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Annie Jeffrey Health Fair Slated for Oct. 3

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 19th Annual Health Fair on Tuesday, October 3rd. This year's event will have discounted blood draws and flu shots will be available.

The health fair will be held at the Annie Jeffrey Memorial County Health Center in Osceola. 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. 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. All participants who want a blood test are asked to not eat or drink 8-12 hours before the test. You are encouraged to drink as much water as possible to keep hydrated and to take your medications as you usually do. Please bring a self-addressed, stamped legal sized envelope so that your test results can be mailed directly to you.

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AJHC Receives Award

Annie Jeffrey Health Center was recently named one of the top 20 critical access hospitals (CAHs) for the Best Practice in Patient Satisfaction in the country.

The Top 20 CAHs, including Annie Jeffrey Health Center, scored best among CAHs as determined by the Chartis Center for Rural Health for Best Practice in Patient Satisfaction. The rankings were recently announced by the National Rural Health



Association (NRHA). An awards ceremony will be held during NRHA's Critical Access Hospital Conference in September in Kansas City, Mo.

Congratulations to our dedicated physicians and staff who have contributed to our hospital in achieving this designation!



AJ Volunteers Celebrate 28 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 28 years, the AJ Volunteers have donated **over \$135,000.00** 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!**

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 be used to purchase new Lab equipment for 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.

Donate Today!
PO Box 428, Osceola, NE
402-747-2031 • 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 fifteenth annual *Foundation for Annie Jeffrey* golf tournament Friday, June 16th at Ryan Hill golf course. Proceeds from the annual event will be used to purchase new infusion chairs at Annie Jeffrey Health Center, according to Marcus Augustin, CEO, Annie Jeffrey Health Center.

“It was a beautiful day, a great community event plus an important fund-raiser for our medical center,” said Augustin.

The Tonniges Chevrolet team won first place, first flight, with each golfer receiving a Husker cutting board, 5 pc. Griddle set, an AJ cooler, and a Golf accessories kit which includes a golf towel, golf club brush, groove sharpener, divot repair tool kit and golf cleaner. Second place, first flight, was won by the J & D Girard team, with each player winning a Car Care Kit, an Annie Jeffrey notebook, Husker golf marker set and golf balls.

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

First place, second flight winners were the Hayes team with each member receiving a 3 pc grill tool set, grill seasonings and golf balls. Second place, second flight winners were the DAE team with each member receiving an Annie Jeffrey notebook, an AJ charging kit, City Bank tumbler and golf balls.

No one won the new Chevrolet with a hole-in-one on #4. Tonniges Chevrolet sponsored that hole. All golfers received a Golfer Appreciation card for discounts on golf accessories.

Corporate Flag sponsors for the tournament included Annie Jeffrey Physical

Therapy, Brown’s Medical Imaging, City Bank and Trust, Pinnacle Bank, Professional Associates, The RHINO Group, SMAART Medical Systems, and Tonniges Chevrolet.

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

Mary and Al Lerch made and donated the golf signs.

The four-person golf teams included Annie Jeffrey Physical Therapy, BDDK team, Blackwell team, City Bank, Dohman, Akerlund & Eddy, J & D Girard, Hayes team, Hiatt team, Jarecke team, Midlands Printing, Professional Associates, Tonniges Chevrolet, Jordan Tonniges team 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 – TIGER HEADCOVER won by Dan Theis from the Professional Associates team

Hole 2 – Closest to pin off tee – ODYSSEY PUTTER won by Logan Kuhl on the Tonniges Chevy team

Hole 3 - Longest Drive – SET OF THREE HUSKER HEADCOVERS won by Matt Gillespie from the Tonniges Chevy team.

Hole 4 – Closest to pin from off tee – GOLF COOLER won by Mary Pat Nathan from the Blackwell team

Hole 5 – Longest Drive – GOLF BBQ SET won by Riley Girard from the J & D Girard team



Tonniges Chevrolet team won the Championship flight. Pictured from left are Matt Gillespie, Brock Tonniges, Logan Kuhl and Nick Boruch

Hole 6 – Closest to the Red Flag on drive – GOPHER HEADCOVER won by Al Lerch from the Midlands Printing team

Hole 7 – Closest chip shot – PATRIOTIC & DEER HEADCOVER won by Rich Craig from the Midlands Printing team

Hole 8 – Closest to pin from off tee – 6-PACK COOLER won by Jarad Ockander from the Winslow team

Hole 9 – Closest to pin, 2nd shot – HUSKER BLANKET won by Martin Konarski from the Hiatt team.

The winner of the golf club raffle was Al Lerch. The prize was a Taylor-Made SIM2 MAX Driver.

Thank you to Tonniges Chevrolet for sponsoring the hole-in-one, Mary and Al Lerch for printing the golf signs, 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, businesses and suppliers added to the success of this event”, Augustin 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.

Delivering Babies for Over 60 Years

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 new Mom's love our 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

(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 a new Chemistry Analyzer for Annie Jeffrey. A chemistry analyzer is an instrument that is used to help doctors diagnose kidney function, liver function, blood sugar, lipid, electrolytes, coagulation, and so much more. It is vital for most of our inpatient, outpatient and emergency room results. The new analyzer has quicker turnaround times and will get used about 4700 times a year.

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.

Brenda Fee Chosen as the 2023 Caring Kind Award Winner

Brenda Fee, has been chosen as the recipient of the 2023 Caring Kind Award at Annie Jeffrey Memorial County Health Center in Osceola.

The Caring Kind Award, established by the Nebraska Hospital 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.

Brenda Fee has been selected by her

co-workers as the Annie Jeffrey Memorial County Health Center Caring Kind recipient for 2023. Brenda has been employed in the Lab department since 2017. All the nominations we received about Brenda say that she provides compassionate care to her patients and always treats staff and patients with respect and dignity. Brenda



Brenda Fee

Continued on page 7.

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 12-18. 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 Marcus Augustin, CEO, Annie Jeffrey Health Center.

Foundation for Annie Jeffrey ANNUAL REPORT

For our Fiscal year – July 1, 2022 through June 30, 2023

The *Foundation for Annie Jeffrey* is a non-profit corporation organized to provide funding for projects (such as new medical equipment or facility renovations) that promote health care in the communities served by Annie Jeffrey Health Center. The *Foundation* is governed by a nine-person volunteer board. The hospital foundation keeps track of funds which are donated and for what purpose they are donated; seeks grants and other outside funding; provides tax reports to the IRS; recognizes donors in newsletters and on our Wall of Commitment; helps publish quarterly newsletters; plans fund raising events; and participates in numerous hospital and clinic activities. Donations to the *Foundation* qualify as tax-deductible charitable gifts.

Here is a recap of the past years events and activities.

In September, the *Foundation for Annie Jeffrey* kicked off its annual campaign to raise money to purchase new Radiology room equipment. At their February meeting, the *Foundation for Annie Jeffrey* Board of Directors voted to donate \$75,000 from their annual campaign to Annie Jeffrey Health Center to help purchase new Radiology room equipment.

The Annie Jeffrey Volunteers

celebrated their 27th anniversary in November.

In November, the *Foundation* paid \$6,500 for a new stepper for the Wellness Center after receiving a generous gift for this equipment.

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 \$5,500 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 over \$135,000 over 27 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.

In February, the *Foundation* paid for new pictures in the hospital after receiving a generous donation for them.

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: Kirsten Glatter, Sierra Boden, Elizabeth Hoffman, Emma Jones, Saylor Osentowski, Hailey Lindburg and Kenzie Wruble. These scholarships are in addition to the scholarships offered to Annie Jeffrey employees. Since 2012, the *Foundation for Annie Jeffrey* has awarded 53 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 fifteenth annual *Foundation for Annie Jeffrey* golf tournament at Ryan Hill Golf Course. Proceeds from this annual event will be used to purchase new infusion chairs for Annie Jeffrey Health Center.

The Foundation for Annie Jeffrey Board Members are:

- Kathy Gabel
- LeRoy Gerrard
- John Girard
- Margie Hayes
- Mary Lerch
- Steven Peterson
- Karen Stevens
- Jane Watts
- Lana Waller

For more information about the Foundation, call Marcus Augustin 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, Thursdays or Fridays or contact Roxie Page for more information.



Annie Jeffrey Health Fair Slated for Oct. 3 *Continued.*

The Comprehensive Blood Screening Profile provides information on your body's ability to fight infection along with helping identify health issues such as but not limited to anemia, diabetes, heart disease, some clotting disorders, cancers, and liver disease. The thyroid screening, TSH, measures a thyroid stimulating hormone that tells if your thyroid is working too hard or not hard enough.

The diabetes screening, Hemoglobin A1C, measures your average blood sugar for the past 2 to 3 months. This test provides a much better indication of long-term glucose control than a blood glucose.

Vitamin D screening provides a baseline Vitamin D level which is important since insurance companies will not cover this screening unless you are pre-diagnosed with a deficiency. Vitamin D deficiency presents a silent danger, it has been linked to several different illnesses and conditions including osteoporosis, respiratory diseases, high blood pressure, depression, fatigue, mood changes, psoriasis, muscle weakness, bone pain, and kidney problems.

The prostate cancer screening, PSA, measures a prostate specific antigen in men. This protein produced by the prostate gland tells men information about their prostate health.

The Polk County Health Department will also be on site offering seasonal flu shots. Regular flu shots will be available to fair goers for \$35. The Polk County Health Department will also have High Dose Flu shots available for \$76. 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, this does not include Medicare Advantage plans. Donations will be accepted by the health department to help cover the expense of administering the immunizations.

The Four Corners Health Department will also be on site offering free blood pressure checks. They will also have their skin scope available to provide a free skin analysis evaluating damage caused by the sun.

We hope you choose to take control of your health by attending the Fall Health Fair on October 3rd. Reminder no appointment is necessary that 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 or Mindy to address any questions or concerns.

Simulation in Motion

In August, the staff at Annie Jeffrey, along with local EMS trained in a 44-foot-long, customized truck that provides a mobile, real-life experience designed to enhance life-saving skills for those in rural areas.

The SIM trucks are taken to rural emergency medical service agencies and critical access hospitals. This also allows training to be team-based as learners train side-by-side with the people they normally work with. The customized trucks feature dual slide-out room extensions, a simulated emergency room and ambulance, a control room, as well as high-tech, computerized patient



simulators that talk, breathe, have heartbeats, and can react to medications and other actions of the learners. Each mobile unit is equipped to recreate a realistic environment for learners including medical supplies, pre-programmed computerized medical and trauma scenarios; monitors that display vital signs of patient simulators; heart monitors/defibrillators; audio and video recording/playback capabilities and mock drugs.

Brenda Fee *Continued.*

works well with her team members and nursing staff. She always goes above and beyond showing kindness and compassion to whoever she encounters and has a heart of gold. She is always willing to try new things and asks questions to ensure she is providing quality care. Brenda is always thinking about how she can brighten people's day. She volunteers to do the extra things for patients, whether it's going to the store and purchasing their favorite snack item or sitting and lending an ear for a much needed conversation. She truly cares about the hospital, patients, and staff and is a very good fit at Annie Jeffrey.

In her spare time, Brenda loves to do things with family and friends. She enjoys gardening, tending to her chickens, dog and cats. She sends birthday cards to her church family and enjoys reading, eating out and attending Bible workshops. Brenda and her husband Mike have one child Jordan who is in his senior year at UNL-Lincoln studying Finance.

Brenda 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 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 waiting room. 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:

2023 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



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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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