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Foundation for Annie Jeffrey awards scholarships to 8 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 eight high school scholarship winners this year are:

- Ava Cramer from Cross County
- Chesney Sundberg from Cross County
- Kaleena Nuttelman from Cross County
- Courtney Carlstrom from High Plains
- Gage Friesen from High Plains
- Melinn Roberts from Osceola
- Janna Roberts from Osceola
- Taya Pinneo from Shelby-Rising City



@AnnieJefferyMemorialHealthCenter

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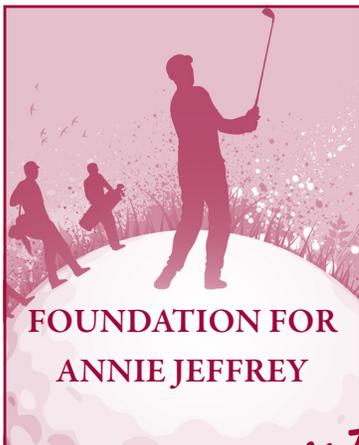
Board of Trustees:

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Pictured from left: Front row scholarship winners: Melinn Roberts, Janna Roberts, Taya Pinneo, Ava Cramer, Back row: Susan Chrastil, Foundation Director, Karen Stevens, Mary Lerch, Kathy Gabel, Nataly Sanley, Annie Jeffrey COO, John Girard, Steve Peterson, Margie Hayes and Marcus Augustin, Annie Jeffrey CEO.

Not pictured are Jane Watts and Lana Waller, Foundation for AJ board members



FOUNDATION FOR ANNIE JEFFREY

Golf Tournament

June 20, 2025

Ryan Hill Country Club

There is still time to sign up for the annual Foundation for Annie Jeffrey golf tournament on Friday, June 20th 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 blanket warmer for the hospital.



Blood Drive Held on May 14th

The Nebraska Community Blood Bank bloodmobile was parked at Annie Jeffrey Health Center as part of the community blood drive.



Pictured are the Foundation for Annie Jeffrey Board Members: Susan Chrastil, Foundation Director, Marcus Augustin, Annie Jeffrey CEO, Nataly Sanley, Annie Jeffrey COO, Margie Hayes, Steve Peterson, Karen Stevens, Mary Lerch, Kathy Gabel, John Girard

Foundation Donates for New Sterilizer

The Foundation for Annie Jeffrey donated funds from their annual campaign recently to pay for a new Sterilizer, which was recently installed. A Sterilizer is an essential part of the decontamination and sterilization process in healthcare facilities.

It gets used several times each day. Sterilizers kill harmful bacteria, viruses and fungi on medical equipment and instruments ensuring that the equipment is free of germs and bacteria.



At left: Annie Jeffrey Health Center honored Volunteers with a brunch and a program. Below: Karen Drevo in prairie pioneer attire shares story of Maria Rodaway.



Volunteer Appreciation 2025

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 8th. The program featured Karen Wyatt Drevo, a member of the Humanities Nebraska Speakers Bureau. Her program was a true story about Maria Rodaway, a Prairie Pioneer. Maria was portrayed by her great-great granddaughter, Karen Drevo in period attire, as she looked back at Maria's life as a prairie pioneer in Otoe County, Nebraska, where she homesteaded in 1867. Maria crossed the Atlantic Ocean with seven children to reunite her family after a seven and a half year separation. She endured grasshoppers, hail, drought, tornadoes, blizzards and the loss of her husband and six of her 13 children as she worked to become a citizen and landowner in a new country.

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 an impressive 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."

"The AJ Volunteers are an impressive 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!

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

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.

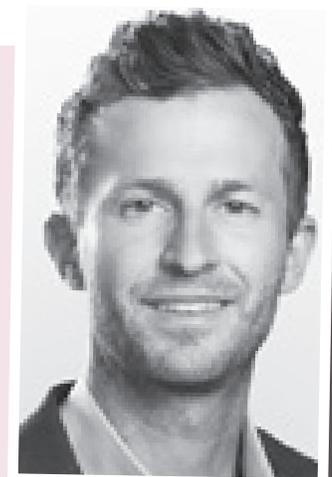
We celebrated employees all week and hope each one of them knows how much they are appreciated!!!

Outpatient Clinic Provider Spotlight Logan McGuffey, MD

Dr. McGuffey received his Medical Degree from the University of Nebraska College of Medicine and completed his urology residency at the University of Missouri-Columbia. He’s a member of several society memberships, including the American Urological Association, Nebraska Urological Association, Nebraska Medical

Association, American Association of Clinical Urologist, South Central Section of the American Urological Association and the Lancaster County Medical Society.

Dr. McGuffey sees patients at Annie Jeffrey one day a month. To schedule an appointment with Dr. McGuffey, call 402-747-2031.



*Dr. Logan McGuffey
Urologist*



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

- | | | |
|-----------------------------|-----------------------------|------------------------------|
| Gary Anderson | Ann Fehncke | Pat and David Richards |
| Leonard and Ramona Augustin | Joe Fjell | Dan and Lora Ruff |
| Wayne and Marcia Augustine | Duane Gabel | Mervin and Josephine Rystrom |
| Charlotte Booth | Don Gable | John W. Schott |
| George Boruch | Tootie Gable | Mary Ann Schott |
| Bobby Lee Brown | Patrick Hoeft | Graycen Leigh Schweitzer |
| Kenneth Burritt | Bill and Nadine Johansen | Ryder King Schweitzer |
| Dale Carlson | Bob and Margie Johansen | Pam Score |
| Dorothy Carlson | Dennis Johansen | Adam Simonsen |
| John Carlson | Jerry Johansen | Burdette Sisty |
| Margaret "Marge" Cerny | Jinx Johansen | Donna and Jerry Snook |
| Marge Cerny | Mom and Dad Johansen | Barbara Sterup |
| Nick Cerny | Wanda Johnson | Doreen Sterup |
| Gene Cole | Dorothy and Steve Kozel | Jerry Sterup |
| Linda Cordsen | Delphine Kresha | Jim Sterup |
| George Crawford | Glenn Kresha | Mom and Dad Sterup |
| Ted and Agnes Cuda | Connie Kropatsch | Robert Sterup |
| Dorothy Cutsor | Edwin and Pearl Lerch | Tom Sterup |
| Raymond Cutsor | William and Mildred Lohrman | Arlo and Genelle Stevens |
| Carolyn and Herb Doerr | Leanne Manning | Jim Stufft |
| Steve Doerr | Joe Marsden | Nona Stufft |
| Lee Draeger | RaeJeanne Marsden | Justin Vincent |
| Mary Egger | Laurence and Marie Meister | Carolyn Wagner Andrews |
| Grace Eilers | Tim and Cathy Noble | Betty Wanek |
| Robert G. Eklund | Lindsay Pruter | Darlene Wanek |
| Paul Erhart | Merv Ransom Jr. | Robert Wanek |
| Marvin Ericson | Eugene Reetz | Maurice Watts |
| Paul and Norma Everingham | Lola Reetz | Al Willits |
| Julie Fee | Alnetta Reeves | Marlyn Yungdahl |
| Tom Fee | Richard and Linda Renihan | |


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Kim Yungdahl, RN (left) and Robin Carlson, RN (right).

Staff Completes training on ScottCare Monitoring System

Director of Nursing Services, Kim Yungdahl, RN and Cardiac Rehabilitation Manager, Robin Carlson, RN completed the 10 hours of instruction to operate the new ScottCare VersaCare Cardiopulmonary Monitoring System purchased and installed in March.

This upgraded system allows for monitoring, recording, and documenting needed information for patients undergoing cardiac or pulmonary rehabilitative exercise programs.

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

17th Annual Spring Health Fair

The 17th Annual Annie Jeffrey Memorial County Health Center Spring Health Fair was held on Tuesday, March 4th at Annie Jeffrey Memorial County Health Center in Osceola. Over 60 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.



Dr. Macy Schott-Miller, Audiologist, with Complete Hearing was new to this year's event. She offered information on services offered and was available to help individuals get scheduled for Complete Hearing's monthly outreach clinic at Annie Jeffrey Memorial County 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 involved for helping to make the health fair a success.

Lyme Disease

Lyme disease, a disease carried by ticks, is growing at an alarming rate. Each year over 65,000 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.

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

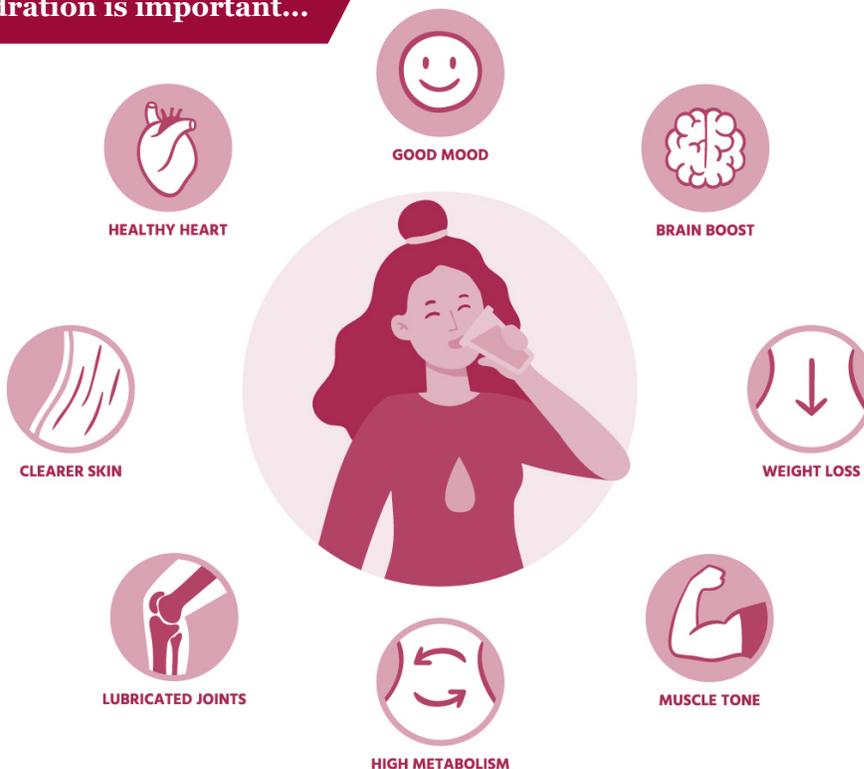
When the warm days of summer come, so do the biting bugs. Most insect bites and stings are harmless, unless you have an allergy, but they can be dangerous. Here are some tips for dealing with an insect sting or bite:

- 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...





New beginnings start here

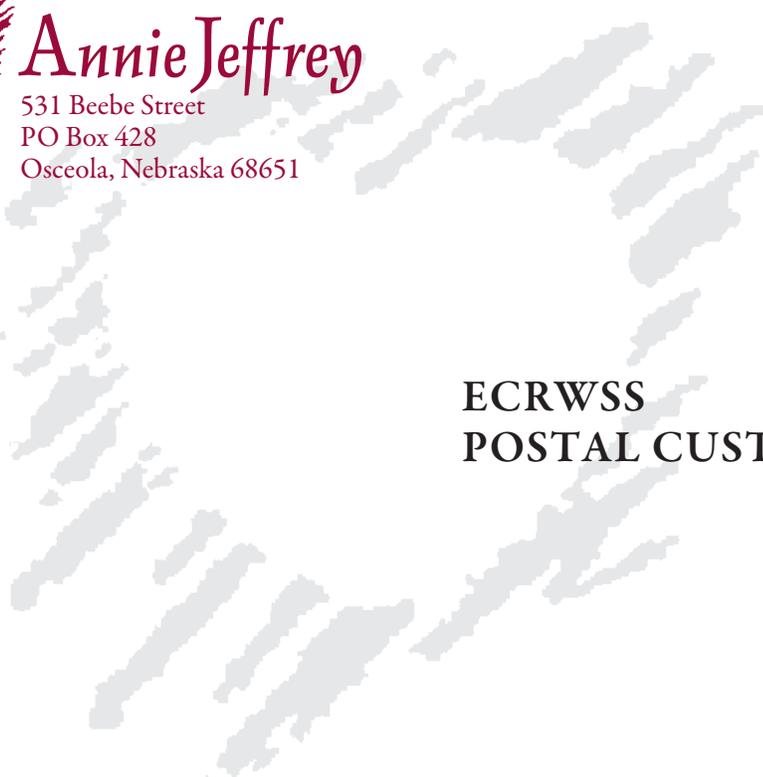
- One-on-one nursing care during labor and delivery
- Certified lactation consultant
- Private, family-oriented room
- Education & tour prior to delivery
- Three delivering providers, two physician assistants, and one nurse practitioner
- Two newly updated labor and delivery suites



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"Exceptional care, close to home."

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



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