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Get your New Year's Resolutions off to a great start by participating in the 2015 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 activities or challenges and prizes.

Sign up between Nov. 3 - Dec. 19
Registration costs will be \$25.00.

To obtain 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 7am-5pm. Registration forms and registration fees will only be accepted during the sign up period, and packets will be handed out at that 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 Business Office. Once all 70 packets have been picked up, we will no longer accept any further registrations. You may mail your registration form and \$25 registration fee to reserve your spot. Remember to pick up your packet. 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, and weekly contest forms.

Free use of the AJ Wellness Center will be offered to all participants, but those

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Give yourself the gift of a Mammogram

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.

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

This simple 20 minute appointment, could save your life.



"Exceptional care, close to home."

A New You in 2015

The Holiday Season is a great time to express our thanks to our community members for all the support you have shown.

Here are a few things that you might want to put on your New Year's Resolution List:

- Remember to drive carefully, and with your seatbelt on
- Try to eat healthier
- Treasure your family and cherish your friends
- Keep moving. Make time for exercise.
- Celebrate each and every day

A few ways to start your new year off healthy:

- Exercise regularly
People who work out live longer than those who don't plus exercise can boost your self-esteem and reduce depression.
- Get a physical
Regular physicals are necessary, even for healthy people.
- Quit Smoking
- Protect Your Skin
Make sure to apply sunscreen.
- Skip the fast food Try to eat healthier meals at home.

Please call us at Annie Jeffrey Health Center at 402-747-2031 if there is anything we can do to make your life healthier and more enjoyable.

Mothers Daughters, Sisters & Friends

Breast Cancer awareness event on October 9 with Susan Komen grant funds

Approximately 80 women from the area came to the Rose Colored Glass to have a girls night out and celebrate breast cancer awareness. The two stores connected to The Rose Colored Glass were open for shopping.

Wine, punch, and snacks were available for the women to enjoy. Guest speaker, Jennifer Stanton PA-C spoke to the group half-way through the evening. Ms. Stanton discussed breast cancer statistics, modifiable and un-modifiable risk factors, who should have

mammograms, when you should have them, and why you should have them. She also talked about self-breast exams.

At the end of her talk she opened the floor up to questions. Many of those in attendance asked questions they had and lots of conversations were started from these questions. After the speaker was done the women enjoyed being together and conversing.



New Service at Annie Jeffrey Pulmonary Function Lab

A Pulmonary Function Lab was installed at Annie Jeffrey in November. A Pulmonary Function Lab offers a wide range of pulmonary function testing (lung function) to assist physicians in diagnosing and managing patients with breathing problems and/

or lung disease. Pulmonary function tests help measure the different aspects of lung function and can help determine the cause of shortness of breath and may help confirm lung diseases such as asthma, bronchitis or emphysema.



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.

Did you know?

Some of the outpatient treatments offered at Annie Jeffrey Health Center include IV therapies and infusions (such as Procrit and Remicade), blood transfusions, and dressing changes? It is reassuring to know that specialized medical care for your family is available right here in Polk County.

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. Some medicines can cause dizziness.

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. Annie Jeffrey Health Center can provide a bone density scan for you right here in Polk County. After discussing the test results with your doctor, plan an exercise program that is right for you. Regular exercise helps keep you strong, improves your muscle tone, and keeps you flexible.
- Have your vision and hearing tested often.
- 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. Be very careful when walking on wet or icy surfaces.
- Wear rubber-soled, low-heeled shoes that fully support your feet.
- Hold handrails when you use the 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



Carle Conard, BSN

Certified Lactation Counselor at Annie Jeffrey Health Center

Carle Conard, BSN recently became a Certified Lactation Counselor for Annie Jeffrey. She is a registered nurse at Annie Jeffrey Health Center and also fills in at the Annie Jeffrey Clinic in Osceola and Prairie Creek Family Medicine in Stromsburg. Carle has a passion for labor and delivery and all that goes with it including breastfeeding. She knows all the wonderful benefits of breastfeeding but also knows that some women must work at it a little harder than others. Breastfeeding can be the most rewarding and natural part of being a new mother but it is a skill that needs support and practice. Carle looks forward to helping Mothers and babies with their breastfeeding journey.

2015 Snowman Marathon

Continued from front.

using equipment at home are also encouraged to participate.

Free health screenings will be done on Wednesday January 7th from 4-6pm. 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 on March 3rd 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 1 free blood draw will be done this year)

The marathon will begin January 4th, 2015 and be 8 weeks long. Participants track and submit exercise logs each week, by email or in person. **Note this year the marathon will start before our free health screening night.**

Prizes will be given to participants throughout the marathon. All participants will receive a Snowman Marathon T-shirt. Snowman Marathon concludes at our Spring Health Fair on March 3rd.

If you have any questions please contact Nataly or Robin at 402-747-2031 or email snowmanmarathon@yahoo.com

Hearts on Fire Wine & Beer Fest

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

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



Join Us

Sunday, February 8th for a Hearts on Fire Wine & Beer Fest

at the Rose Colored Glass in Stromsburg

Enjoy many excellent wines and beers 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 looking at the Foundation Family Tree. Pictured from left are: Joe Lohrman, CEO, Annie Jeffrey Health Center, Brian Beckner, Steve Peterson, Kathy Gabel, Karleen Watts, and Margie Hayes. Kneeling are John Girard, Susan Chrastil, Foundation Director and Karen Stevens. Not pictured is Foundation for Annie Jeffrey Board Member Mary Lerch.

2014 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 402-747-2031.

Annie Jeffrey Memorial County Health Center Annual Report 2014

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:

- With the help of a Diabetes grant, a new Diabetic Prevention Program was offered to AJ Employees. Several employees have been trained and will teach the employees first and then offer the class to community members. This is a weekly class for 16 weeks and then they meet once a month for an additional six months.
- Continued October Mammograms incentives program
- Continued medication safety program by installing a bar code system to enhance our ePharmacy program which provides around-the-clock access to remote pharmacy support at Annie Jeffrey Health Center. The bar code system verifies that the right drug is being administered to the right patient at the right dose at the right time.
- Trained another AJ Radiology staff member to do Mammograms
- AJ Volunteers held their 18 year anniversary celebration at the Thrift Shop
- AJ Volunteers received the 2013 Governor's Point of Light Community Service Award
- Hired an Ultrasound Tech
- Purchased a new EKG machine with help from the Annie Jeffrey Volunteers
- 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
- Paved the ER road to make the ride to the hospital a smoother experience
- Foundation for Annie Jeffrey received a \$10,000 Blue Cross Blue Shield grant to start a new wellness program for kids, called Fit and Healthy Kids
- Foundation for Annie Jeffrey gave a scholarship to an area high school student plus awarded 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 a new Telemetry unit with funds from Foundation for Annie Jeffrey
- Held two Drug Take Back events at the hospital
- Implemented a Patient Portal to allow patients secure internet access to their medical records
- 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 sixth Annual Foundation for Annie Jeffrey Golf Tournament
- Received a Susan G. Komen grant for breast cancer awareness
- Published education on Advanced Directives
- Hosted monthly trauma meetings with area rescue units

AJ Health Fair

The eleventh annual Annie Jeffrey Memorial County Fall Health Fair held on October 7th was a huge success. Over 170 fairgoers, from a variety of Nebraska communities visited the health exhibits with 127 taking advantage of the discounted comprehensive health blood profiles. Twenty-two 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. 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, blood pressure screening, CPAP pressure checks, and colon cancer screening kits were available. More than seventy adults received their

Continued on page 7.



Preventing Falls

Continued from page 3.

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 way when you walk, make sure your sofa and chairs are a good height for you to get into and out of them easily.

Talk to your health care provider or call Annie Jeffrey Health Center at 402-747-2031 for more information about preventing falls.

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!

Financial and Statistical Highlights

Statistic	2013	2014
Acute admissions	184	122
Swing Bed Days	245	372
Surgical Cases	44	49
Observation Hours	3,129	2,570
CT Scans	360	321
ER Visits	780	1,084
X-ray Visits	1,702	1,024
Specialty Clinic Visits	692	703
PT procedures	9,022	11,071
Operating Gain (Loss)	(\$230,178)	(\$268,973)

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, 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.



In June, golfers from area hospitals and local businesses participated in the sixth annual Foundation for Annie Jeffrey golf tournament at Ryan Hills Country Club. Proceeds from this annual event was used to help purchase a surgical instrument washer for Annie Jeffrey Health Center.



Back Row: Marcus Augustin, Pat Reisdorff, Rogene McMeekin, Joyce Kuhnel, Doris Theis, Cathy Peil, Becky Hays, Betty Wyman, Patty Hanson, and Joe Lohrman. Third Row: Bev Brigham, Karen Stevens, Karleen Watts, Jolene Anderson, Carolyn Anderson, Marian Daum, Sally Bresnahan, Marie Fusco, Trudy Anderson, Martha Huggler, Idelle Jacobsen, Marion Johnson, Carolee Coffin, Marilyn Holmberg, Luanne Bond, Jane Watts, Kelly Zahm, and Susan Chrastil. Second Row: Sheila Grossnicklaus, Janet Johansen, LaVerne Stevens, Roselyn Miller, Marilyn Sanderson, Jane Roberts, Ardie Hayes, Lyla Spencer, Gloria Oquist, and Margie Hayes. Front Row: Marjorie Johansen, Mary Ann Kucera, Marie Jarmin, Rosalie Gabel, Janet Carlson, Gladys Gaedeke, Carol Kresha, and Lou Stallings.

Photo credit: Sandy Thompson

The Annie Jeffrey Volunteers Donate Over \$100,000 to Hospital in 19 Years!

At their annual Christmas Party on December 1st, the Annie Jeffrey Volunteers donated \$4,000 to Annie Jeffrey Health Center to help purchase an ultrasound machine for Physical Therapy. Ultrasound is a method of stimulating the tissue beneath the skin's surface using very high frequency sound waves.

"On behalf of the staff and Board of Directors, we would like to thank the Volunteers for all they have done. What a milestone this is for the Volunteers and our facility", said 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 19 years has been able to donate over \$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."

AJ Health Fair

Continued from page 5.

seasonal flu vaccination from the Polk County Health Department. Several individuals took advantage of the Bryan Health HeartAware screening opportunity in an attempt to make early detection of heart disease possible. Lifeteam Critical Care Transport Company, Midwest Medical Air Transport, and Air Methods Star Care all had their helicopters 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 Stromsburg Public Library, Bryan Health HeartAware, Bryan Health Trauma, and The Department of Health & Human Services Community Support Specialists. 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 2014 health fair a success. Planning has already begun for the 12th annual Fall Health Fair. Look for upcoming information on the 8th annual Mini-Spring Health Fair.

SERVICES AVAILABLE AT ANNIE JEFFREY

It is reassuring to know that specialized medical care 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
Certified Lactation Counselor
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
Wellness Center
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

Cardiolite Studies

Pulmonary Function Testing

Pulmonary Rehab

**Please contact the
hospital at
402-747-2031 for
more
information.**

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

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



Annie Jeffrey

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