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@AnnieJefferyMemorialHealthCenter

Published Quarterly By:



Annie Jeffrey
MEMORIAL COUNTY
HEALTH CENTER

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- Katie Rystrom, FNP
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- Marcus Augustin, CEO

Annie Jeffrey Health Fair Slated for Oct. 1

Annie Jeffrey Memorial County Health Center is pleased to announce details about our 20th Annual Fall Health Fair. This year's event will be held at Annie Jeffrey Memorial County Health Center on Tuesday, October 1st. This year's event will have some on-site information available along with discounted blood draws, flu shots, and free skin analysis evaluation.

The health fair will be held at *Annie 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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AJHC is a LEARN Breastfeeding Hospital Champion

The Nebraska Department of Health and Human Services LEARN (Lactation Education Across Rural Nebraska) Breastfeeding Champion Hospital Campaign's goal is to increase breastfeeding in Nebraska by assisting in implementing best practices and policies to improve breastfeeding outcomes. The LEARN Breastfeeding Hospital Champion Campaign is based on Maternity Care Practices from the CDC to increase



breastfeeding initiation and support within the hospital setting. Utilizing evidence-based messaging on breastfeeding to parents of approximately 25,000 newborns across the state will increase the overall health of Nebraska families.



AJ Volunteers Celebrate 29 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 its doors in downtown Osceola. Presently, there are approximately 60 volunteers, with most of them working at least once or twice a month at the *Thrift Shop*. During the past 29 years, the AJ Volunteers have donated **over \$141,000.00** to Annie Jeffrey Health Center with proceeds from the *Thrift Shop*.



Together We Can Make a Difference!

OCTOBER IS BREAST CANCER AWARENESS MONTH.

About 1 in 8 women in the United States will develop breast cancer over the course of her lifetime. 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. The American Cancer Society recommends women start having yearly mammograms at age 40. Significant progress in mammography technology is helping physicians to diagnose the disease earlier with improved outcomes. Today, there are more than 4 million breast cancer survivors in the United States. Annie Jeffrey Health Center now offers the latest in **3D Mammography services** with the new SmartCurve compression paddle that is clinically proven to deliver a more comfortable mammogram.

During the month of October join the Annie Jeffrey Mammography



Department in making a difference in the fight against breast cancer.

Get a mammogram during the month of October and you will **receive a FREE GIFT!**

The Radiology Staff at Annie Jeffrey Health Center wants to remind everyone to Celebrate Life by encouraging your loved ones to get a mammogram. If you haven't seen or been to our Digital Mammo suite, please make an appointment. A mammogram only takes about 20 minutes. Making a difference in the fight against breast cancer, those 20 minutes a year can save your life! **Schedule yours today by calling 402-747-2031.**

Medicare versus Medicare Advantage

When you first sign up for Medicare and during a certain time of the year, you can choose or change how you get your coverage.

There are 2 main ways to get Medicare:

- **Original Medicare** is a fee-for-service health plan that has two parts: Part A (Hospital Insurance) and Part B (Medical Insurance). After you pay a deductible, Medicare pays its share of the Medicare-approved amount, and you pay your share (coinsurance). If you want Medicare drug coverage (Part D), you can join a separate Medicare drug plan. **You can use any doctor or hospital that takes Medicare, anywhere in the United States. In most cases, you don't need a referral to use a specialist.** To help pay your out-of-pocket costs you can buy supplemental coverage. **Medicare covers most medically necessary services and**

supplies in hospitals, doctors' offices and other health care facilities. You can join a separate Medicare drug plan to get Medicare drug coverage. In most cases, you do not need approval from Original Medicare to cover services or supplies.

- **Medicare Advantage** (also known as "Part C") is a type of Medicare health plan offered by a private company that contracts with Medicare. These plans include Part A, Part B, and usually Part D. Plans may offer some extra benefits that Original Medicare doesn't cover. Your decision about how to get Medicare affects how much you pay for coverage, services you receive, and qualifying doctors. **In many cases, you can only use doctors who are in the plan's network. You may need to get approval from your plan before it covers certain drugs or services and plans may have higher out-of-pocket costs than original Medicare.**

Foundation for Annie Jeffrey Health Center golf tournament a huge success!

Golfers from area vendors and local businesses participated in the fifteenth annual *Foundation for Annie Jeffrey* golf tournament Friday, June 21st at Ryan Hill golf course. Proceeds from the annual event were used to purchase a new GlideScope at Annie Jeffrey Health Center, according to Marcus Augustin, CEO, Annie Jeffrey Health Center.

“It was a beautiful day, a great community event, plus an important fund-raiser for our medical center,” said Augustin.

The Tonniges Chevrolet team won first place, first flight, with each golfer receiving a Meguiars Complete Car Care kit – a 6-piece detailing kit packages together the essential products for properly cleaning and protecting your car inside and out, an AJ cooler, a City Bank tumbler, and a groove cleaner.

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

Second place, first flight, was won by the Cornerstone Bank team, with each player winning an AJ cooler, 3 pc grill tool set, a meat Rub seasoning kit, City Bank tumbler, and a Golf accessories kit which includes a golf towel, golf club brush, groove sharpener, and a divot tool.

First place, second flight winners were the Gabel team with each member receiving a Bag Chair, an AJ umbrella, City Bank tumbler, a jar of Tennessee Whiskey BBQ rub and a groove cleaner. Second place, second flight winners were the Team Russ team with each member receiving an receives an AJ blanket, City Bank tumbler, hamburger turner and BBQ seasoning.

No one won the new Chevrolet

with a hole-in-one on #4. Tonniges Chevrolet sponsored that hole. All golfers received a golf discount card courtesy of American Hole-‘n One.

Corporate Flag sponsors for the tournament included City Bank and Trust, Edgewater Insurance, J & D Girard, Pinnacle Bank, Prairie Creek Family Medicine, Professional Associates, Reflexion Physical Therapy, The RHINO Group, Shelby Lumber, SMAART Medical Systems, Tonniges Chevrolet and TruBridge.

The General Event Sponsors were Boruch Masonry Construction, Dohman, Akerlund & Eddy, Midlands Printing & Business Forms, The Olson Group and Professional Associates.

Mary and Al Lerch made and donated the golf signs. Prairie Creek Family Medicine Providers were there to hand out water on Hole 7.

The four-person golf teams included City Bank, Cornerstone Bank, Dohman, Akerlund & Eddy, Fullerton Team, Gabel Team, J & D Girard, Midlands Printing, Prairie Creek Family Medicine, Reflexion Physical Therapy, Sanley Team, 75 Scramblers, Team Russ, Jordan Tonniges Team, and Tonniges Chevrolet.

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

Hole 1 – Longest Putt – RACCOON HEADCOVER won by Jeff Johnston on the 76 Scramblers team

Hole 2 – Closest to pin off tee – MONOPOLY HEADCOVER won by Peyton Watts on the J & D Girard team

Hole 3 – Longest Drive – HUSKER HEADCOVER won by Dustin Heins on the Reflexion Physical Therapy team



Tonniges Chevrolet team won the Championship flight. Pictured from left are Nick Boruch, Brock Tonniges, Matt Gillespie and Elliot Watts.

Hole 4 – Closest to pin from off tee – GOLF BBQ SET won by Troy Lindsley on the Cornerstone Bank team

Hole 5 – Longest Drive – GOLF COOLER BAG won by Matt Gillespie on the Tonniges Chevrolet team

Hole 6 – Closest to the Red Flag on drive – SQUIRREL HEADCOVER won by Julie Riewer on the Fullerton team

Hole 7 – Closest chip shot – LAS VEGAS HEADCOVER won by Caden Theis on the J & D Girard team

Hole 8 – Closest to pin from off tee – BOGEY KING HEADCOVER won by Dan Gabel on the Gabel team

Hole 9 – Closest to pin, 2nd shot – GOLF POOL GAME won by Nick Boruch on the Tonniges Chevrolet team.

The winner of the golf club raffle was Jeff Johnston. The prize was a Taylor-Made TP Hydro Dupage putter.

Thank you to Tonniges Chevrolet for sponsoring the hole-in-one, Mary and Al Lerch for printing the golf signs, Prairie Creek Family Medicine Providers for handing out water, Annie Jeffrey Dietary Staff for the breakfast and snacks, all our Corporate Flag sponsors and our General Event sponsors, Annie Jeffrey Staff and Volunteers for their help, Ryan Hill Staff and all our golfers!

National PA Week



Jordan Eller, PA-C Nicolas Eller, PA-C

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 Jordan Eller, PA-C and Nicolas Eller, PA-C for their hard work and dedication to the community.

Delivering Babies for Over 60 Years

Rural community hospitals deliver nearly one in 10 babies in the United States, yet nearly half of rural community hospitals do not offer obstetric services. Annie Jeffrey Health Center has been delivering babies for over 60 years and new Mom's love our two new OB suites.



To schedule a tour of the new OB suites, call Annie Jeffrey Health Center at 402-747-2031.



Kim Yungdahl and Megan Nathan in OB room

Each suite has:

- A new delivery bed with access on three sides.
- Space for the family to be with the mother and child.
- A baby warmer.
- A bathroom that is compliant with the Americans with Disabilities Act regulations which means a wheelchair can turn around in it.
- Special ceiling mounted delivery lights.
- Many more medical gases and electric outlets than we previously had.

Delivering Babies for Over 60 Years!

We want your experience to be the first of many wonderful memories for you and your new baby. That's why for the past sixty years, Annie Jeffrey Memorial County Health Center has been dedicated to providing a safe and caring environment for labor and delivery.

Our professional staff is available around the clock to provide the upmost care for you and your newborn. We are proud to have helped so many family's over the years.

Thank you for allowing us to participate in your family's care!

Annie Jeffrey
MEMORIAL COUNTY HEALTH CENTER
402-747-2031 • www.ajhc.org

(l-r) Dr. Brent Jameson, Dr. David Jameson (holding baby Tucker) and Dr. Cameron Sidak.

The Foundation Just Kicked Off its Annual Campaign

Since 1956, Annie Jeffrey Health Center has provided quality care for you, your loved ones and our communities. 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.

Thank you to all of our health care workers, volunteers and community members who continue to support us!

As you know, medical technology is changing rapidly. That means that our health care facility constantly needs to invest in new medical equipment. We invite you to continue your support of Annie Jeffrey Health Center by donating to the *Foundation for Annie Jeffrey's* annual campaign.

The purpose of the annual campaign is to encourage an investment in local health care through donations to the foundation. This year we are raising money to purchase a new Sterilizer for Annie Jeffrey. 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.

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 volunteer board members are: Kathy Gabel, LeRoy Gerrard, John Girard, Margie Hayes, Mary Lerch, Steven J. Peterson, Karen Stevens, Lana Waller and Jane Watts.

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.

New Partnership with Complete Hearing

Annie Jeffrey Health Center is proud to announce their newest partnership with Complete Hearing.

The outpatient clinic, which started August 2nd, offers audiology services in Osceola, no matter the age or concern. 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, AuD. is here to help.

Audiology services include:

- Hearing Tests
- Newborn Screens
- Hearing Aids & Protection
- Ear Wax Removal
- Follow-up for cochlear implants, tinnitus & dizziness
- And much more!

Continued on page 7.

National Nurse Practitioners Week



*Katherine Rystrom,
APRN-FNP*

Nurse Practitioners (NPs) have been providing primary, acute and specialty healthcare to patients of all ages and walks of life for nearly half a century. NPs assess patients, order and interpret diagnostic tests, make diagnoses, and initiate and manage treatment plans – including prescribing medications. They are the healthcare providers of choice for millions of patients. An NP is truly Your Partner in Health.

National Nurse Practitioners Week is held November 10-16. Annie Jeffrey Health Center would like to recognize Katherine Rystrom, APRN-FNP for her dedication to the health care of her patients.

"Physician Assistants and Nurse Practitioners work tirelessly, along with Physicians, in the health care industry and deserve our heartfelt thanks for their hard work and contributions to medicine", says Marcus Augustin, CEO, Annie Jeffrey Health Center.

Foundation for Annie Jeffrey ANNUAL REPORT

For our Fiscal year – July 1, 2023
through June 30, 2024

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 a nine-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 August, the *Foundation* paid \$5,027.06 for a new Infusion Recliner with proceeds from our golf tournament.

In September, the *Foundation for Annie Jeffrey* kicked off its annual campaign to raise money to purchase a new Chemistry Analyzer for the lab. At their February meeting, the *Foundation for Annie Jeffrey* Board of Directors voted to donate \$91,100 from their annual campaign to Annie

Jeffrey Health Center to purchase a new Chemistry Analyzer.

The Annie Jeffrey Volunteers celebrated their 28th anniversary in November.

The annual Foundation Family Tree Celebration was held in December. Funds raised from this event were used 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.

The *Foundation* received a \$6,000 donation from the Annie Jeffrey Volunteers at their annual Christmas Party. The Annie Jeffrey Volunteers run the Thrift Shop in downtown Osceola and donate their proceeds to help the hospital pay for special items. They have donated over \$141,000 over 28 years to the hospital. Annie Jeffrey Health Center honored the Annie Jeffrey Volunteers with a brunch and program in April.

In February, the *Foundation* held their annual Wine & Beer Fest fundraiser at The Rose Colored Glass in Stromsburg. The money raised from ticket sales and the silent auction helped with the annual campaign.

In April, the *Foundation* helped sponsor Mature Driving Classes at Annie Jeffrey Health Center. These 8 hour classes usually cost over \$300 to take but was offered free to the community.

Twice this year, we were fortunate to have Boutique 29 Eleven offer their clothing at Annie Jeffrey Health

Center with a portion of their proceeds donated back to the *Foundation*.

The *Foundation for Annie Jeffrey* awards scholarships to the following high schools: Shelby/Rising City High School, Cross Country High School, Osceola High School and High-Plains High School. The winners of this year's *Foundation for Annie Jeffrey* scholarships are: Makayla Quilhot, Shyanne Anderson and Emma Roberts. These scholarships are in addition to the scholarships offered to Annie Jeffrey employees. Since 2012, the *Foundation for Annie Jeffrey* has awarded 56 scholarships to kids in Polk County with some of those students returning to work at Annie Jeffrey.

In June, golfers from vendors and local businesses participated in the sixteenth annual *Foundation for Annie Jeffrey* golf tournament at Ryan Hill Golf Course. Proceeds from this annual event will be used to purchase new GlideScope for Annie Jeffrey Health Center.

The *Foundation for Annie Jeffrey* Board Members are:

- Kathy Gabel
- LeRoy Gerrard
- John Girard
- Margie Hayes
- Mary Lerch
- Steven Peterson
- Karen Stevens
- Jane Watts
- Lana Waller

For more information about the *Foundation*, call Marcus Augustin at 402-747-2031 or Susan Chrastil at 402-418-1852.

We need Volunteers!

Do you have a few hours of extra time each month? The AJ Volunteers are looking for new Volunteers and could use your help. Enjoy the interaction with other Volunteers and community members and help make a difference by volunteering in the AJ Volunteers Thrift Shop a couple times a month. Stop in the Thrift Shop in downtown Osceola on Wednesdays, Thursdays or Fridays or contact Roxie Page for more information.



Annie Jeffrey Health Fair Slated for Oct. 1 *Continued.*

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 companies 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.

The Polk County Health Department will also be on site offering seasonal flu shots. Regular flu shots will be available to fair goers for \$35. The Polk County Health Department will also have High Dose Flu shots available for \$76 for individuals with Medicare Advantage and Railroad insurance plans. These are recommended for individuals 65 years of age and older. They will be available at no cost for fair goers with a current Medicare Part B card, this does not include Medicare Advantage or Railroad plans. Donations will be accepted by the health department to help cover the expense of administering the immunizations.

The Four Corners Health Department will also be on site offering free blood pressure checks. They will also have their skin scope available to provide a free skin analysis evaluating damage caused by the sun.

We hope you choose to take control of your health by attending the Fall Health Fair on October 1st. Reminder no appointment is necessary that walk-ins are welcome for lab work and flu shots from 6:45 am until 11:00 am. Individuals are encouraged to call 402-747-2031 and ask for Robin to address any questions or concerns.

New Partnership with Complete Hearing

Continued.

Dr. Macy Schott-Miller is a native to Osceola with over six years of specializing in Audiology services. She was a graduate of the University of Nebraska-Lincoln. She will be seeing patients at Annie Jeffrey on the first Friday of every month.

For appointments, please call Complete Hearing at 402-489-4418 to schedule your visit at Annie Jeffrey!

“We are excited to collaborate with Complete Hearing and Dr. Macy Schott-Miller in providing these services for the residents of Polk County and keeping these services close to home,” said Marcus Augustin, Administrator.

Dr. Macy Schott-Miller

Foundation Donates Toward Purchase of GlideScope

At their August board meeting, the Foundation for Annie Jeffrey donated funds from their annual golf tournament to purchase a GlideScope for Annie Jeffrey Health Center.

A GlideScope delivers video laryngoscopy imaging for difficult airway management.



Pictured with the GlideScope are Foundation for Annie Jeffrey Board members, Jane Watts, Margie Hayes, Lana Waller, Foundation Director Susan Chrastil, LeRoy Gerrard, Annie Jeffrey DON Kim Yungdahl, Steve Peterson, Annie Jeffrey Administrator, Marcus Augustin, John Girard, Karen Stevens, and Dr. Cameron Sidak.



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 waiting room. 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 402-747-2031. The tree will be up in mid-November, so get your donations in early so we can get your names on our tree!

In memory of:

2024 FOUNDATION FAMILY TREE

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.

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



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To Prevent the Flu:

- Wash your hands
- Cough/Sneeze into your sleeve
- Get your Flu Shot
- 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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