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HEALTH CENTER**

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## Annie Jeffrey Health Fair Slated for Oct. 4th

Annie Jeffrey Health Center in Osceola has set Tuesday, October 4th as the date for this year's 13th 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. Once again this year a special gift will be given to participants having their blood drawn while supplies last.

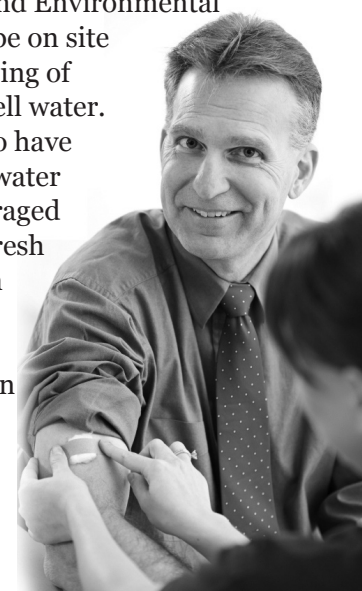
The Polk County Health Department will be offering seasonal flu shots for \$25 or free with a Medicare Card. Four Corners Health Department will be on hand with their skin scope providing free evaluations of cancer causing sun damage and colon

cancer screening kits 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 30 minute HeartAware risk assessment that includes a free cholesterol panel, glucose, blood pressure, and BMI calculation from 7:30 am to Noon to identify if you have risk factors for heart disease. Please call 402-747-2031 to schedule your HeartAware risk assessment between 8:00 am and 4:00 pm; it may save your life.

Tours will be available to the public of the Midwest Medical Medair transport helicopter weather permitting. There will be a dietician available to evaluate an individual's nutritional intake and assist with determining 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.

Nebraska Health and Human Services agency of Water and Environmental Health will again be on site providing free testing of nitrate levels in well water. Anyone desiring to have their private well water analyzed is encouraged to bring a cup of fresh water to the fair in a clean container. A water supply specialist will be on hand to interpret the screening results and answer questions.

*Continued on page 4*



## FREE Mature Driver Classes

The Traffic Safety Council is offering free classes to mature drivers at the **Annie Jeffrey Health Center on April 12 & 13 from 8:30AM to 12:30PM** both days. These classes are developed specifically to teach drivers 55 and older defensive driving techniques and help them adjust their driving styles. This 8-hour class typically costs over \$300.00 to take, but is being offered for free to those registering by April 5, 2017.

People are living longer and some seniors struggle with the fact that they are not able to drive safely anymore. This is a great opportunity to re-acquaint yourself with safe driving techniques and could possibly save you money on your car insurance.

**For more information or to register, call Annie Jeffrey Health Center at 402-747-2031.**



To better serve our patients, the **Physical Therapy Department**

at Annie Jeffrey Health Center has new expanded hours:

**7 a.m. to 5 p.m.**

**Monday - Friday**

**Annie Jeffrey**

402-747-2031 • [www.ajhc.org](http://www.ajhc.org)

*"Exceptional care, close to home."*

**Now 7 a.m. - 5 p.m.**



## Fit & Healthy Kids 2016

Annie Jeffrey Health Center just finished their second year summer 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.

*Pictured below: Participants met during a 6-week health and wellness program over the summer.*





## Reduce Your Risk of Type 2 Diabetes

If you have pre-diabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. The Annie Jeffrey Diabetes Prevention Program can help!

Annie Jeffrey is part of the National Diabetes Prevention Program led by the Centers for Disease Control and Prevention (CDC). It features an approach that is proven to prevent or delay type 2 diabetes and includes:

- Trained lifestyle coach
- CDC-approved curriculum
- Group support
- 16 weekly meetings
- 6 monthly follow-up meetings

By improving food choices and increasing physical activity, you can lose 5 to 7 percent of your body weight — that is 10 to 14 pounds for a person weighing 200 pounds. If you have pre-diabetes, these lifestyle changes can

cut your risk of developing type 2 diabetes by more than half.

### Pre-diabetes can lead to Type 2 Diabetes

One out of three American adults has pre-diabetes, and most of them do not know it. Having pre-diabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.

The lifestyle changes you make in the Annie Jeffrey Diabetes Prevention Program will help you prevent type 2 diabetes.

You may have pre-diabetes and be at risk for Type 2 diabetes if you:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are not physically active
- Ever had diabetes while pregnant which disappeared after delivering the baby or gave birth to a baby that weighed more than 9 pounds

## How Does the Annie Jeffrey Diabetes Prevention Program Work?

As part of a group, you will work with a trained lifestyle coach and other participants to learn the skills you need to make lasting lifestyle changes. You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

The Annie Jeffrey Diabetes Prevention Program group will meet once a week for 16 weeks, then once a month for 6 months to help you maintain your healthy lifestyle changes. By meeting with others who have pre-diabetes you can celebrate each other's successes and work together to overcome obstacles.

Diabetes Prevention Program will be offered in our community along with the Snowman Marathon in January, 2017.

To discuss further details and to find out if you meet the criteria for this program stop by and visit Sandra Burwell, RD at the AJ Fall Health Fair or e-mail at [sandra.burwell@ajhc.org](mailto:sandra.burwell@ajhc.org)



*Left: 2016 Golf Tournament winners: Randy Schuller and BJ Davis of the Olson Group; Chris Young and Doug Chos of Midwest Covenant Home*

## Annual Golf Tourney

Golfers from area vendors and local businesses participated in the eighth annual Foundation for Annie Jeffrey golf tournament Friday, June 17 at the Ryan Hill golf course. Proceeds from the annual event will be used to purchase a patient controlled pain medication pump for Annie Jeffrey Health Center, according to Joe Lohrman, CEO, Annie Jeffrey Health Center.

"It was a nice day for those golfing plus a great fund-raiser for our medical center," said Lohrman.

The Midwest Covenant Home team won first place, first flight, with each golfer receiving two Saltdogs tickets and a Husker

Head cover. Second place, first flight, was won by the Tonniges Chevrolet team, with each player winning a Husker beach towel and club brushes. First place, second flight winners were the 3E team with each member receiving a Groove Doctor Brush & Golf Balls. Second place, second flight winners were the A & M Business Printing team with each player receiving a Taylor Made burner 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 Avera ePharmacy, Boruch Masonry Construction, Central Valley Ag, City Bank and Trust, Cline Williams, East Central Nebraska Therapy Associates, Pinnacle Bank, Professional Associates, Reg Hain, RP, 3E, and Tonniges Chevrolet.

*Continued on page 5*

## Health Fair (cont.)

We also want to welcome Aging Partners Health & Fitness from Lincoln this year. They will be on site from 9:00 am until Noon providing bone density screening. In less than a minute ultrasound technology is used to do this measurement. A low bone density in the heel could indicate there is possible bone loss in other parts of your body. Aging Partners offers this service at no cost for people over age 60. There is a \$5.00 fee for people under age 60.

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.

The Annie Jeffrey Volunteers will be sponsoring a bake sale the morning. The Annie Jeffrey Foundation Family Tree Christmas ornaments will also be available to purchase for \$20 each and is a nice way to remember or honor someone special.

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.

## 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 encouraging 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.

### Let's WHIP Cancer

Join us on Wed., October 19, 2016 from 6-8pm at the Polk County Fairgrounds in Osceola for a Breast Cancer Awareness event bringing women together to make a difference.

Enjoy a FREE glass of wine and a piece of Fired Up Pizza  
Learn about different foods and their relationship to cancer  
Enter to win prizes! Guest Speaker at 7pm.

This event is FREE to all women who want to make a difference in this fight!!



### 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.



## Foundation 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 Digital X-ray 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)

The General Event Sponsors were A & M Business Printing, Brian F. Beckner, Attorney at Law, Dohman, Akerlund & Eddy, LLC, and The Olson Group

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, Annie Jeffrey Health Center, City Bank and Trust, Dohman, Akerlund & Eddy, Farm Bureau, 4 G's, Golden Harvest, Midwest Covenant Home, Pinnacle Bank, 3E, Tonniges Chevrolet and Triple S.

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

**Hole 1:** Longest Putt – Tour Edge Backdraft GY+ putter won by Mike Morgan from the Triple S team

**Hole 2:** Closest to pin off tee – 19th Hole Zen Garden won by Peg Vrbka on the Pinnacle Bank team

**Hole 3:** Longest Drive – Husker Head Covers won by Logan Kuhl from the Tonniges Chevrolet team

**Hole 4:** Closest to pin from off tee – Chipping Net and playing cards won by Doug Chos from the Midwest Covenant Home team

**Hole 5:** Longest Drive – Golf cooler bag won by Tim Girard from the 4 G's team

**Hole 6:** Closest to the Red Flag on drive – Husker Head Covers won by Steve Statz from the City Bank team

**Hole 7:** Closest chip shot – Golf Ball on Tee won by Terry Kurtenbach from the City Bank team

**Hole 8:** Closest to pin from off tee – Tour Edge Backdraft GT+ Putter won by B J Davis from Midwest Covenant Home team

**Hole 9:** Closest to pin, 2nd shot – Golf Tumblers and license plate cover won by Vicki Mestl from Farm Bureau team

The winner of the golf raffle was Dan Gabel. The prize was a Cleveland 56 Tour Satin Wedge.

City Bank donated the Saltdog tickets and golf balls. Nebraska Hospital Association donated several prizes. Credit Management donated golf balls and A & M Business Printing printed the golf signs.

## Bats: A Common Homeowner's Fear

Bats sometimes end up in our homes and most of the time they are as unhappy about being there as we are at finding them. In the late summer and fall we see an increase in bats finding their way into houses and apartments. This happens because the bats sense that the weather will be changing soon. They are looking for a nice warm place to hibernate.

There are myths when it comes to bats. They are not blind and they are not rodents or birds. They are mammals. They will not suck your blood and most bats do not have rabies. Because they are part of the mammal family they can develop rabies but most of them do not have the disease.

But because bats can have rabies, we want to remember that there is that possibility that they can bite us and give it to us. This year in Nebraska there have been 14 cases of animals/bats testing positive for rabies, 11 of these were bats. This summer one bat tested positive for rabies in the Four Corners Health Department district.

If you have a bat that you think may need to be tested call the Four Corners Health Department at (402) 362-2621 or toll free (877) 337-3573.

# Foundation for Annie Jeffrey ANNUAL REPORT

*For our Fiscal year: July 1, 2015  
through June 30, 2016*

**T**he *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 an 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 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.**

With funding from a Blue Cross Blue Shield Wellness grant, the first two years of the Fit & Healthy Kids program went great. This wellness program is designed to help establish a routine of regular exercise and healthy eating with weekly recipes and goals, nutrition information and keeping participants motivated with fun, prizes and camaraderie.

*Foundation for Annie Jeffrey* presented a \$40,000 check to Annie Jeffrey Health Center for a new Baby Warmer and Fetal Infant monitor with proceeds from their annual campaign. This was just in time for all the babies that were scheduled to be born before the end of the year.

The *Foundation* donated funds from their golf tournament to pay for a new Wellness Center Treadmill.

In September, the *Foundation for Annie Jeffrey* kicked off its annual campaign. Our campaign raised money to fund new Orthopaedic surgery equipment and a new Ultrasound machine.

With funds from our Susan Komen Breast Cancer Awareness grant, the *Foundation* sponsored a Lady's Night Out in October with Katie Rystrom, Family Nurse Practitioner, as the guest speaker for the evening who spoke about the importance of getting a yearly mammogram, breast cancer statistics, risk factors, and information about women's health. Over 70 women came to this event.

The *Foundation for Annie Jeffrey* was the recipient of an Avon Breast Cancer Awareness Grant of \$27,500.

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 February, the *Foundation* held a Wine & Beer Fest fundraiser at The Townhouse in Stromsburg. \$5,500 was raised from this event to help with our annual campaign.

The *Foundation* purchased a new Transfer Chair with 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 \$102,000 mark for donations to Annie Jeffrey over the last 20 years.

In May, the *Foundation* gave \$105,000 to Annie Jeffrey Health Center for the new Ultrasound machine and new Orthopaedic Surgery equipment after receiving donations from their annual campaign. The

*Foundation* recently received funds from Pinnacle Bank, a grant from The Ethel S. Abbott Charitable Foundation and a grant from the Mary Tous Foundation to help with these purchases.



*Foundation for Annie Jeffrey board members pictured with the new Ultrasound.*

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 scholarships are Brady Langemeier from Cross County High School, MaKenna Sempek from Cross County High School, Chloe Engel from High Plains and Karlee Pinney from Osceola 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 eighth annual *Foundation for Annie Jeffrey* golf tournament at Ryan Hill Golf Course. Proceeds from this annual event will be used to help purchase a patient controlled anesthesia pump 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 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!

## 2016 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 for Annie Jeffrey Donates for New Anesthesia Pump

At their August Board Meeting, the Foundation for Annie Jeffrey voted to purchase a new PCA pump with proceeds from their golf tournament. Patient-controlled analgesia (PCA) is a method of pain control that gives patients the power to control their pain. In PCA, a computerized pump which contains a syringe of pain medication as pre-

scribed by a doctor, is connected directly to a patient's intravenous (IV) line. Patients recovering from surgery often are equipped with PCA pumps. PCA pumps have built-in safety features. The total amount of pain reliever that the patient can self-administer is within a safe limit.

## AJ Volunteers celebrate 21 years at Thrift Shop

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 21 years, the AJ Volunteers have donated over \$106,560.00 to Annie Jeffrey Health Center with proceeds from the *Thrift Shop*. The AJ Volunteers are hoping to recruit more volunteers, if you'd like to help, please call Karleen Watts at 402-747-4321 to learn more.

**Stop in at the *Thrift Shop* on November 2nd from 10:00am to 4:00pm to help celebrate the AJ Volunteers 21 years in the *Thrift Shop*!**

Thank You  
Foundation Board  
Members for your service  
to our community!

Brian Beckner  
Kathy Gabel  
John Girard  
Margie Hayes  
Mary Lerch  
Steven J. Peterson  
Karen Stevens  
Karleen Watts

## Fall is: "Falls Prevention"

**F**all Prevention Awareness Day is celebrated on the first day of fall each year.

Falls are the leading cause of fatal and nonfatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous costs. BUT, falling is not an inevitable result of aging. Through practical life-style adjustments and prevention programs, the number of falls can be greatly reduced.

According to the U.S. Centers for Disease Control and Prevention:

- One-third of Americans aged 65 and older fall each year
- Every 11 seconds, an older adult is treated in the ER for a fall
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults
- Falls result in more than 2.8 million injuries annually
- The financial toll for older adult falls is expected to increase as the population ages to \$67.7 billion by 2020

Falls and accidents seldom just happen. There are things you can do to lower your chance of falling:

- Ask your doctor about a bone density test – this will tell you how strong your bones are. Annie Jeffrey Health Center can provide a bone density scan for you right here in Polk County.
- Have your vision and hearing tested often.
- Find out the possible side effects of medicines you take. Some medicines affect your balance.
- Limit the alcohol you drink.
- Always stand up slowly after eating, lying down or resting. Getting up too quickly can cause your blood pressure to drop, which can make you feel faint.
- Use a cane or walker to help you when walking.
- Wear rubber-soled, low-heeled shoes.
- Hold handrails when you use the stairs.

**Annie Jeffrey will be hosting a seven week Fall Prevention Program during September and October, starting Thursday, Sept. 15. Professionals will help teach the 2-hour class each week from 10:00AM to Noon. For more information contact Joe Lohrman at 402-747-2031.**

See Annie's Babies on our website at:  
[www.ajhc.org](http://www.ajhc.org)



**Annie Jeffrey**

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### 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](http://www.flu.gov)*

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