

INSIDE THIS ISSUE

Golf tournament	2
Jameson delivers two babies on Valentine's Day	2
Spring Health Fair	2
Volunteer Appreciation...	3
Check out the Thrift Shop.....	3
Nat. Hospital Week	4
AJHC Participates in Nat. 'Age-Friendly' Initiative.....	4
Memorial gifts	5
Survive the Summer Sting	5
Madison Euse.....	6
Foundation awards 7 scholarships.....	6
PT Staff.....	7



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Marcus Augustin, CEO

Marcus Augustin new CEO at Annie Jeffrey Health Center

Annie Jeffrey Memorial County Health Center announces Marcus Augustin as their new Administrator. Marcus was raised in Osceola and was a graduate from Osceola High School. He attended the University of Nebraska at Omaha, where he obtained degrees in Accounting and Finance. He also has his Certified Public Accountant license. Marcus joined Annie Jeffrey in June 2012 and was their current Chief Financial Officer. Marcus is married to his wife, Emily, and has 2 children, Liam and Neva.

Marcus enjoys anything sports related, traveling, reading and learning.



His goals are to sustain and build strong relationships with our patients, community and staff of Annie Jeffrey.



Lohrman retires

Joe Lohrman, who was appointed Annie Jeffrey Health Center CEO in 2007, handed the reigns over to Marcus Augustin after recently retiring. Marcus has been the Annie Jeffrey Health Center CFO for 11 years.

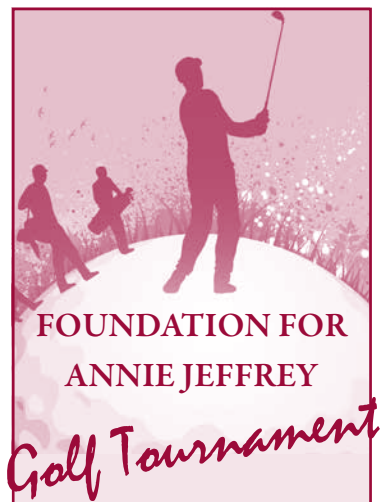
Pictured is retiring administrator, Joe Lohrman and the new hospital CEO, Marcus Augustin.

Jeffrey Elementary donates blankets to Annie Jeffrey Patients

Over the last two years, students at Jeffrey Elementary have been participating in character houses. Last year the students learned about the six different pillars of character. This year they came up with a service project.

The House of Courage decided to make fleece blankets. Donations for the fleece blankets were taken for the project at basketball games. The blankets were then donated to Annie Jeffrey Health Center for any children that may be admitted to the hospital.

Thank you students at Jeffrey Elementary!!!



FOUNDATION FOR
ANNIE JEFFREY

Golf Tournament

June 16, 2023

*Ryan Hill
Country Club*

*There is still time to
sign up for the annual
Foundation for Annie
Jeffrey golf tournament
on Friday, June 16th at
Ryan Hill Country Club
in Osceola.*

**WIN A NEW
CHEVROLET WITH
A HOLE-IN-ONE
from TONNIGES
CHEVROLET.**

*Flag prizes include an
Odyssey putter, Tiger
and Deer headcovers,
Husker headcovers,
Husker blanket, Golf
cooler, Golf BBQ set and
many more! The raffle
includes a TaylorMade
SIM2 MAX Driver valued
at over \$350.*

*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 hospital equipment.*

Dr. Dave Jameson delivers two babies on Valentine's Day

What is the best gift for Valentine's Day? This is a matter of opinion but to two moms it was meeting their baby girls for the first time. Two moms gave birth to baby girls at Annie Jeffrey Memorial County Health Center in Osceola on Valentine's Day.

Hospital staff said the last Valentine's baby was in 2014, and that was just one baby. Nine years later and two babies is quite a notable record. Dr. Dave Jameson delivered both babies. The first baby girl was born at 9:26 p.m. to Erik and Shanita Ostberg of Waterloo. They named her Emilia Rose Ostberg and she was 8 pounds 10 ounces. This is their third child. The reason they chose Annie Jeffrey and Dr. Jameson is interesting. Originally they were doctoring closer to home, but that facility required masks and they didn't want to wear one. It was so bad that security was called because she wouldn't wear a mask to her OB appointment. Shanita said her doctor didn't wear a mask during the appointment. Mid-way through the pregnancy (in September) they changed to Dr. Dave Jameson. They picked Dr. Jameson because Erik Ostberg is originally from Polk County and knew Dr. Jameson. Shanita had wonderful things to say about her birthing experience at Annie Jeffrey with Dr. Jameson. She shared it was the "best birth experience;" the staff were "amazing" and "very encouraging". Her previous two children were born elsewhere.



The second baby girl was born right under the wire, entering the world at 11:52 p.m. She is the daughter of Jeremy and Georgianna Metcalf. They named her Raegan Marie and she was 7 pounds 2.2 ounces. They are the parents of five children and have had all of them at Annie Jeffrey Hospital. They love the new OB suites, and commented on how much "more comfortable and private" they are. The parents also remarked that each birthing experience has "gotten better each time."

Polk County News and Annie Jeffrey Hospital welcomes these new baby girls into the world.

Article and picture by Beth Sparrow, Co-Owner & Managing Editor, Polk County News

Spring Health Fair

The 15th Annual Annie Jeffrey Memorial County Health Center Spring Health Fair was held on Tuesday, March 7th at Annie Jeffrey Memorial County Health Center. Around 70 individuals from a variety of Nebraska communities came and took advantage of the discounted comprehensive blood profiles and some of the individuals also took advantage of the Bryan Health Mobile Screening opportunities that were available. These lifesaving tests were performed by a Bryan Health

Vascular technologist and were read by a Bryan Health Cardiologist or Vascular Surgeon. The Polk County Health Department was also on site with outreach information. A sacked grab and go breakfast were provided by Annie Jeffrey's dietary department. The Health Fair Committee would like to thank all participants, the Polk County Health Department, Bryan Health, and the Annie Jeffrey staff for helping to make the health fair a success.



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

Volunteer Appreciation 2023

Annie Jeffrey Health Center honored the AJ Volunteers for Volunteer Appreciation Week at the Osceola Civic Center with a brunch and a program on April 11th. The program featured a Barbershop Quartet called Country 4, a Barbershop quartet from the Lincoln Continentals. April 11th was National Barbershop Quartet Day so the entertainment was fitting for the day it was held.

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 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.

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

~ Joe Lohrman, CEO

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.

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!

Annie Jeffrey Celebrates National Hospital Week!

National Hospital Week is an opportunity to highlight our hospital, health care workers and board for the high-quality care and services they deliver to our communities. A hospital does not only provide treatments and comfort the ill, but our purpose is to transform health conditions in our communities. The first National Hospital day goes all the way back to 1921, following the Spanish flu outbreak.

In 1956, as a memorial to his mother Annie, Dr. Jeffrey donated funds to help build a new hospital in Osceola. Since that time, Annie Jeffrey has continued to grow and improve in the delivery of health care services and the living conditions for our communities in Polk County. Annie Jeffrey currently has over 65 employees and numerous independent contractors who provide services at the facility.

“Hospital week is about putting the focus on our employees,” says Marcus Augustin, Chief Executive Officer. “Over these past couple years, I have seen our team’s dedication, hard work and compassion to our patients in our communities. I am extremely proud of each member of our staff and realize the integral role everyone plays in providing exceptional care close to home.”

Recently, we have made an investment in continuing to meet the community’s needs for providing birthing services for patients. We currently now have two updated labor and delivery rooms. Annie Jeffrey has shown an investment in our communities by continuing to update their equipment to meet the diagnostic demands for higher patient care.

In addition to the investment in their birthing services and equipment, Annie Jeffrey has been recognized as an Age-Friendly Health System-Committed to Care Excellence. This recognition comes for the Institute for Healthcare Improvement (IHI) and Annie Jeffrey was named a leader in this growing movement committed to care of aging adults. This recognition shows the investment Annie Jeffrey is putting into our communities by making sure our staff has the tools to ensure high-quality care and communicating effectively with our patients.

We celebrated our “Rocking” employees all week and hope each one of them knows how much they are appreciated!!!

AJCH Participates in National ‘Age-Friendly Health Systems’ Initiative

Annie Jeffrey has announced that it is part of a movement to improve health care for older adults, contributing to a goal continuing to expand and grow Age-Friendly care.

As part of the Age-Friendly Health Systems initiative, The John A. Hartford Foundation and the Institute for Healthcare Improvement, in partnership with the American Hospital Association and the Catholic Health Association of the United States, are helping hospitals and other care settings implement a set of evidence-based interventions specifically designed to improve care for older adults.

The interventions can be tested and adapted by participating in Age-Friendly Health Systems Action Communities. These collaborative initiatives bring together health care

teams committed to sharing data and learning together. All teams strive toward reliably implementing age-friendly best practices across emergency departments, intensive care units, medical-surgical units, general wards, and primary and specialty care settings.

Annie Jeffrey Health Center now joins an international group of more than 2,700 health systems working to tailor care to patients’ goals and preferences and to deliver care that is consistently of the highest quality.

“Annie Jeffrey Health Center has always been on the forefront of patient care, and that’s why we are participating in this vital movement. We look forward to both sharing our best practices

and learning what’s working for others proving age-friendly care,” said Joe Lohrman, CEO of Annie Jeffrey Health Center. “The Age-Friendly Health Systems initiative is an important part of our overarching vision to provide every older adult with the best care possible.”

Continued on page 7





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
Samantha Bauld
Noah Bell
Coral Boden
Jean and Sheldon Bond
Phyllis Borden
George Boruch
"Butch" Francis Bowman
Mike and Brenda Brooke
Lewis and Delores Buckley
Carl and Irene Burritt
Dale Carlson
John Carlson
Dorothy Carlson
Nick Cerny
Marge Cerny
Ted and Agnes Cuda
Raymond Cutsor
Dorothy Cutsor
Myrtle and Joseph DeSort
Phyllis and Jack DeSort
Evelyn Driewer
Ronald Ellison
Ann Fehncke
Duane Gabel
Donald Gable
Grandpa Gable
Our Grandparents
Patrick Hoeft
Jinx Johansen
Mom and Dad Johansen

Bob and Margie Johansen
Nadine Johansen
Dennis Johansen
Chuck Johnson
Ruth Johnson
Wanda Johnson
Tory Jones
Willis and Lucille Jones
Kathy Kobza
Steve and Dorothy Kozel
Delphine and Glenn Kresha
Edwin and Pearl Lerch
Lynn Lohrman
Mildred and William Lohrman
Louis Mak
Leanne Manning
Corbin Marie
Joe Marsden
RaeJeanne Marsden
Ronnie Meerkatz
Laurence and Marie Meister
Dick and Helen Merrick
Bob Merrick
Laura Messenger
Matthew Mohr
Ruth Ann Peterson

Jay Peterson
Marla Porth
Lindsay Pruter
Marian E. Ransom Doremus
Eugene Reetz
Linda Renihan
David and Pat Richards
Dan and Lora Ruff
John and MaryAnn Schott
Ruth and Gola Sebenar
Laurie Sindt
Meredith Sinn
Burdette Sisty
Jerry Sterup
Mom and Dad Sterup
Tom Sterup
Arlo and Genelle Stevens
Jim Stufft
Nona Stufft
Pat Walgren Larson
Betty Wanek
Darlene Wanek
Robert Wanek
Becky Watts
Donald Watts
Maury Watts

 **Foundation**
FOR ANNIE JEFFREY

402-747-2031 • www.ajhc.org

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.

Madison Euse, Mental Health Professional

Annie Jeffrey Health Center has a new Outpatient service. Madison Euse, LIMHP, LPC, NCC, PLADC is taking appointments for Mental and Behavioral Health. Madison sees individuals 19 and older, couples, and families with children. She takes most insurances, including Medicaid.

Madison says, "I'm so excited to be coming out to Annie Jeffrey twice a month to provide mental health services to the community. This community has supported me in my personal and professional life,

so I'm pleased to give back however I can. If you aren't sure if mental health therapy is right for you, please reach out and we can talk about your needs and how they can best be met".

Madison is trained in trauma therapy called EMDR and can be reached at madison.euse@outlook.com. She is at Annie Jeffrey Health Center biweekly on Thursdays/Fridays. She will also have openings for Telehealth throughout the week.



Madison Euse, LIMHP, LPC, NCC, PLADC



Scholarship winners front row are Kenzie Wruble, Saylor Osentowski, Elizabeth Hoffman, and Emma Jones. Second row: Foundation Board members, Jane Watts, Lana Waller, scholarship winners: Haylie Lindburg, Sierra Boden, Kirsten Glatter, Foundation Board member Karen Stevens. Back row: Foundation Board members, Kathy Gabel, Margie Hayes, LeRoy Gerrard, Mary Lerch, Marcus Augustine, Annie Jeffrey CEO, Susan Chrastil, Foundation Director, Foundation Board members John Girard and Steven Peterson.

Foundation for Annie Jeffrey awards scholarships to 7 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 seven high school scholarship winners are:

- Kirsten Glatter – Osceola
- Sierra Boden – Osceola
- Elizabeth Hoffman – Osceola
- Emma Jones – Cross County
- Saylor Osentowski – Cross County
- Hailey Lindburg – High Plains
- Kenzie Wruble – High Plains

Annie Jeffrey Health Center PT Staff

Nathan Olson, PT

Nathan has been working at Annie Jeffrey full time since the fall of 2017. Nathan was born and raised in Broken Bow, went to the University of Nebraska at Kearney for a bachelors in biology, and got his masters in physical therapy at the University of South Dakota in 2004. While most of his experience has been in outpatient orthopedics, he has also worked with hospital acute and swing bed, home health, skilled nursing, and school-based patients. Nathan has training in Functional Dry Needling, and is certified in Graston Technique, Mulligan Concept, and Sole Supports custom foot orthotics. He and his wife enjoy being involved in all of their three children's activities and going on outdoor adventures.

Kellen Benes, DPT

Kellen has worked in the physical therapy department at Annie Jeffrey off and on since 2002. He was raised in Brainard and attended East Butler High School. Kellen attended Nebraska Wesleyan University majoring in biology

and graduated from Creighton University's Physical Therapy Program with his doctorate in physical therapy degree in 2002. Kellen has worked with hospital acute and swing bed patients, nursing home and home health patients, and is highly specialized in Functional Dry Needling, Postural Restoration (PRI) techniques, Sole Supports custom foot orthotics, manual therapy, and joint mobilization. He is married, has two children, and enjoys spending his free time with friends and family.

Brandi Watts, PTA

Brandi was born, raised, and currently lives in Osceola. In 2013, she graduated from Northeast Community College with her Physical Therapist Assistant license. Her experiences have been based in outpatient, inpatient, skilled nursing, home health, and school-based settings. Brandi is certified in custom foot orthotic casting through Sole Supports. She hopes to continue expanding her knowledge in the health field. She and her husband have two children and enjoy being a part of this community.



From left: Brandi Watts, Kellen Benes, Nathan Olson, Douglas Hackett

Douglas Hackett, PT

Douglas is semi-retired here in Osceola, working in the physical therapy department part-time and filling in when he's not busy on his hobby farm or spending time with his grandchildren. He also enjoys running, biking, and swimming. Before becoming a physical therapist, Doug worked in recreation where he used his BA in recreational leadership and Master's Degree in health, physical education, and recreation. Doug received his masters of physical therapy degree from Northern Arizona University in 1998. In addition to outpatient PT, Doug has a lot of experience in pediatric PT, fitting custom wheelchairs, and working with home health patients.

AJHC Participates in National 'Age-Friendly Health Systems' Initiative

Continued from page 4

The initiative is based on a series of practices focused on addressing four essential elements of care for older patients:

- **What Matters:** Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.
- **Medication:** If medication is necessary, use Age-Friendly medications that do not interfere

with What Matters to the older adult, Mobility, or Mentation across settings of care.

- **Mentation:** Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.
- **Mobility:** Ensure that older adults move safely every day in order to maintain function and do What Matters.

The Age-Friendly Health Systems initiative was launched in 2017 by

The John A. Hartford Foundation and IHI, in partnership with the American Hospital Association and Catholic Health Association of the US. For more information, visit www.ihf.org/agefriendly.

Contact: Jordan Siegel, BSN, RN, Education Coordinator OR Lori Palik, DON, RN

FREE Breastfeeding Support Group

Location:

Saint Paul Lutheran Church
531 S. Polk St.
Osceola, NE 68651

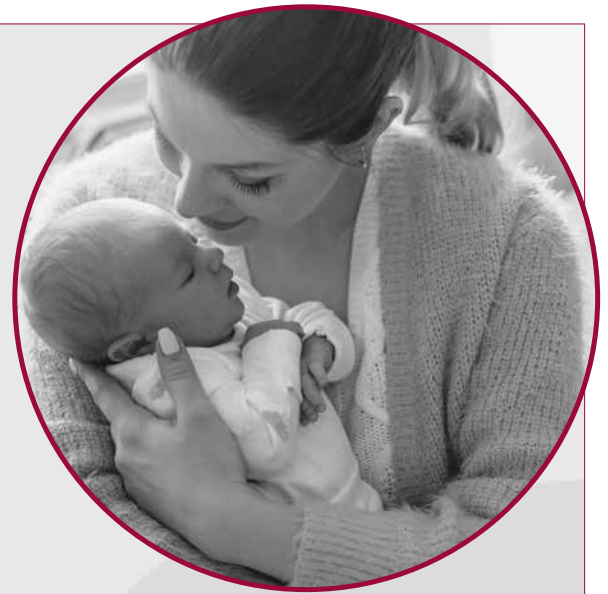
Tuesday, May 30
6:00-7:00 p.m.
(group meets monthly)

Beginning Tuesday, May 30 come join our mother's group and expand your postpartum circle in a safe space.

Every month, we will include guided discussions, opportunities to weigh your baby, ask questions and get advice from Megan Fitzgerald, RN, CLC a Certified Lactation Counselor.

For more information, contact:

Megan Fitzgerald, RN, CLC at megan.fitzgerald@ajmchc.org or by calling 402-747-2031.



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



Annie Jeffrey

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