

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

Dr. Brett Wergin to Join JCH&L

Dr. Brett Wergin will join Jefferson Community Health & Life Fairbury Clinic on Aug. 13.



Dr. Wergin, who is a native Nebraskan, recently completed his residency with the Lincoln Medical Education Foundation. He attended Medical School at the University of Nebraska Medical Center.

Dr. Wergin chose to go into family medicine so he can develop long-term positive relationships with his patients.

As Dr. Wergin comes on board, Dr. Blatny Sr. will be semi-retiring as of Sept. 1. Dr. Blatny Sr. has dedicated 45 years to providing excellent health care to our area residents, and we appreciate his excellent care. He will continue providing on-call and emergency coverage on a part-time basis, and will have limited office appointment times.

Welcome, Dr. Wergin, and thank you, Dr. Blatny Sr.

Coordinator's Corner

Dear Sterling Connection Members,

Our Sterling Connection program has been busy with a lot of interesting and educational programs!

Our latest activity was hosting the 25th National Senior Health and Fitness Day on May 30, 2018, at JCH&L. It is a nationwide program with about 100,000 participating. The purpose is to do programs that help older Americans stay healthy and fit. See a full report on our event on page 2.

We also had a membership drive, and added 14 new members to Sterling Connection. We would like to welcome our new members! See a list of our prize winners on page 3.

We have more trips coming up—see flyers enclosed on our Branson trip and the Omaha Westside Christmas Pageant. I SHOW A TRIP IN SEPTEMBER ON OUR LIST?

Our Christmas party will be Saturday, Dec. 1, at the Fairbury Community Building. We are planning an 8 a.m. start with breakfast, along with entertainment and door prizes. Mark your calendars! This event is free, and all Sterling Connection members are invited!

Blessings to all!

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** — \$85 per person, includes tours, lunch, transportation, morning rolls, and gratuities. Tour Ft. Leavenworth, the Weston Historical Museum and an owner-occupied Antebellum home. After lunch stroll the historic streets and visit the many shops. (See enclosed flyer.)

***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** — \$82 includes pageant tickets, dinner, tour guide and gratuities. An amazing production including live animals and suspended angels, followed by a tour of Omaha holiday lights. (See enclosed flyer.)

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—Eureka Springs, Ark.; Nebraska State Fair; Mackinac Island; Amana Colonies; Wamego, Kan.; New Orleans; Nashville; Maine and Boston.

For more information, call Doris at 402-821-2547, email travelswithdoris@gmail.com, or check out the website at travelswithdoris.org.

National Senior Health and Fitness Day: We Have Choices

At our National Senior Health and Fitness Day program we were reminded that we each have choices about our lifestyle and health. We had 18 attend.

Tyler Maguire, PA-C, talked about Healthy Aging. Charlie Partin demonstrated Tai Chi and Yoga and talked about their benefits. Craig Bontrager talked to us about Body and Mind: How Health Active Lifestyles Benefit Both.

"The most important lesson we learned is that it is up to each individual to be responsible for our own lifestyle, and making any changes that would help us. It is a mindset," said Pauline Niederklein, Sterling Connection Coordinator. "There are many opportunities for us to receive help: our family medicine providers, the Burkley Fitness Center, and community opportunities."

Tyler emphasized the importance of prevention—getting the proper screenings and immunizations, which your family medicine provider can guide you in; eating right; staying active; and keep your mind active.

Charlie gave everyone a sample of Tai Chi and Yoga, and talked about how they are different, but the benefits that each might have. Both are exercises which may have great benefits for stress relief and balance, among other things.

Craig reminded us all that healthy and active lifestyles benefit both our body and our mind.

We finished the day with wonderful treats provided by nutrition services, door prizes, and each participant received a goody bag with a pedometer, and a reminder to keep putting one foot in front of the other!

Sterling Connection Has Membership Drive

Sterling Connection had a membership contest in April and May. We are pleased to have added 14 new members to Sterling Connection! We thank our many members who referred their friends and family.

In our membership drive we gave prizes to new members, to current members who referred new members, and then drew for some from among all members (previous and new.)

Winners were:

- *Three month membership to JCH&L Burkley Fitness Center—Gayle Allen
- *One day trips with Travels with Doris and Sterling Connection—Donavan Endorf and Doris Rienke
- *JCH&L mug—Fern Sell
- *Hot and cold pack—Loren and Sharon Toovey

We encourage all of our members to check out the opportunities offered by Sterling Connection. We offer some very educational programs (Sr. Health and Fitness Day and AARP Smart Driver are two we have held recently.) We also have some great trips through Travels with Doris, which are offered at a very reasonable price. Our Christmas party is coming up Dec. 1.

If you have ideas for Sterling Connection programs or educational opportunities, please talk to Pauline Niederklein!

Stay Active as You Get Older

Physical activity is good for people of all ages. Staying active can help lower risks of heart disease, stroke, diabetes and some types of cancer; reduce risk of falls; improve mood; improve stress; and improve your ability to think, learn and make decisions.

If you have any existing health problems, talk to your family medicine provider about the types and amounts of physical activity that are right for you.

Current recommendations are for about 2 hours and 30 minutes a week of moderate aerobic activities, doing strengthening activities two days a week, and doing balance activities three or more days a week.

A good goal is 30 minutes of moderate aerobic activity most days of the week. Aerobic activities are those that make your heart beat faster: walking fast, dancing, swimming or raking leaves. If you haven't been exercising, start slow. Begin with 10 minutes and gradually build up to 30 minutes at a time. And if you can't squeeze 30 minutes at a time into your schedule, do 3 sessions of 10 minutes throughout the day. As long as it gets your heart rate up, it counts!

Some good strengthening activities are exercise bands or hand weights. If you need help learning how to use weight equipment, the staff at the Burkley Fitness Center can help. But you can also do strengthening exercises at home with bottles of water or cans of food. Breathe out as you lift the weight, and in as you lower it. Don't hold your breath!

Some good balance activities are standing on one foot (holding onto a chair if you need to at first), standing from a sitting position without using your hands, doing Tai Chi or yoga.

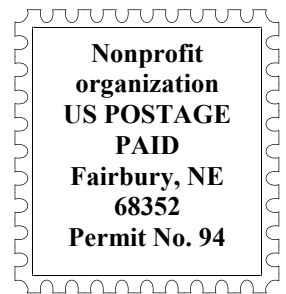
2200 H St., P.O. Box 277
Fairbury, NE 68352

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 ...

July

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

August

Aug. 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.

Aug. 13 — 10 a.m. Parkinson's Support Group meeting. JCH&L Small Conference Room.

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

September

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

Sept. 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.

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

October

Oct. 8 — 10 a.m. Parkinson's Support Group meeting. JCH&L Small Conference Room.

Oct. 11 — 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. 22 — 6:30 p.m. Alzheimer's Caregiver's Support Group, JCH&L Small Conference Room.

December

Dec. 1 — 8 a.m., Fairbury Community Building; Sterling Connection Christmas Party, free! Join us for breakfast, followed by entertainment and door prizes.

Dates, times and program titles subject to change.

“We turn not older with years, but newer every day,” —
Emily Dickinson