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Published Quarterly By:



**Annie Jeffrey**

MEMORIAL COUNTY  
HEALTH CENTER

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## Annie Jeffrey Health Fair Slated for Oct. 1st

Annie Jeffrey Health Center in Osceola has set Tuesday, October 1st as the date for this year's 16th 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, 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.

The Polk County Health Department will be offering seasonal flu shots for \$30 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. 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 event will be held in the 4-H pavilion at the Polk County fairgrounds from 6:45am-Noon.**

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 dietician available to evaluate an individual's 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.

*Continued on page 4*



## 3D Mammograms Have Arrived at Annie Jeffrey Health Center

Annie Jeffrey Health Center is excited to announce as of Sept. 6th we will be performing 3D Mammograms!!!!

We will be upgrading our current Hologic Mammography unit to the Genius 3D.

We will also have the option to use the new SmartCurve compression paddle that is clinically proven to deliver a more comfortable mammogram without increasing the dose, along with applying a uniform compression over the entire breast.

**Please contact your health care provider or Annie Jeffrey Health Center at 402-747-2031 for more information or to make an appointment.**

## 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 now offers the latest in 3D 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.

**Join us in October as we bring 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!!**

## AJ Volunteers Celebrate 24 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 sixty volunteers, with most of them working at least once or twice a month at the Thrift Shop. During the past 24 years, the AJ Volunteers have donated **over \$113,060.00** to Annie Jeffrey Health Center with proceeds from the Thrift Shop.



# Foundation Golf Tournament a Huge Success

**G**olfers from area vendors and local businesses participated in the eleventh annual Foundation for Annie Jeffrey golf tournament Friday, June 21 at Ryan Hill golf course. Proceeds from the annual event will be used to purchase a new E-Z Lift for hospital patients at 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 Putter cover, Husker towels, umbrella and golf balls. Second place, first flight, was won by the Osceola Bulldogs team, with each player winning a pack of golf accessories, golf brush, umbrella and golf balls. First place, second flight winners were the City Bank team with each member receiving a Brush Pro Set, drink tumbler, umbrella, Husker hamburger flipper and golf balls. Second place, second flight winners were the Annie Jeffrey Physical Therapy team with each member receiving a Divot tool, cooling towel, umbrella and golf balls.

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

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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 received a \$100 gift card from either Travis Mathew, Bridgestone Golf, or Corkcicle.

Corporate Flag sponsors for the tournament included A & M Business Printing, Brown's Medical Imaging, Central Valley

Ag, City Bank and Trust, The Olson Group, Pinnacle Bank, Professional Associates, Tonniges Chevrolet, Tri-County Title and Wanek Development.

The General Event Sponsors were Boruch Masonry Construction, Dohman, Akerlund & Eddy, Professional Associates and The Olson Group. 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 The "Lerch" Boys, Annie Jeffrey Physical Therapy, The Bulldogs, City Bank and Trust, Dohman, Akerlund & Eddy, Golden Harvest, L & A Order Buyers/Reznicek Electric, Pinnacle Bank, Tonniges Chevrolet, and Triple S Service.

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 Nick Boruch from the Annie Jeffrey Physical Therapy team

**Hole 1 – Closest to pin off tee – ANIMAL HEADCOVER & GOLF BALLS** won by Tim Hopwood on the L & A Order Buyers/Reznicek Electric team

**Hole 2 – Longest Drive – HUSKER HEADCOVERS** won by PJ Conratt from the Tonniges Chevrolet team

**Hole 3 – Closest to pin from off tee – GOLF BBQ SET** won by Drew Hopwood from the Triple S team

**Hole 4 – Longest Drive – 10' BALL RETRIEVER & BBQ SET** won by Scott Lerch from The Lerch Boys team



*Tonniges Chevrolet team winners, PJ Conratt, Brock Tonniges, Matt Gillespie. Not pictured Jordan Kuhl.*

**Hole 5 – Closest to the Red Flag on drive – HUSKER HEADCOVERS and GOLF BALLS** won by Bill Brigham from Triple S team

**Hole 6 – Closest chip shot – GOLF BALL ON A TEE** won by Matt Gillespie from the Tonniges Chevrolet team

**Hole 7 – Closest to pin from off tee – CLEVELAND SAND WEDGE** won by Logan Watts from the Annie Jeffrey Physical Therapy team

**Hole 8 – Closest to pin, 2nd shot – DOG HEADCOVER and GOLF BALLS** won by Shane Farritor from the Pinnacle Bank team.

The winner of the golf raffle was Chris Whitmore. The prize was a Cleveland Sand Wedge.

The winner of an Annie Jeffrey polo shirt for traveling the farthest was Adam Lerch from Finland.

City Bank donated the Saltdog tickets. Nebraska Hospital Association donated the barbecue set. 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 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.*

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 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.

Information will also be available on breast cancer awareness, heart health awareness, 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.

## New Dexa installed at Annie Jeffrey

The Foundation for Annie Jeffrey raised funds from their annual campaign to pay for the new Dexa, which was recently installed at Annie Jeffrey Health Center.

The Horizon Dexa is our new state-of-the art bone density machine. A bone density test can provide a snapshot of your bone health, identify osteoporosis and determine your risk for fractures. Our new model has the Body Logic capability on it which is something most facilities do not have. It looks at the bone, lean muscle, and fat in the body vs the BMI that has been used in the past. Talk to your health care provider about getting a bone density test.



*Pictured with new Dexa are Foundation for Annie Jeffrey Board members from left: Brian Beckner, John Girard, Mary Lerch, Susan Chrastil, Foundation Director, Kathy Gabel, Karleen Watts, Karen Stevens, Joe Lohrman, Annie Jeffrey CEO, Margie Hayes & LeRoy Gerrard. Not pictured is Steve Peterson.*

## 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 upgrade our Mammography equipment from 2D to 3D. New information shows that almost 29% of invasive breast cancers are missed by 2D mammography. 3D mammography exams are also better for dense breasted women than 2D.

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.

## 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 10 – 16. 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.

*Delivering Babies for Over 60 Years!*

We want your experience to be the first of many wonderful memories for you and your new baby. That's why for the past sixty years, Annie Jeffrey Memorial County Health Center has been dedicated to providing a safe and caring environment for labor and delivery.

Our professional staff is available around the clock to provide the upmost care for you and your newborn. We are proud to have helped so many family's over the years.

*Thank you for allowing us to participate in your family's care!*

*Exceptional Care,*

*Close to Home*

**Annie Jeffrey**  
MEMORIAL COUNTY HEALTH CENTER

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

(l-r) Dr. Brent Jameson, Dr. David Jameson (holding baby Tucker) and Dr. Cameron Sidak.

# Foundation for Annie Jeffrey ANNUAL REPORT

*For our Fiscal year – July 1, 2018  
through June 30, 2019*

**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 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 funds from the golf tournament, the *Foundation* purchased another high-low table for physical therapy.

In September, the *Foundation* for Annie Jeffrey kicked off its annual campaign to raise money for a new Bone Density machine and over the bed tables. At their May meeting, the Foundation for Annie Jeffrey Board of Directors voted to donate funds from their annual campaign to Annie Jeffrey Health Center to purchase a new DEXA (bone density machine). A bone density test can provide a snapshot of your bone health. The test can identify osteoporosis and determine your risk for fractures.

The *Foundation* helped sponsor the annual Lady's Night Out in

October. Women enjoyed an evening of wine, food, and coming together in the fight against breast cancer. Dr. Brent Jameson, Amy Steiner PA-C, and Katie Rystrom APRN joined the women for a meet and greet session and answered questions that the ladies asked. Numerous prizes were awarded for those attending. Several women commented how they enjoy coming to Annie Jeffrey for their mammograms because of the personal treatment they receive.

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 annual Wine & Beer Fest fundraiser at The Rose Colored Glass in Stromsburg. The money raised helped with our annual campaign.

The *Foundation* paid for a new Ultrasound and 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.

The *Foundation* started working with UNMC on a Tele-Dermatology clinic at Annie Jeffrey in the future.

With help from the *Foundation* and the Traffic Safety Council, Annie Jeffrey Health Center hosted FREE Mature Driving classes on April 17 & 18. This 8-hour class typically costs over \$300 to take but was offered for free.

The *Foundation* received donations to

help fund an ice-cream social at Annie Jeffrey with ice cream from Anna Street Trolley. This event was to help celebrate hospital week for employees and the community.



*Anna Street Trolley provided ice cream for the ice cream social.*

The Foundation for Annie Jeffrey awards scholarships to the following 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: Jenna Nekl, Mollie Rathjen, Madison Young, Hannah Tonniges, Ian Anderson, Delaney Carlstrom and Rachelle Reimers. These scholarships are in addition to the scholarships offered to Annie Jeffrey employees.

Fit & Healthy Kids summer cooking program is continuing with classes taught by our Dietary Dept.

In June, golfers from vendors and local businesses participated in the eleventh annual Foundation for Annie Jeffrey golf tournament at Ryan Hill Golf Course. Proceeds from this annual event will be used to help purchase a new E-Z Lift for patients 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.**

## Polk County Foundation Donates for 3D Mammo at Annie Jeffrey

**B**rian Becker, representing the Polk County Foundation, gives Susan Chrastil, Foundation Director a check to kick off the Foundation for Annie Jeffrey annual campaign to raise funds for 3D mammography upgrade. Also pictured from left are: Joe Lohrman, Annie Jeffrey CEO, and Foundation for Annie Jeffrey board members: Mary Lerch, Karleen Watts, John Girard, Kathy Gabel, Brian Beckner, LeRoy Gerrard, Margie Hayes and Karen Stevens. Not pictured is Steve Peterson.

The money from the Polk County Foundation is interest from the Alma Hartson estate who wanted the interest from her donation to be used to purchase medical equipment for Annie Jeffrey.

Mrs. Alma Hartson was a lifetime resident of Shelby, Nebraska. She was also a longtime teacher at Shelby Public Schools.

After retiring from teaching, Mrs. Hartson opened a preschool in the UB church in Shelby, which she ran for a number of years. She was married to Roy Hartson, who owned a Buick dealership in Shelby.

Mrs. Hartson was very community minded. She loved Polk County and the town of Shelby. To show her love for Polk County, she donated the proceeds



of an 80 acre farm to the Polk County Foundation for the future of Annie Jeffrey Health Center. The interest from her donation is used to purchase medical equipment for Annie Jeffrey. Mrs. Alma Hartson left a gift that will be used in perpetuity by the people of Polk County.

### 3D MAMMOGRAPHY & BONE DENSITY

Two New Arrivals at Annie Jeffrey



Two new preventative screening technologies are now available at Annie Jeffrey Health Center to more effectively detect breast cancer and bone density.

Please contact your health care provider or Annie Jeffrey Health Center at 402-747-2031 for more information about our new equipment or to make an appointment.

 **Annie Jeffrey**

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### Fit & Healthy Kids 2019

Annie Jeffrey Health Center offered a kids cooking class on July 17 with 14 participants.

They learned proper handwashing techniques using GloGerms, tasted different types of apples and voted on their favorites. They practiced knife safety by cutting and slicing foods and learned about food safety with raw and fresh ingredients.

All participants won a door prize and received an Annie Jeffrey apron.

Thank you to the Polk County Health Department for providing fresh herbs for the class!!!



# 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:*

## 2019 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](http://www.ajhc.org)



**Annie Jeffrey**

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Osceola, Nebraska 68651

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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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