

# 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

## Senior Health & Fitness Day May 29

National Senior Health & Fitness Day is Wednesday, May 29, and JCH&L Sterling Connection will celebrate with an event at JCH&L Burkley Fitness Center.

There is no cost for this Sterling Connection event, and Sterling Connection members are welcome to bring friends to join us.

The event will begin at 1:30 p.m. in the Burkley Fitness Center. Jen Johnson, our fitness center manager, and our dietitian and Nutrition Services Director Lisa Edeal, RDN, LMNT, will each present a program. We will also have light refreshments and door prizes.

We encourage Sterling Connection members to attend and bring a guest! Please pre-register by calling Lana Likens at 402-729-6855 and leave a voice mail.



## Safety and Watermelon at Senior Diners July 16

JCH&L Home Health Director Lori Ohlde will present a program on Home Safety at Fairbury Diners on Tuesday, July 16, and Sterling Connection will provide free watermelon for all participants. The program will begin at 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. **You MUST call 402-729-5258 by 2 p.m. Monday, July 15, to make reservations for lunch. You can call for reservations Monday through Friday from 8 a.m. to 2 p.m.** For those 60 and older, the suggested donation for lunch is \$6. For those under the age of 60 the cost of lunch is \$9. Watermelon is free and provided by Sterling Connection! If you have questions, please call Pauline or Lana at 402-729-3351.

### Coordinator's Corner

*Hello, Sterling Connection members!*

*Wishing everyone a joyous and happy spring. Just watching the flowers as they start to bloom in all different colors and sizes is always so exciting.*

*We are planning some fun events this year. our first event is the National Senior Health & Fitness Day. It will be held on Wednesday, May 29, in the JCH&L Burkley Fitness Center. (See details in the article above.) On July 10, we will take a trip with Travels with Doris to LeMars, Iowa (see enclosed flyer for details.) On July 16, Sterling Connection will provide a program on Home Safety at Fairbury Senior Diners, with free watermelon to follow. Then our favorite trip will be returning to Branson Nov. 7-10. Watch for more trips during the year with Travels with Doris!*

*Always keep safety in mind. The CDC says that every second of every day an older adult (65+) suffers a fall in the United States, making falls the leading cause of injury and injury death in this age group. Be safe!*

*Pauline Niederklein, Sterling Connection Coordinator*

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## Travel with Sterling Connection

Upcoming trips:

\***LeMars, Iowa** — July 10. The Ice Cream Capital of the World. Performance by The Browns at the The Browns Theater. Noon Buffet lunch followed by 1:30 p.m. show and see Wells Visitor Center and Ice Cream Parlor. \$146 price includes motorcoach, lunch, admissions and gratuities. (See flyer)

\***Branson, Mo., Nov. 7-10** — For \$829 (double occupancy), the Branson trip includes shows, meals, hotel and motorcoach transportation. (See flyer)

Watch for more 1-day trips. Details to come!

*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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## Auxiliary Salad Festival Set for May 9

The Spring Salad Festival of the Jefferson Community Health & Life Auxiliary will be held on Thursday, May 9, at the Fairbury Elks Lodge. The Salad Festival is a fund-raiser for the JCH&L Auxiliary which has been a community event since 1965, except for a break in 2020-2022 because of COVID precautions. Last year's event raised more than \$2,000 for the Auxiliary.

"The Salad Festival has a long history in our community and has been a wonderful fund-raiser for the JCH&L Auxiliary," said Lana Likens, director of public relations at Jefferson Community Health & Life. "It is also something that has provided wonderful food and fellowship, and our community enjoys."

The salad festival will be held from 11 a.m. to 1 p.m. Tickets will be \$9 in advance, or \$10 at the door. Tickets are available at JCH&L, Fairbury Chamber of Commerce, Jefferson County Extension office, Heartland Bank (main branch), American National Bank, and Union Bank.

The Spring Salad Festival is the main fund-raising event of the auxiliary. The auxiliary provides scholarships to students entering medical fields, and provides Christmas gifts for residents of the Gardenside long-term care at Jefferson Community Health & Life. Anyone interested in more information about the auxiliary or the salad festival should contact Lana Likens at (402) 729-6855.

## JCH&L Gardenside, Heritage Plan Fund-raising Car Show

JCH&L Gardenside and Heritage Care Center in Fairbury are planning their second annual fund-raising car show for Sunday, May 19, to conclude Nursing Home Week festivities for both facilities. Proceeds from the show will benefit residents at the two facilities.

Pre-registration for vehicles to be entered is \$15 if entered by May 6, or \$20 if entered after May 6. All types of vehicles are welcome. Awards will be given for Top 10, Best of Show and Residents' Choice. For more information on entries email [wayne.franzen@jchealthandlife.org](mailto:wayne.franzen@jchealthandlife.org) or call 402-729-6848.

The show will be held on Sunday, May 19, at JCH&L Gardenside's parking lot (just west of Gardenside.) Cars need to check in from 10:45 a.m. to 11:45 a.m. that day. The show will be open to the public from 12 p.m. to 3 p.m. Judging will begin at noon and prizes will be awarded at 3 p.m. There is no admission fee for the public. In addition to the car show there will be baked items for sale, a raffle, t-shirts for sale, and concessions available to purchase. For more information or to enter call 402-729-6848, or email [wayne.franzen@jchealthandlife.org](mailto:wayne.franzen@jchealthandlife.org).

# Driving Safety

Editor's Note: Reprinted from the National Institute on Aging, [www.nia.nih.gov/health/safety/safe-driving-older-adults#ability](http://www.nia.nih.gov/health/safety/safe-driving-older-adults#ability)

## Tips for Older Adults to Drive Safely

Maybe you already know that driving at night or in rainy weather is a problem for you. Some older drivers also have problems with certain routes or driving on busy highways, for example. Consider these tips to help you make safe choices about driving:

- **Talk with your doctor.** If you have any concerns about your health and driving, see your doctor. Don't risk hurting yourself or others.
- **Be physically active.** This will help you keep and even improve your strength and flexibility, which may help your driving abilities.
- **Consider your car.** If possible, drive a car with automatic transmission, power steering, power brakes and large mirrors. Newer cars come equipped with backup cameras, which can make parking and backing up easier, as well as other sensors that can alert a driver to a nearby object or vehicle before an accident occurs.
- **Take care of your eyes and ears.** Always wear your glasses or contact lenses if you need them to see clearly. If you use hearing aids, be sure to wear them while driving.
- **Avoid driving certain times of day.** Cut back or stop driving at night if you have trouble seeing in the dark. Try to avoid driving during sunrise and sunset, when the sun can be directly in your line of vision.
- **Check in with yourself.** Don't drive if you feel lightheaded or drowsy. Be sure to check any warnings on your medications. Try to avoid driving when you are stressed or tired.
- **Don't crowd.** Leave ample space between your car and the car in front of you, and start braking early when you need to stop.
- **Plan your timing.** Avoid heavy traffic areas or rush-hour driving when you can.
- **Plan your route.** Drive on streets you know and find a way to go that requires few or no left turns. Choose a route that avoids highways or other high-speed roadways. If you must drive on a fast-moving highway, drive in the right-hand lane, where traffic moves more slowly.
- **When in doubt, don't go out.** Bad weather, such as rain, ice or snow, can make it hard for anyone to drive. Try to wait until the weather is better, or use buses, taxis, ridesharing services or other alternatives.
- **Wear seat belts.** Always wear your seat belt and make sure your passengers wear theirs, too.
- **Limit distractions.** Eating, adjusting the radio, or chatting can all be distracting. If you use your cell-phone while driving (for navigation, for example), use it hands-free and use voice activation when possible. Never type on your phone when driving.
- **Use window defrosters.** These will help keep windows and windshields clear.

## How to check and improve your driving skills

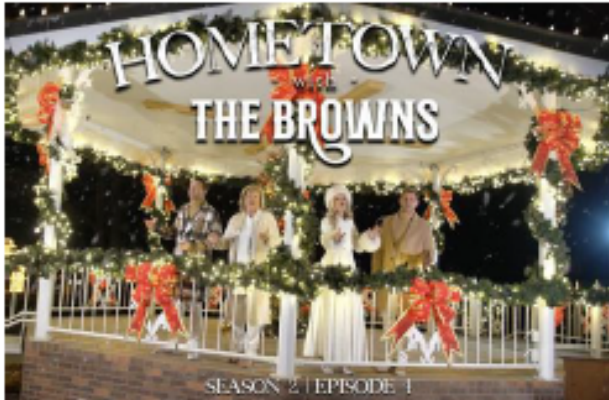
Are you concerned that your driving skills are declining or could be improved? Consider the following:

- Have your driving skills checked by a driving rehabilitation specialist, occupational therapist or other trained professional. The American Occupational Therapy Association maintains a national database of driving specialists or ask your state's Department of Motor Vehicles or your doctor to recommend someone who can test your driving skills. Not that there may be fees associated with these types of assessments.
- Ask your family or friends for feedback about your driving, including any concerns.
- Take a driver safety course. Some car insurance companies may even lower your bill when you complete this type of class. Organizations such as AARP or your insurance company can help you find a resource.

# Travels with Doris & Sterling Connection Invite You to Join Us IN THE LITTLE KNOWN ICE CREAM CAPITAL OF THE WORLD

Here's the scoop... Le Mars, Iowa & MORE THE BROWNS

July 10, 2024



Established in 2015. The Browns have been touring and singing as a family since the year 2000. In 2015 they opened their very own theater, The Browns Century Theater, in their hometown of Le Mars, Iowa. Ice Cream Capital Of The World, home of Blue Bunny Ice Cream!

**12:00 Buffet Lunch 1:30 Show**



The Browns Century Theater is a 100 Year Old Bank Building restored into a state of the art Live Music Theater. The Browns perform a variety of music shows throughout the year. Including over 30 Branson style Christmas shows with over 20 costume changes. They serve a made-from-scratch elegant buffet meal before each show in their Central Event Center for a Dinner Theater experience. You can also shop the Gift Gallery in the lower level of the Theater, and don't forget to check out the 100 year old walk in Vault!



- "The Ice Cream Capital of the World". Officially designated as such in 1994, Le Mars has been the home to Wells Enterprises Inc., makers of Blue Bunny® brand ice cream and dairy products, since the company's founding by Fred H. Wells, Jr., in 1913.

The visitor center includes interactive exhibits, an ice cream factory, a museum and an ice cream parlor.

**Following Show Alley Art & Wells Visitor Center & Ice Cream Parlor**

**\$145 Price includes: Motorcoach, Lunch, Admissions, & gratuities.**

Bus will pickup at Beatrice Walmart Parking Lot Northwest side 6:30 a.m., Crete Nebraskaland Tire 7:15 a.m.,

Shoemakers South 1200 Saltillo Rd Restroom Break 7:45

Return Crete 8:00, Beatrice 8:30

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

To reserve seat mail check to: Travels with Doris, 1794 Co Rd 1500, Wilber, NE 68465

# Travels with Doris & Sterling Connection Invite You to Join Us on Our Trip to Branson, Missouri

Nov. 7-10, 2024



## **\$829 Price includes:**

Per Person Double Occupancy, 3 Nights Lodging at Hotel  
Motor coach transportation, 6 meals, gratuities, Admission to shows!

Board your Motor coach and set off for the "Live Music Show Capital of the World" –

Itinerary: Day 1 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

### Thursday, November 7, 2024

05:30 PM Black Oak Grill – Plated Dinner

07:30 PM Yakov, Famous Russian Comedian \*\*\*Arrive 06:45 PM

### Day 2 Friday, November 8, 2024

Enjoy breakfast included at your hotel

10:00 AM Shanghai Circus \*\*\*Arrive 09:15 AM

12:30 PM Branson Craft Mall 01:30 PM Pick'in Porch ~ Lunch

03:30 PM Miracle of Christmas \*\*\*Arrive 03:00 PM

06:45 PM McFarlain's ~ Plated Dinner

08:00 PM Duttons Show \*\*\*Arrive 07:30 PM

### Day 3 Saturday, November 9, 2024

Enjoy breakfast included at your hotel

10:00 AM Matt Gumm and Company \*\*\*Arrive 09:15 AM

Lunch on your own

02:00 PM Daniel O'Donnell \*\*\*Arrive 01:15 PM

05:45 PM Uptown Cafe – Plated Dinner

08:00 PM Presley's Jubilee Christmas \*\*\*Arrive 07:30 PM

### Day 4 Sunday, November 10, 2024

Enjoy breakfast included at your hotel

After enjoying continental breakfast at Hotel you'll depart for home. . . a time to chat with your friends about all the fun things you've done, the great shows you've seen, and where your next group trip will take you!

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

\$75 Due Upon signing. Price per person, based on double occupancy. Add \$150 for single occupancy.

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

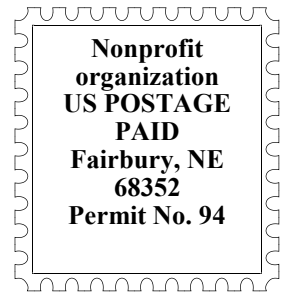
2200 H St., P.O. Box 277  
Fairbury, NE 68352

**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.



**UPCOMING EVENTS ...**

***April***

**April 11** — Alzheimer’s Caregivers Support group. 4:30 p.m. JCH&L Clinic Conference Room. Call 402-729-6855 for more information!

***May***

**May 9**—JCH&L Auxiliary Salad Festival. Fairbury Elks club. Tickets \$9 in advance or \$10 at the door.

**May 9**— Alzheimer’s Caregivers Support group. 4:30 p.m. JCH&L Clinic Conference Room. Call 402-729-6855 for more information!

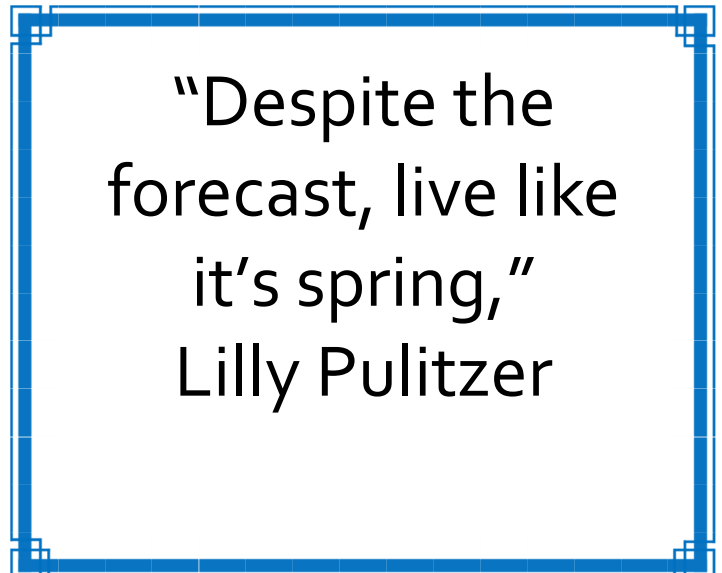
**May 19**— Gardenside and Cedarwood Nostalgia of Cars show , 2200 H St. Fee for vehicle entry in show, free admission for viewers.

**May 29** — Senior Health and Fitness Day, free, 1:30 p.m. Burkley Fitness Center. Call 402-729-6855 to pre-register.

***Looking ahead***

**July 10** — Trip to LeMars, Iowa. \$145. Pre-registration required. See flyer.

**Nov. 7-10** — Trip to Branson. \$829. Pre-registration required. See flyer.



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