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Annie Jeffrey Welcomes Nicolas Eller, PA-C

Nicolas Eller is a certified Physician Assistant who grew up in Stromsburg. He received his undergraduate degree from Nebraska Wesleyan in 2015, and shortly after moved to California for two years where he worked as a medical assistant at an urgent care clinic. While in California, he married his wife, Lexi, and in 2018 they moved to Lincoln so he could attend Union College's PA program. Upon graduation, he worked for a year in the General Surgery department at Children's Hospital in Omaha.

Nicolas and Lexi have two daughters, and in his spare time he enjoys renovating their fixer upper, playing basketball, and leading worship at church. He is grateful



for the opportunity to give back to this wonderful community and to be a part of such a great healthcare team.

Foundation for Annie Jeffrey donates for new OB room equipment



The Foundation for Annie Jeffrey Board of Directors voted to donate \$130,000 from their annual campaign to Annie Jeffrey Health Center to help purchase new OB room equipment for the two new OB rooms. The first OB suite is complete. The new large suite has plenty of space for the family to be with the mother and child, space for a baby warmer and a large bathroom that can accommodate a wheelchair turning around.

The construction of the second OB suite will begin soon.

Pictured in the new OB suite are: Joe Lohrman, Annie Jeffrey Health Center CEO, Foundation for Annie Jeffrey Board Members: John Girard, Steve Peterson, Lori Palik, Annie Jeffrey DON, Susan Chrastil, Foundation Director, Mary Lerch, Lana Waller, Kathy Gabel, Margie Hayes, Jane Watts and Karen Stevens. Not pictured is LeRoy Gerrard.



Join our team!

Registered Nurses (FT/PT/PRN)
positions available now at
Annie Jeffrey!

Annie Jeffrey Memorial County Health Center offers unique and exciting career opportunities.

Annie Jeffrey Health Center is a state-of-the-art medical center operated by trained professionals in Osceola, Nebraska. Our 16-bed Critical Access Hospital currently has a wide range of employment opportunities in both our clinical and non-clinical areas. We work collaboratively with our community, patient population and other providers to achieve excellence in health care, respect for life, and respect for each other.

- **\$5,000 sign on bonus***
- **Competitive wages**

Plus, an excellent benefit package:

- Major Medical Health Insurance
- Free Wellness Center Membership
- Employee Assistance Program
- Paid Time-off
- Holiday Pay
- Pension Plan
- Long-Term Disability Insurance
- Dental and Vision Insurance
- Critical Illness Insurance
- Flex Plan – Medical/Dependent Care
- Life Insurance
- Employee Discounts
- Mileage Reimbursement
- Bereavement Leave
- Service Awards



Contact our Human Resources Department:

**P.O. Box 428, 531 Beebe St., Osceola, NE 68651
402-747-2031**

Lori.Palik@ajmchc.org

or apply online at www.ajhc.org

**Sign-on bonus is for FT/PT positions. EOE*



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

Volunteer Appreciation 2022

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 featured Dr. Richard Collins and his wife, Donna. Dr. Collins is also known as “The Cooking Cardiologist.” He is nationally recognized as an expert in heart disease prevention and cholesterol management and is known for his devotion to creating culinary dishes using only healthy ingredients. He is a Nebraska native, graduating from University of Nebraska College of Medicine in 1968 and completed his training at the Mayo Clinic in Rochester, MN. He served in the United States Navy and was a Physician to the United States Congress from 1972-1973. Dr. Collins has appeared nationally on TV and conducts cooking classes across America. He is the author of several heart healthy books and lives in Stromsburg. Dr. Collins and his wife served two of his healthy snacks to the Volunteers.

A delicious meal was prepared by the Annie Jeffrey Dietary department and served by the hospital managers.

Joe Lohrman, Annie Jeffrey CEO, said “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 addi-

tion 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 really appreciate all of the contributions the Annie Jeffrey Volunteers have made over the years.”

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 65 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 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 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 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.



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.

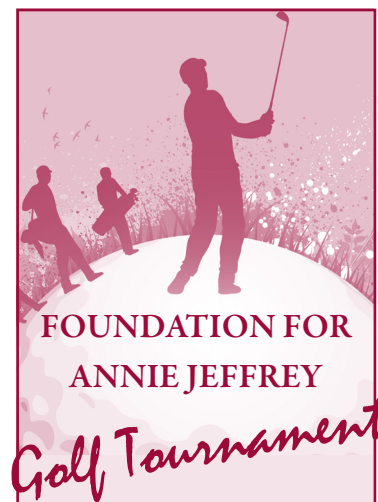
In Memory of

Pam Anderson
Julie (Fee) Araiza
Brian Beckner
Jean and Sheldon Bond
Phyllis Borden
George Boruch
Francis "Butch" Bowman
Lewis and Delores Buckley
Carl and Irene Burritt
Dale Carlson
John Carlson
Dorothy Carlson
Nick Cerny
Marge Cerny
Carolee Coffin
Ted and Agnes Cuda
Raymond Cutsor
Dorothy Cutsor
Marian Daum
Myrtle and Joseph DeSort
Phyllis and Jack DeSort
Jim Ekstrand
Elaine Ekstrand
Margaret Ekstrand
Ann Fehncke
Donald Gable
Grandpa Gable
Alan Gissler
Our Grandparents
Michael L. Gripp
Don and Ardie Hayes
Patrick Hoeft
Mom and Dad Johansen
Jinx Johansen

Bob and Marge Johansen
Courtney Johnson
Willis and Lucille Jones
Kathy Kobza
Steve and Dorothy Kozel
Dorothy and Steve Kozel
Delphine and Glenn Kresha
Ila Kresha
Edwin and Pearl Lerch
Lynn Lohrman
Mildred and William Lohrman
Louis Mak
Leanne Manning
Joe Marsden
RaeJeanne Marsden
Dick and Helen Merrick
Bob Merrick
Vaughn Mickey
Harold and Dorothy Nelson
Evelyn Olson
Stanely Olson
Severt Oquist
Tanner Pelster
Marla Porth
Lindsay Pruter
Eugene Reetz
David and Pat Richards

Dan and Lora Ruff
John W. and MaryAnn Schott
Ruth and Gola Sebenar
Adam Simonsen
Burdette Sisty
Mary Lou Stallings
Mom and Dad Sterup
Tom Sterup
Jerry Sterup
Robert Sterup
Doreen Sterup
Michelle Sterup
Arlo and Genelle Stevens
Jim Stufft
Nona Stufft
Richard Triba
Elaine Umstead
Betty Wanek
Darlene Wanek
Robert Wanek
Maurice Watts
Becky Watts
Raymond Watts
Paul and Berneitta Weitzel
Pamela S. White
Chris Whitmore
Verland Widga

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



**FOUNDATION FOR
ANNIE JEFFREY**

Golf Tournament

June 17, 2022

**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.**

*Flag prizes include a
Cleveland golf club,
chipping net, Husker
headcovers, Golf cooler,
Golf BBQ set, Tiger
headcover and many
more! The raffle includes
a Tour Edge Hot Launch
Driver valued at over \$250.*

*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
new OB room equipment.*

Lyme Disease

Lyme disease, a disease carried by ticks, is growing at an alarming rate. Each year over 30,000 cases of Lyme disease are reported to the CDC but recent estimates using other methods suggest that there could be as many as 476,000 cases of people getting Lyme disease in the United States.

Common symptoms are fatigue, headaches, fever or chills, muscle or joint pain, mental confusion, swollen lymph nodes and neurological symptoms. After being

infected with Lyme disease many victims spend months or years without effective treatment. Nature lovers need to be vigilant whenever they bike or hike near fields, wooded areas or trails. Everyone needs to inspect their bodies for tiny, black intruders and tweeze them out before they have time to infect them with any number of diseases.

As summer travelers flock to grassy, tick-infested holiday spots across America, vacationers and



physicians alike need to be on the alert for freckle-sized pests that are responsible for one of the fastest-growing infectious diseases in the country.



Scholarship winners Blaike Bryan, Trinity Boden and Lane Urkoski pictured with Foundation for Annie Jeffrey Board members: John Girard, Kathy Gabel, Mary Lerch, Steve Peterson, Karen Stevens, Jane Watts, Margie Hayes, Lana Waller, Susan Chrastil, Foundation Director and Joe Lohrman, Annie Jeffrey Health Care CEO.

Foundation for Annie Jeffrey awards scholarships to 3 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.

This year's three high school scholarship winners are:

- Trinity Boden from Osceola
- Blaike Bryan from Osceola
- Lane Urkoski from Polk

Stay hydrated this summer

In the heat of the summer, whether you are running a marathon or walking around the block, you need to drink up!

Drinking enough water in the summer is something most people overlook. For non-exercisers, you need to drink about eight 8-ounce glasses of non-alcoholic, non-caffeinated fluid per day. If you exercise, you need to drink more fluids yet. Always take time to stop to get a drink before you get thirsty. If you wait until you are thirsty, you are starting to get dehydrated. Dehydration increases the risk of heat-related illnesses.

Replacing fluids is critical. If you exercise, you start to sweat. The purpose of sweating is to cool your core temperature. But the loss of liquid and electrolytes (mainly sodium, which promotes fluid retention and helps prevent cramping) can impair several functions. Dehydration puts a strain on

your cardiovascular system and makes it difficult to perform normally.

Drinking just 5 glasses or more of water each day has been shown to decrease the risk of colon cancer, breast cancer and bladder cancer.

Signs of mild dehydration include thirst, light-headedness, dark urine and decreased appetite. Signs of severe dehydration are difficulty swallowing, stumbling, poor vision, dry skin, muscle spasms and delirium.

Remember to:

- **Drink throughout the day**
- **Drink before you exercise, during exercise and after exercise**
- **Lack of water is the number one trigger of daytime fatigue**

After you learn to drink more fluids you will notice you feel better and livelier.

Survive the summer sting

When the warm days of summer come, so do the biting bugs. Most insect bites and stings are harmless, unless you have an allergy, but they can be dangerous. Here are some tips for dealing with an insect sting or bite:

- If the stinger is still present, remove it as soon as possible. Don't use tweezers or anything that might squeeze more poison into your body.
- Clean the area with soap and water.
- Apply ice to reduce pain and swelling.
- Take an antihistamine such as Benadryl.
- Apply a baking soda and water paste, calamine lotion or a hydrocortisone cream to the area to help with the itching.

Don't scratch the itch because it actually makes it worse and can cause the bite to swell, bleed or get infected.

For prevention from insect stings and bites, use insect repellents that contain DEET, spraying your clothing as well as your skin; wear long-sleeved shirts and long pants when you go into infested areas; avoid unnecessary outdoor activity at dusk and dawn when mosquitoes are most active.

Hydration is important...





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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