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MEMORIAL COUNTY  
HEALTH CENTER

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## Snowman Marathon 2012



Get your New Year's Resolutions off to a great start by participating in the 2012 Snowman Marathon coordinated by Annie Jeffrey Health Center. The overall purpose of the Snowman Marathon is to establish a routine of regular activity and healthy eating by providing weekly goals, nutrition information, and keeping you motivated with fun and prizes.

- Sign up NOW. Registration cost will be \$25.
- For a Registration Form, a packet and to pay your \$25 registration fee, please go to the Annie Jeffrey Business Office at 531 Beebe Street in Osceola. The business office is open Monday – Friday from 7AM to 5PM. Registration forms and fees will only be accepted before January 1st and packets will be handed out at that time.
- In the packet, participants will be given instructions, mileage logs, weekly contest forms and prize 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 on Wednesday, January 4th from 4PM to 6PM. These free screenings will only be done 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, and blood pressure. These screenings will be available again on March 1st at the Spring Health Fair.
- Free total cholesterol levels and discounted rates on other Health Fair lab will be available at the Spring Health Fair for those who submit all 8 mileage logs by March 1st. Only one free blood draw will be done this year.
- The marathon will begin January 1, 2012. Participants have 8 weeks to complete 26.2 miles. Participants track their own miles and submit them each week - by email or in person.
- Weekly prizes will be given to reward participants for meeting specific goals.
- To keep you on track and motivated, we will have exciting weekly contests and drawings where everyone can win prizes!
- All participants will receive a Snowman Marathon T-shirt.
- Snowman Marathon concludes at our Spring Health Fair on March 1st. All participants who have submitted 8 mileage logs by March 1st will be entered to win a 1-year membership to the AJ Wellness Center.
- If you have any questions, please contact Shelly at 402-747-1416 or email [shelly.brouillette@ajhc.org](mailto:shelly.brouillette@ajhc.org)



## 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!

## Phase III Kitchen Remodeling Update

The Annie Jeffrey kitchen remodeling project will begin right after the Holidays. A local contractor has been awarded the bid. They are readying supplies so when they start the project, they should be in and out of the facility in a short amount of time.



## Behind the Scenes at AJ - Nursing Staff

**Chris Gabel, RN**, has worked here over 30 years and has been director of nursing for 16 years. She continues to work in surgery and obstetrics also. She grew up near Osceola. She and her husband Pat have three married sons; Brian and Heather, Tom and Jodi, and Mike and Kelsey, and 7 adorable grandchildren. Chris enjoys gardening, reading, walking and spending time with her family.

**Robin Carlson, RN**, worked here for almost 3 years, left for 2 years and returned and has been here for 11 years. Robin is in charge of Cardiac Rehabilitation and the Wellness Center, and also has multiple other duties including Swingbed, Credentialing, Health Fair Coordinator, Inservice, Telehealth, Charge Review and Obstetrics. Robin grew up in Polk; now resides near Osceola with husband Kenny, daughter Callie, age 9, and son Kaden, age 5. She enjoys flowers, gardening and activities with her children.

**Mindy Bryan, RN**, has worked here for 14 years, starting as a staff nurse and currently working as Pharmacy Manager, Utilization Review Director and Risk Manager. She also has duties in Cardiac Clinic. Mindy grew up and continues to reside in Osceola, along with her husband Steve, son Brennan, age 11, and daughter Blaike, age 7. Mindy enjoys being outside, fishing, water skiing and attending her children's activities.

**Karen Dotson, LPN-C**, has worked here twice! She has worked here 11 years this time around; 10 years the first time. Karen works as a staff nurse and as a limited radiographer in the x-ray department. Karen grew up in Columbus and lives in Osceola. She has 4 grown children and 6 grandchildren. She enjoys watching her grandchildren and spending time with her family.



*Left to Right: Chris Gabel RN, Robin Carlson, RN, Mindy Bryan RN, Karen Dotson, LPN-C, Heather Gabel, LPN*

**Heather Gabel, LPN**, has been an Annie Jeffrey employee for 7 years, working as a staff nurse part-time and at the clinic. She grew up in Stromsburg and currently lives by Shelby with husband Brian and children Brenden, age 4, Halle 3 and Brant who is 8 months old. In her spare time she enjoys photography, camping and shopping.

**Susan Serreyn, RN**, has been at Annie Jeffrey for 2 years as a staff nurse and is in the process of being trained in surgery. She is recently married to Todd and they live in Thayer. She enjoys showing horses, bow hunting with her husband, spending time outdoors and gardening.

**Gerry Windhorst, RN**, has worked 21 years at Annie Jeffrey, mostly the night shift. She has lived in Stromsburg all her life. She is married to Darrell. They have 5 children and 8 grandchildren. Gerry enjoys gardening, sewing, attending her grandchildren's school and sporting events, and of course, Husker Football. Her oldest grandson, Tyler Evans, is a redshirt freshman at UNL.

*Continued on page 3.*



*Left to Right: Susan Serreyn, RN and Gerry Windhorst, RN*



## Behind the Scenes at Annie Jeffrey Nursing Staff *(Cont. from pg 2)*

**Beth Soll, LPN-C**, grew up in Hooper, Nebraska, but has lived and worked in Osceola for 31 years. Beth works as a staff nurse, is Outpatient Clinic Coordinator and has duties in GI, Cardiac, and OB/GYN clinics, plus Infection Control. Beth is married to Chuck and they have a grown daughter, Hope. Beth enjoys cooking, teaching Sunday School and Legion auxiliary.

**Val Hulzebos, LPN-C**, has worked at Annie Jeffrey for 18 years, working the night shift. Val grew up in Minnesota and moved to Nebraska in 1993. She and her husband Lanny have three daughters, Lacie, Christie and Lydia, and 5 grandchildren. Val enjoys gardening and watching her zebra finch and spice finch in her aviary.

**Haley Duncan, RN**, has worked at Annie Jeffrey for 4 ½ years as a staff nurse, GI clinic and in the process of being trained in Obstetrics. Haley grew up north of Columbus, and now lives in Shelby with her husband Ryan, and sons Colton and Braylon. She enjoys spending time with family, reading and fishing.

**Nancy Blocker, LPN-C**, has been part of Annie Jeffrey for 5 years as a staff nurse. Nancy lives in Columbus with husband Tom. They have 3 children; Greg, age 26, Spencer, age 22 and Savanna, age 18. Nancy enjoys flower gardening, landscaping her yard, scrapbooking, reading, remodeling their home, Husker football and watching her daughter's sporting, dance and cheerleading events.

**Lori Hyatt, RN**, is from Gresham, NE and has worked here for 5 months as a staff nurse. She has two grown children, Jason and Susan. She enjoys horses, horse shows, reining, spending time with family and volunteering on the fire department.

**Jaculyn Walgren, RN**, is new to Annie Jeffrey, working here 4 month as a staff nurse. Jackie lives in Osceola, and grew up in Kenesaw. She has three daughters; Morgan, age 21 at UNL, Taylor, age 19, also in college at UNL and Hannah, age 16, a Junior at OHS. She enjoys spending time at her cabin during the summer, walking, biking, reading, church, family and friends.

**Cheryl Higgins, RN**, grew up in Aurora, Nebraska and makes her home in Colum-



*Left to Right: Beth Soll, LPN-C, Val Hulzebos, LPN-C, Haley Duncan, RN, Nancy Blocker, LPN-C.*

bus with husband Tim. They have 4 sons: Jordan, Bryce, Collin and Samuel. Cheryl works as a staff nurse and has extra duties in surgery and in GI clinic. In her spare time, Cheryl enjoys reading, exercising and walking her dogs.

**Heather Church, RN**, has worked at Annie Jeffrey for 9 months as a staff nurse and recently in Urology clinic. Heather grew up in Clarks and currently lives there. She has two brothers, Jason and Randy, along with parents Carl and Mary Church. Heather enjoys the outdoors, cooking, hunting, coaching club volleyball, teaching swimming lessons and is currently an EMT/fireman with the Clarks Volunteer Fire Department.



*Left to Right: Lori Hyatt, RN, Jackie Walgren, RN, Cheryl Higgins, RN, Heather Church, RN.*

**Caitlin Super, LPN-C**, is also new to Annie Jeffrey, having been here 3 months. Caitlin is currently working the night shift. She grew up in Beacon Falls, Connecticut, and Curtis Nebraska. She currently lives in Osceola and enjoys riding her Harley Davidson scooter, Sturgis,

## Cold Weather Raises Carbon Monoxide Risk

The threat of carbon monoxide poisoning grows as the weather turns colder, and the use of furnaces, fireplaces, car engines and generators in poorly ventilated areas can lead to carbon monoxide exposure.

Carbon monoxide is a colorless, tasteless and odorless gas that can affect the flow of oxygen in the blood stream. Poisoning can take hours to days. Signs include headache, dizziness and flu-like symptoms. Those who are exposed need to go to their health care provider or hospital to receive immediate treatment.



*Continued on page 4.*

## Welcome Dr. Williams



*LaRoy Williams, MD  
Urologist*

LaRoy Williams, MD of Kearney Urology, PC is the newest specialist at Annie Jeffrey Health Center. Dr. LaRoy Williams graduated from Georgetown University in Washington, D.C. and then attended Medical School at the University of Rochester, in Rochester, New York. Dr. Williams completed his residency in General Surgery and Urology at the University of Cincinnati Medical Center in Cincinnati, Ohio.

Dr. Williams is board certified by the American Board of Urology and is available to see patients each month at Annie Jeffrey Health Center. Call Annie Jeffrey Health Center at 747-2031 to make an appointment or for more information.

## Behind the Scenes at Annie Jeffrey Nursing Staff *(Cont. from pg 3)*

the Stockyards, Lonesome Dove, fishing, green grass and a good horse to ride.

**Megan Hall, RN**, grew up in Coin, Iowa, but lives in Osceola. She has been a staff nurse for 4 months. She enjoys her shih tzu Truffles, family time, playing cards, reading and shopping.

Brenda Eller, Jane Hays and Kim Yungdahl had their bios featured in previous newsletters.

Not pictured are Carrie Prokopec RN and Jennifer Fjell RN.

**Carrie Prokopec, RN**, works as a staff nurse and has been employed for 5 years. She lives in Columbus. Carrie is married to Aaron and they have three children, Coden, Rylan, and Bronwyn. In her free time, she spends time with her family and children's activities.



*Left to Right: Brenda Eller, RN, Jane Hays, RN, Caitlin Super, LPN-C, Megan Hall, RN, Kim Yungdahl, RN.*

**Jennifer Fjell, RN**, has worked here 1 year as a staff nurse. She is married to Ryan and they have 4 children. Jennifer enjoys watching and helping with her children's activities and spending time with them. She also enjoys running.



*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.*

## 2011 Foundation Family Tree

**F**amily, 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.



# Women Say Mammograms Give Them a Sense of Control

Nearly 90% of U. S. women believe mammograms are vital to their health and well-being, according to a new survey sponsored by the American College of Radiology. The research also revealed that by having routine mammograms, women gain a sense of control over their own health care.

The death rate for breast cancer has dropped by more than 30% since 1990 with the help of mammography.

Although many medical organizations recommend that all women over 40 get yearly mammograms, the number of U. S. mammography facilities is on the decline. According to the U. S. Food and Drug



Administration figures, there are currently 223 fewer mammography facilities and 1331 fewer mammography scanners in the U. S. than there were in 2007.

Annie Jeffrey Health Center is fortunate to have a new state-of-the-art digital mammography machine. Talk to your health care provider about scheduling your mammogram.

## Annie Jeffrey Memorial County Health Center Annual Report 2011

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:

- Dr. LaRoy Williams, Urologist, began seeing patients at Annie Jeffrey
- Continued October Mammograms incentives program
- Awarded Helmsley Trust grant for \$548,754 for Digital Mammography

### Financial and Statistical Highlights

Statistic	2011	2010
Acute admissions	258	224
Swing Bed Days	308	298
Surgical Cases	47	40
Observation Hours	2010	1894
CT Scans	421	405
ER Visits	720	676
X-ray Visits	1535	1325
Specialty Clinic Visits	748	847
PT Procedures	9986	9726
Operating Gain (Loss)	\$81,621	(\$315808)

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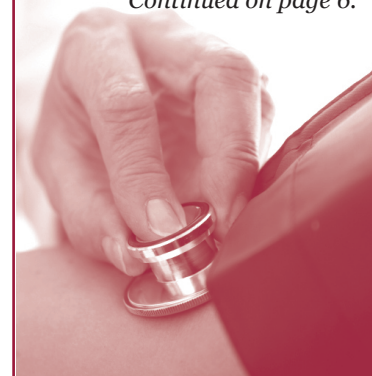
## AJ Health Fair

The eighth annual Annie Jeffrey Memorial County Fall Health Fair held on October 4th was a huge success. Over 180 fairgoers from a variety of Nebraska communities visited the health exhibits with 151 taking advantage of the discounted comprehensive health blood profiles. A healthy continental breakfast was provided by Annie Jeffrey's 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. The fair provided several interactive opportunities for those who visited. Participants were able to visit different booths where vendors provided free body fat analysis, oximetry, blood typing, complimentary massages, blood pressure screening, and skin cancer screening. Several adults and children received their seasonal flu vaccination from the Polk County Health Department.

There were 20 vendors at the fair providing health information and services.

Continued on page 6.



## AJ Health Fair

*Continued from page 5.*

Blue Valley Community Action sponsored a non-perishable food drive. Area residents expressed their selfless generosity by donating food and monetary donations. The Annie Jeffrey Volunteers held a bake sale raising over 300 dollars.

The Health Fair Committee would like to thank all of the exhibitors, participants, and Annie Jeffrey staff for making the 2011 Fall Health Fair a success. Planning has already begun for the 9th annual Fall Health Fair. Look for upcoming information on the 5th annual Mini-Spring Health Fair.



*Pictured with Digital Mammography equipment are Radiology Staff and Foundation for Annie Jeffrey. L-R: Susan Chrastil, Michelle Pruter, Karleen Watts, Nataly Sanley, Carrie Cramer, John Girard, Steven Peterson, Joe Lohrman, CEO, Brian Beckner and Terry Fusco.*

*Not pictured are Board Members: Karen Stevens and Mary Lerch and Radiology Staff: Karen Dotson and Lorri Marsden*

*Annual Report continued from page 5.*

- Completed Phase II of our building project which included remodeling the Business Office, Medical Records and the Annie Jeffrey Family Medicine Clinic
- Held an Open House in December featuring our newly completed remodeling project plus introducing Dr. Cam Sidak to the community.
- AJ Volunteers held their 15 year anniversary celebration at the Thrift Shop
- Continued Balanced Score Card training for staff
- Hosted the Foundation Family Tree Celebration
- Foundation for Annie Jeffrey held a wine tasting event in December with proceeds to be used for Phase III of the remodeling project
- Purchased a Bladder Scanner with proceeds from golf tournament
- Snowman Marathon Wellness Program was well attended with 125 people signing up



- Featured a Baby insert with all babies born at Annie Jeffrey during the past year in the Polk County News
- Purchased an Automatic Instrument washer with funds from Foundation for Annie Jeffrey annual campaign
- 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)
- Implemented Electronic Medical Records (EMR)
- Hosted the third Annual Foundation for Annie Jeffrey Golf Tournament
- Offered Mature Driving Classes at Annie Jeffrey in partner with Traffic Safety Plus
- Updated waiting room with AJ Volunteers donating funds for new waiting room furniture and a new admissions desk
- Received Newborn Hearing Screening Grant for \$2500
- Received \$7,000 from Mary Tous Foundation
- Published education on Advanced Directives
- Hosted monthly trauma meetings with area rescue units

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

- Offered 2 Health Fairs to community members with discounted health information and screenings

*Continued on page 7.*



- 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 BryanLGH nursing students and Central Community College medical career students

- Active in area Chamber of Commerce and community organizations

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.



## Healthy Recipes from Dietician, Sandra Burwell

### Pumpkin Dip

- 1 (15 oz) can pumpkin
- 1 small box chocolate pudding (can also use vanilla or cheesecake flavor)
- 1/4 c. skim milk
- 1 c. plain or vanilla yogurt
- 1 tsp cinnamon
- 2 cups low fat whipped topping

Blend first five ingredients together. Fold in whipped topping.

### Delicious Dip

- 1 1/2 c. cottage cheese
- 1 Tbs dry Ranch Dressing mix
- 2 Tbs skim milk

Puree in blender. Serve with fresh veggies.

~ Sandra Burwell, RD

## Foundation for Annie Jeffrey Presents Check

The Foundation for Annie Jeffrey presented a check to Annie Jeffrey Health Center CEO, Joe Lohrman, at their November meeting for an Endoscopic Reprocessor instrument washer. Funds for this came from last year's annual

campaign and from the Polk County Foundation. This new instrument washer has all but eliminated employee exposure to disinfectants and has enhanced patient safety by standardizing the reprocessing procedure.

*Below: The AJ Volunteers donated \$4,000 at the annual Christmas Party to help purchase a new Vital Signs Monitor for the hospital.*



## SERVICES AVAILABLE AT ANNIE JEFFREY

*It is reassuring to know that specialized medical care for your family is available right here in Polk County.*

### GENERAL SERVICES:

Inpatient and Outpatient Care  
Swing Bed  
Surgical Services including  
Inpatient and Outpatient  
Specialty Clinics  
OB Care including Labor and  
Delivery, C-section, nursery  
Emergency Services  
24-hour ER, Lab, X-Ray  
and CT  
Cardiac Rehab  
Radiology Services including  
general radiology, CT,  
Mammography and  
bone density studies  
Pharmaceutical Services  
Social Services  
Lab Services  
Physical Therapy

Child/Adolescent Health  
Services and Family Counseling  
Family Medicine Clinic

### WE ALSO PROVIDE:

Outpatient Treatments including:  
blood transfusions,  
IV therapies, specialty  
medication administration  
(such as Procrit or Remicade),  
dressing changes, etc.  
Anesthesia Services including:  
general, local, regional  
anesthesia, steroid injections  
for pain management  
Cardiolite Studies  
Wellness Programs including:  
community education,  
diabetes, and OB education

Nutritional Services including:  
inpatient and outpatient  
consultations

Electrocardiogram

Respiratory Therapy provided by:  
nursing including oxygen  
administration, hand held  
nebulizer treatments,  
incentive spirometry and  
peak flow measurements  
Pulmonary Function Testing  
Pulmonary Rehab  
Wellness Center

### AT AJHC BY CONTRACT:

Speech Therapy  
MRI Scans  
Nuclear Medicine  
Sleep Studies  
Echocardiogram  
Cardiovascular Doppler Studies  
Doppler Studies  
Occupational Therapy  
Pathology Services  
Ultrasound  
PET/CT Scans

### SPECIALTY SERVICES:

General Surgery  
Gastroenterology  
Obstetrics & Gynecology  
Orthopaedics  
Physical & Sports Medicine  
Urology  
Ear, Nose & Throat  
Cardiology Clinic

**Please contact the  
hospital at 747-2031  
for more  
information.**

See Annie's Babies on our website at:  
[www.AJHC.org](http://www.AJHC.org)



**Annie Jeffrey**

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