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Published Quarterly By:



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GET FIT DON'T QUIT

Get your New Year's Resolutions off to a great start by participating in the 2016 Snowman Marathon coordinated by Annie Jeffrey Health Center. We are excited about new things during the marathon and hope all the participants will find them exciting too. The overall purpose of the Snowman Marathon is to establish routine physical activity and promote healthy lifestyle changes.

New things this year...

- New email address we will be using, which is located in this newsletter.
- Fun new points system with weekly new "activity logs"

- Weekly topics that we find to be topics people want to learn more about
- Weekly event/class for marathon participants if they wish to attend
- Partnering with Solo Fitness

Registration will be Dec 1 - Dec. 16
Registration costs will be \$25.00.

To obtain a Registration Form, a packet, and to pay the \$25 registration fee please go to the Annie Jeffrey Business Office at 531 Beebe Street in Osceola. The business office is open M-F 7am-5pm. Registration forms and registration fees will only be accepted during the 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 Business Office. You may mail your registration form and \$25 registration fee to reserve your spot, but make sure you 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.

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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 2016

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.

Annie Jeffrey Diabetes Prevention Program

Reduce Your Risk of Type 2 Diabetes

If you have pre-diabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. The Annie Jeffrey Diabetes Prevention Program can help!

Annie Jeffrey is part of the National Diabetes Prevention Program led by the Centers for Disease Control and Prevention (CDC). It features an approach that is proven to prevent or delay type 2 diabetes and includes:

- Trained lifestyle coach
- CDC-approved curriculum
- Group support
- 16 weekly meetings
- 6 monthly follow-up meetings

By improving food choices and increasing physical activity, you can lose 5 to 7 percent of your body weight — that is 10 to 14 pounds for a person weighing 200 pounds. If you have pre-diabetes, these lifestyle changes can cut your risk of developing type 2 diabetes by more than half.

Pre-diabetes Can Lead to Type 2 Diabetes

One out of three American adults has pre-diabetes, and most of them do not know it. Having pre-diabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.

Without weight loss and moderate physical activity, many people with pre-diabetes will develop type 2 diabetes within 3 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

The lifestyle changes you make in the Annie Jeffrey Diabetes Prevention Program will help you prevent or delay type 2 diabetes.



You may have pre-diabetes and be at risk for Type 2 diabetes if you:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant which disappeared after delivering the baby (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

How the Annie Jeffrey Diabetes Prevention Program works

As part of a group, you will work with a trained lifestyle coach and other participants to learn the skills you need to make lasting lifestyle changes. You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

The Annie Jeffrey Diabetes Prevention Program group will meet once a week for 16 weeks, then once a month for 6 months to help you maintain your healthy lifestyle changes. By meeting with others who have pre-diabetes you can celebrate each other's successes and work together to overcome obstacles.

Annie Jeffrey Health Center Diabetes Prevention Program will be offered in our community along with the Snowman Marathon in January, 2016.

To discuss further details and to find out if you meet the criteria for this program, call, stop by and visit Sandra Burwell, RD or e-mail Sandra at sandra.burwell@ajhc.org

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2016 Snowman Marathon *Continued from front.*

In the packet, participants will be given marathon information, kick-off event details, weekly activity logs, and weekly information on topics to help promote healthy lifestyle changes.

Free use of the AJ Wellness Center and Solo Fitness will be offered to all participants during the marathon. Those using equipment at home are also encouraged to participate and since you can submit your weekly information by email you can live anywhere and still participate!

Random prizes will be given to participants throughout the marathon along with a grand prize to one lucky participant at the end of the marathon.

All participants receive a Snowman Marathon T-shirt.

The kick-off event will be Wednesday

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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. After discussing the test results, 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.
- 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,

January 6, 2016 from 4-6pm. Free health screenings at the kick-off will include waist circumference, weight and height, body fat, BMI, and Blood Pressure. These screenings will be available again on March 1, 2016 at the Spring Health Fair. These free screenings will only be available at these times, so we encourage participants to plan ahead to attend these events. 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 weekly activity logs ON TIME. Note this year the marathon will start on January 3, 2016 which is before our free health screening night.

If you have any questions please contact Nataly or Robin at 402-747-2031 or email: snow.man@ajhc.org (NOTE NEW EMAIL ADDRESS).



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 when wet or icy.
- 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 – 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

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.



Diabetes Prevention Program

Continued from page 2.

If You Think You May Be at Risk for Prediabetes and Type 2 Diabetes:

- Take this newsletter to a health care provider and ask to be tested for pre-diabetes. The health care provider may do a simple blood test.
- If you don't have a health care provider, call us at 402-747-2031 to find out if you qualify for the program.
- You can also check out the "Could You Have Pre-diabetes?" online quiz at www.cdc.gov/Diabetes/Prevention. If your score shows you are at high risk for pre-diabetes, talk to your health care provider or contact our program.

Did You Know?

Did you know that 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.



2015 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.

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.

Ladies' Night Out Breast Cancer Awareness Event Held On October 21 with Susan Komen Grant

Seventy-one women came together Wednesday, October 21st at Polk County Fairgrounds in hopes that together we could make a difference in the fight against breast cancer. Our goal for the evening was to spread the word about breast cancer awareness and support those fighting the fight, admire the survivors, and to honor those taken by breast cancer. The women were greeted by our mammogram techs and those who were breast cancer survivors were given a "survivor" medal

to wear for the night. The women were able to sign up to win a breast cancer t-shirt and watch. Local wines were served and appetizers were enjoyed. There were five local vendors set up for those wishing to do some shopping. We had vendors with jewelry, handmade crafts, door hangers, thirty-one bags, Nebraska Grown products and many of the items sported a pink ribbon. Katie Rystrom, Family Nurse Practitioner, was the guest speaker for the evening and spoke about the importance of getting a yearly mammogram, breast cancer statistics, risk factors, along with some overall women's health. There were many comments on how wonderful the evening was and how they enjoy coming to Annie Jeffrey for their mammograms because of the personal treatment.

Seventy-one women attended the Breast Cancer Awareness Event at the fairgrounds.



Annie Jeffrey Memorial County Health Center Annual Report 2015

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 and community members.
- Continued October Mammograms incentives program
- AJ Volunteers held their 19 year anniversary celebration at the Thrift Shop
- Purchased a new Ultrasound for Physical Therapy with help from the Annie Jeffrey Volunteers
- The AJ Volunteers celebrated donating over \$100,000 to Annie Jeffrey over the last 19 years!
- Hosted the Foundation Family Tree Celebration
- Foundation for Annie Jeffrey held a wine tasting event in February
- Worked on Master Facility Plan
- With help from a \$10,000 Blue Cross Blue Shield grant, we started a wellness program for kids, called Fit and Healthy Kids, that was well attended
- Foundation for Annie Jeffrey gave three scholarships to area high school students 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
- Dr. Dugas, Orthopaedic Doctor, started seeing patients at Annie Jeffrey
- A Pulmonary Function Lab was installed at AJ. Our Respiratory Therapist indicated patients that formally went to other facilities to get these tests are now able to have them done locally
- Carle Conard recently became a Certified Lactation Counselor for Annie Jeffrey
- Purchased a new Baby Warmer and Fetal Monitor with funds from the Foundation for Annie Jeffrey's annual campaign
- Snowman Marathon Wellness Program was well attended
- Held two Drug Take Back events
- Purchased a new Chemistry Analyzer for the Lab with a \$50,000 donation from the Foundation. The new chemistry analyzer can run 40 different tests and is 5 to 10 minutes faster.
- 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 seventh Annual Foundation for Annie Jeffrey Golf Tournament
- Purchased new Treadmill for the Wellness Center with proceeds from golf tournament
- Received a Susan G. Komen grant for breast cancer awareness and held a Lady's Night Out in October
- Sponsored a Mature Driving Class for community members. This 2-day class was held at the hospital
- Welcomed Katie Rystrom, FNP to medical staff.
- Published education on Advanced Directives
- Hosted monthly trauma meetings with area rescue units

AJ Health Fair

The twelfth annual Annie Jeffrey Memorial County Fall Health Fair held on October 6th was a huge success. Over 190 fairgoers, from a variety of Nebraska communities visited the health exhibits with 142 taking advantage of the discounted comprehensive health blood profiles. Thirty-four 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 blend a delicious smoothie while riding a bike at the Polk County Extension Office's booth. Several other vendors also provided free services: hearing aid cleaning, body fat analysis, oximetry, blood pressure screening, CPAP pressure checks, skin analysis for sun damage, and colon cancer screening kits were available. The Polk County area local community blood supplier, The Nebraska Community Blood Bank, tested at least 50 individuals for their blood type.

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Preventing Falls

Continued from page 3.

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 near your bed and keep your telephone nearby.

In other living areas: keep electrical cords and phone wires along walls and away from walking paths, tack down carpets and area rugs firmly to the floor, arrange your furniture so that it is 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 easily.

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

Happy Holidays!

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

Financial and Statistical Highlights

Statistic	2014	2015
Acute admissions	122	128
Swing Bed Days	372	170
Surgical Cases	49	29
Observation Hours	2,570	2,333
CT Scans	321	275
ER Visits	1,084	1,209
X-ray Visits	1,024	1,123
Specialty Clinic Visits	703	762
PT procedures	11,071	10,396
Operating Gain (Loss)	(\$268,973)	(\$239,940)

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 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.

Thank You to the Cross County Cougar Volleyball Team!



Annie Jeffrey Health Center received a donation from the Cross County Cougar Volleyball team to help fight breast cancer in our county. Nearly 1 in 8 women in the United States will be diagnosed with breast cancer in their lifetime. Annie Jeffrey plans to use this donation to help bring awareness to the communities we serve and encourage people to get their mammograms.



Annie Jeffrey Volunteers Donate \$102,560 to the Hospital in 20 Years!

At their annual meeting in September, the Annie Jeffrey Volunteers donated \$2,500 to Annie Jeffrey Health Center to help purchase a special transfer chair. The Stryker Transport Chair was designed by an architect using his personal experiences after becoming paralyzed. IV poles and oxygen tanks on the chair are built in, allowing nurses and x-ray techs to completely focus on the patient and a safe transport, instead of trying to juggle IV pumps, oxygen tanks and other equipment. The chair is designed to provide closer access to beds, cars, or tables, and is also designed to be more comfortable for the patient.

“On behalf of the staff and Board of Directors, we would like to thank the Volunteers for all they have done,” 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 20 years has been able to donate over \$102,000.00 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.”

**“What we have done for
ourselves alone dies with us;
what we have done for others
and the world remains
and is immortal.”**

~ Albert Pike

AJ Health Fair

Continued from page 5.

More than sixty adults received their seasonal flu shot from the Polk County Health Department. Ten individuals took advantage of the Bryan Health HeartAware screening opportunity in an attempt to make an early detection of heart disease. Midwest Medical Air Transport and Air Methods Star Care both had their helicopters on site.

There were 27 vendors at the fair providing health information and services. This year new to the fair was the Department of Health and Human Services Water Well Standards Office. They provided drinking well water testing for nitrate levels. Twelve individuals took advantage of this free service (a \$17.00 value). Seven of the twelve water samples tested high for nitrate levels. Twenty-five additional individuals received education and take home water well test strips. The Annie Jeffrey Volunteers held a bake sale raising over \$400.00.

The Health Fair Committee would like to thank all of the exhibitors, participants, and staff helping at the fair for making the 2015 health fair a success. Planning has already begun for the 13th annual Fall Health Fair. Look for upcoming information on the 9th annual Mini-Spring Health Fair.

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 7th 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.

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



Annie Jeffrey

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