

# 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

## Mark Your Calendar: Christmas Party Saturday, Dec. 1

Our annual Sterling Connection Christmas party is planned for Saturday, Dec. 1, at the Fairbury Community Building. It is free attend this festive holiday gathering! **We encourage you to bring a non-perishable food item which we will donate to the Blue Valley Community Action food pantry.**

We will begin with breakfast at 8 a.m. Entertainment by Bob Short will begin at about 8:30 a.m. (or as soon as everyone is served.) Following the entertainment, we will finish our morning with door prizes.

Reservations are not required. If you have questions, please call Pauline or Lana at 402-729-3351.



### Coordinator's Corner

*Dear Sterling Connection Members,*

*We are once again in the fall season, which is really my favorite time of the year. Maybe it is because of all the beautiful golden colors, which are so warm and soothing.*

*I am sorry I wasn't able to attend the most recent trip because of health issues at home, but I needed to be there. We are doing fine. I want to thank Gloria for filling in for me on this trip, and also Doris for the wonderful job she does on our trips.*

*We have two more trips coming up this year. We are heading for Branson, Mo., with family oriented shows and so much to see. We will see the Biblical show Samson. Read up—there might be a quiz! We will also go to Omaha for the Christmas pageant. See details on the enclosed flyers, and on page 2.*

*Mark your calendar for our Sterling Connection Christmas party—Saturday, Dec. 1 at the Fairbury Community Building. Entertainment will be by Bob Short. Bring a can of food for the food pantry. Join us for breakfast, followed by entertainment and door prizes.*

*Blessings to all!*

*Pauline Niederklein, Sterling Connection Coordinator*

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## Travel with Sterling Connection

Sterling Connection has a few great trips still to come in 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. Our final two trips of the year are:

**\*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. **This trip is currently full. If you are interested in being on a waiting list, please contact Doris.**

**\*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.



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In addition to the Sterling Connection trips, Doris has upcoming trips including— Amana Colonies; Wamego, Kan.; New Orleans; Nashville; Waco, Texas; and Maine and Boston.

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).

## Medicare D Enrollment Event Scheduled at JCH&L

Don't make a Medicare Part D mistake

Letting your Medicare Part D drug insurance automatically roll over from year to year could cost you hundreds, even thousands, of dollars in unnecessary costs. Jefferson Community Health & Life is sponsoring "Pick the Right Medicare Drug Plan" on Thursday, Oct. 25, in Fairbury.

Medicare uses competition between insurance companies to reduce the price of prescription drug insurance. Individuals with Medicare can learn how to avoid excessive prescription costs at a free enrollment event by Nebraska Senior Health Insurance Information Program (SHIIP). **Appointments are required. To schedule an appointment, call Lori DeBoer at Jefferson Community Health & Life at (402) 729-3351.**

"Every year Medicare drug plans change prices, drugs covered, even the pharmacies where you get the biggest discount. That is why it is so important for people to compare drug plans every year between Oct. 15 and Dec. 7," said SHIIP-certified Medicare counselor Lori DeBoer. "With open enrollment just around the corner, it is time for people to start thinking about how to get the best drug coverage at the lowest price."

SHIIP is part of a national network funded by Medicare, which offers unbiased counseling and information about Medicare. SHIIP does not sell or promote any insurance products. For information about Medicare, contact SHIIP at (800) 234-7119.



**Travels with Doris Invites you to Join Us  
for Westside Church Christmas Pageant &  
Omaha Tour of Lights on Saturday Dec. 8, 2018**



**\$82 includes Motorcoach, Pageant Tickets, Dinner, Tour Guide & Gratuities.**

**Depart from Beatrice Walmart parking lot 10:30 a.m, Fairbury Walmart Parking Lot 11:15 , Crete Walmart 12:15 p.m. Lunch & restroom break Crete Runza & Dairy Queen on your own. 1:00 depart for Omaha**

**3:00 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.**

**Dinner following performance**

**6:00 Then What better way to enjoy the holiday season than to take a tour of Omaha's numerous Residential and Corporate Holiday lights displays with cookies & step on guide The Christmas lights in the old market are a must see. The area is fun, a great Christmas tradition.**

**To reserve a seat call Doris at 402-821-2547 cell 402 641-7132 or mail check to:**

**Travels with Doris, 1794 County Road 1500, Wilber, NE 68465**



***My Gift to Beatrice . . . .Route reversal on return*  
Beatrice 9 p.m., Fairbury 9:45, Crete 10:45.**

## Bladder Slings Added to Surgical Procedures at JCH&L

*Todd Martin MD, OB/GYN, Now Certified to Offer the Procedure*

Surgical services continue to expand at Jefferson Community Health & Life, with bladder slings now being offered by OB/GYN Dr. Todd Martin.

The surgery is a common surgery used to treat urinary stress incontinence. In the procedure, the doctor creates a sling which goes under the urethra so it lifts and supports the urethra and the neck of the bladder to help prevent leaks. In some cases, losing weight, doing Kegel exercises or having other therapy may be helpful for urinary stress incontinence.

Dr. Martin has clinics at JCH&L once a month, and sees women for all types of obstetric and gynecological health care needs, including prenatal visits. He delivers babies at Bryan Health in Lincoln.

JCH&L offers a wide variety of surgeries and procedures. The surgical suite offers two fully equipped operating rooms, a fully equipped minor procedure room, and a four-bay admission and recovery area. Local family medicine providers do a variety of endoscopic procedures and other minor procedures. Visiting specialists do a wide variety of surgeries. Surgeries are offered by specialists such as gynecological surgery, such as hysterectomy, Minerva ablation, IUD removal, hysteroscopy, and now, bladder slings; ear-nose and throat, such as tonsillectomy, adenoidectomy, ear tube placement; general surgery, such as gallbladder, appendix, hernia repair, port placement and breast surgeries; ophthalmologic surgery, such as cataract removal; orthopedic surgery, such as total knee replacement, total shoulder replacement, knee or shoulder scopes, trigger finger release, and carpal tunnel release; podiatry surgery, such as bunionectomy, hammer toe repair, fusion; and urology, such as bladder tumor removal and cystoscopy.

"Our surgery staff is well-trained and ready to assist you. Ask your medical provider if you can have your surgery or procedure at JCH&L," said Sarah Bauer RN, surgical supervisor. "We offer both inpatient and outpatient surgeries and procedures."

If you have questions about surgical services at JCH&L, call 402-729-3351 and ask for surgery.

## BIG Program Available at JCHC Rehab and Sports Clinic

The LSVT BIG<sup>®</sup> therapy program is available at Jefferson Community & Life Sports Medicine and Rehab Services, offered by Nichole Thorp, physical therapist.

The LSVT BIG<sup>®</sup> program is an efficacious movement treatment that was specifically developed for individuals with Parkinson's Disease. The one-month program is administered through a series of 16 private patient sessions.

"LSVT BIG<sup>®</sup> is a proven successful program for those with Parkinson's disease, and can help the patient to experience improved quality of life," Thorp said. "I am very excited to be certified in this high-quality program and to help improve the movement and mobility of people with Parkinson's disease."

LSVT BIG<sup>®</sup> improves movement for individuals with Parkinson's disease focusing on the amplitude. As Parkinson's disease progresses, it causes a person to sense that smaller and smaller movements are their "normal." LSVT BIG<sup>®</sup> treatments focus on awareness of the small movement patterns and re-scaling them back to larger amplitudes of movement. Treatment utilizes "BIG" in all types of movement from stretches and walking to opening a hand and writing.

Thorp attended training and was certified in The LSVT BIG in 2016 and recertified in 2018.

LSVT BIG<sup>®</sup> therapy is available at Jefferson Community Health & Life Sports Medicine and Rehabilitation Services, Fairbury, by appointment with a physician's order. LSVT Global states that LSVT BIG program can begin as soon as a Parkinson's diagnosis is made.

LSVT BIG<sup>®</sup> therapy is typically covered by Medicare and private insurance companies. While it is research-proven in helping Parkinson's Disease patients, it may also be beneficial and insurance may cover for some patients with other medical conditions dealing with sensory perception.

# Have You Had Your Influenza Vaccination?

The 2017-2018 Influenza season was the worst outbreak the United States had seen in a decade. Jefferson Community Health & Life recommends influenza vaccinations as the first and most important step in preventing influenza and its potentially serious complications. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations, according to the Centers for Disease Control. In addition, the data suggests that if someone who has been vaccinated gets sick, their illness may be milder.

CDC recommendations:

- Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness. People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to them.

**Take everyday preventive actions to stop the spread of germs:**

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

**Flu-like symptoms** include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people, especially children, may have vomiting and diarrhea. People may also be infected with flu and have respiratory symptoms without a fever.

*If you have not yet received your influenza vaccination, you can get vaccinated at JCH&L Fairbury Clinic Monday through Friday or JCH&L Plymouth Clinic on Tuesdays or Thursdays. No appointment is necessary. Bring your insurance or Medicare card if you want the vaccine billed to insurance. Private pay is \$45.*

Jefferson Community Health & Life takes influenza seriously, and provides the vaccine to all staff members. The wellbeing of our patients and residents is our highest priority. We will have hand sanitizer, masks, and tissues available in our facility to best accommodate our visitors.

If there are 3 or more positively diagnosed cases in our county, JCH&L employees who were not vaccinated will be required to wear a mask during their shift, and visitors who have not been vaccinated will be required to wear a mask throughout their entire visit. **If a larger outbreak occurs, Gardenside may request that all visitors (with or without a vaccine) wear a mask throughout their visit, OR may request that no visitors enter the facility (with or without a vaccine) OR may request that no young children visit residents.** We thank the public for their understanding, as our primary goal is the safety of our residents and patients.

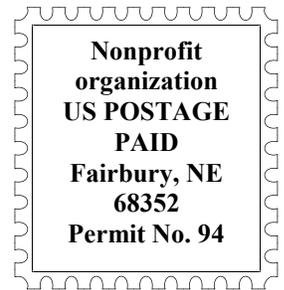
2200 H St., P.O. Box 277  
Fairbury, NE 68352

**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 ...

### **October**

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

**Oct. 23**— Bryan Heath Vascular screenings at JCH&L. **Appointment and fee required.** For appointment call 402-729-6851.

**Oct. 25**— Medicare D enrollment event. **Appointment required by calling 402-729-3351.**

**Oct. 27**— *Hearts on Fire Walk.* *Registration fee: \$25. See details on page 4.*

### **November**

**Nov. 12**— 10 a.m. Parkinson’s Support Group meeting. JCH&L Small Conference Room.

**Nov. 8**— 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. 26**— 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.

**Dec. 7**— *Reindeer Walk, watch for details to come!*

**Dec. 10**— 10 a.m. Parkinson’s Support Group meeting. JCH&L Small Conference Room.

**Dec. 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.

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

*“There is something incredibly nostalgic and significant about the annual cascade of autumn leaves.” — Joe L. Wheeler*