

# 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

## Women's Health Fair Planned for Wednesday, Sept. 27

Enjoy an evening for women of all ages! On Wednesday, Sept. 27, Jefferson Community Health & Life will be hosting a women's health fair from 5:30 to 8 p.m. at our facility. Women of all ages have health needs unique to their gender.

The Health Fair will include screenings, healthy treats, door prizes, educational programs and chances to pamper yourself.

Please watch for more details to come. Hope to see you there!



### Coordinator's Corner

*Dear Sterling Connection Members,*

*I'm sure many of you have thought of what you would include on your bucket list. I have. But have you ever had someone decide something for you? I have, and it turned out to be wonderful. I had gone to Homestead National Monument near Beatrice to get my "once-in-a-lifetime" National Park Permit for senior citizens before the price increased. As I was standing in line, a lady came up and said "So, you are here to volunteer for the eclipse—the meeting begins in 10 minutes in that room right over there." After saying yes a couple of times, I did volunteer at Homestead the day of the eclipse. It was a wonderful "once-in-a-lifetime" experience!*

*Earlier this year Sterling Connection held a motor coach trip to Abilene, KS, to visit the Eisenhower Library and Museum. So much to see in such a short time. We visited Ike's childhood home and learned so much about his growing up years, plus the years he served in the government before being our President. While in Abilene we did a Smokey (yes, smoky fueled by coal) Valley Railroad Ride which lasted about 2 hours. It provided to be very interesting and was a first for many people.*

*We sponsored National Senior Health and Fitness Day at JCH&L Burkley Fitness Center and had nice attendance. Our keynote speaker was JoAnne Lamb of "Empowering Lives NOW!" with the program "Live Your Life, Not Your Age." Abbie Busing lead a class in Senior Yoga, and Craig Bontrager did a program on Armchair Aerobics. Our nutrition services department served delicious refreshments. Thank you all for making the program a success!*

*I was unable to attend the Jamesport trip this year, and that is always one of my favorites. Doris did a wonderful job and I heard a lot of good things about the trip.*

*We are planning our wonderful trip to Branson in November. A flyer is included in the newsletter. If you want to go please sign up soon. It fills fast and this year we are taking only one motor coach. We will have another trip in December to Omaha, and are beginning to plan our trips for 2018.*

*I wish you health and safety as we near the end of summer and the beginning of fall!*

*Pauline Niederklein, Sterling Connection Coordinator*

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## Travel with Sterling Connection

Sterling Connection still has two 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:

**\*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.

**\*Omaha, NE, Saturday, Dec. 9, Christmas Pageant** — \$82 per person price includes motor coach, meal and tour, admission and gratuities. We will attend the annual Christmas Pageant Matinee with live animals at Omaha Westside Church. We will have brunch at Simply Delicious Restaurant in Valley, and tour the Gallery and Loft. See flyer for details!

We are planning for trips for 2018, and it will be a fun year! Please watch for details and consider joining us!

*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— North Platte, Mississippi Cruise, Loess Hills, and San Antonio. For more information, call Doris at 402-821-2547, email [travelswithdoris@gmail.com](mailto:travelswithdoris@gmail.com), or check out the website at [travelswithdoris.org](http://travelswithdoris.org).

## JCH&L Burkley Fitness Center Offers Variety of Classes

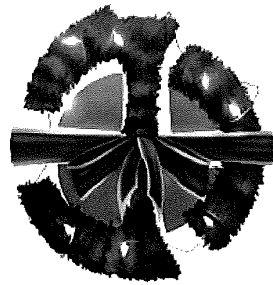
A wide variety of classes are offered at JCH&L Burkley Fitness Center.

Here are some of the classes that might be of interest to Sterling Connection members. For a full list of classes, stop at the Burkley Fitness Center or see our website at [JCH&LHealthandLife.org](http://JCH&LHealthandLife.org). All classes are free to members. Non-members may participate with a guest day pass or punch card.

- **Jiu Jitsu** — This is a brand new class, and offers a practical and uncomplicated approach to self-defense that teaches students how to properly use and defend against strikes, takedowns, joint locks, and chokes. It is intended to increase self-confidence, self-respect, and awareness to one's surroundings. The class is recommended for ages 8 and up. Instructor is Clayton Brandt. **A FREE DEMO will be held on Wednesday, Sept. 6, from 5:30 to 6:30 p.m. Members AND non-members are welcome to attend at no cost.** Class will be held Mondays, Wednesdays and Fridays from 5 p.m. to 6:30 p.m.
- **Senior Yoga** — Get the benefits of yoga, geared especially for the needs of seniors. This class is offered on Mondays and Wednesdays from 10 a.m. to 10:45 a.m. and is currently using a DVD for instruction.
- **Tai Chi** — Often described as meditation in motion, Tai Chi promotes balance, stress reduction, inner peace and overall fitness for a healthy mind and body. Deep breathing is accompanied by a series of movements performed in a slow, focused manner. The next session of Tai Chi will begin in late fall.
- **Arm chair aerobics**— Use a chair for more than just sitting! Seated exercises focus on improving range of motion, strength and balance. Standing exercises involve stability balls and other equipment to promote better balance and hand eye coordination. Tuesdays and Thursdays, 10 a.m. to 10:30 a.m.
- **Water fitness** — Join the fun with this water exercise class that uses kick-boards, foam dumbbells, noodles and water jugs. This low-impact, high-resistance workout promotes increased range of motion and balance without detrimental impact on your joints. Mondays, Wednesdays and Fridays, 9 a.m.-10 a.m.

**Travels with Doris & Sterling Connections  
Invite You to Join Us for an  
Inspirational Performance at the  
Omaha Westside Church  
Saturday Dec. 9, 2017**

**Annual Christmas Pageant Matinee with live animals at Omaha Westside Church, One of Omaha's most popular Christmas traditions! Gives you the hope we are all searching for.**



**\$82 Price includes:  
Motor coach  
Meal & tour  
Admission  
Gratuities**

*"Eat... Tour... Shop"*  
*Visit us in Valley!*

**10:30 Arrive in Valley, NE**

Delicious Restaurant blends small town charm with Big city talents. When you've finished your meal, we invite you to tour The Gallery & Loft, built in 1887 as a hardware store.

Brunch at Simply

**2:00 Christmas Pageant**

**Depart from Beatrice Walmart parking lot 7:00 a.m, Fairbury Walmart Parking Lot 7:45, Crete Walmart 8:45 a.m.**

**To reserve a seat call Doris at 402-821-2547 or  
mail check to: Doris Broz-Clauss  
1794 County Road 1500  
Wilber, NE 68465**

**Travels with Doris & Sterling Connection  
Invite You to Join Us on Our Trip to  
Branson, Missouri  
Nov. 9-12, 2017**

**\$549 Price includes:**

Per Person Double Occupancy, 3 Nights Lodging at Barrington Hotel  
Motorcoach transportation, 6 meals, 3 breakfast and 3 dinners  
Admission to 5 shows!

**Itinerary:** Day 1 Depart Crete Walmart 7:15 a.m, Fairbury Walmart 8:30 a.m, Beatrice Walmart 9:15 a.m. Board your Motor coach and set off for the "Live Music Show Capital of the World" – Branson, Missouri. This evening you'll enjoy dinner at Black Oak Grill at Branson Landing. Then at 8:00, the one & only Oak Ridge Boys at the Mansion Theater.

**Day 2** After enjoying hot continental breakfast at Hotel, depart for Branson Landing which features Bass Pro Shops, many retailers and restaurants, and don't miss the spectacular Water & Fire Show in front of the Town Square. Lunch on your own, then at 2:00 Daniel O'Donnell at the Welk Theater. Plated dinner at Florentina's at 5:30. At 8:00 Miracle of Christmas at Sight & Sound Theater.

**Day 3** After enjoying hot continental breakfast at Hotel, depart for the Titanic Museum Attraction. Lunch on your own at 12:00 PM Pickin' Porch Deli Branson Craft Mall 694 MO-165. 2:15 p.m. Curling Vines Winery Tour. Depart for your hotel to relax and freshen up for dinner. 6:30 Buffet Dinner at Stage Door Café. At 8:00 the amazing Million Dollar Quartet at Welk Theater.

**Day 4** After enjoying continental breakfast at Hotel you'll depart for home. . . a time to chat with your friends about all the fun things you've done, the great shows you've seen, and where your next group trip will take you!  
Arrive in Beatrice approximately 5:30, Fairbury 6:00, Crete 7:00 p.m.  
\$75 Due Upon signing. Price per person, based on double occupancy. Add \$110 for single occupancy. Final Payment Due: September 15, 2017.  
Optional Travel Insurance enabling cancellation and refund up to 48 hours prior to trip. Cost is \$25 per person.

**To reserve a seat call Doris at 402-821-2547 or  
mail check to: Doris Broz-Clauss  
1794 County Road  
Wilber, NE 68465**

# How's Your Balance?

## Balance is key factor in preventing falls

Balance is a key factor in safety. For those who are 65 and older it could mean the difference between being mobile and independent or being limited by a fear of falling. The Centers for Disease Control says that 1 in 3 adults over age 65 fall each year, and 20-30 percent of those falls will result in moderate to severe injuries.

Your risk of having balance problems increases as you get older. There are many potential causes for balance problems — medications, ear infections, head injury, low blood pressure when standing up, problems that affect the skeletal system or visual system, and others. Benign paroxysmal positional vertigo (BPPV) is a cause of balance problems that causes a sudden feeling of spinning or swaying. It happens when tiny calcium crystals in one part of your ear move to an area where they shouldn't be. This causes your inner ear to tell your brain you're moving when you really aren't. BPPV can be treated through a series of movements guided by a trained therapist. The movements put the crystals back where they are supposed to be. Jefferson Community Health & Life Sports Medicine and Rehab Services has therapists trained to provide vestibular rehabilitation.



How can you maintain your balance?

- **Check your vision.** Your brain uses visual cues to balance your body. Have your vision checked and corrected, and be alert for signs of cataracts, glaucoma, macular degeneration and other vision problems.
- **Get your ears checked.** Feelings of dizziness, vertigo, nausea or ringing in the ears can all be signs of an inner ear-related balance disorder. See your doctor if you develop any of these symptoms.
- **Ask your doctor or pharmacist about your medications.** More than 200 medications are known to cause balance disorders, often by causing temporary or permanent damage to the vestibular system in the ears. Your doctor or pharmacist can review your medications and tell you if your prescriptions may be interfering with your balance.
- **Stabilize your core.** A strong core (ab muscles) is essential for keeping you stable. These muscles help to support the spine and provide a base of support for motion. JCH&L Burkley Fitness Center has classes and personal trainers who can help you with exercises to strengthen your core.
- **Strengthen your lower body.** You need strong muscles in your thighs and rear-end to sit and stand, climb stairs, and walk with confidence. Weight training and resistance training is key. JCH&L Burkley Fitness Center has classes which can help you with this, as well.
- **Practice balance challenges.** You can do these exercises on your own or with a class. JCH&L Sports Medicine and Rehab Services helps patients with balance issues, and can teach exercises you can do at home, as well. JCH&L Burkley Fitness Center also has classes which can help you with balance exercises.

If you have questions about balance or vestibular rehabilitation, contact the staff at JCH&L Sports Medicine and Rehab Services at 402-729-6840.

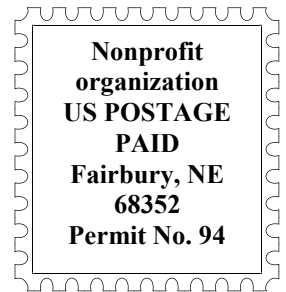
2200 H St., P.O. Box 277  
Fairbury, NE 68352

**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.



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## **UPCOMING EVENTS ...**

### **September**

**Sept. 11** — 10 a.m. Parkinson's Support Group meeting. JCH&L Small Conference Room.

**Sept. 14** — 3 p.m. Coffee and Conversation, Grief Support Group, facilitated by AseraCare Hospice. JCH&L Small Conference Room. Open to anyone dealing with grief.

**Sept. 25** — 6:30 p.m. Alzheimer's Caregiver's Support Group, JCH&L Small Conference Room.

**Sept. 27** — 5:30 p.m. to 8 p.m. Women's Health Fair, at Jefferson Community Health & Life. FREE event!

### **October**

**Oct. 9** — 10 a.m. Parkinson's Support Group meeting. JCH&L Small Conference Room.

**Oct. 12** — 3 p.m. Coffee and Conversation, Grief Support Group, facilitated by AseraCare Hospice. JCH&L Small Conference Room. Open to anyone dealing with grief.

**Oct. 23** — 6:30 p.m. Alzheimer's Caregiver's Support Group, JCH&L Small Conference Room.

### **November**

**Nov. 13** — 10 a.m. Parkinson's Support Group meeting.

JCH&L Small Conference Room.

**Nov. 9** — 3 p.m. Coffee and Conversation, Grief Support Group, facilitated by AseraCare Hospice. JCH&L Small Conference Room. Open to anyone dealing with grief.

**Nov. 9-12** — Branson trip. See details on insert and on page 2. Make your reservations soon! \$549 per person, double occupancy.

**Nov. 27** — 6:30 p.m. Alzheimer's Caregiver's Support Group, JCH&L Small Conference Room.

### **December**

**Dec. 2** — 8 a.m., Sterling Connection Christmas party. ? Fairbury Community Building. Details to come!

*Dates, times and program titles subject to change.*

**“Like a stained glass window,  
true beauty is revealed only if  
there is a light from within,”  
— Elisabeth Kübler-Ross**