

Sterling Connection News

Enriching lives over 50

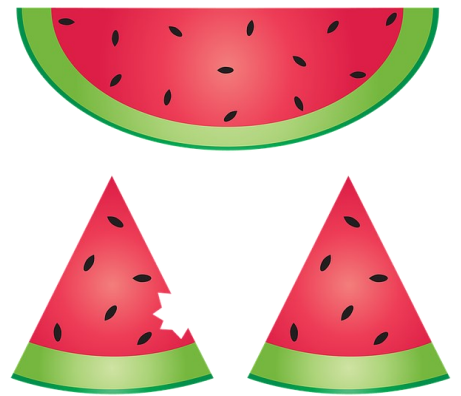
Sterling Connection is a service of Jefferson Community Health & Life offered in conjunction with Bryan Health

JEFFERSON COMMUNITY
Health & Life

STERLING CONNECTION

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

Dear Sterling Connection Members,

I hope this finds everyone enjoying the much-needed rain we have received. As you drive in the county everything is so nice and green, in some places the grass is higher than the livestock. One person commented about the farm ponds being full of water, and we haven't seen that for a long time.

We had our Senior Health & Fitness Day and I must say it was a wonderful turn out. The programs given by Jen Johnson and Lisa Edeal contained a lot of health information, and I thank both of them for sharing with us. I received a lot of positive feedback on it. Refreshments served were fresh fruit, popcorn and flavored water. We had drawings for prizes from Classic Cones, the winners were Virgil Bray, Nancy York and Dale Hill.

We have two fun events coming up. One is the trip Wednesday July 10 to LaMars Iowa "Here's the Scoop" I am so hoping they have Cherry Nut ice-cream as I can't find it in the stores.

Then on Tuesday, July 16, Lori Ohlde, Director of Jefferson Community Health & Life Home Health, will be doing a program at the Senior Diners on Home Safety, followed by watermelon sponsored by Sterling Connection.

If you are planning on going to Branson in November give your name to Doris as it fills up fast. Sterling Connection will be doing another trip on Dec. 14 — Christmas in Omaha. We are also working on details for the Christmas party at the Bonham Theatre in Fairbury.

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)

***Christmas in Omaha, Dec. 14** — Details to come!



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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.

Rick Blum PA-C Joins JCH&L

Rick Blum, PA-C, has joined Jefferson Community Health & Life. He will be caring for patients in JCH&L Fairbury Clinic and in the Emergency Room.

Blum received his undergraduate degree from UNO, and his PA training at Nebraska Med Center. He was a PA in Beatrice for 23 years. He currently serves in Valentine and Friend, in addition to JCH&L Fairbury.

"Medicine is fun. It's challenging," Blum said.

He said what he likes most about medicine in rural areas is the relationships built with patients, which are "unique to small-town medicine."

Blum said the JCH&L campus is impressive. He appreciates JCH&L offering its community long-term care, a fitness center, and being part of Cedarwood assisted living, in addition to quality family medicine and hospital services.

He and his wife, Michele, live near Beatrice and have 4 grown children, 19-27.

Blum has been seeing emergency room patients since early May and begins seeing patients at the Fairbury Clinic June 6. He will accept new and established patients. To make an appointment, call 402-729-3361.



What happens when a mosquito bites you

Editor's Note: Reprinted from the Centers for Disease Control.

When a mosquito bites you, it pierces the skin using a special mouthpart (proboscis) to suck up blood. As the mosquito is feeding, it injects saliva into your skin. Your body reacts to the saliva resulting in a bump and itching.

Some people have only a mild reaction to a bite or bites. Other people react more strongly, and a large area of swelling, soreness, and redness can occur. A mosquito gets infected with a germ when it bites a person or animal that is infected. The infected mosquito can spread germs to other people or animals through bites. Not everyone infected with a mosquito-borne germ gets sick

Signs and symptoms

- A puffy and reddish bump appearing a few minutes after the bite
- A hard, itchy, reddish-brown bump, or multiple bumps appearing a day or so after the bite or bites
- Small blisters instead of hard bumps
- Dark spots that look like bruises

Severe reactions can occur

- In children; In adults bitten by mosquito species they haven't been exposed to previously; In people with immune system disorders

Severe reactions

- A large area of swelling and redness
- Low-grade fever
- Hives
- Swollen lymph nodes

Complications

Infected bite

- Do not scratch bites. They can become infected.
- An infected bite may appear red, feel warm, or a red streak may spread outward from the bite.
- See a healthcare provider if symptoms worsen.

Prevention

- Use [Environmental Protection Agency \(EPA\)-registered insect repellents](#).
- Wear loose-fitting, long-sleeved shirts and long pants.
- Buy [permethrin](#)-treated clothing and gear or treat items yourself.
- [Control mosquitoes](#) inside and outside.

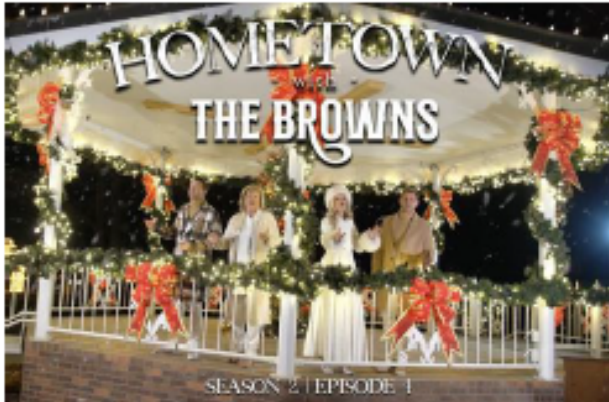
Treatment

- Wash the bite and surrounding area with soap and water.
- Apply an ice pack for 10 minutes to reduce swelling and itching. Reapply ice pack as needed.
- Apply a mixture of baking soda and water, which can help reduce the itch response.
- Mix 1 tablespoon baking soda with just enough water to create a paste.
- Apply the paste to the mosquito bite.
- Wait 10 minutes.
- Wash off the paste.
- Use an over-the-counter anti-itch or antihistamine cream to help relieve itching. Follow the product label directions.

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

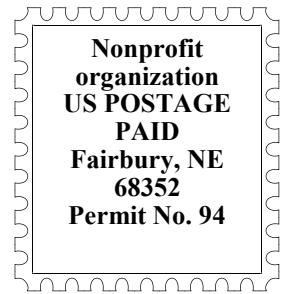
2200 H St., P.O. Box 277
Fairbury, NE 68352

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 ...

July

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

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

August

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

September

Sept. 12 — Alzheimer's Caregivers Support group. 4:30 p.m. JCH&L Clinic Conference Room. Call 402-729-6855 for more information!

Looking ahead

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

*"What lies behind you
and what lies in front of
you pales in comparison
to what lies
inside you,"*

Ralph Waldo Emerson