

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

Meet Me At the Sidewalk

Sr. Health and Fitness Day Celebrates on May 1

JCH&L Sterling Connection is sponsoring a National Senior Health and Fitness Day activity on May 1 at JCH&L with the theme "Meet Me at the Sidewalk."

The Senior Health and Fitness Day activity will begin at 1 p.m. with registration. Fairbury Mayor Homer Ward will give a welcome and talk about Fairbury, the H Street project, and the new sidewalks.

JCH&L Fitness Center Director Craig Bontrager will do a program on the correct way to walk. Then Sterling Connection Coordinator Pauline Niederklein will lead those who want to walk on a walk (less than 1 mile) on the new H Street sidewalk. For those who want to take part in the day but not walk outside, Craig will lead an indoor activity. Everyone is encouraged to wear comfortable clothing and walking/exercise shoes. **(In case of inclement weather, we will walk inside the Burkley Fitness Center.)** The day will conclude with refreshments and door prizes. Any member who brings a non-member guest will have a chance to win a special door prize (one for the member and one for their guest.)

National Senior Health & Fitness Day is in its 26th year and held in more than 1000 locations through the United States.

For information, contact Pauline Niederklein or Lana Likens.



Coordinator's Corner

Dear Sterling Connection Members,

Once again we are having some very fun trips. We went to the Lied Center in Lincoln and saw the Broadway Show the King and I, and went on a culinary tour in Omaha. Those attending have said they enjoy our trips! Our next Sterling Connection trips will be August 14, 2019, to Columbus and Sept. 10 to the Yoder, Kansas, Amish settlement. Flyers are included for both of these trips. Our final Sterling Connection trip for this year will be to Branson in November. You can see more details of this trip on Page 2, or by going to travelswith-doris.org. We'll have a flyer in our July newsletter.

AARP is coming down to Fairbury to do a Smart Driving class, so we do not need to go to a larger city to get training. See the article on Page 5 for more details. Sign up and join us in learning to be a safer driver!

June is National Dairy month, and we are going to celebrate with an ice cream social on June 3! See more details about the event on Page 5. Please join us!

Wishing everyone a safe and blessed summer.

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:

***Columbus, Ne, Aug. 14** — \$75 per person includes motor coach, lunch and Duster's Restaurant, admission to Zoo, and gratuities. See Higgins Boat designed by native son Andrew Higgins that changed American history; Daniels Produce sweet corn distribution; Horn T Zoo ; market 23; Glur's Tavern. (See flyer attached.)

***Amish trip to Yoder, Kan., Sept. 10** — \$99 per person includes motor coach, tour with step-on guide, lunch, afternoon pie and homemade ice cream, and gratuities. Bus tour includes local Amish business, cemetery and school. Lunch at Yoder's Kitchen. Shopping time in downtown Yoder, with carriage rides available. Tour Yoder Wood Products. Pie and ice cream with question and answer session at Yoder Farm. Stop at Smith's Market.

***Branson, Mo., Nov. 14-17**..\$559 per person (double occupancy) includes 3 nights lodging, motor coach transportation, 6 meals, admission to shows, gratuities. The trip includes Shepherd of the Hills Trail of Lights Tram Tour, Table Rock Lake Dam and Dewey Short Visitor Center, Showboat Branson Belle Lunch Show and Cruise, Branson Landing shopping, The Johnson Strings at the Majestic Theater, Curling Vine Winery Tour, Branson Scenic Railway Excursion, Shepherd's Christmas Carol Dinner Show, Nathan Carter . This trip fills fast. Reserve your seat early!



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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.

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.

Salad Festival Set for May 16

Annual Fund-raiser for JCH&L Auxiliary

The Spring Salad Festival of the Jefferson Community Health & Life Auxiliary will be held on Thursday, May 16, at the Fairbury Elks Lodge. 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 available at the Fairbury Chamber, Jefferson County Extension, Heartland Bank, American National Bank, Union Bank and Jefferson Community Health & Life.

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.

family care), Burkley Fitness Center, Gardenside (long-term care), and Home Health services. In addition, Jefferson Community Health & Life supports numerous education programs and support groups.

Travels with Doris & Sterling Connection Invites You to Join Us

By Request: **NEW** An Amish trip to Yoder, Kansas Sept. 10, 2019



So many questions are asked about the Amish beliefs and lifestyle. Spend the day enjoying a simpler way of life, learning from our local Amish hosts.

\$99 Price includes: Motor coach, tour with Step-on Guide, Harry Wayne, Lunch, afternoon pie & homemade ice cream, gratuities.

PICKUP locations: 5:45 a.m. Beatrice Walmart Parking Lot

6:30 a.m. Fairbury Walmart Parking Lot

7:00 a.m. Hebron 81 Express *1375 Dove Rd*

About 7:30 We will take break at Loves Belleville KS

10:00am: Greet the coach, introductions and information

10:10am – 12:00pm: Harry Wayne will be our step on guide as we tour the area..

Includes a local Amish business, cemetery, Amish school

12:00pm – 1:00pm: Lunch at Yoder's Kitchen (Fannie and girls will have lunch for us)

1:10pm – 2:15pm: Shopping/free time downtown Yoder. Carriage rides available. Our meeting room will be open for restrooms, coffee, relaxing

2:20pm – 3:10pm: Yoder Wood Products tour. They will take you through their workshop and how they build their wood products without the use of electricity.

3:15pm – 4:30pm: Yoder Farm for pie & homemade ice cream. Erma will have a Question and Answer session. Harry Wayne likes to stick with the history and beliefs where as Erma does not mind answering almost any questions.

Depart Yoder 3:45 Stop at Smiths Market Hutchinson place to buy fresh fruits and vegetables as well as many other uniquely delicious groceries. Depart Hutchison 5:00, Hebron 7:30, Fairbury 8:00, Beatrice 8:30

For more information call Doris at 402-821-2547 , Cell 402-641-7132

To reserve seat mail check to:

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

**Travels with Doris & Sterling Connection
Invite You
NEW Out & About to Columbus Nebraska
Wednesday, August 14**



The memorial of the life size replica of the historical Higgins Boat in Columbus, Nebraska has become a reality.

"Andrew Higgins ..."
..Eisenhower said.. "is the man who won the war for us." "...If Higgins had not designed and built those LCVP's, we never could have landed over an open beach. The whole strategy of the war would have been different.

\$75 price includes motor coach, lunch at Duster's Restaurant, admission to Zoo, gratuities.

Depart Beatrice 6:15 a.m., Fairbury 7:00, Western 7:30, Dorchester 8:00, Seward MacDonalds 8:00

Arrive Columbus

City Tour with step on guide. See Higgins Boat designed by native son Andrew Higgins that changed American history,

Daniels Produce Commercial sweet corn distribution, visit farm that supplies potatoes for Lays

Nebraska is such a big place that there's bound to be lots of little-known hidden gems – those places that you only know about if you happen to live nearby. The Horn T Zoo near Monroe in Platte County is a sweet little place that, unless you've seen it yourself, you've probably never heard of.

Market 23 The wide array of items available at the store includes handmade soaps, bath bombs, home decor, children's toys and furniture, as well as homegrown vegetables and meats coming from local producers.

Snack at Glur's Tavern is a drinking establishment built in 1876 in the city of Columbus. It is said to be the oldest continuously operated tavern west of the Mississippi.⁽²⁾ It was patronized by "Buffalo Bill" Cody during a visit to Columbus



Kick off Dairy Month with an ice cream social!

June is Dairy Month, and Fairbury Sterling Connection will kick off the month with an ice cream social to celebrate!

Join us on Monday, June 3, at the Conference Rooms at Jefferson Community Health & Life. Registration will start at 1 p.m., with a program by Ann Engelman at 1:15 p.m. After the program we will enjoy a sundae bar with ice cream and your choice of toppings. We will conclude the day with door prizes.

The program is free, and we encourage Sterling Connection members to bring a guest who is not a member yet. Every member who brings a non-member guest will have a chance to win a special door prize for the member and their guest!

Please pre-register by Friday, May 24, by calling Pauline or Lana at 402-729-3351.

Community Sidewalk Program Planned



A free community celebration “kickoff” of the new H Street sidewalks is planned for Wednesday, May 1. Meet Me at the Sidewalk is an open house style event for all ages, to be held from 5 p.m. to 7 p.m.

Please note—this is a separate event than the Sterling Connection program planned earlier in the day. Sterling Connection members are welcome and encouraged to participate in both events!

Participants will sign in at Jefferson Community Health & Life, 2200 H St. The first 125 participants will get a free “Meet Me at the Sidewalk” drawstring backpack.

The event will include a 1 mile at-your-own-pace walk, with a variety of activities available along the way. Walkers can be creative with sidewalk chalk art, try out hoola hoops and parachute games, move in a variety of ways, and spend some time on the playground at Faith Lutheran Church. There will be prizes and healthy snacks along the way.

The celebration is organized by JeffCo On the Move, a community coalition dedicated to encouraging active lifestyles and increasing our community’s walk– and bike–ability and safety. Coalition members include Public Health Solutions, Jefferson Community Health & Life, Fairbury Public Schools, Fairbury Public Library, Jefferson County Attorney, and many interested individuals. The event also thanks Safe Kids, Fairbury Gardens, Rooted in Relationships, Heritage Care Center, and Faith Lutheran Church for their support of this project.

Registration is not necessary. Everyone is welcome!

Come celebrate our new sidewalk!

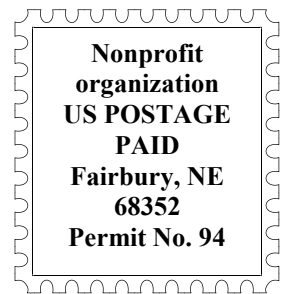
2200 H St., P.O. Box 277
Fairbury, NE 68352

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 22 — 12:15 p.m. Health Today, JCH&L Conference Rooms. What are your wishes? By Angela Pruitt RHIA and Kris Huss, Social Services. **FREE! Feel free to bring your lunch. No reservations needed.**

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

May

May 1 — *Senior Health and Fitness Day Meet Me at the Sidewalk* — see details on Page 1.

May 9 — 3 p.m. Coffee and Conversation, Grief Support Group, AseraCare Hospice. JCH&L Small Conf. Room.

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

May 16 — *JCH&L Auxiliary Salad Festival, Fairbury Elks Lodge. Tickets available in advance for \$6 or at the door for \$6.50. Fund-raiser for JCH&L Auxiliary.*

May 20 — 6:30 p.m. Alzheimer's Caregiver's Support Group, JCH&L Small Conference Room.

June

June 3 — *Celebration of National Dairy Month. See details on Page 1.*

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

June 13 — 3 p.m. Coffee and Conversation, Grief Support Group, AseraCare Hospice. JCH&L Small Conf. Room.

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

Dates, times and program titles subject to change.

"A tree is known by its fruit, a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love,"
— **Saint Basil**