

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

Spring Membership Drive: Your Chance to Win!

Sterling Connection is having a membership drive through May 28—and it's your chance to win! If you receive this newsletter you are already a member of Sterling Connection. We encourage you to invite a friend (or friends!) to join. **An enrollment brochure is included in this newsletter for you to share with a friend or neighbor who is not already a member. Please put your name next to REFERRED BY at the bottom for a chance to win prizes!** If you need more brochures, call Lana or Pauline at 402-729-3351.



On June 1, we will draw for winners. One new member and the member who referred them will each receive a gift certificate for a one-day trip with Sterling Connection/Travels with Doris. The more you refer, the more chances you have to win a trip.

Help us grow our membership and promote Sterling Connection! It is a free opportunity to receive health and fitness information, programs and travel opportunities, free Meals on Wheels after you have been hospitalized, a quarterly newsletter, and a special membership rate at the Burkley Fitness Center for those who are 50-59 (get the senior discount early as a member!) To belong, you must be 50 or older and register for JCH&L Sterling Connection. For more information talk to Pauline or Lana at 402-729-3351.

Coordinator's Corner

Hello Sterling Connection members!

Hope everyone had a lovely Easter! It was a beautiful day to be outside. The flowers are blooming and we hope they recover from the snow. Have you noticed how fat the robins are?

We are working on resuming travel. See information on the next page on the trips we have planned.

We are looking ahead to a Senior Health and Fitness Day on Oct. 27. Watch for details to come.

We are also working on a membership drive. See the details in the story above. Invite a friend or neighbor to join and you might win a trip!

Pauline Niederklein Sterling Connection Coordinator

Sterling Connection is offered in conjunction with Bryan Health

Travel with Sterling Connection

We are looking forward to resuming travel in July, after a long break during the COVID pandemic. Sterling Connection will be traveling again 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:

***Nebraska Passport Destinations, July 1** — \$82 per person includes motor coach, lunch, Screammers, admission to Wenninghoff Farm and Wildlife Safari Park, and gratuities. See Omaha's original farm produce store, the four-mile drive through North American Wildlife Safari Park, and Bottle Rock Brewing in Seward. (See flyer included.)

***Mamma Mia, Kearney, July 25** — \$95 per person includes motor coach, lunch, tickets, and gratuities. See the musical Mama Mia at the Merryman Performing Arts Center in Kearney, and have lunch at Tommy Gunz in Grand Island. (See flyer included.)

***Passport Adventure to the South Dakota Border, Sept. 15** — \$85 per person includes motor coach, lunch, and gratuities. See The Meridian Bridge in Yankton (double-decker pedestrian bridge connecting two states.) Explore the Meridian Bridge Plaza, and Glur's Tavern in Columbus. Lunch will be at District Table and Tap in Norfolk.

***Christmas at Leon's, Manley, Dec. 12** — \$92 per person includes motorcoach, lunch at Jeannie's Place in Lewiston, tickets and gratuities. See Christmas at Leon's at the Loft in Manley.

***Branson, Mo., Nov. 4-7** — \$679 per person (double occupancy) includes 3 nights lodging, motor coach transportation, 6 meals, admission to 6 shows, tram and gratuities. The trip includes shows: Hughes Brothers Dinner and Christmas Show, Hot Rods and High Heels, Jesus at Sight and Sound Theater, Magnificent Seven Variety Show, Daniel O'Donnell, and Presley's Jubilee Christmas Show; Dogwood Canyon Tram Tour; plated dinners at Black Oak Grill and McFairlain's Restaurant; and more. This trip fills fast. Reserve your seat early!



at

shutterstock - 124706809

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.

JCH&L Offers Next Session of Smart Moves

The next session of a successful lifestyle change program will be offered beginning in May at Jefferson Community Health & Life in Fairbury. The year-long program is designed for those who are at risk for diabetes and want to change their lifestyle to avoid getting diabetes. **A free no-obligation introductory class will be held at 4 p.m. on Tuesday, May 4. Anyone who thinks they might be interested in Smart Moves is encouraged to attend this session. To sign up for the introductory class, call Lisa Edeal RD, LMNT, at 402-729-6846.**

The year-long program will begin May 18. Classes will meet on Tuesdays at 4 p.m.

Lifestyle coaches who lead the program are JCH&L Dietitian Lisa Edeal RD, LMNT; Bekah Kimberlin, PharmD, BC-ADM; and Craig Bontrager, director of JCH&L Burkley Fitness Center.

JCH&L's program has received Full Recognition from the Centers For Disease Control (CDC). This designation is reserved for programs that have effectively delivered a quality, evidence-based program that meets all the standards for CDC recognition.

For the first part of the program, 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 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.

Anyone interested in Smart Moves or the May 4 free introductory session is encouraged to contact Lisa Edeal RD, LMNT, at (402) 729-6846 or email lisa.edeal@jchealthandlife.org to register or for more information.

Sterling Connection

Enriching lives over 50

This is a membership application only.
It is not an application for credit.

Hospitals offering *Sterling Connection*
reserve the right to change the
program services or discontinue
the program at any time.

Complete program benefits are
outlined in the *Sterling Connection*
brochure. Some restrictions may
apply to specific program benefits.

Sterling Connection is in conjunction
with Bryan Health.

Jefferson Community Health & Life
Sterling Connection
P.O. Box 277
Fairbury, NE 68352

Place
Stamp
Here

Sterling Connection MEMBERSHIP APPLICATION

Name _____
LEGAL LAST NAME LEGAL FIRST NAME MIDDLE INITIAL

Mailing Address _____ City _____ State _____ Zip _____

Phone Number (_____) _____ Sex F M Birthdate ____/____/____ Age ____

E-Mail _____

Marital Status: ☐ Married Spouse Name _____

☐ Single

☐ Widowed

☐ Divorced

SPOUSE OR OTHER IN HOUSEHOLD APPLYING FOR MEMBERSHIP

Name _____
LEGAL LAST NAME LEGAL FIRST NAME MIDDLE INITIAL

Mailing Address _____ City _____ State _____ Zip _____

Phone Number (_____) _____ Sex F M Birthdate ____/____/____ Age ____

E-Mail _____

Marital Status: ☐ Married Spouse Name _____

☐ Single

☐ Widowed

☐ Divorced

REFERRED BY: _____

On the Road Again with Travels with Doris & Sterling Connection to Nebraska Passport Stops Thursday, July 1, 2021

\$ 82 Price includes: Motorcoach, Lunch, Admissions, & gratuities.

Depart from Fairmont Main Street at 7:30 a.m., Dorchester Firehall 8:00,
Fairbury Walmart Parking Lot at 9:00 a.m. (Restroom Break), Beatrice Walmart
Parking Lot North End 8:15 a.m. Approximate return Beatrice 6:00 p.m.,

Fairbury, 6:30, Dorchester 7:15,
Fairmont 7:45

11:00 Lunch at one of our favorites



803 Q St ste 150,

& it's on
2021 Passport List



1:15 **WENNINGHOFF FARM** 6707 Wenninghoff Rd is now in it's 4th generation of farmers on this piece of land in Omaha. What started out as a farmer selling his wares during the Depression

years, has become a family business that has been selling produce on-the - farm for the last 60 years.

LEE G. SIMMONS CONSERVATION PARK & WILDLIFE SAFARI



2:30 Wildlife Safari Park is a four-mile, drive-through North American wildlife adventure. Visitors feel like they're on an actual safari, coming face-to-face with North American plants and animals such as elk, white-tailed deer, bison, pronghorn antelope and waterfowl.



4:30 **Bottle Rocket Brewing Company** 230 S 5th St, Seward, Our historic grain mill building was originally built in the 1940's. It was built as a seed grain cleaning and processing mill. In the 1980's it was turned into a flower shop that functioned until the brewery bought it in 2014. The original mill building features the original grain elevators, grain hoppers and Fairbanks-Morse scale.

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

Here we go again!

Travels with Doris & Sterling Connection



Mamma Mia is coming to Kearney
Merryman Performing Arts Center

Sunday, July 25, 2021

Breathtaking scenery, award artful direction
and Broadway caliber talent.”

\$95 Price includes: Motorcoach, Lunch, Admission, & gratuities.

Bus will pickup at Beatrice Walmart Parking Lot Northwest side 7:30 a.m., Fairbury Walmart Parking Lot South End, 8:15, Western Library 8:45, Dorchester Fire Hall across from Gas Station 9:15 a.m. Hastings Walmart Break Depart 10:45

12:00 Grand Island on 2021 Nebraska Passport destinations

TOMMY GUNZ
— RESTAURANT • BAR • LIQUOR WAREHOUSE —

2:00 **Mamma Mia!** On a small Greek island, Sophie dreams of a perfect wedding — one which includes her father giving her away. The problem? Sophie doesn't know who he is! Her mother Donna, the former lead singer of the 1970s pop group Donna and the Dynamos, refuses to talk about the past, so Sophie decides to take matters into her own hands. Sneaking a peek in her mother's old diaries, she discovers three possible fathers: Sam, Bill, and Harry. She secretly invites all three to the wedding, convinced that she'll know her father when she sees him. But when all three turn up, it may not be as clear as she thought! See why millions of people worldwide have fallen in love with this musical sensation that is sure to leave you dancing.

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

Travels with Doris & Sterling Connection Invite you to Branson

“Live Music Show Capital of the World” **Nov. 4-7, 2021**



\$679 Per Person Double Occupancy, \$829 Single, Triple \$639, Quad \$619 Included: motorcoach, 3 nights lodging at Grand Plaza Hotel, 6 meals, admissions for **6 shows** & Tram, & gratuities.

Thurs, Nov. 4 Depart Hastings Walmart 6:15 a.m. Dorchester Firehall 7:30 a.m, Fairbury Walmart 8:30 a.m , Beatrice Roller Rink 9:00 a.m. . Board your Motor coach and set off for the “Live Music Show Capital of the World” – Branson, Missouri.
Arrive in Branson, check into hotel
6:30 Hughes Brothers Dinner & Christmas Show

Friday, Nov. 5

10:00 a.m. Hot Rods & High Heels at Clay Cooper Theater,
2:00 Dogwood Canyon Tram Tour
5:30 Black Oak Grill Plated Dinner at Branson Landing
7:30 Jesus at Sight & Sound Theater

Saturday, Nov. 6

10:00 a.m. Magnificent Seven Variety Show at Hammer Theater
2:00 Daniel O'Donnell at Welk Theater
6:00 McFarlain's Restaurant Plated Dinner
8:00 Presley's Jubilee Christmas Show

Sunday, Nov.7 Return Arrive in Beatrice approximately 5:30, Fairbury 6:00, Crete 7:00 p.m.

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

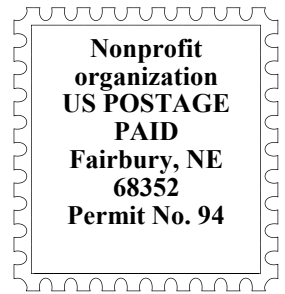
2200 H St., P.O. Box 277
Fairbury, NE 68352

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.

Burke Kline, DHA, chief executive officer
Pauline Niederklein,
Sterling Connection Coordinator

For more information about
Sterling Connection
call (402) 729-3351.



UPCOMING EVENTS ...

*Support groups are currently suspended because of COVID-19. Please watch local media for information on when support groups restart.
Sterling Connection Trips remain suspended.*

June

June 14 — 9 a.m. to 2 p.m. Nebraska Community Bloodbank bloodmobile, at Fairbury Clinic parking lot. Register at NCBB.org, and use code JCHC, or call 402-729-6851.

July

July 1 — *Passport Destinations Trip*, \$82. See flyer. Pre-registration required.

July 25 — *Mamma Mia Trip*, \$95. See flyer. Pre-registration required.

September

Sept. 15 — *Nebraska Passport Adventure Trip*, \$85. See information in article on page 2.

Dates, times and program titles subject to change.

October

Oct. 27 — Senior Health and Fitness Day. Details to come. Pre-registration required.

November

Nov. 4-7 — Branson trip, \$679. See flyer. Pre-registration required.

December

Dec. 12 — Christmas at Leon's, \$92. See information in article on Page 2. Pre-registration required.

*"It is never too late to be
who you might have
been,"
George Eliot*