

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

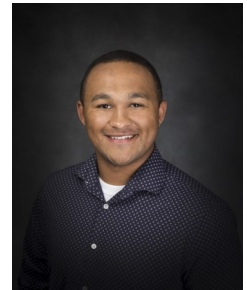
Two New Providers at JCH&L Fairbury Clinic

JCH&L Fairbury Clinic has welcomed two more new providers recently. Welcome to Nurse Practitioner Carolyn Ferguson and Physician Assistant Bryce Taylor.

Carolyn Ferguson, FNP-C, joined JCH&L on Oct. 12. Carolyn received her Master's in Nursing, Family Nurse Practitioner, from California State University, San Marcos; her Bachelor of Science in Nursing from California State University, Bakersfield; and her Associates in University Studies from Mira Costa College, Oceanside, Cal. She comes to us from Norfolk, Neb., where she was in family practice with Veteran's Affairs. She served in the Navy from 2003 to 2007.



Ferguson



Taylor

Bryce Taylor, PA-C, joined JCH&L on Sept. 27. He received his Master of Science Physician Assistant from College of St. Mary; his Bachelor of Science in Biology from the University of Nebraska-Omaha; and an Emergency Medical Technician certification from Metropolitan Community College. He is a Fairbury High School graduate, and worked at Cedarwood while he was in high school.

The two new providers join:

Physicians Dr. Craig Shumard, Dr. Rebecca Stoklund and Dr. Brett Wergin;
Nurse Practitioners Kirisha Afuh, Megan Knutson, and Keegan Williams;
And PAs Jessica Borrenpohl and Kensly Williams.

We are excited to have these new providers join us!

Coordinator's Corner

Hello Sterling Connection members!

It seems the year is going so fast, and I have not seen a lot of you since our last Christmas party two years ago—and that is just too long!

Hopefully we can soon start to plan some Sterling Connection events again. Right now I'm putting my focus on our Christmas party at the Bonham Theatre. We will have a wonderful classic movie, popcorn and drinks, and drawings for door prizes. We will send a postcard when we have all the details!

I've had friends tell me the only good thing about COVID-19 was that they got house cleaning done and closets cleaned out. There is always a silver lining with every cloud. COVID has definitely been a cloud. I hope you have found some silver linings.

The Dakota border trip was fun. We thoroughly enjoyed the town of Norfolk. They have a beautiful arts center, and many murals on the downtown buildings. Our lunch was at the historic Elkhorn Hotel.

Stay safe, happy and healthy 'til we meet again. Blessings from my home to yours!

Pauline Niederklein Sterling Connection Coordinator

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Travel with Sterling Connection

We resumed travel in July, after a long break during the COVID pandemic. Sterling Connection is 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. Still to come this year:

***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. **Currently full with a waiting list.**



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

Bryan Mobile Screening Services Comes to JCH&L on Nov. 2

Mobile Screening Services from Bryan Health will be offered at Jefferson Community Health & Life on Nov. 2 from 8 a.m. to 1 p.m. The screenings are available on a private-pay basis only.

Several types of screening are available. Atrial fibrillation screening is available for all ages. Atrial fibrillation is the most common heart arrhythmia, affecting 2.7 million Americans. The cost of this screening is \$10.

The other three screenings offered are available to those who are 65 or older, or age 55 with certain personal risk factors or family history. Please discuss your eligibility with the scheduler when you call to make an appointment. Screenings available based on age or risk include:

Peripheral Arterial Disease screening – A painless, non-invasive test called the anklebrachial index (ABI) compares the blood pressure in the ankles to the blood pressure in the arms to determine how well the blood is flowing. Cost-- \$20.

Abdominal Aortic Ultrasound screening – This painless, non-invasive screening detects the presence of an aneurysm in the abdominal aorta (four hour fast required.) Cost - \$40.

Carotid Artery Ultrasound screening – This painless, non-invasive screening detects plaque deposits in the carotid arteries. These plaque deposits are a leading risk factor for stroke. Cost - \$40.

Appointments for any of the screenings maybe made by calling JCH&L Outpatient Services at 402-729-3351. Please call to make appointments weekdays between 8:30 a.m. and 4 p.m.

What You Need to Know When the Power Goes Out Unexpectedly

Editor's Note: Reprinted with permission from CDC.gov

Food Safety

If the power is out for less than 4 hours, then the food in your refrigerator and freezer will be safe to consume. While the power is out, keep the refrigerator and freezer doors closed as much as possible to keep food cold longer.

Safe Drinking Water

When the power goes out, water purification systems may not be functioning fully. Safe water for drinking, cooking and personal hygiene includes bottled, boiled or treated water. Your state or local health department can make specific recommendations for boiling or treating water in your area.

Medications

Some drugs require refrigeration to keep their strength, including many liquid drugs.

*When the power is out for a day or more, throw away any medication that should be refrigerated, unless the drug's label says otherwise.

*If a life depends on the refrigerated drug, but the medications have been at room temperature, use them only until a new supply is available.

*Replace all refrigerated drugs as soon as possible.

Extreme Heat or Cold

Heat

Be aware of the risk of heat stroke, heat exhaustion, heat cramps and fainting.

If air conditioning is not available in your home:

*Contact your local health department or locate an air-conditioned shelter in your area.

*Spend some time at a shopping mall or public library—even a few hours spent in air conditioning can help.

*Take cool showers or baths.

*Don't rely solely on fans to keep you cool. While electric fans might provide some comfort, when temperatures are really hot they won't prevent heat-related illness.

*Drink a glass of fluid every 15-20 minutes, and at least one gallon each day. Avoid alcohol and caffeine.

*Wear light-colored, loose fitting clothing

*Take frequent cool showers or baths.

*Get medical help quickly if you feel dizzy, weak or overheated.

Cold

Hypothermia happens when a person's core body temperature is lower than 95 degrees Fahrenheit.

*Make sure you have adequate food, clothing, shelter and sources of heat. If you don't, get help or get someplace warm.

*Wear layers of clothing, which help to keep in body heat.

*Move around. Physical activity raises body temperature.

*Close off unused rooms to consolidate and retain heat.

*If power is out for a prolonged period, go to another location that has heat.

*Only use generators outside and away from our home. Do not connect it to your home's electrical system.

Be prepared for an emergency

CDC recommends that people make an emergency plan that includes a disaster supply kit. The kit should include enough water, dried and canned food and emergency supplies to last at least 3 days. Include flashlights, batteries, first-aid supplies, prescription medicines, and a digital thermometer. Consider cash, extra clothing, blankets and sleeping bags.

If you rely on battery operated or power dependent medical devices, determine a backup plan.

Keep your car's gas tank full—gas stations rely on electricity to power their pumps.

Have an alternate method for charging your cell phone. Know before a power outage if your landline works when the power is out. (Cordless phones depend on electricity—have a backup.)

New Lab Service to be Available Soon

Discounted lab testing at the patient's request will be available soon at Jefferson Community Health and Life.

Beginning Wednesday, Oct. 20, area residents will be able to schedule their own lab without a physician's order for a variety of commonly requests lab screenings. These screenings are private pay only, we will not bill insurance. A general wellness panel including general chemistry, lipid panel, complete blood count and TSH will be \$75. Individual tests available at various prices include general chemistry, lipid panel, Complete Blood Count, Thyroid Stimulating Hormone (TSH), Hemoglobin A1C, PSA, Vitamin D and blood type.

This service will be available every other Wednesday and every other Friday. Wellness Wednesdays will be from 5 p.m. to 7 p.m., and Fasting Fridays will be from 6 a.m. to 8 a.m.

Area residents may be interested in this service if they wish to have more frequent testing than their health plan covers; to access and manage their health on a regular basis; or are uninsured or have a high deductible and want to take advantage of lower out-of-pocket expenses.

"In the past, we have offered reduced-price lab screenings once a year. We believe offering the opportunity weekly throughout the year will be a great advantage to many area residents," said Erin Starr, JCH&L Chief Nursing Officer.

Results will be available on the JCH&L Patient Portal, and will not be shared with providers.

To make an appointment, call 402-729-3351 weekdays from 8 a.m. to 4 p.m. Appointments are required at least 24 hours before testing. Payment at the time of testing can be made by cash or check. If you would like to use a credit card, please ask for arrangements when scheduling.

Lab Pricing Made Consistent Between Health Center, Clinic

Lab pricing was made consistent between Jefferson Community Health & Life health center and clinic services on Oct. 1.

"Because we are all one organization, having different lab prices for the clinic and the health center was confusing, and was a potential compliance concern," said Chance Klasek, JCH&L CFO. "For compliance, consistency, and less confusion, lab prices were made consistent across the board within our facilities as of Oct. 1."

If you have questions, please contact Chance Klasek, CFO, at 402-729-3351, extension 4427.

JCH&L Recognizes Breast Cancer Awareness Month

During October's Breast Cancer Awareness Month, Jefferson Community Health & Life encourages women to follow their doctors' recommendations for breast cancer screening.

Regular mammograms are just one way for women to take care of themselves – but it is an important part of breast health. In recognition of Breast Cancer Awareness Month, every woman who has a mammogram in October will receive a gift.

Mammography is typically recommended in combination with regular examination by a physician and breast self-awareness. The American College of Radiology and Society of Breast Imaging recommend that women age 40 or older have a mammogram every year. Women are encouraged to ask their doctor about mammography recommendations specific to their needs, risks and health history.

Many insurance companies pay for screening mammograms. The Every Woman Matters program is also available to assist women with the cost of regular mammograms, and other routine health screenings. JCH&L also has a mammography fund which can help those who need a mammogram and need financial assistance.

JCH&L offers a Women's Health Day which allows women to have all of their annual screenings in one day morning, including lab, mammogram and annual physical. The day includes pampering (such as a mini manicure or hand massage) and breakfast. Tests and screenings can be billed to most major insurances and Medicare. The next Women's Health Days are Nov. 2 and Dec. 7.

For further information, or to schedule a mammogram, please call the Jefferson Community Health & Life Radiology at 402-729-6841.

Travels with Doris & Sterling Connection Invite you to Lunch at Jeannie's & the Loft Theater Dec. 12

\$92 includes Motorcoach, Tickets for Lunch at Jeannie's Place in Lewiston, Loft Theater in Manley, & Gratuities.

Depart from Depart Hastings Walmart 7:30, Dorchester Firehall 8:45 a.m., Fairbury Walmart Restroom Break 9:30 a.m., Beatrice Walmart 10:15 a.m. Return approximately Beatrice 5:30, Fairbury 6:15, Dorchester 7:00, Hastings 8:15.



Jeannie Tegtmeier operates the business called "Jeannie's Place". Jeannie says her mother was a good cook, and she herself enjoys cooking, and she thought she might be able to create a dining room. "I always cooked a lot for my brothers, when they had hired hands or people coming to look at their purebred cattle. I got to thinking, maybe there is someone who would pay me to do this," Tegtmeier said. "So I built on this room (on my house), and it's like going to grandma's house." There is always WONDERFUL homemade pies to finish off the meal. Another Travels with Doris favorite eating place.. Jeannie also plays the piano & sings,

2:00 Matinee "Christmas at Leon's," -- Leon's is "noel"

spelled backwards – written by Mick Kovar of Lincoln, we think some relative of Wilber Kovars. Premiered in 2010, "Christmas at Leon's" is a tale about a bus full of holiday travelers who become stranded at a roadside diner during a blizzard. Each passenger, as it turns out, has a flaw or personal drama affecting his or her life.

The travelers not only find shelter, but spiritual comfort at the diner owned by an odd little man named Leon and staffed by three waitresses -- Bell, Holly and Joy. The two-act musical features 12 original songs by Kovar. His score features a mix of music styles, including country, Calypso, Broadway, Disney and "Elvis-like rock 'n' roll." A MUST SEE!

Call early as ticket availability is limited.

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.

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UPCOMING EVENTS ...

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

November

Nov. 4-7 — Branson trip, \$679. Pre-registration required. This trip is full with a waiting list.

December

Dec. 11 — Christmas party, Bonham Theatre. Free to Sterling Connection members and their guests. Details to come.

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



Dates, times and program titles subject to change.

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." —

William Arthur Ward

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them." —

John F. Kennedy