

INSIDE THIS ISSUE

- New Bladder Scanner.. 2
- AJ Participates in National Walk 2
- Radiology Services 2
- Foundation Golf Tourney Results..... 3
- Donor Wall Grows..... 3
- Donation for Dietary Project 4
- AJ Volunteers Donate for New Patient Recliner 5
- Trauma Training..... 6
- Summer Health Woes... 7

Digital Mammography Suite & Radiology Open House

Annie Jeffrey Health Center and the Foundation for Annie Jeffrey invite YOU to a ribbon cutting and open house

for our Radiology Department featuring our newly remodeled Mammography Room.

RADIOLOGY OPEN HOUSE

WHERE: Annie Jeffrey Health Center

WHEN: Friday, July 29, 2011 TIME: 1:00 – 4:00 PM

Register for Prizes, Ice Cream & Cookies, Give-Aways, Games & Prizes for Kids, Tours of the Radiology Department

Digital Mammogram Installed at Annie Jeffrey

Annie Jeffrey Health Center now offers Digital Mammography services for our community! The new Digital Mammography equipment was just installed in the Annie Jeffrey Health Center recently remodeled Mammography suite. Diagnostic Imaging staff has been trained on the new machine and patients are now being screened with the new state-of-the-art equipment.

Annie Jeffrey is making appointments for mammograms with this new screening equipment now. Please contact your health care provider or Annie Jeffrey Health Center at 747-2031 for more information or to make an appointment with this new cancer screening machine.

Breast cancer is the second most common cancer in women in the U. S. Fortunately, deaths caused by breast cancer have declined over the past 20 years, in part, because of improved screenings and treatment techniques.

Mammograms are the preferred diagnostic test that can find breast cancer in its early stages. For many years, the only option was mammograms that record images of the breasts on film. Digital mammography enables radiologists to better diagnose cancers that may not have been detected with film mammography. Digital technology can be used to enhance and identify questionable areas within the image without requiring the patient to come back for additional studies.



Pictured with Digital Mammography equipment are Radiology Staff and Foundation for Annie Jeffrey. L-R: Susan Chrastil, Michelle Pruter, Karleen Watts, Nataly Sanley, Carrie Cramer, John Girard, Steven Peterson, Joe Lohrman, CEO, Brian Beckner and Terry Fusco.

Not pictured are Board Members: Karen Stevens and Mary Lerch and Radiology Staff: Karen Dotson and Lorri Marsden

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Annie Jeffrey

MEMORIAL COUNTY HEALTH CENTER

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- Bryan Myers, PA-C
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- Karen Stevens, Secretary
- John Girard, Treasurer
- Charles Roberts

Joe Lohrman, Administrator

New Bladder Scanner at Annie Jeffrey

Annie Jeffrey has added a new service. A Bladder Scanner was requested by the physicians at Annie Jeffrey and recently purchased. The Foundation for Annie Jeffrey is helping purchase this equipment with funds from their golf tournament.

A Bladder Scanner is a noninvasive method of assessing bladder volume and other bladder conditions. Bladder ultrasound is used in the acute care, rehabilitation, and long-term care environments.

It is used to assess bladder volume, urinary retention, and post-void residual volume in postoperative patients who may have decreased urine output; in patients with urinary tract infections (UTIs), urinary incontinence, enlarged prostate, urethral stricture, neurogenic bladder, and other lower urinary tract dysfunctions; or in patients with spinal cord injuries, stroke, diabetes, and mental handicaps that may reduce the sensation of bladder fullness, thereby interfering with appropriate voiding. It also helps providers decrease the use of unnecessary catheterization of patients.

AJ Participates in National Walk at Lunch Day

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 Walk @ 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.



Radiology Services at Annie Jeffrey

An **X-ray** (radiograph) is a noninvasive medical test that helps physicians diagnose and treat medical conditions. Imaging with x-rays involves exposing a part of the body to a small dose of ionizing radiation ionizing to produce pictures of the inside of the body. X-rays are the oldest and most frequently used form of medical imaging.

One of the diagnostic tools that the Annie Jeffrey Health Center Radiology Department uses is called a **MRI**. A magnetic resonance imaging (MRI) is an imaging technique that uses magnetic forces instead of radiation to take pictures of muscular and soft tissues that typically involve injuries of the shoulders, knees, spine, brain, and other areas. This portable unit comes to Annie Jeffrey Health Center once a week for the patients in our community.

Annie Jeffrey Health Center has an in-house CT Scanner. A **CT scanner** is a piece of equipment that the patient lies on while a fan beam of x-ray is created as the rotating frame spins the x-ray tube and detector around the patient. As the x-ray tube and detector makes a 360-degree rotation, the detector takes numerous snapshots of the attenuated x-ray beam. The most common uses for a CT scan are for head, chest, abdomen, pelvis or spinal injuries.



Ultrasound, also called sonography, is a diagnostic medical procedure that uses high-frequency sound waves to produce dynamic visual images of organs, tissues or blood flow inside the body. The high-frequency sound waves are transmitted to the area of interest and the returning echoes recorded. Ultrasound can be used to examine many parts of the body, such as the abdomen, breasts, female reproductive system, prostate, heart and blood vessels and more.

In obstetrics ultrasound is used to study the size and age of the fetus, as well as to examine the fetus for birth defects or other potential problems. In the abdomen, it is used to detect abnormalities such as gallstones or liver disease.

Another Radiology test offered at Annie Jeffrey is a **bone density** radiology procedure. Calcium and protein make

Continued on page 4.



The Rural Health Development team won first place at the 3rd Annual Foundation for Annie Jeffrey Golf Tournament.

L-R: Troy Lindsley, Scott Langemeier, Ron Ross and Tom Nesbitt.

Foundation for Annie Jeffrey Golf Tourney

Golfers from area hospitals and local businesses participated in the third annual Foundation for Annie Jeffrey golf tournament Friday, June 17th at the Ryan Hill golf course. Proceeds from the annual event will be used to help purchase a Bladder Scanner at Annie Jeffrey Health Center, according to Joe Lohrman, CEO, Annie Jeffrey Health Center.

“It was a fun day for those golfing plus a great fund-raiser for our medical center,” said Lohrman.

The Rural Health Development team won first place, with each golfer receiving two Saltdogs tickets and a barbecue grill set. Second place was won by the Dohman, Akerlund & Eddy team, with each player winning a windbreaker and a box of golf balls. Third place winners were the City Bank team with each member receiving a golf gift set.

No one won the new Chevrolet with a hole-in-one on #4. Tonniges Chevrolet sponsored that hole and had a shiny new car sitting there ready to drive away! There was also a chance to win a golfing

trip with a hole-in-one on #8 that was also sponsored by Tonniges Chevrolet. All golfers received a Callaway gift card as a prize for their efforts.

Corporate Flag sponsors for the tournament included Boruch Masonry Construction, City Bank and Trust, East Central Nebraska Therapy Associates, Healthland, Tom McKenny, CRNA – Anesthesia Services, Midwest Covenant Home, Pinnacle Bank, Tonniges Chevrolet, Tri-County Title & Escrow Co., Visions in Architecture, and Wanek Development. The General Event Sponsors were Dohman, Akerlund & Eddy, Island Supply Welding Co., Myers-Carlisle-Leapley Construction and Sperling Tree Service. Prizes and food were donated by A & M Business Printing and City Bank and Trust.

The four-person golf teams included A & M Business Printing, City Bank and Trust, Dohman, Akerlund & Eddy, Foundation for Annie Jeffrey, Rural Health Development, St. Elizabeth Health Services, and Visions in Architecture.

The 18-hole tournament offered a num-

Continued on page 5.

Foundation for Annie Jeffrey Donor Wall Continues to Grow

If you haven't seen the Donor Wall at Annie Jeffrey recently you should stop in to look at it as the names on it continue to accumulate. The Donor Recognition Wall is a lasting tribute to the Foundation's many supporters who have given and continue to give generously to the Foundation. The wall is updated several times a year and donors are moved to new levels as their cumulative giving increases.

Thank you Annie Jeffrey supporters!!!

Electronic Health Records at Annie Jeffrey

Annie Jeffrey Health Center has implemented Electronic Medical Records in its facility to further our commitment of improving patient care. Electronic health records provide a number of advantages to patients, including access by doctors and to their patients' complete health picture, better care coordination and fewer repetitive tests as providers share information, and ultimately savings in time and money.

Radiology Services at Annie Jeffrey

Continued from page 2.

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.

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. It

is a simple, painless procedure that takes about 30 minutes.

“Osteoporosis is known as the ‘silent epidemic’. It is a degenerative disease process that thins and weakens bones as we get older.”

Mammography screening is the single most effective method of early detection of breast cancer. The sooner breast cancer is detected, the less likely a woman will need highly invasive and uncomfortable treatments and the more likely she will survive the disease. In the United States, one out of seven women will develop breast cancer in her lifetime. Significant progress in mammography technology is helping physicians to diagnose the disease earlier with improved outcomes. Today, there are more than 2 million breast cancer survivors in the United States. An annual mammogram is recommended for women over age 40.

A **PET/CT** scan is noninvasive, painless and takes about 30 minutes. PET, or positron emission tomography identifies cancerous cells

- even at an early stage when other modalities may miss them. CT, or computed tomography, yields a detailed picture of the body's anatomical structures by taking X-ray slices of the body. The combined PET/CT machine allows physicians to rapidly perform both scans in one session without having to move the patient. This means physicians can precisely overlay the data of the PET scan and the detailed data of the CT scan to pinpoint the location and stage of tumors.

While PET/CT is primarily used in cancer treatment, it also is used in cardiology and brain imaging, helps physicians better understand the workings of heart disease and such neurological disorders as epilepsy and Parkinson's disease.

Nuclear medicine is a branch of medical imaging that uses small amounts of radioactive material to diagnose or treat a variety of diseases, including many types of cancers, heart disease and certain other abnormalities within the body. Nuclear medicine imaging procedures are noninvasive and, with the exception of intravenous injections, are usually painless medical tests that help physicians diagnose medical conditions.

Donation for Dietary Project

Sue Leif is a dedicated employee at Annie Jeffrey Health Center and enjoys the wonderful meals that are provided by the kitchen. When she found out that the Dietary Department's renovation has begun, she decided to challenge others at Annie Jeffrey to donate for each year they have worked at the facility. Sue donated \$100 to the Foundation for each year she has worked at Annie Jeffrey or \$1900. Joe Lohrman, CEO, Annie Jeffrey Health Center, stated that the hospital will begin work on Phase III in sections so the renovation isn't disruptive to patient care. "The Dietary

remodeling will be the first area to be given attention. We are so grateful to

Sue for kick-starting our project with this gift," said Lohrman.

Pictured at right are Joe Lohrman, CEO, AJHC; Susan Chrastil, Director, Foundation for Annie Jeffrey; Foundation Board members Terry Fusco, Sue Leif, Steven Peterson, Karleen Watts, Brian Beckner and John Girard. Not pictured are Board members Mary Lerch and Karen Stevens.





The Annie Jeffrey Volunteers enjoyed a delicious brunch and program at Annie Jeffrey Health Center in April for Volunteer Appreciation Week.

AJ Volunteers Donate for New Patient Recliner

The Annie Jeffrey Volunteers recently purchased a new patient recliner for the Annie Jeffrey Health Center patient rooms. This recliner is specially made for hospital patients with all the accessories needed to accommodate even our sickest patients. Funding for this recliner came from proceeds from the Thrift Shop.

Joe Lohrman, Annie Jeffrey CEO, says “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.”

Annie Jeffrey Volunteers operate the Thrift Shop on the south side of the square in Osceola. 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,” said Lohrman.



Pictured at left are Chris Gabel, Annie Jeffrey DON, Joe Lohrman, CEO and AJ Volunteers Board of Directors, Marie Jarmin, Idelle Jacobsen, Doris Theis, Karleen Watts, Arlene Tonniges and Janet Carlson

Foundation for Annie Jeffrey Golf Tourney

Continued from page 3.

ber of flag prizes for the players. The list of prizes and winners include:

Hole 1 – Longest Putt – Golf Picture won by Steve Seefeld from the Foundation for Annie Jeffrey team

Hole 2 – Closest to pin – Golf Ball on a tee won by Al Lerch on the A & M Business Printing team

Hole 3 – Longest Drive – Husker Head Covers won by Dave Hunt from the St. Elizabeth Health Services team

Hole 4 - Closest to pin from off tee – Golf Figurine won by Ton Nesbitt from the Rural Health Development team

Hole 5 – Longest Drive – Golf cart clock won by John Rodriguez from the City Bank team

Hole 6 – Closest to the Red Flag on drive – Golf statue won by Janis Sculley from the Visions in Architecture team

Hole 7 – Closest chip shot – Golf cordless mouse won by Troy Knust from the Dohman, Akerlund & Eddy team

Hole 8 – Closest to pin from off tee – Crystal Golf Ball won by Ron Ross from the Rural Health Development team

Hole 9 – Closest to pin, 2nd shot – Husker Head Covers won by Brian

Kamler from the City Bank team

The winner of the golf raffle was Deb Whitmore, winning a Tiger Shark Putter.

A & M Business Printing donated the breakfast for all the golfers. City Bank donated windbreakers and the Saltdog tickets. Door prizes were also handed out after dinner.

“The support from our community, vendors, and area businesses greatly added to the success of this event”, Lohrman said.



Kitchen Remodel Project Underway

The dietary remodeling has begun at Annie Jeffrey Health Center. This will be the first part of Phase III. The hospital will work on Phase III in sections so the renovation isn't disruptive to patient care. An internal campaign has begun with the AJ Staff raising funds for this project.

We are expanding the kitchen and redesigning it to make it more efficient. New shelves, counter tops, cupboards, pots and pans, and cooking utensils are all part of the kitchen renovation.

Trauma Training

Whether it be a natural disaster or a bioterrorist attack, it is important for communities to have a Disaster Preparedness Plan ready to enforce at a moments notice. Annie Jeffrey Health Center understands the importance of their role in the event of disaster, and what steps they need to be taking now, to make certain they are ready if the need arises.

"Annie Jeffrey understands the importance of their role in the event of disaster... to make certain they are ready if the need arises."

Since 2006, Annie Jeffrey has been a part of the Southeast Nebraska Medical System [SEMRS]. The Southeast Nebraska region consists of 16 counties, with 20 hospitals in 5 public health districts. Their purpose is to bring together hospitals, public health, fire, law enforcement, emergency management, behavioral health, EMS, government entities and community organizations for an integrated medical response to any

"Being prepared, in turn, reduces fear, anxiety and losses that accompany disasters."

disaster that threatens the health and well-being of the public. The Medical Response Systems of Nebraska act as catalysts to facilitate communication and cooperation among entities to enhance planning, prevention, response, recovery and mitigation efforts, whether the disaster is natural, man-made, biological or terrorist in nature.

Common initiatives of the Nebraska Medical System regions include:

- *Education and training*
- *Regional and local exercises*
- *Development of organizational and regional emergency operations plans*
- *Enhancement of interoperable communications*
- *Development and sponsorship of Medical Reserve Corps units*
- *Purchase of equipment, supplies and pharmaceuticals*
- *Development of agreements for resource sharing and allocation*
- *Relationship development*
- *Collaboration with other systems*
- *Provision of education to decision makers about issues that affect response capabilities*

By working with the Southeast Nebraska Medical System, Annie Jeffrey is helping our communities by preparing for the worst possible situations. Being prepared, in turn, reduces fear, anxiety and losses that accompany disasters.



Summer Health Woes

PROTECTING YOUR SKIN

Now is the time when more and more people are enjoying the outdoors. Keep in mind that prolonged exposure to the sun has the potential of causing skin cancer.

Skin cancer is a serious disease that can affect anyone. It is the most common form of cancer. If caught early, skin cancer can be treated with success. To help prevent skin cancer, start by avoiding the sun's ultraviolet rays when they are most harmful – between 10AM and 4PM. Always protect yourself by using a sunscreen with a SPF of at least 15. Wear clothing that covers your skin. Put on a wide-brimmed hat to protect your face, scalp and ears.

Start by doing monthly skin checkups. If you see any changes in your skin, contact your health care provider right away.

DEHYDRATION AND HEATSTROKE

Dehydration and heatstroke happen most commonly to people who are out in the sun for awhile. What happens is that people sweat a lot and can't replace their lost electrolyte-packed body fluids. Dehydration can soon follow. Heatstroke can set in if a person becomes so dehydrated they can't sweat enough to cool down allowing their body temperature to rise.

“If you are outside and sweating, you should be drinking water... make sure you drink something at least every hour that you are outside...”

If you are outside and sweating, you should be drinking water plus Gatorade-like drinks that have potassium and sodium. Make sure you drink something at least every hour that you're outside working or exercising in the sun. Symptoms of dehydration are being thirsty, general

fatigue, headaches, nausea and confusion. Heatstroke symptoms are also headache and confusion, but include delirium and even hallucinations.

POISON IVY

Poison Ivy is a three-leafed plant, usually with a little yellow and purple, that is hiding out with other vegetation. The old adage still rings true – Leaves of three...let them be. Stay out of shrubs or wear high boots if you are going trekking in the woods and don't touch anything you don't recognize. Poison ivy can creep up on you, even if you wear head-to-toe clothing. It's the oil of the leaf that's the problem. Even if you take your clothes off after your hike and touch your clothes, you're going to get the itching and swelling from poison ivy. If you are exposed to poison ivy, get out the topical anti-itching cream, like calamine lotion. If you can suffer through it and it doesn't get any worse, you can ride it out. But if it gets worse, you need to see a doctor for a stronger medication.

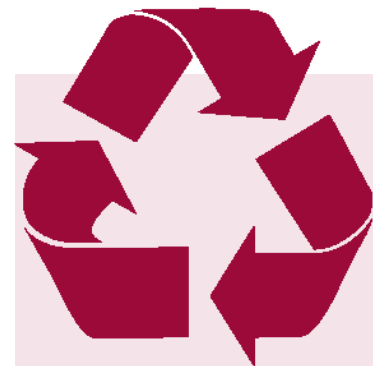
LYME DISEASE

Lyme disease, a disease carried by ticks, is growing at an alarming rate. From 2006 to 2008 alone, the number of cases jumped a whopping 77 percent. In 2008 alone, the Centers for Disease Control and Prevention listed 28,921 “confirmed” and 6,277 “probable” cases of the disease.

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.



Go Green!

If you would like to receive an electronic copy of our Heartbeat newsletter, please go to the Health News link on our website at www.ajhc.org to submit your email address.

SERVICES AVAILABLE AT ANNIE JEFFREY

It is reassuring to know that specialized medical care is available right here in Polk County.

GENERAL SERVICES:

Inpatient and Outpatient Care
Swing Bed
Surgical Services including
Inpatient and Outpatient
Specialty Clinics
OB Care including Labor and
Delivery, C-section, nursery
Emergency Services
24-hour ER, Lab, X-Ray
and CT
Cardiac Rehab
Radiology Services including
general radiology, CT,
Mammography and
bone density studies
Pharmaceutical Services
Social Services
Lab Services
Physical Therapy

Child/Adolescent Health
Services and Family Counseling
Family Medicine Clinic

WE ALSO PROVIDE:

Outpatient Treatments including:
blood transfusions,
IV therapies, specialty
medication administration
(such as Procrit or Remicade),
dressing changes, etc.
Anesthesia Services including:
general, local, regional
anesthesia, steroid injections
for pain management
Wellness Center
Wellness Programs including:
community education,
diabetes, and OB education

Nutritional Services including:
inpatient and outpatient
consultations

Electrocardiogram

Respiratory Therapy provided by:
nursing including oxygen
administration, hand held
nebulizer treatments,
incentive spirometry and
peak flow measurements

Cardiolite Studies

Pulmonary Function Testing

Pulmonary Rehab

AT AJHC BY CONTRACT:

Speech Therapy
MRI Scans
Nuclear Medicine
Sleep Studies
Echocardiogram
Cardiovascular Doppler Studies
Doppler Studies
Occupational Therapy
Pathology Services
Ultrasound
PET/CT Scans

SPECIALTY SERVICES:

General Surgery
Gastroenterology
Obstetrics & Gynecology
Orthopaedics
Physical & Sports Medicine
Urology
Ear, Nose & Throat
Cardiology Clinic

**Please contact the
hospital at 747-2031
for more
information.**

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



Annie Jeffrey

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