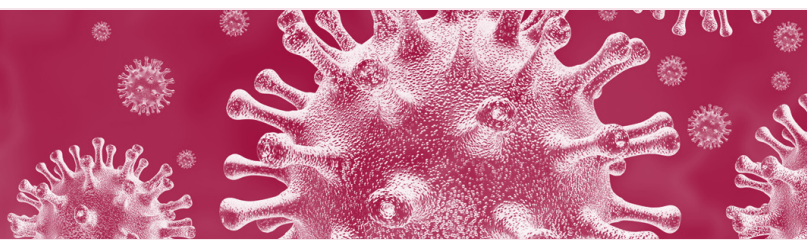
The Foundation for Annie Jeffrey continues Dr. Jeffrey's vision by offering scholarships for the future of health care. We offer scholarships to the four area

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 six high school scholarship winners this year are:

- Allie Neujahr from Shelby
- Taylor Carlson from Osceola
- Emily Theis from Osceola
- Erica Stratman from Cross County
- Talia Nienhueser from Cross County
- Brooke Bannister from High Plains

Getting COVID-19 After Vaccination is Rare



When the results of the clinical trial of Pfizer, Moderna and Johnson & Johnson were announced, we celebrated. The high efficacy rates of these vaccines were extraordinary – up to 95% efficacy in the trials. But we knew then and we know now that vaccines aren't 100% effective. Some cases will continue to happen, even among fully vaccinated. But COVID-19 cases are much, much less likely in fully vaccinated people. Vaccines not only decrease the likelihood of getting infected, but also decrease the severity of the illness and almost completely eliminate hospitalization or death.

What is a breakthrough case?

A breakthrough case is defined as a person who has a positive COVID-19 test 14 days or longer after completing a COVID-19 vaccine series. Breakthrough cases are expected because no vaccine is 100% at preventing illness. Even though the COVID-19 vaccines are highly effective, sometimes fully vaccinated people get sick. The vaccines prevent severe illness, hospitalization and death in the vast majority of vaccinated people who do get infected.

Recent Nebraska statistics from the Department of Health and Human

Services as of April 21**:

- Of 539,061 Nebraskans fully vaccinated, there were 215 reported breakthrough cases
- Breakthrough rate 0.04%
- Of all Nebraskans with breakthrough infections, none have died. Four have been hospitalized.

*** Since April 21, there has been one woman in her 80's with underlying medical conditions develop COVID-19 and was hospitalized and died.*

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

 **Annie Jeffrey**
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Nonprofit Organization US Postage PAID Osceola, NE 68651 Permit No. 15 Standard Route Presort
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