



A FREE Publication

# HealthBeat

## MAGAZINE

# APRIL

## IS GRIEF, STRESS, MENTAL HEALTH MONTH



**SALAD FESTIVAL & CAR SHOW FUNDRAISERS**

**SUPPORT LOCAL BLOODBANKS**

**USE ER WISELY TO KEEP COSTS DOWN**

**SUPPORT GROUPS & MORE**



**April 2023**

## Using ER Wisely Can Keep Costs Down

### Family Medicine Clinic Care More Cost Effective for Non-Emergency Health Needs

Increasing health care costs are a concern to many, and wise use of the health center emergency room is an important aspect of keeping health care costs down.

"The health center emergency room is not a cost-effective place to get routine health care," said Erin Starr, chief nursing officer at Jefferson Community Health & Life in Fairbury. "Very ill and critical patients will be prioritized for care ahead of anyone with routine, non-life threatening problems. In addition, emergency room care is very expensive."

It is important that a patient be seen in the emergency room if they have any of the following symptoms:

- Chest pain or signs of heart attack or stroke
- Loss of consciousness
- Pain that is uncontrollable
- Severe shortness of breath
- Allergic reaction to a sting or bite, or medication reaction
- Poisoning
- Unexplained stupor, drowsiness, or disorientation
- A major injury, fall or possible broken bone
- Trauma, such as a car accident
- Uncontrollable bleeding
- High temperature (over 103 degrees)
- Laceration that needs stitches when the physician's office is not open

"We provide the needed care for every patient who comes to our emergency room. It is important to understand that we also must prioritize care in the emergency room. If you come with something that is not life-threatening, and we have another patient whose concern is life-threatening, care will be prioritized to the patient with emergency needs," Starr said.

There are also many medical needs which are not life threatening and can be handled appropriately at your physician's office during regular office hours. *Some of these might include:*

- Flu symptoms
- Sore throat, cold, cough, fever
- Rash, lumps, bumps, minor burns
- Cuts where bleeding is controlled
- Animal bites
- Bee stings, insect bites
- Sprains, strains



- Earaches
- Headaches
- Sores that don't heal or changes in growths

Jefferson Community Health & Life Fairbury Clinic is a family medicine clinic offering all types of preventative care, care for non-life threatening illnesses and injuries, in addition to physicals and regular followup visits. Five board certified family medicine physicians, four nurse practitioners and 2 physician assistants provide quality care. At JCH&L Fairbury Clinic same-day appointments are available Monday through Friday for urgent health needs. To make an appointment at JCH&L Fairbury Clinic please call (402) 729-3361.

The health center at JCH&L is staffed by nurses 24/7/365 – including weekends and holidays. Medical staff and ancillary medical services are on call at all times, and will be called in as necessary once an assessment is completed.

When an emergency patient arrives by private vehicle they should use the Emergency/Outpatient Entrance on the south side of JHC&L. During regular business hours – typically 7:30 a.m. to 4:30 p.m. – the entrance is not locked and the area is staffed. After regular hours, patients and their families can enter the emergency entry way and need to pick up the telephone to notify nursing they are in the building. Nursing can then unlock the door remotely and come to the area to assist.

Some tips for most effective use of emergency services:

\*Call first. Staff may be able to give additional instructions. Even if you have called ahead, expect to use the phone if you arrive between 4:30 p.m. and 7:30 a.m.

\*Bring your list of current medications, including prescription medications, over-the-counter medications and herbal medications.

\*Know and be ready to share your health history.

## Caregivers Support Group to Meet April 13

Caregivers Support Group to Meet April 13

The Caregivers Support Group offered by the Alzheimer's Association will meet on Thursday, April 13, 2023, at 4 p.m. in the Jefferson Community Health & Life Clinic Conference Room.

The program will be a video "Shadowing" by Island Health.

Easiest access will be by parking in the H Street parking and entering through the JCH&L Main Entrance. Follow the signage to "Caregiver's Support."

The Caregiver's Support Group is a program of the Alzheimer's Association. The group meets at 4 p.m. on the second Thursday of each month in the JCH&L Clinic Conference Room.

The support group is designed for those who are caregivers and family members of those who have Alzheimer's Disease or other dementias. The group provide an opportunity anyone interested to share their experiences with Alzheimer's Disease and learn from other's experiences. There is no cost, and no pre-registration required.

For more information, contact Lana Likens at Jefferson Community Health & Life at 402-729-6855.

For example, have you had surgeries in the past? Do you have allergies?

\*Be prepared to share your symptoms, when they started and how severe they are.

An emergency room is a valuable resource in any community. Using it wisely will help patients make the best use of their time and health care dollars, and receive care appropriate to their needs.

If you are in doubt about whether you should come to the emergency room with any specific symptoms, please feel free to call Jefferson Community Health & Life at 729-3351. We are glad to help you determine the best place to receive care for your current health need.



**THE BEST SUPPLIER  
FOR YOUR  
CPAP/BIPAP  
& OXYGEN NEEDS**






**YOUR SLEEP/RESPIRATORY CONSULTANTS**

CARMEN REINSCH/LPN  
CELL: 402-759-6605  
creinsch@funkmedical.com

STEPHANIE KONKEN  
CELL: 402-631-3361  
skonken@funkmedical.com

OFFICE: 785-243-2345  
FAX: 877-243-6885



# Preventing Patient Falls At BCH

*Artificial Intelligence is keeping Beatrice Community Hospital patients safer.*

BCH has partnered with Lincoln-based Ocuvera, a fall prediction equipment and software company, that uses AI to predict when a patient's behavior is indicating a potential fall.

The company developed a camera and filmed thousands of patient activities leading up to a fall. With that data, they were able to create software that is now able to predict a fall.

## BCH Monthly Support Group Meetings

**BREASTFEEDING SUPPORT GROUP**  
APR. 20 @ 6:30-7:30 P.M.  
BCH WOMEN'S & CHILDREN'S CLINIC  
U.S. HWY 77 NORTH, BEATRICE  
402-223-7315

**HIP & KNEE JOINT CAMP SEMINAR**  
APR. 20 @ 6:30 P.M.  
BCH CONFERENCE CENTER  
U.S. HWY 77 NORTH, BEATRICE  
DESIGNED FOR ANYONE THINKING ABOUT OR PLANNING FOR HIP OR KNEE REPLACEMENT SURGERY.  
FREE. NO PRE-REGISTRATION.  
402-223-7280

**CHILDBIRTH PREPARATION CLASS**  
MAY 20 @ 9 A.M.-5 P.M.  
BCH CONFERENCE CENTER  
U.S. HWY 77 NORTH, BEATRICE  
PRE-REGISTRATION REQUIRED  
402-223-6529

**SUPER SIBLING CLASS**  
APRIL 11, 2023 @ 6 P.M.-7 P.M.  
BCH CONFERENCE CENTER  
U.S. HWY 77 NORTH, BEATRICE  
INTRODUCES YOUNG SIBLINGS TO LIFE WITH A NEW BABY IN THE FAMILY.  
PRE-REGISTRATION REQUIRED.  
402-223-6529

**BCH BREASTFEEDING BASICS CLASS BY APPOINTMENT**  
402-223-6529

**BCH GRIEF SUPPORT CLASSES LED BY CHAPLAIN SHARON SCHUSTER** 402-223-6843

**BCH PARKINSON'S SUPPORT GROUP**  
LED BY REHABILITATION THERAPISTS  
402-223-7341

A camera in the patient's room automatically monitors the patient and learns the patient's behavior patterns in approximately 15 minutes, differentiating between the behaviors of restless patients and more calm patients.

Using that information, when a patient makes movements that could potentially lead to a fall - like trying to sit up on the edge of the bed - the camera sends a video alert to a monitor at the nurses station as well as nurses' smartphones. This gives nurses time to respond to a patient's needs before they can fall.

The camera is placed in a room with patient consent, and is available in all of the hospital's Med-Surg patient rooms.

The predictive fall software is especially helpful for monitoring patients with dementia, those who have a history of falling, patients taking medications that may cause confusion, hip or knee replacement patients on pain medication and COVID patients.

"We want to provide safe patient care and if we can keep a patient from falling that's even better patient care," said Jan Rains, Quality Assurance Coordinator.

Rains who has been leading the implementation of the fall monitoring system at BCH says nurses are responding to fall alerts within 15-17 seconds.

"Anything less than a minute is huge," Rains said.

BCH also works closely with the University of Nebraska Medical Center to share information and best practices for ongoing improvement in the area of fall prevention.

"While we are below the national average for patient falls in a hospital, we always want to do better," Rains said. "We're excited to be able to use this kind of cutting-edge technology to create a safer hospital experience for our patients."

Ocuvera Visionary Award

Ocuvera recently presented the BCH Nursing Staff its Visionary Award for Best Practice Integration and Usage.

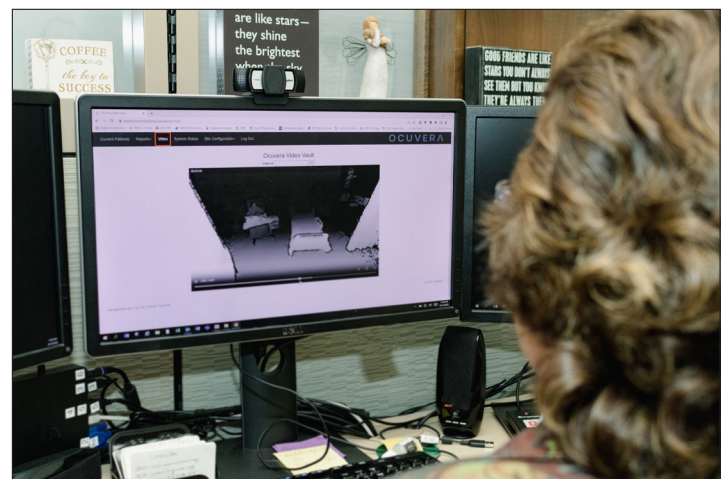
The award is based on the hospital nursing leadership's strong support of the nursing staff owning the process of integrating Ocuvera into practice as well as the hospital's robust action planning, additional fall prevention measures and frequent audits.

"Having the most senior executive



Registered Nurse Chelsea Lameu stands by the camera placed in patient rooms to monitor patients at risk of falling.

nursing leader demonstrate unwavering support has shown positive out-



A nurse views a video on the hospital's new fall prediction software program that alerts nurses when a patient may be at risk of falling in their room.

comes with a notable reduction in falls for January and February 2023," said Vanessa Morgan, chief clinical officer for Ocuvera, in presenting the award to Chief Nursing Officer Tasha Hesman.

"We wanted to acknowledge you and your nursing staff with Ocuvera's True Visionary Award for 'Best Practice Integration and Usage' for Calendar Quarter Four, 2022. We understand Ocuvera is a very effective predictive tool; but it also takes consistent team assessment, effort, and leadership to make Ocuvera a unit/hospital success. You and your nursing staff exemplify our ideal for how a team works together to incorporate this technology."

# Fairbury Senior Dinners Meets In Community Building

Fairbury Senior Dinners is part of the Senior Center operated by Blue Rivers Area Agency on Aging in the community building in the Fairbury City Park. Meals are served Monday through Friday at noon except on holidays.

For those age 60 and older, there is a \$5 suggested donation. No diner 60 or older will be turned away if they can't make the suggested donation. Those who are dual certified (Medicare and Medicaid) may qualify for free meals. Take N Go meals are available.

For those who are under the age of 60, the cost is \$7 per meal. Reservations are required the day before. Carry out meals are available.

Reservations are required the day before by calling 402-729-5258.

Senior Dinners also offers entertainment and activities. Sometimes after lunch participants choose to play cards or Bingo. Participation in the entertainment or activities is

not required, but is available for those who wish to participate.

This year, JCH&L Sterling Connection has done a dairy program with free ice cream for all, and a watermelon program with free watermelon

for all. Other organizations have also offered special programs and activities.

Each month there is a birthday dinner, celebrating all of that month's birthdays. On that day, the tables are decorated for the month. For the past several months, volunteer businesses, groups and organizations have been serving the birthday dinner meals. On regular days, everyone goes through a line to pick up their meal.

Menus are printed in the **Fairbury Journal-News** weekly. Monthly menus are available in Table Talk (a monthly publication of Blue Rivers Area Agency on Aging) and on Fairbury.com.

Reservations may be made on a daily basis, or longer term.

Transportation is available to Senior Dinners for \$1 roundtrip on the public transit bus. Reservations must be made for the bus ahead of time.

Senior Dinners also provides Fairbury's Meals on Wheels, which are home delivered meals. For information on delivered meals, call 402-729-5258.



Kevin and Charlotte Endorf presented a program from Nebraska Humanities sponsored by The Fairbury Public Library.

**STARR BUCKOW**  
Insurance Agency, Inc.

417 5th St. • Fairbury, NE 68352  
402-729-6121  
agents@starrbuckow.com

**Bill Runge**  
**Barry Schwab**  
**Brooke Schwab**



**Husker Rehabilitation & Wellness Centers, P.C.**

**504 E Street**  
**Fairbury**

Physical & Occupational Therapy

(402)729-2639

HuskerRehab.com



**523 E St.,**  
**Fairbury**  
**402-729-6162**

**436 Lincoln Ave,**  
**Hebron**  
**402-768-6651**

**Andrea**  
**Steele-Baumann, OD**

**EYECARE**  
For The  
ENTIRE  
Family



- ☒ Hot Nutritious Meals
- ☒ Reasonable Suggested Donation
- ☒ Great Company
- ☒ Programs/Activities



**The Blue Rivers Area Agency on Aging Nutrition Site in Fairbury checks all the boxes!**

**Fairbury Senior Center, in the Community Building (City Park) Monday-Friday, 12 - 1 p.m.**

For a hot meal for a suggested donation of \$5 for anyone 60 and older; or \$7 for anyone under 60. Take N Go meals available for those 60 and older—\$5 suggested donation; Carry out meals available for those under 60, \$7 per meal.



**RESERVATIONS REQUIRED A DAY IN ADVANCE FOR ALL MEALS.**  
To Make Your Reservations,  
Call 402-729-5258



# Fundraiser Car Show Planned

A fund-raising car show is being planned for Sunday, May 21, as a final event for nursing home week and a fund-raiser for JCH&L Gardenside residents and Heritage Care Center residents.

The event will be held at the Gardenside parking lot from noon to 4 p.m. on Sunday, May 21. There will be no admission fee for the public. There will be concessions and bake sale items available for purchase. There will be door prizes drawings throughout the event.

All proceeds will benefit JCH&L Gardenside and Heritage Care Center residents. Gardenside's share of the proceeds will help fund Christmas gifts for residents.

Those interested in entering a car can get a registration form on the JCH&L Facebook page, or contact 402-729-6858 or email Wayne.Franzen@jchealthandlife.org and ask for a registration form. Registration is \$15 by May 7, or \$20 after May 7.

The event will award prizes for Top 10, Best of Show and Residents' Choice.



## Salad Festival Set for May 11

**Annual Fund-raiser for JCH&L Auxiliary**

The Spring Salad Festival of the Jefferson Community Health & Life Auxiliary will be held on Thursday, May 11, at the Fairbury Elks Lodge. The Salad Festival is a fund-raiser for the JCH&L Auxiliary which has been a community event since 1965 – although it has not been held since 2020 because of COVID.

"The Salad Festival has a long history in our community and has been a wonderful fund-raiser for the JCH&L Auxiliary," said Lana Likens, director of public relations at Jefferson Community Health & Life. "It is also something that has provided wonderful food and fellowship, and our community has enjoyed. We are so excited to bring it back as a community event."

The salad festival will be held from 11 a.m. to 1 p.m. Tickets will be \$8 in advance, and \$9 at the door. Advance tickets will be available soon at the Fairbury Chamber, Jefferson County Extension, Heartland Bank, American National Bank, Union Bank and Jefferson Community Health & Life.

The Spring Salad Festival is the main fund-raising event of the auxiliary. The auxiliary provides scholarships to students entering medical fields, provides Christmas gifts for residents of the Gardenside long-term care at Jefferson Community Health & Life, and provides volunteer help at JCH&L in a variety of projects.

Anyone interested in more information about the auxiliary or the salad festival should contact Lana Likens at (402) 729-6855.

## Using The ER Wisely Keeps Costs Down



*The emergency room is an important resource in our community. It is designed for emergency health needs. It is not the best place to receive preventative or non-emergency care.*

### Go to the EMERGENCY ROOM for:

- Chest pain or signs of heart attack or stroke
- Loss of consciousness
- Uncontrollable pain
- Severe shortness of breath
- Allergic reaction
- Poisoning
- Unexplained stupor, drowsiness or disorientation
- Major injury (fall or possible broken bone)
- Trauma (such as car accident)
- Uncontrollable bleeding
- High temperature (over 103 degrees)
- Laceration needing stitches after physician's office hours

### Visit your PHYSICIAN'S OFFICE for:

- Flu symptoms
- Sore throat, cough, cold, fever
- Rash, lumps, bumps, minor burns
- Cuts with controlled bleeding
- Animal bites
- Bee stings, insect bites
- Sprains/strains
- Earaches
- Headaches
- Sores that don't heal, changes in growths

*For the safety of our customers and staff, the door inside the ER vestibule is locked when the area is not staffed. If you need assistance when the door is locked, please pick up the phone and it will ring the nurses station.*

**Wonder if you should be seen in the Emergency Room or physician's office?  
Call Jefferson Community Health & Life at**

**402-729-3351**

[JHealthandlife.org](http://JHealthandlife.org)

**2200 H St., Fairbury, NE**

**Inspiring a Lifetime of Health**

JEFFERSON COMMUNITY  
**Health & Life**

## JCH&L Billing Info Now Available by Text

### Med Plan process to provide texts as first contact on bills

Based on consumer demand, Med-Plan will be offering a text-first option to JCH&L patients beginning March 20. Med-Plan is the billing company used by JCH&L.

For patients who have a cell phone number in the JCH&L system, a text message inviting the patient to view their statement online will replace paper statements. The text message will include a link to access their Med-Plan account and will always come from the same phone number – (734) 506-6025.

Email is also an option for those who prefer email. If the patient wishes to receive notifications by email they may opt-in through their account to receive email communication.



Patients may log in to their account through the JCH&L website by going to I want to pay my bill, or through the JCH&L patient portal by clicking on Pay your Bill. In order to log in, the patient needs their account number (available on a statement) and date of birth.

Patients who prefer to receive a paper statement will still have that option. Patients may opt out of the text process at any time by logging in to their account. Anyone who needs assistance may call

the Med-Plan patient account representatives at (800) 888-2584.

"We are pleased to offer this new option, since we know many patients have requested receiving electronic communication and account access rather than paper statements," said Kim Shadduck, JCH&L business office manager. "Med-Plan has used electronic communications with patients for more than 2 years, and is adding this option based on consumer demand."

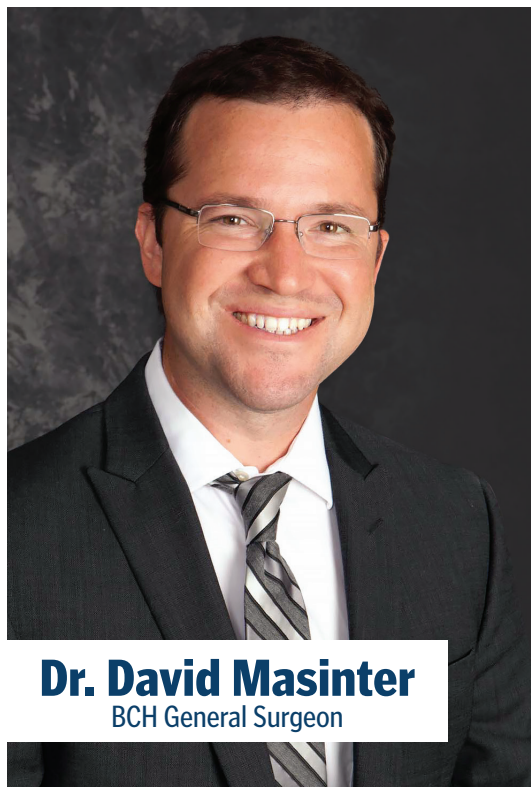
## Nebraska Community Bloodbank Visits April 17

The next Nebraska Community Bloodbank blood drive will be held on Monday, April 17, from 9 a.m. to 2 p.m. in the mobile unit in the parking lot of JCH&L's North Building, 825 22nd St.

All types are needed. Giving blood is giving a gift of life. Nebraska Community Bloodbank is Jefferson Community Health & Life's blood supplier, and the two organizations partner for blood drives in Fairbury to save lives.

Appointments are recommended. To make an appointment, call JCH&L Outpatient Services at 402-729-6851, or visit [NCBB.org/searchdrives](http://NCBB.org/searchdrives) and use sponsor code JCHC.

With iDonate you can save time by completing your health history on line ahead of your bloodmobile visit. To get started, visit [mbc.org/iDonate](http://mbc.org/iDonate)



**Dr. David Masinter**  
BCH General Surgeon



## Our Surgical Services are *Expanding!*

BCH Welcomes General Surgeon Dr. David Masinter – the newest addition to our BCH Surgery Services Team – offering general surgery and robotic surgery services close to home

*Surgical services available at BCH include:*

General Surgery/Robotic Surgery

Cataract Procedures

Ear, Nose, and Throat

Endoscopy

Obstetrics/Gynecology

Orthopedic

Pediatric Dental Surgery

Podiatry

Urology

4800 Hospital Parkway | [www.BeatriceCommunityHospital.com](http://www.BeatriceCommunityHospital.com) | Beatrice, NE 68310



# Cook with Heart Health in Mind

## FAMILY FEATURES

**H**ealthy eating doesn't have to be difficult or require you to take favorite meals off your family's menu. In fact, making smart choices when cooking at home can give you more control over the types of tasty, heart-healthy dishes you put on the table.

High cholesterol is one of the major controllable risk factors for heart disease and stroke, with about 38% of American adults diagnosed with high cholesterol, according to the American Heart Association. These cooking tips can help you prepare heart-healthy meals that could help improve cholesterol levels by reducing excess saturated fat and trans fat.

## Cook Fresh Vegetables the Heart-Healthy Way

Roasting, steaming, grilling or baking can help bring out the natural flavors of vegetables. Adding herbs and spices can also help make veggies tastier, including combinations like basil with tomatoes, oregano with zucchini, dill with green beans or rosemary with peas and cauliflower.

## Reduce Saturated Fat in Meat and Poultry

The amount of saturated fat in meats can vary widely, depending on the cut and how it's prepared. Opt for poultry and fish over red meat and look for lean cuts of meat with minimal visible fat, which

should be trimmed away before cooking. Also limit processed meats such as sausage, bologna, salami and hot dogs, which are often high in calories, saturated fat and sodium.

## Use Liquid Vegetable Oils in Place of Solid Fats

Some fats are better for you than others. Liquid vegetable oils such as canola, safflower, sunflower, soybean and olive oil can often be used instead of solid fats, such as butter, lard or shortening. If you must use margarine, try the soft or liquid kind.

Find more heart-healthy recipes and tips for lowering cholesterol at [heart.org/cholesterol](http://heart.org/cholesterol).



Grilled Tequila-Lime Chicken with Grilled Asparagus

## Frozen Yogurt Bark

Recipe courtesy of the American Heart Association  
Servings: 8

- 1 1/2 cups 2% low-fat plain Greek yogurt
- 2 tablespoons honey
- 2 tablespoons chopped, unsalted almonds
- 1/2 cup chopped mango
- 1/4 cup blackberries or raspberries
- 1/2 cup blueberries

In medium bowl, mix yogurt and honey.

Line 9-by-13-inch baking dish with parchment paper. Use spatula or knife to spread yogurt over entire bottom of dish.

Pour chopped nuts over yogurt. Use fingers to slightly press into yogurt. Top yogurt with mango, blackberries and blueberries and slightly press into yogurt.

Cover with plastic wrap or foil and place in freezer overnight.

To serve: Lift parchment paper from baking dish onto cutting board. Use hands to break bark into pieces.



Frozen Yogurt Bark

## Grilled Tequila-Lime Chicken with Grilled Asparagus

Recipe courtesy of the American Heart Association  
Servings: 4

- 1/4 cup tequila or white vinegar
- 2 teaspoons lime zest
- 1/2 cup fresh lime juice
- 2 medium garlic cloves, minced
- 1 tablespoon chipotle pepper canned in adobo sauce, minced, plus 2 tablespoons adobo sauce
- 1 1/2 pounds boneless, skinless chicken breasts, fat discarded
- nonstick cooking spray
- 3 bunches asparagus spears, trimmed
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper, divided
- 2 tablespoons canola oil or corn oil

In small bowl, stir tequila, lime zest, lime juice, garlic, chipotle pepper and adobo sauce. Pour into large resealable plastic bag. Add chicken and seal bag tightly; turn bag to coat. Refrigerate 2-12 hours.

Preheat grill to medium-high heat. Lightly spray grates with nonstick cooking spray.

In large dish, sprinkle asparagus with salt and 1/4 teaspoon pepper. Drizzle with oil. Turn asparagus over to coat.

Remove chicken from marinade. Discard marinade and wipe most of it off chicken. Sprinkle chicken with remaining pepper.

Grill 8-12 minutes, or until chicken is no longer pink in center. Transfer to plate and cover with aluminum foil.

Place asparagus on grill, facing opposite direction of grates. Grill 7 minutes, or until tender crisp.

Serve asparagus with chicken.

## Spring Salad Festival

Sponsored by auxiliary of

JEFFERSON COMMUNITY  
**Health & Life**



**Thursday, May 11**

**11 a.m. to 1 p.m.**

Advance ticket \$8

At the door \$9

**Fairbury Elks  
Lodge 525 G St.**



Dr. Scott Vonderfecht



**519 Main Street**

**402-629-4280**

**Monday, Tuesday &  
Thursday 8a.m. - 5p.m.**

**Call to schedule your  
appointment today!**



# WOMEN'S HEALTH DAY

Take charge of your health with a convenient wellness experience

## Screenings & Exams

**Fasting Lab Tests:** The day begins with standard laboratory tests as ordered by your provider (prior night fasting required), which give you and your provider useful information about your health. Your results will be reviewed with you before you leave for the day.

**3-D Screening Mammogram:** Next, receive a screening mammogram for preventative breast health, as recommended for women 40 and older (or younger if recommended by provider based on family history.) Your results will be reviewed with you before you leave for the day.

**Annual Exam:** Then, take another important step in protecting your health. This routine annual exam addresses overall and gynecological health and includes a pelvic exam and cervical cancer screening if recommended for you.

**Dexa Scan** if appropriate: If you are due for a bone density screening, the Dexa Scan will also be scheduled during your health day experience.

**Now Scheduling for  
May 2**

## Reserve Your Women's Wellness Experience Now

As part of Women's Health Day, you will receive reserved parking, a guide for the morning's activities, breakfast and your choice of an indulgence (express manicure or hand massage) at no cost to you. For screenings and exams, we accept all major insurance plans. Coverage is subject to individual policy terms. Please note not all lab work is considered screening dependent upon your insurance company, and your personal health conditions. Deductibles may apply. Please check with your insurer.

Women's Health Day takes place at the Jefferson Community Health & Life Health Center and Fairbury Clinic on select weekdays with appointments starting as early as 6:30 a.m.

Information is also available online at [JHealthandLife.org/womens-health-day](http://JHealthandLife.org/womens-health-day). Call **402.729.6841** to schedule your appointment.

\*Lab testing and mammogram results will be reviewed with you before you leave for the day. Pap test results will be provided by mail.

Inspiring a Lifetime of Health

JEFFERSON COMMUNITY  
**Health & Life**

[jchealthandlife.org](http://jchealthandlife.org)



**2200 H St.,  
Fairbury, NE  
402-729-3351**