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Annie Jeffrey Health Fair Slated for Oct. 5

Annie Jeffrey Health Center in Osceola has set Tuesday, October 5th as the date for this year's Health Fair. The event will be held in the 4-H pavilion at the Polk County fairgrounds from 6:45 a.m. until 12:30 p.m. The annual event is held to provide area residents with an opportunity to learn about many health, wellness, and preventive medical services provided in East-Central Nebraska. Fair-goers will also be able to take advantage of free and discounted health screening services.

Once again at the fair, 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 \$295 value). Thyroid screening (TSH), diabetes screening (Hemoglobin A1C), and prostate specific antigen (PSA) testing will also be available for \$20 per each additional test requested. It is recommended that those wishing to have their blood drawn be fasting for at least 8 hours but to drink plenty of water and to take daily medications as required. Anyone wishing to take advantage of the laboratory screening must bring a legal sized self-addressed stamped envelope so that the test results can be mailed directly to the participant.

The Polk County Health Department will be offering seasonal flu shots for \$25 or free with a Medicare Card. Four Corners Health Department will be on hand with their skin scope providing free evaluations of cancer causing sun damage. Free blood pressure checks, pulse oximetry screening, and blood typing will be available at the event.

Aging Partners of Lincoln will be on hand from 8:00 am to 12:30 pm with the Sahara ultrasound bone densitometer to test bone density in an individual's heel. This is a noninvasive procedure that easily interprets results in less than 5 minutes. This service is being offered free to individuals of all ages in order to assist in the screening of osteoporosis or thinning of the bones.

This year's health fair promises to be a health care oriented event with a variety of professionals on hand to answer questions and demonstrate their services. Available for the public to tour will be the Star Care Air Ambulance helicopter from Lincoln and the Midwest Medical Husker helicopter from Columbus, weather permitting. There will be a dietician available to evaluate nutritional intake and assist with determining an individual's body fat.

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Published Quarterly By:



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- Bryan Myers, PA-C
- Michael Karel, PA-C

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Come see the Midwest Medical Husker helicopter!



Health Fair (cont.)

The Aging Partners Office will be providing information about Medicare and Medicare Part D open enrollment. Area nursing homes, assisted living, skilled care, hospice care, respite care and home health agencies will be represented at the fair to answer questions about elderly and dependent care. They will be presenting care options for individuals faced with decisions about care for a parent or grandparent who is unable to care for him or herself. Professionals will be available to answer questions about sleep disorders, living wills, advance directives, domestic violence, injury prevention, and sensible weight loss.

People attending the fair will be given the opportunity to help the local Blue Valley Community Action food pantry by donating money, canned goods and non-perishable food items. With the winter months approaching, area food supplies deplete quickly; the food drive will assist in restocking the supply for the upcoming winter months. The Annie Jeffrey Volunteers will be sponsoring a bake sale the morning of the fair. Annie Jeffrey Memorial County Health Center cookbooks will be available to purchase for \$8.00 each.

We encourage you to browse through the exhibits, register for door prize drawings, and enjoy the complimentary continental breakfast. Stop by before work, or anytime throughout the morning.

National PA Week

A valuable asset to the medical community, PAs work side-by-side with physicians, enhancing the quality of care the patient receives. In many cases, PAs will see the same types of patients a physician sees, and in some cases is able to spend more time with individual patients. While a physician may handle the more complex or critical cases, PAs have the extensive education and experience necessary to, at the direction of the physician, help alleviate the increasingly growing patient volume that taxes our health care system.

October 6th through the 12th is National PA Week. Annie Jeffrey Health Center would like to recognize Mike Karel, PA-C,



Mike Karel, PA-C



Bryan Myers, PA-C

and Bryan Myers, PA-C for their hard work and dedication to the community.

“Physician Assistants work tirelessly, along with Physicians, in the health care industry and deserve our heartfelt thanks for their hard work and contributions to medicine”, says Joe Lohrman, CEO, Annie Jeffrey Health Center.

Local Business Giving Back

The Polk and Butler Mutual Insurance Company have been taking care of our community’s insurance needs since 1892. Giving back to the community is important to them. They found out that Annie Jeffrey Health Center is in need of a newborn hearing screening machine and are donating \$2500 to the Foundation for Annie Jeffrey for this purchase. Joe Lohrman, CEO, Annie Jeffrey Health Center, stated that the hospital is mandated by the state to conduct hearing tests for newborns before they leave the hospital.

The present newborn hearing machine is outdated and will be replaced soon. “We are grateful for this gift to help us purchase new medical equip-

ment for the babies born at Annie Jeffrey,” said Lohrman.

Pictured below are Joe Lohrman, CEO, AJHC, John Girard, Foundation for Annie Jeffrey Board Member, Walt Crook and Marilyn Sanderson, Polk and Butler Mutual Insurance Company representatives.



Second Annual Foundation Golf Tourney a Success

Golfers from area hospitals and local businesses golfed in the second annual Foundation for Annie Jeffrey golf tournament Friday, June 25th at the Ryan Hills Country Club. Proceeds from the annual event will be used to help purchase a new Cautery Unit at Annie Jeffrey Health Center, according to Joe Lohrman, CEO, Annie Jeffrey Health Center.

“It was a fun day for those golfing, plus a great fund-raiser for our medical center,” said Lohrman.

Midwest Covenant Home team won first place, first flight, with each golfer receiving two Saltdogs tickets, a Husker bag chair and a windbreaker. Second place, first flight, was won by the Dohman, Akerlund & Eddy team, with each player winning a windbreaker and a bag chair. First place, second flight, winners were the See The Trainer team with each member receiving a windbreaker, Annie Jeffrey golf ornament and a cooler. Second place, second flight, winners were St. Elizabeth Health Services with each player receiving a box of golf balls.

No one won the new Chevrolet with a hole-in-one on hole #4. Tonniges Chevrolet sponsored that hole and had a shiny new pickup sitting there ready to drive away!

Corporate Flag sponsors for the tournament included: Boruch Masonry Construction, City Bank and Trust, County Feeders, Tom McKenny, CRNA – Anesthesia Services, Meyers-Carlisle-Leapley Construction Co., Pinnacle Bank, The Pinnacle Agency, Rural Health Development, Tonniges Chevrolet, Tri-County Title & Escrow Co., and Visions in Architecture. The General Event Sponsors were Credit Management, Dohman, Akerlund & Eddy, Eakes Office, Island Supply Welding Co., Memorial Health Care Systems and Wanek Development. The Cleveland golf wedge for the raffle was donated by Consultant Pharmacy Services - Reg Hain R.P. Consultant Pharmacist. Other prizes were donated by A & M Business Printing, Credit Management, City Bank and Trust, Tabitha Health Care, Tim Girard, The Olson Group, See The Trainer.

Community Blood Bank and the Polk County Health Department donated



Tourney Winning Team - Midwest Covenant Home (l-r): Chris Young, Tim Olsen, Troy Lindsley, and Ron Ross.

several items for all the golfers.

The four-person golf teams included A & M Business Printing, Am San, Butler County Health Care, City Bank and Trust, Dohman, Akerlund & Eddy, Foundation for Annie Jeffrey, Golden Harvest, Midwest Covenant Home, See The Trainer, St. Elizabeth Health Services, and Visions in Architecture.

The 18-hole tournament offered a number of flag prizes for the players. The list of prizes and winners include:

Hole 1 – Longest Putt – Golf Bag Picture won by Heather Lindsley from the Visions in Architecture team

Hole 2 – Closest to Pin – Golf Ball on a tee won by Troy Lindsley on the Midwest Covenant Home team

Hole 3 – Longest Drive – Golf rain gauge & car wash won by Tim Olson from the Midwest Covenant Home team

Hole 4 – Closest to pin from off tee – New York Times “The Greatest Moments in Golf” history & iPod won by Troy Knust from the Dohman, Akerlund & Eddy team

Hole 5 – Longest Drive – Golf tumblers & car wash won by D. J. O’Donnell from the See The Trainer team

Hole 6 – Closest to the Red Flag on drive – Golf cart clock & car wash won by Todd Mulliner from the City Bank team

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October is Breast Cancer Awareness Month

The sooner breast cancer is detected, the less likely a woman will need highly invasive and uncomfortable treatments and the more likely she will survive the disease. In the United States, one out of seven women will develop breast cancer in her lifetime. Mammography screening is the single most effective method of early detection, and so an annual mammogram is recommended for women over age 40. Significant progress in mammography technology is helping physicians to diagnose the disease earlier with improved outcomes. Today, there are more than 2 million breast cancer survivors in the United States.

This year, everyone who schedules a Mammogram in October will receive a gift card to Flower Cottage!

Make the call today to schedule your mammogram (402) 747-2031.



Annie Jeffrey Volunteers Celebrate 15 Years at the Thrift Shop

September 22, 1994, a group of volunteers met at Annie Jeffrey Health Center to organize what is now known as the AJ Volunteers. They came up with the idea of raising money for the hospital by opening a Thrift Shop, so on November 15, 1995, the Thrift Shop opened at its present location.

There are approximately 60 volunteers, with most of them working at least once or twice a month at the Thrift Shop. During the past 15 years, the AJ Volunteers have donated \$80,860.00 to Annie Jeffrey Health Center with proceeds from the Thrift Shop.

Stop in at the Thrift Shop on November 3rd from 10:00am to 4:00pm to help celebrate the AJ Volunteers 15 years in the Thrift Shop!



Behind the Scenes at Annie Jeffrey - PT

John Makovicka, PT: John graduated from Physical Therapy school at Mayo Clinic after his undergraduate degree from the University of Nebraska at Kearney. He began working in Kearney at Good Samaritan Hospital in 1973 and initiated physical therapy at the Butler County Hospital in 1974. John started physical therapy at Annie Jeffrey Health Center in 1985 and as the practice grew, Mark Otte was added in 1986. John and Mark formed East Central Nebraska Therapy Associates in 1989. Mark manages in David City and John in Osceola. The corporation expanded with two new shareholders this year, Kellen Benes and Nathan Olson. ECNTA presently employs seven physical therapists and PTAs.

John married Connie in 1969 and together raised five children, Jennifer (Ruth) a physical therapist, Jeffrey, an attorney, Joel, a physical therapist, Justin and Jordan, both college students. John and Connie both graduated from East Butler and live on the family farm near Ulysses. They enjoy spending time with their eight grandchildren.

Kellen Benes, DPT: Kellen has worked in the physical therapy department at Annie Jeffrey for the past 8 years. He was raised in Brainard, NE and attended East Butler High School. Following graduation, Kellen attended Nebraska Wesleyan University and majored in Biology. He was accepted to Creighton University's Physical Therapy program and graduated in 2002. He currently lives in David City. Kellen and his wife, Katherine, have a daughter, Brook, and are expecting their second child in February.

Katie Alder, PTA: Katie has worked as a Physical Therapy Assistant for 3 years at Annie Jeffrey Health Center. She resides in rural Newman Grove with her husband, Joe, and their eight-month old son, Kolten. Katie is a 2004 Newman Grove High School graduate and then graduated from Northeast Community College as a PTA in 2007.



Katie Alder, PTA



Annie Jeffrey Physical Therapy Department (l-r) Back row: John Makovicka, PT; Kendra Harless; Kellen Benes, DPT. Front row: Phyllis Urkoski; Marian Hofbauer; Donna Hellbusch Not pictured Katie Alder, PTA.

Donna Hellbusch, LPN: Donna started working at Annie Jeffrey in September 1972 after completing LPN school in Kearney. She has worked in various departments over the years and still works in surgery, physical therapy and the physician clinics. Although many faces have changed over the years, the Annie Jeffrey family remains steadfast in the caring manner in which they serve the community. Donna and her husband Arnie have two children and two grandchildren. She enjoys gardening, reading and travel.

Kendra Harless, Medical Assistant: Kendra earned her degree in Medical Assisting Management after graduating from Polk-Hordville High School. She started working part time at Annie Jeffrey Health Center in 1998 and joined the Physical Therapy Department in 2003. She primarily works in the payroll department, but enjoys her time with the patients in physical therapy.

Kendra and her husband, Randy, have been married 15 years and reside in Polk. They have two children, Cale, 13, and Claire, 10. Randy and Kendra are both volunteers for the Polk Fire and Rescue Department and enjoy staying active in the community. Kendra is thankful for the opportunity to work with such a great team of people at Annie Jeffrey.

Phyllis Urkoski: Phyllis has worked at Annie Jeffrey Health Center for 20 years - the first two years in the Business Office and then in the physical therapy depart-

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Annie Jeffrey Health Center Receives \$20,000 From Polk County Foundation

On Thursday, July 29th at the Polk County Fairgrounds, Annie Jeffrey Health Center received \$20,000 from the Polk County Foundation. This donation represents the proceeds from the Alma Hartson estate. Ron Colling presented the check to Joe Lohrman, CEO, Annie Jeffrey Health Center. The funds will be used to help purchase new medical equipment for our surgery department at the hospital.

The Polk County Foundation was established to secure local donations for the future of our community. The Alma Hartson endowment fund was set up to help the hospital purchase medical equipment.

Lohrman would like to thank the Polk County Foundation, Annie Jeffrey Health Center and Foundation for Annie Jeffrey Board members: Steve Peterson, Doug Rathjen, Karen Stevens, John Girard, Peg Hopwood, Terry Fusco, Karleen Watts, Mary Lerch and Brian Beckner, Polk County Board of County Commissioners: Mike Smith, Mike Simonsen and LeRoy Gerrard and the Polk County Community for their support.

Mrs. Alma Hartson was a lifetime resident of Shelby, Nebraska. She was also a long-time teacher at Shelby Public Schools.



Leaving a Legacy

After retiring from teaching, Mrs. Hartson opened a preschool in the UB church in Shelby, which she ran for a number of years. She was married to Roy Hartson, who owned a Buick dealership in Shelby.

Mrs. Hartson was very community minded. She loved Polk County and the town of Shelby. To show her love for Polk County, she donated the proceeds of an 80 acre farm to the Polk County Foundation for the future of Annie Jeffrey Health Center. The interest from her donation is used to purchase medical equipment for Annie Jeffrey. Mrs. Alma Hartson left a gift that will be used in perpetuity by the people of Polk County.

If you would like to leave a legacy to Annie Jeffrey Health Center, please contact one of the Board members of the Foundation for Annie Jeffrey or call Joe Lohrman, AJHC CEO at 747-2031.

Second Annual Foundation Golf Tourney a Success (cont.)

Hole 7 – Closest chip shot – Golf ball coin bank & car wash won by Jason Dean from the City Bank team

Hole 8 – Closest to pin from off tee – Nike wedge won by Chris Young from the Mid-west Covenant Home team

Hole 9 – Closest to pin, 2nd shot – Welcome Golfers sign, golf cards and car wash won by John Rodriguez from the City Bank team

The winner of the golf raffle was Tim Coufal, winning a Cleveland golf wedge.

The golf raffle was sponsored by Consultant Pharmacy Services - Reg Hain R.P. Consultant Pharmacist.

Winning the betting hole was Troy Mesenburg. Door prizes were also handed out after dinner.

“The support from our community, vendors, and area businesses greatly added to the success of this event”, Lohrman said.



Harvest for a Healthy Life

Join with us in our HARVEST FOR A HEALTHY LIFE campaign by making a donation to the Foundation for Annie Jeffrey. The funds raised from this campaign will help fund new surgery equipment for the hospital and will also start raising funds for Phase III of the facility's remodeling project. Donating grain, rather than cash, is a popular form of giving in our agricultural community. All donors giving gifts accumulative of \$1,000 or more will be recognized on our “Wall of Commitment”.

Tell your local elevator manager you'd like to make a grain donation to the Foundation for Annie Jeffrey today. Your donation is an investment in the health of your community.

DONATE TODAY!
PO Box 428, Osceola, NE
402-747-2031
www.ajhc.org

The Foundation for Annie Jeffrey is a 501c3 foundation and all contributions are tax deductible to the extent allowed by law.

Annual Campaign Kickoff:

The Foundation for Annie Jeffrey has just kicked off its annual campaign. The purpose of the annual campaign is to build community awareness about the Annie Jeffrey Health Center hospital and medical clinic and to encourage an investment in local health care through donations. The funds raised from this campaign will help fund a new surgical instrument washer for the hospital and will also begin raising funds for Phase III of the facility's remodeling project. All monetary gifts are welcome, large or small. Donors with accumulative donations of \$1,000 or more will be recognized on our "Wall of Commitment".

The Foundation for Annie Jeffrey is a 501(c)(3) foundation and all contributions are tax deductible to the extent allowed by law. The Foundation for Annie Jeffrey and the Annie Jeffrey Health Center hope that the community can share their excitement about fulfilling ways to invest in the future of local health care.

Foundation for Annie Jeffrey ANNUAL REPORT

For our Fiscal year: July 1, 2009 through June 30, 2010

The Foundation for Annie Jeffrey is a non-profit corporation organized to provide funding for projects (such as new medical equipment or facility renovations) that promote health care in the communities served by Annie Jeffrey Health Center. The Foundation is governed by an eight-person volunteer board. The hospital foundation keeps track of funds which are donated and for what purpose they are donated; seeks grants and other outside funding; provides tax reports to the IRS; recognizes donors in newsletters and on our Wall of Commitment; helps publish quarterly newsletters; plans fund raising events; and participates in numerous hospital and clinic activities. Donations to the foundation qualify as tax-deductible charitable gifts.

Here is a recap of the past years events and activities.

In September, the Foundation for Annie Jeffrey kicked off its annual campaign. Annie Jeffrey Health Center needed funding for numerous Wish List items. Our campaign raised almost \$70,000.00 to help fund Phase II of the building project and purchase a new anesthesia machine, EKG machine and a new stress testing treadmill. The Foundation also purchased a new treadmill for the wellness center and helped purchase a new Birthing Warmer for our obstetrical department with help from the Annie Jeffrey Volunteers.

- An anesthesia machine is used to support the administration of anesthesia.
- An electrocardiogram — abbreviated as EKG — is a test that measures the electrical activity of the heartbeat.
- Cardiac stress testing treadmills are used for conducting exercises that may produce signs and symptoms of heart disease when exposing the heart to the stress of exercise.

The annual Foundation Family Tree Celebration was held on the first Sunday in December and raised \$1,000 to help fund new equipment. This event allows community members to purchase ornaments to hang on a Christmas tree at Annie Jeffrey Health Center to remember and honor loved ones. All names on the ornaments were read during the ceremony.

In May, the Phase II remodeling project at Annie Jeffrey Health Center began. The three areas that were updated were the Business Office, Medical Records, and the Annie Jeffrey Family Medicine clinic. Local contractors and the maintenance crew of Annie Jeffrey renovated those three areas of the facility by painting, wiring, and installing new flooring and carpeting, shelves, and an upgraded ventilation system in the Business Office and Medical Records area. The Business Office is now connected to the Medical Records file room.

The health center's medical clinic, Annie Jeffrey Family Medicine, made big changes to better serve its patients. The original hospital nurses station was removed to make room for new clinic exam rooms. With the addition of our new physician, Dr. Cameron Sidak, increased space was needed to take care of more patients. The clinic expansion also included adding a new office, lab area, new flooring and an expanded waiting area.

In June, golfers from area hospitals and local businesses participated in the second annual Foundation for Annie Jeffrey golf tournament at Ryan Hills Country Club. Proceeds from this event were used to purchase a new Cautery Unit for Surgery at Annie Jeffrey Health Center.

The Foundation for Annie Jeffrey Board members are: Brian Beckner, Terry Fusco, John Girard, Mary Lerch, Steven J. Peterson, Doug Rathjen, Karen Stevens, and Karleen Watts.

For more information about the Foundation, call Joe Lohrman at 402-747-2031.



Above: Foundation Wall of Commitment located in the hospital.



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.

For a \$20.00 donation to the hospital Foundation, you can have the name of your loved one placed on an ornament on the Foundation Family Tree located in the hospital lobby. The tree will be displayed at the hospital starting mid-November and all during the Holiday season. Ornaments may be picked up at Annie Jeffrey Health Center after January 1st.

For more information, please fill out this form or contact Annie Jeffrey Health Center at 747-2031. The tree will be up in the hospital lobby in mid-November, so get your donations in early so we can get your names on our tree!

2010 FOUNDATION FAMILY TREE

In memory of:

Name _____ Relationship _____
 Name _____ Relationship _____

In honor of:

Name _____ Relationship _____
 Name _____ Relationship _____

Please enclose your \$20 donation (per individual/couple) and mail to the Foundation for Annie Jeffrey at P. O. Box 428, Osceola, NE 68651.

Behind the Scenes at AJ (continued from page 4)

ment for the past 18 years.

She grew up on a farm near Genoa, NE and graduated from Genoa High School. She is married to Gene and they have seven children and 14 grandchildren. Phyllis loves music, sewing, cooking, baking and her grandchildren and enjoys spending time with family and friends.

Marian Hofbauer: Marian has worked at Annie Jeffrey Health Center for 36 years, twenty-six of those years have been in Radiology. Now after semi-retirement, Marian works in Physical Therapy. Marian and Norm have three children, Tim (Tammie) Hofbauer, Tami (Marlin) Karr and Chris (Trish) Hofbauer. They have five grandchildren, Mikaela, Nick, Cody, Miranda and Kelsey.

Marian enjoys attending her grandchildren's activities and spending time with family. Marian has seen many changes at Annie Jeffrey in the past 35 years and feels those changes were made for a better medical center and community.

Naming Opportunities at AJHC

The Foundation for Annie Jeffrey and Annie Jeffrey Health Center are welcoming the opportunity to publicly recognize donors who significantly contribute to the Foundation for Annie Jeffrey with naming opportunities.

All donations to the Foundation for Annie Jeffrey are tax deductible, including our Naming Opportunities donations. The Naming Opportunity donations give patients and their families and other supporters the chance to create a permanent legacy for them or

their loved ones and support Annie Jeffrey Health Center at the same time.

Some of the Naming Opportunities available are for the Radiology area, Lab, and Outpatient Clinic.

For more information on Naming Opportunities at Annie Jeffrey Health Center, call Joe Lohrman at 402-747-2031 or one of the Foundation for Annie Jeffrey Board members.



SERVICES AVAILABLE AT ANNIE JEFFREY

It is reassuring to know that specialized medical care for your family is available right here in Polk County.

GENERAL SERVICES:

Inpatient and Outpatient Care
Swing Bed
Surgical Services including
Inpatient and Outpatient
Specialty Clinics
OB Care including Labor and
Delivery, C-section, nursery
Emergency Services
24-hour ER, Lab, X-Ray
and CT
Cardiac Rehab
Radiology Services including
general radiology, CT,
Mammography and
bone density studies
Pharmaceutical Services
Social Services
Lab Services
Physical Therapy

Child/Adolescent Health
Services and Family Counseling
Family Medicine Clinic

WE ALSO PROVIDE:

Outpatient Treatments including:
blood transfusions,
IV therapies, specialty
medication administration
(such as Procrit or Remicade),
dressing changes, etc.
Anesthesia Services including:
general, local, regional
anesthesia, steroid injections
for pain management
Cardiolite Studies
Wellness Programs including:
community education,
diabetes, and OB education

Nutritional Services including:
inpatient and outpatient
consultations

Electrocardiogram

Respiratory Therapy provided by:
nursing including oxygen
administration, hand held
nebulizer treatments,
incentive spirometry and
peak flow measurements
Pulmonary Function Testing
Pulmonary Rehab
Wellness Center

AT AJHC BY CONTRACT:

Speech Therapy
MRI Scans
Nuclear Medicine
Sleep Studies
Echocardiogram
Cardiovascular Doppler Studies
Doppler Studies
Occupational Therapy
Pathology Services
Ultrasound
PET/CT Scans

SPECIALTY SERVICES:

General Surgery
Gastroenterology
Obstetrics & Gynecology
Orthopaedics
Physical & Sports Medicine
Urology
Ear, Nose & Throat
Cardiology Clinic

**Please contact the
hospital at 747-2031
for more
information.**

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



Annie Jeffrey

531 Beebe Street
PO Box 428
Osceola, Nebraska 68651

Nonprofit Organization
US Postage
PAID
Osceola, NE 68651
Permit No. 15
Standard Route Presort

To Prevent the Flu:

- **Wash your hands**
- **Cough/Sneeze into your sleeve**
- **Get your Flu Shots**
- **Stay home if you're sick**

*For more information call
your health care provider,
call Annie Jeffrey Health
Center, or go to www.flu.gov*

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