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Annie Jeffrey Health Fair Slated for Oct. 6th

Annie Jeffrey Memorial County Health Center is staying vigilant about COVID-19, also called coronavirus. We are taking precautionary steps to protect our patients, community members and staff from COVID-19. Annie Jeffrey Health Center wants to keep the chance of infection to a minimum while continuing to be able to offer discounted health screening services to fair goers. That being said Annie Jeffrey Memorial County Health Center has decided to proceed with our 17th Annual Health Fair on Tuesday, October 6th. This year's event will not have vendors, but discounted blood draws and flu shots will be available.

Please note the change in location for this year's event as **IT WILL** be held at the Annie Jeffrey Memorial County Health Center in Osceola NOT the Polk County Fairgrounds. Fair goers will be asked to enter through the "ER walk in Entrance" on the south side of the hospital where they will be screened upon entry to the facility. If you are experiencing cold or flu symptoms including but not limited to fever, coughing and/or shortness of breath, if you or a member of your family have traveled from an area where COVID-19 is spreading or if you or a member of your family have been in close contact to or exposed to someone with a confirmed case of COVID-19 we ask that you do not attend the health fair. We ask that all fair goers wear a mask and observe social distancing recommendations while in the facility. This year's event will be held from 6:45 a.m. until 11:00 a.m.

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.

This event will be held at the Annie Jeffrey Memorial County Health Center from 6:45am-11am.

The Polk County Health Department will also be on site offering seasonal flu shots. Regular flu shots will be available to fair goers under age 65 at no cost. The health department will be accepting donations to help cover the administration of these immunizations. The Polk County Health Department will also have the High Dose Flu shots available. These are recommended

Continued on page 5

Caring Kind Award



Deb Andreasen, LPN

Every year the Nebraska Hospital Association has been honored to bestow awards to Nebraska health care employees that have risen to the top by providing service excellence and dedication to their profession. This year's award winner from Annie Jeffrey Health Center is Deb Andreasen, LPN. Deb was selected by her co-workers and has been employed in the Nursing department as a Licensed Practical Nurse since 2018. Deb is friendly to patients, patient family members, guests and co-workers. Deb is a compassionate nurse that provides excellent nursing care, is helpful and always willing to learn new skills. She has been frequently named by patients as a caring nurse in their satisfaction survey. Deb is a delight to work with and has truly been an asset to Annie Jeffrey Health Center. It's time to tell her thank you since she is Caring Kind.

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 with the new SmartCurve compression paddle that is clinically proven to deliver a more comfortable mammogram.

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.

AJ Volunteers Celebrate 25 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 25 years, the AJ Volunteers have donated **over \$117,560.00** to Annie Jeffrey Health Center with proceeds from the *Thrift Shop*.



Foundation Golf Tournament a Huge Success

Golfers from area vendors and local businesses participated in the twelfth annual Foundation for Annie Jeffrey golf tournament Friday, June 19 at Ryan Hill golf course. Proceeds from the annual event will be used to purchase a new Recovery Room Bed for hospital patients at Annie Jeffrey Health Center, according to Joe Lohrman, CEO, Annie Jeffrey Health Center.

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

The Infinite Knead Massage team won first place, first flight, with each golfer receiving a Husker Bag Chair, Husker Putter cover and a beanie. Second place, first flight, was won by the Dohman, Akerlund and Eddy team, with each player winning a golf brush, a box of Callaway golf balls, a beanie and a towel. First place, second flight winners were The Bulldogs team with each member receiving a Brush Set and alignment tool and super soft golf balls. Second place, second flight winners were the Anderson Service team with each member receiving a Groove Doctor cleaning tool and Husker golf balls.

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

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!

Corporate Flag sponsors for the tournament included A & M Business Printing, Brown's Medical Imaging, Central Valley Ag, City Bank and Trust, Pinnacle Bank, Professional Associates, Tonniges Chevrolet, Tri-County Title and Wanek Development.

The General Event Sponsors were Boruch Masonry Construction, Dohman, Akerlund & Eddy, Infinite Knead Massage Therapy, Joel & Tonya Kaup, The Olson Group and Professional Associates.

Nebraska Hospital Association donated two nice coolers for the event. City Bank donated golf balls. A & M Business Printing made and donated the golf signs.

The four-person golf teams included A & M Business Printing, Anderson Service, The Bulldogs, City Bank & Trust, Dohman, Akerlund & Eddy, Infinite Knead Massage, J & D Girard, KD Team, Kaup Team, L & A Order Buyers/Reznicek Electric 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 SAND WEDGE won by Joe Nissen from the Infinite Knead Massage team

Hole 2 – Closest to pin off tee – NHA COOLER & COLLAPSIBLE CHIPPING NET won by Mike Morgan on the Triple S team

Hole 3 – Longest Drive – HUSKER HEADCOVER & CARD GAME PLAY NINE won by Josh Gillespie from the Infinite Knead Massage team

Hole 4 – Closest to pin from off tee – GOLF BBQ SET won by Nicci Kropatch from the The Bulldogs team

Hole 5 – Longest Drive – SLAM DUNK HOT SHOT PUTTING CUP & NHA COOLER won by Corey Gabel from KD team



Above: Joe Nissen, Michaela Nissen, Amber Gillespie and Josh Gillespie won Championship flight

Hole 6 – Closest to the Red Flag on drive – ORANGE WHIP SWING TRAINER won by Riley Girard from J & D Girard team

Hole 7 – Closest chip shot – SUPERMAN HEADCOVER won by Jeremy Koenig from the Kaup team

Hole 8 – Closest to pin from off tee – TOUR EDGE PUTTER won by Joel Kaup from the Kaup team

Hole 9 – Closest to pin, 2nd shot – TIGER WOODS HEADCOVER won by Troy Knust from the Dohman, Akerlund & Eddy team.

The winner of the golf raffle was Dave Kilgore. The prize was a Cleveland RTX 4.0 Wedge.

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 64-slice CT Scanner at Annie Jeffrey

Annie Jeffrey Health Center is installing a new state-of-the-art 64-slice computed tomography (CT) scanner. The Scanner creates 64 high-resolution anatomical images per rotation. This will decrease scan times to several seconds, less than 15 seconds in most cases. The slices are as thin as a credit card and support advanced cardiac studies, among other studies. These images are combined to form a three dimensional view of the patient's anatomy.

What is Computed Tomography?

A computed tomography (CT) scan uses x-rays to make detailed pictures of structures inside of the body. During

the test, the patient lies on a table that is attached to the CT scanner, which is a large doughnut-shaped machine. The CT scanner sends x-rays through the body area being studied. Each rotation of the scanner takes less than a second and provides a picture of a thin slice of the organ or area. All of the pictures are saved as a group on a computer. They also can be printed.

A CT scan can be used to study all parts of your body, such as the chest, belly, pelvis, or an arm or leg. It can take pictures of body organs, such as the liver, pancreas, intestines, kidneys, bladder, adrenal glands, lungs, and heart. It also can study blood vessels, bones, and the spinal cord.

The Foundation for Annie Jeffrey Just Kicked Off its Annual Campaign

Since 1956, Annie Jeffrey Health Center has provided quality care for you, your loved ones and our communities. 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 year 2020 will be a year we never forget with the COVID-19 pandemic. Our family and working lives were changed. But how could we have survived without our dedicated health care employees and hospital? We are so proud of our staff. So, thank you to all of our health care workers, volunteers and community members who made masks and continued to support us during these hard times.

As you know, medical technology is changing rapidly. That means that our health care facility constantly needs to invest in new medical equipment. We invite you to continue your support of Annie Jeffrey Health Center by donating to the Foundation for Annie Jeffrey's annual campaign.

The purpose of the annual campaign is to encourage an investment in local health

care through donations to the foundation. This year we are raising money to purchase new Endoscopy scopes. Upper and lower endoscopies are procedures that let the doctor look inside your body using a scope (a long, thin tube) with a tiny camera attached. The doctor moves it through a body passageway or opening to see inside an organ. Besides imaging, these scopes can also do minor surgery.

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 volunteer board members are: Brian Beckner, Kathy Gabel, LeRoy Gerrard, John Girard, Margie Hayes, Mary Lerch, Steven J. Peterson, and Karen Stevens.

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.

UV Robot Fights Germs at Annie Jeffrey

Annie Jeffrey Health Center recently purchased a Skytron UV-C Robot which has the highest UV-C light Output in the Industry. A UV-C robot will help keep our hospital germ free. The UV-C Robot is used as part of the regular cleaning cycle, and aims at preventing and reducing the spread of infectious diseases, bacteria, and other types of harmful organic microorganisms in the environment by breaking down their DNA-structure. The robot is safe, reliable and eliminates human error. Furthermore, it is user friendly and is designed to be operated by our cleaning staff and gets rid of 99.9% of bacteria which includes COVID-19.



AJ Health Fair *Continued from page 1.*

for individuals 65 years of age and older. They will also be available at no cost for fair goers with a current Medicare card. Once again donations will be accepted by the health department to help cover the expense of administering the immunizations.

Annie Jeffrey Health Center would like to remind individuals to be patient and respect the safety recommendations as they attend this year's limited event. Individuals are encouraged to call 402-747-2031 and ask for Robin or Mindy to address any questions or concerns.

*Delivering
Babies for
Over 60
Years!*

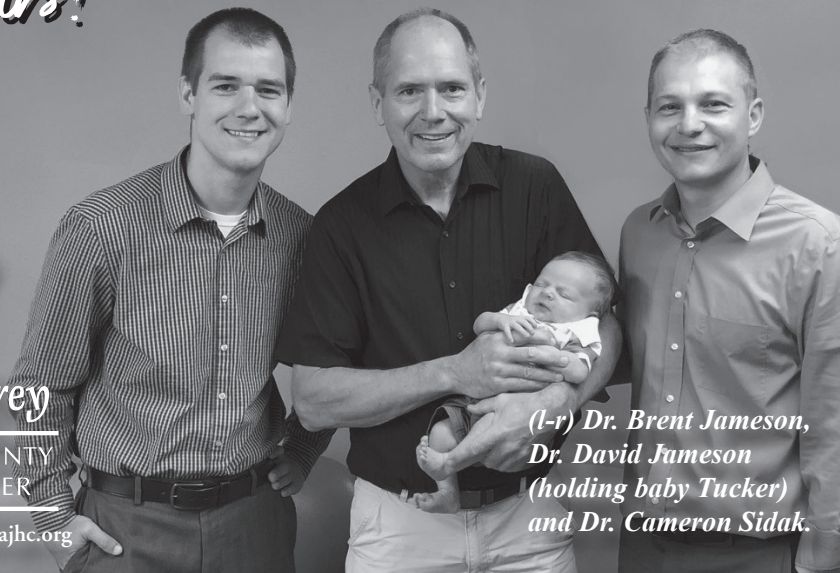
We want your experience to be the first of many wonderful memories for you and your new baby. That's why for the past sixty years, Annie Jeffrey Memorial County Health Center has been dedicated to providing a safe and caring environment for labor and delivery.

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!

Annie Jeffrey
MEMORIAL COUNTY
HEALTH CENTER

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

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.

Foundation for Annie Jeffrey ANNUAL REPORT

For our Fiscal year – July 1, 2019 through June 30, 2020

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 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.

In August with funds from the golf tournament, the *Foundation* purchased an E-Z Lift for Annie Jeffrey Health Center.

In September, the *Foundation for Annie Jeffrey* kicked off its annual campaign to raise money to update our Mammography from 2D to 3D. 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 the 3D upgrade to our Mammography machine. New information shows that almost 29% of invasive breast cancers are missed by 2D mammography.

The *Foundation* helped sponsor the 9th annual Lady's Night Out in October. The ladies enjoyed an evening of wine, delicious appetizers and coming together in the fight against breast cancer. Michelle Pruter and Nataly Sanley, Annie Jeffrey Mammography Techs, were available throughout the night to show the ladies the advantages of the recent 3D upgrade and the new SmartCurve paddles Annie Jeffrey has that offer a more comfortable exam.

The Annie Jeffrey Volunteers celebrated their 24th anniversary in November and received a Serve Nebraska certificate signed by the Governor in honor of their dedication.

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 basinet and physical therapy rebounder and combo weight rack with mirror 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. They have donated \$117,560 over 24 years to the hospital.

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

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 scholarships are: Jayne Vrbka, McKensy Pinney, Kamron Pokorney, Amanda Giannou and Libby Scott. These scholarships are in addition to the scholarships offered to Annie Jeffrey employees.

The Dietary department held a one-day event for our Fit & Healthy Kids, teaching the kids knife safety, proper handwashing techniques and food safety with raw and fresh ingredients. The best part was eating the foods they made!

In June, golfers from vendors and local businesses participated in the twelfth annual *Foundation for Annie Jeffrey* golf tournament at Ryan Hill Golf Course. Proceeds from this annual event will be used to purchase a recovery room bed for Annie Jeffrey Health Center.

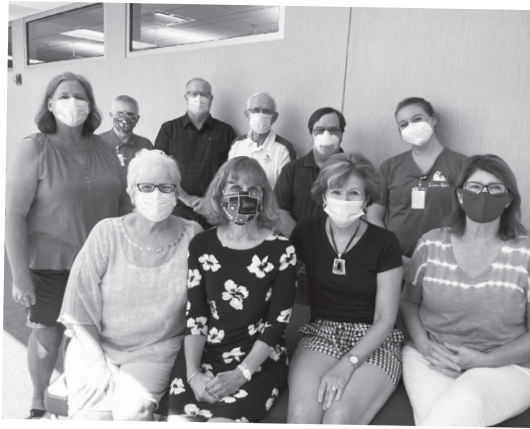
For more information about the *Foundation*, call Joe Lohrman at 402-747-2031 or Susan Chrastil at 402-418-1852.

We need Volunteers!

Do you have a few hours of extra time each month? 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 or Thursdays for more information.

Foundation for Annie Jeffrey Donates for Recovery Room Bed

At their August board meeting, the *Foundation for Annie Jeffrey* donated funds from their annual golf tournament to purchase a new Recovery room bed for Annie Jeffrey Health Center. The bed gets used daily after most out-patient procedures and surgeries.



Pictured with the new recovery room bed are Foundation for Annie Jeffrey Board Members from left back row: Kathy Gabel, Joe Lohrman, Annie Jeffrey CEO, Steve Peterson, LeRoy Gerrard, John Girard, Tonya Kaup, Annie Jeffrey DON. Front row: Karen Stevens, Susan Chrastil, Foundation Director, Margie Hayes and Mary Lerch. Not pictured is Foundation board member Brian Beckner.



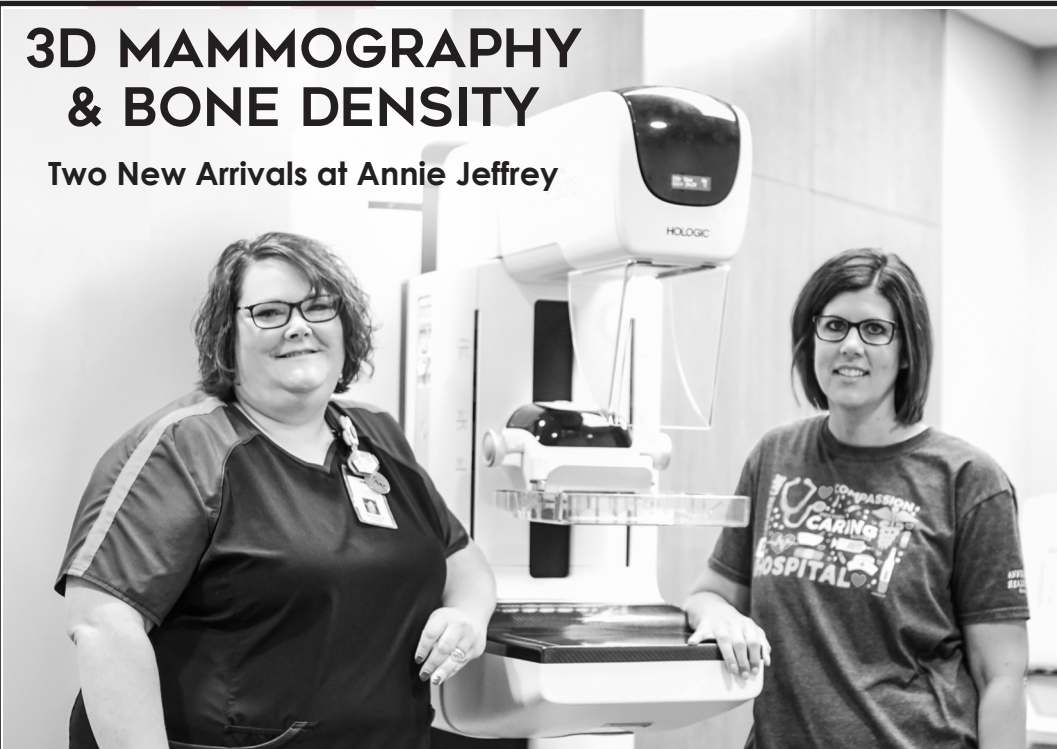
CDC Releases 2020-2021 Flu Vaccination Recommendations

The Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices today released its recommendations for the 2020-2021 flu season, which continue to advise yearly flu vaccination for all people aged 6 months and older. It expects this season's flu vaccines to include inactivated, recombinant and live attenuated vaccines, including two new vaccines expected to produce a better immune response in people aged 65 years and older.

"Because the viruses that cause flu and COVID-19 might spread at the same time this fall and winter, getting a flu vaccine is particularly important as a way to reduce the amount of flu disease and symptoms that may be confused with COVID-19, and to reduce stress on the U.S. healthcare system," CDC said.

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.



531 Beebe St., Osceola • www.ajhc.org





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:

2020 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

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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

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