

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

National Senior Health & Fitness Day

No one but you can make changes in your health. It is up to you! Please join us from 1 p.m. to 3 p.m. on Wednesday, May 30, in the Large Conference Room at JCH&L to learn some ways you can be more healthy and fit!

Our day will include activities and presentations by:

- Tyler Maguire, PA-C — Healthy Aging. Learn some of the best ways to keep yourself healthy and fit as you age. Tyler is a physician assistant who joined JCH&L Fairbury Clinic in February.
- Charlie Partin—Tai Chi & Yoga. Charlie will talk about what Tai Chi and Yoga are, how they are different, and how they might benefit you. In addition, he will give you a chance to try these exercises! **Wear comfortable clothing!** Charlie is a new instructor at JCH&L Burkley Fitness Center.
- Craig Bontrager—Body and Mind: How Healthy Active Lifestyles Benefit Both! — Craig is the director of JCH&L Burkley Fitness Center.
- Plus healthy snacks and door prizes!

The program is FREE to all Sterling Connection members and their guests. **Please pre-register by calling Lana Likens at 402-729-6855.**



Coordinator's Corner

Dear Sterling Connection Members,

I want to wish you a belated blessed Easter. As I was driving to church in 6+ inches of snow and it was still snowing, I thought to myself it was more like Christmas Eve than Easter. Then I also remembered it was April Fool's Day. I told Pastor I didn't have to worry about any traffic. It was a beautiful drive and the birds were hiding under the snow and as I drove by they flew up. They also were totally confused. I looked up the details, and Easter and April Fool's Day coincided in 1956, and will again in 2029 and 2040, then not again in this century.

We held an AARP Smart Driver course in April. I learn something every time I take it! The objective of the course is to keep drivers independent as long as they can drive safely.

Check out articles in this newsletter about our Senior Health and Fitness Day program, our spring enrollment drive, and an article and flyers on upcoming trips.

Mark your calendars: The Sterling Connection Christmas party will be Saturday, Dec. 1. Details to come!

Pauline Niederklein, Sterling Connection Coordinator

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Travel with Sterling Connection

Sterling Connection has some great trips planned for 2018. We are traveling again 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. This year's trips include:

***Ft. Leavenworth, Kan., and Weston, Mo., Sept. 11** — Tour the Weston Historical Museum and an owner-occupied Antebellum home. After lunch stroll the historic streets and visit the many shops. Details on cost and times to come.

***Branson, Mo., Nov. 15-18** — \$549 per person, double occupancy; price includes 3 nights lodging, 6 meals, admission to shows: Samson, The Presleys, Yakov, Daniel O'Donnell; tour at College of the Ozarks, with lunch prepared by students; and tour of Ralph Foster Museum. \$75 due on signing. Final payment due Sept. 15.

***Omaha Westside Christmas Pageant, Dec. 8** — An amazing production including live animals and suspended angels. Details on cost and times to come.

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— Mackinac Island, MI; Hutchison, Kan., Salt Mine and Cosmosphere; Brownville, NE; Albuquerque, NM, Balloon Festival; Atkinson, NE; and Amana, Iowa. For more information, call Doris at 402-821-2547, email travelswithdoris@gmail.com, or check out the website at travelswithdoris.org.

Spring Sterling Connection Membership Drive

Sterling Connection is going to have a membership drive from now through May 30. If you receive this newsletter, you are already a member of Sterling Connection. We encourage you to invite a friend to join!

An enrollment brochure is included in this newsletter for you to share with a friend or neighbor who is not already a member. Please put your name next to REFERRED BY at the bottom for a chance to win prizes! Enrollment brochures are also available at the front desk of JCH&L or by contacting Pauline Niederklein or Lana Likens.

Invite a friend who is not a member to the Senior Health and Fitness Day activity on May 30, and they can also sign up there. Don't forget to have them note your name on their application as REFERRED BY!

On June 1, we will draw for winners. One new member will win a gift certificate for a one-day trip with Sterling Connection/Travels with Doris. We will also draw for a certificate for a one-day trip from among all Sterling Connection members listed on enrollment forms as a REFERRED BY.

We want everyone to be part of the fun—so from all members (including previous members and new members), we will draw for a 3-month membership to JCH&L Burkley Fitness Center, and other prizes!

Help us grow our membership and promote Sterling Connection! It is a free opportunity to receive health and fitness information, great programs and travel opportunities, free Meals on Wheels after you have been hospitalized, a quarterly newsletter, and a special membership rate at the Burkley Fitness Center for those ages 50-59 (get the senior discount early as a member!) You must simply be 50 or older and register for JCH&L Sterling Connection. For more information talk to Pauline or Lana at (402) 729-3351.

How Can a Pedometer Help Me?

A pedometer could be a great way for you to motivate yourself to stay active. A pedometer counts your steps. And studies have shown that people who walk fewer than 5,000 steps each day are more likely to be overweight, while those who walk more than 9,000 steps daily are more likely to be a normal weight.

Generally, it is recommended that if you purchase a pedometer or other kind of tracking device you first track your steps each day for a few days. Your goal should be to increase your number of steps gradually. Set a goal to get your steps to 5,000 per day within the first month. Then take another month to boost your number of steps to 7,500. Keep increasing your steps gradually, with a goal of 10,000 steps per day.

Activity trackers can be very simple or offer many options. A simple pedometer may cost as little as \$5 and simply count steps. Electronic pedometers might include many more features and come in a variety of designs, with a variety of prices. Electronic activity trackers (Fitbit is one brand, and there are many), can track many other things—including heart rate—and have a wide variety of models, features and prices. The electronic activity trackers can be synched to your computer or phone.

A good rule of thumb when counting steps: A mile is about 2,000—2,200 steps.

Some pedometers allow you to measure your stride and calculate distances traveled. Some electronic activity trackers use technology to tell you how far you've traveled. But even a basic pedometer can be used to figure out how far you have traveled. In a place where you know the distance—say a high school track—walk one mile and see how many steps your pedometer shows. This would give you your Steps Per Mile.

A pedometer or electronic fitness tracker won't do the exercise for you. But using one might motivate you to be more active!

Annual Salad Festival Set for May 17

Annual Fund-raiser for JCH&L Auxiliary

FAIRBURY -- The Spring Salad Festival of the Jefferson Community Health & Life Auxiliary will be held on Thursday, May 17, at the Fairbury Elks Club. The Salad Festival is a fund-raiser for the JCH&L Auxiliary which has been a community event since 1965.

"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."

The salad festival will be held from 11 a.m. to 1 p.m. Tickets will be \$6 in advance, and \$6.50 at the door. Advance tickets are now available at Jefferson Community Health & Life, First National Bank, American National Bank, Union Bank, Fairbury Chamber of Commerce and Jefferson County Extension.

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.

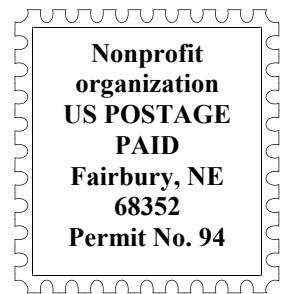
2200 H St., P.O. Box 277
Fairbury, NE 68352

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 30 — 12:20 p.m. Health Today, program OT and Dry Needling, by Megan Vales, occupational therapist, and Callie Engler, physical therapist. FREE

May

May 10 — 3 p.m. Coffee and Conversation, Grief Support Group, facilitated by AseraCare Hospice. JCH&L Small Conference Room. Open to anyone dealing with grief.

May 14 — 10 a.m. Parkinson's Support Group meeting. JCH&L Small Conference Room.

May 17 — *JCH&L Auxiliary Salad Festival. 11 a.m. to 1 p.m., Fairbury Elks Club. \$6 in advance; \$6.50 at the door. (See story on Page 3.)*

May 21 — 6:30 p.m. Alzheimer's Caregiver's Support Group, JCH&L Small Conference Room.

May 30 — Senior Health & Fitness Day—FREE! Please call 402-729-6855 to pre-register. See story on Page 1

June

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

June 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.

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

July

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

July 12-15 — *Jefferson County Fair, fairgrounds.*

July 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.

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

Dates, times and program titles subject to change.

“Yesterday is not ours to recover, but tomorrow is ours to win or lose,” —
Lyndon B. Johnson