

Sterling Connection News

Enriching lives over 50

JEFFERSON COMMUNITY
Health & Life
STERLING CONNECTION

Spring 2026

Senior Health & Fitness Day To Be Celebrated May 27

JCH&L Sterling Connection will celebrate Senior Health and Fitness Day on Wednesday, May 27, at the JCH&L Burkley Fitness Center.

Program:

1:15 p.m. Registration

1:30 p.m. Nicole Topliff, APRN, JCH&L Behavioral Health, Anxiety

2:30 p.m. Jen Johnson, JCH&L Burkley Fitness Center manager, Exercises to help with Anxiety

The day's activities will close with door prizes and refreshments.

Pre-registration is encouraged but not required by calling 402-729-6855 and leaving a message.



Nicole is board certified as a nurse practitioner who specializes in both Family Practice and Psychiatry/Mental Health. No referral is needed to see JCH&L Behavioral Health providers. Call 402-729-3448.

**Nicole Topliff, APRN,
FNP-C, PMHNP
JCH&L Behavioral Health**



Jen is the manager and an instructor at JCH&L Burkley Fitness Center. The Fitness Center has a pool, equipment and classes. Memberships and day passes are available.

**Jen Johnson, manager
JCH&L Burkley Fitness Center**

Coordinator's Corner

Dear Sterling Connection members,
Hoping everyone had a blessed Easter with families and friends.

Sterling Connection has some exciting programs and trips coming up to enjoy. On Wednesday, May 27, we will celebrate Senior Health and Fitness Day. See more information above!

I hope you enjoy and will be able to join us for the day trips we are offering this year.

Stay safe and healthy as summer approaches. Looking forward to celebrating our nation's 250th anniversary!

Pauline Niederklein, Sterling Connection Coordinator

Sterling Connection is offered in conjunction with Bryan Health

Travel with Sterling Connection

Upcoming trips:

***Jamesport—** May 6. Visit Jamesport with a local guide, and learn about Amish culture. Graber’s Garden Store is the last stop, to provide an opportunity to buy garden plants. \$139 per person includes motorcoach, family style meal at Gingerich Dutch Pantry, tour and gratuities. (See flyer.)

***Brownville—** July 5. See the play “When Grandma Goes” at the Brownville Village Theatre, have lunch at the Beatrice Country Club, and visit Whiskey Run Vineyard and Winery. \$139 price includes motorcoach, play, lunch and vineyard visit. (See flyer.)

***Nebraska State Fair—** Aug. 31. Visit the Nebraska State Fair with us on Older Nebraskans Day. \$139 Price includes: motorcoach, admission & ticket to concert, chicken dinner at Tommie’s following the concert & gratuities. (For more information, go to travelswithdoris.org)



Food and non-alcoholic drinks are allowed on our motor coach trips.

To reserve a seat for any of the Travels with Doris trips mail a check to:

Doris Broz-Clauss, 1794 County Road 1500, Wilber, NE 68465.

Reservations are not confirmed until paid. Paid reservations will hold your spot on any trip.

The role of Social Services in your hospital stay



Kris Huss, BA
JCH&L Social Services

An unexpected hospital stay can disrupt every part of a person’s life-routines, responsibilities, income, and even their sense of stability. What begins as a sudden medical crisis often turns into a complex web of decisions about treatment, recovery, and what happens after discharge. Patients and families may feel overwhelmed as they try to understand medical information, coordinate with the providers, and plan for what comes next, all while coping with the emotional stress of the situation.

This is where social services play a crucial role in discharge planning. Social workers help assess the patient’s home environment, support system, financial resources and care needs to ensure a safe transition out of the hospital. We coordinate services such as home health care, rehabilitation, medical equipment, transportation, and community resources. Our goal is to reduce the risk of readmission and help patients regain stability by making sure the discharge plan is realistic, supportive, and tailored to the patient’s unique circumstances.

JCH&L Named Among Top 20 Critical Access Hospitals in the Nation

Jefferson Community Health & Life, Fairbury, was recently named one of the Top 20 Critical Access Hospitals (CAHs) for overall performance in the country.

“JCH&L is proud of the efforts of the physicians and staff who have contributed to our hospital achieving Top 20 status,” said Holly Wolff, JCH&L CEO. “Our results as a Top 20 Critical Access Hospital means our community can count on us to deliver the services they need now and in the future.”



The Top 20 CAHs, including JCH&L scored best among CAHs as determined by the Chartis Center for Rural Health for overall performance. The rankings were recently announced by the National Rural Health Association (NRHA). An awards ceremony will be held during NRHA’s Critical Access Hospital Conference in September in Kansas City, Mo. The Top 20 CAHs have achieved success in overall performance based on a composite rating from eight indices of strength: inpatient market share, outpatient market share, quality, outcomes, patient perspective, cost, charge, and finance. This group was selected from the Chartis Center for Rural Health’s 2026 top 100 CAH list, which was released earlier this year.

“JCH&L offers a gold standard of care,” Wolff said. “Attaining Top 20 status shows that we really do live that excellence that we want to demonstrate to our patients and to our community members. The recognition really puts a spotlight on the excellence we offer every day.”

Travels with Doris & Sterling Connection

take you to Jamesport, MO Wednesday, May 6, 2026

Tiny Amish Town in Missouri that's the

Perfect Day trip Destination

where you'll get a glimpse of authentic Amish life in the state's largest Amish community, shop in authentic Amish stores, and sit down to a scrumptious Amish meal. With a population of just over 510, Jamesport just might be the most well-known Amish community in Missouri.

Tour through the Amish Farmlands, Amish Homes and Farms, Country Shops and Stores, by the Amish School, Saw Mill, and Cemetery. Learn all about the Amish lifestyle, beliefs, and ask all your questions that you always wanted to know.



Local guide will be Susan Whit. She will talk about the Amish culture as we drive through countryside visiting Mary's house & shop, H&M, the bulk food store, bakery, Graber Garden Store is last stop to provide opportunity to buy garden plants.



\$139 includes Rolls in Route, 11:30 Family Style Meal at Gingerich Dutch Pantry , Motorcoach, Tour, and gratuities.

Depart Dorchester Firehall 6:15 a.m., Fairbury Walmart Parking Lot at 7:15 a.m., Beatrice Roller Rena 1133 S 6th St Parking Lot 7:45 a.m.

Marysville Walmart 8:20 Bathroom Break

Return approximately Beatrice 8:30, Fairbury 9:00, Dorchester 9:15.

For more information call Doris at 402-821-2547 , Cell 402-641-7132

To reserve seat mail check to:

Travels with Doris, 1794 County Rd 1500, Wilber, NE 68465

Travels with Doris & Sterling Connection Invite You to Join Us for a Fun Filled Day In Brownville Sunday, July 5, 2026

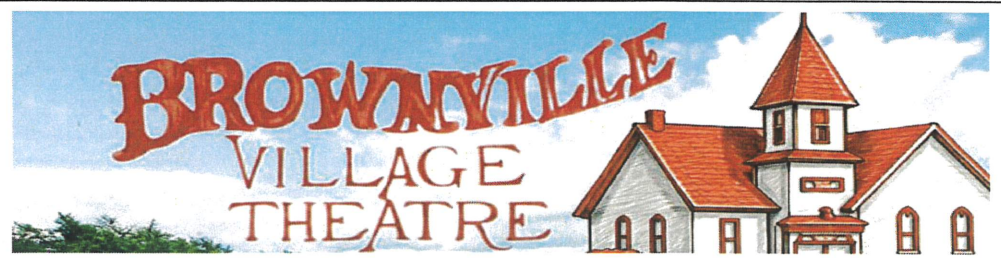
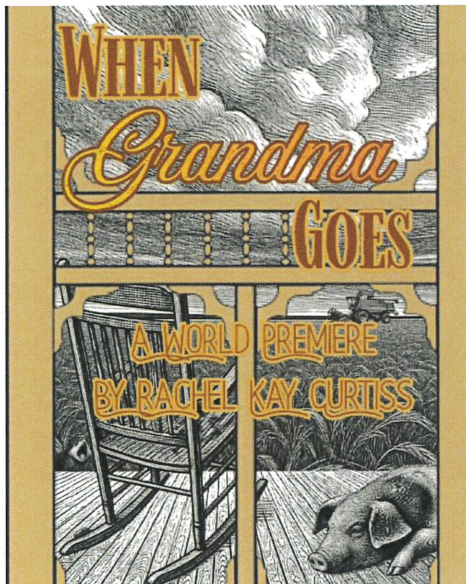
\$139 Price includes:

Transportation & Gratuities

Lunch at Beatrice Country Club 1301 Oak St

Admission to Theater to Play

Visit to Whiskey Run Vineyard & Winery



On June 5th we open *When Grandma Goes*, a world premiere play written by resident playwright Rachel Kay Curtiss.

Funeral preparations are being made for the patriarch of the Meinhardt farm dynasty, and a tense family reunion is sure to blow in like a Kansas storm. Especially when the fate of the land is in the hands of Grandma, who is tougher than a bull, snappier than ginger, and hiding something behind every door in her kitchen. A modern farm farce that hits way too close to home, directly onto your funny bone, and into your heart.

Depart Dorchester 7:50 a.m.

Western 8:20 a.m.

Depart Fairbury Walmart Parking Lot at 9:00 a.m.,

Beatrice Walmart Parking Lot 9:45 a.m.

Return to Beatrice approximately 7:00 p.m., Fairbury 7:30 p.m.,

Dorchester 8:15

For more information call Doris at 402-821-2547 , Cell 402-641-7132

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JCH&L Therapy Addition Scheduled to Begin in May

To meet the increasing demand for services, Jefferson Community Health & Life is breaking ground this May on an expansive renovation and expansion project estimated at \$4.8 million. The project highlights a state-of-the-art therapy department and renovation of the fitness center pool and locker rooms. The project is expected to take just more than a year.

"At Jefferson Community Health & Life, our mission has always been to grow alongside our community," said Holly Wolff, JCH&L CEO.



PT ADDITION EXTERIOR



The 6,380-square-foot addition marks a new chapter of clinical excellence and patient convenience with direct front door access.

"This isn't just a facelift, it's a transformation," said Amy Martin, JCH&L Sports Medicine and Rehab Director. "For the first time in our history, we are introducing a dedicated space specifically designed for athletes and sports rehab. We've done great work in our current space, but it's time to grow. This expansion gives us the specialized space for patients at every stage of their recovery."

The new area will include an entrance for patients to access therapy services directly. It also includes additional private treatment rooms to enhance patient privacy and large adult and pediatric gym areas.

"We've dreamed of having a space that grows with our patients, and this new addition makes that a reality. Having a private, direct entrance into the therapy area is a game-changer for patient experience; it makes coming in for treatment easier and more welcoming," Martin said. "We are thrilled to finally have the room and the specialized resources to help our community across all ages reach their health and fitness goals."

The department's 6 physical therapists, 2 occupational therapists, 2 speech therapists, 2 therapy assistants and 4 therapy aides/receptionists care for outpatients, pediatrics, inpatients, skilled nursing and home health patients.

"Our therapists offer a wide range of therapy, and we are excited to build space that will best meet the needs of our patients for the therapy they need," Wolff said.

Besides the therapy addition, the project includes renovation of the JCH&L Burkley Fitness Center locker rooms and repairs to the pool area. The locker rooms are original to the facility when it was built in 1996, and are in need of updating. Locker rooms will get new non-slip flooring, new lockers and benches, new plumbing and new HVAC systems. The men's locker room will have 4 private showers, replacing the current communal shower. The women's locker room will have an additional bathroom stall added. The pool area will also receive renovation, with a new non-slip pool deck, resurfacing of the pool, and a new ceiling. The

(Continued on page 6)

Therapy Addition

(Continued from page 5)

project will also include removing and replacing the stucco finish from the exterior of the fitness center and replacing it with durable metal siding.

The architectural firm working on this project is Davis Design of Lincoln and general contractor will be Beckenhauer Construction. JCH&L has worked with both firms for past projects. JCH&L staff member Rick Johnson will serve as project manager.

The JCH&L board approved moving forward with the project last fall, and staff have been working with Davis Design to develop an addition that would meet the needs of the therapy department for the best patient care and service. They have also been working to structure the project to minimize service disruptions during construction.

“Thank you in advance to our patients and customers for their understanding and patience during the construction period. We will try to keep inconveniences to a minimum, but know there will be some,” Wolff said. “We will work to keep the community informed about changes that may affect them.”

This project will also pave the way for additional improvements in the future, including more space for JCH&L Behavioral Health and the JCH&L Cafeteria.



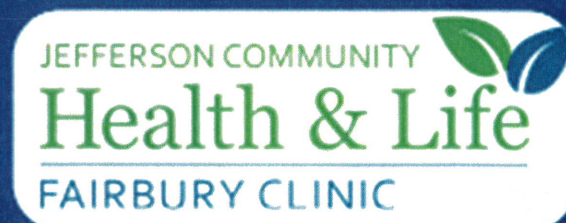
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Health & Life

NOW AVAILABLE
At JCH&L on the 2nd and 4th
Thursdays each month!



- Contact Active Hearing Health for information and appointments:

402-318-7863



- View the JCH&L Specialist Calendar:

➤ Online:

JCHHealthandLife.org >
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View Complete Schedule

➤ Or scan this QR code:



XXXXX

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Active Hearing Health

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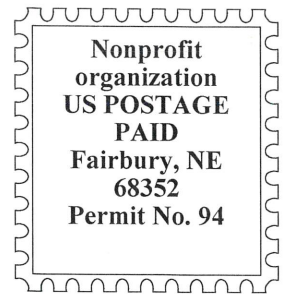
CHANGE SERVICE REQUESTED

Jefferson Community Health & Life produces this newsletter for its Sterling Connection members. Comments are welcome and should be addressed to Sterling Connection.

Holly Wolff, MHA
Chief Executive Officer

Pauline Niederklein,
Sterling Connection Coordinator

For more information about Sterling Connection call (402) 729-3351.



UPCOMING EVENTS ...

April

April 22—5:30 p.m. Welcome to Medicare. JCHL Clinic Conference room. Light supper provided. FREE. Call 402-729-6855 for reservation.

April 28—1:30 p.m. to 3 p.m., JCH&L Clinic Conference Room. Grief Support Group series (6 sessions offered during April, May and June) by Cottonwood Hospice, Please call 402-228-8501.

May

May 6—Jamesport, \$139, reservations required.

May 7—JCH&L Auxiliary Salad Festival. Fairbury Elks. 11 a.m. to 1 p.m. \$9 in advance, \$10 at the door.

May 14—Alzheimer's Caregivers Support group. 4:30 p.m. JCH&L Clinic Conference Room

May 17—JCH&L Gardenside Nostalgia of Cars Show. 12 p.m. to 3 p.m. Free admission for the public to view!

May 20—Parkinson's Support Group. 2 p.m. JCH&L Clinic Conference room.

May 27—Senior Health and Fitness Day, JCH&L Burkley Fitness Center, FREE. (See details on Page 1.)

June

June 11—Alzheimer's Caregivers Support group. 4:30 p.m. JCH&L Clinic Conference Room

June 17—Parkinson's Support Group. 2 p.m. JCH&L Clinic Conference room.

July

July 5—Brownville play. \$139, reservations required.

July 9—Alzheimer's Caregivers Support group. 4:30 p.m. JCH&L Clinic Conference Room

July 15—Parkinson's Support Group. 2 p.m. JCH&L Clinic Conference room.

Dates, times and program titles subject to change.

"Despite the forecast, live like
it's spring,"
— Lilly Pulitzer