

INSIDE THIS ISSUE

- Resolutions for 2025... 2
- Cranberry-Lemon Cheesecake Bars..... 2
- Seasonal Affective Disorder..... 2
- Seek Happiness 3
- Get Vaccinated..... 3
- Urology Clinic at AJ... 3
- Health Fair 4
- 2024 Foundation Family Tree 4
- Trouble Sleeping? 4
- Carbon Monoxide Risk .. 5
- Fall Prevention 5
- Happy Holidays.....6
- Caring Kind Recipient... 6
- Shoveling Snow..... 6
- 40 Under 40..... 7
- Thank You Dr. Sidak .. 7
- Congrats to our Grads.. 7
- Hearts on Fire Event ... 7
- Health Screenings for 2025 8



@AnnieJefferyMemorialHealthCenter

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Annie Jeffrey Volunteers donate

The Annie Jeffrey Volunteers donated \$6500.00 from their sales at the Thrift Shop to help purchase a new Sterilizer 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.

"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 \$147,000 to the Annie Jeffrey Health Center!

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

"We 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 where people could donate or purchase gen-

Continued on page 3.

Did You Know?

Did you know that some of the outpatient treatments offered at Annie Jeffrey Health Center include IV therapies and infusions (such as Procrit and Remicade), blood transfusions, and dressing changes? It is reassuring to know that specialized medical care for your family is available right here in Polk County.



Resolutions for the New Year

- Remember to drive carefully, with your seatbelt on
- Try to eat healthier
- Treasure your family and cherish your friends
- Keep moving. Make time for exercise if just for a short time
- Celebrate each and every day

Please call us at Annie Jeffrey Health Center at 402-747-2031 if there is anything we can do to make your life healthier and more enjoyable.

Cranberry-Lemon Cheesecake Bars

Ingredients

- 1 1/4 cups graham cracker crumbs
- 4 tablespoons unsalted butter (1/2 stick), melted
- Zest of 1 large lemon, divided
- 1 (8 oz.) package reduced-fat cream cheese, at room temperature
- 1/3 cup granulated sugar plus 2 tablespoons, divided
- 1/4 cup sour cream or plain strained yogurt, such as Greek-style
- 1 large egg
- 3 tablespoons lemon juice
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1 cup fresh or frozen (not thawed) cranberries

Directions

1. Preheat oven to 350°F. Coat an 8-inch-square baking pan with cooking spray.
2. Stir graham cracker crumbs, butter and half the lemon zest together in a medium bowl. Press the mixture firmly and evenly into the prepared pan. Bake until lightly browned around the edges, about 10 minutes. Let cool in the pan on a wire rack for at least 10 minutes.
3. Meanwhile, thoroughly whisk softened cream cheese, 1/3 cup sugar, sour cream (or yogurt), egg, lemon juice, vanilla, salt and the remaining lemon zest together in a medium bowl. (Alternatively, combine ingredients in a food processor and process until smooth; transfer to a medium bowl and set aside.)
4. Add cranberries and the remaining 2 tablespoons sugar to a food processor. Pulse until well chopped. Add to the cream cheese mixture and stir until incorporated. Pour the filling evenly over the baked crust. Bake until the center appears to be just set, 35 to 40 minutes. Cool to room temperature, then cover and refrigerate until cold, about 4 hours more.



Seasonal Affective Disorder

Seasonal Affective Disorder is a mood disorder associated with episodes of depression and related to seasonal variations of light. Most people suffer from Seasonal Affective Disorder symptoms during the winter months. Symptoms include:

- regularly occurring symptoms of depression such as excessive eating and sleeping, during the fall or winter months.
- full remission from depression occurring in the spring and summer months.
- seasonal episodes substantially out number nonseasonal depression episodes.
- a craving for sugary and or starchy foods.

Melatonin, a sleep-related hormone, has been linked to Seasonal Affective

Disorder. This hormone, which may cause symptoms of depression, is produced at increased levels in the dark. Therefore, when the days are shorter and darker the production of this hormone increases.

Phototherapy or bright light therapy has been shown to suppress the brain's secretion of melatonin. Many people respond to this treatment. For mild symptoms, spending time outdoors during the day and receiving more sunlight at the workplace may be helpful. There are also antidepressant drugs that have proven effective in reducing or eliminating the symptoms of Seasonal Affective Disorder.

For more information about Seasonal Affective Disorder, call your health care provider or Annie Jeffrey Health Center at 402-747-2031.



Seek Happiness in the Coming Year

The holidays encourages us to take a closer look at what happiness means in our lives and what it takes to reach it. Try to seek happiness each and every day.



- Surround yourself with people that make you smile.
- Go outdoors every day, if only for a little bit. A short walk can do wonders to reduce stress and improve your mood, even if it is cold outside.
- Find ways to get involved with the community. It makes you feel good to give back to others.
- What are your favorite activities? Reading, movies, sports or family time are just a few ideas to incorporate into your daily life. Do whatever it is that makes you happy!

AJ Volunteers *(Continued)*

tly 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, authorize 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 and Polk.

Besides operating the thrift shop in Osceola and donating the proceeds to the hospital, the volunteers are dedicated to helping with other community and hospital activities, such as helping at health fairs and assisting local nursing homes with community projects such as preparing Easter eggs for kids.

There is a strong collaboration between the hospital, local businesses, City of Osceola, Polk County and the area churches, which has encouraged those who have never volunteered to join the Annie Jeffrey Volunteers and enjoy the gratification that comes from community service and volunteering.

The staff of the Annie Jeffrey Health Center recognizes the important role of the AJ volunteers and appreciates their committed service. "We are so fortunate to have such a dedicated group of volunteers helping support our medical center," says Augustin.

New Service at Annie Jeffrey – Urology Clinic

Dr. Logan McGuffey with Nebraska Urology 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. Dr. McGuffey will see patients once a month at Annie Jeffrey. To schedule your appointment, please call 402-747-2031.



Dr. Logan McGuffey



Get vaccinated!

Flu shots are available at the Polk County Health Department.

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



Health Fair at Annie Jeffrey

The 20th Annual Annie Jeffrey Memorial County Health Center Fall Health Fair was held on Tuesday, October 1st at Annie Jeffrey Memorial County Health Center.

Over 85 individuals from a variety of Nebraska communities including students from a health science class at Osceola Public School came and took advantage of the discounted blood profiles and 20 of those individuals also received their seasonal flu vaccination from the Polk County Health Department. Angels Care Home Health, Aging Partners, and the Four Corners Health Department were also on site with educational information. Free blood pressure screening and skin damage screening was available for anyone interested. A grab and go breakfast were provided by the Annie Jeffrey dietary department.

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



2024 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.

Foundation for Annie Jeffrey Board members looking at the Foundation Family Tree. Pictured from left are: Kathy Gabel, Jane Watts, Nataly Sanley, Annie Jeffrey COO, Susan Chrastil, Foundation Director, John Girard, Mary Lerch, LeRoy Gerrard and Margie Hayes. Not pictured are Marcus Augustin, Annie Jeffrey CEO and Foundation members, Steve Peterson, Lana Waller and Karen Stevens.



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.



Fall Prevention

A simple fall can change your life. Each year there are thousands of older men and women who fall and break a bone. Getting older can bring lots of changes. Your sight, hearing, muscle strength, coordination and reflexes aren't what they used to be. Some medicines can cause dizziness.

Falls and accidents seldom just happen. There are things you can do to take care of your overall health so you will lower your chance of falling. Here are a few of them:

- Ask your doctor about a bone density test – this will tell you how strong your bones are. Annie Jeffrey Health Center can provide a bone density scan for you right here in Polk County. After discussing the test results with your doctor, plan an exercise program that is right for you. Regular exercise helps keep you strong, improves your muscle tone, and keeps you flexible.
- Have your vision and hearing tested often.
- Find out the possible side effects of medicines you take. Some medicines affect your balance.
- Limit the alcohol you drink.
- Always stand up slowly after eating, lying down or resting. Getting up too quickly can cause your blood pressure to drop, which can make you feel faint.
- Use a cane or walker to help you feel steadier when you walk. Be

very careful when walking on wet or icy surfaces.

- Wear rubber-soled, low-heeled shoes that fully support your feet.
- Hold handrails when you use the stairs.
- Don't take chances. Don't stand on a chair to reach something that is too high – use a 'reach stick' instead.

You can help prevent falls by making changes to unsafe areas in your home. Make sure there is good lighting with light switches at the top and bottom of the stairs, keep areas where you walk

tidy and make sure all carpets are secure, have handrails on both sides of all stairs and make sure they are securely fastened. Mount grab bars near toilets and on both the inside and outside of your tub and shower, and place non-skid mats or carpets on all surfaces that may get wet. Put night-lights and light switches throughout your home, particularly close to your bed and in your bathroom.

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

Healthy Habits for Cold & Flu Season

- Cover coughs & sneezes
- Wash hands often
- Stay home when sick
- Get vaccinated
- STAY HYDRATED

NHA | NEBRASKA HOSPITALS



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!

Terry Busch Named Caring Kind Recipient

Terry Busch, has been chosen as the recipient of the 2024 Caring Kind Award at Annie Jeffrey Memorial County Health Center in Osceola.

Terry Busch has two years of dedicated service in the Central Supply Department and is essential in ensuring that we have the necessary products for our patients and physicians daily. All of the nominations we received about Terry say that he is delightful to work with and has been a wonderful addition to Annie Jeffrey. He is always willing to lend a helping hand and doesn't complain when asked for help. Every morning, he helps out housekeeping by running the vacuum sweeper and he delivers inventory to the departments promptly. Terry is eager to help with any project, no matter how big or small. He always greets you in the hallway with a friendly smile and a positive attitude.



Pictured above are Marcus Augustin, CEO with Terry Busch.

In his spare time, Terry likes to build pallet furniture, go fishing with his son, and attend Husker sporting events with his family. Terry and his wife Tiffany have three children Skylar, Sidnee, and Keaton and reside in David City, Nebraska.

Terry's genuine care for the hospital, its patients, and staff makes him a true asset to Annie Jeffrey. It's time we tell him thank you, as he truly embodies the spirit of the "Caring Kind".

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.

2024 Nebraska Nurses, 40 Under 40

Jordan Siegel BSN, RN and Kamrie Peterson MSN, MBA, RN from Annie Jeffrey Memorial County Health Center in Osceola, Nebraska were recognized at the Nebraska Nurses Association Annual Convention as a 40 Under 40 Awardee at the Younes Conference Center, Kearney, Nebraska on October 4, 2024.

As a joint recognition, the Nebraska Organization of Nursing Leadership (NONL) and the Nebraska Nurses Association (NNA) selected 40 nurses under 40 years old that are currently licensed as an RN or LPN, from across the state of Nebraska.

“There are a lot of publications and organizations nationwide that do similar nominations each year,” says NNA Executive Director, Kim Houtwed. “We wanted our nominees to stand apart as a group of young professionals who



significantly or uniquely contribute to leadership within the nursing profession through clinical practice, education and teaching, administrative leadership, research, writing/publishing, policy involvement/self-governance, and/or healthcare innovation. Additionally, they positively promote and advance the nursing profession in the community (local/regional/national/global) through volunteerism or outreach efforts and are involved in local/state/organizational policy development or legislative work.”

Congratulations Jordan and Kamrie!

Thank You!



Thank You Dr. Sidak

Thank you, Dr. Sidak, for your dedicated care and commitment to Polk County healthcare over the years. We appreciate your expertise, compassion and attentiveness to the patients and the community. We wish you all the best. Dr. Sidak will be leaving the Prairie Creek Family Medicine group with a tentative final date at the end of January 2025.

Congratulations

to **Nataly Sanley and Kim Yungdahl** for graduating from the Nebraska Hospital Association’s Leadership Institute!



Nataly Sanley



Kim Yungdahl

Hearts on Fire Wine & Beer Fest

Plan to join us Sunday, February 9!

The Foundation for Annie Jeffrey is having a Hearts on Fire Wine and Beer Fest on Sunday, February 9th 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 Sterilizer.



Health Screenings you must know for 2025

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

Screening recommendations for healthy adults are:

- **Blood pressure** – all adults over 50 should be checked at least every two years and more often if you have a history of cardiovascular disease or your blood pressure reads above 120/80 mm HG
- **Cholesterol** – A simple blood test can measure your good and bad levels and should be checked at least every 4 years if yours is normal
- **Colorectal screenings** – Screenings are recommended every 5 to 10 years depending on if you are prone to problems, starting at age 45.
- **Diabetes** – Anyone over 50 with high blood pressure or who is overweight should be screened as recommended by your provider.
- **Skin Cancer** – an annual head-to-toe exam can check for suspicious moles or spots
- **Breast Cancer** – an annual mammogram is recommended for women over 40 or sooner if you have a family history of breast cancer
- **Cervical cancer** – A Pap test at your exam can detect cervical cancers
- **Prostate Cancer** – A prostate exam and PSA test can help find cancers early starting at age 50
- **Bone Density** – a noninvasive DEXA scan of the spine and hip should start at age 60



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

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