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@AnnieJeffreyMemorialHealthCenter

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Annie Jeffrey Health Fair Slated for Oct. 7

Annie Jeffrey Memorial County Health Center is pleased to announce details about our 21st Annual Fall Health Fair. This year's event will be held at Annie Jeffrey Memorial County Health Center on Tuesday, October 7th. This year's event will have some on-site information available along with discounted blood draws, flu shots, and free blood pressures and skin analysis evaluation pending availability.

The health fair will be held at *Annie Jeffrey Memorial County Health Center in Osceola*. If you are experiencing cold or flu symptoms including but not limited to rash, fever, coughing and/or shortness of breath 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.

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.

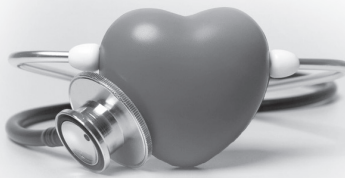
The diabetes screening, Hemoglobin A1C, measures your average blood sugar for the

Continued on page 7.

CNA classes held at Annie Jeffrey

Annie Jeffrey Health Center has recently partnered with the Polk County Health Department and Osceola Public Schools to offer CNA classes to high school students. These classes provide hands-on experience to students who want to pursue a medical career. Pictured are six students who are busy learning.





Staying Healthy

We go through our lives constantly evaluating where we are, whether it is in relationships, finances, and/or spiritual well-being. At some point in time, we must also evaluate our medical health as well. Various questions or concerns will ultimately need to be answered, explained, and discussed and a very good source for this information will be your primary care provider.

With the upcoming Annie Jeffrey Health Center Health Fair scheduled for October 7, there will be opportunities to be screened for various diseases and set into motion your control of your health care needs along with the guidance and direction of your primary care provider. If you are already established with a primary health care provider this may be an opportunity to update or review your latest findings or concerns and follow up to assure your health care needs are being met at an adequate level. The key is communication amongst you and your provider and taking an active interest in your overall health.

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 4 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 Mammography 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.**



Congressman Flood Tours Health Center

Representative Flood is involved in addressing the needs of rural hospitals in Nebraska and is continually working to advocate for and support these vital institutions like Annie Jeffrey Health Center.

Ambulance at Annie Jeffrey Health Center

Annie Jeffrey Health Center recently purchased an ambulance that is being used for patient transfers. Often times, ambulance service is unavailable when a patient needs to be transferred to a higher level medical facility for specialized care.



Foundation for Annie Jeffrey Health Center Golf Tournament a Huge Success!

Golfers from area vendors and local businesses participated in the seventeenth annual *Foundation for Annie Jeffrey* golf tournament Friday, June 20 at Ryan Hill golf course. Proceeds from the annual event was used to purchase a new Blanket Warmer 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.

Great Plains Bank team won first place, first flight, with each golfer receiving a Meguiars Complete Car Care kit – a 6-piece detailing kit packages together the essential products for properly cleaning and protecting your car inside and out and an AJ backpack.

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

Second place, first flight, was won by the Cornerstone Bank team, with each player winning an AJ cooler and a Turtle Wax complete car Care Kit.

First place, second flight winners were the City Bank team with each member receiving a Golf Towel, a 3 piece grill tool set and a golf accessories kit.

Second place, second flight winners were the Professional Associates team with each member receiving an receives an AJ notebook, Groove it brush 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 golf discount card courtesy of American Hole-in One.

Corporate Flag sponsors for the

tournament included City Bank and Trust, Dohman, Akerlund & Eddy, Edgewater Insurance, Great Plains State Bank, Heritage Bank, Pinnacle Bank, Professional Associates, Reflexion Physical Therapy, The RHINO Group, Andrew Simmons CPA, Tonniges Chevrolet and TruBridge. The General Event Sponsors were Boruch Masonry Construction, Cornerstone Bank, Dohman, Akerlund & Eddy, Genoa Community Bank, Midlands Printing & Business Forms, and Professional Associates.

Mary and Al Lerch made and donated the golf signs. Great Plains State Bank and Reflexion PT donated prizes.

The four-person golf teams included ABDK Team, Annie Jeffrey Physical Therapy, City Bank, Cornerstone Bank, Great Plains State Bank J & D Girard, Jim’s Team, The Olson Group, Professional Associates, Jordan Tonniges Team, 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 – THE GOLF FATHER DRIVER HEADCOVER won by Danny Seim on the Cornerstone Bank team

Hole 2 – Closest to pin off tee – RACCOON HEADCOVER won by Matt Gillespie on the Tonniges Chevrolet team

Hole 3 – Longest Drive – TIGER HEADCOVER won by Tim Girard on the Great Plains State Bank team

Hole 4 – Closest to pin from off tee – BATHROOM GOLF GAME won by Brock Tonniges on the Tonniges Chevrolet team

Hole 5 – Longest Drive – GOLF COOLER BAG, THE BIRDIE SHOT



First Place winners from Great Plains State Bank were Clint Leffler, Tim Girard, Jake Hopwood and Garrett Long.

AND A GIFT BASKET won by Riley Girard on the J & D Girard team

Hole 6 – Closest to the Red Flag on drive – GOOD GOOD CAP & THE BIRDIE SHOT won by Al Lerch on the ABDK team

Hole 7 – Closest chip shot – DOG HEADCOVER won by Kathy Gabel on the ABDK team

Hole 8 – Closest to pin from off tee – DEER HEADCOVER & THE BIRDIE SHOT won by Gene Snyder on the Cornerstone Bank team

Hole 9 – Closest to pin, 2nd shot – GOLF BBQ SET won by Jake Hopwood on the Great Plains State Bank team.

The winner of the golf club raffle was Terry Kurtenbach. The prize was an Odyssey putter.

Thank you to Tonniges Chevrolet for sponsoring the hole-in-one, Mary and Al Lerch for printing the golf signs, Annie Jeffrey Dietary Staff for the breakfast and snacks, all our Corporate Flag sponsors and our General Event sponsors, Annie Jeffrey Staff and Volunteers for their help, Ryan Hill Staff 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.

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 had previously.

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

*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.

Thank you to all of our health care workers, volunteers and community members who continue to support us!

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 Ultrasound for Annie Jeffrey. We use our Ultrasound for many diagnostic procedures and need to upgrade to new technology. An Ultrasound uses high-frequency sound waves to create images inside the body. Besides using an ultrasound for monitoring fetal growth and development, it gets used



for abdominal pain and swelling, breast lumps, thyroid inflammation and pelvic issues.

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, John Girard, 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.

Roberts Receives Caring Kind Award

Heather Roberts has been selected by her co-workers as the Annie Jeffrey Memorial County Health Center's Caring Kind recipient for 2025. With 19 years of dedicated service in the nursing department, Heather is an invaluable member of our team and a true asset to both our facility and our patients. She consistently goes above and beyond for her co-workers and patients, demonstrating compassion, teamwork, and professionalism in everything she does.

Heather is a team player within the organization and can be counted on to do extra work when needed. She will take on other shifts when we are short staffed and constantly looks for ways to benefit the nursing unit. She has a positive attitude and strong dedication to her job. She is level-headed and calm in stressful situations and responds to emergencies quickly.

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 9-15. 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, 2024
through June 30, 2025*

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 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, the *Foundation* paid \$17,253.45 for a new GlideScope with proceeds from our golf tournament and a grant. The *Foundation for Annie Jeffrey* also received a donation from a trust.

In September, the *Foundation for Annie Jeffrey* kicked off its annual campaign to raise money to purchase a new Sterilizer. At their February

meeting, the Foundation for Annie Jeffrey Board of Directors voted to donate \$80,000 from their annual campaign to Annie Jeffrey Health Center to purchase a new Sterilizer.

The Annie Jeffrey Volunteers celebrated their 29th 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 a \$6,500 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 \$142,000 over 29 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.

Twice this year, we were fortunate to have Boutique 29 Eleven offer their clothing at Annie Jeffrey Health

Center with a portion of their proceeds donated back to the *Foundation*.

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: Taya Pinneo, Courtney Carlstrom, Gage Friesen, Ava Cramer, Chesney Sunberg, Kaleena Nuttelman, Melinn Roberts, and Janna Roberts. These scholarships are in addition to the scholarships offered to Annie Jeffrey employees.

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

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

The *Foundation for Annie Jeffrey* Board Members are:

- Kathy Gabel
- John Girard
- Mary Lerch
- Steven Peterson
- Karen Stevens
- Jane Watts
- Lana Waller

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 for more information.



Annie Jeffrey Health Fair Slated for Oct. 7 *Continued.*



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 for individuals with Medicare Advantage and Railroad insurance plans. 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 Part B card, this does not include Medicare Advantage or Railroad plans. Donations will be accepted by the health department to help cover the expense of administering the immunizations.

Once again we are pleased to announce the care manager from Aging Partners will be present with information about the services offered to older adults in the community and information regarding the upcoming Medicare open enrollment. The Four Corners Health Department will also be on site offering free blood pressure checks. Pending availability, they will also have their skin scope on site 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 7th. Reminder no appointment is necessary. 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.

Roberts Receives Caring Kind Award

Continued.

Heather and her husband Nick have 5 kids. In her “not so” spare time, they can likely be found on a bleacher watching one of their 4 high school children competing in a sporting or extracurricular activity. Demolition derby, Figure 8, football, softball, volleyball, basketball, wrestling, track, one act, speech, FFA, one or more of the kids compete in all and keep her out of work schedule full. If there are a few spare days, Heather loves to travel or spend time with the menagerie of animals that occupy their farm just west of Osceola.

Heather’s dedication, kindness, and hard work are deeply appreciated in every aspect of her role. We are proud to honor her with this well-deserved recognition. It’s time we tell her thank you, as she is truly embodies the spirit of the “Caring Kind”.

Foundation Donates Toward New Blanket Warmer

At their August board meeting, the Foundation for Annie Jeffrey donated funds from their annual golf tournament to purchase a new blanket warmer for Annie Jeffrey Health Center.



Pictured with the Blanket Warmer are Foundation for Annie Jeffrey Board members: Karen Stevens, Jane Watts, Susan Chrastil, Foundation Director, Lana Waller, Steve Peterson, John Girard, Kathy Gabel and Marcus Augustin, CEO. Not pictured are Mary Lerch and Nataly Sanley, COO



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:

2025 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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Standard Route Presort

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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