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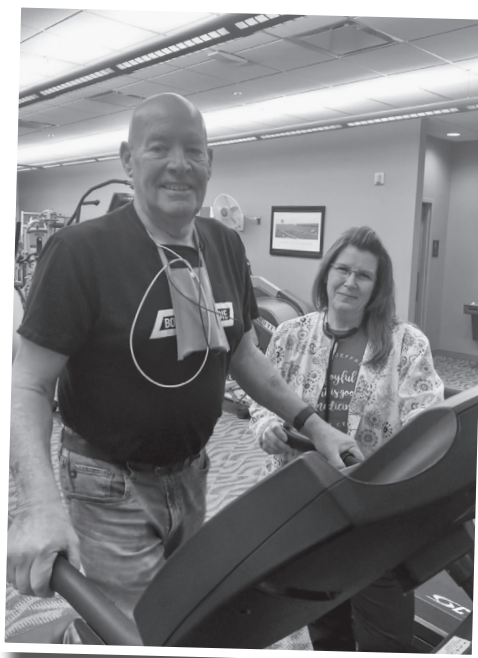
Cardiac Rehab at Annie Jeffrey

During our lifetime some of us will invest in a retirement program, invest money toward our children's college years, and even write personal notes to keep our schedules running smoothly. Your personal note could read, "Go to the grocery store after work, take son to baseball game, and suffer a heart attack." Surprised? Some people have no warning signs of a heart attack. In the blink of an eye, life suddenly changes because you may be facing heart catheterization, bypass surgery or placement of stents.

After your heart procedure, you may have doubts and fears about whether or not you can return to an active, normal life. You may have many unanswered questions about heart disease, exercise, and changing your diet. The best investment you can make at this time is cardiac rehabilitation.

Cardiac rehabilitation is an important step to resuming an active lifestyle for people who have had a heart attack, heart disease, coronary bypass, and angina. Cardiac rehabilitation has so many benefits, starting with an exercise program that is tailored specifically for you.

When recovering from a heart attack or surgery for heart disease, it is important to rebuild your system, which has received a traumatic blow physically and mentally. Participating in a cardiac rehab program will improve the quality of your life through exercise. Also, you will benefit from educational and supportive programs created to improve your cardiovascular system and reduce depression and anxiety.



Pictured above is Robin Carlson with Steve Tonniges

The foremost benefit of cardiac rehab is improving heart health which allows you to gain the confidence to enjoy life again and reduce the fear of another heart attack.

Knowing a doctor is available nearby and that a healthcare professional is closely monitoring your heart during cardiac rehab exercises gives you the confidence to start strengthening your heart muscle. Cardiac rehab patients remain under constant care of the rehab technicians, who are skilled at recognizing any abnormal heart rates. Blood pressures are monitored before, during and after exercises. Our staff questions patients frequently during exercise to see if they are experiencing chest pain and shortness of breath by using a rate of perceived exertion scale.

If you need more information on Cardiac Rehab, call Annie Jeffrey Health Center or talk to your physician.



Beet Salad with Feta & Dill

The sweet, earthy flavor of beets shines alongside tangy feta and fresh dill in this easy Greek-inspired beet salad. If you don't have time to roast beets, look for precooked beets in the fresh produce section.

Ingredients

- 2 pounds medium beets, scrubbed
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/3 cup crumbled feta cheese
- 2 tablespoons chopped fresh dill

Directions

- Preheat oven to 400 degrees F.
- Wrap beets individually in foil and place on a rimmed baking sheet. Bake until tender, 1 to 1-1/4 hours. When cool enough to handle, peel and cut into 1/2-inch cubes.
- Whisk oil, vinegar, salt and pepper in a large bowl. Add the beets and feta and toss to coat. Serve sprinkled with dill.

Serving size: 1 cup
Per Serving: 155 calories; protein 3.7g; carbohydrates 15.8g; dietary fiber 4.3g; sugars 11.4g; cholesterol 7.3mg; sodium 291.8mg.

Annie Jeffrey Volunteers donate

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.

Some people didn't think they would last but the Thrift Shop is a thriving business in the community. During the past 27 years, the AJ Volunteers and their thrift shop have raised and donated over \$135,000 to the Annie Jeffrey Health Center!

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

~ Joe Lohrman, Annie Jeffrey CEO

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



The Annie Jeffrey Volunteers donated \$5500.00 from their sales at the Thrift Shop to help purchase new OB and Radiology equipment for the hospital at their annual Christmas Party.

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 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

Continued on page 3.



Seek Happiness in the Coming Year

The holidays encourages us to take a closer look at what happiness means in our lives and what it takes to reach it. Try to seek happiness each and every day.

- Surround yourself with people that make you smile.
- Go outdoors every day, if only for a little bit. A short walk can do wonders to reduce stress and improve your mood, even if it is cold outside.
- Find ways to get involved with the community. It makes you feel good to give back to others.
- What are your favorite activities? Reading, movies, sports or family time are just a few ideas to incorporate into your daily life. Do whatever it is that makes you happy!

AJ Volunteers *(Continued)*

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.



Joe Lohrman, Annie Jeffrey CEO, accepts a check for \$5500.00 from Roxie Page, volunteer.



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 Kamrie Peterson, 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 looking at 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.

2022 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.



Trouble Sleeping?

It's the middle of the night and the sound of loud snoring pierces the night silence. Nobody is getting a good night's sleep. This situation can be concerning as the snorer may have a serious disorder called Sleep Apnea. An estimated 22 million Americans are living with moderate to severe 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.

Annie Jeffrey Received Performance Leadership Award

As part of the National Rural Health Day celebration, Annie Jeffrey Health Center today announced it has been recognized with a 2022 Performance Leadership Award for excellence in Quality. Compiled by The Chartis Center for Rural Health, the Performance Leadership Awards honor top quartile performance (e.g., 75th percentile or above) among rural hospitals in Quality, Outcomes and Patient Perspective.

“We are so very proud of our staff. They work hard to deliver excellent patient care and it is nice to see them recognized for it,” states Joe Lohrman, Annie Jeffrey CEO.

“...the dedication to serving the community that we’re so accustomed to seeing from rural hospitals across the country hasn’t wavered.”

~ Michael Topchik, The Chartis Center

The Performance Leadership Awards are based on the results of the Chartis Rural Hospital Performance INDEX™, the industry’s most comprehensive and objective assessment of rural hospital performance. INDEX data is trusted and relied upon by rural hospitals, health systems with rural footprints, hospital



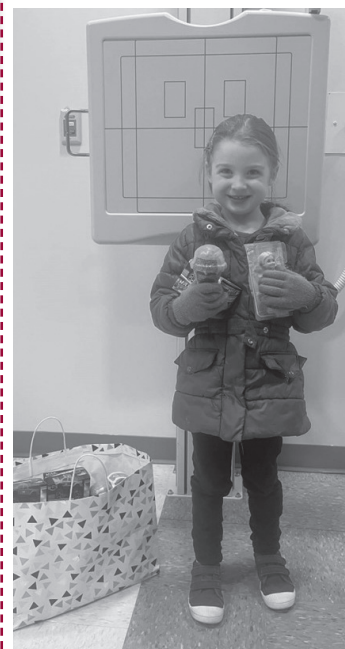
Pictured receiving the award for Annie Jeffrey is Lori Palik, Director of Nurses and Kamrie Peterson, Quality Assurance Coordinator and Infection Preventionist.

associations and state offices of rural health across the country to measure and monitor performance across several areas impacting hospital operations and finance.

“Although the last two years have placed unprecedented pressure on the rural health safety net, the dedication to serving the community that we’re so accustomed to seeing from rural hospitals across the country hasn’t wavered,” said Michael Topchik, National Leader, The Chartis Center for Rural Health. “Let us celebrate the power of rural on National Rural Health Day and honor the facilities working tirelessly to provide access to high quality healthcare services to their communities.”

For more details about The Chartis Center for Rural Health and the Chartis Rural Hospital Performance INDEX, contact Billy Balfour at wbalfour@chartis.com.

Children’s Toy Donation



Thank you Kendall and Family for the donation of children’s toys for when children have to stay at the hospital.

Your thoughtfulness is so appreciated!



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!

New OB Rooms Available for Tours

Two new OB Rooms at Annie Jeffrey Health Center are completed and available to tour. Contact Lori Palik at Annie Jeffrey Health Center to arrange your tour!



Equipment Donation

Devon Johnson and his family donated money in memory of his wife, Ruth Johnson, to the Foundation for Annie Jeffrey to purchase a new Stair Stepper for the Wellness Center at Annie Jeffrey Health Center. Mr. Johnson and his family appreciates the medical staff, hospital staff and especially the care given to him and his family.

Pictured at left with the new equipment is Joe Lohrman, CEO and Devon Johnson.

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.



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 out number 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.



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

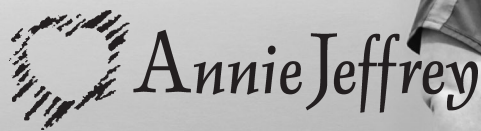
Plan to join us Sunday, February 12!

The Foundation for Annie Jeffrey is having a Hearts on Fire Wine and Beer Fest on Sunday, February 12th 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 Radiology 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

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