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**Annie Jeffrey**

MEMORIAL COUNTY  
HEALTH CENTER

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There's Still Time to Sign Up

## SNOWMAN MARATHON 2013

Get your New Year's Resolutions off to a great start by participating in the 2013 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. Participation will be limited to the first 60 people to sign up.

- Sign up between November 1 and Dec 14. 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 7am -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 has been submitted.

- In the packet, participants will be given instructions, mileage logs, weekly contest forms and prize information.

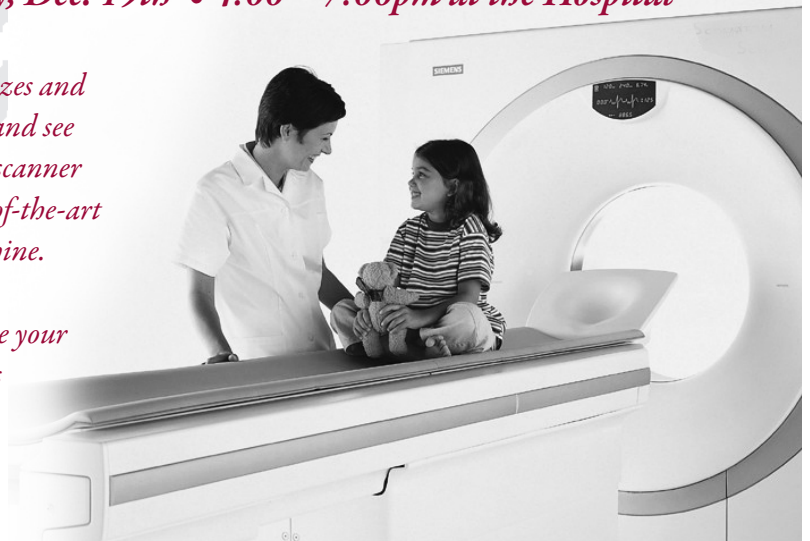
*Continued on page 3.*

*The Radiology Department at Annie Jeffrey Health Center invites you to...*

**Join Us!** *for an Open House*  
**Wednesday, Dec. 19th • 4:00 – 7:00pm at the Hospital**

*There will be door prizes and refreshments. Come and see our new 16-slice CT scanner along with our state-of-the-art Mammography machine.*

*Remember to schedule your mammogram with us and be eligible to win a special iPad!*



## 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!

## AWESOME!

**Congratulations to the Annie Jeffrey Health Center for winning the silver award from the Nebraska Hospital Association for low workman's comp claims**



## The Foundation for Annie Jeffrey Receives \$307,286 Grant Funding

### Connecting Rural Patients to Emergency Specialists

Patients of Annie Jeffrey Health Center will benefit from the latest technological advances that expand patients' access to quality emergency care, made possible through a grant from The Leona M. and Harry B. Helmsley Charitable Trust.

The Leona M. and Harry B. Helmsley Charitable Trust has awarded Annie Jeffrey Health Center \$307,286 for eCare, a program that gives physicians immediate access to specialty care 24 hours a day. The grant will be 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.

"This incredible gift gives local physicians and health care workers an immediate connection to emergency specialists during difficult and multiple emergency cases," says Joe Lohrman, CEO at Annie Jeffrey Health Center. "This assistance may initiate diagnostic testing sooner, and it keeps patients near their homes."

## Check Presented to Annie Jeffrey

The Foundation for Annie Jeffrey presented a check to Annie Jeffrey Health Center CEO, Joe Lohrman, at their meeting for the new blanket and IV warmer. The AJ Volunteers donated \$5,000 for this equipment at their annual meeting with the Foundation for AJ donating the remainder of funds.

ment has adjustable temperature ranges for maximum patient comfort. The fluid-warming compartment has two operating modes to ensure safe temperature levels for irrigation fluids or injection fluids.

The combination blanket and fluid warmer conveniently warms and stores fluids and blankets in the same unit while maintaining emergency care recommended fluid temperatures for patient safety. The blanket-warming compart-



*Pictured above are Foundation for Annie Jeffrey Board members from left: Joe Lohrman, CEO, Annie Jeffrey Health Center, Brian Beckner, Karleen Watts, Mary Lerch, Chris Gabel, DON, John Girard, Terry Fusco, and Steve Peterson. Not pictured are Karen Steven and Susan Chrastil, Foundation Director.*

*Continued from front.*

- 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 at the beginning of the 8 weeks. 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 available again at the Spring Health Fair so that participants can see the benefits of their hard work.
- 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 mileage logs. (Only 1 free blood draw will be done this year).
- The marathon will begin January 1 this year. Participants have 8 weeks to complete 26.2 miles. Participants track their own miles and submit them each week – on-line at [www.ajhc.org](http://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 at our Spring Health Fair. All participants who have submitted 8 mileage logs by March 1 will be entered to win the grand prize.

## Preventing Falls

A simple fall can change your life. Each year there are thousands of older men and women who fall and break a bone. Getting older can bring lots of changes. Your sight, hearing, muscle strength, coordination and reflexes aren't what they used to be.

Falls and accidents seldom just happen. There are things you can do to take care of your overall health so you will lower your chance of falling. Here are a few of them:

- Ask your doctor about a bone density test – this will tell you how strong your bones are. After discussing the test results with your doctor, plan an exercise program that is right for you. Regular exercise helps keep you strong and improves your muscle tone.
- Have your vision and hearing tested.
- Find out the possible side effects of medicines you take. Some medicines affect your balance.
- Limit the alcohol you drink.
- Always stand up slowly after eating, lying down or resting. Getting up too quickly can cause your blood pressure to drop, which can make you feel faint.
- Use a cane or walker to help you feel steadier when you walk.

- Wear rubber-soled, low-heeled shoes.
- Use handrails when on stairs.
- Don't take chances. Don't stand on a chair to reach something that is too high – use a 'reach stick' instead.

You can help prevent falls by making changes to unsafe areas in your home. In stairways and hallways: make sure there is good lighting with light switches at the top and bottom of the stairs, keep areas where you walk tidy and make sure all carpets are secure, have handrails on both sides of all stairs and make sure they are securely fastened. In bathrooms: mount grab bars near toilets and on both the inside and outside of your tub and shower, place non-skid mats or carpets on all surfaces that may get wet, and keep a night light on. In your bedroom: put night-lights and light switches close to your bed and keep your telephone near your bed. In other living areas: keep electrical cords and telephone wires near the walls and away from walking paths, tack down all carpets and area rugs firmly to the floor, arrange your furniture and other objects so they are not in your walk way. Talk to your health care provider or call the Hospital at 747-2031 for more information.

## 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.





## New Outpatient Clinic at Annie Jeffrey



A new outpatient clinic for Durable Medical Equipment will be added to the Annie Jeffrey services.

Durable medical equipment consists of medical equipment used in the home to aid in a better quality of living. Usually these benefits are paid for by most insurance companies.

This service will be available twice a month starting in December. Tooley's Drug and Home Care from Columbus will hold this clinic for services like CPAP fittings, walkers, wheelchairs, home oxygen equipment, and more.

**TOOLEY'S**  
**DRUG AND HOME CARE**

## Hearts on Fire Wine Fest

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

**Foundation**  
FOR ANNIE JEFFREY  
402-747-2031 • [www.ajhc.org](http://www.ajhc.org)



*Join Us*

*Sunday, February 10th for a  
Hearts on Fire Wine Fest  
at "The Townhouse" in Stromsburg*

Enjoy many excellent wines from Nebraska as well as hors d'oeuvres and desserts.

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.*

## 2012 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.

# Annie Jeffrey Memorial County Health Center Annual Report 2012

**P**atients 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:**

- Jenn Stanton, PA-C began seeing patients at Annie Jeffrey
- Continued October Mammograms incentives program
- Awarded Helmsley Trust grant for \$402,490 for ePharmacy. The grant will be used to purchase ePharmacy equipment, providing 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.
- Implemented Values Collaborative and Meaningful Use Training for staff
- AJ Volunteers held their 16 year anniversary celebration at the Thrift Shop and were honored by the Lincoln Journal Star as outstanding volunteers
- Strategic Planning began for the next three years
- 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
- Completed the Kitchen remodeling project
- Snowman Marathon Wellness Program was well attended
- Added WiFi connection throughout hospital
- Working on Master Facility Plan
- Annie Jeffrey Health Center is now on Facebook
- Foundation for Annie Jeffrey started offering scholarships to area high school students
- 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
- 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 fourth Annual Foundation for Annie Jeffrey Golf Tournament
- Published education on Advanced Directives
- Hosted monthly trauma meetings with area rescue units

*Continued on page 6.*



## AJ Health Fair

**T**he ninth annual Annie Jeffrey Memorial County Fall Health Fair held on October 2nd was a huge success. Over 185 fairgoers, from a variety of Nebraska communities, visited the health exhibits with 139 taking advantage of the discounted comprehensive health blood profiles. Twenty three anatomy/biology students from two local schools took advantage of the educational opportunities available through the health fair. 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, complimentary massages, blood pressure screening, skin cancer screening, and colon cancer screening kits were available. Several adults and

*Continued on page 6.*



## AJ Health Fair

*Continued from page 5.*

children received their seasonal flu vaccination from the Polk County Health Department. Midwest Medical Transport Company had the Husker Helicopter on site for a special viewing opportunity.

There were 24 vendors at the fair providing health information and services. This year new vendors that were on hand included Community Home Care, Cottonwood Estates, LLC, Polk County Substance Abuse Coalition, and Prairie Creek Family Medicine/Annie Jeffrey Family Medicine. The Annie Jeffrey Volunteers held a bake sale raising over \$400.00. Approximately 8 other entities were unable to attend this year's fair but had information on hand for participants to take home.

The Health Fair Committee would like to thank all of the exhibitors, participants, and Annie Jeffrey staff helping at the fair for making the 2012 health fair a success. Planning has already begun for the 10th annual Fall Health Fair. Look for upcoming information on the 6th annual Mini-Spring Health Fair.

## Financial and Statistical Highlights

Statistic	2011	2012
Acute admissions	258	221
Swing Bed Days	308	491
Surgical Cases	47	51
Observation Hours	2,010	2,628
CT Scans	421	394
ER Visits	720	816
X-ray Visits	1,535	1,876
Specialty Clinic Visits	748	793
PT procedures	9,986	11,953
Operating Gain (Loss)	\$81,621	\$251,556

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

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



*Foundation for Annie Jeffrey Board Members Pictured Above (L-R): Brian Beckner, Joe Lohrman, Annie Jeffrey CEO, Karleen Watts, Mary Lerch, Terry Fusco, Steven Peterson and John Girard, front is Karen Miller, Annie Jeffrey Lab Manager. Not pictured are Karen Stevens, Foundation for AJ Board Member and Susan Chrastil, Foundation Director.*

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.



# Give yourself the gift of a Mammogram

 **Annie Jeffrey**  
402-747-2031 • [www.ajhc.org](http://www.ajhc.org)

*Why wait? Nearly 1 in 8 women in the U.S. will develop breast cancer over the course of her lifetime. It is recommended that women start having yearly mammograms at the age of 40.*

*With our new state-of-the-art digital mammography scanner, you can know you are getting the most exceptional care, close to home.*

*Schedule your digital mammogram today and be included in our drawing for a free iPad.*

*This simple 20 minute appointment, could save your life.*

*"Exceptional care, close to home."*



## Annie Jeffrey Volunteers

**T**he Annie Jeffrey Volunteers celebrated 17 years at the Thrift Shop on November 7th. Seventeen years ago they came up with the idea of raising money for the hospital by opening a Thrift Shop, so on November 15, 1995,

the Thrift Shop opened at its present location. Presently, there are approximately 60 volunteers, with most of them working at least once or twice a month at the Thrift Shop.

*Shown below: The AJ Volunteers*



## Estate Planning Seminar

The Foundation for Annie Jeffrey and the Polk County Foundation sponsored an Estate Planning Seminar on November 15 at Annie Jeffrey Health Center.

Brian Beckner and Ron Colling held this informational talk for the community to learn about the different ways an estate plan can carry out your wishes and save you and your family a lot of money and headaches in the future.



## 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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PO Box 428  
Osceola, Nebraska 68651

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