

## INSIDE THIS ISSUE

Volunteers Celebrate 26 Years .....	2
Breast Cancer Awareness Month .....	2
Caring Kind Award .....	2
Golf Tourney Success .....	3
National PA Week .....	4
Novii Fetal Monitor .....	4
Foundation Kicks-off Annual Campaign .....	4
Anna Street Trolley .....	5
Delivering Babies for Over 60 Years .....	5
National NP Week .....	5
Annual Report .....	6
Staying Healthy as We Age .....	7
CDC Flu Vaccine .....	7
Foundation Family Tree .....	8

## TeleDermatology Exams at Annie Jeffrey

Annie Jeffrey Health Center is now offering TeleDermatology Clinics at the hospital. We have partnered with the Nebraska Medicine board certified dermatologists to offer this service once a month so our patients do not have to drive out of town to see a Dermatologist. You will have a face-to-face consultation. Examples of skin concerns that are best suited for teledermatology include: rashes, acne, moles or other concerning lesions, atopic dermatitis and psoriasis monitoring. Many dermatological conditions can be treated remotely. Currently Dr. Corey Georgesen is the Dermatologist virtually seeing patients at Annie Jeffrey.



*Dr. Corey Georgesen*

Dr. Corey Georgesen is a dermatologist, dermatopathologist and telemedicine specialist with Nebraskan roots and uniquely diverse training experience. Dr. Georgesen grew up in Omaha, Nebraska and attended the University of

*Continued on page 5.*



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MEMORIAL COUNTY  
HEALTH CENTER

### Medical Staff:

David Jameson, MD  
Cameron Sidak, MD  
Brent Jameson, MD  
Katie Rystrom, FNP  
Jordan Eller, PA-C

### Board of Trustees:

Steven J. Peterson, Chairman  
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John Girard, Treasurer  
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Joe Lohrman, Administrator

## EFFECTIVE THURSDAY 9/9/21



All patients and visitors need to enter our facility through the ER entrance on the southwest side of the building.

Reminder you MUST have a mask on while in our facility.

Please watch our Facebook page for more information as we make some changes to protect our patients and staff the best we can!

## No October Health Fair this Year

Annie Jeffrey Memorial County Health Center is staying vigilant about COVID. We are taking precautionary steps to protect our patients, community members and staff from COVID-19. Therefore, there will be NO October Health Fair this year.

### Hospital Visitor guidelines:

- Two healthy visitors (must be screened and masked) per non-COVID 19 patient (includes inpatients and outpatients), per day – these must be the same two people for the entire day.
- COVID-19 patients – will NOT be allowed any visitors.

### Effective Friday, September 10, 2021,

we will be closing the Annie Jeffrey Wellness Center to the public until further notice. We regret this action, but after careful review and consideration of the resurgence of COVID-19 cases that are taking place in our community, along with a surge in cases involving the Delta variant throughout the United States, we find it necessary to be proactive and protect our patients, community members, and staff from the spread of the coronavirus. Please be assured that you will be given credit to your membership for the time of closure. Please watch our Facebook page for any changes.



## AJ Volunteers Celebrate 26 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 26 years, the AJ Volunteers have donated **over \$118,560.00** to Annie Jeffrey Health Center with proceeds from the Thrift Shop.



## 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.

## Caring Kind Award

Heather Webster, has been chosen as the recipient of the 2021 Caring Kind Award at Annie Jeffrey Memorial County Health Center in Osceola. The Caring Kind Award, established by the Nebraska Hospitals Association, annually honors employees of member hospitals who distinguish themselves by their caring and compassion. Hospitals across the state select a Caring Kind recipient from within their respective institutions. Heather will be honored at the Caring Kind Award Luncheon on October 22nd at Embassy Suites Conference Center in La Vista, NE.

Heather Webster has been selected by her co-workers as the Annie Jeffrey Memorial County Health Center Caring Kind recipient for 2021. Heather has been employed in the Medical Re-

cords (HIM) department since 2018. All the nominations we received about Heather say she does her job cheerfully with a "smile" and is always polite on the phone.



*Heather Webster*

You will always see Heather busy working and helping others. She is never one to complain and just an overall wonderful employee. We are thankful for her being efficient at her job, her cheerful personality, and kindness towards others. Heather has been a delight to work with and has truly been an asset to Annie Jeffrey Memorial County Health Center. It's time we tell her thank you since she is truly the "Caring Kind".

# Foundation Golf Tournament a Huge Success

**G**olfers from area vendors and local businesses participated in the thirteenth annual Foundation for Annie Jeffrey golf tournament Friday, June 18th at Ryan Hill golf course. Proceeds from the annual event will be used to purchase a new Fetal Monitoring System for 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 Tonniges team won first place, first flight, with each golfer receiving 2 tickets to a Saltdogs game, a box of golf balls, Husker grill spatula, a tumbler and an AJ gym bag. Second place, first flight, was won by the City Bank team, with each player winning a bag chair, a box of golf balls and an AJ gym bag. First place, second flight winners were the L & A Order Buyers/Reznicek Electric team with each member receiving a rolling 36-can cooler, Husker ball markers and an AJ gym bag. Second place, second flight winners were the Kaup team with each member receiving a towel/brush set, ball marker and an AJ gym bag.

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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!

Corporate Flag sponsors for the tournament included Brown's Medical Imaging, City Bank and Trust, Diode Technologies, Pinnacle Bank, Professional Associates, Seward Cross Makers, Tonniges Chevrolet and Wanek Development.

The General Event Sponsors were Boruch Masonry Construction, Dohman, Akerlund & Eddy, Midlands Printing & Business Forms, Seward Cross Makers and The Olson Group.

Nebraska Hospital Association donated a nice cooler for the event. City Bank donated the Saltdog tickets. Mary and Al Lerch made and donated the golf signs.

The four-person golf teams included Anderson Service, The Bulldogs, City Bank & Trust, Dohman, Akerlund & Eddy, J & D Girard, Kaup Team, L & A Order Buyers/Reznicek Electric, Midlands Printing, Seward Cross Makers and Tonniges Chevrolet.

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 PUTTER** won by Nick Boruch from the Tonniges team

**Hole 2 – Closest to pin off tee – GOLF BBQ SET** won by Ethan Warren on the City Bank team

**Hole 3 – Longest Drive – SET OF THREE HUSKER HEADCOVERS** won by Casey Moscrip from the Dohman, Akerlund & Eddy team

**Hole 4 – Closest to pin from off tee – GOLF COOLER & NHA COOLER** won by Ashley Oquist from the Kaup team

**Hole 5 – Longest Drive – AUTOMATIC PUTTING SYSTEM** won by Zach Oquist from the Kaup team



*Above: Brock Tonniges, Matt Gillespie, Nick Boruch, Corey Gable won the Championship flight*

**Hole 6 – Closest to the Red Flag on drive – GOLF TRUNK ORGANIZER** won by Tony Reznicek from the La & A Order Buyers/Reznicek Electric team

**Hole 7 – Closest chip shot – TIGER HEADCOVER** won by Garrett Fisher from the J & D Girard team

**Hole 8 – Closest to pin from off tee – PLUSH IRON COVERS** won by Tim Hopwood from the L & A Order Buyers/Reznicek Electric team

**Hole 9 – Closest to pin, 2nd shot – HUSKER HEADCOVER** won by Greg Walz from the Seward Cross Makers team.

The winner of the golf club raffle was Yvonne Bennett. The prize was an Odyssey Putter. Al Lerch won a golf cooler and Zachary Boden won a tumbler.

Thank you to Mary and Al Lerch 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



*Jordan Eller, 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 Jordan Eller, PA-C for her hard work and dedication to the community.

## Foundation Donates for a Novii Fetal Monitor



At their August board meeting, the Foundation for Annie Jeffrey approved the purchase a Novii Fetal Monitor with funds from the annual golf tournament.

## 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 a panda baby warmer, phototherapy light and other OB room equipment for Annie Jeffrey.

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: Kathy Gabel, LeRoy Gerrard, John Girard, Margie Hayes, Mary Lerch, Steven J. Peterson, Karen Stevens, Lana Waller and Jane 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.

## Anna Street Trolley Serves Ice Cream to Community at AJ

Annie Jeffrey Health Center invited Anna Street Trolley to come to the hospital on July 28th from 2:00 to 4:00. They served about 150 community members free ice cream on one of the hottest days of the year! Anna Street Trolley offers premium ice cream from the Chocolate Shoppe Ice Cream Company of Madison Wisconsin. They are the first and only outlet in Nebraska serving this brand.



## TeleDermatology Exams at Annie Jeffrey *Continued from cover.*

Nebraska-Lincoln where he graduated with highest honors. He attended the University of Nebraska Medical Center on the Regent's scholarship where he was elected to the Alpha Omega Alpha Medical Honor Society and graduated with distinction. Dr. Georgesen completed internal medicine preliminary at


California Pacific Medical Center and dermatology residency at Weill Cornell/ New York Presbyterian. He then pursued additional training at the University of Pittsburgh Medical Center, completing both teledermatology and dermatopathology fellowship training programs.

*Delivering  
Babies for  
Over 60  
Years!*

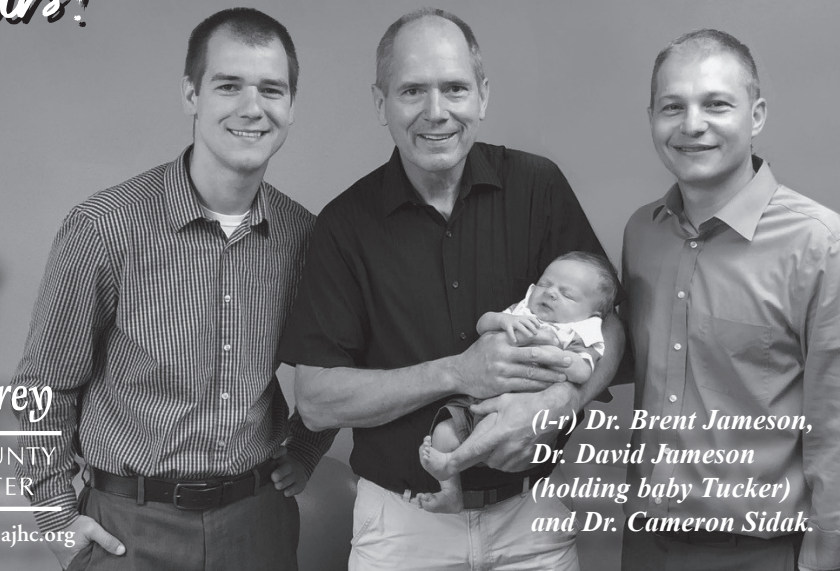
We want your experience to be the first of many wonderful memories for you and your new baby. That's why for the past sixty years, Annie Jeffrey Memorial County Health Center has been dedicated to providing a safe and caring environment for labor and delivery.

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 8-14. 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, 2020  
through June 30, 2021*

**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 a new recovery room bed for Annie Jeffrey Health Center.

In September, the *Foundation for Annie Jeffrey* kicked off its annual campaign to raise money to purchase new endoscopy upper and lower scopes. 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 help purchase these scopes. New guidelines recommend that colorectal cancer screenings begin at age 45.

The Annie Jeffrey Volunteers celebrated their 25th anniversary

in November during the COVID 19 pandemic. The *Foundation* was able to secure a grant for the Volunteers to help pay for rent, utilities and personal protective equipment so they could open the Thrift Shop back up after being closed for three months.

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.

The *Foundation* received a \$1,000 donation 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 \$118,560 over 25 years to the hospital. Annie Jeffrey Health Center honored the Annie Jeffrey Volunteers with a brunch and program in April.

In February during the pandemic, the *Foundation* held their annual Wine & Beer Fest fundraiser by having participants purchase a ticket and then go to The Rose Colored Glass in Stromsburg to pick up their wine and food to go. The silent auction was held virtually. The money raised helped with our annual campaign.

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

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: Allie Neujahr, Taylor Carlson, Emily Theis, Erica Stratman, Talia Nienhueser and



*AJ Board Members pictured  
with scholarship winners.*

Brooke Bannister. These scholarships are in addition to the scholarships offered to Annie Jeffrey employees. Since 2012, the *Foundation for Annie Jeffrey* has awarded 42 scholarships to kids in Polk County with some of those students returning to work at Annie Jeffrey.

In June, golfers from vendors and local businesses participated in the thirteenth annual *Foundation for Annie Jeffrey* golf tournament at Ryan Hill Golf Course. Proceeds from this annual event will be used to purchase a new fetal monitoring system 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.

## Staying Healthy as We Age

To keep healthy as we age, we need to develop appropriate habits to keep our body and spirit motivated. Some ideas are:

- **Physical Fitness** – Choose an exercise that you like and stick with it. Engage in at least 30 minutes of exercise each day, or as approved by your health care provider.
- **Social Well-Being** – Contribute to your community through local volunteer groups, religious organizations or civic groups. Stay in touch with your friends and family by writing, emailing or calling someone daily.
- **Mental Wellness** – Keep your mind exercised by reading, learning a new



skill and researching something that interests you. Develop a hobby because it is never too late to learn something new.

- **Financial Fitness** – Save at least 10% of your income and invest in savings plans that compound interest. Establish financial goals, stick to a budget and sign up for a retirement plan.

For questions about healthy aging, talk to your health care provider or Annie Jeffrey Health Center at 402-747-2031.



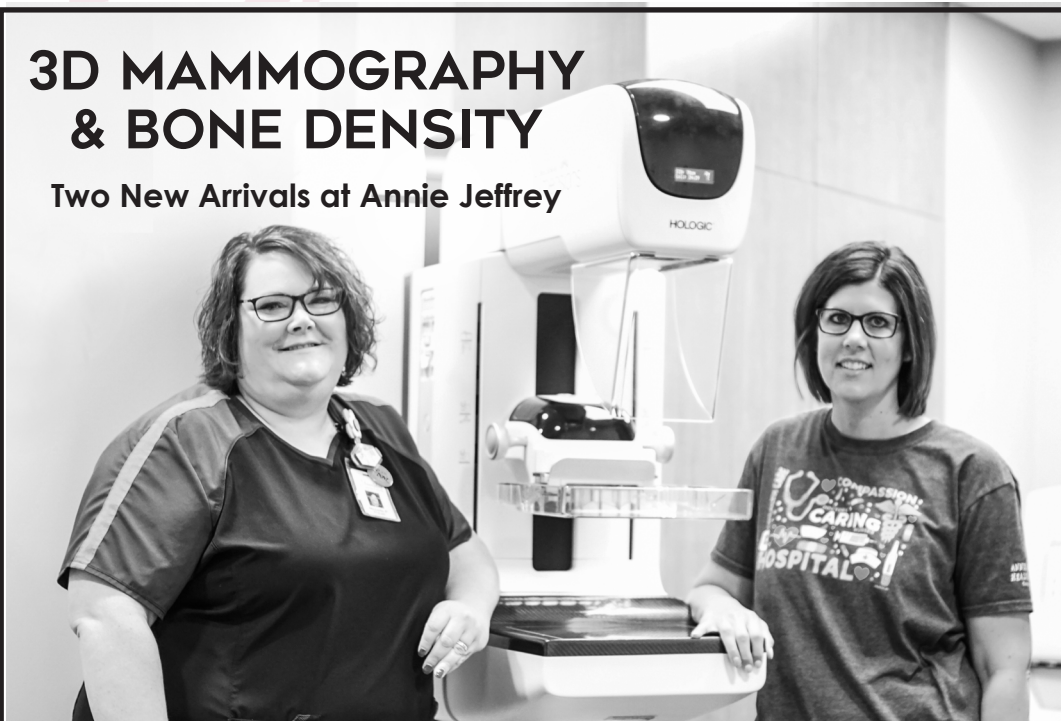
## CDC Releases 2021-22 Flu Vaccination Recommendations

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.

 **Annie Jeffrey**

531 Beebe St., Osceola • [www.ajhc.org](http://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:*

## 2021 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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