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Annie Jeffrey Health Fair Slated for Oct. 4

Annie Jeffrey Health Center in Osceola has set Tuesday, October 4th as the date for this year's Health Fair. The event will be held in the 4-H Pavilion at the Polk County fairgrounds from 6:45 a.m. until 12:00 p.m. The annual event is held to provide area residents with an opportunity to learn about many health, wellness, and preventive medicine services provided in East-Central Nebraska. Fair-goers will also be able to take advantage of free and discounted health screening services.

Once again at the fair, Annie Jeffrey Health Center will be providing comprehensive blood screening profiles including general blood chemistry analysis, cholesterol profile, and complete blood cell count at a discounted rate of \$35 (a \$295 value). Thyroid screening (TSH), diabetes screening (Hemoglobin A1C), and prostate specific antigen (PSA) testing will also be available for \$20 per each additional test requested. It is recommended that those wishing to have their blood drawn be fasting for at least 8 hours but to drink plenty of water and to take daily medications as required. Anyone wishing to take advantage of the laboratory screening must bring a legal sized self-addressed stamped envelope so that the test results can be mailed directly to the participant. This year a special gift will be given to participants having their blood drawn while supplies last.

The Polk County Health Department will be offering seasonal flu shots for \$25 or free with a Medicare Card. Four Corners Health Department will be on hand with their skin scope providing free evaluations of cancer causing sun damage and colon cancer screening kits. Free blood pressure checks, pulse oximeter screening, body fat testing, and blood typing will be available at the event.

This year's health fair is truly planning to be a health care oriented event with a variety of professionals on hand to answer questions and demonstrate their services. Available for the public to tour will be the Star Care Air Ambulance helicopter from Lincoln weather permitting. There will be a dietician available to evaluate an individual's nutritional intake and assist with determining an individual's body fat. The Aging Partners Office will be providing information about Medicare and Medicare Part D open enrollment.

Area nursing homes, assisted living, skilled care, hospice care, respite care and home health agencies will be represented at the fair to answer questions about elderly and dependent care. They will be presenting care options for individuals faced with decisions about

Continued on page 4

Published Quarterly By:



Annie Jeffrey

MEMORIAL COUNTY HEALTH CENTER

Medical Staff:

- David Jameson, MD
- Cameron Sidak, MD
- Bryan Myers, PA-C
- Michael Karel, PA-C

Board of Trustees:

- Steven J. Peterson, Chairman
- Peggy Hopwood, Vice Chair
- Karen Stevens, Secretary
- John Girard, Treasurer
- Charles Roberts

Joe Lohrman, Administrator



October is Breast Cancer Awareness Month

About 1 in 8 women in the United States will develop breast cancer over the course of her lifetime. 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.

The American Cancer Society recommends women start having yearly mammograms at age 40. 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. Annie Jeffrey Health Center now offers Digital Mammography services. The new Digital Mammography equipment was recently installed in the Annie Jeffrey Health Center remodeled Mammography suite.

Please join Annie Jeffrey in "Socking it to Breast Cancer." See ad on this page.

A mammogram only takes about 20 minutes. Those 20 minutes a year can save your life! **Schedule yours today by calling 747-2031.**

"Sock It" to BREAST CANCER

Please join Annie Jeffrey Health Center in "Socking it to Breast Cancer".

Schedule your digital mammogram during the month of October and receive a pair of breast cancer awareness socks as our gift to you. Your name will also be entered to win a fluffy pink bath robe!!

This simple 20 minute appointment could save your life.



Foundation for Annie Jeffrey Purchases Bladder Scanner

Annie Jeffrey Health Center has added a new service. A Bladder Scanner was requested by the physicians at Annie Jeffrey. The Foundation for Annie Jeffrey purchased this equipment with funds from their golf tournament and annual campaign.

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.



Foundation for Annie Jeffrey Board of Directors pictured in the Healing Garden at Annie Jeffrey Health Center after donating funds to purchase a bladder scanner are from left: Joe Lohrman, Annie Jeffrey CEO, Terry Fusco, John Girard, Brian Beckner, Steve Peterson, Mary Lerch, Karleen Watts, and Susan Chrastil, Foundation Director. Not pictured is board member, Karen Stevens.

A Doc with a Mission

Dr. Cameron Sidak, found his calling in Osceola and officially began his medical practice at Annie Jeffrey Family Medicine the last week of July, 2010.

Last December, Dr. Sidak participated in a humanitarian mission trip to Cap Haitien, Haiti after being contacted by a physician friend of his from his hometown of O'Neill. Cap Haitien is a city of about 190,000 people located on the north coast of Haiti. Haiti was devastated by a 7.0 earthquake on January 12, 2010. The island nation was extremely poor and politically volatile before the earthquake but since the quake has been locked in a state of perpetual devastation.

Cam and the rest of the team arrived to work at the Bethesda Medical Clinic, located on a 33 acre compound outside of the city. It is surrounded by an eight foot wall with razor wire at the top. Because of the extremely poor sanitation situation and the limited infrastructure that is in place, there is an ever growing problem with cholera that has spread through the country. By the time Cam and his team arrived there were over 2000 deaths as a result of cholera in Haiti. Experts feared that because of a lack of education, sanitation and health care that the problem will continue for the next four or five years and will claim over 100,000 lives. Because of the cholera epidemic the Bethesda Clinic opened a new facility within the compound dedicated solely to treating cholera patients. That is the facility where Cam and his team spent most of their time while in Haiti. Cam described the trip as an extremely eye opening opportunity to work with patients who were having significant issues with cholera. "We actually had the opportunity to impact a lot of people's lives and saved quite a few of the patients who would not have otherwise done well. It was really difficult and really rewarding," said Cam.

Cam described how the patients never stopped coming during the entire week that the team was there. They would work throughout the entire day and then take four or five hour shifts in the evening to keep the medical services going 24 hours a day. "We spent a lot of time taking care of really really sick people." Many of these patients would have died without the help



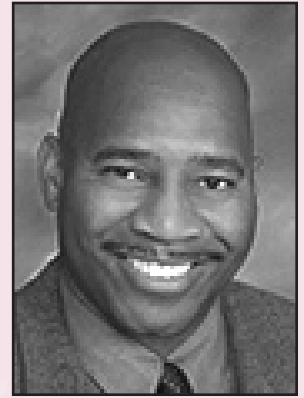
Dr. Cameron Sidak (left) and his friend and colleague from his hometown of O'Neill, NE, Dr. Jay Allison, were members of a medical team that took part in a mission trip to Haiti.

of the medical staff. Some of them did die. One in particular was a four year old girl who was brought in by her father. The team had a difficult time finding veins in the little girl to get the IV's properly flowing. Because she was so young and disoriented, she kept pulling the IV needles out once they finally were able to get them started. They tried to keep her hydrated by giving her more to drink but she eventually passed out and went into cardiac arrest. They worked for 40 minutes trying to revive her but were unsuccessful.

Cam had a brief opportunity to go into the city to see for himself the horrific living conditions. He said that the extreme poverty of Haiti was saddening. One thing that made a strong impact on Cam was the faith of the Haitian people. Their resilience and their ability to cope with circumstances through faith and fortitude was an incredible testimony to him about having perspective of what is truly important. "We take our health, meals, shelter and warmth for granted, and they don't."

Many of the poor come to use the clinic for all of their medical needs because they do not have the money to go to the state run hospitals. They also say they get better care at the Bethesda Clinic. Many of those who have worked at the clinic experience extreme burnout and fatigue from the long

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Dr. Laroy Williams

New Urologist Joins Specialists at Annie Jeffrey

LaRoy Williams, MD from Kearney Urology, PC is the newest specialist at Annie Jeffrey Health Center. Dr. LaRoy Williams graduated from Georgetown University in Washington, D.C. and then attended Medical School at the University of Rochester, in Rochester, New York. Dr. Williams completed his residency in General Surgery and Urology at the University of Cincinnati Medical Center in Cincinnati, Ohio. Dr. Williams is board certified by the American Board of Urology and is now taking appointments for his monthly clinic at Annie Jeffrey Health Center.

Please call Annie Jeffrey Health Center at 747-2031 for more information.

Health Fair (cont.)

providing care for a parent or grandparent who is unable to care for him or herself. Information will also be available on sleep disorders, living wills, advance directives, domestic violence, injury prevention and sensible weight loss.

People attending the fair will also be given the opportunity to help the local Blue Valley Community Action food pantry by donating money, canned goods and non-perishable food items. With the winter months approaching, area food supplies deplete quickly; the food drive will assist in restocking the supply for the upcoming winter months.

The Annie Jeffrey Volunteers will be sponsoring a bake sale the morning of the fair. Annie Jeffrey Memorial County Health Center cookbooks will also be on hand to purchase for \$5.00 each. Annie Jeffrey Health Center invites individuals to attend this year's event and encourages them to browse through the exhibits, register for door prize drawings, and enjoy the complementary continental breakfast. Stop by before work, or anytime throughout the morning.

Behind the Scenes at Annie Jeffrey - New Staff

Myra Pinney joined the Annie Jeffrey staff in July 2011 and works in the dietary department. She was born and raised in Shelby, NE. She is married to Evan Pinney and they have 4 children: Kayleigh age 7, Mackenzie (9), Conner (12), and Montana (18). Myra enjoys reading, swimming, sewing, walking and gardening.

Stacey Wieseman joined the Annie Jeffrey staff in August 2011 and works in housekeeping. Working at Annie Jeffrey has been a new experience for her and she is enjoying meeting new people who have become her friends. She has been married to her husband, Shawn for 11 years and they have a 2 year old son, Jacob who keeps them very busy. She loves spending time with her family and friends, enjoys shopping, taking care of her home and relaxing when she gets a chance.

Cassie Reed was born and raised in South Texas but has made Osceola, NE her home with her family. She has two children; Bryce 9 and Ella 3, which keep her constantly running and a smile on her face. Cassie is getting married in March to her fiancé Dustin Lemburg and looks forward to raising her family here in the community. Cassie works in the medical records



From Left to Right: Brenda Eller, Stacey Wieseman, Myra Pinney & Cassie Reed

department and enjoys new challenges that come with ever changing rules and regulations. Cassie enjoys spending time with her family and also good times with friends.

Brenda Eller, RN was born in Columbus, NE and raised in Shelby and David City. She graduated from UNMC-Lincoln campus in 1993 and was also in the army reserves for 6 years. Brenda has been married to her husband, Greg for 23 years. She has five children, 3 boys and 2 girls. Two in college, one in high school, one in middle school, and one in grade school.

Brenda has worked in rural hospitals her whole career and has done everything from nuts to bolts. Brenda and her husband enjoy being with their children and going to their activities. She also enjoys running and reading.



Wine Fest on December 4th

The Foundation for Annie Jeffrey is having a Wine Fest on Sunday, December 4th at The Townhouse in Stromsburg. Enjoy many excellent wines from Nebraska as well as hors d'oeuvres and desserts. Tickets are \$25.00 per person and can be purchased from Foundation members or from Annie Jeffrey Health Center. Call Susan Chrastil at 402-418-1852 for more information.

Foundation for Annie Jeffrey Kicks Off Their Annual Campaign

The purpose of the annual campaign is to build community awareness about Annie Jeffrey Health Center and to encourage an investment in local health care through donations to the Foundation. The funds raised from this campaign will help fund new lab equipment for the hospital and will also raise funds for Phase III of the facility's remodeling project. All monetary gifts are welcome, large or small. Donors with accumulative donations of \$1,000 or more will be recognized on our "Wall of Commitment".



The Foundation for Annie Jeffrey is a non-profit corporation organized to provide funding for projects (such as new medical equipment or facility renovations) that promote health care in the communities served by Annie Jeffrey Health Center. The Foundation for Annie Jeffrey volunteer board members are: Brian Beckner, Terry Fusco, John Girard, Mary Lerch, Steven J. Peterson, Karen Stevens and Karleen Watts.

The Foundation for Annie Jeffrey is a 501(c)(3) foundation and all contributions are tax deductible to the extent allowed by law. The Foundation for Annie Jeffrey and the Annie Jeffrey Health Center hope that the community can share their excitement about fulfilling ways to invest in the future of local health care.

A Doc with a Mission (cont.)

hours and endless line of patients.

After reflecting on his experience, Cam would recommend to everyone to take this type of a trip sometime during their life. "It's important to understand what other countries have to endure to experience life."

Dr. Sidak grew up on a ranch in O'Neill, Nebraska. He completed his undergraduate degree at Wayne State College and then went on to the University of Nebraska Medical Center in Omaha for his doctor of medicine degree and residency program. Dr. Sidak especially appreciates taking care of patients in rural Nebraska.

Dr. Sidak treats patients of all ages, from delivering babies to taking care of great-

grandparents. He values getting to know his patients over their lifetime. He has been quite impressed with the Annie Jeffrey Health Center facility and the caring staff. After working in larger hospitals, he believes the Polk County community is fortunate to have such a well-equipped hospital.

The Sidak family live in Osceola. Dr. Sidak and his wife, Trish, have four daughters.

Dr. Sidak enjoys spending time with his family, going to movies and Nebraska football. They attend the Evangelical Free Church in Stromsburg.

Original story published in the Polk County News in January, 2011.



Harvest for a Healthy Life

Join with us in our HARVEST FOR A HEALTHY LIFE campaign by making a donation to the Foundation for Annie Jeffrey. The funds raised from this campaign will help fund new lab equipment for the hospital and will also raise funds for Phase III of the facility's remodeling project. Donating grain, rather than cash, is a popular form of giving in our agricultural community. All donors giving gifts accumulative of \$1,000 or more will be recognized on our "Wall of Commitment".

Tell your local elevator manager you'd like to make a grain donation to the Foundation for Annie Jeffrey today. Your donation is an investment in the health of your community.

DONATE TODAY!
PO Box 428, Osceola, NE
402-747-2031
www.ajhc.org

The Foundation for Annie Jeffrey is a 501c3 foundation and all contributions are tax deductible to the extent allowed by law.

Foundation for Annie Jeffrey ANNUAL REPORT

*For our Fiscal year: July 1, 2010
through June 30, 2011*

The Foundation for Annie Jeffrey is a non-profit corporation organized to provide funding for projects (such as new medical equipment or facility renovations) that promote health care in the communities served by Annie Jeffrey Health Center. The Foundation is governed by a seven-person volunteer board. The hospital foundation keeps track of funds which are donated and for what purpose they are donated; seeks grants and other outside funding; provides tax reports to the IRS; recognizes donors in newsletters and on our Wall of Commitment; helps publish quarterly newsletters; plans fund raising events; and participates in numerous hospital and clinic activities. Donations to the foundation qualify as tax-deductible charitable gifts.

Here is a recap of the past years events and activities.

The Foundation for Annie Jeffrey received a \$10,000 check from Blue Cross Blue Shield at the Polk County Fair on July 29th. The BCBS check was for a Wellness grant they applied for to help support the Snowman Marathon program.

The Polk County Foundation presented a \$20,000 check for a Cautery Unit/Surgery also at the County Fair. This donation represents the proceeds from the Alma Hartson estate. Mrs. Alma Hartson was a lifetime resident of Shelby, Nebraska. She was also a longtime teacher at Shelby Public Schools. After retiring from teaching, Mrs. Hartson opened a preschool in the UB church in Shelby, which she ran for a number of years. She was married to Roy Hartson, who owned a Buick dealer-

ship in Shelby.

Mrs. Hartson was very community minded. She loved Polk County and the town of Shelby. To show her love for Polk County, she donated the proceeds of an 80 acre farm to the Polk County Foundation for the future of Annie Jeffrey Health Center. The interest from her donation is used to purchase medical equipment for Annie Jeffrey. Mrs. Alma Hartson left a gift that will be used in perpetuity by the people of Polk County.

In September, the Foundation for Annie Jeffrey kicked off its annual campaign. Our campaign raised over \$70,000 to fund a new surgery instrument washer and help fund Phase III of the building project. The Foundation also purchased a new newborn hearing screening machine for the babies born at Annie Jeffrey.

The Foundation received a donation to pay for a billboard. The billboard is located on highway 92 and is visible as you drive into Osceola from the east or west.

The Foundation for Annie Jeffrey received a donation for employee scholarships and started offering scholarships to Annie Jeffrey Health Center employees who want to further their education. They awarded two employee scholarships recently.

The annual Foundation Family Tree Celebration was held in December. Funds raised from this event were used to help fund new equipment. This event allows community members to purchase ornaments to hang on a Christmas tree at Annie Jeffrey Health Center to remember and honor loved ones.

In December, the Foundation held a Wine Fest fundraiser at the new home of Bill and Bev Brigham in Shelby. Over \$18,000 was raised from this event and the proceeds will be used for Phase III of the remodeling project.

In March, the Leona M. and Harry B. Helmsley Charitable Trust awarded the Foundation for Annie Jeffrey \$548,754 to upgrade the hospital's Mammography Services. The grant was used to purchase a state-of-the-art Digital Mammography unit, replace Radiologist workstations and upgrade the Mammography room.

In April, the Foundation sponsored another Mature Driving Class at the hospital for community members.

In June, the donor wall at Annie Jeffrey Health Center was expanded to allow more room for names.

Also in June, golfers from area hospitals and local businesses participated in the third annual Foundation for Annie Jeffrey golf tournament at Ryan Hills Country Club. Proceeds from this event were used to purchase a Bladder Scanner for Annie Jeffrey Health Center.

**For more information
about the Foundation, call
Joe Lohrman at 402-747-2031
or Susan Chrastil at
402-418-1852.**





Foundation Family Tree

Family, friends and loved ones are cherished joys of the Christmas season. The Foundation for Annie Jeffrey has set aside a special time each year to pause to remember and honor our loved ones.

For a \$20.00 donation to the hospital Foundation, you can have the name of your loved one placed on an ornament on the Foundation Family Tree located in the hospital lobby. The tree will be displayed at the hospital starting mid-November and all during the Holiday season. Ornaments may be picked up at Annie Jeffrey Health Center after January 1st.

For more information, please fill out this form or contact Annie Jeffrey Health Center at 747-2031. The tree will be up in the hospital lobby in mid-November, so get your donations in early so we can get your names on our tree!

2011 FOUNDATION FAMILY TREE

In memory of:

Name _____ Relationship _____

Name _____ Relationship _____

In honor of:

Name _____ Relationship _____

Name _____ Relationship _____

Please enclose your \$20 donation (per individual/couple) and mail to the Foundation for Annie Jeffrey at P. O. Box 428, Osceola, NE 68651.

AJ Volunteers Celebrate 16 Years

September 22, 1994, a group of volunteers met at Annie Jeffrey Health Center to organize what is now known as the AJ Volunteers. They came up with the idea of raising money for the hospital by opening a Thrift Shop, so on November 15, 1995, the Thrift Shop opened at its present location. Presently, there are approximately 60 volunteers, with most of them working at least once or twice a month at the Thrift Shop. During the past 16 years, the AJ Volunteers have donated \$84,060.00 to Annie Jeffrey Health Center with proceeds from the Thrift Shop.

Stop in at the Thrift Shop on November 2nd from 10:00am to 4:00pm to help celebrate the AJ Volunteers 16 years in the Thrift Shop!

National P.A. Week

A valuable asset to the medical community, PAs work side-by-side with physicians, enhancing the quality of care the patient receives. In many cases, PAs will see the same types of patients a physician sees, and in some cases is able to spend more time with individual patients. While a physician may handle the more complex or critical cases, PAs have the extensive education and experience necessary to, at the direction of the physician, help alleviate the increasingly growing patient volume that taxes our health care system.

October 6th through the 12th is National PA Week. Annie Jeffrey Health Center would like to recognize Mike



Mike Karel, PA-C



Bryan Myers, PA-C

Karel, PA-C, and Bryan Myers, PA-C for their hard work and dedication to the community.

“Physician Assistants work tirelessly, along with Physicians, in the health care industry and deserve our heartfelt thanks for their hard work and contributions to medicine”, says Joe Lohrman, CEO, Annie Jeffrey Health Center.

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

531 Beebe Street
PO Box 428
Osceola, Nebraska 68651

Nonprofit Organization
US Postage
PAID
Osceola, NE 68651
Permit No. 15
Standard Route Presort

To Prevent the Flu:

- **Wash your hands**
- **Cough/Sneeze into your sleeve**
- **Get your Flu Shot**
- **Stay home if you're sick**

*For more information call
your health care provider,
call Annie Jeffrey Health
Center, or go to www.flu.gov*

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POSTAL CUSTOMER**