

Sterling Connection News

Enriching lives over 50

Sterling Connection is a service of Jefferson Community Health & Life offered in conjunction with Bryan Health

JEFFERSON COMMUNITY
Health & Life

STERLING CONNECTION

Celebrate Health & Life with Us on May 6

Saturday, May 6, from 9 a.m. to 1 p.m.

Join us in a community-wide celebration at Jefferson Community Health & Life Burkley Fitness Center on May 6.

Try a rock climbing wall and obstacle course, meet our health and life care professionals, try a fitness class, register for our free online wellness dashboard, sample healthy snacks, and sign the pledge to join us in a commitment to health. You might even win a free one-year membership to the fitness center!

This family-friendly event will begin with Mayor Homer Ward designating May as Health & Life Month. More details will be coming soon and you can find them at JHealthandLife.org or facebook.com/jchealthandlife.

Coordinator's Corner

Dear Sterling Connection Members,

We have started off with a wonderful year. It is so much fun seeing new faces on our bus trips and I want to thank my members for telling your friends who have never traveled with us before. Keep up the good work! Thank you!

Our first trip of the year was to Mahoney to see the play "Cookin' with Bus." We enjoyed an evening meal at Golden Corral Restaurant after the show. We enjoy eating there because their staff always has everything all set up and ready for us. Our second trip was to Overland Park, Kan., to see another live production, this one had many players who had performed on Broadway. The food at the theater is prepared by their own chefs. After dinner you are already in your seats to enjoy the play. There isn't a bad seat in the house, and we enjoyed "Boeing."

Our AARP Smart Driving Class had three attending. It was very educational, especially with all of the new roundabouts. I'm including a test that we took on page 5. Take the test and be honest with yourself. If you would like to take a class in the future, let me know!

We are planning a Senior Health and Fitness Day activity Wednesday, May 31, at Jefferson Community Health & Life Burkley Fitness Center. Join us to learn how to "Live Your Life, Not Your Age." You must pre-register for this afternoon of fitness and education by calling Lana Likens at 402-729-6855 by Friday, May 26. This event is free. Invite a friend! See more details on page 2.

I still have some dishcloths from Jamesport for \$1.50 each. A flyer for this year's trip is included. Please sign up early as we will only take one motorcoach and seats on this popular trip will go fast!

Pauline Niederklein, Sterling Connection Coordinator

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Travel with Sterling Connection

Sterling Connection is looking forward to more wonderful trips in 2017!

We are traveling this year with "Travels with Doris," owned by Doris Broz-Clauss of Wilber. Doris does a great job of working with us on trips that are fun and interesting to our members. Upcoming trips include:

***Abilene, KS, Tuesday, April 11** — \$85 per person, includes meal and admissions, rolls in route, transportation and gratuities. See the Eisenhower Library and Museum and Abilene and Smokey Valley Railroad, have lunch at the Hitching Post, and stop at the One Stop Chocolate Shop Russell Stover Candy Company.

***Jamesport, MO, Thursday, June 15** — \$85 per person, includes rolls in route, home-cooked family style meal with Pie at Gingerich Restaurant and Bakery, Amish Country Tour with step on guide, shopping at craft and specialty shops, Graber Greenhouse and more, motorcoach, and gratuities. (see flyer)

***Branson, MO, Thursday, Nov. 9-Sunday, Nov. 12** — \$549 per person (double occupancy), includes admission to five shows (Oak Ridge Boys, Daniel O'Donnell, Titanic Dance, Million Dollar Quartet, and Water & Fire Show), six meals (3 breakfasts and 3 dinners), 3 nights lodging at the Barrington Hotel, Curling Vines Winery, and Titanic Museum, travel and gratuities. \$75 due on signing. Final payment due Sept. 15.

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.

In addition to the Sterling Connection trips, Doris has upcoming trips including— Niagra Falls, Mississippi Cruise, Loess Hills, Chicago, and Eclipse in Tryon. For more information, call Doris at 402-821-2547, email travelswithdoris@gmail.com, or check out the website at travelswithdoris.org.

Senior Health & Fitness Day May 31

Mark your calendar and plan to join us for Senior Health & Fitness Day on Wednesday, May 31. We will offer a program, activities and treats from 1:15 p.m. to 3:30 p.m. at Jefferson Community Health & Life Burkley Fitness Center. The theme of this year's Senior Health & Fitness Day is "Where there's Movement ... There's Improvement."

Our featured program will be "Live Your Life, Not Your Age," by Joanne Lamb of Empowering Lives NOW! After her program we will have demonstrations of arm chair aerobics and senior yoga. You are invited to wear comfortable clothes and join in the demonstrations.

Learn how these movements could help you to improve, and live your best quality of life.



We will finish the day with treats.

This is a FREE event. Please pre-register by Friday, May 26, by calling Lana Likens at 402-729-6855.

Judging Your Driving

Statements about your own driving	Never	Sometimes	Most of the time	Score
I notice that other drivers seem to be honking at me	0	1	2	_____
I find space in traffic hard to judge	0	1	2	_____
I find that cars suddenly appear from nowhere	0	1	2	_____
I find drivers are stopping suddenly in front of me	0	1	2	_____
I fail to notice red lights and traffic signs	0	1	2	_____
I have trouble looking over my shoulder to back up or change lanes	0	1	2	_____
I have trouble remembering to look left and right to Look for traffic at intersections	0	1	2	_____
I have trouble driving through intersections	0	1	2	_____
I get nervous making left turns against oncoming traffic	0	1	2	_____
I lack confidence that I am able to drive in heavy traffic	0	1	2	_____
I feel overwhelmed by too many road signs, signals Pavement markings, pedestrians and vehicle	0	1	2	_____
I have trouble moving my foot from the gas pedal to the Brake or turning the steering wheel	0	1	2	_____
I get lost on roads that should be familiar to me	0	1	2	_____
I feel nervous, agitated or irritated while driving	0	1	2	_____
I need someone else to tell me how to drive	0	1	2	_____
I have had several close calls or a near crash in the Last three years	0	1	2	_____
I worry that I might make a mistake and get hurt	0	1	2	_____
I worry that I might make a mistake and someone else Will get hurt	0	1	2	_____
My doctor advised me to limit or stop driving because Of my health	0	1	2	_____
I have had police warnings or moving violations in the Past three years	0	1	2	_____
I have had fender benders in the last three years	0	1	2	_____
Total score:				_____

If your total score is:

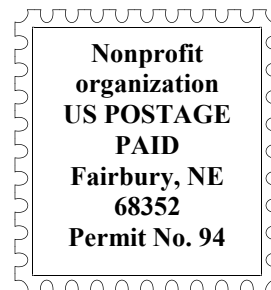
- 0-5** Do not be concerned at this time
- 6-16** Do self-assessments on a regular basis
- 17-26** Consider a formal assessment of your driving
- 27 and above** Look for other means of travel for most or all of your trips

Senior Yoga Class Begins April 17

A new Senior Yoga Class will be offered Monday, April 17, through Wednesday, May 10. This class will include breath work, meditation, gentle stretching, balancing postures and relaxation. Postures will be easily accessible, focusing on standing and sitting in a chair. Classes will be held from 10 a.m. to 10:45 a.m. in the JCH&L Burkley Fitness Center.

For members, the class is free. For non-members, the 4-week session will cost \$40.

To register, or for more information, call the fitness center at 402-729-6139.



2200 H St., P.O. Box 277
Fairbury, NE 68352

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.

Chad Jurgens, chief executive officer
Pauline Niederklein,
Sterling Connection Coordinator

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

UPCOMING EVENTS ...

April

April 10 — 10 a.m. Parkinson's Support Group meeting. JCH&L Small Conference Room.

April 11 — Abilene, KS, trip. Reservations required.

April 11 — 6 p.m. Living with Grief and Finding Hope, by AseraCare Hospice. JCH&L Small Conference Room. Second night of a series.

April 13 — 3 p.m. Coffee and Conversation, Grief Support Group, facilitated by AseraCare Hospice. JCH&L Small Conference Room. Open to anyone dealing with grief.

April 24 — 6:30 p.m. Alzheimer's Caregiver's Support Group, JCH&L Small Conference Room.

April 27 — 12:20 p.m. Health Today, JCH&L Large Conference Room. Program: Is Health a Laughing Matter? By Jill Duis RN.

May

May 6 — 9 a.m. to 1 p.m. *Health & Life Day celebration.* Jefferson Community Health & Life Burkley Fitness Center. See Page 1 or JCH&L.org for more details.

May 8 — 10 a.m. Parkinson's Support Group. JCH&L

Small Conference Room.

May 11 — 3 p.m. Coffee and Conversation Grief Support Group by AseraCare Hospice, JCH&L small conference room.

May 18 — 11 a.m. to 1 p.m. JCH&L Auxiliary Salad Festival. Fairbury Elks Lodge. \$6 in advance; \$6.50 at the door.

May 22 — 6:30 p.m. JCH&L Small Conference Room. Alzheimer's Caregiver's Support Group.

May 31 — Senior Health and Fitness Day event—1:15 p.m. to 3:30 p.m. JCH&L Burkley Fitness Center. See Page 2 for more details! Free event. Pre-registration required by calling 402-729-6855.

Dates, times and program titles subject to change.

**“You don't stop laughing when you grow old. You grow old when you stop laughing,”
— George Bernard Shaw**