

**Did you know we now have
appointments available as early as
8 a.m.?**

**Make your appointment by calling
402-729-3361, option 1.**

Do you have a question for your provider or their nurse?

The Patient Services department at the Fairbury Clinic is a team of nurses that are ready to help you. These friendly nurses will assist you with any needs that may arise while you're outside of the clinic and can help with questions such as:

- ♦ Am I up to date on my immunizations?
- ♦ Do I need to see my doctor?
- ♦ What is this medication and what is my dose?
- ♦ Can I get a handicap permit?

For medication refills we recommend that you call your pharmacy, they will send us a request electronically. However, if you have contacted your pharmacy and still have question or problems, please contact us.

Nurse Injection Hours:

Monday -Thursday:

9:30 AM - 11:45 AM and 2:00 PM – 4:15 PM
and

Friday:

9:30 AM- 11:45 AM and 2:00 PM – 3:30 PM

**Find forms, information about our services
and more on our website:**

jchealthandlife.org/locations/fairbury-clinic/

**Colorectal cancer is the 2nd
leading cancer killer in Nebraska.**

**Talk to a healthcare provider about your
risk and when you should be screened for
colorectal cancer.**



THREE IN FIVE people are now being
diagnosed with advanced stage
colorectal cancer.



Those at average risk should be
screened for colorectal cancer
between the ages of **45-75**.



Those at **HIGH RISK** for colorectal
cancer based on personal or family
history or other factors may need to
start screening at a younger age.



Recommended colorectal cancer
screening tests include several types
of stool-based tests or a visual exam,
like a colonoscopy. The frequency of
testing varies by test type.

**Colorectal cancer is often a silent
disease with no symptoms. That's why
screening is so important. It can help
prevent colorectal cancer or catch it
early when it is easiest to treat.**

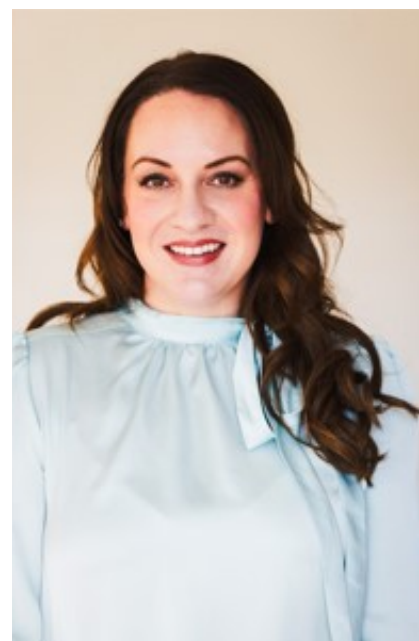


**You've Got
Guts –
Kick it in
the Butt!**

TO LEARN MORE
Scan QR Code!



www.necancer.org/Colorectal-Cancer



Welcome Holly Wolff, MHA, as our new CEO!

Holly Wolff loves rural health care, and the communities rural facilities serve. She joined the JCH&L team in January, and is listening and learning.

"My focus in the early days at JCH&L is to listen and learn so I can continue the strong initiatives already in place," Wolff said. "I want to empower the staff and providers to help me understand the opportunities and challenges, creating strong communication channels. Living and volunteering in the local community, through civic engagement, is important to me so I can support the greater initiatives in the region. When I came to visit, the first impression of Fairbury and JCH&L was of a stellar community that takes a lot of pride in the town and its healthcare organization. It's a privilege to be here."

She most recently served as administrator at Mount Edgecumbe Medical Center/SEARHC, in Sitka, Alaska. Holly has more than 10 years of experience in balancing strategic decisions and financial discipline with a hands on approach to leadership. She strives for excellent employee, customer and provider satisfaction.

Holly has two sons, Tripp, 17, a high school junior, and Finn, 15, a high school freshman who both attend Fairbury High School.

Late Arrival Policy

We strive to see our patients on time. In order to be respectful and considerate of all patients, if you are 7 minutes or more late for your appointment, we may ask you to reschedule. Your appointment arrival time will be 15-30 mins prior to your scheduled appointment depending on the reason for your appointment. This information will also be included in our appointment reminder phone calls and text messages. If you will not be able to make a scheduled appointment or you will be late please call to let us know; we will do our best to accommodate both your need and the needs of other scheduled patients.

CELEBRATE THE WEEK OF THE YOUNG CHILD

April 9 — 4 p.m.— 5:30 p.m.

JCH&L Fairbury Clinic

*Watch for details about a special
free activity for children!*

*Inspiring healthy
living by providing
exceptional
health and life
services for every
person, every
time.*

Our Providers' Philosophies



Craig Shumard, MD

Provide the best care possible to our patients and be honest as well as treat patients as you would if they are family.



Rebecca Stroklund, DO

Look at the whole patient picture. What is contributing to current condition as far as environment, social, economic, relationships, lifestyle, etc. Not everything needs a pill. If able to put in the effort to change/improve what may be contributing to causing a condition, it is amazing how much the human body can heal on its own.



Brett Wergin, MD

Promoting a healthy lifestyle and prevention of chronic illnesses is the mainstay of primary care. I believe in a patient-centered approach to care in which the physician will provide education and recommendations but the ultimate treatment plan is a shared decision making process between patient and physician.



Kensly Williams, PA-C

My Medical approach is centered around a holistic, patient-first philosophy. I focus on actively listening to my patients, understanding their individual concerns, and tailoring care plans that reflect both their medical needs and personal preferences. I believe in fostering open communication, building trust, and ensuring that every patient feels heard and supported throughout their healthcare journey.



Kirisha Afuh, FNP-C

It is essential to create a patient experience/relationship with the provider meeting the patient where they are on their health journey. The care process is carried out by shared (patient and provider) decision making for the patient to achieve safe and effective health care goals.



Rick Blum, PA-C

First to listen. Everybody has a story. Simply telling their story seems therapeutic.



Megan Knutson, FNP-C

My approach is centered around understanding each patient's unique story so their care can be centered around their specific needs. I believe patients should be active participants in their own health journey. I encourage open and honest communication with patients and work with them and their families to work towards the best version of their health.



Keegan Williams, FNP-C

Listen to the patient and their caregivers, individualize the care given as everyone is different. Be honest and educational with all patients no matter their age, medical needs, or circumstance.

Q&A

Q: Why were my yearly labs not covered at 100% under wellness?

A: When you have a chronic condition such as elevated cholesterol or diabetes your insurance requires us to add that diagnosis to records. Insurance may then identify that test as diagnostic instead of wellness.

Q: What if I am out of refills on my prescription?

A: Please call your pharmacy at least 5 days prior to running out of your medication. This allows the pharmacy to process your request and send this to your provider to approve. If you have not been seen in 1 year or more by your provider please call 402-729-3361 opt. 1 to schedule your appointment.

When you have questions, JCH&L Fairbury Clinic's Patient Services Department is ready to find you an answer.

Call 402-587-5181 OR 402-729-3361, extension 5023.

Patient Portal

JCH&L Patient Portal Web address: <https://jchealthandlife.ighealth.com>

Those who are at least 19 years of age, are a current patient and have a social security number on file can use the self enrollment link: <https://jchealthandlife.ighealth.com/self-enroll/>

If you have questions or encounter a problem, please call 402-729-3351 and ask for Patient Portal information.

For Release of Health Information requests and authorized representative requests, please call the JCH&L release of information line at 402-587-5221.

Additional Lab Tests Added

Wednesdays at JCH&L HealthyLife Testing

Wednesdays, alternating 6-8 a.m. or 4-5:30 p.m.
Call for available dates and times!
APPOINTMENTS ONLY. NO WALK INS.

Choose from the tests offered
Tests made available at patient
request at a reduced price.
No physician order is required.

This service can help if you:

- Wish to have more frequent testing than your health insurance plan will cover.
- Want to assess and manage your health status on a regular basis.
- Are uninsured or have a high deductible and want to take advantage of lower out-of-pocket expenses.

For appointment call 402-587-5193
and leave a message on our
HealthyLife voice mail. We will call
you back on the next weekday
between 8 a.m. and 4 p.m.
Appointment required 24 hours
before testing

*Must pay with cash (correct
change) or check at the time of
testing.
To use a credit or debit card, please
pay when you make the
appointment.
(Insurance will not be billed.)

INDIVIDUAL TESTS AVAILABLE:

Routine Labs:

CBC \$25; CMP* \$25; Lipid* \$25;
TSH** \$25

Additional Labs:

A1C \$25; Alb/Cr, Urine \$25;
PSA(male) \$25; Free T4 \$25;
Uric Acid \$25; Urinalysis \$10

Hormone Levels:

DHEAS \$25; Estradiol \$50;
FSH \$25; LH \$25; Prolactin \$25
Progesterone \$25;
Serum hCG(female) \$25;
Testosterone Free \$25;
Testosterone Total \$25

Vitamins & Minerals:

B12** \$25; Folic Acid** \$25;
Ferritin \$25; Iron and IBC \$25;
Magnesium \$25; Vitamin D \$25;

Titers/Immunity:

Hepatitis B Surface Ab \$25;
Measles \$25;
Mumps \$25; Rubella \$25;
Varicella \$25;
TB Interferon \$100

* 8-12 hours of fasting is
recommended

** Biotin supplements > 15mg per
day may interfere with testing.
Please hold supplements for
48-72 hours prior to collection.

THANK YOU FOR CHOOSING US FOR YOUR CARE.

ACCEPTING NEW PATIENTS. CALL US TODAY TO SCHEDULE 402-729-3361

Controlling High Blood Pressure

JCH&L Fairbury Clinic has been participating in a grant program for Controlling High Blood Pressure through the Nebraska Department of Health and Human Services and the American Heart Association. We identified a need to decrease the number of people in our community with uncontrolled hypertension (elevated blood pressure.) Prior to participating in this grant, our nursing staff was trained and have implemented the American Medical Association's Blood Pressure Accurately best practices for measuring blood pressure. As part of this grant we have purchased home blood pressure monitors to start a new program to benefit our patients. We are implementing a Self Monitored Blood Pressure (SMBP) program and will utilize these blood pressure monitors as loaner devices to our patients. Patients will be trained on how to measure their blood pressure at home, and will record their readings for a specific period of time. Home readings can be a tool for providers to ensure proper treatment for hypertension. If you are interested in this program talk to your provider at your next appointment.