

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

Some Medicare Plans Offer Assistance with Fitness Center Costs

Those on Medicare might want to check on their eligibility for assistance with the cost of participating at a fitness center. JCH&L Burkley Fitness Center is a partner with Renew Active, Silver and Fit and Silver Sneakers. All are fitness plans which are part of Medicare or Medicare Supplement plans.

Most of these programs pay the fitness center directly for the participant's use of the facility. The participant must simply check in with them when they come to the facility, either to use equipment or take classes. It is important to note that many of the plans which offer these programs are Medicare Advantage plans, which are different than original Medicare, while a few are Medicare supplement plans.

If you are curious whether your plan covers any of these programs, you can talk to the staff at the Burkley Fitness Center. With your name, birthdate and insurance card, the staff can check whether you are eligible.

"There are many factors in choosing an insurance plan which is right for your needs, and we don't recommend choosing based on whether the plan provides fitness center membership. However, if the insurance plan that best suits your needs does cover fitness center membership, we encourage you to take advantage of that feature," said Jen Johnson, JCH&L Burkley Fitness Center manager.

You can also ask your insurance provider if you qualify for fitness center benefits. The fitness center offers annual and monthly rates, as well as punch cards for those who use the facility fewer times per month. All fees include group fitness classes. (Martial arts is a separate class which meets at the fitness center, so has its own fees. Burkley Fitness Center members receive a discount on martial arts.) If you have questions about membership, fees or insurance coverage, please contact the Burkley Fitness Center at 402-729-6139.

Coordinator's Corner

Hello Sterling Connection members!

Wishing you a belated Merry Christmas and Happy New Year! Our Christmas party at the Bonham Theatre was a success, and those who attended really seemed to enjoy it.

This year Doris has found a lot of wonderful places to travel. Check out our upcoming trips on page 2.

We are hoping to do more health programs here at JCH&L. This year we hope to bring back Senior Health and Fitness Day, which is typically the last Wednesday in May.

We continue to provide certificates for members who are hospitalized to take advantage of Senior Diners/ Meals on Wheels. There have been a few changes in where to call for meals, based on where you are located. If you are hospitalized and we mail you certificates, be sure to read the information on the back on where to call to make a reservation or request a delivery.

We are pleased to have added some new members this year. Welcome, if you are one of our new members! If you know someone who might like to join, please invite them. Call 402-729-6855 and ask Lana to send them a membership form to fill out and return.

Here's to a great new year for all!

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:

***Omaha, Feb. 20 — Outside Mullingar —** \$95 per person, includes motorcoach, lunch, tickets to theater and gratuities. We will see Outside Mullingar at the Omaha Community Playhouse, and have a behind-the-scenes tour. Lunch is at Pizza Ranch. (See flyer)

***Lincoln, May 1 — Come from Away —** \$119 per person, includes motorcoach, lunch, admissions and gratuities. We will see Come From Away at the Lied Center. Brunch will be at Screamers. (See flyer)

***Branson, Mo., November, dates to be determined.**

Additional trips will be added at a later time.

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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COVID Booster Vaccines Available at JCH&L Fairbury Clinic

*Must be at least 6 months after second dose of Moderna or Pfizer, or 2 months after Johnson & Johnson

*You may choose to get a booster of the same vaccine series you started OR you may choose to get a different brand

To make an appointment call 402-587-5188

Please give your name, date of birth, and preferred vaccine.

There is no out of pocket cost for boosters. Insurance, if available, will be billed for administration fee.

The Right Shoes Can Help Prevent Falls

Falls are a concern for those who are older—and the right shoes can help prevent falls. The wrong shoes can increase the chances for falling.

Our feet change as we age. Our feet losing the natural padding from the heel and ball of the foot. Arches may become flatter and less flexible. Feet become wider and longer. The Health in Aging Foundation states that three out of four seniors are wearing shoes that are too small. A pair of shoes that fit perfectly 10 years ago may no longer fit properly and safely.



The proper shoe will: cushion the foot, support the arches, protect feet from rough surfaces, maintain a comfortable temperature, protect from moisture build up, provide a strong grip on different purposes, offer a solid foundation, and be comfortable and easy to put on and take off.

Lively.com gives 6 tips for buying the best shoes for seniors:

1. Buy the right size.
2. Shop in the afternoon. Our feet are typically most swollen and larger in the mid-afternoon.
3. Wear the socks you will wear with the shoes.
4. Try on both shoes. Most people have one foot that is slightly bigger than the other. It is recommended by the American Podiatrist Medical Association to shop for the larger foot. A slightly larger shoe on the smaller foot is safer than a too tight shoe on the larger foot.
5. Walk around. Make sure the shoes feel steady and comfortable.
6. Give the shoe the 1-2-3 test. The APMA offers this simple test to see if a shoe will help to improve your balance and prevent falls. Step 1: Check the heel, press on both sides of the heel area. It should maintain its shape. Step 2: Check the toe, bend the shoe up at the toe end. There should be some bend and flexibility. Step 3: Check the middle. When you try to twist the shoe there should be no bending in the middle.

Neurosurgery Added to Specialty Clinics at JCH&L

Neurosurgery is the next specialty service being added to the Outpatient Specialty Clinics at Jefferson Community Health & Life. Dr. Jeremy Hosein, of Neurological and Spinal Surgery LLC, visits on the first Tuesday of each month.

Neurological and Spinal Surgery L.L.C. is devoted exclusively to the diagnosis, surgical and non-surgical treatment of, and consultation concerning diseases and disorders of the central nervous system, spine and peripheral nerves and their blood vessels.

Dr. Hosein completed his neurosurgery residency at the University of Colorado with experience in degenerative spine and peripheral nerve disease, brain and spine cancers, pituitary tumors, and traumatic brain and spine injury. Dr. Hosein also has extensive policy experience in health care, which has led him to believe that care for patients begins before they step into his office.



JCH&L continues to add specialty clinics to better serve the needs of area residents.

"As we continue our commitment to being our community's most trusted partner for a lifetime of health, we seek to provide additional services which can help our area residents reach the best health outcomes and live their healthiest lives," said Burke Kline, DHA, CHFP, FACHE. "We are pleased to be the only Critical Access Hospital in our area to provide neurological surgery."

Ask your primary care provider whether a referral to a neurological surgeon would be right for you. For more information or to schedule an appointment, call Neurological and Spinal Surgery LLC at 402-488-3002.

Happy Valentine's Day
Travels with Doris &
Sterling Connection takes you to



Outside Mullingar

By John Patrick Shanley

This charming romantic comedy follows Anthony and Rosemary, two introverts who grew up on neighboring farms in rural Ireland. Rosemary secretly fell in love with Anthony at age six, but after a bout with heartbreak, Anthony swore off women forever. The now middle-aged pair must overcome their own aloofness—as well as a family property dispute—to finally find their way to one another.

11:00 Lunch Pizza Ranch, 3010 South 84th Street

Bus will pickup at Fairmont turn south off Hwy 6 on 6th Ave park on west side of street
7:15 a.m., Dorchester Fire Hall across from Gas Station 7:45 a.m., Fairbury Walmart
Parking Lot South End, 8:30, Beatrice Walmart northwest end 9:15 Restroom Break,
Lincoln Race Course 9:E

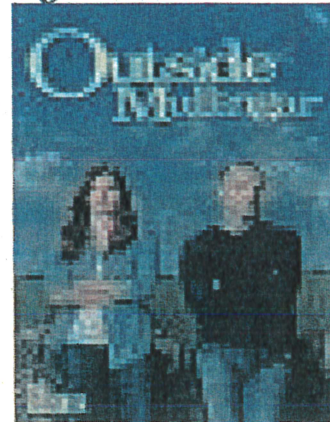
\$95 Included Motorcoach, Lunch, Tickets to Theater, & Gratuities

Also:

- Behind-the-scenes tour

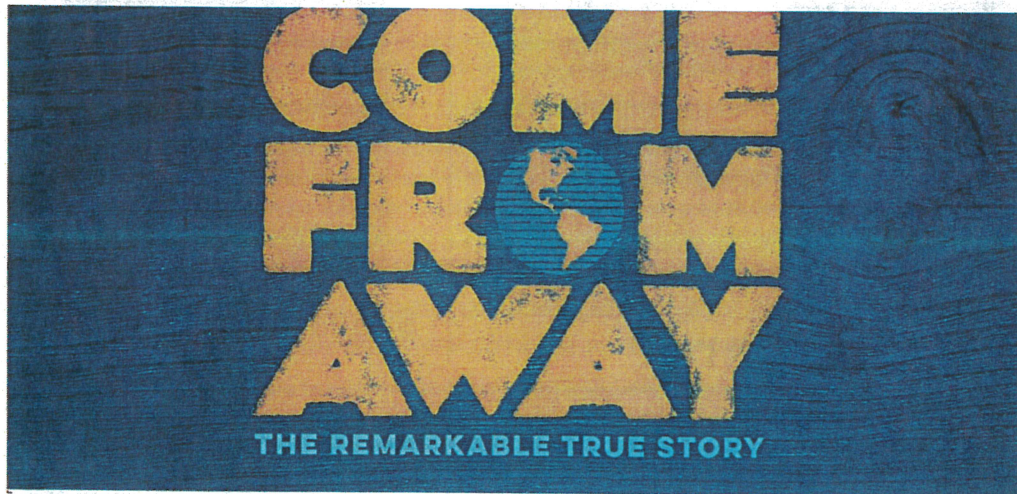
To reserve a seat call Doris at 402-821-2547 cell 402 641-7132 or mail check to:
Travels with Doris, 1794 County Road 1500, Wilber, NE 68465

Omaha Community
Playhouse



Sunday, February 20

Travels with Doris & Sterling Connection Takes You to the Lied Center Saturday May 1, 2:00 Matinee



WHAT IS COME FROM AWAY ABOUT?

On September 11th 2001, as the full horror of the terror attacks became apparent, the US closed its airspace, grounding thousands of passenger jets heading in, out and throughout of North America. An astonishing 38 of them were forced to land in Gander, a remote Newfoundland town with a population of just 9,000 people. The arrival of the passengers boosted those numbers to nearly 20,000.

10:30 Brunch at one of our favorites



803 Q St ste 150

\$119 Price includes: Motorcoach, Lunch, Admissions, & gratuities.

Depart Hastings Walmart 7:00 Depart from Dorchester Firehall 8:15, Western Library 8:45, Fairbury Walmart Parking Lot at 9:15 a.m Beatrice Walmart Parking Lot North End 10.00(Restroom Break), Approximate return Beatrice 6:00 p.m., Fairbury, 6:30, Dorchester 7:15, Fairmont 7:45

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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.

January

Jan. 31 — Nebraska Community Bloodbank Bloodmobile, 9 a.m. to 2 p.m., located at JCH&L Fairbury Clinic. Appointments preferred by calling 402-729-6851.

February

Feb. 20 — Outside Mullingar at Omaha Community Playhouse, lunch at Pizza Ranch; \$95, reservations required by calling 402-821-2547.

April

April 4 — Nebraska Community Bloodbank Bloodmobile, 9 a.m. to 2 p.m., located at JCH&L Fairbury Clinic. Appointments preferred by calling 402-729-6851.

May

May 1 — Come From Away, Lied Center; \$119; Brunch at Screammers. Reservations required by calling 402-821-2547.

May 25 — National Senior Health & Fitness day. Details to come.

"If we had no winter, the spring
would not be so pleasant: if we did
not sometimes taste of adversity,
prosperity would not be so wel-
come." —

Anne Bradstreet

Dates, times and program titles subject to change.