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Published Quarterly By:



**MEMORIAL COUNTY  
HEALTH CENTER**

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**G**et your New Year's Resolutions off to a great start by participating in the 2017 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.

**Registration will be Dec 1-Dec. 15, 2016**  
**Registration cost will be \$25.00.**

New this year will be online registration found on our Annie Jeffrey webpage at [www.ajhc.org](http://www.ajhc.org). Registration forms are also available at our Business Office at 531 Beebe Street in Osceola. The business office is open Monday-Friday 7am-5pm.

Packets will be handed out at our kick-off event Wednesday January 4 from 4pm to 6pm. If you are not able to make it during this time, we will make other arrangements for you to get your packet.

The marathon will start on January 8, 2017. Watch the Annie Jeffrey Facebook page for more information!

If you have any questions please contact Nataly or Robin at 402-747-2031 or email [snow.man@ajhc.org](mailto:snow.man@ajhc.org)

*The Wellness programs at Annie Jeffrey Health Center include: community education, diabetes education, OB education, exercising in the Annie Jeffrey Wellness Center, the Snowman Marathon, Fit & Healthy Kids and nutritional services that include inpatient and outpatient consultations.*

## 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."*

## Safe Shoveling

Shoveling your driveway or sidewalk can be very strenuous work. Some experts say that shoveling snow is as strenuous as running 9 miles an hour. Besides slipping and falling, the risk of heart attack and the chance of back injuries are also concerns. Some tips for safer snow shoveling are:

- Warm up muscles by walking or marching in place and do some stretches.
- Shovel early and often - fresh snow will be much lighter than packed snow.
- Push the shovel like a snowplow - don't lift.
- Avoid bending and twisting.
- Take your time and take a break at least every 15 minutes.
- Drink water. In the cold, dry air, you lose a lot of water through respiration and perspiration.
- Don't eat, drink alcohol or smoke prior to shoveling because it puts a larger strain on your heart.

Picking the right shovel is also important. Choose a small shovel to prevent you from lifting too much weight and becoming exhausted. Stop shoveling immediately if you experience shortness of breath, heavy sweating or any kind of pain. If in doubt, hire someone to shovel your snow. Call Annie Jeffery Health Center at 402-747-2031 for more information.

## Diabetes Prevention Program

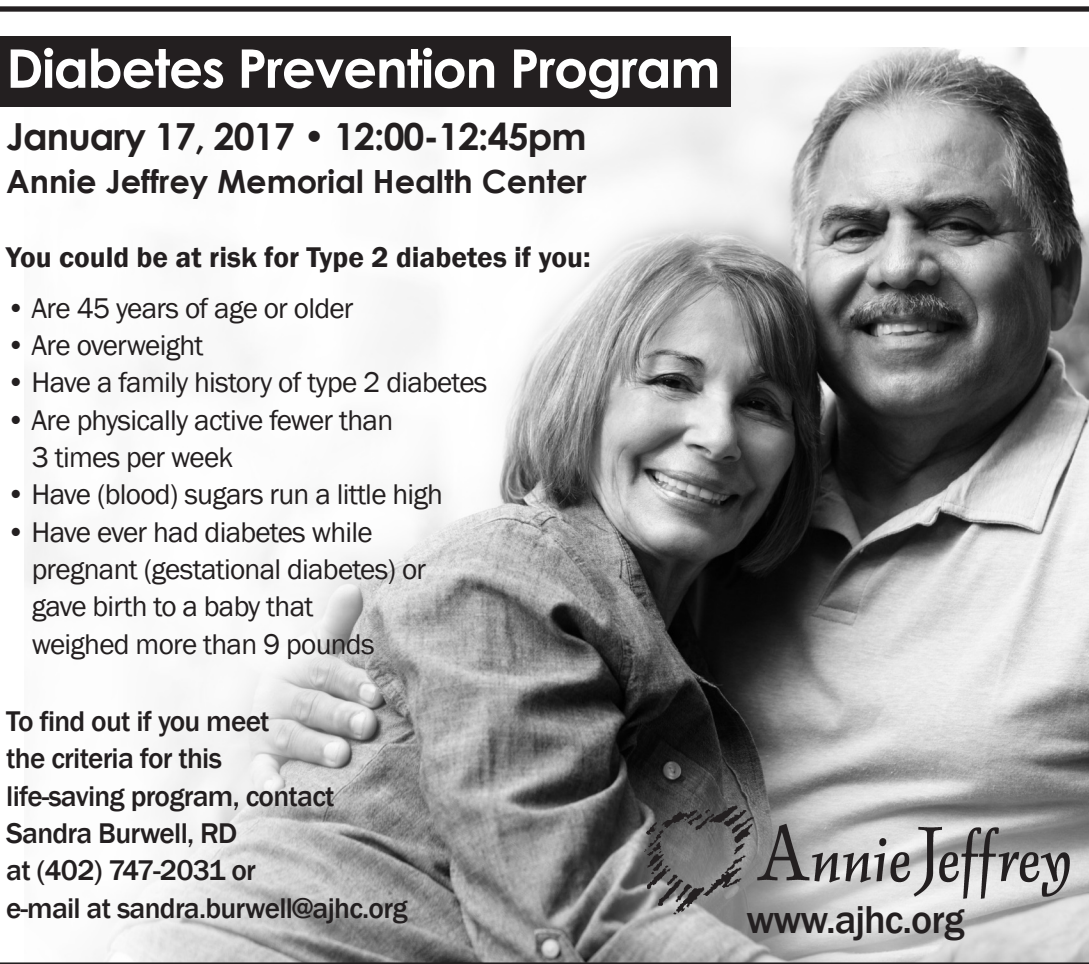
**January 17, 2017 • 12:00-12:45pm**

**Annie Jeffery Memorial Health Center**

**You could 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
- Have (blood) sugars run a little high
- Have ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

To find out if you meet the criteria for this life-saving program, contact Sandra Burwell, RD at (402) 747-2031 or e-mail at [sandra.burwell@ajhc.org](mailto:sandra.burwell@ajhc.org)



**Annie Jeffery**  
[www.ajhc.org](http://www.ajhc.org)

## Annie Jeffery 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 Jeffery Diabetes Prevention Program can help!

Annie Jeffery 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.

January 10, 2017 will mark the final session for the year long Diabetes Prevention Program. The program began weekly meetings in January of 2016 and transitioned to monthly meetings in May. During the sessions, participants weigh in weekly to track progress and report the number of minutes of physical activity. The two primary goals of the program are 7% weight loss over one year and to achieve 150 minutes of physical activity per week. Completed daily food records are given to the lifestyle coach at each session. These are reviewed by the coach and positive comments are made on the food record to encourage each participant. The food record is then returned to the participant the following week. During each session, participants work with the Life-

*Continued on page 3.*



## Annie Jeffrey Diabetes Prevention Program *Continued from page 2.*

style coach and the group to overcome barriers to a healthy lifestyle. The group interaction is crucial to the program's success. With a supportive group to cheer their successes and empathize with their setback, participants don't have to make lifestyle changes alone.' (from the DPP program flyer).

Initially, some participants admit, they were a little hesitant to commit to a year long program. But, looking back, they are amazed how quickly the time has passed and are glad they made the commitment to their health. Class members agree that the structure of the class – giving you little bits at a time – was one of the keys to success. They decided that a one day class – even with the same information – would not have been successful in the long run – primarily due to the support they received from each other throughout the program. One student commented: "The support and positive attitude of the group helped spur me on and keep me on track."

Participants also felt that this program helped them to make a change from looking at this as a 'weight loss program' to

a 'diabetes prevention program'." That change in focus makes a big difference in the overall end results and daily decisions. Members also appreciate learning how to fit the foods they like into a healthy lifestyle; being able to look at the week as a whole, not one single day; and being able to get back on track after a slip up. One student noted: "I have enjoyed this class. I have learned a lot of new things as well as learning how to implement them into my life. The beginning weekly meetings were very helpful in keeping me on track."

Although this session is coming to an end, those at risk for diabetes will have an opportunity to begin January 17, 2017. A free informational session will be offered at Annie Jeffrey from 12-12:45 pm at Annie Jeffrey.

To see if you qualify for this class and to register for the informational session, please contact Sandra Burwell, registered dietitian, at (402) 747-2031 or email at [Sandra.burwell@ajhc.org](mailto:Sandra.burwell@ajhc.org) Further information will also be available on the hospital's web site [ajhc.org](http://ajhc.org).

## Annie Jeffrey Health Fair

The thirteenth annual Annie Jeffrey Memorial County Fall Health Fair held on October 4th was a huge success. Over 170 fairgoers, from a variety of Nebraska communities visited the health exhibits with 154 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 continental breakfast was provided by Annie Jeffrey's dietary staff. The Annie Jeffrey Volunteers held a bake sale raising over \$400.00.

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 and educational opportunities for those who visited.

Vendors provided free services: body fat analysis, blood pressure screening, skin analysis for sun damage, and colon cancer screening kits were available. Tooley Drug and Home Care had a pharmacist and respiratory therapist available to assist and answer fairgoers questions. Around 50 adults received their seasonal flu vaccination from the Polk County Health Department.

There were 24 vendors at the fair providing health information and services. This year new to the fair was Therapy Works Speech Therapy and Young Living Essential Oils. Aging Partners Health and Fitness from Lincoln were on site providing bone density screening. Several individuals took advantage of the Sahara Bone Density screening in an attempt to make early detection of osteoporosis possible. Heart disease kills

## 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.



## Farmers Can Lower Their Taxes

Nebraska farmers can lower their taxes by donating grain directly to their favorite charity and experience significant income tax savings.

Donating grain directly to the charity eliminates the need to claim a charitable contribution as an itemized deduction. Instead, the donated grain is put in the charity name and is excluded from farm income. A lower income means less revenue subject to income tax.

Now is a good time to talk to your tax advisor before the year ends.

## 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



## 2016 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, Susan Chrastil, Foundation Director, and Foundation for Annie Jeffrey Board members, Karleen Watts, Karen Stevens, Mary Lerch, Brian Beckner, Margie Hayes and John Girard. Not pictured are Foundation members, Steve Peterson and Kathy Gabel.*

## Ladies' Night Out Breast Cancer Awareness Event

Nearly 100 women came together Wednesday, October 19th at Polk County Fairgrounds in hopes that together they could make a difference in the fight against breast cancer. The 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 the Annie Jeffrey mammogram techs. Wine, Fire-Up

pizza, salad and cheesecakes were served to the guests.

Sandra Burwell spoke about the importance of a balanced healthy diet and exercise.

Joan Manning took the attendees through her cancer journey and stated the importance of mammograms. Joan had found a lump, went in for a mammogram and ultrasound and was diagnosed with breast cancer. She immediately contacted an oncologist and started her fight against breast cancer. She turned her treatment into parties and made the best of what she was dealing with.

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 they receive.



*Joan Manning, speaking about her personal cancer journey to the attendees.*

# Annie Jeffrey Memorial County Health Center

## Annual Report 2016

**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:**

- With the help of a Diabetes grant, the second year of our Diabetic Prevention Program was offered to AJ Employees and 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
- AJ Volunteers held their 20 year anniversary celebration at the Thrift Shop
- Purchased a new Transfer Chair with help from the Annie Jeffrey Volunteers
- Hosted the Foundation Family Tree Celebration
- Foundation for Annie Jeffrey held a wine tasting event in February
- Welcomed Katie Rystrom, FNP to our Medical Staff
- Snowman Marathon Wellness Program was well attended
- With seed money from a \$10,000 Blue Cross Blue Shield grant, we continued with our second year of Fit and Healthy Kids
- Foundation for Annie Jeffrey gave four 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
- Dr. Dugas, Orthopaedic Doctor, started doing scopes at Annie Jeffrey
- The Foundation paid for a new treadmill with proceeds from the golf tournament
- The Foundation was awarded a \$27,500 breast cancer awareness grant.

- AJ is part of the Rural Health Care Partnership featured in the Health Leaders magazine defining how we are working together in Nebraska.
- Held two Drug Take Back events at the hospital
- Purchased a new Ultrasound with a \$105,000 donation from the Foundation
- Partnered with Pinnacle Bank in sponsoring BC/BS Walk for Lunch Day
- New sprinkler system and ceiling installed in older part of hospital
- Hosted the eighth Annual Foundation for Annie Jeffrey Golf Tournament
- Hired a new Speech Therapy Group
- Trauma Audit recertification passed
- Center for Survivors introduced a new Satellite Office that will be held at AJ on Wednesdays
- Received a Susan G. Komen grant for breast cancer awareness and held a Lady's Night Out in October
- Continued our Centrex EMR upgrade
- Joe Novotny, a first year medical school student shadowed Dr. Sidak. He is the brother of Trish Sidak.
- Hosted students from area high schools to educate them on health careers
- Published education on Advanced Directives
- Hosted monthly trauma meetings with area rescue units
- Celebrated our 60th anniversary at the Polk County Fair by serving cookies at the annual barbecue.

<b>AJHC STATISTICAL HIGHLIGHTS</b>		
<b>Statistics</b>	<b>2016</b>	<b>2015</b>
Acute admissions	118	128
Swing Bed Days	267	170
Acute and ICU Days	312	308
Surgical Cases	45	29
Observation Hours	2186	2333
CT Scans	304	275
ER Visits	1302	1209
X-ray Visits	1105	1123
Specialty Clinic Visits	897	762
PT procedures	10,388	10,396

*Continued on page 6.*



## Cougar Volleyball Donation

## Annual Report *Continued from page 5.*

**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.

## AJ Health Fair *Continued from page 3.*

people who thought they were fine every day. Eleven individuals took advantage of the free Bryan Health HeartAware screening opportunity completed by a Bryan Health nurse in an attempt to prevent and make an early detection of heart disease.

The Department of Health and Human Services Water Well Standards Office provided free well water testing for nitrate levels (\$16.00 value) and had a water supply specialist on hand to interpret screening results and answer questions. Sources of nitrate in groundwater include fertilizers, animal waste, and human waste. The quality of water from private wells in Nebraska is not regulated by federal or state mandates. Since many contaminants

can present a health risk to humans and livestock if present in sufficient concentrations annual water testing is recommended.

Twelve individuals took advantage of this free service. Eight of the twelve water samples tested high for nitrate levels and were able to receive additional information to help them reduce the nitrate count. Fifteen additional individuals forgot their water samples but were able to receive education and take home water well test strips. Approximately 6 other entities were unable to attend this year's fair but had information on hand for participants to take home.

## Happy Holidays!

The Physicians, 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!

## Things to Add to Your New Year's Resolution List:

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



## Annie Jeffrey Volunteers Donate \$4,000 for Game Ready System

**T**hanks to funds from our wonderful volunteers at Annie Jeffrey Health Center the Physical Therapy Department has been able to purchase a Game Ready system. The Game Ready is a machine that provides a better way to ice and decrease inflammation. It allows us to adjust the temperature range from 34 degrees to 50 degrees. If a patient has sensitivity to cold, the temperature may be adjusted to their comfort level. It also eliminates the inadequacy of cold packs as they thaw out. The Game Ready also has a compression function that can help move swelling out of an injured area. For example, a patient in therapy after a total knee replacement would benefit from the consistent cold temperature and compression to both decrease pain and swelling. The Game Ready may be used for pain or injuries involving the shoulder, elbow, knee and ankle.

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 21 years has been able to donate over \$106,560.00 to the Annie Jeffrey Memorial County Health Center for the purchase of needed equipment! That alone



*Jane Roberts, AJ Volunteer Co-Treasurer handing Joe Lohrman, AJ CEO, a check for the Game Ready System*

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 VOLUNTEERS**

*The Annie Jeffrey Volunteers celebrated 21 years at the Thrift Shop on November 2nd. Twenty-one 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.*



## 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 to help prevent disease later on in your life.
- **Quit Smoking** - Talk to your health care provider about ways to help you kick the habit.
- **Protect the skin** - Make sure to apply sunscreen all year long.
- **Skip the fast food** - Studies have shown that communities with more fast-food outlets have higher rates of heart disease and death. 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.

# Hearts on Fire Wine & Beer 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 12th 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](http://www.ajhc.org)



**Annie Jeffrey**

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