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@ AnnieJeffreyMemorialHealthCenter

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Annie Jeffrey Health Fair Slated for Oct. 8

Annie Jeffrey Memorial County Health Center is pleased to announce details about our 22nd Annual Fall Health Fair on Thursday, October 8th. This year's event will have discounted blood draws and flu shots will be available.

The health fair will be held at *Annie Jeffrey Memorial County Health Center in Osceola*. 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 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.

Continued on page 7.

CNA classes held at Annie Jeffrey

Annie Jeffrey Health Center started offering CNA classes to high school students recently. These classes provide hands-on experience to students who want to pursue a medical career. Pictured are four students who are working towards their CNA certificate.





Donating grain

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 Operating Room 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.

Contact Danielle Winslow at 402-747-2031 for more information.

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



ment 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.**

Keeping Care Moving: AJHC Ambulance Services

Annie Jeffrey Health Center purchased a new ambulance last fall to help provide safe and reliable patient transfers to higher-level medical facilities. Since putting the ambulance into service, our team has completed 71 ambulance transfers as of August.

For a rural hospital like Annie Jeffrey, having access to dependable transportation is an important part of providing quality patient care. There are times when a patient needs specialized services or a high level of care that is not available locally. When that happens, getting the patient to the appropriate medical facility quickly and safely is essential.

Unfortunately, ambulance services are not always available when a transfer is needed. Having our own ambulance helps Annie Jeffrey Health Center reduce delays and gives our medical team another option when transporting patients who require care elsewhere.

This service provides an added layer of support and security for our patients, their families, and our community. Every transfer represents a patient who needed continued care, and having the resources to help get that patient where they need to be is an important part of our commitment to the communities we serve.

The Annie Jeffrey ambulance is more than a vehicle- it is an investment in **timely access to care, patient safety, and the health of our community.**



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

Golfers from area vendors and local businesses participated in the eighteenth annual *Foundation for Annie Jeffrey* golf tournament Friday, June 19th at Ryan Hill golf course. Proceeds from the annual event will be used to purchase new operating room equipment 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.

Tonniges Chevrolet team won first place, first flight.

Patina Studios and Flooring won second place, first flight.

Cornerstone Bank won first place, second flight.

Second place, second flight winners were Winslow's Team.

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 'n One.

Corporate Flag sponsors for the tournament included AS CPA PC, Dohman,

Akerlund, & Eddy, Economy Hometown Market, Edgewater Insurance, Elite Anesthesia, M.L. Smith Law Office, Patina Studios and Flooring, Pinnacle Bank, Prairie Health Ventures, Reflexion Physical Therapy, Shelby Lumber Co. In., Stromsburg Softwater, Thomas McKenny CRNA.

The General Event Sponsors were Boruch Masonry Construction, COPIC, Cornerstone Bank, Midlands Printing, and Thomas McKenny CRNA.

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

~ Marcus Augustin, CEO

Mary and Al Lerch made and donated the golf signs.

The four-person golf teams included Reflexion Physical Therapy, Cornerstone Bank, J & D Girard, Midland Printing LLC, M.L. Smith Law Office, Patina Studios Flooring, Emily Tripplett's Team, Winslow's Team,



First place winners from Tonniges Chevrolet team, from left, Kyle Hilger, Brock Tonniges, Matt Gillespie and Kramer Watts.

Stack and Foutch, and Tonniges Chevrolet.

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.

Physical Therapy: Keeping you moving and active

Physical Therapy can help relieve pain, restore function, and improve quality of life of life for a wide variety of conditions and injuries. Patients range in age from pediatric to geriatric and may receive care for neurological or musculoskeletal conditions.

Physical Therapy can benefit pre- and post-operative patients, workers' compensation patients, weekend warriors, high school athletes, and individuals experiencing neurological conditions related to stroke, traumatic brain injury, or spinal problems.

Physical Therapists can treat the entire body, from head to toe, including the neck, back, ribs, pelvis, arms and legs. They can also help manage certain types of vertigo, balance impairments, and many aches and pains associated with everyday activities and use of the body.



The Physical Therapy team at Annie Jeffrey

Continued on page 4.

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.

Physical Therapy: Keep you moving and active

Continued.

Treatment is individualized to each patient and may include a variety of interventions, such as ultrasound, electrical stimulation, mechanical traction, iontophoresis, specialized manual therapy techniques, dry needling, and therapeutic exercises and activities.

The goal is to help each patient reduce pain, improve movement and strength, restore function, and return to the activities they enjoy.

The Physical Therapy staff at Annie Jeffrey Memorial County Health

Center consists of physical therapists Nathan Olson, Kellen Benes, and Douglas Hackett; physical therapist assistants Shane Meyers and Brandi Watts; and physical therapy aides Katie Wilgocki and Bridget Nuttelman.

Together they provide the PT at Annie Jeffrey for outpatients, inpatients, and swing bed patients. Outpatient scheduling is available between 7:00 a.m. and 5:00 p.m. Monday through Friday. Please call 402-747-1434 for more information.

Annual Volunteers' Luncheon

“Remember The Ladies: Stitching Together a Revolution”

Janie York presented this past April at our annual Volunteer's Luncheon that was held at St. Paul Lutheran Church. The luncheon was very well attended, and everyone thoroughly enjoyed Janie York's presentation.

Janie York's presentation explores the vital role that America's founding women played during the American Revolution. The words of Abigail Adams- wife of John Adams- echo in the title, as she urged her husband to “Remember the Ladies” while he and the Continental Congress drafted the document that would shape a new democracy. Women of the era used ingenuity, creativity, and needlework to support the military cause. You'll meet activists, impersonators, and seamstresses who advanced the war effort and, in some cases, helped change its course.

This presentation was made possible by Humanities Nebraska, the Nebraska Cultural Endowment, and Foundation for Annie Jeffrey as part of the HN Speakers Bureau. Remembering the ladies is approximately 300 programs offered through the Humanities Nebraska Speaker Bureau. The more

than 165 available speakers include acclaimed scholars, writers, musicians, storytellers and folklorists on topics ranging from pioneer heritage to ethics and law to international and multicultural issues, making it the largest humanities speaker bureau in the nation.



Annie Jeffrey's volunteers listening to Janie York's presentation on “Remembering the Ladies”

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 Operating Room Equipment for Annie Jeffrey. We use our operating for procedures like colonoscopies, endoscopies, and other outpatient procedures, and need the need is there to upgrade to new technology. Operating Room Equipment could allow rural patients to not have to worry about traveling



far, arranging transportation, missing a lot of work, or other financial barriers that make traveling for medical procedures difficult. Providing more of these services locally makes healthcare more accessible.

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.

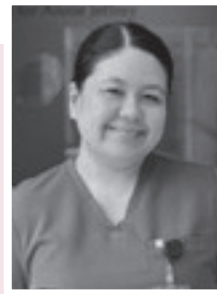
The Foundation for Annie Jeffrey is a 501(c)(3) foundation and all contributions are tax deductible to the extent allowed by law. The *Foundation for Annie Jeffrey* and the Annie Jeffrey Health Center hope that the community can share their excitement about fulfilling ways to invest in the future of local health care.

2026 Caring Kind Award recipient

Sheena Abril, Medical Laboratory Scientist at Annie Jeffrey, has been selected by her co-workers as the Annie Jeffrey Memorial County Health Center's Caring Kind recipient for 2026. With two years of dedicated service in the Laboratory Department, Sheena consistently displays genuine compassion, kindness, and empathy in her interactions with patients, families, and coworkers. She goes above and beyond each day to make sure patients receive the best care

possible and never hesitates to step up and help out wherever needed.

In addition to exceptional patient care, Sheena is an incredible teammate. She always has a smile on her face and is truly a joy to work with. Her positive attitude and selflessness create a supportive environment for both staff and patients alike.



Continued on page 7.

New orthopedic surgeon seeing patients at AJHC



Jake Bianco, MD
Orthopedic surgeon
Central Nebraska Orthopedics

From advanced surgical techniques to sports medicine expertise, Jake Bianco, MD is providing comprehensive orthopedic services right here in central Nebraska. As our newest orthopedic specialist, Dr. Bianco, brings his experience in complex hip and knee reconstruction, ensuring access to most advanced care-right here in our community.

Bianco received his Medical Degree from the University of Nebraska College of Medicine and residency at the University of Kansas-Wichita. A proud Nebraska native, Dr. Bianco was raised in North Platte and is an avid Husker sports fan, as well as a passionate sportsman, enjoying hunting, camping, and competitive shooting.

Dr. Bianco is available every other Tuesday at Annie Jeffrey Memorial County Health Center. Call Annie Jeffrey today at 402-747-2031 to schedule your appointment and start getting back to living.

Foundation for Annie Jeffrey ANNUAL REPORT

*For our Fiscal year – July 1, 2025
through June 30, 2026*

The *Foundation for Annie Jeffrey* is a 501(c)(3) 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 maximum nine-person volunteer board. The hospital foundation keeps record 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 \$4,661.64 for a new blanket warmer with proceeds from our golf tournament.

In September, the *Foundation* kicked off its annual campaign to raise money to purchase a new Ultrasound Machine. At their February meeting, the Foundation Board of Directors voted to donate \$91,390.00 from their

annual campaign to Annie Jeffrey Health Center to purchase this equipment.

The Annie Jeffrey Volunteers celebrated their 30th anniversary in November.

At the November *Foundation* board meeting, a retirement party was held for Susan Chrastril. It was announced the Danielle Winslow would be taking over her position as Foundation director.

The annual *Foundation* Family Tree Celebration was held in December. Funds raised from this event were contributed to the annual campaign. 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 \$8,500 donation from the Annie Jeffrey Volunteers at their annual Christmas Party. The Annie Jeffrey Volunteers run the Thrift Shop in Osceola and donate their proceeds to help the hospital pay for special items. They have raised and donated over \$156,000 over 30 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* 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* scholarships are: Addison Theis, Adrienne Waller, Braelyn Winslow, Cannon Mooney, Danica Watts, Eden Peterson, Elva Velasco, Emersyn Prossoski, Kenslei Carlson, Lorelee Logan, Peyton Hoffman and Taytum Tonniges. These scholarships are in addition to the scholarships offered to Annie Jeffrey employees.

In June, golfers from vendors and local businesses participated in the eighteenth annual *Foundation* golf tournament at Ryan Hill Golf Course. Proceeds from this annual event will be used towards the capital campaign for Annie Jeffrey Health Center.

For more information about the *Foundation*, call Danielle Winslow, Nataly Sanley or Marcus Augustin at 402-747-2031.

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. 8 *Continued.*



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 8th. 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.

Abril receives Caring Kind Award

Continued.

Sheena graduated in 2013 from Doña Remedios Trinidad Romualdez Medical Foundation College in Tacloban City, Philippines. Before coming to Polk County, she worked as a Medical Laboratory Scientist in a private hospital for 10 years. Those years gave her valuable experience and strengthened her passion for serving others through healthcare.

Family is also a very important part of Sheena's life. She is the eldest of four children, and even though she is far from home, she makes it a priority to stay connected with her mom and siblings. After work or whenever she has a day off, she enjoys video calling them to check in, catch up, and hear how they are doing. Staying

connected with her family helps her feel close to them and makes being away from home a little easier.

In her spare time, Sheena enjoys staying active through home workouts and running, which help maintain her physical health and well-being. She also enjoys reading, attending concerts, traveling, exploring new places, and spending quality time with her friends. One of her favorite activities is playing pickleball with her housemate, Bella.

The nominations we received for Sheena consistently describe her as having remarkable gift for staying positive, working efficiently, and sharing a smile, even during the most stressful and not-so-fun moments. Her genuine care for the hospital, its patients, and staff makes her a true asset to Annie Jeffrey. It's time we tell her thank you, as she truly embodies the spirit of the "Caring Kind".



Scholarships awarded to 12 students

In 1959, Polk County received a generous gift from Dr. Charles W Jeffrey. As a memorial to his mother Annie, Dr. Jeffrey donated funds to help build a new hospital in Osceola. Thanks to Dr. Charles Jeffrey's foresight, Annie Jeffrey Health Center is proud to say that we have helped thousands of people through the years. Our dedication to improving both the delivery of health care and the living conditions in our area are top goals.

The Foundation for Annie Jeffrey continues Dr. Jeffrey's vision by offering scholarships for the future of health care. We offer scholarships to the four-area high-school seniors wanting to pursue a health-related degree plus scholarships to our employees who want to further their education. The are scholarship winners are: Braelyn Winslow, Taytum Tonniges, Emersyn Proski, Addison Theis, Adrienne Waller, Lorelee Logan, Danica Watts, Eden Peterson, Cannon Mooney, Peyton Hoffman, Elva Velasco, Kenslei Carlson.





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:

2026 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

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

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