

# 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

## Ice Cream Social Planned at Fairbury Senior Diners

JCH&L Sterling Connection will host an ice cream social and program at Fairbury Senior Diners on Tuesday, July 26.

The program on the importance of dairy products by Ann Engelman of Classic Dairy will begin at about 12:15 p.m. at the Fairbury Senior Diners, 601 City Park Road. We encourage those attending to have your noon meal at Senior Diners. **Please note, you MUST call 402-729-5258 by Monday, July 25, to make reservations for lunch. If you are having lunch you do not need to register separately for the ice cream social. If you would like to attend the ice cream social only, please call 402-729-6855 and leave a message so we can plan for enough ice cream!**



For those 60 and older, the suggested donation for lunch is \$4. For those under the age of 60 the cost of lunch is \$6. Lunch that day is a garlic herbed pork loin, mashed sweet potatoes, spinach casserole, applesauce and cake. Ice cream will be served after the program.

Sterling Connection members are encouraged to bring a guest!

If you have questions, please call Pauline at 402-729-3351 or Lana at 402-729-6855.

### Coordinator's Corner

*Hello Sterling Connection members!*

*Summertime is here and so are picnics and outings. We have had a lot of fun activities so far this year. We've had some wonderful Travels with Doris and more to come!*

*We celebrated National Senior Health and Fitness Day on June 8 at JCH&L Burkley Fitness Center. We played cornhole and learned about healthy nutrition from Lisa Edeal, our dietitian, and exercise from Jen Johnson, our Fitness Center Coordinator. Thanks to Rhonda Novotny and nutrition services for snacks.*

*Thanks to those who made our membership enrollment a success. We enrolled 7 new members, with each new member and the members who referred them receiving a gift certificate from Classic Cones. The prize of a free trip went to new member Janet Ahl, and referring member Sheri Hinman. Congratulations! They will each choose a one-day trip with Travels with Doris.*

*See details above about an ice cream social planned for July! Learn about the importance of dairy and enjoy some ice cream with us!*

*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. 3-6—** \$749 per person double occupancy, includes motorcoach, 3 nights lodging at Barrington Hotel, 6 meals, admission for 7 shows and gratuities. Shows include Grand Jubilee, George Dyer, Texas Tenors, Andy Williams Christmas, Sanders Family Christmas, Daniel O'Donnell, and Miracle of Christmas.



**\*Omaha, Dec. 4 — Christmas Event —** \$85 per person, includes motorcoach, lunch, admissions and gratuities. We will see the Merry and Bright Holiday Poinsettia Show, have lunch at Lauritzen Garden restaurant, see the Christmas pageant matinee with live animals at Omaha Westside Church, an enjoy Christmas lights and cookies on the return trip. (See flyer)

**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.**

## COVID Vaccines and Boosters Available at JCH&L Fairbury Clinic

\*JCH&L Fairbury Clinic has Pfizer (for ages 12 and older) and Moderna (for ages 18 and older) available

\*First booster must be at least 5 months after second dose of Moderna or Pfizer,  
or 2 months after Johnson & Johnson. Available to anyone 12 and older.

\*Second booster (available for anyone 50+ or immune compromised)  
must be at least 4 months after second booster. A second booster is also available for those who have had 2  
J&J vaccines.

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

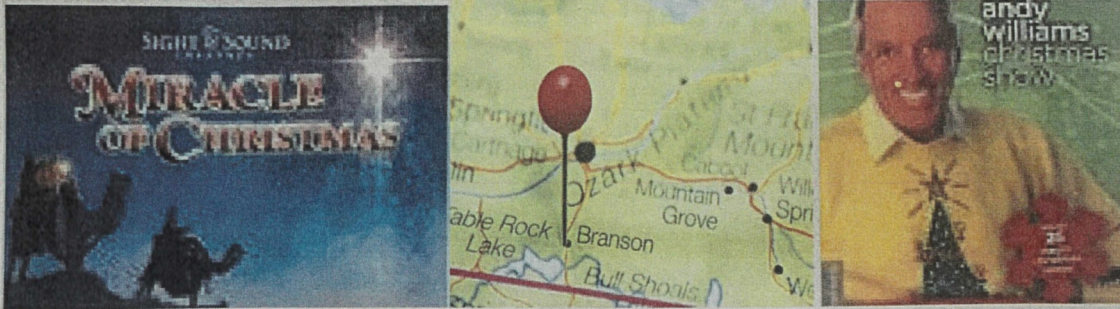
## To make an appointment call 402-587-5188

Please give your name, date of birth, and preferred vaccine.  
There is no out of pocket cost for vaccine or boosters. Insurance,  
if available, will be billed for administration fee.



## **Travels with Doris & Sterling Connection Invite you to Branson**

**"Live Music Show Capital of the World" Nov. 3-6, 2022**



**\$745 Per Person Double Occupancy, \$935 Single, Triple \$685, Quad \$655.** Included: motorcoach, 3 nights lodging at Barrington Hotel, 6 meals, admissions for **7 shows**, & gratuities.

### **Thursday, November 3, 2022**

Depart Hastings Walmart 3803 Osborne Dr W, 6:15 a.m., Fairmont 7:00 a.m., Dorchester Firehall 7:30 a.m, Fairbury Walmart 2831 NE-15, 8:15 a.m , Beatrice Walmart 3620 N 6th St, Parking Lot Northwest end 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

06:00 PM Dinner at Grand Country Buffet

07:30 PM Grand Jubilee

### **Friday, November 4, 2022**

10:00 AM George Dyer at the Americana Theater

02:00 PM Texas Tenors at the Grand Shanghai Theater

05:30 PM Black Oak Grill Plated Dinner at the Branson Landing

07:30 PM Andy Williams Christmas at the Andy Williams Performing Arts Center

### **Saturday, November 5, 2022**

10:00 AM Sanders Family Christmas at the Little Opry Theater in the IMAX Complex

02:00 PM Daniel O'Donnell at Welk Resort Theater

05:45 PM Fall Creek Restaurant Plated Dinner

07:30 PM Miracle of Christmas at the Sight and Sound Theater

### **Sunday, November 6, 2022**

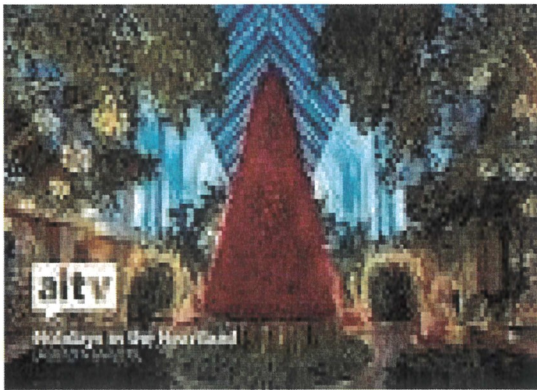
Return Arrive in Beatrice approximately 5:00, Fairbury 5:30, Dorchester 6:15 p.m., Fairmont 6:45, Hastings 7:30

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**



**Travels with Doris & Sterling Connection  
Invite You to Join Us for Christmas Event  
Laurizen Garden, Westside Christmas Pageant, & Lights  
Sunday Dec. 4, 2022**



**Merry & Bright Holiday Poinsettia Show**

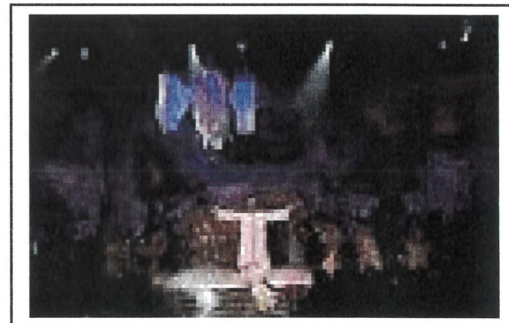
Thousands of poinsettias bursting with rich, vibrant color fill the floral display hall in a glowing tribute to the holidays during the spectacular holiday poinsettia show, Merry & Bright. In the center of it all, a magnificent and majestic 20-foot-tall poinsettia tree stands tall. Surrounded by festive foliage, glittering ornaments and the whir and whistle of model garden trains, this show evokes the warmest greetings of goodwill and cheer.

**Lunch at Laurizen Garden Restaurant**

**3:00 Annual Christmas Pageant Matine**  
with live animals at **Omaha Westside Church**  
One of Omaha's most popular Christmas traditions!

Gives you the hope we are all searching for.

Enjoy Christmas lights & cookies on return trip.



Depart from Hastings 7:00, Dorchester 8:30 a.m., Fairbury Walmart Parking Lot at 9:15 a.m,  
Beatrice Walmart Parking Lot at 10:00

**\$85 includes Motorcoach, lunch, admission, & gratuities.**

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

## Mark Your Calendar for Our Christmas Party!

Mark your calendar for the Sterling Connection annual Christmas party, set for Saturday, Dec. 10, with a morning movie at the Bonham Theatre.

Details to come—but you know we'll have popcorn and drinks, a great movie and door prizes!



## Keeping Healthy in Warmer Weather

- **Keep your home cool.** Make sure your air conditioning is turned on to keep your home comfortable. On days when it is warm, but not dangerously hot, ceiling fans or small portable fans may be helpful.
- **Stay hydrated.** Whether at home or on the go, have plenty of water on hand. Drink water or other light beverages throughout the day, even more when you will be out in the heat or are active. If you don't like the taste of water, try adding cucumber slices or fresh fruit.
- **Avoid being outside during peak sun hours.** Between 10 a.m. and 4 p.m. the sun is the hottest. Limit your exposure. Make sure you have plenty of shaded or cool areas where you can rest. Take regular breaks if you are out, and remember to stay hydrated. (See above.)
- **Wear appropriate clothing.** Wear hats and sunglasses. Wear light breathable clothing to remain cool while covering exposed skin.
- **Use sunscreen.** Use sunscreen on exposed skin and reapply every two hours.
- **Check in with friends and loved ones regularly.** Check in with your friends and family. And check in with your friends and neighbors to make sure their homes are cool, they have adequate food and water, and that they are doing OK.

## JCH&L Fairbury Clinic Now In Its New Location!

JCH&L Fairbury Clinic opened in its new location, 2200 H St., on May 16.

Clinic patients will use the main JCH&L entrance. Check in at the registration desk at the front and they will direct you to the proper waiting area. Please also check out at the registration desk when your appointment is completed.

If you need assistance when entering the building, please feel free to ask the staff member at the information desk, or call the clinic staff at 402-729-3361, option 1, when you arrive. We have wheelchairs available, and staff are glad to be of help.



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 ...

*Please watch local media for information on when  
support groups restart.*

### **July**

**July 13-17**—See JCH&L at the Jefferson County Fair.

**July 26**—Ice cream social at Fairbury Senior Diners. Reservations required for lunch. (See story on page 1.)

### **August**

**Aug. 8** — Nebraska Community Bloodbank Bloodmobile, 9 a.m. to 2 p.m., located at JCH&L Fairbury Clinic. Ap-  
pointments preferred by calling 402-729-6851.

### **October**

**Oct. 3** — Nebraska Community Bloodbank Bloodmobile, 9 a.m. to 2 p.m., located at JCH&L Fairbury Clinic. Ap-  
pointments preferred by calling 402-729-6851.

### **November**

**Nov. 3-6** — Trip to Branson, \$749 per person;  
Reservations required by calling 402-821-2547. (See flyer  
for more details.)

### **December**

**Dec. 4** — Christmas Program in Omaha — \$85 per person. Reservations required by calling 402-821-2547.  
(See flyer for more details.)

**Dec. 10**—Christmas party, Bonham Theatre. Watch for details in October newsletter!

**Dec. 19** — Nebraska Community Bloodbank Bloodmobile, 9 a.m. to 2 p.m., located at JCH&L Fairbury Clinic. Ap-  
pointments preferred by calling 402-729-6851.

*Dates, times and program titles subject to change.*

"The greatest glory in living  
lies not in never falling, but in  
rising every time we fall," —  
**Nelson Mandela**