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Annie Jeffrey Health Fair Planned for Oct. 6th

Annie Jeffrey Health Center in Osceola has set Tuesday, October 6th as the date for this year's 12th Annual 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.

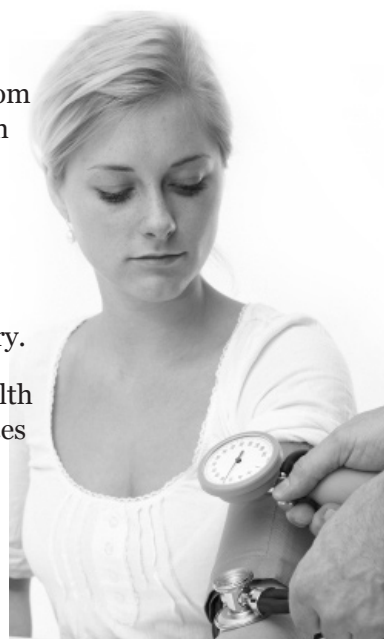
Once again at the fair, Annie Jeffrey Health Center will be providing comprehensive blood screening profiles including general blood chemistry analysis, cholesterol profile, and complete blood cell count at a discounted rate of \$35 (a \$315 value). Thyroid screening (TSH), diabetes screening (Hemoglobin 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. 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 for those 50 years of

age and older. Free blood pressure checks, body fat testing, and blood typing if 17 years of age or older will be available at the event. Bryan Health Mobile Screening will be offering a free 20 minute HeartAware risk assessment from 7:00 am to Noon. Please call 402-747-2031 to schedule your appointment between 8:00 am and 4:00 pm; it may save your life. Tooley Drug & Home Care will be offering free CPAP pressure checks and pulse oximeter screening.

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 Lifeteam Critical Care, Air Methods Star Care, and Midwest Medical Medair transport helicopters 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 that is available from October 15 through December 7. The Polk County Extension Office will have its blender bike on site for people to try.

The Nebraska Health and Human Services agency of Water Well Standards Office of Drinking
Continued on page 4



October is Breast Cancer Awareness Month

TOGETHER WE CAN
MAKE A DIFFERENCE!

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 offers Digital Mammography services.

During the month of October join the Annie Jeffrey Mammography Department in making a difference in the fight against breast cancer. Get a mammogram during the month of October and you will receive a FREE GIFT, and your name will be entered to win a prize rewarded at the end of the month!

The Radiology Staff at Annie Jeffrey Health Center wants to remind everyone to Celebrate Life by encour-



aging your loved ones to get a mammogram. If you haven't seen or been to our Digital Mammo suite, please make an appointment. A mammogram only takes about 20 minutes. Making a difference in the fight against breast cancer, those 20 minutes a year can save your life! Schedule yours today by calling 402-747-2031.

Last October, we brought together mothers, daughters, sisters, and friends for a fun evening promoting breast cancer awareness! We invite all women to please join us again this year.

Lady's Night Out!

You are invited to attend a Breast Cancer Awareness Event

**TOGETHER WE CAN MAKE
A DIFFERENCE!**

**Wednesday, October 21st
Polk County Fairgrounds in Osceola
6:00 p.m. - 8:00 p.m.**

Guest Speaker at 7:00 p.m.

*Enjoy a FREE glass of wine or punch with
hors d'oeuvres. Enter to win prizes!*

*Please RSVP to Annie Jeffrey Health
Center – Nataly Or Michelle in Radiology
at 402-747-2031 by October 19th*



AJ Volunteers Celebrate 20 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 20 years, the AJ Volunteers have donated over \$100,000.00 to Annie Jeffrey Health Center with proceeds from the Thrift Shop.

Pictured above are many of the AJ Volunteers, along with Joe Lohrman, Annie Jeffrey CEO, and Susan Chrastil, Annie Jeffrey Foundation Director.

Stop in at the Thrift Shop on November 4th from 10:00am to 4:00pm to help celebrate the AJ Volunteers 20 years in the Thrift Shop!



Dr. Robert Dugas

Dr. Dugas, Orthopaedic Surgeon, to Start Doing Knee Surgeries at AJ

Dr. Robert Dugas has been active in the practice of Orthopaedic surgery since 1989, originally joining Nebraska Orthopaedic and Sports Medicine in 1990. In 2006, he returned to Louisiana after spending 16 years in Lincoln.

Born and raised in New Orleans, Louisiana, Dr. Dugas completed his undergraduate studies at Louisiana State University and earned his medical degree from Louisiana State University School of Medicine-New Orleans. He completed his Orthopaedic surgery residency at Charity Hospital of New Orleans, followed by a Fellowship in Sports

Medicine at the University of Wisconsin-Madison.

While at LSU, he was a three-year football letterman. He is a member of the LSU Athletic Hall of Fame. During his football career, he was an Academic All-American, a Football News All-American Offensive Tackle, a two-time All Southeastern Conference Offensive Tackle, and in 1978, he received the Jacob's Trophy Award, where he was honored as the SEC's Top Offensive Lineman.

His practice interests and expertise include knee and shoulder reconstruction, sports injury evaluation and prevention, and arthroscopic surgery. Dr. Dugas is Board Certified in Orthopaedics and Sports Medicine. He is a member of the American Orthopaedic Society of Sports Medicine, and The Arthroscopy Association of North America.

Dr. Dugas is married and has four children, two sons and two daughters. He enjoys outdoor activities including hunting, fishing, and golf.



Welcome Katie Rystrom!

Katie Rystrom is a Family Nurse Practitioner (FNP) who received her undergraduate degree in nursing at Bryan College of Health Sciences in Lincoln, NE. She then began working as a Registered Nurse (RN) at Annie Jeffrey Memorial County Health Center while completing her master's degree. She graduated from Creighton University College of Nursing in 2015 with a Master of Science in Nursing as an Advanced Registered Nurse Practitioner with a specialty in Family Practice. She completed many of her graduate clinical hours here at Prairie Creek and Annie Jeffrey Family Medicine and enjoyed getting to know our patients. Knowing that small towns depend on great health care staff to keep them healthy and safe, she is confident she will be a good fit in this area. Katie is both eager and motivated to serve the wonderful people of our community. Katie grew up by York and currently resides on a farm outside Stromsburg, with her husband, David and their young son. She is active in her church and also loves spending time with her family and friends, caring for their animals, crocheting, reading and traveling.



Left: 2015 Golf Tournament winners were The Olson Group with Tim Olson, Alex Olson, Kirby McDonald & Ron Ross

Annual Golf Tourney

Golfers from area vendors and local businesses participated in the seventh annual Foundation for Annie Jeffrey golf tournament Friday, June 19 at the Ryan Hill golf course. Proceeds from the annual event will be used to purchase a new treadmill for the Wellness Center 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 Olson Group team won first place, first

flight, with each golfer receiving two Salt-dogs tickets and a July 4th bag chair. Second place, first flight, was won by the BTS team, with each player winning an aqua cool towel, Husker golf towel and an Annie Jeffrey cooler. First place, second flight winners were the Tonniges Chevrolet team with each member receiving an Annie Jeffrey cooler, golf balls, hat clip & ball markers. Second place, second flight winners were the Five Nines team with each player receiving an aqua cool towel and golf balls.

No one won the new Chevrolet with a hole-in-one on #4. Tonniges Chevrolet sponsored that hole and had a shiny new Chevy sitting there ready to drive away! All golfers received a Test Drive Program card for their efforts.

Corporate Flag sponsors for the tournament included Boruch Masonry Construction, Blue Cross Blue Shield, Brown's Medical Imaging, Central Valley Ag, City Bank and Trust, Tom McKenny, CRNA, Pinnacle

Continued on page 5

Health Fair (cont.)

Water and Environmental Health will be on site providing free testing of nitrate levels in drinking well water. Anyone desiring to have their private well drinking water analyzed is encouraged to bring a cup of fresh water to the fair in a clean container.

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. Information will also be available on breast cancer awareness, hearing disorders, heart health awareness, living wills, advance directives, domestic violence, and injury prevention.

The Annie Jeffrey Volunteers will be sponsoring a bake sale the morning of the health fair. The Annie Jeffrey Foundation Family Tree Christmas ornaments will also be available to purchase for \$20 each. Annie Jeffrey will also have information available about some upcoming wellness opportunities available to the public.

Annie Jeffrey Health Center invites you to attend this year's event and browse through the exhibits, register for door prize drawings, and enjoy the complementary breakfast. Stop by before work, or anytime throughout the morning.



Fit and Healthy Kids

Annie Jeffrey Health Center recently finished their first 6-week community wellness program called Fit and Healthy Kids. This program is for kids ages 8 and over plus at least one parent or grandparent. Participants attended weekly cooking classes at the hospital during the summer so they could learn how to cook simple healthy meals and snacks, grocery shop by reading food labels, the importance of good nutrition and participated in daily fitness challenges. This 6-week wellness program was designed to help establish a routine of regular exercise and healthy eating by providing weekly recipes and goals,

nutrition information and keeping participants motivated with fun, prizes and camaraderie. This wellness program was taught by Sandra Burwell, Annie Jeffrey Health Center Registered Dietitian and several helpers. Packets were given to all participants that included grocery shopping tips, cook books for kids, menus, recipes and a mileage log (including how to convert miles from bicycles, exercise bikes and other fitness equipment). Participants learned to make healthy meals and snacks for the whole family.

After eating and talking about our nutritious meal, we talked about health challenges for the week which included incorporating daily healthy snacks, daily exercise, trying at least one new vegetable each week, eliminating soda and drinking more water. We offered weekly prizes for those who surpassed their goals for the week.

Families cooking together teach school-aged children and their parents about healthy eating as a family and the importance of working together to plan and prepare healthy meals.

Patient Portal

Annie Jeffrey Health Center believes that every patient should have easy, instant access to his or her health information at any time. We are pleased to present this opportunity through the use of a secure internet portal. Using this portal, you will be able to access your lab, medication, allergies and immunizations from recent visits. And it is FREE.

Annie Jeffrey offers secure viewing and communication through our Patient Portal as a service to patients who wish to view

parts of their medical records and communicate with our staff. The confidential information in your message is never sent through unsecure mail. Your information is protected with the same level of security that all health care organizations are required to follow. All you need to activate this service is a valid email address. Get started now.

Questions? Contact Kim or Brianne in the Business Office from 8am to 4:30pm at 402-747-2031.

New Fall Merchandise at AJ Volunteer Thrift Shop!

Come check out the new fall merchandise at the Thrift Shop on the square in downtown Osceola! The Thrift Shop is open every Wednesday, Thursday and Friday from 10:00am until 4:00pm.

The Foundation for Annie Jeffrey Kicks Off its 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 orthopaedic surgery equipment for our hospital. 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, Kathy



Gabel, John Girard, Margie Hayes, 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.

Annual Golf Tourney (from page 3)

Bank, Tonniges Chevrolet, Tri-County Title and Wanek Development. The General Event Sponsors were A & M Business Printing, Dohman, Akerlund & Eddy, LLC, Reg Hain, Consultant Pharmacist, Pinnacle Agency and Professional Associates. Prizes were donated by City Bank and Trust, Credit Management, and the Nebraska Hospital Association. A & M Business Printing made and donated the golf signs.

The four-person golf teams included A & M Business Printing, Augustin Team, BTS, City Bank and Trust, Dohman, Akerlund & Eddy, Five Nines, Golden Harvest, L & A Order Buyers, Midwest Covenant Home, The Olson Group, Pinnacle Bank, Ryan's Team, Tonniges Chevrolet and Triple S.

The 18-hole tournament offered a number of flag prizes for the players. The list of prizes and winners include:

Hole 1 – Longest Putt – Wilson Harmonized putter won by Dan Gabel from the Golden Harvest team

Hole 2 – Closest to pin off tee – Golfer's

Rubic Cube and golf balls won by Peg Hopwood on the Pinnacle Bank team

Hole 3 – Longest Drive – Husker Head Covers won by Eric Williams from the BTS team

Hole 4 – Closest to pin from off tee – Piddle & Putt Rug won by Bob Barlow from the BTS team

Hole 5 – Longest Drive – Husker Head Cover & Balls won by Kris Morgan from the Pinnacle Bank team

Hole 6 – Closest to the Red Flag on drive – Husker Blanket won by John Schuyler from the BTS team

Hole 7 – Closest chip shot – Husker folding chair won by Peg Vrbka from the Pinnacle Bank team

Hole 8 – Closest to pin from off tee – Wilson Harmonized Putter won by Kirby McDonald from The Olson Group team

Hole 9 – Closest to pin, 2nd shot – Golf Door Stop & Husker Cap won by Tim Olson from The Olson Group team

The winner of the golf raffle was Tim Olson, winning an Odyssey White Hot Pro Putter.



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 Orthopaedic Surgery equipment our hospital.

Donating grain, rather than cash, is a popular form of giving in our agricultural community. Farmers can donate grain before it is sold, saving on taxes. 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 501(c)3 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, 2014
through June 30, 2015*

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 eight-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; 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* was the recipient of a 2014 Blue Cross Blue Shield Wellness grant for \$10,000 for a new community program called Fit and Healthy Kids. This wellness program is designed to help establish a routine of regular exercise and healthy eating by providing weekly recipes and goals, nutrition information and keeping participants motivated with fun, prizes and camaraderie. Representatives from Blue Cross Blue Shield awarded this grant during the Polk County Fair in July.

Foundation for Annie Jeffrey presented a \$110,000 check to Annie Jeffrey Health Center for Telemetry and a Surgical Washer with proceeds from grants and their annual campaign.

In September, the *Foundation for Annie Jeffrey* kicked off its annual

campaign. Our campaign raised money to fund a new Baby Warmer and Fetal Monitor for the hospital.

With funds from our Susan Komen Breast Cancer Awareness grant, the *Foundation* sponsored a Lady's Night Out in October with Jenn Stanton, PA-C speaking on the importance of breast cancer screening. Approximately 80 women came to this event.

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.

The *Foundation* continues reporting of the ePharmacy and eEmergency grants received.

In February, the *Foundation* held a Wine & Beer Fest fundraiser at The Townhouse in Stromsburg. Almost \$5,000 was raised from this event.

The *Foundation* purchased a new Ultrasound for Physical Therapy with the majority of funds coming from the Annie Jeffrey Volunteers. The Annie Jeffrey Volunteers run the Thrift Shop in downtown Osceola and donate their proceeds to help the hospital pay for special items. This donation put the AJ Volunteers over the \$100,000 mark for donations to Annie Jeffrey over the last 19 years.

The *Foundation* helped sponsor a Mature Driving Class for community members. This 2-day class was held at the hospital.

The Susan Komen Foundation awarded the *Foundation* another small breast cancer awareness grant. Funds from this grant will help host another Lady's Night Out in October.

The *Foundation* gave \$50,000 to Annie Jeffrey Health Center for a new Chemistry Analyzer for the Lab. The

new chemistry analyzer can run 40 different tests and is 5 to 10 minutes faster, depending on the test, than the instruments it replaced.



Foundation for Annie Jeffrey board members pictured with the new Chemistry Analyzer donation.

The *Foundation for Annie Jeffrey* awards scholarships to the following 4 high schools: Shelby/Rising City High School, Cross Country High School, Osceola High School and High-Plains High School. The winners of this year's *Foundation for Annie Jeffrey* scholarship are Kelly Cliffords from Cross County High School, Lori Peterson from Osceola High School and Cale Harless from High Plains High School. These scholarships are in addition to the scholarships offered to Annie Jeffrey employees.

In June, golfers from area hospitals and local businesses participated in the seventh annual *Foundation for Annie Jeffrey* golf tournament at Ryan Hills Country Club. Proceeds from this annual event will be used to help purchase a new treadmill for the Wellness Center at 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**
FOR ANNIE JEFFREY



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 waiting room. 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 402-747-2031. The tree will be up in mid-November, so get your donations in early so we can get your names on our tree!

2015 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.

Foundation Donates for New Wellness Center Treadmill with Proceeds from Golf

The Foundation for Annie Jeffrey donated funds from their annual golf tournament for a new treadmill for the Wellness Center. This treadmill is built to the highest manufacturing and environmental standards allowing it to stand up to the most demanding fitness workouts.



Pictured at left are Foundation for Annie Jeffrey Board members: John Girard, Margie Hayes, Steven Peterson, Mary Lerch, Kathy Gabel, Karleen Watts, Susan Chrastil, Foundation Director and Joe Lohrman, Annie Jeffrey CEO. Not pictured are Karen Stevens and Brian Beckner.

Foundation Purchases Baby Warmer and Fetal Monitor

At their recent board meeting, the Foundation for Annie Jeffrey donated \$40,000 to Annie Jeffrey for a fetal monitor and baby warmer for babies born at Annie Jeffrey Health Center with

proceeds from their annual campaign. Annie Jeffrey is expecting the arrival of a number of babies from now until the end of the year.



October 6th-12th is 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 Jennifer Stanton, PA-C for her 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.



Jenn Stanton,
PA-C

OCTOBER IS: "American Pharmacists Month"

Your Pharmacist can review your health status and treatment plan...

YOU MAY ASK:

- Why am I taking these medications?
- Are my medications working the way they should?
- Can I do anything about the side effects?
- Am I taking them in the right order and at the right time of day?
- Are my medications interacting with each other?
- How are my medications affecting my blood pressure, cholesterol and blood sugar?

YOUR PHARMACIST CAN HELP MAKE SURE THAT:

- You are taking only the medications you need.
- You are taking the correct amount of medicine.
- Your medications are not interacting with each other.
- Any vitamins, supplements or over-the-counter drugs you are taking are safe and effective.
- You are not spending more than you need.

You should carry a medication list which includes over-the-counter supplements with you at all times. Take time to talk to your pharmacist today!

Submitted by: Linda Myers-Bock R.P., M.B.A.
TOOLEY'S OSCEOLA PHARMACY

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



Annie Jeffrey

531 Beebe Street
PO Box 428
Osceola, Nebraska 68651

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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