

# 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

## Specially Priced Blood Screening Available at JCH&L

JCH&L offers reduced-price blood profiles – and a number of other patient-requested blood tests – on alternating Wednesdays from 4 p.m. to 6 p.m. and Fridays from 6 a.m. to 8 a.m.

These patient-requested blood tests are being offered for those who wish to have more frequent testing than their health insurance plan will cover, want to access and manage health status on a regular basis, or are uninsured or have a high deductible and want to take advantage of lower out-of-pocket expenses. These are made available at patient request at a reduced price without a physician order. Results will be available on the JCH&L patient portal. Patients can sign up for the portal when they have the screening if they don't already have access. Results will not be shared with your provider, and the costs must be covered at the time of service. Since this is not a physician-ordered exam, it is not covered by Medicare or other insurance, and insurance will not be billed. Results are not sent to a physician. Payment will be collected at time of service. Cash and checks will be accepted for payment.

Appointments are required at least 24 hours before the testing time by calling the JCH&L Receptionist Line at 402-587-5193. Leave a message and you will get a call back on the next business day between 8 a.m. and 4 p.m. If you wish to use a credit card, please let the scheduler know. Availability is limited, and this special pricing is only available for tests listed and at the special times.

The complete blood profile, called a general health panel, is available for a cost of \$75. It includes measures of electrolytes, sugar, proteins, and overall kidney and liver functions; complete blood count, lipid panel, and TSH (thyroid.) This is comparable to the complete blood profile which was previously offered annually for a reduced price. Fasting is required prior to this screening.

Other tests available separately include General Chemistry, \$25; Lipid panel, \$25; CBC, \$20; TSH, \$25; Hemoglobin A1C, \$25; PSA, \$25; Vitamin D, \$60; Blood type, \$25. Some of these screenings require fasting, others do not. All of these tests are available at patient request on Wellness Wednesdays (4 p.m. to 6 p.m.) and Fasting Fridays (6 a.m. to 8 a.m.)

## Coordinator's Corner

*Hello Sterling Connection members!*

*I wish all of you a blessed, safe and healthy 2023. Make sure you plan some travels with us this year. I am looking forward to wonderful and exciting things we will be doing this year. We always try to include education and good food as a part of our travels.*

*We have added new members in the past year, and sadly we have lost some of our long-time members. Our December membership drive was successful. The winners of our drawing were new member Kristine Stone, who was referred by member Sheri Hinman. They each will pick a free one-day trip from Travels with Doris.*

*The Christmas party was well-attended, and we enjoyed the movie White Christmas sponsored by Sterling Connection, along with popcorn and pop or water. We also gave away door prizes.*

*This year we are planning for another membership drive, an ice cream social, and a Senior Health and Fitness Day. Watch for details to come!*

*If you have suggestions for trips or events, please let me know!*

*Blessings,*

*Pauline Niederklein Sterling Connection Coordinator*

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## Travel with Sterling Connection

Upcoming trips:

\*Date to be determined—Jamesport, Mo.

\***Manley, March 26 — \$105 per person**, includes motorcoach, lunch, admission and gratuities. Doublewide Texas matinee, and lunch at Jeannie's Place in Lewiston. Leave Fairbury at 9:30 a.m., return approximately 6:15 p.m. (We will go to the sequel on Dec. 3—reserve your seat for one or both! (see flyer)

\***Hutchison, Kan., June 29 — \$139**, includes motor coach and gratuities, lunch and admissions. Kansas Underground Salt Museum and Cosmosphere (both listed as one of the 8 wonders of Kansas.) Lunch at Airport Steakhouse. (Evening meal will be on your own.) (see flyer)



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\***Branson, Mo., Nov. 9-12** — Details to come.

\***Manley, Dec. 3 — Doublewide Texas Christmas Show, the Loft Theatre** — \$105 per person, includes motorcoach, lunch at Jeannie's Place in Lewiston, admissions and gratuities. (Sequel to March 26 show at the Loft Theater) **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.

## Know Your Health Insurance Coverage

Knowing your health insurance and what it covers is an important part of staying healthy and keeping health care costs manageable.

Health insurance plans are all very different – and two people covered by the same company may have different plans with different requirements.

Some important parts of your health insurance to know:

**Deductible** - The Deductible is the amount that you must pay out of your own pocket before the insurance company will begin paying towards any covered expenses. The deductible affects how much money you will pay to the doctor or hospital, and is typically paid at the time of treatment. Depending on the plan, the deductible may be paid once per calendar year or once per new condition.

**Co-pay** – This is an amount you must pay out of pocket before the insurance company pays for eligible expenses. Typically this is required instead of a deductible or coinsurance and requires you to pay a set fee for a specific service (for example, \$25 for an office visit.)

**Co-insurance** – This is a percentage of what your insurance will pay to cover your health care cost after any deductibles or copays have been met.

**Provider network** – This is a group of providers who have contracted with the insurance company to provide services. In-network providers will typically accept reimbursement from your insurance provider, while out-of-network providers may not. In-network providers may also be available at a lower cost to you.

**Preventative care** - Most health plans cover preventative care at 100 percent. Certain screenings and vaccinations fall under the guidelines of preventative care. Some types of screenings can be preventative or diagnostic depending on your personal health history. For example, a colonoscopy can be screening because you have no symptoms, or can be diagnostic because you have symptoms or a diagnosis. Some lab work may also be considered either screening or diagnostic depending on your personal health history. If in doubt, talk to your insurer before you have a screening, so you understand how your preventative care benefits work before the bill arrives.



## Doublewide, Texas

**March 26 , 2023 2:00 Matinee**

The inhabitants of one of the smallest trailer parks in Texas—four doublewides and a shed—are thrown for a loop when they realize the nearby town of Tugaloo is determined to annex them. These friends, enemies, and neighbors will need to work together to overcome the oncoming annexation and preserve their way of life. This hilarious, fast-paced comedy, comes with plenty of "down home" humor to go around!

**Double the Fun. . .**

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

\$105 X 2 includes Motorcoach, Tickets for Lunch at Jeannie's Place in Lewiston, Loft Theater in Manley, & Gratuities. Choose 1 or both performances

**Depart from** Depart Hastings Walmart 7:00 Dorchester Firehall 8:15 a.m, Fairbury Walmart Restroom Break  
**Depart 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..



## A Doublewide, Texas Christmas

**December 3, 2023**

Back in one of the smallest trailer parks in Texas, it's beginning to look a lot like trouble! Not only are the trailer park residents dealing with the stress of the holiday season, but they've just discovered that Doublewide is being double-crossed by the County. New problems come up and familiar problems come back as this band of eccentric Texans must band together once more to keep their lifestyle and their holiday spirit! Oh, there's no place like a good ol' Texas-sized mobile home for the holidays!

For more information call Doris at 402-821-2547 , Cell 402-641-7132

To reserve seat mail check to:

Travels with Doris, 1794 County Rd 1500, Wilber, NE 68465

**Travels with Doris & Sterling Connection Invites you  
to Hutchinson, Kansas  
Thursday June 29, 2023  
Kansas Underground Salt Museum & Cosmosphere &  
Cosmosphere Both listed as One of the 8 Wonders of  
Kansas”**

The Kansas Underground Salt Museum is built within one of the world’s largest deposits of rock salt. It provides the opportunity to go 650 feet beneath the Earth’s surface. It is amazing to see what they store in this area totally safe from water and wind.

10:00 & 10:20 Tours of Underground Salt Mine

12:00 Lunch at Airport Steak House

The *Cosmosphere* is one of The 8 Wonders of *Kansas* because it has one of the most significant collections of U.S. and Russian space artifacts in the world!

The Cosmosphere, conceived by long-time *Hutchinson* resident Patricia Carey, is one of America's premier space centers

**1:00 Tour Cosmosphere**



**COSMOSPHERE**  
INTERNATIONAL SPACE CENTER  
SPACE MUSEUM

**See photos**

2:00 Movie at Imax

3:00 Dr. Goddard’s Lab Take a trip back in time to the 1930s lab of Dr. Robert Goddard, the father of modern rocketry. This interactive show— packed with some explosive surprises— uses live demonstrations to take visitors on a journey through the history of rockets.

4:00 Planitarium

5:00 Depart

**PICKUP locations:** Crete Walmart 6:00 a.m., Plymouth Country Store 6:30, Fairbury Walmart 7:00 a.m., Hebron 81 Express 1375 Dove Rd 7:30

About 7:15 We will take break at Loves Belleville KS ( 2 hours to Hutchinson)

\$139 Motor coach & Gratuities, lunch, & all admissions included. Evening meal on your own

For more information call Doris at 402-821-2547 , Cell 402-641-7132

To reserve seat mail check to:

Travels with Doris, 1794 County Rd 1500, Wilber, NE 68465

## Caregiver’s Support Group Meets Monthly

The Caregivers Support Group offered by the Alzheimer’s Association will meet on the second Thursday of each month at 4 p.m. in the Jefferson Community Health & Life Clinic Conference Room. The next meetings are Feb. 9 and March 9.

**Easiest access will be by parking in the H Street parking and entering through the JCH&L Main Entrance. Follow the signage to “Caregiver’s Support.”**

The Caregiver’s Support Group is a program of the Alzheimer’s Association. The support group is designed for those who are caregivers and family members of those who have Alzheimer’s Disease or other dementias. The group provide an opportunity anyone interested to share their experiences with Alzheimer’s Disease and learn from other’s experiences. There is no cost, and no pre-registration required. for more information, contact Lana Likens at 402-729-6855.

# Good nutrition is important at every age

By JCH&L Nutrition Services Director Lisa Edeal, RDN, LMNT

Good nutrition through the years helps prevent chronic diseases and is important, no matter your age. It is never too late to make improvements to support healthy aging. Although older adults are at greater risk of chronic diseases, such as heart disease and cancer, good nutrition and an active lifestyle can diminish some of these risks.

As you age, your body and lifestyle change, as does what you need to stay healthy. Although all nutrients are important for health, there are a few that older adults should focus on.

## **Protein**

Eating enough protein helps prevent the loss of lean muscle mass and aids in immunity. However, most older adults eat too little protein, although they meet recommendations for meats, poultry, and eggs. Therefore, it is important to focus on other sources of protein, such as seafood (such as salmon or tuna), beans, peas, and lentils, as well as nuts and seeds. These protein sources also provide additional nutrients, such as vitamin D, vitamin B12 and fiber, which we will talk about later in this article.

## **Vitamin B12**

The ability to absorb vitamin B12 can decrease with age and with the use of certain medications. Vitamin B12 is involved with red blood cell formation and nerve function. Too little vitamin B12 can lead to anemia, fatigue, neurological changes and confusion. Vitamin B12 is found mainly in animal products such as salmon, tuna, beef, poultry, eggs, milk, and yogurt. However, fortified breakfast cereals are also excellent sources of vitamin B12.

## **Vitamin D**

Vitamin D is involved with bone and muscle health, as well as immunity and cognition. Vitamin D is often thought of as the 'sunshine vitamin' because our body can create it when exposed to the sun. Unfortunately, as we age, we are unable to make vitamin D as well as we did when we were younger. Vitamin D is found in a variety of foods, such as salmon, tuna, eggs, milk and fortified dairy products, as well as breakfast cereals.

## **Calcium**

Calcium works with vitamin D for bone and muscle health. If an older adult doesn't get enough calcium, it can cause weak bones and fractures. Calcium is found in dairy products, such as yogurt, cheese and milk. It is also found in almonds and leafy greens, such as kale, Bok choy and broccoli. For older adults with lactose intolerance, getting adequate calcium can be difficult. Lactose intolerance is typically caused by a deficiency of an enzyme in the body called lactase causing the body to not be able to break down the sugar in the milk. Consuming dairy in small amounts at a time or taking a lactase enzyme supplement make help with tolerance. Lactose-free milk or other milk alternatives are also available.

## **Fiber**

Fiber is a carbohydrate that is not digested by the body. It plays an important role in digestions, satiety and preventing constipation. It has also been shown to decrease the risk of heart disease and diabetes, as well as some cancers. Some great sources of fiber are chickpeas, beans, broccoli, oatmeal, whole wheat bread and brown rice, as well as fruits, such as apples, bananas and berries.

## **Water/Fluids**

Water is essential for life and drinking enough fluids is important to everyone, but especially to older adults. Water helps you digest your food, absorb nutrients, and get rid of waste, as well as relieve constipation. As you get older, your sense of thirst declines. For this reason, it is important to not rely upon thirst as an indication of when to drink water or other beverages, such as tea, coffee, unsweetened fruit juice or low-fat milk. Some tips to stay hydrated are to start your day with a full glass of water when you get up in the morning, drink a whole glass of water when you take your pills and to sip on water throughout the day. Fruits also have a higher water content and help contribute to your fluid needs.

## **Physical Activity**

Physical activity has many benefits for everyone. For older adults, it can help stimulate an appetite if you have started losing yours. And, like fiber, physical activity helps prevent constipation. But the benefits don't stop there. Physical activity helps maintain the ability to live independently and reduces the risk of falling and fracturing bones. It reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes. A few examples of physical activity are water aerobics, walking, yard work, yoga, or stretching. Remember to start gradually and visit with your physician if you have concerns about what is most appropriate for you.

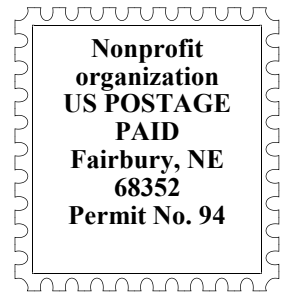
2200 H St., P.O. Box 277  
Fairbury, NE 68352

**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, MHA, CHFP, FACHE,  
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.*

**January**

**Jan. 12** — 4 p.m. Caregiver's Support group offered at JCH&L by the Alzheimer's Association. Free. For more information call Lana at 402-729-6855.

**February**

**Feb. 9** — 4 p.m. Caregiver's Support group offered at JCH&L by the Alzheimer's Association. Free. For more information call Lana at 402-729-6855.

**March**

**March 9** — 4 p.m. Caregiver's Support group offered at JCH&L by the Alzheimer's Association. Free. For more information call Lana at 402-729-6855.

**March 26** — Doublewide, Texas, matinee at The Loft at Manly, and lunch at Jeannie's Place in Lewiston. **\$105 per person**, includes motorcoach, lunch, admission and gratuities. See flyer. Reservations required.

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

"To appreciate the beauty of a snowflake, it is necessary to stand out in the cold,"

**Aristotle**

