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## Annie Jeffrey Health Fair Slated for Oct. 3rd

Annie Jeffrey Health Center in Osceola has set Tuesday, October 3rd as the date for this year's 14th 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), Vitamin D and prostate specific antigen (PSA) testing will also be available for \$25 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 16 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 fingerstick cholesterol profile, glucose, blood pressure, and BMI calculation from 7:00 am to Noon to identify if you have risk factors for heart disease. The fact is, more than 79 million Americans have heart disease and don't even know it. Please call 402-747-2031 to schedule your HeartAware risk assessment between 8:00 am and 4:00 pm; it may save your life.

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 pending availability will be a medical transport helicopter 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.

Many people take multiple medications, in addition to vitamins and other supplements; it can be a challenge to keep them all straight. The newest

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Published Quarterly By:



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## Fresh Fruit Salsa

- 1 Fuji apple - peeled, cored and diced
- 1 cup diced fresh strawberries
- 2 kiwis, peeled and diced
- 2 bananas, peeled and diced
- 1 T. fresh lime juice
- 2 T. white sugar
- 1/2 t. ground cinnamon
- 1/2 t. ground nutmeg
- Spray butter
- 6 (10 inch) flour tortillas
- 3 T. white sugar
- 1 T. ground cinnamon

1. Heat oven to 350 F
2. In a medium bowl, mix together Fuji apple, strawberries, kiwis, bananas, lime juice, white sugar, cinnamon and nutmeg. Cover and chill in the refrigerator approximately 20 minutes.
3. Slice flour tortillas into triangles. Place tortilla triangles onto baking sheet, spray with butter.
4. Combine sugar and cinnamon in shaker and shake over chips.
5. Bake 5 to 10 minutes in a preheated oven. Watch them closely so they don't burn!
6. Serve the cinnamon chips warm with the chilled fruit salsa.

## Free Diapers!

Annie Jeffrey Health Center is proud to announce that anyone who delivers a baby at our hospital will receive a year\* of FREE diapers!

New mothers will receive a coupon book to fill out each month and choose a size. This offer is for only babies born here at Annie Jeffrey Memorial County Health Center!

\* Limit one box per month.



## Fit & Healthy Kids 2017

Thirteen prospective chefs came together on Thursday afternoons this summer to learn more about leading a Fit and Healthy Lifestyle. The summer program was held at Annie Jeffrey Health Center from June 8 through July 20. Each class focused on sharpening cooking skills, introducing a variety of fruits and vegetables, and rewarding participation in weekly activity challenges.

The program was launched 3 years ago after Annie Jeffrey was awarded a grant from Blue Cross Blue Shield. Youth ages 8 and up were welcome to attend and bring along an adult assistant. Some former students had enjoyed the class so much that they returned to enjoy their second or third year! As they sliced, diced, minced, sautéed, peeled, pitted, and cored each week, they were led by Dietary Manager, Heather Stevens. The young cooks and adults tried out new fruits and vegetables in recipes such as Chili Bean Macaroni and Gorgeous Garden Salsa. Some of the 'class favorite' recipes included apple crisp, berry fruit pizzas, banana berry smoothies, grape-

fruit sorbet and spaghetti squash with Chicken Alfredo.

While preparing their recipes, students also learned about Food Safety - Using a thermometer, proper food temperatures, hand-washing, knife, oven and blender safety. Other skills included recipe reading, and for older students - using their math skills to double or triple a recipe. While participants sampled their cooking creations, Sandra Burwell, registered dietitian discussed setting their goals for each weekly healthy lifestyle challenge - such as tracking how many days your family has no soda or any other sugar - sweetened beverages, choosing more fruits and veggies, limiting screen time, and getting active at least 60 minutes a day. Prizes were awarded each week with returned goal sheets.

Plans are underway to offer the program again in 2018, so watch the Heartbeat newsletter and Polk County School newsletters for more information!

*Pictured below: Fit & Healthy Kids group met during a 6-week health and wellness program over the summer.*



## Annie Jeffrey Diabetes Prevention Program

A new report from the Centers for Disease Control and Prevention (CDC) finds that 84 million American adults (more than 1 in 3) have prediabetes, a condition in which blood glucose (sugar) levels are high, but not high enough yet to be classified as type 2 diabetes. People with prediabetes have increased risks to their long-term health, including developing type 2 diabetes, heart attack, and stroke. Nearly 90 percent of people with prediabetes are not aware they have the condition.

The American Diabetes Association (ADA), American Medical Association (AMA), and CDC, along with the Ad Council, are releasing new PSAs to build on a successful campaign that helped hundreds of thousands of Americans learn their risk for developing type 2 diabetes. The new, lighthearted PSAs offer viewers a “perfect way to spend a minute” where they can take the one-minute prediabetes risk test while also doing something everyone loves — watching adorable animal videos. Annie Jeffrey Health Center is proud to lend its support to the campaign, which raises the urgency of prediabetes and emphasizes the positive message that prediabetes can often be reversed through everyday lifestyle changes. The campaign encourages people to take a short online test at [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org) to learn their risk and speak with their doctor to confirm their diagnosis. The website features lifestyle tips and connects visitors to the CDC-led National Diabetes Prevention Program.

Prediabetes can often be reversed through weight loss, diet changes, and increased physical activity. Diagnosis is critical, as research shows that people are much more likely to make the necessary lifestyle changes once they are aware of their condition. A rise in incidence of type 2 diabetes presents a significant threat to the Polk County community, potentially increasing health care costs. In an effort to reverse this trend, Annie Jeffrey Health Center is supporting the national effort and working to make an impact in the community by teaching Diabetes Awareness Classes at Annie Jeffrey Health Center.

Additional information on the campaign is available online at [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org) and information about Annie



Jeffrey Health Center is available at [www.ajhc.org](http://www.ajhc.org).

### **Reduces 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**

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.

Without weight loss and moderate physical activity, many people with pre-diabetes will develop type 2 diabetes within 3 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

*Continued on page 4*

## 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, 2018.

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)

## Diabetes Prevention Program

*Continued from page 3*

The lifestyle changes you make in the Annie Jeffrey Diabetes Prevention Program will help you prevent or delay 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 physically active fewer than 3 times per week
- Have had diabetes while pregnant which disappeared after delivering the baby or gave birth to a baby that weighed more than 9 pounds

### **If You Think You May Be at Risk for Pre-diabetes and Type 2 Diabetes:**

- Take this fact sheet to a health care provider and ask to be tested for pre-diabetes. The health care provider may do a simple blood test.
- If you don't have a health care provider, call us to find out if you qualify for the program.
- You can also check out the "Could You Have Pre-diabetes?" online quiz at [www.cdc.gov/Diabetes/Prevention](http://www.cdc.gov/Diabetes/Prevention). If your score shows you are at high risk for pre-diabetes, talk to your health care provider or contact our program.

## 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 Mammography 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 this year in October for our Cutting Out Breast Cancer Event.

## Cutting Out Breast Cancer

Join us in October for a Breast Cancer Awareness event bringing women together to make a difference.



Watch the newspaper and your mailbox for date and location.

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

## iPad Winners Announced

Annie Jeffrey Health Center is continuing their special promotion for all community members and Annie Jeffrey staff members who have a mammogram during a 12 month time period.

*Photo left: August 2017 iPad winner, Janelle Udey, with her grandsons.*

*Photo right: Tammy McNaught, employee iPad winner pictured with Michelle Pruter, Annie Jeffrey Mammo Tech.*



## Foundation Golf Tournament a Huge Success

Golfers from area vendors and local businesses participated in the ninth annual Foundation for Annie Jeffrey golf tournament Friday, June 16 at the Ryan Hill golf course. Proceeds from the annual event will be used to purchase new medical equipment 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 Tonniges Chevrolet team won first place, first flight, with each golfer receiving two Saltdogs tickets, Collegiate ball markers and Annie Jeffrey coolers. Second place, first flight, was won by the Dohman, Akerlund & Eddy team, with each player winning a Grill set, Nebraska Husker tees and Annie Jeffrey coolers. First place, second flight winners were the City Bank team with each member receiving a Grill set, Annie Jeffrey cooler and a 2-way club brush. Second place, second flight winners were the Eagle’s Nest/Augie’s Auto Body team with each member receiving golf balls and Annie Jeffrey cooler.

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 and won a \$25 gift card at TeeOff.com. Deb Whitmore was the lucky winner of a \$500 gift card at TeeOff.com.

Corporate Flag sponsors for the tournament included Brown’s Medical Imaging, Central Valley Ag, City Bank and Trust, Pinnacle Bank, Professional Associates, Reg Hain, RP, Tonniges Chevrolet, Tri-County Title and Wanek Development.

The General Event Sponsors were A & M Business Printing, Boruch Masonry Construction, Dohman, Akerlund & Eddy, LLC, Professional Associates, and The Pinnacle Agency.

Prizes were donated by City Bank and Trust, Steve Seefeld 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, Eagles Nest & Augie’s Auto Body Shop, Golden Harvest, The



*Tonniges Chevrolet team winners, Jordan Kuhl, Matt Gillespie, Corey Gabel, P.J. Conratt*

Olson Group, Pinnacle Bank, 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 – CLEVELAND TOUR ACTION WEDGE** won by Kathy Gabel from the Golden Harvest team

**Hole 2 – Closest to pin off tee – COOLER BAG** won by Deb Whitmore on the Golden Harvest team

**Hole 3 – Longest Drive – HUSKER HEADCOVERS** won by Matt Gillespie from the Tonniges team

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## Welcome Amy Steiner, PA-C



Annie Jeffrey is pleased to welcome Amy Steiner, PA-C. Amy is from Columbus, Nebraska. She attended University of Nebraska in Lincoln for her Bachelors of Science degree and then went to Union College to become a Physician's Assistant. Amy enjoys being outdoors, reading, running, watching movies and spending time with friends and family.

## Our Foundation Board Members

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

## New Chapel at AJHC

Annie Jeffrey Health Center added a chapel/meditation room as part of its remodeling project. This remodeling project also updated the clinic, added new clinic vestibule doors and modernized the main hallway. We are in the process of updating the sleep study rooms and some of the patient rooms.

The Foundation for Annie Jeffrey was fortunate to have several donors contribute for this project.



*Pictured in the Chapel are Foundation for Annie Jeffrey Board Members: Brian Beckner, Steve Peterson, Mary Lerch, Joe Lohrman, Annie Jeffrey CEO, Karen Stevens, Kathy Gabel, Karleen Watts, Margie Hayes and John Girard. Not pictured are board member, LeRoy Gerrard and Susan Chrastil, Foundation Director.*

## AJ Health Fair *Continued from page 3.*

member of Annie Jeffrey Health Center, pharmacist, Reg Hain, RP, will be on site to answer any pharmacy questions and review peoples medications in order to help you stay healthy and be safe when taking your medications. He will look for any interactions between the medications/supplements that you are taking in case some are interfering with the effectiveness of others. He will advise you on how to appropriately take your medications. In order for him to assist you bring all your medications; prescriptions and over-the-counter, including vitamins and supplements, a list of your allergies, and medical conditions.

We are pleased to announce that the Nebraska Health and Human Services agency of Water Well Standards Office of Drinking Water and Environmental Health will again be on site providing free testing of nitrate levels in well water. High nitrates are a threat to infants, pregnant, or nursing mothers, and even livestock. Anyone desiring to have their private well water analyzed is encouraged to bring an eight ounce cup of water to the fair in a clean container. A water supply specialist will be on hand to interpret the screening results and answer questions. Water officials recommend testing is done every

other year if nitrate levels are low and yearly if nitrate levels are high.

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 providing care for a spouse, parent or grandparent who is unable to care for him or herself. Information will also be available on breast cancer awareness, heart health awareness, speech therapy, domestic violence, burn/fire safety, 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; this supports our facility and is a nice way to remember or honor someone special. Annie Jeffrey will also have information available about some upcoming wellness opportunities available to the public. 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.

# 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*. This year we are raising money to replace outdated lab equipment plus purchase new lab equipment needed to perform Influenza A & B tests, RSV tests and Strep tests. New regulations will not let us use our present equipment for these tests. This instrument will also be able to perform very sensitive tests for the presence or absence of organisms in the GI tract and the Respiratory System to aid the Providers to diagnose and prescribe antibiotics more efficiently and specifically for the illness. This will make it possible for a quicker recovery for the patient.

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, LeRoy Gerrard, 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.

## Golf Tournament

*Continued from page 5*

**Hole 4 - Closest to pin from off tee – HUSKER HYBRID COVER** won by Chris Whitmore from the Golden Harvest team

**Hole 5 – Longest Drive –6 TO GO COOLER** won by Shelly Liddick from The Olson Group team

**Hole 6 – Closest to the Red Flag on drive – DOG HEAD COVER & AJ COOLER** won by Abbie Peterson from the Annie Jeffrey team

**Hole 7 – Closest chip shot – Golf Ball on Tee** won by Peg Hopwood from the Pinnacle Bank team

**Hole 8 – Closest to pin from off tee – GOLF TRUNK KIT** won by Tom Vokicka from Eagle’s Nest/Augie’s Auto Body team

**Hole 9 – Closest to pin, 2nd shot – GOLF BALL RETRIEVER & PUTT PURE** won by Jordan Kuhl from Tonniges team

The winner of the golf raffle was Bill Brigham. The prize was a Cleveland Huntington Beach #1 35” putter.

City Bank donated the Saltdog tickets and golf balls. Nebraska Hospital Association donated several small prizes. Steve Seefeld donated new sports stamps. Thank you to A & M Business Printing for the golf signs.

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



## Nebraska Critical Access Hospital Program Receives National Recognition

Nebraska is one of the 10 states The Health Resources and Services Administration (HRSA) has recognized for outstanding quality performance of their Critical Access Hospitals (CAHs) in achieving the highest reporting rates and levels of improvement over the past year.

Annie Jeffrey Health Center is the Critical Access Hospital in Polk County. “Critical Access Hospitals may be limited in resources, but they have strong connections to their community and a commitment to quality care for every patient that is reflected in their effort to meet higher standards,” said Dr. George Sigounas, HRSA Administrator.

## New Fall Merchandise!

Come check out the new fall merchandise at the Annie Jeffrey 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 for Annie Jeffrey ANNUAL REPORT

For our Fiscal year: July 1, 2016  
through June 30, 2017

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 nine-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 third year of the Fit & Healthy Kids program had the most participants! This program started from a Blue Cross Blue Shield Wellness grant. 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.

In September, the *Foundation for Annie Jeffrey* kicked off its annual campaign. Our campaign raised money to fund a new Konica digital x-ray detector that is used in our current X-ray room to convert Computed Radiography to Digital Radiography. Computed Radiography has a cassette with an imaging plate that is used to capture the image. Digital Radiography has the detector that captures the image and sends it

directly to a viewing computer, which is a faster process. Advantages include time efficiency and less radiation.

With funds from our Avon grant and Susan Komen Breast Cancer Awareness grant, the *Foundation* sponsored a Lady's Night Out in October. Sandra Burwell spoke about the importance of a balanced healthy diet and exercise. Joan Manning took the attendees through her cancer journey after she found a breast lump. The participants heard about the importance of getting a yearly mammogram, breast cancer statistics, risk factors, and information about women's health. Almost 100 women came to this event.

The *Foundation* purchased a Game Ready System for Physical Therapy with most of the 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 \$106,500 mark for donations to Annie Jeffrey over the last 21 years.

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 their 7th annual Wine & Beer Fest fundraiser at The Townhouse in Stromsburg. The money raised will help with our annual campaign. In February, the *Foundation* gave \$70,000 to Annie Jeffrey Health Center to pay for the Konica digital x-ray detector with proceeds from our annual campaign and grants. At their February meeting, it was voted to appoint another *Foundation for Annie Jeffrey* Board member, LeRoy Gerrard.

With help from the *Foundation* and the Traffic Safety Council, , Annie Jeffrey Health Center hosted free Mature Driving classes on April 12 & 13. This 8-class typically costs over \$300 to take but was offered for free.



*Foundation board members pictured with scholarship winners, Stephen Dubas and Zoe Dravitzki.*

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. These scholarships are in addition to the scholarships offered to Annie Jeffrey employees.

The *Foundation* recently purchased two AED's for the clinics associated with Annie Jeffrey Health Center with a memorial donation specifically designated for defibrillators. Patients at Prairie Creek Medical Clinic and Annie Jeffrey Family Medicine will benefit from the fact that, if needed, these devices improve cardiac arrest survival rates across the country.

In June, golfers from vendors and local businesses participated in the ninth annual *Foundation for Annie Jeffrey* golf tournament at Ryan Hill Golf Course. Proceeds from this annual event will be used to help purchase new medical equipment 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!

## 2017 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.*



## Volunteers Donate to PT

The Physical Therapy department is very excited to announce the addition of two important pieces of equipment. Thanks to a generous donation from the Annie Jeffrey Volunteers, the hospital was able to purchase a hydrocollator and a high/low mat table. The hydrocollator is a machine used to facilitate hot pack preparation

in the therapy department when moist heat is part of the patient treatment plan. Most parts in our old hydrocollator have been replaced over the years and it was becoming non-functional. The high/low mat table is a great addition to the department. This table will allow patients with mobility issues greater ease in transferring on and off the table, as it rises and lowers. The mat table can also be adjusted in sections to better accommodate different treatment techniques. We appreciate the benefit these pieces of equipment will provide to the community.

## AJ Volunteers Celebrate 22 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 22 years, the AJ Volunteers have donated over \$109,560.00 to Annie Jeffrey Health Center with proceeds from the Thrift Shop.

**Stop in at the Thrift Shop on November 1st from 10am to 4pm to help celebrate the AJ Volunteers 22 years in the Thrift Shop!**

## We Need Volunteers!

The AJ Volunteers are looking for new Volunteers and could use your help. Enjoy the interaction with other Volunteers and community members and help make a difference by volunteering in the AJ Volunteers Thrift Shop a couple times a month. Stop in the Thrift Shop in downtown Osceola on Wednesdays, Thursdays or Fridays or call Karleen Watts at 402-747-4321 for more information.

## AJHC Earns Accreditation for Sleep Study Services

**A**nnie Jeffrey Memorial County Hospital's Sleep Study Program recently earned accreditation by the Accreditation Commission for Health Care (ACHC).

This three-year accreditation ensures that Annie Jeffrey Memorial County Hospital's Sleep Study Program meets or exceeds all required standards set forth by ACHC. All ACHC accreditation surveys are conducted by Sleep Specialists who offer evidence-based best practices to ensure all quality measures and standards are met or exceeded.

Sleep apnea is very common, according to the National Sleep Foundation over 18 million Americans suffer from this disease. If sleep apnea is left untreated it can have serious and even life-threatening consequences such as: high blood pressure, heart disease, stroke, diabetes, depression, memory problems and weight gain.

Risk factors for sleep apnea include: being male, being overweight, over age 40, large neck size (17 inches or greater for males and 16 inches or greater for females), having large tonsils, a large tongue or small jaw bone,

having a family history of sleep apnea, having Gastroesophageal reflux (GERD) or nasal obstruction due to a deviated septum, allergies or sinus problems.

Along with the accreditation, other benefits of choosing Annie Jeffrey Memorial County Hospital for Sleep Services include:

- Convenient and local
- Simple referral process
- Fast referral to study scheduling
- Quick Interpretation turn-around time
- Follow up with local professionals

Sleep studies are scheduled through a physician/provider referral. If you or someone you know may be a candidate for a sleep study, talk to your provider today and enjoy the benefits of accredited sleep services at Annie Jeffrey Memorial County Hospital.



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

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