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Annie Jeffrey

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Annie Jeffrey Volunteers donate

The Annie Jeffrey Volunteers donated \$8,500.00 from their sales at the Thrift Shop to help purchase a new Ultrasound 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.



Marcus Augustin receiving check from Jane Roberts and Annie Jeffrey Volunteers

These funds have helped purchase valuable items needed by the hospital, such as electronic door openers, televisions, treadmill, an obstetrics table and glider rocker, waiting area furniture, desks, specialized recliner for IV patients, blanket and IV warmer, vital signs monitor and many other items.

"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."

The thrift shop has benefitted more than just the Annie Jeffrey Health Center. Before it opened, Polk County did not have a place

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

~ Marcus Augustin, 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 30 years, the AJ Volunteers and their thrift shop have raised and donated over \$156,000 to the Annie Jeffrey Health Center!

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, Prolia 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.



Resolutions for the New Year

Here are a few things that you might want to put on your **New Year's Resolution List**:

- 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.



Medicare

Medicare is made up of different parts that each give a different type of health coverage, so it's important to know what type of coverage you or your loved one has.

There are two main ways to get Medicare coverage: Original Medicare (Part A and Part B) and Medicare Advantage (Part C).

Learn the Parts of Medicare

- **Part A (Hospital Insurance):** Helps cover inpatient care in hospitals, skilled nursing facility care, hospice care, and home health care.
- **Part B (Medical Insurance):** Covers services like certain doctor visits, outpatient care, medical equipment like wheelchairs, and preventive services like flu shots.
- **Part C (Medicare Advantage):** Medicare-approved plan from a private company that offers an alternative to



original Medicare for health and drug coverage. These "bundled" plans include Part A, Part B, and usually Part D. Unlike traditional Medicare Parts A & B, these advantage plans may require prior authorization for your services. Therefore, they can delay or deny your provider's order for treatment.

- **Part D (Medicare drug coverage):** Plans that offer Medicare drug coverage that are run by private insurance companies. To get drug coverage, your loved one can join either a Medicare drug plan or a Medicare Advantage Plan with drug coverage.

Congratulations Maryssa Schleis!

Congratulations to Maryssa Schleis, NHA Leadership Institute graduate.

About Leadership Institute

The NHA Leadership Institute is an initiative that is made of up a comprehensive curriculum that combines core leadership competency working sessions and multiple layers of applied practice in health care.

Coursework focuses on the unique challenges and organizational management techniques facing hospitals. The Institute is geared toward providing middle management and up-and-coming leaders within your hospital with the necessary skills to become exceptional leaders and puts them on the path to senior management positions. It is vital for CEOs to develop the leadership pipeline to ensure effective succession planning while enhancing employees' contributions to the organization.



Each year, approximately 40 healthcare professionals from across Nebraska come together for a 10-month program designed to instruct, inspire and invigorate. Participants in the NHA Leadership Institute improve their leadership skills and enhance their effectiveness in the health care field while preserving the care and compassion critical to quality healthcare delivery. Participants also establish peer-to-peer connections and lifelong bonds with classmates and faculty.

Karleen retires from Volunteer Board

Karleen Watts retires from the Annie Jeffrey Thrift Store board after serving for 30 years. She is one of the original founders of the Thrift Store along with Margaret Norton, Alice Brown, Cheryl Jones, Holly Dravitzki, Jane Watts, and Gerry Leach.

This group of ladies researched the possibility of opening a Thrift Store to help support Annie Jeffrey Hospital. Volunteers were recruited and they moved into the first shop on November 15, 1994 and opened for business November 15, 1995. They rented the Masonic Lodge building located on the Southwest corner of the square for the next 29 years before relocating in January 2024, to the Henderson building.

Karleen's knowledge and support will truly be missed. She will continue to work at the store each month and we know she is only a phone call away to give us good advice.

Thank you, Karleen, for your vision, to develop a quality thrift store for patrons to shop and the proceeds going to help the hospital. In the 30 years the store has been open the hospital has received \$156,060.00 from the store.



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)*

where people could donate or purchase gently used clothing, household appliances and furnishings. The store has been a valuable addition to the community where 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, support in purchases for the hospital and donate excess merchandise to other organizations.

The volunteers work hard to keep their 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, Rising City 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 Foundation events and assisting local nursing homes with community projects.

"They (volunteers) have given countless hours of work in addition to their monetary donations."

~ Marcus Augustin, Annie Jeffrey CEO

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.



Health Fair at Annie Jeffrey

The 21st Annual Annie Jeffrey Memorial County Health Center Fall Health Fair was held on Tuesday, October 7th at the Annie Jeffrey Memorial County Health Center.

Over 90 individuals from a variety of Nebraska communities came and took advantage of the discounted blood profiles and 21 of those individuals also received their seasonal flu vaccination from the Polk County Health Department. Angels Care Home Health, Aging Partners, the Four Corners Health Department, and Dr. Macy Schott-Miller, Audiologist, with Complete Hearing were also on site with educational information. Free blood pressure screening and skin damage screening was available for anyone interested.

The Health Fair Committee would like to thank all involved for helping to make the health fair a success.

2025 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.**

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.



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 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.

Bone Density Scans

Did you know that Annie Jeffrey Memorial County Health Center has a Bone Density Scanner, which is designed to measure bone mineral density allowing technicians the ability to recognize the early stages of osteoporosis, and other diseases that weaken the bones? Osteoporosis, when not treated, can lead to a greater risk for bone fractures, bone pain and/or a stooped posture. There are several different treatments for osteoporosis, including a variety of medications.

Patients who are at risk for getting osteoporosis have the ability to have the bone density scan done yearly at the hospital. The screening helps protect our patients with early detection of this debilitating disease.

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

Seek Happiness in 2026

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!



Heather Roberts named Caring Kind Recipient

The Caring Kind Award, established by the Nebraska Hospital Association, annually honors employees of member hospitals who distinguish themselves by their caring and compassion. Hospitals across the state select a Caring Kind recipient from within their respective institutions. Heather Roberts was honored at the Caring Kind Award Luncheon on October 24th at Embassy Suites Conference Center in La Vista, NE.

Heather Roberts has been selected by her co-workers as the Annie Jeffrey Memorial County Health Center's Caring Kind recipient for 2025. With 19 years of dedicated service in the nursing department, Heather is an invaluable member of our team and a true asset to both our facility and our patients. She consistently goes above and beyond for her co-workers and patients, demonstrating compassion, teamwork, and professionalism in everything she does.

Heather is a team player within the organization and can be counted on to do extra work when needed. She will take on other shifts when we are short staffed and constantly looks for ways to benefit the nursing unit. She has a positive attitude and strong dedication to her job. She is level-headed and calm in stressful situations and responds to emergencies quickly.



Heather Roberts

In her "not-so" spare time, Heather and her husband Nick can likely be found on a bleacher watching their children competing in a sporting or extracurricular activity: Demolition derby, Figure 8, football, softball, volleyball, basketball, wrestling, track, one act, speech, FFA, etc. If there are a few spare days, Heather loves to travel or spend time with the menagerie of animals that occupy their farm just west of Osceola.

Heather's dedication, kindness, and hard work are deeply appreciated in every aspect of her role. We are proud to honor her with this well-deserved recognition. It's time we tell her thank you, as she truly embodies the spirit of the "Caring Kind".

2025 Nebraska Nurses: 40 Under 40

Katherine Steager, BSN, RN, and Jessica Kramer, BSN, RN, from Annie Jeffrey Memorial County Health Center in Osceola, Nebraska have been recognized at the Nebraska Nurses Association Annual Convention as a 40 Under 40 Awardee at the Younes Conference Center, Kearney, Nebraska on October 3, 2025.

The Nebraska Nurses Association (NNA) and the Nebraska Organization of Nursing Leadership (NONL) are proud to announce the 2025 class of 40 Under 40 honorees. This recognition celebrates outstanding nurses under the age of 40 who are making a meaningful difference in their workplaces, communities, and the nursing profession across Nebraska.

Each honoree represents the next generation of nursing leadership—demonstrating excellence in areas such as clinical practice, education, administration, research, policy involvement, and community engagement. Through their dedication and innovation, they continue to strengthen and advance the profession of nursing statewide.

“The 40 Under 40 Awards shine a light on nurses who are leading with purpose, compassion, and vision,” said Megan



Katherine Steager, BSN, RN (left) and Jessica Kramer, BSN, RN (right)

Lowery, MSN-Ed, RN Executive Director of the Nebraska Nurses Association. “These honorees inspire those around them, elevate the quality of care in our communities, and exemplify the leadership that defines nursing in Nebraska.”

About 40 Under 40

Each year, beginning in May, the NNA and NONL open nominations for the 40 Under 40 Awards to recognize emerging nurse leaders across the state. A joint review committee evaluates blinded nominations, seeking individuals who demonstrate exceptional leadership, professional growth, and commitment to advancing the nursing profession. Honorees are recognized each October during the NNA Annual Convention Awards Breakfast.

Celiac Disease

Celiac disease (CD) is one of the most common inherited disorders (one in 141 people in the United States have CD) – however, it is estimated that 85% of these people have not yet been diagnosed.

The symptoms of the disease vary 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.

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
- elevated liver enzymes
- easy bruising
- bone/joint pain
- edema of feet and hands
- menstrual irregularities
- infertility in both men and women
- migraine
- depression

Hearts on Fire Wine & Beer Fest

Plan to join us on Sunday, February 8!

The Foundation for Annie Jeffrey is having a Hearts on Fire Wine and Beer Fest on Sunday, February 8th 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. All proceeds will be used for a new Ultrasound.



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.

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



Annie Jeffrey

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