

# heartbeat

*"Exceptional care, close to home."*

## INSIDE THIS ISSUE

- Preventing Falls ..... 2
- AJ Diabetes Prevention ..2
- Surveys from AJHC ..... 3
- AJ Health Fair..... 3
- Hearts on Fire Event ... 3
- Farmers Can Lower  
Their Taxes ..... 4
- 2018 Foundation  
Family Tree ..... 4
- Meet the Therapists..... 4
- Annual Report 2018 ... 5
- Happy Holidays ..... 6
- AHT/SBS Certificates.... 6
- Shelby Clinic Open .... 6
- Ladies' Night Out ..... 7
- Wellness Programs ..... 7
- Resolutions for 2019... 7
- Mammogram Gift..... 8



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## JOIN US FOR THE 2019 SNOWMAN MARATHON



Resolve to get fit in 2019 by participating in this year's Snowman Marathon.

**KICKOFF IS JANUARY 2, 2019**

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](http://www.ajhc.org) to register online or call (402) 747-2031 for more information.**

**G**et your New Year's Resolution off to a great start by participating in the 2019 Snowman Marathon coordinated by Annie Jeffrey Health Center. The overall goal of the Snowman Marathon is to establish a routine of regular exercise activity and healthy lifestyle changes by providing weekly information and keeping you motivated throughout the marathon. The cost to participate in the marathon is \$25.00.

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 2 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.

### ONLINE REGISTRATION OPENS DECEMBER 1ST.

You will be able to register online at our Annie Jeffrey webpage at [www.ajhc.org](http://www.ajhc.org) and on Facebook! You may also register in our

The marathon will start on January 3, 2019. 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 [snowmanmarathon@gmail.com](mailto:snowmanmarathon@gmail.com).

## Marathon "Points"

**T**his is an 8 1/2-week program that begins on January 3, 2019. There is a weekly point calendar for each of the 8 1/2 weeks.

Beginning on Week #2, there is a double point challenge - the person with the most points during this week will win a prize. Possible points to earn: Weight loss, Water Consumption, Eating Time, Eating Fruits/Vegetables, Sugar Consumption, Food Journal and Exercise. You can exercise each day, but you will only receive points for exercising 5 days per week.

You can choose to not eat each sugar/treats each day, but you will only receive points for not eating sugar on 6 days. (Everyone needs a free day)

Food journals will be available for pickup at the kick-off event or you may use your own kind of food journal to keep track of what you eat.

Example of weight loss points: You will get 5 points for maintaining your lowest previous weight AND 10 points for each

*Continued on page 5.*



## Preventing Falls

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.
- 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.
- 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 stand on a chair to reach something that is too high – use a 'reach stick' instead.

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

## Annie Jeffrey Diabetes Prevention Program

Reduce Your Risk of Type 2 Diabetes

**T**he New Year is a great time to decide to make some healthy changes, and regardless of your health concerns, the **Real Life** lifestyle change program may be right for you. This program is recognized by the Center for Disease Control and will allow you to learn, laugh, share stories, try new things, and build new habits—all while improving your health. Whether your goal is weight loss, preventing diabetes, or reducing your risk of complications from diabetes, heart disease or other chronic conditions, this program will help you meet your goals.

**During the first half of the program,** you will learn to:

- Eat healthy without giving up all the foods you love
- Add physical activity to your life, even if you don't think you have time
- Deal with stress
- Cope with challenges that can derail your hard work—like how to choose healthy food when eating out
- Get back on track if you stray from your plan—because everyone slips now and then

## Group participation and weekly meetings key to diabetes prevention.

**In the second half of the program,** you will enhance the skills you've learned so you can maintain the changes you've made. These sessions will review key ideas such as tracking your food and physical activity, setting goals, staying motivated, and overcoming barriers. You may learn some new information, too. The lifestyle coach and small group will continue to support you.



You can expect:

- A review and check-in on weekly progress, which includes a private weigh-in
- A discussion about the week's topic that will give you a chance to learn from the program materials and each other
- A wrap-up with a to-do list and handouts to reinforce what you've learned

## Sessions will review physical activity, goal setting and staying motivated.

The program runs for 1 year. During the first 6 months of the program, you will meet about once a week. During the second 6 months, you'll meet once or twice a month. You may think you learned enough in the first 6 months and can skip the second half of the program, but you'd be cheating yourself! Making lifestyle changes is an ongoing process. Staying in the program for the full year is essential to help you stick to new habits and avoid slipping back into old habits. And if you have not reached your goals in the first half of the program, your lifestyle coach and other group members can help you succeed.

The classes will be led by CDC trained lifestyle coaches Sandra Burwell and Heather Stevens. All classes will be held at Annie Jeffrey Memorial Health Center. If you are interested, contact Sandra or Heather at (402) 747-2031 or email Sandra.burwell@ajhc.org or heather.stevens@ajhc.org. Informational sessions will be held in January so we ask that you contact us before December 31, 2018 if you are interested.

## So 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.

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## Annie Jeffrey Health Fair

The fifteenth annual Annie Jeffrey Memorial County Fall Health Fair held on October 2nd was a huge success. Around 180 fairgoers, from a variety of Nebraska communities visited the health exhibits with 143 taking advantage of the discounted comprehensive health blood profiles. Nineteen anatomy/biology students from a local school 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 money to donate back to the Annie Jeffrey Memorial County Health Center.

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 edu-

cational opportunities for those who visited. Vendors provided free services: blood typing, body fat analysis, blood pressure screening, and skin analysis for sun damage were some of the services available. Annie Jeffrey's pharmacist was available to review people's medications and answer fairgoers questions. Over 50 adults received their seasonal flu vaccination from the Polk County Health Department.

There were 23 vendors at the fair providing health information and services. This year new to the fair was Weight Watchers, Doterra Essential Oils, and South Central EMS was onsite with an up-close look at equipment and a ground ambulance for individuals to tour. Eighteen individuals took advantage of the free Bryan Health Heart Aware screening opportunity completed

*Continued on page 6.*



## Hearts on Fire Wine and Beer Fest

**Plan to join us  
February 10, 2019!**

The Foundation for Annie Jeffrey is having a Hearts on Fire Wine and Beer Fest on Sunday, February 10th at The Rose Colored Glass in Stromsburg.

Enjoy many excellent Nebraska 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. All proceeds will be used for a new bone density scanner for the hospital.

## 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.



## 2018 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: 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.*

## Meet the Therapists

**John Makovicka, PT** - I have been serving the Physical Therapy needs of Polk, Butler, and Merrick counties since 1974. After graduating from Mayo Clinic Physical Therapy School in Rochester, MN in 1973, my wife and I moved to Kearney, NE. In 1974, I started the PT Departments in David City, adding coverage to Annie Jeffrey in the early 80s. I enjoy the people that I have served here and in the surrounding communities. This is now our sole practice, and I feel we have an outstanding staff.

**Nathan Olson, PT** - I have practiced as a physical therapist in this region of Nebraska since graduating from the University of South Dakota in 2004. My primary area of practice has been outpatient orthopedics, but I have also worked with pediatric through geriatric patients with diagnoses spanning the scope of practice of a physical therapist. I am certified in Mulligan Concept of joint manual therapy, Graston Technique of soft tissue manual therapy, and casting custom foot orthotics through Sole Supports.



**Brandi Watts, PTA** - I was born, raised, and currently live in Osceola. In 2013, I graduated from Northeast Community College with my Physical Therapist Assistant license. My experiences have been based in Outpatient, Inpatient, Skilled Nursing, Home Health, and School based settings. I am certified in custom foot orthotic casting through Sole Supports. I hope to continue expanding my knowledge in this health field. My family and I are very excited to be a part of this community again.

**PT Department Hours:** Monday through Friday 7am – 5pm

**Therapy Aides:** Donna Hellbusch, Jane Peterson, Myra Pinney, and Phyllis Urkoski

# Annie Jeffrey Memorial County Health Center Annual Report 2018

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.

## The following is a summary of 2018 activities, events, awards and purchases:

- Level IV Trauma Certification
- Physician from Omaha continues to utilize our telehealth equipment to consult with patients
- Utilizing a transfer service with BryanLGH West for trauma
- Conducted four successful blood drives in conjunction with the Nebraska Community Blood Bank
- The Foundation for Annie Jeffrey continues to be a conduit for financial support for the facility
- AJMCHC updated and added service areas to its webpage and Facebook page to increase accessibility to information for its patients
- Utilizing telehealth equipment for eEmergency and ePharmacy services.
- Updated our ultrasound to a new four-dimension unit.
- Original hospital building and Annie Jeffrey Family Medicine remodeled and updated; Chapel added to the building.
- Provided space to the Center for Survivors on a weekly basis.
- Provided space for a local chapter of Weight Watchers weekly.
- Hosted students from area schools to educate them on health related careers.
- Baby warmer and infant fetal monitor.
- Replaced a treadmill in our wellness center with a new unit.

- Welcomed a new physician to our medical staff.
- Hosted 2 health fairs in the county.
- Performed knee procedures in surgery.
- Updated and installed a new EMR (Centriq) including an enhanced patient portal.
- Purchased and installed a new anesthesia monitor and tourniquet in surgery.
- Purchased and installed a new digital radiography suite including a digital portable x-ray unit.
- Purchased and put into use a new Game Ready system and High-Low Mat table in Physical Therapy.
- Purchased a new Vidas 3 Analyzer and a CA-620 analyzer upgrade in the laboratory.

**Acute Care:** There were 122 acute admissions during 2018 compared with 104 during the previous year. Average length of stay was 2.45 days which was nearly the same as last year. There were 31 newborn days, compared to 38 in the previous year.

**Swing Bed:** Swing Bed days were 167 compared to 159 last year.

**Surgical Procedures:** Surgical procedures were 48, compared to 48 last year.

**Outpatient Services:** Observation hours were 2,662 compared to 2,987 last year. CT scans increased to 353 from 302 last year. Emergency room visits were 1,407 compared to 1,407 last year. Radiology visits were 1,113 compared to 1,044 previously. Specialty clinic visits were 792, down from 794 last year. Physical Therapy modalities decreased to 9,954 from 11,078.

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.

## Marathon "Points" *Continued from page 1.*

whole pound lost. If you gain weight, you will report "0" points AND you don't get any weight loss OR maintenance points in future weeks until you return to the lowest weight you had already achieved. If you maintained your previous lowest weight, you report 5 points. If you lost 1 pound you would report 10 points. (Each pound = 10 points)

Cash Prize money will be given out to the first and second place participants who lose the most weight and the person who has the most total weekly points.

A leader board will be emailed to participants and posted in the wellness center to show each participant's individual progress.

Turn in/submit your activity log every Tuesday by 9AM for it to be considered turned in on time. The Week 8 activity log is due on Monday, March 4th at 9AM so we can have results ready for the Spring Health Fair. You can submit your weekly activity log by turning them in at the wellness center or by emailing [snowmanmarathon@gmail.com](mailto:snowmanmarathon@gmail.com).



## Happy Holidays!

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

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!

## AHT/SBS Prevention Certificates Awarded to Annie Jeffrey Staff

We would like to congratulate Annie Jeffrey Memorial County Health Center on achieving the Abusive Head Trauma (AHT)/Shaken Baby Syndrome (SBS) Prevention Champion Status.

This certificate is recognition of meeting the state wide criteria that incorporated signing a pledge, creating or updating an AHT/SBS policy, providing yearly AHT/SBS and Crying Plan materials, and incorporating The Crying Plan into the discharge phone calls to patients.



From left are Tonya Kaup, Chris, Gabel, Carlena Conard and Jackie Moline

We commend Annie Jeffrey Memorial County Health Center on your commitment to increase the awareness of AHT/SBS Prevention to your community. Every baby should celebrate their first birthday.

## NOW OPEN: Prairie Creek Family Medicine – Shelby

Prairie Creek Family Medicine in Shelby is now open! This is the third Prairie Creek Family Medicine Clinic with the same medical providers and staff. There is one in Stromsburg, one at the hospital in Osceola and now one in Shelby.



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

by Bryan Health nurses in an attempt to prevent and make an early detection of heart disease. 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 2018 health fair a success. Planning has already begun for the 16th annual Fall Health Fair. Look for upcoming information on the 12th annual Mini-Spring Health Fair.

## Ladies' Night Out Breast Cancer Awareness Event - October 24

We had our annual Ladies Night out at the Rose Colored Glass on Wednesday October 24. Women enjoyed an evening of wine, food, and coming together in the fight against breast cancer. Dr. Brent Jameson, Amy Stiener PA-C, and Katie Rystrom APRN joined the evening for meet and greet those in attendance and answer any questions the ladies had. Those attending registered for prizes and the winners are listed below.



*Sara Noble won a breast cancer awareness t-shirt*



*Lois Behr won a \$50 Casey's Gift card*



*Katherine Heng won SeneGence Hair products (Donated by Shelly Glatter, \$150 value)*



*Anita Lindgren won an iPad*

## 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 23 years at the Thrift Shop on November 1st. Twenty-three 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 donated \$109,560 to hospital in 23 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 2019:

- *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 gift.***

*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](http://www.ajhc.org)

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