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JOIN US FOR THE 2018 SNOWMAN MARATHON



Resolve to get fit in 2018 by participating in this year's Snowman Marathon.

KICKOFF IS JANUARY 3, 2018

Registration runs Dec. 1 thru Dec. 15 and is \$25 per person.

You will receive

- Free Participation Packet
- Free 8-week use of the Hospital Wellness Center
- Fun prizes
- Informative sessions
- T-shirts to participants
- Pre and Post marathon measurements

The purpose of this event is to establish exercise goals & promote a healthy lifestyle.

Go to www.ajhc.org to register online or call (402) 747-2031 for more information.

It's time to register for the 2018 Snowman Marathon coordinated by Annie Jeffrey Health Center! We are excited about many new focuses 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. In order to help you to stay accountable – we are also adding a 'partner' option this year. See the website for more details!

Registration will be Dec 1-Dec. 15, 2017
Registration cost will be \$25.00.

You will be able to register online at our Annie Jeffrey webpage at www.ajhc.org and

on Facebook! You may also register in 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 3 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 7, 2018. Watch the Annie Jeffrey Facebook page for more information!

If you have any questions please contact Dana or Tammy at 402-747-2031 or email snow.man@ajhc.org

Hearts on Fire Wine and Beer Fest

Plan to join us Sunday, February 11, 2018!

The Foundation for Annie Jeffrey is having a Hearts on Fire Wine and Beer Fest on Sunday, February 11th 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. Tickets are \$25.00 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.





Join Us for our Partners In Caring Group

*Second Tuesday
of the Month*

**Beginning
Dec. 12, 2017
10:00 am**

LOCATION:

Dining Room/Cafeteria
Annie Jeffrey Health
Center

Who Should Attend?

Those with a diagnosis of
Parkinson's

Those with a diagnosis of
Dementia or Alzheimer's

Those who may have had
a stroke, brain injury or
other neurological
impairment

Those who have a family
member with anything
listed above

Those who provide
care for someone with
anything listed above

Contact Annie Jeffrey
Health Center at
402-747-2031
or visit us online at
www.ajhc.org

This is your chance to
find a friend in your
community who is going
through the same thing
as you are!

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.

Group participation and weekly meetings key to diabetes prevention

January 19, 2018 will mark the final session for the year-long Diabetes Prevention Program. The program began weekly meetings in January of 2017, met bimonthly through the summer and transitioned to monthly meetings in August. 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. "During each session, participants work with the Lifestyle 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 in March of 2018. To see if you qualify for this class, please contact Sandra Burwell, registered dietitian, at (402) 747-2031 or email at Sandra.burwell@ajhc.org. Further information will also be available on the hospital's web site ajhc.org.

Why am I getting these surveys in the mail from Annie Jeffrey?

The HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) survey is the first national standardized, publicly reported survey of patients' perspectives of hospital care. HCAHPS (pronounced "H-caps") is a survey instrument and data collection methodology for measuring patients' perceptions of their hospital experience. While many hospitals have collected information on patient satisfaction for their own internal use, until HCAHPS there was no national standard for collecting and publicly reporting information about patient experience of care that allowed valid comparisons to be made across hospitals locally, regionally, and nationally.

Three broad goals have shaped HCAHPS. First, the survey is designed to produce data about patients' perspectives of care that allow objective and meaningful comparisons of hospitals on topics that are important to consumers. Second, public reporting of the survey results creates

new incentives for hospitals to improve quality of care. Third, public reporting serves to enhance accountability in health care by increasing transparency of the quality of hospital care provided in return for the public investment. With these goals in mind, the Center for Medicare and Medicaid Services (CMS) and the HCAHPS Project Team have taken substantial steps to assure that the survey is credible, useful, and practical.

The surveys Annie Jeffrey sends out are returned to RCCN/SERPA, a company in Crete Nebraska, and then a typed report is sent to us monthly with the survey results from those that were mailed back, along with any comments put on the survey. We, at Annie Jeffrey, feel it is important for our patients to receive the highest quality of care close to home, so please take the time to fill out the surveys when you receive them and let us know how we are doing.

Annie Jeffrey Health Fair

The fourteenth annual Annie Jeffrey Memorial County Fall Health Fair held on October 3rd was a huge success. Around 200 fairgoers, from a variety of Nebraska communities visited the health exhibits with 153 taking advantage of the discounted comprehensive health blood profiles. Twenty-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 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: blood typing, body fat analysis, blood pressure screening, skin analysis for sun damage, and colon cancer screening kits were available. Annie Jeffrey's pharmacist was available to review people's medications and answer fairgoers questions. Around 50 adults received their seasonal flu vaccination from the Polk County Health Department. There were 20 vendors at the fair providing health information and services. This year new to the fair was Edgewood Vista Senior Living from Columbus, NE.

Fourteen 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

Two Healthy Recipes from Our Dietician



Pumpkin Party Dip

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

Blend first five ingredients together - fold in whipped topping.



Delicious Dip

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

Puree in blender. Serve with fresh veggies.

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



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: John Girard, Stephen Peterson, Karleen Watts, Mary Lerch, LeRoy Gerrard, Margie Hayes and Brian Beckner. Not pictured are Foundation members, Karen Stevens and Kathy Gabel.

2017 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.

Ladies' Night Out Breast Cancer Awareness Event

Over 80 women gathered at the Rose Colored Glass in Stromsburg for the annual Annie Jeffrey's ladies night out event. The women were treated to a free glass of wine, shopped the Towne-house and Frocks and Flowers stores, and had a meal of hashbrown potato soup, sandwiches, and cheesecakes. Gift certificates and prizes were given out to several women in attendance. Half way through the evening our guest speaker, Natasha Coffin, told her breast cancer story to the

group. Natasha started at the beginning from the day she found the lump and went through the entire fight and even talked about the fight she continues to fight today with the side effects of some of the medications she has to take. She talked about the importance of yearly mammograms and self-breast exams. Thank you Natasha for sharing your story with us!

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.



Natasha Coffin, speaking about her personal cancer journey to the attendees.



Annie Jeffrey Memorial County Health Center

Annual Report 2017

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, Annie Jeffrey Health Center's 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 21 year anniversary celebration at the Thrift Shop
- Purchased a Game Ready System for Physical Therapy with help from the Annie Jeffrey Volunteers
- Hosted the Foundation Family Tree Celebration
- Foundation for Annie Jeffrey held a wine tasting event in February
- Snowman Marathon Wellness Program was well attended
- With seed money from a \$10,000 Blue Cross Blue Shield grant, we continued with our third year of a new wellness program for kids, called *Fit and Healthy Kids*, that was well attended
- Foundation for Annie Jeffrey gave five 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
- The Foundation gave \$70,000 to Annie Jeffrey Health Center to pay for the Konica digital x-ray detector with proceeds from our annual campaign and grants.
- Updated our Ultrasound machine
- The Foundation purchased two AED's for the clinics associated with Annie Jeffrey Health Center with a memorial donation specifically designated for defibrillators. Patients will benefit from the fact that, if needed, these devices improve cardiac arrest survival rates across the country.

- AJ started giving all babies born at Annie Jeffrey free diapers for a year.
- Held two Drug Take Back events at the hospital
- Partnered with Pinnacle Bank in sponsoring BC/BS Walk for Lunch Day
- Hosted the ninth Annual Foundation for Annie Jeffrey Golf Tournament
- Trauma Audit recertification passed
- We held another Lady's Night Out in October
- Welcomed Amy Steiner, PA-C to our Medical Staff
- Remodeled areas of the hospital and added a Chapel
- Radiology received their ACR Mammography Accreditation for the next three years.
- Nebraska is one of the states The Health Resources and Services Administration (HRSA) has recognized for outstanding quality performance of their Critical Access Hospitals (CAHs) in achieving the highest reporting rates and levels of improvement over the past year. Annie Jeffrey Health Center is the Critical Access Hospital in Polk County.
- Annie Jeffrey Memorial County Hospital's Sleep Study Program recently earned accreditation by the Accreditation Commission for Health Care.
- Hosted students from area high schools to educate them on health careers
- Published education on Advanced Directives
- Offered free Mature Drivers Classes to residents of Polk County with help from the Nebraska Safety Council.
- Hosted monthly trauma meetings with area rescue units

AJHC STATISTICAL HIGHLIGHTS		
Statistics	2016	2017
Acute admissions	118	104
Swing Bed Days	267	153
Surgical Cases	45	48
Observation Hours	2186	2987
CT Scans	304	302
ER Visits	1302	1407
X-ray Visits	1105	1044
Specialty Clinic Visits	897	894
PT procedures	10,388	11,078
Operating Gain (Loss)	(142,593)	(393,135)

Continued on page 6.



Happy Holidays from Our Family to Yours!

The Physicians,
Physician Assistant,
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!

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.

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

AJ Health Fair *Continued from page 3.*

Standards Office provided free well water testing for nitrate levels 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. Sixteen individuals took advantage of this free service. Nine of the sixteen water samples tested high for nitrate levels and were able to receive additional information to help them reduce the nitrate count. Forty 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.

The Health Fair Committee would like to thank all of the exhibitors, participants, and Annie Jeffrey staff helping at the fair for making the 2017 health fair a success. Planning has already begun for the 15th annual Fall Health Fair. Look for upcoming information on the 11th annual Mini-Spring Health Fair.



Wintertime Shoveling Tips

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, there are two major concerns with the safety of shoveling snow. They are: the risk of heart attack and the chance of back injuries. Some tips for safer snow shoveling are:

- Warm up muscles by walking or marching in place and do some stretches.
- Shovel early and often because the fresh snow will be much lighter than packed snow.
- Push the shovel like a snowplow does - don't lift the snow.
- Avoid bending and twisting.
- Take your time and take a break at least every 15 minutes. Your body is working hard just trying to stay warm.
- 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. Check out the new ergonomic snow shovels. The curved handles help keep your back straighter. People with heart disease or high blood pressure need to be especially cautious because of the strain the cold weather puts on your heart. **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 Jeffrey Health Center at 402-747-2031 for more information.

Wellness Programs at AJHC

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

AJ VOLUNTEERS

The Annie Jeffrey Volunteers celebrated 22 years at the Thrift Shop on November 1st. Twenty-two 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.

The Annie Jeffrey Volunteers donate \$109,560 to hospital in 22 years!



Resolutions for the New Year

- 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

A few ways to become healthier in 2018:

- *Exercise regularly* - People who work out live longer. Plus they have better self-esteem and reduced depression.
- *Get a physical* - Regular physicals 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* - 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.

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."

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



Annie Jeffrey

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