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Annie Jeffrey Health Fair Slated for Oct. 2nd

Annie Jeffrey Health Center in Osceola has set Tuesday, October 2nd as the date for this year's 15th 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

A special gift will be given to participants having their blood drawn.

screening (Hemoglobin A1C), Vitamin D, Hepatitis C Antibody, 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, anonymous online mental health screening, and diabetes risk assessment screening. 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

The event will be held in the 4-H pavilion at the Polk County fairgrounds from 6:45am-Noon.

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.

Continued on page 5

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 pre-diabetes, a condition in which blood glucose (sugar) levels are high, but not high enough yet to be classified as type 2 diabetes. **Pre-diabetes has also been called border-line 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.

Pre-diabetes can often be reversed through weight loss, diet changes and increased physical activity.

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.

You can view these videos on AJHC.org or follow us on FaceBook. The campaign encourages people to take a short online test at 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.

Pre-diabetes 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 Prevention Classes at Annie Jeffrey Health Center.

Additional information on the campaign is available online at [DoI-HavePrediabetes.org](http://DoIHavePrediabetes.org) and information about Annie Jeffrey Health Center is available at www.ajhc.org.

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

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.

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

The lifestyle changes you make in the Annie Jeffrey Diabetes Prevention Program (*see page 7*) will help you prevent or delay type 2 diabetes.

Last October, we brought women together for a fun evening promoting breast cancer awareness. We invite all women to please join us this year in October for a Meet & Greet event. Meet our newest physician, Dr. Brent Jameson and our newest physician assistant, Amy Steiner, PA-C.

**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!!**



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 women together for a fun evening promoting breast cancer awareness. We invite all women to please join us this year in October for a Meet & Greet event. Meet our newest physician, Dr. Brent Jameson and our newest physician assistant, Amy Steiner, PA-C.

AJ Volunteers Celebrate 23 Years at the 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 23 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
23 years in the Thrift Shop!**

Foundation Golf Tournament a Huge Success

Golfers from area vendors and local businesses participated in the tenth annual Foundation for Annie Jeffrey golf tournament Friday, June 15 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, Husker Ball, Towel & Tee set AND Husker folding chairs. Second place, first flight, was won by the Young Gabel team, with each player winning a Grill set and a Husker head covers. First place, second flight winners were the Golden Harvest team with each member receiving a Cooler, Grill tool set, Putter Finger Golf ball pick up and Husker golf balls. Second place, second flight winners were The Olson Group team with each member receiving golf balls, drink koozies and a cooling towel.

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

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. Tim Coufal from the Dohman, Akerlund & Eddy team was the lucky winner of a \$500 gift card at TeeOff.com.

Corporate Flag sponsors for the tournament included A & M Business Printing, Annie Jeffrey Physical Therapy,

Brian Beckner, Attorney & Tri-County Title, Brown's Medical Imaging, Central Valley Ag, City Bank and Trust, Pinnacle Bank, Shelby Lumber, Tonniges Chevrolet, Tooley's Osceola Pharmacy and Wanek Development.

The General Event Sponsors were Boruch Masonry Construction, Dohman, Akerlund & Eddy and The Pinnacle Agency.

Prizes were donated by City Bank and Trust 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, The Bulldogs, City Bank and Trust, Dohman, Akerlund & Eddy, J & D Girard Farms, Golden Harvest, Kaup Team, The Olson Group, Pinnacle Bank, Tonniges Chevrolet, Triple S Service and the Young Gabel'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 SAND WEDGE won by Don Frenzen from the Bulldogs team

Hole 2 – Closest to pin off tee – DOG HEADCOVER & GOLF BALLS won by Jordan Kuhl on the Tonniges team

Hole 3 – Longest Drive – HUSKER HEADCOVERS won by Corey Gabel from the Young Gabel team

Hole 4 - Closest to pin from off tee –GOLF BBQ SET won by Troy Knust from the Dohman, Akerlund & Eddy team

Hole 5 – Longest Drive –14' BALL RETRIEVER & CAR EMERGENCY



Tonniges Chevrolet team winners, Matt Gillespie, Logan Kuhl, Jordan Kuhl and Brock Tonniges

KIT won by Kris Morgan from Pinnacle Bank team

Hole 6 – Closest to the Red Flag on drive – UNCLE SAM HEADCOVER and an Avera goodie bag won by Dan Duren from the City Bank team

Hole 7 – Closest chip shot – GOLF BALL ON A TEE won by Chris Whitmore from the Golden Harvest team

Hole 8 – Closest to pin from off tee – CLEVELAND SAND WEDGE won by Matt Gillespie from Tonniges team

Hole 9 – Closest to pin, 2nd shot – GOLF RUBICS CUBE & DOG HEADCOVER won by Logan Kuhl from Tonniges team

The winner of the golf raffle was Dan Gabel. The prize was a Ping G25 Driver and two boxes of golf balls.

City Bank donated the Saltdog tickets and golf balls. Nebraska Hospital Association donated the car emergency kit. Avera Health Care donated a cooler goodie bag. Thank you to A & M Business Printing for printing the golf signs.

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

National PA Week



Amy Steiner, PA-C

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 Amy Steiner, PA-C for her hard work and dedication to the community.



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.

AJ Health Fair *Continued from page 1.*

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 and ambulance weather permitting. There will be a dietitian available to evaluate an individual's nutritional intake, diabetes risk, 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.

Healthcare professionals will be on hand to answer questions and demonstrate their services.

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

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.

Annie Jeffrey Volunteers will also sponsoring a bake sale in the morning of the health fair.

Information will also be available on breast cancer awareness, heart health awareness, speech therapy, domestic violence, sleep disorders, weight loss, and injury prevention.

The Annie Jeffrey Volunteers will be sponsoring a bake sale the morning of the health fair. Information on 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 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 complimentary continental breakfast.

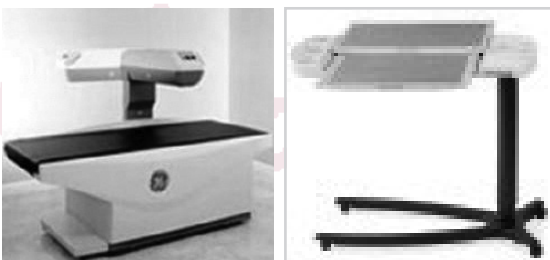


Stop by before work, or anytime throughout the morning.

The Foundation Just Kicked 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 our outdated Bone Density machine and over bed tables. A bone density test can provide a snapshot of your bone health. A bone density test is the only test that can diagnose osteoporosis before a broken bone occurs and determine your risk for fractures. 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.

How the Annie Jeffrey Diabetes Prevention Program Works

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.

Annie Jeffrey Memorial Health Center Diabetes Prevention Program will be offered in our community after the Snowman Marathon in March, 2019.

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 Sandra will have the screening forms available at her booth at the Fall Health Fair.

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

- Take the screening form to a health care provider and ask to be tested for pre-diabetes. The health care provider may do a simple blood test.

For more information go to this link on our website http://www.ajhc.org/diabetes_prevention.html

National Nurse Practitioners Week



*Katherine Rystrom,
APRN-FNP*

Nurse Practitioners (NPs) have been providing primary, acute and specialty healthcare to patients of all ages and walks of life for nearly half a century. NPs assess patients, order and interpret diagnostic tests, make diagnoses, and initiate and manage treatment plans – including prescribing medications. They are the healthcare providers of choice for millions of patients.

An NP is truly
“Your Partner in Health.”

National Nurse Practitioners Week is held November 11 – 17. Annie Jeffrey Health Center would like to recognize Katherine Rystrom, APRN-FNP for her dedication to the health care of her patients.

“Physician Assistants and Nurse Practitioners 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.

Foundation for Annie Jeffrey ANNUAL REPORT

*For our Fiscal year: July 1, 2017
through June 30, 2018*

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.

In August with memorial funds the *Foundation* purchased a Video Laryngoscope that the Physicians requested.

In September, the *Foundation for Annie Jeffrey* kicked off its annual campaign to raise money for new lab equipment. At their May meeting, the *Foundation for Annie Jeffrey* Board of Directors donated \$45,602.83 from their annual campaign to Annie Jeffrey Health Center to purchase new lab equipment for Annie Jeffrey Health Center. One piece of equipment purchased was the Vidas 3. The Vidas 3 is a complete standalone immunodiagnostic system which has the ability to test several analytes. By having this instrument available in our lab, the providers will have results usually

within an hour whereas if the test had to be sent to our Reference Lab it could be anywhere from a 2-5 day turn around.

The *Foundation* purchased a high-low table and hydrocollator for physical therapy with most of the funds coming from the Annie Jeffrey Volunteers. 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. This donation put the AJ Volunteers over the \$109,500 mark for donations to Annie Jeffrey!

The *Foundation* paid for most of the new Chapel at Annie Jeffrey with restricted funds specifically earmarked for the chapel.

The *Foundation* helped sponsor the annual Lady's Night Out in October. Natasha Coffin told her breast cancer story to the group. Natasha started at the beginning from the day she found the lump and went through the entire fight and even talked about the fight she continues to fight today with the side effects of some of the medications she has to take. She talked about the importance of yearly mammograms and self-breast exams. Thank you Natasha for sharing your story with us! There were many comments on how wonderful the evening was and how they enjoy coming to Annie Jeffrey for their mammograms because of the personal treatment they receive. Over 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.

In February, the *Foundation* held their 8th annual Wine & Beer Fest fundraiser at The Townhouse in

Stromsburg. The money raised helped with our annual campaign.



*Foundation board members
pictured above with high school
scholarship winners.*

The *Foundation*, Annie Jeffrey Health Center and Pinnacle Bank started a new summer wellness program called the Hot Dawg Challenge. This program kicked off at the annual BCBS Walk-at-Lunch day in April and ended at the end of July with the annual fun run.

The *Foundation for Annie Jeffrey* awards scholarships to the following high schools: Shelby/Rising City High School, Cross County High School, Osceola High School and High-Plains High School. The winners of this year's *Foundation for Annie Jeffrey* scholarships are: Samantha Hays, Ginni Johansen, Lexus Lemburg and Brennan Bryan from Osceola, Shaelyn Voss and Emily Neujahr from Shelby/Rising City and Emily Noyd from Cross County. These scholarships are in addition to the scholarships offered to Annie Jeffrey employees.

In June, golfers from vendors and local businesses participated in the tenth 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.

**To learn more 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 clinic 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 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!

In memory of:

2018 FOUNDATION FAMILY TREE

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.

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



Annie Jeffrey

531 Beebe Street
PO Box 428
Osceola, Nebraska 68651

Nonprofit Organization
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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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