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## Annie Jeffrey Health Fair Slated for Oct. 4

Annie Jeffrey Memorial County Health Center is always taking precautionary steps to protect our patients, community members and staff from the exposure and spread of any illness including COVID-19. Annie Jeffrey Health Center wants to continue to be able to offer discounted health screening services to fair goers. That being said Annie Jeffrey Memorial County Health Center is pleased to announce we will be proceeding with our 18th Annual Health Fair on Tuesday, October 4th. 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. 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 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. This year's event will be held from 6:45 a.m. until 11:00 a.m.

*Continued on page 7.*



Published Quarterly By:



### Medical Staff:

David Jameson, MD  
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Brent Jameson, MD  
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Joe Lohrman, Administrator

## 2022 Caring Kind Award

Lou Neujahr, has been chosen as the recipient of the 2022 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. Lou will be honored at the Caring Kind Award Luncheon on October 21st at Embassy Suites Conference Center in La Vista, NE.

Lou Neujahr has been selected by his co-workers as the Annie Jeffrey Memorial County Health Center Caring Kind recipient for 2022. Lou has been employed in the Maintenance department since 2017. All the nominations

we received about Lou say he always greets you with a hello or good morning in the hallways, never complains about the "extra" tasks asked of him and is always willing to help out with any project. Lou is very kind and helpful in everything he does. You will always see Lou busy working, helping others, and is just an overall wonderful employee. We are thankful for him being efficient at his job, kind to other employees, and being a very good fit at Annie Jeffrey.



*Lou Neujahr*

Lou 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 him thank you since he is truly the "Caring Kind".



## AJ Volunteers Celebrate 27 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 27 years, the AJ Volunteers have donated **almosts \$130,000.00** to Annie Jeffrey Health Center with proceeds from the Thrift Shop.



## 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** 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.**

## Harvest for a Healthy Life

Join with us in our **HARVEST FOR A HEALTHY LIFE** campaign by making a donation to the *Foundation for Annie Jeffrey*. The funds raised from this campaign will help fund new Radiology equipment our hospital.

Donating grain, rather than cash, is a popular form of giving in our agricultural community. Farmers can donate grain before it is sold, saving on taxes. Producers gift a certain number of bushels to the *Foundation* and then the *Foundation* sells the grain. The producer doesn't have to claim the donated grain as income but can deduct the cost of raising those bushels.

All donors giving gifts accumulative of \$1,000 or more will be recognized on our "Wall of Commitment".

Tell your local elevator manager you'd like to make a grain donation to the *Foundation* for Annie Jeffrey today. Your donation is an investment in the health of your community. See enclosed insert for more information.

**Donate Today!**  
**PO Box 428, Osceola, NE**  
**402-747-2031 • [www.ajhc.org](http://www.ajhc.org)**

The Foundation for Annie Jeffrey is a 501c3 foundation and all contributions are tax deductible to the extent allowed by law.

# Foundation for Annie Jeffrey Health Center golf tournament a huge success!

Golfers from area vendors and local businesses participated in the fourteenth annual Foundation for Annie Jeffrey golf tournament Friday, June 17th at Ryan Hill golf course. Proceeds from the annual event was used to purchase new OB equipment for the two new OB rooms 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 City Bank team won first place, first flight, with each golfer receiving 2 tickets to a Saltdogs game, a bag chair, and a Golf essential kit which includes a golf towel, cleaning brush, golf ball alignment kit, divot repair tool, golf ball and tee holder. Second place, first flight, was won by the Perry Reid Construction team, with each player winning an Annie Jeffrey Visor, a groove doctor brush, BBQ seasoning and golf balls

First place, second flight winners were the Winslow team with each member receiving a 2 tickets to a Saltdogs game, Husker cooler, hot sauces and golf balls. Second place, second flight winners were the JC Physical Therapy team with each member receiving an Annie Jeffrey Visor, towel/brush set, and 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.

Corporate Flag sponsors for the tournament included Brown's Medical Imaging, City Bank and Trust, Cubby's in

Shelby, Eakes Office Solutions, Hastings Radiology, JC Physical Therapy, Pinnacle Bank, Professional Associates, and Tonniges Chevrolet.

The General Event Sponsors were Boruch Masonry Construction, Brown's Medical Imaging, Diode Technologies, Dohman, Akerlund & Eddy, Midlands Printing & Business Forms, The Olson Group, Perry Reid Construction, LLC and Professional Associates.

City Bank donated the Saltdog tickets. Mary and Al Lerch made and donated the golf signs.

The four-person golf teams included The Bulldogs, City Bank & Trust, Dohman, Akerlund & Eddy, The Force, Gabel & Friends, JC PT, J & D Girard, Kid's Krew, Perry Reid Construction, Tonniges Chevrolet and Winslow Team.

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 LAUNCHER UTILITY IRON won by Rick Jones from the Winslow team

**Hole 2 – Closest to pin off tee –** CHIPPING NET & BALLS won by Deb Whitmore on the Gabel & Friends team

**Hole 3 - Longest Drive –** SET OF THREE HUSKER HEADCOVERS won by Brandi Watts from the JC Physical Therapy team

**Hole 4 – Closest to pin from off tee –** GOLF COOLER won by Doug Anderson from the Perry Reid Construction teamteam

**Hole 5 – Longest Drive –** GOLF BBQ SET won by Logan Watts from the JC



*City Bank team won the Championship flight.*

Physical Therapy team

**Hole 6 – Closest to the Red Flag on drive –** TIGER HEADCOVER won by Garrett Fisher from the J & D Girard team

**Hole 7 – Closest chip shot –** OWL HEADCOVER won by Glenn Moon from the JC Physical Therapy team

**Hole 8 – Closest to pin from off tee –** HUSKER BLANKET won by Ernie Johnson from the City Bank team

**Hole 9 – Closest to pin, 2nd shot –** GOLF COOLER BAG won by Ethan Warren from the City Bank team.

The winner of the golf club raffle was Jim Winslow. The prize was a Tour Edge Hot Launch C522 Driver.

Thank you to Tonniges Chevrolet for sponsoring the hole-in-one, Mary and Al Lerch for printing the golf signs, City Bank for donating Saltdog tickets, all our Corporate Flag sponsors and our General Event sponsors, Annie Jeffrey Staff and Volunteers for their help and all our golfers!

"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    Nicolas 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 and Nicolas Eller, PA-C for their hard work and dedication to the community.

## Annie Jeffrey has two new delivery suites

Rural community hospitals deliver nearly one in 10 babies in the United States, yet nearly half of rural community hospitals do not offer obstetric services. Annie Jeffrey Health Center has been delivering babies for over 60 years and recently finished the addition of two new OB suites.



**To schedule a tour of the new OB suites, call Annie Jeffrey Health Center at 402-747-2031.**



*Kim Yungdahl and Megan Fitzgerald in OB room*

### **Each suite has:**

- A new delivery bed with access on three sides
- Space for the family to be with the mother and child
- A baby warmer
- A bathroom that is compliant with the Americans with Disabilities Act regulations which means a wheelchair can turn around in it
- Special ceiling mounted delivery lights
- Many more medical gases and electric outlets than we previously had

*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  
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.*

# The Foundation 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.

We will never forget the pandemic years. 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 Radiology 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.

*A recipe from our Dietary Department at Annie Jeffrey Health Center:*

## Chicken Club Pasta Salad

*Prep 20 min. Cook 10 min. Ready in 30 min.*

### Ingredients

- |   |                                    |
|---|------------------------------------|
| 8 ounces corkscrew-shaped pasta           | 1 Avocado-peeled, pitted & chopped |
| ¾ cup Italian Salad Dressing              | 1 cup cubed Muenster Cheese        |
| ¼ cup Mayonnaise                          | 1 cup chopped Celery               |
| 2 cups chopped, cooked rotisserie chicken | 1 cup chopped green bell pepper    |
| 8 ounces cherry tomatoes, halved          |                                    |
| 12 Slices crispy cooked bacon, crumbled   |                                    |

### Directions

1. Bring a large pot of lightly salted water to a boil. Cook pasta in the boiling water, stirring occasionally until cooked through but firm to the bite, 10 to 12 minutes. Drain and rinse under cold water.
2. Whisk Italian dressing and mayonnaise together in a large bowl. Stir pasta, chicken, bacon, Muenster cheese, celery, green bell pepper, cherry tomatoes, and avocado into dressing until evenly coated.

## 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, 2021  
through June 30, 2022*

**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 fetal monitoring Novii for Annie Jeffrey Health Center. The *Foundation* Board also voted to add two new members to the Board of Directors.

In September, the *Foundation* for Annie Jeffrey kicked off its annual campaign to raise money to purchase new OB equipment for the two new OB rooms. At their May meeting, the *Foundation for Annie Jeffrey* Board

of Directors voted to donate \$130,000 from their annual campaign and the building fund to Annie Jeffrey Health Center to help purchase new OB equipment. Also at the May meeting, the *Foundation* Board was able to tour the first completed remodeled OB room.

The Annie Jeffrey Volunteers celebrated their 26th anniversary in November.

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 an \$11,000 donation from the Annie Jeffrey Volunteers at their annual Christmas Party. 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 almost \$130,000 over 26 years to the hospital. Annie Jeffrey Health Center honored the Annie Jeffrey Volunteers with a brunch and program in April.

In February the *Foundation* held their annual Wine & Beer Fest fundraiser at The Rose Colored Glass in Stromsburg. The money raised from ticket sales and the silent auction helped with the annual campaign.

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: Lane Urkoski, Trinity Boden and Blaike Bryan. These scholarships are in addition to the scholarships offered to Annie Jeffrey employees. Since 2012, the *Foundation for Annie Jeffrey* has awarded 46 scholarships to kids in Polk County with some of those students returning to work at Annie Jeffrey.



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

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

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

## **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.

## Annie Jeffrey Health Fair Slated for Oct. 4 *Continued.*

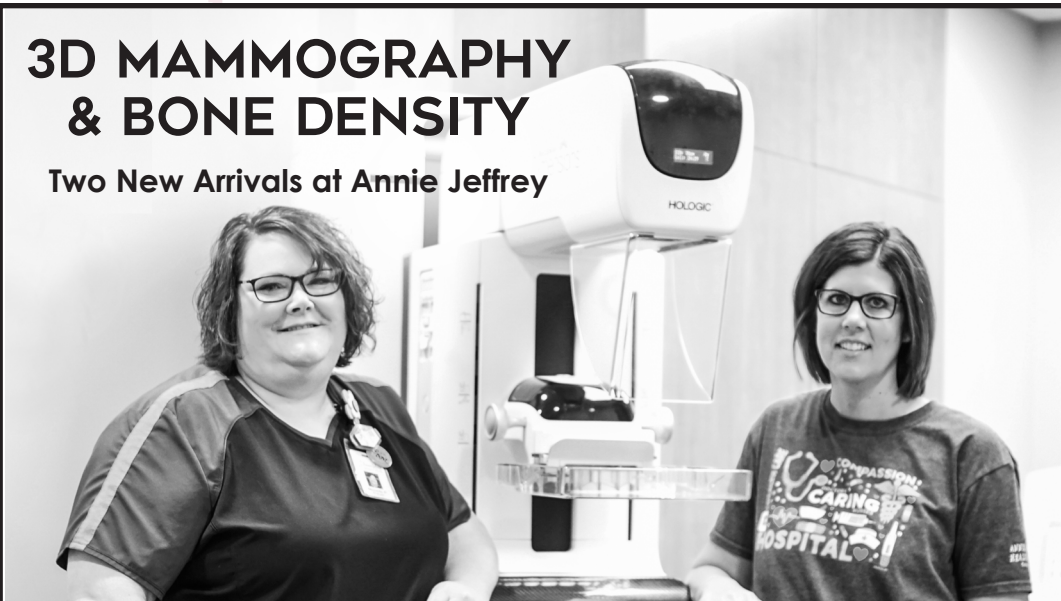
Pending availability, Annie Jeffrey Health Center will be providing comprehensive blood screening profiles including general blood chemistry analysis, cholesterol profile, and complete blood cell count at a discounted rate of \$35 (a \$315 value). Thyroid screening (TSH), diabetes screening (Hemoglobin 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.

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 for a \$10 administration fee. The Polk County Health Department will also have the High Dose Flu shots available. These are recommended for individuals 65 years of age and older. They will be available at no cost for fair goers with a current Medicare card. Donations will be accepted by the health department to help cover the expense of administering the immunizations.

We hope you choose to take control of your health by attending the Fall Health Fair. Annie Jeffrey Health Center would like to remind individuals to be patient and respect the safety recommendations as they attend this year's event. No appointment is necessary and walk-ins are welcome for lab work and flu shots from 6:45 am until 11:00 am. Individuals are encouraged to call 402-747-2031 and ask for Robin to address any questions or concerns.

### 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)



## The Secret of Blueberries



These delectable little berries are delicious in a variety of recipes AND are packed full of health benefits. By increasing your consumption of blueberries you should notice a healthier complexion, healthier hair, increased energy and lower weight!

The nutrients and vitamins in blueberries help build and maintain bone structure and strength, lower blood pressure and manage diabetes. The blueberry's fiber, potassium, folate, Vitamin C, Vitamin B6 all support heart health. The antioxidants in blueberries help protect cells against cancer. Blueberries also improve mental health, promote healthy digestion and even fight wrinkles.

You can enjoy blueberries all year long by freezing fresh blueberries and pulling them out of your freezer to add to your favorite meal, snack or when making a smoothie.



# 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:*

## 2022 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**

531 Beebe Street  
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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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