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Annie Jeffrey Volunteers donate



Annie Jeffrey Volunteers at their Christmas party in December.

The Annie Jeffrey Volunteers donated \$6000.00 from their sales at the Thrift Shop to help purchase a new chemistry analyzer 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.

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 \$141,000 to

the Annie Jeffrey Health Center!

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

~ Marcus Augustin, Annie Jeffrey CEO

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

Continued on page 3.

The Thrift Shop is Moving!

Annie Jeffrey Thrift Shop is moving down the block to 246 N. State Street. The Thrift Shop is moving into the previous Fields and Frills store on December 22. They will be closed for the move and will open up in their new location on January 10th.



Beet Orange Salad

The sweet, earthy flavor of beets shines alongside tangy oranges.

Ingredients

- 4 ounces spinach and arugula mix
- 4 medium beets cooked and sliced
- 2 navel oranges peeled and sliced
- ¼ cup walnuts chopped
- 2 tablespoons feta cheese
- Salt and pepper

Dressing

- 3 tablespoons olive oil
- 2 tablespoons orange juice
- 1 tablespoon red wine vinegar
- 1 tablespoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Directions

- Whisk together the ingredients of the dressing until it's well blended.
- Assemble the salad into one large bowl or two separate bowls. Start by placing the greens at the bottom, followed by interchanging layers of the sliced beets and sliced oranges. Crumble feta cheese on top along with walnuts and drizzle the dressing on top.
- Enjoy at room temperature or cold.

Cold weather raises 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.

Dermatology services now at Annie Jeffrey

Our skin is the body's largest organ, and we want to provide it with the best care possible. Our new dermatology specialist, Tyler Evans, MD, is now offering services in Osceola to care for your skin – no matter the age or concern.

Dermatology services include:

- Acne
- Skin cancer
- Eczema
- Pediatric dermatology
- Psoriasis
- And more!

Tyler Evans, MD is available at Annie Jeffrey Memorial Health Clinic the third Wednesday of each month.

To make an appointment, please call Annie Jeffrey at 402-747-2031 to schedule.



Tyler Evans, MD

Dermatologist, CHI Health

- Native to Waverly, Nebraska
- Proud former Husker football player
- Graduate of the University of Nebraska Medical Center



Scan here to watch his provider video.

Hearing health services now at Annie Jeffrey

Hearing loss tends to occur gradually and typically without pain. Therefore, you might not even realize that your hearing is low or has decreased. Our new hearing health specialist, Dr. Macy Schott-Miller, Au.D., is now offering audiology services in Osceola.

Audiology services include:

- Hearing tests
- Ear wax removal
- Newborn screens
- Follow-ups for cochlear implants, tinnitus & dizziness
- Hearing aids & protection

Dr. Macy Schott-Miller, Au.D. with Complete Hearing in Lincoln, is available to see patients the first Friday of every month.

To make an appointment, please call Complete Hearing at 402-489-4418 to schedule your visit in Osceola.

Dr. Macy Schott-Miller, Au.D.

Audiologist, Complete Hearing

- Native to Osceola, Nebraska
- Over six years specializing in audiology
- Graduate of the University of Nebraska-Lincoln



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!



Get vaccinated!

Flu shots are available at the Polk County Health Department.

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

AJ Volunteers *(Continued)*

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 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 Augustin.



Marcus Augustin accepts check from Jane Roberts and Annie Jeffrey Volunteers.



Health Fair at Annie Jeffrey

The 19th Annual Annie Jeffrey Memorial County Health Center Fall Health Fair was held on Tuesday, October 3rd at Annie Jeffrey Memorial County Health Center.

Over 85 individuals from a variety of Nebraska communities came and took advantage of the discounted blood profiles and 22 of those individuals also received their seasonal flu vaccination from the Polk County Health Department. Angels Care Home Health and the Four Corners Health Department were also on site with educational information. Free blood pressure screening and skin damage screening was available for anyone interested. A grab-and-go breakfast was provided by the Annie Jeffrey dietary department.

The Health Fair Committee would like to thank all participants, the Polk County and Four Corners Health Departments, Angels Care Home Health, and the Annie Jeffrey staff for helping to make the health fair a success.

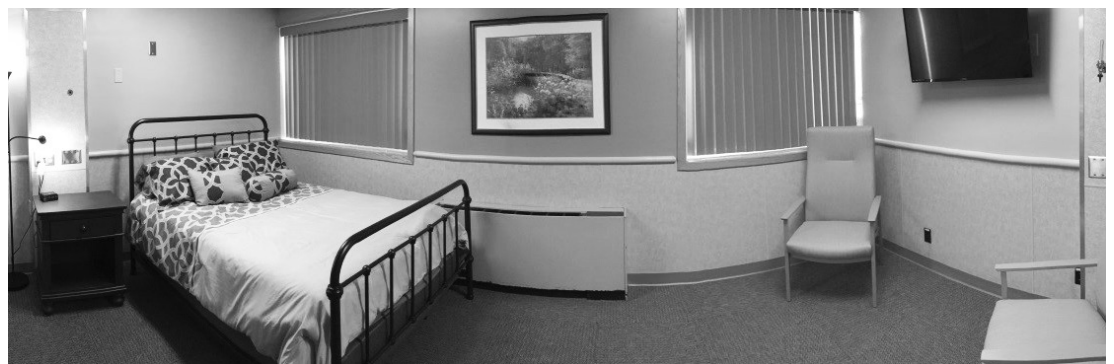


Foundation for Annie Jeffrey Board members (pictured from left): John Girard, Steven Peterson, Susan Chrastil, Foundation Director, Mary Lerch, Lana Waller, Marcus Augustin, Annie Jeffrey CEO, Kathy Gabel, Margie Hayes and LeRoy Gerrard. Not pictured: Foundation members, Jane Watts and Karen Stevens.

2023 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.

Thank You Volleyball Team!

Annie Jeffrey would like to thank the Cross County Volleyball team for the donation of \$918.63 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!



Fall Prevention

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 right 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. 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. Mount grab bars near toilets and on both the inside and outside of your tub and shower, and place non-skid mats or carpets on all surfaces that may get wet. Put night-lights and light switches throughout your home, particularly close to your bed and in your bathroom.

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

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 Assistants, 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 Stombsburg would like to wish you and your family a safe, healthy and happy holiday season!



Employees Donate to the Giving Tree

Annie Jeffrey Employees participated in a Giving Tree this year with the Center For Survivors. Thank you to all of our employees for their donations!

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 11!

The Foundation for Annie Jeffrey is having a Hearts on Fire Wine and Beer Fest on Sunday, February 11th 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 Chemistry Analyzer.



Health Screenings you must know for 2024

Concerns about COVID-19 have prompted some adults to delay or cancel their routine health visits. While there may be an end in sight for the pandemic, heart attacks, IBS, strokes, cancers and diabetes are here to stay.

Screening recommendations for healthy adults are:

- **Blood pressure** – all adults over 50 should be checked at least every two years and more often if you have a history of cardiovascular disease or your blood pressure reads above 120/80 mm HG
- **Cholesterol** – A simple blood test can measure your good and bad levels and should be checked at least every 4 years if yours is normal

- **Colorectal screenings** – Screenings are recommended every 5 to 10 years depending on if you are prone to problems, starting at age 45.
- **Diabetes** – Anyone over 50 with high blood pressure or who is overweight should be screened as recommended by your provider.
- **Skin Cancer** – an annual head-to-toe exam can check for suspicious moles or spots
- **Breast Cancer** – an annual mammogram is recommended for women over 50 or sooner if you have a history of breast cancer

- **Cervical cancer** – A Pap test at your exam can detect cervical cancers
- **Prostate Cancer** – A prostate exam and PSA test can help find cancers early starting at age 50
- **Bone Density** – a noninvasive DEXA scan of the spine and hip should start at age 60



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



Annie Jeffrey

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