

INSIDE THIS ISSUE

Foundation Purchases BiPap Machine.....	2
November is American Diabetes Month.....	3
Free Diabetes Talk	3
Celiac Disease	3
Hearts on Fire Wine Fest	4
2013 Foundation Family Tree	4
Annual Report 2013 ...	5
Health Fair	5
AJ Volunteers Win Point of Light Award...	7



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Time to Sign Up!

Get your New Year's Resolutions off to a great start by participating in the 2014 Snowman Marathon coordinated by Annie Jeffrey Health Center. The theme for the 2014 Snowman Marathon is "Deal Yourself a Healthy Hand". The overall purpose of the Snowman Marathon is to establish a routine of regular activity and healthy lifestyle by providing weekly goals, nutrition information, and keeping you motivated with fun and prizes. Participation will be limited to the first 60 people to sign up.

- Sign up will take place between November 4 and Dec 20. Registration cost will be \$25. Return registration form, fee and pick up your packet at Annie Jeffrey Admission Office located at 531 Beebe Street Osceola, NE 68651.
- Packets will be available at registration time. In order to hold your space, you will need to return your registration form, \$25 registration fee, *AND* pick

up your packet in person at the Annie Jeffrey Admission office. The admission office is open from 7 am - 5 pm Monday – Friday. Once all 60 packets have been picked up, we will no longer accept any further registrations. You may mail in your registration form however, your spot will not be reserved until your packet has been picked up. We will allow another person to pick up your packet, as long as your registration form and payment have been submitted.

- In the packet, participants will be given instructions, mileage logs, weekly contest forms and prize information. Two healthy eating presentation are also planned this year - see your packet for further information.
- Free use of the AJ Wellness Center will be offered to all participants, but those using equipment at home are also encouraged to participate.
- Free health screenings will be done Thursday, Jan 2 from 4-6 pm at Annie Jeffrey. These free screenings will *only be available at this time*, so we encourage participants to plan ahead to attend this session. These will include waist circumference, weight and height, body fat, BMI, blood pressure.
- These screenings will be available again at the Spring Health Fair so that participants can see the benefits of their hard work.

Continued on page 4.

ANNOUNCEMENT:

Annie Jeffrey Health Center was one of many phone numbers left out of the new area phone book. Please take a moment and pencil in our phone number 402-747-2031 into your directory for fast reference when you need to contact us. Thank you!

Happy Holidays!

The Physicians, PA's, Annie Jeffrey Board of Directors, Foundation for Annie Jeffrey Board of Directors, AJ Volunteers and the staff at Annie Jeffrey Health Center and Annie Jeffrey Family Medicine and would like to wish you and your family a safe, healthy and happy holiday season!

SCHEDULE YOUR MAMMO TODAY!

Remember to schedule your mammogram at Annie Jeffrey and be eligible to win a special iPad!

**Call Today:
402-747-2031**

Mothers, Daughters, Sisters, Friends...

 **Annie Jeffrey**
402-747-2031 • www.ajhc.org

About 1 in 8 women in the U.S. will develop breast cancer. The sooner it is detected, the more likely she will survive the disease.

Mammography screening is the most effective method of early detection, and so an annual mammogram is recommended for women over age 40.

Annie Jeffrey Health Center invites you to experience "Exceptional care, close to home". Schedule your digital mammogram now and receive a special gift. Plus, your name will be entered to win an iPad.

**Convenient appointment times available.
Call today at 402-747-2031.**



*Back Row L-R: Daughters Erin and Amy.
Front Row L-R: Sister Gloria, granddaughter Emaree, Breast Cancer Survivor Anita, granddaughter Mia, and Mother Rea Mae.*

Foundation for Annie Jeffrey Purchases BiPap with Proceeds from Golf Tournament

At their August meeting The Foundation for Annie Jeffrey donated \$6816.00 to Annie Jeffrey Health Center with funds from their golf tournament for a BiPap machine. BiPap is

a procedure to assist the effectiveness of breathing in patients with acute and chronic lung disease who are struggling to breath. It will help prevent patients from getting intubated and transferred.



Pictured from left are Foundation for Annie Jeffrey Board Members: Steven Peterson, Joe Lohrman, Annie Jeffrey CEO, Mary Lerch, Kathy Gabel, Karleen Watts, Terry Fusco, Margie Hayes, John Girard and Chris Gabel, Annie Jeffrey DON. Not pictured are board members Brian Beckner, Karen Stevens and Foundation Director, Susan Chrastil.

November is American Diabetes Month

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes is a mystery, although genetics and factors such as obesity and lack of exercise appear to play a role in this disease. There are 18.2 million people in the United States who have diabetes, unfortunately 1/3 of them are unaware that they have the disease.

Often diabetes goes undiagnosed because many of its symptoms seem so harmless. Early detection and treatment of diabetes can decrease the chance of developing complications of diabetes. Some diabetes

symptoms include:

- Frequent urination,
- Excessive thirst,
- Extreme hunger,
- Unusual weight loss,
- Increased fatigue,
- Irritability,
- Blurry vision

If you have one or more of these diabetes symptoms, you need to see your health care provider right away. Annie Jeffrey Health Center offers a wellness program on Diabetes Education. During the Diabetes Education classes, students learn about symptoms, medication, blood glucose monitoring, exercise and meal planning. Physician referral is required for these classes. Call Annie Jeffrey Health Center at 402-747-2031 to get tested for diabetes or for answers to your health related questions.



Join Us

for a

FREE Educational Talk on Diabetes

Please join Dr. Cameron Sidak for an informative talk on the symptoms, complications and treatment of Diabetes. Diabetes is quickly becoming an epidemic as over 18.2 million people in the U.S. have the disease. Many of which do not even realize they have it.

Please join us to learn more about this silent and deadly disease.

Where: Annie Jeffrey Health Center in the dining room

Watch the Polk County News for the date and time of Dr. Sidak's talk on Diabetes.

Celiac Disease

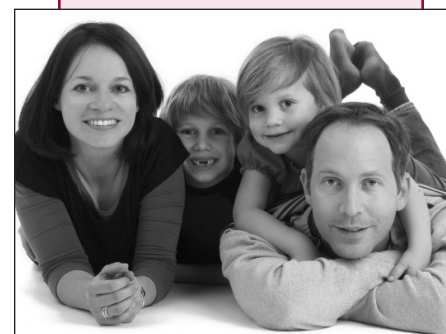
Celiac disease (CD) is one of the most common inherited disorders (one in 133 people in the United States have CD) – however, it is estimated that 90-95% of these people have not yet been diagnosed. The symptoms of the disease vary a lot from person to person – and can be similar to symptoms of irritable bowel syndrome, lactose intolerance, chronic fatigue syndrome, and diverticulosis.

Proteins from wheat, rye and barley trigger damage in the small intestine. This, in turn, can lead to deficiencies of iron, folic acid, calcium and Vitamins A, D, E and K. Celiac disease is also linked to an increased risk of osteoporosis, infertility and some cancers of the gut. If a person has Type 1 diabetes, osteoporosis, Down syndrome, Turner syndrome, lymphoma, autoimmune thyroid disease – you are at an increased risk of CD.

Symptoms can occur at any age and can be triggered by events such as pregnancy, surgery, infection, or severe emotional stress. The number and severity

of symptoms vary greatly from one person to another. The following symptoms may occur alone or in combination:

- Anemia
- Deficiency of vitamin A,D,E,K
- Abdominal pain, gas, bloating, cramping
- indigestion
- recurring/persistent diarrhea
- constipation
- extreme weakness and fatigue
- weight loss
- lactose intolerance
- dermatitis herpetiformis
- elevated liver enzymes
- frequent canker sores
- easy bruising
- bone/joint pain
- edema of feet and hands
- menstrual irregularities
- infertility in both men and women
- recurrent miscarriages
- migraine
- depression
- peripheral neuropathy



Continued on page 6.

2014 Snowman Marathon

Continued from front.

- Free total cholesterol levels and discounted rates on other Health Fair lab will be available at the Spring Health Fair to those who submit all 8 mile-age logs. (Only 1 free blood draw will be done this year).
- The marathon will begin January 5 this year. Participants track their own mileage logs and submit them each week – on-line at www.ajhc.org, or at the AJ Wellness Center.
- Special prizes will be drawn weekly to reward “runners” who turn in weekly mileage sheets. All participants will receive a Snowman Marathon T-shirt.
- To keep you on track and motivated - we will have exciting weekly contests and drawings where everyone can win prizes! Snowman Marathon concludes on March 1, 2014. All participants who have submitted 8 mileage logs by March 1 will be entered to win the grand prize package worth over \$200!



Hearts on Fire Wine Fest

**Fundraiser to help support
Annie Jeffrey Health Center**

Foundation
FOR ANNIE JEFFREY
402-747-2031 • www.ajhc.org



Join Us

*Sunday, February 9th for a
Hearts on Fire Wine Fest
at “The Rose Colored Glass” in Stromsburg*

Enjoy many excellent wines from Nebraska as well as hors d'oeuvres, desserts and a few silent auction items for Valentine's Day.

Tickets are \$25 per person and can be purchased from Foundation members or from Annie Jeffrey Health Center.

Call Susan Chrastil at 402-418-1852
for more information.



Foundation for Annie Jeffrey Board members decorate the Foundation Family Tree. Pictured from left are: John Girard, Brian Beckner, Karleen Watts, Karen Stevens, Steve Peterson, Mary Lerch, Terry Fusco, Joe Lohrman and Susan Chrastil.

2013 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. Make sure to stop and see the personalized Christmas ornaments hanging on the

Christmas tree at Annie Jeffrey Health Center, honoring community members. The tree is located in the hospital waiting area. To purchase an ornament or for more information, please call Annie Jeffrey Health Center at 747-2031.

Annie Jeffrey Memorial County Health Center Annual Report 2013

Patients and community members come to us in need and honor us with their trust. They place their health, and often even their lives, in our hands. We take that responsibility seriously and ensure our patients receive quality, personalized and compassionate health care in a safe and efficient manner.

We continue to develop our work plan in conjunction with our strategic plan. Our Balanced Score Card gives us measurable information that allows us to track how we are doing in the areas of Financial Performance, Community and Customers, Internal Processes and Our People (Employees). We also continue our work in the areas of customer service excellence, provider recruitment and retention, communication with the public, expansion of services, and retaining a high quality workforce.

The following is a summary of activities for the past year:

- Awarded Helmsley Trust eEmergency grant of \$307,286, a program that gives physicians immediate access to specialty care 24 hours a day. The grant was used to implement eEmergency technology and improve access to specialty services. eEmergency ensures that board-certified emergency physicians and emergency-trained nurses are available to assist local providers in treating trauma, heart attack, stroke, and other critical conditions.
- Continued October Mammograms incentives program
- Implemented ePharmacy which provides around-the-clock access to remote pharmacy support at Annie Jeffrey Health Center. The ePharmacist reviews prescriptions when the on-staff pharmacist is not available. This new system provides a safe and effective method of prescription delivery to our patients.
- Finished Values Collaborative and Meaningful Use Training for staff
- AJ Volunteers held their 17 year anniversary celebration at the Thrift Shop

- AJ Volunteers received the 2013 First Lady's Outstanding Community Service Award
- Strategic Planning continued for the next three years
- Hosted the Foundation Family Tree Celebration
- Foundation for Annie Jeffrey held a wine tasting event in February with proceeds to be used for Phase III of the remodeling project
- Worked on Master Facility Plan and presented to Board of Directors
- Snowman Marathon Wellness Program was well attended
- Annie Jeffrey awarded a silver medal for low Workman's Comp claims from Nebraska Hospital Association
- Foundation for Annie Jeffrey received a \$10,000 Verizon grant to help with ePharmacy program
- Foundation for Annie Jeffrey and the Polk County Foundation sponsored an Estate Planning Seminar
- Foundation for Annie Jeffrey gave three scholarships to area high school students plus gives scholarships to Annie Jeffrey employees
- Featured a Baby insert with all babies born at Annie Jeffrey during the past year in the Polk County News
- Purchased new lab equipment with funds from Foundation for Annie Jeffrey annual campaign
- Purchased a BiPap Machine with proceeds from golf tournament
- Purchased and installed a new 16-slice CT scanner
- Partnered with Pinnacle Bank in sponsoring BC/BS Walk for Lunch Day
- Annie Jeffrey participated in disaster training as part of the Southeast Nebraska Medical System (SEMRS)
- Hosted the fifth Annual Foundation for Annie Jeffrey Golf Tournament

Continued on page 6.

AJ Health Fair

The tenth annual Annie Jeffrey Memorial County Fall Health Fair held on October 1st was a huge success. Over 200 fairgoers, from a variety of Nebraska communities, visited the health exhibits with 154 taking advantage of the discounted comprehensive health blood profiles. Fifteen anatomy/biology students from two local schools took advantage of the educational opportunities available through the health fair. A continental breakfast was provided by Annie Jeffrey's dietary staff.

The health fair is designed to be an event where people can learn about their own health and obtain information about services provided in the area. Participants were able to visit different booths where vendors provided free body fat analysis, oximetry, blood typing, blood pressure screening, skin cancer screening, and colon cancer screening kits were available.

Seventy four adults and children received their seasonal flu vaccination

Continued on page 7.



Celiac Disease

Continued from page 3.

Diagnosis of celiac disease cannot be done on symptoms alone. Initially, blood tests are available to screen people who have symptoms or have relatives with celiac disease.

Ninety-seven percent of people with celiac disease have a genetic marker that can now be used to diagnose the disease. This test requires an intestinal biopsy while eating a gluten-containing diet.

The only treatment for celiac disease is a strict gluten-free diet for life. A gluten free diet allows the gut to recover and can lower the risk of developing many of the complications of untreated celiac disease. Because of the complexity of the gluten-free diet, patients should be referred to a registered dietitian for nutrition education.

Sandra Burwell, RD, LMNT from Annie Jeffrey Health Center recently attended a class on Celiac Disease and can help with nutrition education. Regular follow-up with a physician is also recommended.

REFERENCES: Celiac Disease – Hidden and Dangerous, by the Canadian Celiac Association

Financial and Statistical Highlights

Statistic	2012	2013
Acute admissions	221	184
Swing Bed Days	491	245
Surgical Cases	51	44
Observation Hours	2,628	3,129
CT Scans	394	360
ER Visits	816	780
X-ray Visits	1,876	1,702
Specialty Clinic Visits	793	692
PT procedures	11,953	9,022
Operating Gain (Loss)	\$251,556	(\$235,677)

- Partnered with Tooley's to offer Durable Medical Equipment at Annie Jeffrey monthly
- Partnered with Traffic Safety Plus to hold free Mature Driving Classes at Annie Jeffrey
- Dr. Jameson celebrated 25 years of health care in Polk County
- Published education on Advanced Directives
- Hosted monthly trauma meetings with area rescue units
- Published a number of informational articles in The Polk County News
- Published a quarterly Heartbeat newsletter
- Utilized tele-health equipment for educational and diagnostic purposes
- Co-sponsored and participated in National Walk Day, four blood drives, and Stromsburg Swedish Festival Fun Run
- Participated in Shelby and Osceola school system career day, Teammates Mentoring and other school related activities.
- Provide shadowing opportunities for college and high school students
- Utilized tele-health for Bryan LGH nursing students and Central Community College medical career students
- Active in area Chamber of Commerce and community organizations

In addition to the financial and statistical measures, Annie Jeffrey participated in the following community partnerships:

- Offered two Health Fairs to community members with information and discounted health screenings



In this years, Fifth Annual Foundation for Annie Jeffrey Golf Tournament, the team of Dohman, Akerlund, and Eddy (above) won first place, first flight, with each golfer receiving two Saltdog tickets and a golf gift pack.

We wish to express our sincere gratitude for allowing us the privilege to serve your health care needs during the past year. We look forward to providing you and your loved ones with the best quality health care services in the upcoming year and are honored that you trust us with your most valued possession... your health.

The foundation for Annie Jeffrey Memorial County Health Center's future continues to be our reliance on the strength of our staff and its resolve to remain true to the heart of our mission and values – the provision of quality, compassionate health care for the citizens of Polk County and the surrounding area.



Front row: Marian Daum, Mary Lou Stallings, Karleen Watts, Donna Snook, & Gloria Oquist. Middle row: Margie Hayes, Susan Chrastil, Gladys Gaedeke, Marie Jarmin, Dorothy Simpson, Martha Huggler, Idelle Jacobsen, Janet Carlson, Ardie Hayes, & Trudy Anderson. Back row: Marcus Augustin, Marilyn Holmberg, Rogene McMeekin, Marjorie Johansen, Becky Hays, Marie Fusco, LaVerne Stevens, Karen Stevens, Cathy Peil, Marian Johnson, & RaeLynn McKiernan.

Annie Jeffrey Volunteers - Winner of the 2013 Governor's Point of Light Community Service Award

The AJ Volunteers are the winners of the 2013 Governor's Point of Light Community Service Award and were presented the award at Governor Heineman's monthly Proclamation Ceremony on November 13th at the State Capitol.

The Governor's Point of Light Awards are presented quarterly at a special ceremony at the State Capitol and recognize Nebraska volunteers who give their time, talent and energy to help Nebraskans build stronger communities.

"It is my pleasure to heartily endorse the Annie Jeffrey Volunteers for the Governor's Point of Light Award", says Joe Lohrman, CEO, Annie Jeffrey Health Center.

"The organization is a great group of ladies that give their time and labor to the communities! They operate a Thrift Shop in the community of Osceola and have it open over 900 hours a year. They always have a smile and kind word for anyone that may venture in! The shop does a great business and over the past 18 years has been able to donate almost \$100,000.00 to the Annie Jeffrey Memorial County Health Center for the purchase of needed equipment! That alone is an amazing feat considering most of the items in

the shop sell for pennies on the dollar!

The Volunteers are also on hand to help with community projects, such as our local Easter Egg hunt held each year at our nursing home. The Volunteers assist the residents in filling the eggs with candy and catch up on the local happenings as they complete their task! It is a labor of love and enjoyed by all!

They also help with the annual health fair, hold bake sales, help with the health center's golf tournament and any other community project that may need assistance!

The organization has over 60 members! The membership comes from all parts of the county and surrounding area. They also enjoy the social aspect of the group and often bridge the gaps that are often left in small, rural communities between the service organizations, churches, government programs and local businesses. The Board of Directors and Staff of Annie Jeffrey are appreciative of everything the Volunteers do! They are a great example of what is right with Nebraska!"

AJ Health Fair

Continued from page 5.

from the Polk County Health Department.

Several individuals took advantage of the Aging Partners Health & Fitness from Lincoln bone density screening opportunity in an attempt to make early detection of osteoporosis possible. Lifeteam Critical Care Transport Company had their helicopter on site for a special viewing opportunity.

There were 26 vendors at the fair providing health information and services.

This year new vendors that were on hand included Arbor Health Plan, Solo Fitness, Lifeteam Critical Care Transport, and the Polk County Sheriff's Office. The Annie Jeffrey Volunteers held a bake sale raising over \$300.00.

The Health Fair Committee would like to thank all of the exhibitors, participants, and Annie Jeffrey staff helping at the fair for making the 2013 health fair a success. Planning has already begun for the 11th Annual Fall Health Fair. Look for upcoming information on the 7th annual Mini-Spring Health Fair.

At this time of Thanksgiving, our thoughts turn gratefully to our community of donors with warm appreciation. Annie Jeffrey Health Center and the Foundation for Annie Jeffrey wish you and your family a bountiful Thanksgiving and would like to thank you for your support of our medical center through your financial gifts.

Any gift, large or small, is a donation to our hospital's future and an investment in our community.

Because of your support we are making a difference in local health care.

A lit candle with a "Thank You" tag, pumpkins, and autumn leaves.
Foundation
FOR ANNIE JEFFREY
402-747-2031

See Annie's Babies on our website at:
www.AJHC.org



Annie Jeffrey

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