

INSIDE THIS ISSUE

Preventing Falls.....	2
Trauma Recertification ...	3
AJ Health Fair.....	3
Hearts on Fire Event ...	3
NE Farmers Can Lower Their Taxes	4
2019 Foundation Family Tree	4
Carbon Monoxide Risk...	4
Sleep Apnea Risk.....	4
Annual Report 2019 ...	5
Team Donation	6
Safety Award Winner...	6
Happy Holidays	6
Ladies' Night Out	7
AJ Kids in Kitchen.....	7
Resolutions for 2020...	7
AJ Volunteers.....	7



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JOIN US FOR THE 2020 SNOWMAN MARATHON



Resolve to get fit in 2020 by participating in this year's Snowman Marathon.

KICKOFF IS JANUARY 2, 2020

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.

Get your New Year's Resolution off to a great start by participating in the 2020 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.

Free use of the **Annie Jeffrey Wellness Center** will be offered to all marathon participants, but those using equipment at home are also encouraged to participate.

A kickoff for the marathon, and a free a health screening will be done on **Thursday, January 2nd, 2020 from 4-6 pm**. The free screenings will only be available at this time, so we encourage participants to plan ahead to attend this session. The screenings will include waist circumference, weight, height, body fat, BMI, and Blood Pressure. These screenings will be available again at the Spring Health Fair so you can see how your hard work during the marathon paid off.

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 activity logs on time.

The marathon **will begin Friday, January 3, 2020** and will be approximately 8 weeks long. Participants will track and submit activity logs each week, by email or in person to the wellness center.

All participants will receive a Snowman Marathon T-shirt. The t-shirt size you submit on your registration form will be what we order for you. If your registration was received prior to December 15, 2019, your t-shirt will be available at the kickoff event. A second t-shirt order will go in after the marathon starts for those that registered after December 15th and we will notify you when those t-shirts are available.

Prizes will be given throughout the marathon and there will be additional prizes awarded at the end of the marathon.

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2020 Snowman Marathon

Remember the goal of the marathon is to make healthy lifestyle changes that will last. All points will be calculated by the participant each week and totaled at the end of the marathon.

Participants that are interested are invited to participate in the Snowman Marathon Fun Walk/Run tentatively scheduled for **Sunday, March 10, 2020.** (Time to be determined later) The Snowman Marathon will conclude at our **Spring Health Fair Tuesday March 3rd, 2020.**

Please contact Dana or Tammy if you have any questions about the marathon at 402-747-2031 or snowmanmarathon@gmail.com.

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.



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 here in Polk County. After discussing the test results with your doctor, plan an exercise program that is right for you. Regular exercise helps keep you strong, improves your muscle tone, and keeps you flexible.
- Have your vision and hearing tested often.
- Find out the possible side effects of medicines you take. Some medicines affect your balance.
- Limit the alcohol you drink.
- Always stand up slowly after eating, lying down or resting. Getting up too quickly can cause your blood pressure to drop, which can make you feel faint.
- Use a cane or walker to help you feel steadier when you walk. Be very careful when walking on wet or icy surfaces.

- Wear rubber-soled, low-heeled shoes that fully support your feet.
- Hold handrails when you use the stairs.
- Don't take chances. Don't stand on a chair to reach something that is too high – use a 'reach stick' instead.

You can help prevent falls by making changes to unsafe areas in your home. In stairways and hallways: make sure there is good lighting with light switches at the top and bottom of the stairs, keep areas where you walk tidy and make sure all carpets are secure, have handrails on both sides of all stairs and make sure they are securely fastened. In bathrooms: mount grab bars near toilets and on both the inside and outside of your tub and shower, place non-skid mats or carpets on all surfaces that may get wet, and keep a night light on. In your bedroom: put night-lights and light switches close to your bed and keep your telephone near your bed. In other living areas: keep electrical cords and telephone wires near the walls and away from walking paths, tack down all carpets and area rugs firmly to the floor, arrange your furniture and other objects so they are not in your way when you walk, make sure your sofa and chairs are a good height for you to get into and out of them easily.

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



Trauma Recertification

The Nebraska Department of Health and Human Services announces the re-designation of Annie Jeffrey Memorial County Health Center as a Level IV Trauma Center.

Annie Jeffrey Health Center once again met the standards of the State of Nebraska for designation as a Level IV Trauma Center without any deficiencies. The accreditation is based on recommendations by a survey team of health professionals utilizing standardized established criteria for trauma centers. Annie Jeffrey became accredited first in 2008, this accreditation survey takes place approximately every four years.

A survey team evaluated the administration, emergency department, clinical

laboratory, patient transfer agreements, pre-hospital services, quality improvement programs, and radiology services. Additionally, the survey team looked for the hospital's commitment to community outreach, particularly for prevention. In addition, all medical providers and acute care registered nurses at Annie Jeffrey Health Center have advanced certification in trauma life support.

Involvement by hospitals in the Trauma Care System is on a voluntary basis. As part of the statewide network of trauma care centers, hospitals may accept, stabilize and care for trauma patients with significant injuries.

Under Nebraska law, hospitals can seek designation as a Level I, II, III or IV trauma center, with Level I requiring the most resources. The designations set specific criteria and standards of care that guide hospital and emergency personnel in determining the level of care a trauma victim needs, and whether that hospital has the resources to care for the patient, or whether the patient should be transferred to a trauma center more appropriate for the patient's injuries.

Transfer agreements must be in place with Level I and II Trauma Centers for patients that exceed the Level IV Trauma Center's resources.

"The certification process has required us to work closely with the county EMS units. I can't say enough good things about the EMTs in the county! Polk County is extremely blessed to have such a dedicated group of people who give excellent care, sacrifice time away from their jobs and family, and take significant risks to care for the citizens of the County.", commented Dr. Jameson, Trauma Director at Annie Jeffrey Health Center

Annie Jeffrey Health Fair

The sixteenth annual Annie Jeffrey Memorial County Fall Health Fair held on October 1st was a huge success. Over 160 fairgoers, from a variety of Nebraska communities visited the health exhibits with several taking advantage of the discounted comprehensive health blood profiles. Ten anatomy 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 educational 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 60 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 the York General Dialysis Center. Twenty individuals took advantage of the free Bryan Health Heart Aware

Hearts on Fire Wine & Beer Fest

Plan to join us February 9, 2020!

The Foundation for Annie Jeffrey is having a Hearts on Fire Wine and Beer Fest on Sunday, February 9th 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 updating our Mammography from 2D to 3D.



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.

Winter 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.



Foundation for Annie Jeffrey Board members looking at the Foundation Family Tree. Pictured standing from left are: Steven Peterson, Joe Lohrman, CEO, Annie Jeffrey Health Center, Karleen Watts, Kathy Gabel, Margie Hayes, Mary Lerch, Brian Beckner and LeRoy Gerrard. Kneeling are: Susan Chrastil, Foundation Director and John Girard. Not pictured is Foundation member, Karen Stevens.

2019 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.



Am I at Risk for Sleep Apnea?

Sleep apnea can affect anyone at any age, even children.

Risk Factors for Sleep Apnea include:

- Being male
- Being overweight
- Being over age 40
- Having a large neck size (17 inches or greater in men and 16 inches or greater in women)
- Having large tonsils, a large tongue, or a small jaw bone
- Having a family history of sleep apnea
- Gastroesophageal reflux, or GERD
- Nasal obstruction due to a deviated septum, allergies, or sinus problems

If you or someone you know has any of the above risk factors, make an appointment to see your physician and discuss your treatment options. If your provider refers you for a sleep study, you will enjoy having it done locally in our new and updated sleep rooms here at Annie Jeffrey Memorial County Health Center.



Annie Jeffrey Memorial County Health Center Annual Report 2019

A Annie Jeffrey Memorial County Health Center, following its eighteenth full year of operation as a critical access hospital, continues to grow. The facility continues to have steady utilization. This report summarizes some of the activity and accomplishments of fiscal year 2019.

The list of basic services provided by the Health Center remains unchanged. Emergency Department, Radiology and Laboratory coverage is maintained around the clock. Registered nurses staff the facility 24 hours per day without regard to census.

Thorough medical record reviews continue to be conducted by a variety of individuals, far exceeding the basic CoP requirements. The Utilization RN continues to review nearly 90% of all open records. Changes in the delivery of care are made when appropriate as a result of close examination of medications, treatments, physician orders and general care. The RN nurse reviews all closed records for accuracy and assesses any missed charges. Medical records personnel examine all records following dismissal, utilizing a specific check list. Each department of the facility, including all outpatient services and clinics are involved in Quality Assurance activity. Medical Staff review is comprehensive including outpatient clinics, Swing Beds, inpatient and outpatient surgery in addition to Med/Surgical, ER, OB and all transfers. Outliers go through QA Committee and are referred to the Medical Staff as necessary, and for external review when appropriate.

AJMCHC continues to participate in the quarterly patient satisfaction survey which provides patient and family review of care and service. Results and comments are shared with staff. All Hazards Plan and Pandemic Flu policies have been developed. The Health Care Policy Review Committee continues to meet quarterly to review all patient care policies and practices.

Facility, Equipment and Services:

- Level IV Trauma Certification;
- Working with UNMC to implement a teledermatology clinic in the fourth quarter of 2019;
- Utilizing a transfer service with Bryan LGH West for trauma;
- Conducted four successful blood drives in conjunction with the Nebraska Community Blood Bank;
- The Foundation for Annie Jeffrey and Annie Jeffrey Volunteers continue to be a conduit for financial support for the facility;
- Completed renovation and upgrading of our sleep study lab;
- Added a new cardiologist and cardiology clinic to our outpatient clinics;

- 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;
- Began utilizing an adenosine triphosphate (ATP) monitor for infection control and QA;
- 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;
- Upgraded and installed our medication dispensing unit and accompanying software;
- Added new spin cycles to our wellness center;
- Welcomed a new physician to our medical staff;
- Hosted 2 health fairs in the county;
- Purchased and installed a new DEXA scanner unit;
- Updated and installed a new EMR (Centriq) including enhanced functionality;
- Purchased and installed a new 3D mammography system;
- Purchased and put into use a second new Game Ready system and High-Low Mat table in Physical Therapy;
- Added a third tech to our laboratory.

Acute Care: There were 104 acute admissions during 2019 compared with 122 during the previous year. Average length of stay was 2.31 days which was nearly the same as last year. There were 40 newborn days, compared to 31 in the previous year.

Swing Bed: Swing Bed days were 151 compared to 167 last year.

Surgical Procedures: Surgical procedures were 55, compared to 48 last year.

Outpatient Services: Observation hours were 2,837 compared to 2,662 last year. CT scans decreased to 325 from 353 last year. Emergency room visits were 1,145 compared to 1,407 last year. Radiology visits were 903 compared to 1,113 previously. Specialty clinic visits were 670, down from 792 last year. Physical Therapy modalities decreased to 9,913 from 9,954.

The Critical Access Hospital designation of Annie Jeffrey Memorial County Health Center has allowed the facility to continue to make progress toward expanding and improving services. We anticipate continuing to renovate and upgrade our medical center as is fiscally feasible. We are currently reviewing and updating our Strategic Plan and anticipate beginning the next phase implementation during FY 2019.



Happy Holidays!

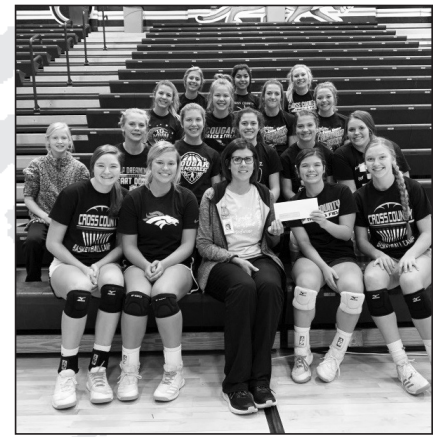
The Holiday Season is a great time to express our thanks to our community members for all the support you have shown.

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 and Prairie Creek Family Medicine in Osceola, Shelby and Stromsburg would like to wish you and your family a safe, healthy and happy holiday season!

Volleyball Team Donation

The Cross County Volleyball team donated \$425 to the Foundation for Annie Jeffrey for Breast Cancer Awareness.

Annie Jeffrey would like to thank the Cross County Volleyball team for the donation of money their team raised for breast cancer awareness at their Pink Out Game. This money will be used to promote breast cancer awareness to the women in our county. Thank you again Cross County Volleyball Girls!



2019 Nebraska Hospital Association Services / LMC Safety Award winners recognized

Representatives from LMC Insurance presented the 2019 NHA Services/LMC Safety Awards on October 16, 2019 to NHA member hospitals who performed at the highest levels when it comes to employee safety in their facilities.

Awards are based on these criteria:

- Loss data compiled through the last completed workers compensation policy period
- Participation in an NHA/LMC sponsored safety seminar
- Performance of strain and fall prevention programs through the last completed workers compensation policy period
- Safety Performance – 12-month loss ratio of 0%
- Safety Performance – Experience mod of .85 or under
- No reported fall injuries for the policy period
- No reported lifting/strain injuries for the policy period

There was only one silver award winner and six bronze award winners in the state. Receiving a Bronze award was Annie Jeffrey Memorial County Health Center, Osceola.

AJ Health Fair *Continued from page 3.*

screening opportunity completed 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.

Returning to the health fair this year was the Department of Health and Human Services Water Well Standards Office. They provided free well water testing for nitrate levels and had a water supply specialist on hand to interpret the screening results and answer questions. Sources of nitrates in groundwater include fertilizers, animal waste, and human waste. Nitrates are colorless, odorless, and tasteless which make it undetectable without laboratory testing. 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 human and livestock if present in sufficient concentrations annual water testing is recommended. Twelve individuals took advantage of this free service. Five of the twelve water samples tested high for nitrate levels and were able to receive additional testing information. Twenty-four additional individuals forgot their water samples but were able to receive education and take home water well test strips.

The Health Fair Committee would like to thank all of the exhibitors, participants, and Annie Jeffrey staff helping at the fair for making the 2019 health fair a success. Planning has already begun for the 17th annual Fall Health Fair. Look for upcoming information on the 13th annual Mini-Spring Health Fair.

Lady's Night Out Breast Cancer Awareness Event on October 16

Annie Jeffrey Health Center hosted our 9th annual Ladies Night out at the Rose Colored Glass on Wednesday October 16. The ladies enjoyed an evening of wine, delicious appetizers and coming together in the fight against breast cancer. Michelle Pruter and Nataly Sanley, Annie Jeffrey Mammography Techs, were available throughout the night to show the ladies the advantages of the recent 3D upgrade and the new SmartCurve paddles Annie Jeffrey has that offer a more comfortable exam.

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The theme for the evening was the Future is Bright with each lady receiving a small pink flashlight. Annie Jeffrey looks forward to offering this special night out for all women and to support the fight against breast cancer.

Annie Jeffrey Kids in the Kitchen

Annie Jeffrey Dietary Department held a Kids Cooking Class on Friday, October 18th from 8:30-11:00 a.m. at Annie Jeffrey Health Center.

The class was open to children ages 5-10 with an adult assistant. There were 10 kids with adult helpers. It was a hands-on, fun-filled morning learning the skills needed to prepare breakfast. Each child in attendance brought home five breakfasts to "heat and eat" at home.



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

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.

AJ Volunteers

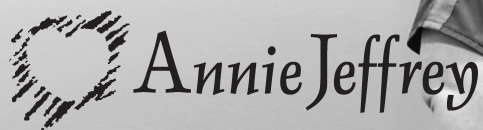
The Annie Jeffrey Volunteers celebrated 24 years at the Thrift Shop in November. Twenty-four years ago they came up with the idea of raising money for the hospital by opening a Thrift Shop, so on November 15, 1995, the Thrift Shop opened at its present location. Presently, there are approximately 60 volunteers, with most of them working at least once or twice a month at the Thrift Shop. They recently received a ServeNebraska Certificate signed by the Governor in honor of their dedication.

The Annie Jeffrey Volunteers have donated \$113,060 to the hospital in 24 years!



3D MAMMOGRAPHY & BONE DENSITY

Two New Arrivals at
Annie Jeffrey Health Center



Two new preventative screening technologies are now available at Annie Jeffrey to more effectively detect breast cancer and bone density.

Please contact your health care provider or Annie Jeffrey Health Center at 402-747-2031 for more information or to make an appointment.

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



Annie Jeffrey

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