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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.

The three high school scholarship winners this year are:

- Shyanne Anderson from Cross County
- Makayla Quilhot from Cross County
- Emma Roberts from Osceola



@AnnieJeffreyMemorialHealthCenter

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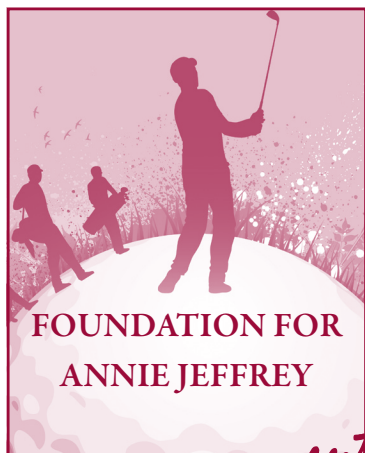
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Marcus Augustin, CEO



Pictured from left: Foundation for Annie Jeffrey board members, John Girard, Lana Waller, Susan Chrastil, Foundation Director, LeRoy Gerrard, Foundation for AJ board member, Scholarship winners: Makayla Quilhot, Shyanne Anderson and Emma Roberts, Nataly Sanley, Annie Jeffrey COO, Foundation for AJ board members, Steve Peterson, Mary Lerch, Jane Watts, Kathy Gabel and Karen Stevens. Not pictured are Marcus Augustin, Annie Jeffrey CEO and Margie Hayes, Foundation for AJ board member.



FOUNDATION FOR ANNIE JEFFREY

Golf Tournament

June 21, 2024

*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. All
proceeds will be used
for new hospital
equipment.*



Blood Drive Held on May 23rd

The Nebraska Community Blood Bank bloodmobile was parked at Annie Jeffrey Health Center as part of the community blood drive. As a special treat, Chick-fil-A came to the hospital to serve up their famous sandwiches after the blood drive. Thank you to all who came out and donated!



Foundation Donates for New Chemistry Analyzer

The Foundation for Annie Jeffrey donated funds from their annual campaign to pay for a new chemistry analyzer for the lab. The new analyzer was recently installed. A chemistry analyzer is an instrument that is used to help doctors diagnose kidney function, liver function,

blood sugar, lipid, electrolytes, coagulation, and so much more. It is vital for most of our inpatient, outpatient and emergency room results. The new analyzer has quicker turn-around times and will get used about 4700 times a year.



At left: Annie Jeffrey Health Center honored Volunteers with a brunch and a program. Below: Sue McLain from Yesterday's Lady showcases her vintage clothing collection.



Volunteer Appreciation 2024

Annie Jeffrey Health Center honored the AJ Volunteers for Volunteer Appreciation Week at Ryan Hill Country Club with a brunch and a program on April 9th. The program featured Sue McLain from Yesterday's Lady. Her program was called a Century of Fashion. Sue has been collecting vintage clothing for over 30 years and has a wide variety of artifacts from the 1840's through the 1970's. The Annie Jeffrey Volunteers loved learning about fashions from the past.

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

Marcus Augustin, Annie Jeffrey CEO, said "The AJ Volunteers are a great group of ladies that give their time and labor to our 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 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.

"The AJ Volunteers are a great group of ladies that give their time and labor to our communities."

~ Marcus Augustin, 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 Augustin.

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 Thrift Shop 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.

"I am extremely proud of each member of our staff and realize the integral role everyone plays in providing exceptional care, close to home."

~ Marcus Augustin, CEO

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. Annie Jeffrey was also recognized as a high performer in REaL (Race, Ethnicity, Language) and Age Data submissions.

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

16th Annual Spring Health Fair

The 16th Annual Annie Jeffrey Memorial County Health Center Spring Health Fair was held on Tuesday, March 5th at Annie Jeffrey Memorial County Health Center in Osceola.

Over 70 individuals from a variety of Nebraska communities came and took advantage of the discounted blood profiles and outreach services being offered at the health fair.

The Polk County Health Department, Angels Care Home Health, the Four Corners Health Department, and Aging Partners were on site with outreach information.

Free blood pressure screening and skin damage screening was also available for anyone interested.

The Community Blood Bank was also on site with free blood typing and information regarding the upcoming blood drive to be held at Annie Jeffrey Health Center.

Grab-and-go breakfast items were provided for the fair goers by Annie Jeffrey's dietary department.

The Health Fair Committee would like to thank all participants, vendors and the Annie Jeffrey staff for helping to make the health fair a success.

A grab-and-go breakfast was provided to fair goers.





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
Wayne Augustine
Jean and Sheldon Bond
Phyllis Borden
George Boruch
Mike and Brenda Brooke
Bobby Lee Brown
Edith Buckmaster
Dale Carlson
Dorothy Carlson
John Carlson
Marge Cerny
Margie Cerny
Nick Cerny
Gene Cole
Ted and Agnes Cuda
Dorothy Cutsor
Raymond Cutsor
Lynn DeBusk
Carolyn and Herb Doerr
Steven Doerr
Robert G. Eklund
Anne Fehnke
Duane Gabel
Max Gabel
Donald Gable
Luella Gable
Our Grandparents
Ardie Hayes
Dave Hilder
Mildred Hilder
Wayne Hilder
Patrick Hoeft
Bob and Marge Johansen
Dennis Johansen
Gerald Johansen

Jerry Johansen
Jinx Johansen
Mom and Dad Johansen
Nadine Johansen
Wanda Johnson
Frank Koenig
Kathy Koenig
Sharon Koenig
Steve and Dorothy Kozel
Glenn and Delphine Kresha
Connie Kropatsch
Beverly Larson
Rhonda Larson
Donna Leitschuck
Edwin and Pearl Lerch
Louisa Manning
Joe Marsden
RaeJeanne Marsden
Laurence and Marie Meister
Dorothy Nelson
Harold Nelson
Shirley Newby
Don and Ruth Ann Peterson
Jay Peterson
Betty Pierson
Harry Pierson
Myron Prososki
Lindsay Pruter
Eugene Reetz
Lola Reetz
Dave and Pat Richards
Dan and Lora Ruff
John W. and MaryAnn Schott
Graycen Leigh Schweitzer
Ryder King Schweitzer
Adam Simonsen

Burdette Sisty
Mike Smith
Charles Soll
Letha Soll
Barbara Sterup
Dan Sterup
Doreen Sterup
Jerry Sterup
Mom and Dad Sterup
Robert Sterup
Tom Sterup
Arlo and Genelle Stevens
Jim Stuftt
Nona Stuftt
Jerry Thelen
Mike Tonniges
Leonard Viergutz
Betty Wanek
Darlene Wanek
Robert Wanek
William Watson
Becky Watts
Don Watts
Maury Watts
Sharon Watts
Berneitta Weitzel
Paul Weitzel
Rex Wieseman
Mary Ellen (Toodie) Wobig
Declan Wright
Marlyn Yungdahl
Marcella Zelasney

 **Foundation**
FOR ANNIE JEFFREY

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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.

Hospital Earns Accreditation for Sleep Study Services

Annie Jeffrey Memorial County Health Center Sleep Study Program recently earned accreditation by the Accreditation Commission for Health Care (ACHC) for at home and in-house sleep studies. This three-year accreditation ensures that Annie Jeffrey's Sleep Study Program meets or exceeds all required standards set forth by ACHC. All ACHC accreditation surveys are conducted by Sleep Specialists who offer evidence-based best practices to ensure all quality measures and standards are met or exceeded. Sleep apnea is very common, according to the National Sleep Foundation over 18 million Americans suffer from this disease. If sleep apnea is left untreated it can have serious and even life-threatening consequences such as: high blood pressure, heart disease, stroke, diabetes, depression, memory problems and weight gain. Risk factors for sleep apnea include: being male, being overweight, over age 40, large neck size (17 inches or greater for males and 16 inches or greater

for females), having large tonsils, a large tongue or small jaw bone, having a family history of sleep apnea, having Gastroesophageal Reflux (GERD) or nasal obstruction due to a deviated septum, allergies or sinus problems.

Along with the accreditation, other benefits of choosing Annie Jeffrey for Sleep Services include:

- Convenient and local
- Simple referral process
- Fast referral to study scheduling
- Quick Interpretation turn-around time
- Follow up with local professionals
- Medicare Approved Sleep studies are scheduled through a physician/provider referral.

If you or someone you know may be a candidate for a sleep study, talk to your provider today and enjoy the benefits of accredited sleep services at Annie Jeffrey Health Center.

AJ Participates in National Walk at Lunch Day

Annie Jeffrey Health Center and Pinnacle Bank sponsored the Blue Cross Blue Shield National Walk @ Lunch Day on April 24. There were about 50 participants this year. This is an annual event that encourages community members to walk 30 minutes any time to prioritize their well-being.



TURN A
WORKING
LUNCH
INTO A
WALKING
LUNCH

Free Mature Driving Classes held at Annie Jeffrey Health Center

The Traffic Safety Council held free classes to mature drivers at the Annie Jeffrey Health Center on April 3 & 4 from 8:30AM to 12:30PM both days. These classes are developed specifically to teach drivers 55 and older defensive driving techniques and help them adjust their driving styles. This 8-hour class typically costs over \$300.00 to take, but was offered for free.

People are living longer and some seniors struggle with the fact that they are

not able to drive safely anymore. This is a great opportunity to re-acquaint yourself with safe driving techniques and could possibly save you money on your car insurance.

Thank you to Marvin Kohout for coming to Annie Jeffrey to teach these classes and thanks to those who took advantage of these classes!



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.

Locals Demonstrate a Giving Spirit

Thank you Eastyn for your donation!! Eastyn donated these items as part of her Confirmation Service Project.



Thank you to the York Area Quilt Guild for the beautiful quilts they donated to our facility!



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www.AJHC.org



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