

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

Men's Health Clinics Offer Answers

Bryce Taylor, PA-C, offers a wide variety of men's health services at the Men's Health Clinic. Men's Health Clinic days have been scheduled at JCH&L Fairbury Clinic for Feb. 22 and March 14. Appointments can be made by calling 402-729-3361 and asking for a Men's Health consultation. You don't need to give a reason.

Men's Health consultations may cover a wide variety of men's topics, including but not limited to: low libido (sex drive), insomnia, depression/anxiety, erectile dysfunction, male pattern hair loss, enlarged prostate, weight loss, fatigue (low energy), smoking cessation, scrotal pain/mass, urinary incontinence, sexually transmitted infection testing and treatment, alcoholism, and infertility.



Privacy is the top priority. The scheduler does not need to know the specific reason for the appointment.

These consultations are covered by most insurances, similar to other routine office visit appointments. Co-pays and deductibles may apply depending on your insurance carrier. Lab services may also be subject to deductibles.

Men who have questions should schedule their Men's Health Clinic visit today. Call 402-729-3361. Select option 1 for scheduling.

Coordinator's Corner

Hello, Sterling Connection members!

Wishing everyone a blessed, joyful and healthy 2024.

We did a lot of fun things with our travels in 2023. I think the highlight of all the trips is the Branson Christmas trip we take in November. That will be one of the trips we do again in 2024, so mark your calendar for Nov. 7-10.

We were happy to add some new members this year, and sad to lose some members who had been with us for many years.

Our Christmas party was at the Bonham Theatre. About 80 members and guests joined us for the movie "It Happened on Fifth Avenue" and everyone had the opportunity for popcorn and a drink. We heard wonderful feedback on how much people enjoyed the movie. We did door prize drawings and then the year-end membership drive. The new member drawn was Rosina Hill and the members who referred her were Dave and Jackie Rempel. Rosina and either Dave or Jackie will each receive a one-day trip with Sterling Connection and Travels with Doris.

We hope to see you for activities and events this year!

Pauline Niederklein, Sterling Connection Coordinator

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Travel with Sterling Connection

Upcoming trips:

***Southview Baptist Church drama**—March 23. "This Day of Resurrection" drama features live animals, special effects, drama and music. We will attend a 3 p.m. Saturday matinee. We will also go to Oak Creek Plants at Flowers, one of the smallest nurseries in town, and have lunch at Screammers. \$95 includes motorcoach, lunch, drama and gratuities. (See flyer)

***Branson, Mo., Nov. 7-10** — Details to come!

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.

Prevent Hypothermia and Frostbite

***Editor's Note:** information from the CDC article "Prevent Hypothermia and Frostbite."

Hypothermia is caused by prolonged exposure to very cold temperatures, which ultimately causes low body temperatures. Body temperatures which are too low affect the brain.

Warning signs include: shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, drowsiness

What to do: seek medical attention immediately if the person's temperature is below 95 degree Fahrenheit. Until help comes—get the person to a warm room or shelter; remove wet clothing; warm the center of the person's body—chest, neck, head and groin—using an electric blanket if available. Warm drinks can help, but NOT alcohol. If the person does not have a pulse, give CPR, continuing until the person responds or emergency help is available. Keep warming the person while performing CPR. In some cases, hypothermia victims who appear dead can be successfully resuscitated.

Frostbite is a type of injury caused by freezing. It leads to a loss of feeling and color in the areas it affects, usually extremities such as the nose, ears, cheeks, chin, fingers, and toes. Frostbite can permanently damage the body, and severe cases can lead to amputation (removing the affected body part).

Warning signs include: White or grayish-yellow skin area; skins that feels unusually firm or waxy; numbness. A person who has frostbite may not know they have it until someone else points it out, because the frozen parts of the body are numb.

What to do: If you notice signs of frostbite, check for signs of hypothermia. Hypothermia is more serious and requires emergency medical care. Get the person to a warm room; do not walk on feet or toes that show signs of frostbite (this increases damage.) Do not rub the area with snow or massage, as this causes more damage. Put the affected area in warm (not hot) water. If warm water is not available, use body heat. Do not use a heating pad, heat lamp, stove or radiator. Affected areas are numb and can easily burn. Frostbite should be checked by a medical provider as soon as possible.

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 ...

February

Feb. 5—Nebraska Community Bloodbank bloodmobile. 9 a.m. to 2 p.m. JCH&L North Building parking. Make appointment by calling 402-729-6851.

Feb. 8 — Alzheimer's Caregivers Support group. 4:30 p.m. JCH&L Clinic Conference Room. Call 402-729-6855 for more information!

Feb. 13 & 27 — 1:30 p.m. Cottonwood Hospice Grief Support Series. JCH&L Clinic Conference room. Call 402-228-8501 to pre-register.

March

March 14 — Alzheimer's Caregivers Support group. 4:30 p.m. JCH&L Clinic Conference Room. Call 402-729-6855 for more information!

March 12 & 26 — 1:30 p.m. Cottonwood Hospice Grief Support Series. JCH&L Clinic Conference room. Call 402-228-8501 to pre-register.

March 23—Southview Baptist Church Drama. \$95 per person. Reservations required. See flyer.

"Even the strongest blizzards
start with a single snowflake,"
Sara Raasch

