

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

Jefferson Community Health Center Announces New Name

Combining Health and Life Care through Words and Actions

Jefferson Community Health Center and its health services are pleased to announce a new Commitment to Health initiative, and with it, a new name: Jefferson Community Health & Life.

The name change mirrors the organization's newly expanded approach to healthcare across the service area. As the industry's core focus shifts from treating illness and injury to nurturing and sustaining overall health, leaders at Jefferson Community Health & Life are responding by aligning care delivery more closely with community-based health and life services.

"Of course, we are still the community hospital people know and trust for quality care during times of illness or injury," said Chad Jurgens, Chief Executive Officer. "Our new commitment is an extension of that mission – one that expands our reach beyond our hospital walls and into our community, enabling a deeper impact on the lives of those we serve."

Through seamless delivery of health and life services, Jefferson Community Health & Life is committed to keeping people and families healthy. The new care model extends and enhances services available through Jefferson Community Health & Life. For example, in the coming weeks and months, the organization plans to:

- Infuse health coaches into the care experience to help patients with chronic diseases navigate their care

(Continued on page 2)

Coordinator's Corner

Dear Sterling Connection Members,

I would like to wish everyone a belated Christ-filled Christmas, and a very joyous and healthy 2017.

Thanks to all of our members who have traveled with Doris and Sterling Connection this past year on our trips. A special thank you to Rhonda Novotny and her husband, John, for preparing and delivering the food for the Sterling Connection Christmas party brunch. It was even Rhonda's day off. Thanks to Lana Likens for helping to set up, and Sandra Busing for helping with set up, clean up, being a hostess and just providing helping hands. I especially thank all of the special people who came to the brunch, waited in line or for coffee. Everyone was so gracious and there were no complaints. Even on our trips if things don't go smoothly you make my job so easy as you just go with the flow and ask how you can help. I appreciate that more than words can say. Thank you again.

I am looking forward to the trips we have planned for this year. If you see trips advertised saying Travels with Doris with Sterling Connection, those are Sterling Connection trips and I will be on board as Sterling Connection coordinator. If you see a trip advertised that just says Travels with Doris, those are her company's trips. (I might travel as a passenger, but not as Sterling Connection coordinator on those trips.) Generally in our newsletter you will see only Sterling Connection trips. We encourage you to go to travelswithdoris.com to check out all of her trips.

Sterling Connection will sponsor an AARP Smart Driver course Thursday, March 23, at the Jefferson Community Health & Life conference room. See details in this newsletter!

Please mark your calendars for a Senior Health and Fitness day to be held May 31. Details will be in the April newsletter.

We will have some great trips coming up this year! Details are on Page 2.

Pauline Niederklein, Sterling Connection Coordinator

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Travel with Sterling Connection

Sterling Connection is looking forward to more wonderful trips in 2017!

We are traveling 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. Upcoming trips include:

***"Cooking With Gus," Mahoney State Park Theater, Sunday, Feb. 5** — \$69 per person, includes admission to 2 p.m. theater matinee of "Cooking with Gus," dinner at Golden Corral restaurant in Lincoln following the play, transportation and gratuities.

***Dinner Theater "Boeing," Overland Park, KS, Sunday, March 12** — \$89 per person, includes admission to the dinner theater, meal, rolls in route, transportation and gratuities.

***Abilene, KS, Tuesday, April 11** — \$85 per person, includes meal and admissions, rolls in route, transportation and gratuities. See the Eisenhower Library and Museum and Abilene and Smokey Valley Railroad, have lunch at the Hitching Post, and stop at the One Stop Chocolate Shop Russell Stover Candy Company.

Additional trips planned for the year include Jamesport and Branson. Every year Branson has new features, new shoes and new places of interest to visit. On our most recent trip we saw Moses, and we hear that Samson will be coming next. We also got to see the lights and music at the Branson Ferris Wheel, a fund-raiser for the Boys and Girls Clubs of the Ozarks. Watch for information on coming trips!

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—the Omaha Symphony Christmas in December. For more information, call Doris at 402-821-2547, email travelswithdoris@gmail.com, or check out the website at travelswithdoris.org.

AARP Smart Driver Course Offered in Fairbury

Jefferson Community Health & Life's Sterling Connection will offer the AARP Smart Driving Course on Thursday, March 23, from 9 a.m. to 2 p.m. in the JCH&L conference room. Participants may bring a sack lunch or purchase lunch in the JCH&L cafeteria.

Traffic statistics show that older adults overall are safe drivers with good driving records. However, medical conditions, certain medications and age-related changes in physical and mental function can increase the risk of crashes and injury among older drivers. It is critically important that older drivers make driving safely a personal priority. AARP Driver Safety is committed to helping Americans 50 and older sustain mobility and safety as they age.

The four-hour research based course is offered by JCH&L Sterling Connection. Membership is not required in Sterling Connection or AARP. AARP members get a discount and must bring their AARP card to class. All participants must bring their driver's license to class.

The cost of the class is \$15 for AARP members or \$20 for non-AARP members. Pre-registration is required by March 16. To register please call Lana Likens at 402-729-6855.

New Name

(Continued from page 1)

- Expand women's health services to support women's roles in nurturing healthy families
- Form new, health-based community partnerships to make healthy choices more common and accessible (such as health education, walking/biking trails, and enhanced employer health and wellness programs)
- Elevate Burkley Fitness Center as a centralized destination for fitness, health and life services to engage residents throughout the community in healthy lifestyles

By building a more comprehensive continuum of care – and making those services easily accessible where people live, work and play – JCH&L leaders say the endeavor will inspire healthy living to flourish throughout the community.

"Through a combination of small steps and big leaps, we are embracing a Commitment to Health designed to keep quality healthcare exactly where it belongs: close to home," said Jurgens.

For more information about the organization's Commitment to Health, visit JCHandLife.org.

Travels with Doris *with*
Fairbury, Beatrice, Hastings, & Ord Sterling Connections
& Crete City Bank
Invite You to Join Us for a Fun Filled Day
At Mahoney State Park Theater
Sunday, February 5, 2017



Gussie Richardson is a famous food columnist and cookbook author. Her agent comes to tell her she's been offered her own daily network television show. She wants to do it, but her husband Walter is dead set against it and Gussie discovers she has stage fright and can't open her mouth in front of a camera. Everybody tries to help her get over it...Walter through hypnosis, Bernie her agent by threats, and even wacky Gypsy Carmen from next door casts spells. Just when she thinks she's cured, the taping turns into a comic nightmare concluding in an all out food fight that almost ends the show and her marriage.

\$69 Price includes:

Transportation & Gratuities

Admission to Theater Matinee (2:00)

Dinner at Golden Corral Restaurant in Lincoln following play

Will pickup in Grand Island, Crete, Fairbury & Beatrice

To reserve a seat call Doris at 402-821-2547 or

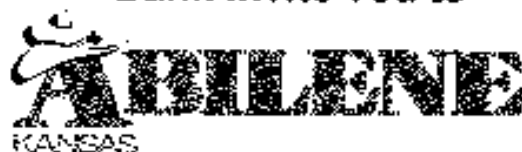
mail check to: Travels with Doris

1794 County Road 1500

Wilber, NE 68465

I am excited to include the Hastings and Ord Sterling Connection groups.
Come Along. . .We're going places!

**Travels with Doris, Sterling Connection & Crete City
Bank Invite You to**



Tuesday, April 11, 2017

\$85 Price includes:

Motorcoach, Rolls in Route, Meal & Admissions, & Gratuities

Bus will depart from Beatrice 7:00 a.m., pickup at Wilber 7:30a.m., Fairbury 8:15 a.m.

10:30-12:30 Eisenhower Library & Museum

The Dwight D. Eisenhower Presidential Library, Museum and Boyhood Home is the presidential library, museum, and resting place of Dwight David Eisenhower, the 34th President of the United States, located in his hometown of Abilene, Kansas.

12:30 Lunch at Hitching Post

1:30-3:30 Abilene & Smokey Valley Railroad

Using a vintage diesel-electric locomotive, a century-old wooden sided passenger/diner, open air observation cars and a caboose, the excursion train travels through the Smoky Hill River Valley between historic Abilene and Enterprise, a ten mile round trip. The train travels at a leisurely 10-15 miles an hour, so there is plenty of time for passengers to take pictures, and visit with the other passengers or train crew. The tracks were built in 1887.

3:45 One Stop Chocolate Shop Russell Stover Candy Company

Return at approximately Fairbury 6:30, Wilber 7:15, Beatrice 8:00 p.m.

**To reserve a seat call Doris at 402-821-2547 or
mail check to: Doris Broz-Claus
1794 County Road 1500
Wilber, NE 68465**

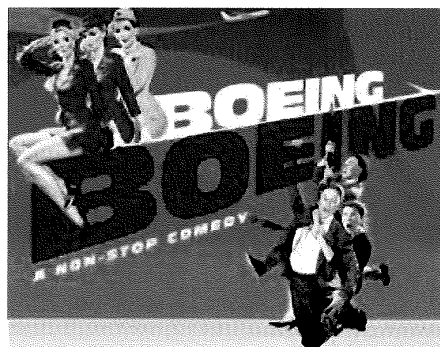
**Travels with Doris, Sterling Connection & Crete City Bank
Invite You to Join Us for Dinner Theater: Overland Park KS
Sunday, March 12, 2017**

\$89 Price includes:

Motorcoach, Rolls in Route, Meal & Admission, & Gratuities

Bus will depart from Crete 7:00 a.m., pickup at Fairbury 8:00a.m., Beatrice 8:45 a.m.

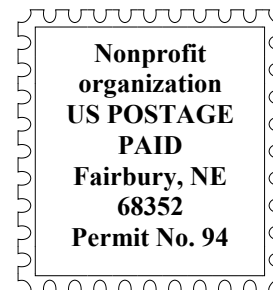
New Theatre is the Midwest premier theatre restaurant experience and has been rated by the Wall Street Journal as "the best dinner theatre in the country." You will be treated to five-star American cuisine in a comfortable and elegant theatre. The dishes are cleared, and lights are dimmed and the curtain goes up. :



This stylishly retro production was a monster comedy hit on the London's West End and a Tony winner on Broadway. Bernard is a bachelor juggling a very precarious social calendar. He is engaged simultaneously to 3 different stewardesses. Helped by his long suffering housekeeper Bertha (Debra Jo Rupp), Bernard has devised a sophisticated timetable so that each girlfriend visits him on their layovers and remains oblivious of the other 2. Everything proceeds like clockwork until the arrival of the new double speed Super Boeing which changes the schedules of the airlines. Bernard's old school friend Robert arrives unexpectedly and unwittingly joins in this farcical whirlwind of mayhem.

Return approximately Beatrice 7:00, Fairbury 7:45, Crete 8:45

**To reserve a seat call Doris at 402-821-2547 or
mail check to: Travels with Doris
1794 County Road 1500
Wilber, NE 68465**



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 ...

February

Feb. 5 — Mahoney State Park Trip. Reservations required. See flyer enclosed in this newsletter.

Feb. 9 — 3 p.m., Coffee and Conversation Grief Support Group by AseraCare Hospice, JCH&L small conference room.

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

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

March

March 9 — 3 p.m. Coffee and Conversation Grief Support Group by AseraCare Hospice, JCH&L small conference room.

March 12 — Overland Park, KS, dinner theater trip. Reservations required. See flyer enclosed in this newsletter.

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

March 23 — 9 a.m. to 2 p.m. AARP Smart Driver Course (see details on Page 2.) Pre-registration required by calling 402-729-6855.

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

April

April 11 — Abilene, KS, trip. Reservations required. See flyer enclosed in this newsletter.

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

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

May

May 31 — Senior Health and Fitness Day event—details to come!

Dates, times and program titles subject to change.

**“History teaches us that men
and nations behave wisely af-
ter they have exhausted all
other alternatives,”
— Abba Eban**