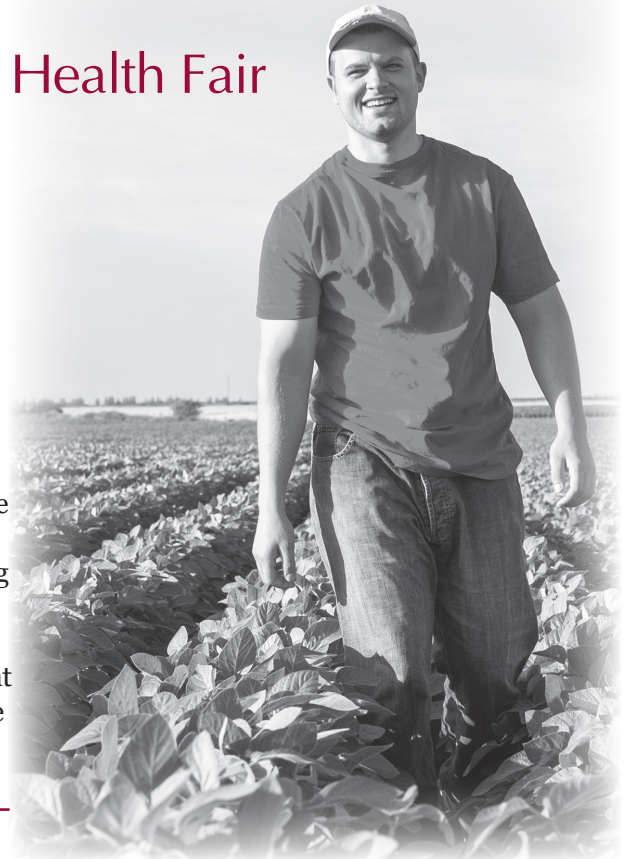


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## Annie Jeffrey's Spring Health Fair Slated for March 4th

Every year as spring approaches, area farmers begin gearing up by having their farm machinery inspected before planting season gets into "full swing". Both the AKRS and AGCO facilities see a flurry of activity just after the first of the year. Area farmers know the importance of getting a good start on planting and how a well running machine can make a difference. Maintenance plays a vital role in agriculture by keeping equipment in reliable, running shape. As important as it is for farms to perform regular maintenance, it's equally important for individuals to be proactive with routine maintenance health screenings.



The Annie Jeffrey Spring Health Fair allows individuals the opportunity to get discounted blood work completed right here in Osceola.

That being said Annie Jeffrey Memorial County Health Center is pleased to announce we will be proceeding with our 17th Annual Spring Health Fair on Tuesday, March 4th. The Spring Health Fair will allow individuals the opportunity to get discounted blood work completed. The Polk County Health Department, Four Corners Health Department, Aging Partners, and Angels Care Home Health will also be on site with information available. Free blood pressure screening and skin analysis screening evaluating damage caused by the sun will be available.

It's no secret that hearing loss impacts your social life and how you communicate with family and friends. But did you know that if left untreated, it can also affect other aspects of your overall well-being? Most people don't realize that hearing impairment can impact your emotions. Not only does it change how you interact with others, but it can also alter how you experience social gatherings, theatre, and music. Your emotions are also directly tied to your sense of safety or security. We are pleased that Dr. Macy Schott-Miller, Au.D from Complete Hearing will be joining the Health Fair with information to help keep your hearing optimized and have full enjoyment of the sounds that matter most.

The health fair will be held at the Annie

*Continued on page 2.*



@AnnieJefferyMemorialHealthCenter

Published Quarterly By:



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- Cameron Sidak, MD
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- Steven J. Peterson, Chairman
- Charles Roberts, Vice Chair
- Karen Stevens, Secretary
- John Girard, Treasurer
- Al Lerch
- Marcus Augustin, CEO

## Spring Health Fair *(Cont. from pg 1)*

*Jeffrey Memorial County Health Center* in Osceola. If you are experiencing cold or flu symptoms including but not limited to fever, coughing and/or shortness of breath, if you or a member of your family have traveled from an area where COVID-19 is spreading or if you or a member of your family have been in close contact to or exposed to someone with a confirmed case of COVID-19 we ask that you do not attend the health fair. This year's event will be held from 6:45 a.m. until 11:00 a.m.

Annie Jeffrey Health Center will be providing comprehensive blood screening profiles including general blood chemistry analysis, cholesterol profile, and complete blood cell count at a discounted rate of \$35 (a \$315 value). Thyroid screening (TSH), diabetes screening (Hemoglobin A1C), Vitamin D, and prostate specific antigen (PSA) testing will also be available for \$25 per each additional test requested. All participants who want a blood test are asked to not eat or drink 8-12 hours before the test. You are encouraged to drink as much water as possible to keep hydrated and to take your medications as you usually do. Please bring a self-addressed, stamped legal sized

envelope so that your test results can be mailed directly to you.

The Comprehensive Blood Screening Profile provides information on your body's ability to fight infection along with helping identify health issues such as but not limited to anemia, diabetes, heart disease, some clotting disorders, cancers, and liver disease.

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**If you missed us in October, here is your opportunity to take advantage of discounted health screens for your own personal preventive maintenance.**

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The thyroid screening, TSH, measures a thyroid stimulating hormone that tells if your thyroid is working too hard or not hard enough.

The diabetes screening, Hemoglobin A1C, measures your average blood sugar for the past 2 to 3 months. This test provides a much better indication of long-term glucose control than a blood glucose.

Vitamin D screening provides a baseline Vitamin D level which is important since insurance compa-

nies will not cover this screening unless you are pre-diagnosed with a deficiency. Vitamin D deficiency presents a silent danger, it has been linked to several different illnesses and conditions including osteoporosis, respiratory diseases, high blood pressure, depression, fatigue, mood changes, psoriasis, muscle weakness, bone pain, and kidney problems.

The prostate cancer screening, PSA, measures a prostate specific antigen in men. This protein produced by the prostate gland tells men information about their prostate health.

We hope you choose to take control of your health by practicing preventative maintenance with this year's Spring Health Fair.

**Reminder:** No appointment is necessary and that walk-ins are welcome for lab work from 6:45 a.m. until 11:00 a.m. Individuals are encouraged to call 402-747-2031 and ask for Robin or Mindy to address any questions or concerns.

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## Foundation for Annie Jeffrey donate for new Sterilizer

**T**he Foundation for Annie Jeffrey donated almost \$80,000 from their annual campaign and Wine & Beer Fest to Annie Jeffrey Health Center to pay for a new sterilizer for Annie Jeffrey Health Center. A Sterilizer is an essential part of the decontamination and sterilization process in healthcare facilities. It gets used several times each day. Sterilizers kill harmful bacteria, viruses and fungi on medical equipment and instruments ensuring that the equipment is free of germs and bacteria.





# Sleep Studies

**S**leep studies are tests that watch what happens to your body during sleep. These studies are done to find out what is causing your sleep problems.

Sleep studies are done in a sleep lab, usually located in a hospital or can be done in your home. In a hospital setting, the studies are scheduled for overnight in a private suite. For the convenience of community members, Annie Jeffrey Health Center offers sleep studies in Osceola.

During the sleep study, a trained sleep lab technician will place small discs called electrodes on your head and

body. These electrodes record your brain activity, eye movement, oxygen and carbon dioxide blood levels, heart rate and rhythm, breathing rate and rhythm, the flow of air through your mouth and nose, snoring, body muscle movements, and chest and belly movements. The electrodes are designed to be as comfortable as possible and should not make it hard to sleep.

To find out more about having a sleep study right here at your local hospital, call Annie Jeffrey Health Center at 402-747-2031.

## March is National Sleep Awareness Month

### Signs and Symptoms of Sleep Apnea include:

- **Loud Snoring** – The person may alternate between loud snoring and being very quiet. Periods of silence may be followed by gasps or snorting sounds.
- **Observed pauses in breathing** – The sleeping partner may notice that the sufferer has temporarily stopped breathing.
- **Excessive sleepiness** – He or she may fall asleep while watching TV, reading, attending meetings or driving. The person may wake up tired, even after a full night's sleep.
- **Morning headaches** – The person may consistently wake up with morning headaches.
- **Trouble concentrating or forgetfulness** – This can impact relationships as well as work performance.
- **Frequent nighttime awakenings** – There is a tendency to wake several times each night.
- **Irritability, short temper** – Lack of energy, depression, or other mood changes may occur.
- **Restlessness at night** – The sufferer may toss and turn or thrash about in bed.
- **Dry mouth** – One may experience this as well.

**If you or someone you know is experiencing these signs and symptoms, talk to your healthcare provider today, sleep studies are performed locally at our hospital.**



## It's Scholarship Time for High School Seniors

**I**n 1956, Polk County received a generous gift from Dr. Charles W. Jeffrey. As a memorial to his mother Annie, Dr. Jeffrey donated funds to help build a new hospital in Osceola. Thanks to Dr. Jeffrey's foresight, Annie Jeffrey Health Center is proud to say that we have helped thousands of people through the years. Our dedication to improve the delivery of health care in our area is our top goal.

The Foundation for Annie Jeffrey continues Dr. Jeffrey's vision by offering scholarships for the future of health care. We offer scholarships to the four area high schools, Shelby/Rising City, Cross County, Osceola and High-Plains, for high-school seniors wanting to pursue a health-related degree plus scholarships to our employees who want to further their education. Students should contact their school counselors for more information.



Annie Jeffrey Health Center's Physicians who deliver babies are pictured in one of the new Labor and Delivery Suites at Annie Jeffrey.

*From left, Dr. Brent Jameson, Dr. Cameron Sidak holding baby Hazel, and Dr. David Jameson. Hazel is the daughter of Dan and Carrie Cramer, who was born at Annie Jeffrey in April 2023.*



**17th annual  
FOUNDATION FOR  
ANNIE JEFFREY**

**Golf Tournament**

**Friday, June 20**

**Ryan Hill  
Country Club**

*The 17th annual  
Foundation for Annie  
Jeffrey golf tournament  
will be held on  
**Friday, June 20** at  
Ryan Hill Country Club  
in Osceola.*

*Ryan Hill County Club  
secured a position in  
American golf history  
in July 1997 when three  
players scored  
holes-in-one on the  
par-3 8th hole within  
an hour of each other.*

*The Foundation for  
Annie Jeffrey golf  
tournament promises  
to be a fun-filled day  
with great prizes, food  
and fun!*

**Stay tuned for more  
information!**

\*\*\*\*\*  
**GREAT "NEW" and ANTIQUE Items to check out at the  
Thrift Shop! Stop by to check them out today!!**  
\*\*\*\*\*

## Exercise Your Heart

**A** new study concludes that if you're younger than 65 and have never exercised, start now. Exercise will reverse damage to an aging or sedentary heart plus reduce your chance of heart failure in the future. Dr. Benjamin Levine, author of the study says that exercise needs to be part of your daily life like brushing your teeth and changing your clothes. He sums it up by saying, "Imagine a brand new box of rubber bands. You take them out of the box, stretch them and they snap back. Stick them in a drawer for 10 years and what happens? They're stiff and have lost elasticity. That's what happens to many parts of the human body."

At the end of two years, the exercise group showed an 18% improvement in their maximum oxygen uptake or how the body uses oxygen during exercise. They also had more than a 25% improvement in the elasticity of the left ventricle of the heart.

Talk to your health care provider about the benefits of exercise and always consult your provider before starting an exercise program.

This time of year is when most people want to improve their lifestyles by exercising and eating healthier. What a perfect time to join the Annie Jeffrey Wellness Center! Call Annie Jeffrey Health Center at 402-747-2031 for more information or to join.





# March is Colorectal Cancer Awareness Month

Colorectal cancer – cancer of the colon or rectum – is the second leading cause of cancer-related deaths in the United States for both men and women combined. Despite the fact that it is *highly preventable*, each year there are so many new cases of colorectal cancer diagnosed.

There are ways to prevent colorectal cancer. Screening tests are the most effective way to prevent colorectal cancer or detect it in its earliest, most curable stages. Most cases of the disease begin as non-cancerous polyps – grape-like growths in the lining of the colon and rectum. These polyps can become cancerous. Because there are often no symptoms related to polyps, it is very important to be screened.

Doctors recommend that everyone should be screened for colon cancer when they

turn 45 - or younger if a parent, sibling, or child has been diagnosed with colon cancer - and at least once every ten years after that. Unfortunately, residents living in southeast Nebraska have higher rates of colon cancer than the U. S. average. If you follow your doctor's guidelines and have your colonoscopies on time you will reduce your risk of colon cancer by up to 90%.

The risk of developing colorectal cancer increases with age. All men and women should talk with their health care professional about screening for colorectal cancer.

Please call Annie Jeffrey Health Center at 402-747-2031 to schedule your colonoscopy. Dr. Cameron Sidak and Dr. Brent Jameson perform colonoscopies at Annie Jeffrey.

## Volunteer Appreciation Week is in April

Volunteers are valued members of the community. Every year, they contribute hundreds of hours of time and energy. Every day they make a difference to the lives of our patients and the residents of Polk County. Annie Jeffrey Volunteers operate the Thrift Shop at 246 N. State Street in Osceola. The Thrift Shop has clothing for the entire family, toys, household items and a variety of gift items. Profits obtained from sales are donated to the hospital and are used to purchase specialty items and fund new equipment. The shop does a great business and over the past 28 years has been able to donate over \$147,000.00 to the Annie Jeffrey Memorial County Health Center for the purchase of needed equipment!

## 2025 New Year's Baby

Annie Jeffrey Health Center is pleased to welcome Simon Michael Jimmy Jones as the 2025 New Year Baby. Simon was born January 10th, and is the son of Steven and Chelsea Jones. They were presented with a gift from the Annie Jeffrey Volunteers.



***Congratulations to the Jones Family!***

## Wine & Beer Fest

Thank you to everyone who came to support the Foundation for Annie Jeffrey's 15th annual Wine and Beer fundraiser on Sunday, February 9th at the Rose Colored Glass. Special thanks to Bob Berggren who went out of his way to make our event so successful.

Thanks to Prairie Creek Vineyards and Nissen Winery who donated samples of their wine and Lazlo's who donated samples of their beer. Special thanks to the Foundation for Annie Jeffrey Board members for all their help and the hospital staff for their support!

Thank you to the Stromsburg merchants who were open during our event. And THANK YOU to EVERYONE WHO ATTENDED AND SUPPORTED US! Wow! What great community support! Thank you so much!

*Thank you to our volunteers for making a big difference in our community!*



# National Doctor's Day

## March 30, 2025

National Doctor's Day takes place on March 30, 2025. National Doctor's Day is commonly celebrated in healthcare organizations as a day to recognize the contributions of doctors to individual lives and communities.

In recognition of National Doctors' Day, Annie Jeffrey Health Center salutes our physicians for their expertise, commitment to healing and compassion during times of pain and incredible joy. Thank you for the countless hours of dedication they give to our communities.



**David Jameson, MD**  
Family Practice

**David Jameson, MD**, Chief of Staff, graduated from the University of Nebraska Medical Center in 1983 with his M.D. degree. He began practicing at Annie Jeffrey Health Center in 1988. Dr. Jameson

also serves as Annie Jeffrey's Trauma Medical Director. He and his wife reside in the Stromsburg, NE area.



**Brent Jameson, MD**  
Family Practice

**Brent Jameson, MD**, was born at Annie Jeffery hospital and raised in Stromsburg, Nebraska. He completed his Bachelors of Science degree in Chemistry, Health and Life Sciences at Wayne State College in 2011.

In 2015 he graduated from medical school at the University of Nebraska Medical Center. He was then accepted into the Accelerated Rural Residency Training Program which he completed in 2018. After finishing residency he moved back to his home town and joined the Medical staff.



**Cameron Sidak, MD**  
Family Practice

**Cameron Sidak, MD**, graduated in 2007 from The University of Nebraska Medical Center with his M.D. Dr. Sidak covered calls at Annie Jeffrey beginning in October of 2008 and became part of the Medical Staff

July 2010. **Dr. Sidak will continue to work at Prairie Creek Family Medicine two days a week.**



**Katie Rystrom, APRN-FNP**  
Family Practice

**Katie Rystrom, APRN-FNP**, is a Family Nurse Practitioner (FNP) who received her undergraduate degree in nursing at Bryan College of Health Sciences in Lincoln, NE. She then began working as a

Registered Nurse (RN) at Annie Jeffrey Memorial County Health Center while completing her master's degree. She graduated from Creighton University College of Nursing in 2015 with a Master of Science in Nursing as an Advanced Registered Nurse Practitioner with a specialty in Family Practice. Katie and her family live outside of Stromsburg.



**Jordan Eller, PA-C**  
Family Practice

**Jordan Eller, PA-C**, is a certified Physician Assistant who completed her Master's degree at the University of Nebraska Medical Center in Omaha, NE. She grew up in Fremont, NE with two siblings. She graduated

from Wayne State College in 2018 with a Bachelor's degree in biological sciences. While at Wayne, she met her husband Ross who grew up in Stromsburg. She is excited to be a part of the community that her husband was raised in and experience this new stage of life together.



**Nicolas Eller, PA-C**  
Family Practice

**Nicolas Eller, PA-C**, is a certified Physician Assistant who grew up in Stromsburg. He received his undergraduate degree from Nebraska Wesleyan in 2015, and shortly after moved to California for two years

where he worked as a medical assistant at an urgent care clinic. While in California, he married his wife, Lexi, and in 2018 they moved to Lincoln so he could attend Union College's PA program. Upon graduation, he worked for a year in the General Surgery department at Children's Hospital in Omaha. Nicolas and Lexi have two daughters, and in his spare time he enjoys renovating their fixer upper, playing basketball, and leading worship at church. He is grateful for the opportunity to give back to this wonderful community and to be a part of such a great healthcare team.



# Thank You!



## NATIONAL DOCTOR'S DAY 2025

### Doctor's Day - March 30

#### ANNIE JEFFREY SPECIALISTS



Stephen Nagengast, MD  
General Surgery

**Stephen M. Nagengast, MD,** is the General Surgeon for Annie Jeffrey Health Center. He went to college and medical school at Creighton University in Omaha. Dr. Nagengast did his residency in Phoenix, Arizona

and has been performing general surgery since 1991. As a board certified General Surgeon, Nagengast manages a broad spectrum of surgical conditions affecting almost any area of the body. He can establish the diagnosis and provide the preoperative, operative, and postoperative care to surgical patients and is usually responsible for the comprehensive management of the trauma victim or the critically ill surgical patient. If you are in need of surgical care or a second opinion contact the hospital at 402-747-2031.



Robert Dugas, MD  
Orthopaedics/Sports Medicine

**Robert Dugas, MD,** is the Orthopaedics and Sports Medicine specialist for Annie Jeffrey Health Center.

Dr. Robert Dugas has been active in the practice of Orthopaedic surgery since

1989, originally joining Nebraska Orthopaedic and Sports Medicine in 1990. In 2006, he returned to Louisiana after spending 16 years in Lincoln. Born and raised in New Orleans, Louisiana, Dr. Dugas completed his undergraduate studies at Louisiana State University and earned his medical degree from Louisiana State University School of Medicine-New Orleans. He completed his Orthopaedic surgery residency at Charity Hospital of New Orleans, followed by a Fellowship in Sports Medicine at the University of Wisconsin-Madison. His practice interests and expertise include knee and shoulder reconstruction, sports injury evaluation and prevention, and arthroscopic surgery.



Christopher Balwanz, MD  
Cardiology

**Christopher Balwanz, MD,** is a Cardiologist at Annie Jeffrey Health Center. Dr. Balwanz received his medical degree at the University of Nebraska Medical Center and completed his internal medicine

residency and internship at the University of California-Davis School of Medicine. He did a cardiology fellowship at the University of Kansas Medical Center, Kansas City, KS.

Dr. Balwanz is an Omaha native, and is board certified in cardiology and internal medicine. He has special interest in cardiac imaging.



Corey Georgesen, MD  
Dermatology

**Corey Georgesen, MD,** a Dermatologist from University of Nebraska Medical Center who uses TeleHealth to diagnose skin conditions. Dr. Georgesen grew up in Omaha, Nebraska and attended the University of Nebraska-Lincoln where he graduated

with highest honors. He attended the University of Nebraska Medical Center on the Regent's scholarship where he was elected to the Alpha Omega Alpha Medical Honor Society and graduated with distinction. Dr. Georgesen completed internal medicine preliminary at California Pacific Medical Center and dermatology residency at Weill Cornell/New York Presbyterian. He then pursued additional training at the University of Pittsburgh Medical Center, completing both teledermatology and dermatopathology fellowship training programs.



Logan McGuffey, MD  
Urology

**Logan McGuffey, MD,** is the Urologist at Annie Jeffrey. Dr. Logan McGuffey is with Nebraska Urology and started seeing patients at Annie Jeffrey on November 13. Logan received his Medical Degree from the University of Nebraska College Of Medicine and

completed his urology residency at the University of Missouri-Columbia. He's a member of several society memberships, including the American Urological Association, Nebraska Urological Association, Nebraska Medical Association, American Association of Clinical Urologists, South Central Section of the American Urological Association, and the Lancaster County Medical Society.

# Preventing dry skin in the winter months

**D**ry skin in winter is so prevalent that it can feel like a side effect of the season. As the temperature plummets in the late fall and early winter, symptoms of dry skin tend to appear once the humidity outside falls under 10%. Though common, skin dryness in winter is avoidable for those ready to counter it with a strategic skin care routine.

## Risk factors for dry skin may include:

- Older age
- Specific health conditions, such as eczema or food allergies
- Frequent hand washing, showers, baths, and swimming
- Exposure to harsh soaps and chemicals

Preventing water loss through the skin is the goal during winter months. Applying a moisturizer to your face and body can add another barrier to your skin, which helps stop the water loss. It's particularly important to apply the moisturizer right after a bath. An ointment is best, but if you don't like the greasy feel, use a thick cream instead. Oils like Vitamin E can also help maintain the moisture barrier, but might not work well for very dry skin.

## Here's how to prevent dry skin:

- **Avoid dryer sheets, scented soaps, or other scented products.**
- **Use a sensitive skin detergent** to wash your clothes — this type of detergent is often packaged in a white bottle.
- **Take short showers and avoid long, hot baths.** Very hot water can dry out your skin.
- **Apply a moisturizer** (an ointment or a thick cream) on your face or body, especially right after baths or showers. It's best to use an ointment that is solid at room temperature.
- **Use products with urea or ammonium lactate** to treat thicker areas of cracked skin on the legs, feet and hands. You can buy these products over-the-counter.
- **Apply natural oils**, like mineral oil, vitamin E, coconut oil, and seed oil to prevent water loss in skin.
- **Use a humidifier** at home to reduce dryness in your skin, eyes, and nose.
- **Use saline eye drops** to help with dry eyes. A nasal saline rinse can also relieve the symptoms of dry nose. To protect your lips, use an emollient.

See Annie's Babies on our website at:  
[www.AJHC.org](http://www.AJHC.org)



**Annie Jeffrey**

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