

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

Ready to Make a Change?

If you are ready to make a lifestyle change, check out Smart Moves, a year-long program designed for those who want to change their lifestyle to avoid getting diabetes. Lifestyle coaches who lead the program are JCH&L Dietitian Lisa Edeal RD, LMNT; Bekah Kimberlin, PharmD; and Craig Bontrager, director of JCH&L Burkley Fitness Center.

"This program has been successful in helping participants to make lifestyle changes which positively impact their health," Edeal said.

For the first six months, participants meet in a small-group setting weekly for one-hour presentations. For the second portion of the program, participants will meet twice a month. The program provides lifestyle coaching and group support, promotes healthier eating and weight loss, explores ways to be physically active, creates strategies to overcome barriers, and teaches participants coping skills to stay successful. The cost of the program is \$225 for the full year. This fee includes not only the program, but also a six-month membership to the JCH&L Burkley Fitness Center (a \$200 value.) Financial assistance is available for those who meet certain financial eligibility criteria.

For more information or to register call Lisa Edeal RD, LMNT, at (402) 729-6846 or email lisa.edeal@jchealthandlife.org.

Coordinator's Corner

Dear Sterling Connection Members,

Welcome to 2019! It was a fun year with lots of travels and new places to see.

I hope everyone had a very Merry Christmas and a joyous New Year. Leroy and I were very blessed to have our children, grandchildren and great-grandchildren home for the holidays. It was a great time to celebrate the birth of Jesus together, enjoy visiting, food and card games. We were also able to celebrate with Leroy's brothers' children and their families, which we haven't been able to do for a few years.

Our Sterling Connection trips and Christmas party went well. The weather was a factor in our Christmas party attendance, but 68 signed in. We thank our Nutrition Services department for a great brunch, and thank those who brought donations for the Blue Valley Community Action Food Pantry.

We will offer an AARP Smart Driver course in April. Some may think this is a course designed for those who have gotten a ticket or had an accident—but the opposite is true. The course is designed to teach us how to be safer on road. The class is led by a certified driving instructor. Watch for details!

Looking ahead we are planning a Senior Health and Fitness Day in May and an ice cream social in June. Watch for details on these events, too!

We will also continue to offer trips this year. See information on Page 2.

Some people have asked which of Doris' trips are Sterling Connection trips—and whether I go on all of Doris' trips. Sterling Connection offers 4 one-day trips and the longer Branson trip each year. I (or another Jefferson Community Health & Life representative) participate in the Sterling Connection trips. On the Travels with Doris website these are designated as "Travels with Doris and Sterling Connection (Fairbury)."

Pauline Niederklein, Sterling Connection Coordinator

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Travel with Sterling Connection

Once again in 2019, Sterling Connection will be traveling 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. We are working on great trips for this year. So far we have scheduled:

***The King and I—Lincoln, Feb. 2** — \$125 per person, includes musical, motorcoach, lunch (IS LUNCH INCLUDED??), and gratuities. Enjoy the musical The King and I at the Lied Center and lunch at Screamers Dining and Cabaret. (See enclosed flyer.)

***Culinary Experience Tasty Tour, Omaha — April 11** — \$85 per person, includes motorcoach, gratuities and food. Tour includes Lithuanian Bakery, Le Voltair restaurant, Joslyn Castle Tour, Mediterranean and European Grocery, Omaha Czech and Slovak Museum. (See enclosed flyer.)

***Branson, Mo., Nov. 14-17.** Details to come.

We will have two more trips to be scheduled. Watch for details in the April newsletter!

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 our Sterling Connection trips, Doris has upcoming trips including— River City Star Riverboat, New Orleans; Sewing Adventure in Kansas; Waco, Texas; Wamego, Kan.; Nebraska History 101; Kansas City, Mo.; Nashville, TN; and Boston, Mass. and Maine.

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

How to Stay Healthy in Influenza Season

1. Get vaccinated. If you haven't already, it's not too late. Remember, it takes about 2 weeks for the vaccination to provide the best protection.
 2. Try to avoid close contact with people who are sick.
3. If you are sick, limit contact with others as much as possible so you don't infect them.
 4. Stay home at least 24 hours after your fever is gone (without medication.)
5. Cover your nose and mouth with a tissue when coughing or sneezing. After using a tissue, throw it in the trash and wash your hands.
 6. Wash your hands with soap and water—often.
 7. Avoid touching your eyes, nose or mouth.
8. Clean and disinfect surfaces and objects that may be contaminated with germs.



At the time of this publication, the incidence of influenza is high in Jefferson County. Because of the high incidence of influenza, JCH&L Gardenside is asking everyone to refrain from visiting in order to protect our residents.

If you have questions about visiting, please contact the staff at JCH&L Gardenside at 402-729-5220 for guidance.

Travels with Doris & Sterling Connection
Invite You this Fun Filled Trip to the Lied Center
Lincoln, Nebraska Saturday February 2, 2019

\$125 Price Includes: Tickets to King & I
Motorcoach & Gratuities

11:30 Lunch at Screeners Dining & Cabaret - 863 Q St



- * Situated in the historic Haymarket district of Lincoln, Nebraska, Screeners Dining and Cabaret offers classic American cuisine while providing live musical performances featuring the restaurant staff comprised of the finest up-and-coming local talent.

2:00 THE KING AND I is "too beautiful to miss."

Set in 1860's Bangkok, the musical tells the of the unconventional and tempestuous relationship that develops between the King of Siam and Anna Leonowens, a British schoolteacher whom the modernist King, in an imperialistic world, brings to Siam to teach his many wives and children.



Depart from Crete Walmart Parking Lot 8:30 a.m., Fairbury Walmart Parking Lot at 9:30 a.m., Beatrice Walmart Parking Lot at 10:15 a.m.

Return Stop for snack on your own. Return to Beatrice approximately 6:00 p.m., Fairbury 6:45 p.m., Crete 7:45 p.m.

To reserve a seat call Doris at 402-821-2547 Cell 402) 641-7132

Mailing address: Doris Broz-Clauss
1794 County Road 1500
Wilber, NE 68465h

Travels with Doris and Sterling Connection



Takes You on a _____ Tasty Tour Thursday, April 11, 2018

LITHUANIA 10:00 a.m.-11:00a.m.

Visit the little Lithuanian Bakery for a presentation and torte samples. Listen to the Machevicius family talk about their escape from Germany in World War II and their move to Omaha to pursue the American dream

FRANCE 11:30 a.m. – 1:00 p.m. “Taste of France” luncheon at Le Voltaire

Restaurant. Presentation by French native, Cedric Fichepain. Experience France at Le Voltaire with host chef, Cedric Fichepain. Fichepain will prepare a traditional three course French meal and give a presentation about the customs and traditions of his native country. When he is not at the restaurant, Fichepain is an instructor at the Omaha Institute for Culinary Arts.

SCOTLAND 1:30-2:30 pm Joslyn Castle Tour Be transported to Scotland with a visit to the historic 1903 Joslyn Castle. This 30-room stone mansion resembles a traditional Scottish castle. As your group enters through the huge front doors, they will be amazed by the craftsmanship of the elaborate wood interior, which comes from all parts of the world. Your group will hear the fascinating story of George & Sarah Joslyn and how the couple shared their extraordinary wealth with the community.

3pm-3:30 pm Mediterranean & European Grocery 8601 Blondo St

Now, if you have some ideas that you would like to try, a visit to Mediterranean & European Grocery. What's that fruit on a branch? Dates? OK...I guess I will try one. What's that purple looking fruit in the box? Sugar plums? OK...I guess I will try one of those too. Don't be afraid to ask questions and the store owner will be happy to not only explain and help select the foods, but provide you with a sample as well.

Fresh herbs are in the cooler, so you need to ask for them. But oh boy, the mint, the basil, the cilantro and the parsley are super fresh, lush and oh-so-affordable.

CZECH REPUBLIC 4:00 p.m.-5 p.m.

Omaha Czech and Slovak Museum

The Omaha Czech and Slovak Cultural Museum features exhibits honoring Nebraska's early Czech and Slovak immigrants. Groups will learn about Czech culture and enjoy traditional Czech kolaches and coffee. Groups can add to the authentic experience with the option of having a local accordion player provide music during the Kolaches and coffee break. This intimate museum offers an extensive gift shop featuring hand-decorated eggs, books, jewelry and more.

Depart from Crete Walmart parking lot 6:30 a.m., Fairbury Walmart Parking Lot at 7:30 a.m, Break at Beatrice Walmart Parking Lot at 8:15 Depart Beatrice 8:30 Return to Crete approximately 6:30, Fairbury 7:30, Beatrice 8:15.

\$85 Motorcoach, Gratuities & Food included.

Mailing address: Travels with Doris

1794 County Road 1500
Wilber, NE 68465

Drinking Enough Water is Important

Drinking enough water is important for all of us—all ages, and all seasons of the year. Our bodies depend on water to survive. Drinking fluids helps maintain the function of every system in the body.

How much is the right amount to drink? General recommendations are typically 8 8-ounce glasses of water per day for a person in good health.

However, you may need to drink more if you are very active, if you are taking certain medications which cause fluid loss, or if you are active in the heat and losing water through sweat.

You may have medical conditions such as kidney, liver or heart problems, which require you to consume less fluids.

Don't depend on thirst to let you know if you need to drink.

"If you are thirsty, you are already dehydrated. Stay ahead of your thirst," said Lisa Edeal, RDN, LMNT.

It's also important to drink throughout the day, not all at once. Eating water-rich foods, such as fruits and vegetables, is also a great way to help get enough fluids. Keep water accessible. If you like it cold, keep a pitcher in the refrigerator. If you don't like water, remember there are many beverages you can drink, and flavorings available to put in water. Soup broth, popsicles, fruit juice, and sports drinks also count.

Warning signs of dehydration include weakness, leg cramps, decreased skin elasticity, low blood pressure, dizziness, confusion, weight loss, restlessness, agitation, or dark urine.

If you have questions or concerns about the right amount of fluids for your health, make an appointment with your family medicine provider.

Jamesport Dishcloths Available Again!

We've had a number of members who really like the famous Jamesport dishcloths. Pauline Niederklein was able to locate the store that is selling them now, and ordered in some to have in stock and sell.

They are \$20.50 per dozen or \$1.70 each.

If you would like to purchase some of the Jamesport dishcloths, please call Pauline or Lana at 402-729-3351. Leave a message if we are not available and let us know your name, a number where we can return your call, and that you are interested in purchasing dishcloths.

Winter Safety Tips

- Keep your gas tank full and a winter emergency kit in your car.
- When road and/or weather conditions are bad, don't travel if you don't have to.
 - If you are stranded while traveling, stay in your vehicle.
- Prepare for potential power outages in your home. If you have special needs, contact your utility company so they are aware. Stock foods that need no cooking or refrigeration.
 - Keep your cell phone fully charged.
- When you are going to be outdoors, wear layers, and appropriate outdoor clothing.
- When walking outdoors, sprinkle cat litter or sand on icy patches if you can't avoid them.
- If you must walk in places which may be icy, learn to walk like a penguin.
 - Work slowly when doing outdoor chores/work.
- Check on friends, neighbors and family when winter weather is severe.

The Centers for Disease Control has many more winter safety tips at www.cdc.gov/disasters/winter/faq.html

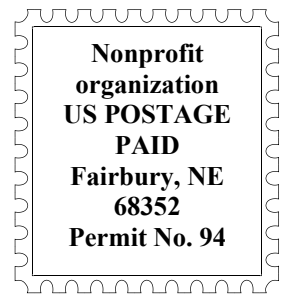
2200 H St., P.O. Box 277
Fairbury, NE 68352

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 ...

January

Jan. 10 — 3 p.m. Coffee and Conversation, Grief Support Group by AseraCare Hospice. JCH&L Small Conference Room.

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

Jan. 15 — 12:15 p.m. Health Today, JCH&L Conference Rooms. "Finding Your Why" by Rebekah Kimberlin, PharmD, Diabetes Educator, Lifestyle change coach. There are changes we all know we SHOULD make in our lives. How do we motivate ourselves? How do we stop the "resolution" cycle and start a lifetime of positive change? Bekah will help us find ways to recognize the WHYs that will motivate us and learn to set SMART goals to help us reach our goals!" **FREE! Feel free to bring your lunch. No reservations needed.**

Jan. 28 — 6:30 p.m. Alzheimer's Caregiver's Support Group, JCH&L Small Conference Room.

February

Feb. 2 — *The King and I Trip.* \$125. Reservations required. See enclosed flyer.

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

Feb. 14 — 3 p.m. Coffee and Conversation, Grief Support Group, AseraCare Hospice. JCH&L Small Conf. Room.

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

March

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

March 14 — 3 p.m. Coffee and Conversation, Grief Support Group, AseraCare Hospice. JCH&L Small Conf. Room.

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

Dates, times and program titles subject to change.

"The secret of change is to focus all of your energy not on fighting the old, but on building the new." — Socrates