



## JCH&L Now Offers Outpatient Mental/Behavioral Health Services

Our Services offered include psychotherapy as well as medication management for treatment of, but not limited to:

- Anxiety disorders (Social Anxiety Disorder, Obsessive Compulsive Disorder, Panic/ Panic Disorder)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Bipolar Disorder
- Borderline Personality Disorder
- Depression
- Eating disorders
- PTSD
- Schizophrenia/Psychosis Sleep concerns Trauma

**No referral is needed to see JCH&L Behavioral Health providers.** Upon the required completion and return of the personal history intake/assessment form (which can be downloaded from our website), you will be contacted by nursing staff to coordinate scheduling of your initial appointment.

### BEHAVIORAL HEALTH



*Your journey to mental  
wellness begins here...  
you're not alone*

## Our Behavioral Health Providers



**Nicole Topliff**  
APRN, FNP-C, PMHNP

Nicole is board certified as a Nurse Practitioner who specializes in both Family Practice and Psychiatry/Mental Health. Nicole provides her support and treats her clients by utilizing a holistic approach; she fully understands the relationship as well as the impact of genetics and family history on mental illness. Nicole evaluates her clients by gathering medical, psychological and psychosocial specifics for formulating diagnosis and for creating an individualized treatment plan that incorporates prescribed medication for children (6+ years), adolescents, adults and older adults.



**Caitlin Tucker**  
PLMHP

Caitlin Tucker is a Provisionally Licensed Mental Health Practitioner (PLMHP) and Trauma-Certified Therapist passionate about helping individuals move toward healing, growth, and balance. She provides counseling services for children, adolescents, and adults, offering a warm and collaborative environment where clients feel safe to explore their inner experiences. Caitlin's integrative therapeutic approach honors each person's autonomy, builds on their internal strengths and resources, and supports meaningful, lasting change. Her work combines evidence-based techniques with a compassionate, person-centered philosophy that empowers clients to create healthier relationships with themselves and others.



Reach us at 402-729-3448

Check us out online at [JCHealthandLife.org/behavioral-health](https://JCHealthandLife.org/behavioral-health)

# JCH&L Fairbury Clinic Nationally Recognized For Improving Blood Pressure Control#

*The American Heart Association and American Medical Association presented the Target: BP Gold Award for commitment to prioritizing blood pressure control*

Jefferson Community Health & Life has been recognized by the American Heart Association and American Medical Association for its commitment to improving blood pressure (BP) control rates, earning Gold-level recognition as part of [Target: BP™](#).

The Gold achievement award recognizes practices in which high blood pressure is controlled in 70 percent or more of the adult patients affected.

"Addressing blood pressure management is key for better cardiovascular health – and critical today, when heart disease and stroke continue to be leading causes of death for adults in the U.S.," said Ashley Nordon, JCH&L Fairbury Clinic administrator. "High blood pressure is a leading risk factor of heart disease and stroke that can often be prevented or managed if diagnosed and treated properly."



## Patient Self Monitored Blood Pressure Program (SMBP)#

JCH&L Fairbury Clinic is excited to offer a new Self-Monitored Blood Pressure (SMBP) program using validated blood pressure devices loaned to patients. This program allows you to check your blood pressure at home and share results with your healthcare provider to more effectively manage your heart health.

Monitoring your blood pressure outside the clinic gives a more accurate picture of how your numbers look day-to-day and helps your provider make the best decisions for your care. It can also help identify high blood pressure early and track how well your treatment is working.

If you're interested in learning more about this program or participating, talk with your healthcare provider at your next visit about whether the SMBP program is right for you.

## Looking for ways to Improve your Blood Pressure?#

Managing blood pressure often starts with small, consistent changes. Here are some ways you can help keep your numbers in a healthy range:

- **Eat smart:** Choose more fruits, vegetables, whole grains, and lean proteins. Try to limit salt, processed foods, and added sugars.
- **Stay active:** Aim for at least 30 minutes of moderate activity—like walking—most days of the week.
- **Maintain a healthy weight:** Even small amounts of weight loss can make a big difference.
- **Limit alcohol and quit smoking:** Both can raise blood pressure and harm heart health.
- **Manage stress:** Deep breathing, mindfulness, or regular exercise can help lower stress-related spikes.
- **Take medications as prescribed:** If your provider recommends medication, take it as directed and don't stop without talking to them.
- **Check your numbers regularly:** Home monitoring using a validated device helps you and your provider see how lifestyle changes are working. To find a list of validated devices visit <https://www.validatebp.org/>



## Health Reminders:

- ◆ It's not too late for a flu shot! To schedule a nurse injection appointment call 402-729-3361, option 1.
- ◆ Need a COVID vaccine? Call our vaccine line at 402-587-5188.
- ◆ Schedule your Annual Wellness Visit or History and Physical to ensure you are up to date on preventative screenings. Call 402-729-3361, option 1.
- ◆ Diabetic Eye Exams are recommended yearly. Please have your eye doctor send a copy of your exam to your healthcare provider.

## 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 questions or problems, please contact us.

**When you have questions, JCH&L  
Fairbury Clinic's Patient Services  
Department help you find answers.  
Call 402-587-5181 OR 402-7729-3361,  
extension 5023.**

### Nurse Injection Hours:

**Monday -Thursday:**

9:30 a.m. - 11:45 a.m. and 2:00 p.m. – 4:15 p.m.

**Friday:**

9:30 a.m.- 11:45 a.m. and 2:00 p.m. – 3:30 p.m.



# BREATHE EASY, GET SCREENED!

Lung cancer is the **LEADING**  
cancer **KILLER** in both  
the U.S. and **Nebraska**.



Every **2 minutes** someone is  
diagnosed with lung cancer.



Lung cancer screening can find  
cancer early when it can be treated  
more successfully.



A low-dose CT scan (LDCT) is the  
screening test for lung cancer. You lie  
on a table while your chest is X-rayed to  
look for abnormalities.



Lung cancer screening is **ONLY**  
recommended for adults at high risk  
due to their age and smoking history.

**Talk to a healthcare provider about lung  
cancer screening today.**

**TO LEARN MORE VISIT:**

**[www.necancer.org/lungcancer](http://www.necancer.org/lungcancer)**



JEFFERSON COMMUNITY  
**Health & Life**

## JCH&L Provider Updates

**Losses of medical staff in 2025 have been worrisome for patients and JCH&L. But good news has been abundant this fall.**

Holly Wolff, JCH&L CEO, said it is a joy to see providers increase their commitment, and to add new physicians. "The losses we have suffered in our medical community have been difficult, but our team has been working hard to recruit excellent providers to care for our patients. We truly appreciate the support of our community," Wolff said.



**Rick Blum, PA-C**, is now a full-time provider with Jefferson Community Health & Life. After caring for JCH&L patients since May 2024, he increased his services in November to a full-time schedule at JCH&L Fairbury Clinic and in the Emergency Room. "We are thrilled to have Rick commit to our patients and our medical staff full time," said Holly Wolff, JCH&L CEO. "Rick is an excellent provider, and we hear many positive comments from patients who have seen him in the clinic and ER."



**Larissa Hoffman, APRN** will increase her commitment to JCH&L in January, and will primarily be providing Emergency Department coverage. She has been an "as needed" staff member doing Emergency Department coverage since October 2024. She will be covering nine 24-hour shifts per month in the Emergency Department, and may occasionally provide care in the Fairbury Clinic. At this time she is not expected to have her own patient responsibilities in the clinic, but will assist as needed. "I really like the teamwork between providers, nurses and techs. I like the pace, the people, the variety of medicine. It all fits with my personality and strengths. It's a very team-oriented environment," Hoffman said. JCH&L CEO Holly Wolff said the critical access hospital is striving for consistency in the Emergency Department, and increasing Hoffman's scheduled visits is a great help. "We are so pleased to have Larissa fully on board. We have had great feedback about her care, and we appreciate her commitment to our patients," Wolff said.



**Abby Hanzlicek, MD**, will join JCH&L in January 2026 as a family medicine provider. Dr. Hanzlicek will care for patients full-time in the Fairbury Clinic, and will cover occasional shifts in the emergency department. Dr. Hanzlicek is devoted to rural medicine. "Rural medicine allows me to provide comprehensive, meaningful care where it's needed most. I love the variety and challenge of practicing medicine in a rural community," she said. Holly Wolff, JCH&L CEO, said it is a joy to welcome a new full-time family medicine doctor to the team.



**Syed Akbar, DO**, will join JCH&L in early 2026 as a family medicine physician. Dr. Akbar will care for patients in the Fairbury Clinic and will provide emergency department coverage. While his schedule will be part-time, he will have regularly scheduled clinic hours, so patients will be able to choose him as their primary care provider. "Although Dr. Akbar is starting with us on a part-time basis, he is willing to keep a schedule that allows him to care for patients and provide regular follow-up, as well as cover the emergency department," Wolff said. "Our hope is that Dr. Akbar will be able to transition to full-time at a later date."

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