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## Karleen Watts Honored for Her Service

Karleen Watts was honored by the Foundation for Annie Jeffrey for her many years of service to the hospital. Presenting Karleen with a plaque are Foundation for Annie Jeffrey Director, Susan Chrastil and Annie Jeffrey Health Center CEO, Joe Lohrman. This picture was taken at the Thrift Shop while Karleen was working as a Volunteer. Thank you Karleen was all of your community service!



## Shoveling Snow

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 stretching.
- Shovel early and often because the fresh snow will be much lighter than packed snow.
- Push the shovel like a snowplow - 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.





## 2021 Snowman Marathon

Due to COVID we will not be having our annual Snowman Marathon in 2021.

We apologize for this cancellation, but our main goal is to protect our patients, staff, and visitors.

We hope to see you all back at the 2022 Marathon!!

## 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.



## Am I at Risk for Sleep Apnea?

**S**leep 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 either in your home or in our new and updated sleep rooms here at **Annie Jeffrey Memorial County Health Center.**

## National Handwashing Week

**H**andwashing is one of the best ways to protect yourself and your family from getting sick.

### How Germs Spread

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

### Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often,

especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

To prevent the spread of germs during the COVID-19 pandemic, you should also wash your hands with soap and water for at least 20 seconds or use a hand sanitizer.

# QUICK & COMFORTABLE

## 3D Mammography at Annie Jeffrey

When it comes to mammograms, there's lots of good news. Screening mammograms are covered by most insurance plans. Plus, with new technology at Annie Jeffrey Health Center, your mammogram is faster and more comfortable.

### Benefits for you:

- 3D mammography at Annie Jeffrey uses a **very low-dose x-ray** system that provides highly accurate and detailed images
- **3.7 seconds** of compression is all it takes to get your image
- Our patients are saying that the SmartCurve paddles make getting a mammogram more comfortable

Talk to your health care provider or call Annie Jeffrey Health Center at 402-747-2031 for more information about our new mammography equipment or to make an appointment.



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## VIRTUAL Hearts on Fire Wine Fest - To Go

The Foundation for Annie Jeffrey is having a Virtual Hearts on Fire Wine Fest To Go this year. This year only all tickets will be \$35 and will get you a bottle of wine at the Rose Colored Glass to take home and enjoy with your pre-packaged snack.

Purchase your ticket from Annie Jeffrey and take to Rose Colored Glass from 4 – 10 on Saturday, Feb. 6 or Saturday, Feb. 13 to pick up your bottle of wine and pre-packaged snack to go.

Enjoy your choice of a bottle of a Nebraska Wine from the Rose Colored Glass and a snack for you to pick up and enjoy for a romantic evening at home. Tickets are \$35 and can be purchased from Foundation members or from Annie Jeffrey Health Center.

We will also have a few silent auction items for you to bid on. They will be on display at the Rose Colored Glass in Stromsburg for you to view and listed on the Annie Jeffrey Facebook page in February.

Call Susan Chrastil at 402-418-1852 for more information. All proceeds will be used to purchase new Endoscopy scopes at Annie Jeffrey Health Center.

## Annie Jeffrey Health Fair

The modified 17th Annual Annie Jeffrey Memorial County Health Center health fair was held on Tuesday, October 6th. The event went well with everyone being screened upon entry to the hospital. While wearing masks social distancing was implemented to maintain safety of all fair goers. Over 80 individuals from a variety of Nebraska communities came and took advantage of the discounted comprehensive blood profiles and 39 of those individuals also received their seasonal flu vaccination from the Polk County Health Department. A sacked grab and go breakfast was provided by Annie Jeffrey's dietary staff.





## Healthy Holiday Recipes

### Pumpkin Party Dip

1 (15 oz) can pumpkin  
1 small box chocolate pudding (can also use vanilla or cheesecake flavor)  
¼ 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 ½ c. cottage cheese  
1 Tbs dry Ranch Dressing mix  
2 Tbs skim milk  
Puree in blender. Serve with fresh veggies.



### 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.



*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.*

## 2020 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.

## Seasonal Affective Disorder

Seasonal Affective Disorder is a mood disorder associated with episodes of depression and related to seasonal variations of light. Most people suffer from Seasonal Affective Disorder symptoms during the winter months.

### Symptoms include:

- regularly occurring symptoms of depression such as excessive eating and sleeping, during the fall or winter months.
- full remission from depression occurring in the spring and summer months.
- seasonal episodes substantially outnumber nonseasonal depression episodes.
- a craving for sugary and or starchy foods.

Melatonin, a sleep-related hormone, has been linked to Seasonal Affective Disorder. This hormone, which may cause symptoms of depression, is produced at increased levels in the dark. Therefore,



when the days are shorter and darker the production of this hormone increases.

Phototherapy or bright light therapy has been shown to suppress the brain's secretion of melatonin. Many people respond to this treatment. For mild symptoms, spending time outdoors during the day and receiving more sunlight at the workplace may be helpful. There are also antidepressant drugs that have proven effective in reducing or eliminating the symptoms of Seasonal Affective Disorder. For more information about Seasonal Affective Disorder, call your health care provider or Annie Jeffrey Health Center at 402-747-2031.

# 5 Tips To Prevent Falls

**A**nnie Jeffrey Health Center Physical Therapy Department has five tips to help you prevent a fall.

## 1. Maintain mobility and strength.

Stay active by doing physical activities that you enjoy. Take part in tai chi, yoga, or walking. Doing so will help you keep your strength, flexibility, coordination, and balance. It also can reduce your fear of falling. But check with your doctor or physical therapist first to see what types of activities are safe for you.

## 2. Get a falls screening.

Ask your doctor or physical therapist about a falls screening. A trained health care provider can assess your falls risk and work with you to find ways to decrease your risk for falling. Let them know if you have any dizziness, loss of balance, or trouble seeing. Make sure to tell them if you fell in the last year.

## 3. Mind your medications.

If you take more than four medicines (prescribed or over the counter), your risk for falling is higher. Many drugs can cause you to be dizzy, lose your balance, have blurry vision, and much more. If you have any of these symptoms, review your medications with your pharmacist. Then, talk to your doctor about whether a change is right for you.

## 4. Eliminate hazards.

Look around your home with a friend or family member to identify anything that could cause you to trip or slip. Throw rugs, clutter, poor lighting, and even wobbly furniture or handrails could cause a fall. If you cannot fix or remove the items yourself, ask a friend or family member to help.

## 5. Improve home safety.

Add a secure grab bar in the tub or shower and next to the toilet. A bar will give you sturdy support to hold on to when the floors or your feet are slippery. Check with your doctor or physical therapist about any programs near you that offer home safety assessments. Your area agency on aging may be another source of help or support.

*At right is Annie Jeffrey Health Center Physical Therapy Department staff (left to right): Brandi Watts, PTA, Nate Olson, PT and John Makovicka, RPT.*



## Physical Therapist Services for Falls

More than one out of four older Americans, ages 65 and above, fall each year. And falling once doubles your chances of falling again.

Falls are responsible for 95% of hip injuries, which can limit function and reduce the quality of life for older adults.

Even if a fall does not result in an injury, it can cause a fear of falling. This fear may cause you to cut back on daily activities. And when you are less active, you become weaker and prone to more falls.

You can prevent falling by doing physical activities that you enjoy and working with a physical therapist to improve your:

- Balance.
- Muscle strength.
- Endurance.

Physical activity reduces the risks of falls and fall-related injuries in older adults.

### A physical therapist can help you reduce your risk of falling by:

- Assessing your risk of falling.
- Helping you make your home as safe as possible.
- Educating you about the medical risk factors linked to falls.

- Designing a personalized exercise and balance training program.
- Improving your ability to take part in physical activities to maintain your fitness and overall health.
- Working with other health care providers and community services to create programs to reduce the risk of falls.

Physical therapists are movement experts who improve quality of life through hands-on care, patient education, and prescribed movement. Physical therapists treat people of all ages and abilities and empower you to take an active part in your care. After an evaluation, your physical therapist will create a treatment plan for your specific needs and goals.





## 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!

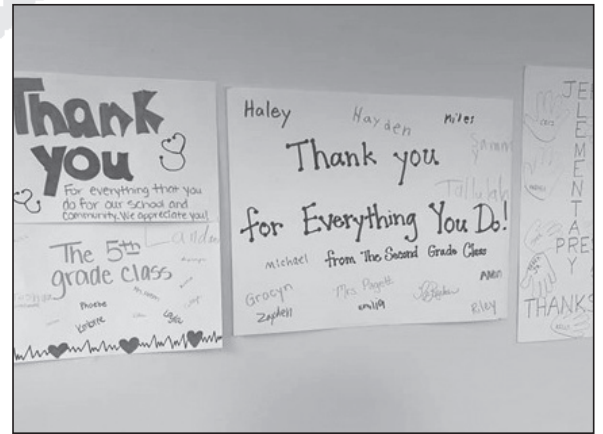
## Volleyball Team Donation

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!



## Thank You!

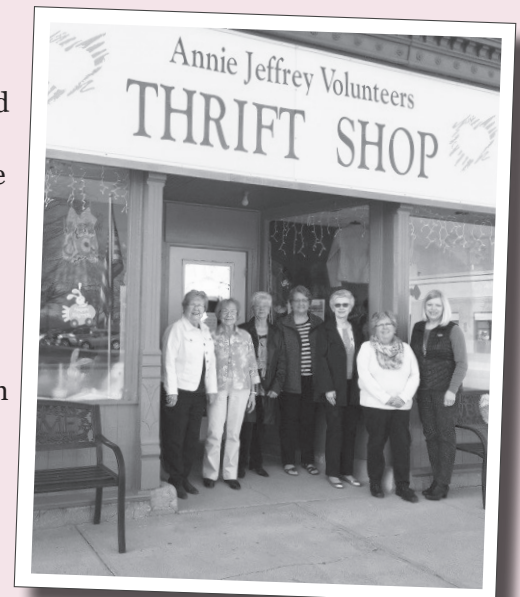
Wow! Thank you Jeffrey Elementary for thinking of our staff. We loved your cards and cookies! Your thoughtfulness is appreciated so much!



## AJ Volunteers Continue to Give Back

The Annie Jeffrey Volunteers celebrated 25 years at the Thrift Shop in November. Twenty-five 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 a total of \$118,560 to the hospital in past 25 years!**





## 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.



## Resolutions for the New Year

- Remember to drive carefully, with your seatbelt on
- Keep washing your hands and wear your mask
- 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.

# 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 Memorial Health Center.**

*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)



**Annie Jeffrey**

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