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AJ Volunteers donate for new OB Room equipment

The Annie Jeffrey Volunteers donated \$11,000 from their sales at the Thrift Shop to help purchase new OB room equipment for the hospital at their annual Christmas Party.

The AJ Volunteers started in 1994 with the goal to raise money for the hospital. They opened a Thrift Shop staffed by the volunteers and the rest is history. The thrift shop is open Wednesday through Friday from 10:00 a.m. to 4:00 p.m. They offer gently used clothing for the entire family, household items and a variety of gift items. Donations of these items are also accepted during these business hours. Profits from sales are contributed to the hospital and are used to purchase specialty items and fund special projects.

"We are so fortunate to have such a dedicated group of volunteers helping support our medical center"

~ Joe Lohrman, Annie Jeffrey CEO

Some people didn't think they would last but the Thrift Shop is a thriving business in the community. During the past 26 years, the AJ Volunteers and their thrift shop have raised and donated almost \$130,000 to the Annie Jeffrey Health Center!

These funds have helped purchase valuable items needed by the hospital, such as electronic door openers, televisions,



Annie Jeffrey Volunteers at the Thrift Store on the square in Osceola.

a treadmill, an obstetrics table and glider rocker, waiting area furniture, desks, a specialized recliner for IV patients, a blanket and IV warmer, a vital signs monitor and many other items.

"We really appreciate all of the contributions the Annie Jeffrey Volunteers have made over the years," says Joe Lohrman, Annie Jeffrey CEO. "They have given countless hours of work in addition to their monetary donations."

The thrift shop has benefitted more than just the Annie Jeffrey Health Center. Before it opened, Polk County did not have a place where people could donate or purchase gently used clothing, household appliances and furnishings. The store has been a valuable addition to the community where needy families can go to get clothing and other items for their families at little or no cost.

The Annie Jeffrey Volunteers are an energetic, active group of women. They elect a board of directors that meets monthly to discuss hospital volunteer opportunities, update the thrift shop schedule, authorize purchases for the

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OB Room remodeling starting soon at AJ Health Center

Construction will start soon to remodel the new OB rooms at Annie Jeffrey. The new Annie Jeffrey Birthing Suites will enhance your birth experience and make it into a beautiful family-centered event.

We will start remodeling two rooms into one large birthing suite. After that new suite is completed we will remodel two more rooms and turn them into one large birthing and family suite. The new OB patient rooms are designed to be healing, comfortable spaces for the whole family and can be used for other hospital extended stays if needed. Annie Jeffrey Medical Staff, Nurses and other staff have been involved in the planning of these rooms for the comfort of our new moms.

Stay tuned for updates on this exciting project!



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.

Dollar General collecting items for kids at Annie Jeffrey

This holiday season, Dollar General is showing its support for the Polk County community it serves.

“During this season of giving, we look forward to spreading holiday cheer across our hometown communities,” Dollar General Representative said. “Some of the greatest gifts are health, happiness and hope. Our work is to ensure children have holiday presents by gifting surprise gifts to local hospitals to extend the spirit of the season and our mission of serving others.”

Joe Lohrman said, “What a heartwarming idea for the children who have to be in the hospital. Thank you Dollar General.”



Getting festive at Annie Jeffrey

Healing Gardens have an effect on people that no one can put a price on. The healing garden can be a sanctuary where patients, families, visitors and employees find peace, tranquility, relaxation and serenity that only nature can offer as they await treatment, recover from surgery, or just need a place to meditate. The Healing Garden at Annie Jeffrey Health Center enhances the hospital surroundings for patients and their families. *Pictured above is the Healing Garden decorated for the Holidays.*

AJ Volunteers *(Continued)*

hospital and donate excess merchandise to other organizations.

The volunteers work hard to keep their small shop clean and organized. They even plan different themes for the thrift shop window and decorate it to coincide with local promotions.

The group actively recruits new members from local churches, senior centers and newly retired individuals. Some volunteers have been hospital employees in the past. Women are drawn to the volunteer group because they simply like to serve.

The group's membership has about 60 volunteers. Many of these women work 2-4 times a month at the thrift shop. It is also a great way for the women to meet people from surrounding towns. Volunteers come from Osceola, Shelby, Stromsburg and Polk.

Besides operating the thrift shop in Osceola and donating the proceeds to the

hospital, the volunteers are dedicated to helping with other community and hospital activities, such as helping at health fairs and assisting local nursing homes with community projects such as preparing Easter eggs for kids.

There is a strong collaboration between the hospital, local businesses, City of Osceola, Polk County and the area churches, which has encouraged those who have never volunteered to join the Annie Jeffrey Volunteers and enjoy the gratification that comes from community service and volunteering.

The staff of the Annie Jeffrey Health Center recognizes the important role of the AJ volunteers and appreciates their committed service. "We are so fortunate to have such a dedicated group of volunteers helping support our medical center," says Lohrman.



Dr. Corey Georgesen

TeleDermatology Exams *at Annie Jeffrey Health Center*

Annie Jeffrey Health Center is now offering TeleDermatology Clinics at the hospital. We have partnered with the Nebraska Medicine board of certified dermatologists to offer this service once a month so our patients do not have to drive out of town to see a dermatologist. You will have a face-to-face consultation.

Examples of skin concerns that are best suited for teledermatology include: rashes, acne, moles or other concerning lesions, atopic dermatitis and psoriasis monitoring.

Currently Dr. Corey Georgesen is the dermatologist virtually seeing patients at Annie Jeffrey.

After you make your appointment by calling Annie Jeffrey Health Center at 402-747-2031, you will meet with Taylor Boruch, RN at the hospital who will connect you with the dermatologist and help you with your appointment and any follow-up you need. You can do this without traveling out of town.



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.



Remember to get your vaccines!

Flu shots and COVID booster shots are available at the Polk County Health Department.

Call today to make your appointment at (402) 747-2211.



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

2021 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 either in your home or in our new and updated sleep rooms here at Annie Jeffrey Memorial County Health Center.





Celiac Disease

Celiac disease (CD) is one of the most common inherited disorders (one in 133 people in the United States have CD) – however, it is estimated that 90-95% of these people have not yet been diagnosed. The symptoms of the disease vary a lot from person to person – and can be similar to symptoms of irritable bowel syndrome, lactose intolerance, chronic fatigue syndrome, and diverticulosis. Proteins from wheat, rye and barley trigger damage in the small intestine. This, in turn, can lead to deficiencies of iron, folic acid, calcium and Vitamins A, D, E and K. Celiac disease is also linked to an increased risk of osteoporosis, infertility and some cancers of the gut. If a person has Type 1 diabetes, osteoporosis, Down syndrome, Turner syndrome, lymphoma, autoimmune thyroid disease – you are at an increased risk of CD. Symptoms can occur at any age and can be triggered by events such as pregnancy, surgery, infection, or severe emotional stress. The number and severity of symptoms vary greatly from one person to another.

The following symptoms may occur alone or in combination:

- Anemia
- Deficiency of vitamin A,D,E,K
- Abdominal pain, bloating, cramping, gas
- indigestion
- recurring/persistent diarrhea
- constipation
- extreme weakness and fatigue
- weight loss
- lactose intolerance
- dermatitis herpetiformis
- elevated liver enzymes
- frequent canker sores
- easy bruising
- bone/joint pain
- edema of feet and hands
- menstrual irregularities
- infertility in both men and women
- recurrent miscarriages
- migraine
- depression
- peripheral neuropathy



Parmesan Crusted Tilapia Fillets

- ¾ cup grated Parmesan cheese
- 1 tablespoon chopped fresh parsley
- salt and ground black pepper to taste
- 4 tilapia fillets
- olive oil

Step 1. Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.

Step 2. Whisk Parmesan cheese, paprika, parsley, salt, and pepper together in a shallow dish.

Step 3. Coat tilapia fillets with olive oil and press into the Parmesan cheese mixture. Arrange coated fillets on the prepared baking sheet.

Step 4. Bake in preheated oven until the fish flakes easily with a fork, 10 to 12 minutes.

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



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!



Pictured above with the award is Jane Hays, RN from Annie Jeffrey Health Center.

Annie Jeffrey receives award

Each year the National Rural Health Association honors outstanding individuals and organizations in the field of rural health who have dedicated their time and talents to improving the health and well-being of others. This years event was held virtually. Annie Jeffrey Memorial County Health Center was named one of the top 20 critical access hospitals (CAHs) for quality in the country.

The top 20 CAHs, including Annie Jeffrey scored best among CAHs as determined by the Chartis Center for Rural Health for quality. The top 20 CAHs have achieved success in overall performance based on a composite rating from eight indices of strength.

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 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.

Annie Jeffrey 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.



Pictured above, Annie Jeffrey physical therapists Brandi Watts, PTA, Nathan Olson, PT, and John Makovicka, PT

- 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.



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.

Hearts on Fire Wine & Beer Fest

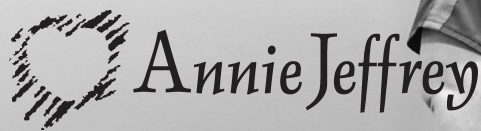
Plan to join us February 13, 2022!

The Foundation for Annie Jeffrey is having a Hearts on Fire Wine and Beer Fest on Sunday, February 13 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 new OB room equipment.



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

531 Beebe Street
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Osceola, Nebraska 68651

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