

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

JCH&L Auxiliary Salad Festival Set for Thursday, May 8

The Spring Salad Festival of the Jefferson Community Health & Life Auxiliary will be held on Thursday, May 8, 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. Last year's event raised more than \$1,100 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.

The Spring Salad Festival is one of two fund-raising events of the auxiliary, with the other a car show in conjunction with Heritage, set for Sunday, May 18. The auxiliary provides scholarships to students entering medical fields, provides Christmas gifts for residents of the Gardenside long-term care at Jefferson Community Health & Life, and provides volunteer help at JCH&L in a variety of projects.

Anyone interested in more information about the auxiliary or the salad festival should contact Lana Likens at (402) 729-6855.

Coordinator's Corner

Dear Sterling Connection Members,

Did you know the month of April gets its name from the Latin word *aperio* meaning "to open or bud." So as you spend your time outside, look and enjoy the budding of the trees and flowers.

Also, April is known as National Grilled Cheese Sandwich month. We have completed two motor coach trips so far this year. In April we will be going to Jamesport. I can always say Jamesport, MO, is one of my special favorites. Twenty-five years ago I met a beautiful family, Jack and Mary Graber, who opened their home to our motor coach travels and told us about the Amish lifestyle. Now included is their daughter Laura. See the enclosed flyer about the Jamesport trip.

Wednesday, May 28, will be National Senior Health and Fitness Day. The program will be at JCH&L Burkley Fitness Center, with registration beginning at 1:30 p.m. the program will be on the importance of Vitamin D given by the JCH&L Pharmacy, and Sit 'N Be Fit by Jen Johnson, JCH&L Burkley Fitness Center manager. Refreshments and door prizes will follow, and we will end around 3:45 p.m. Pre-registration encouraged by calling 402-729-6855. Please bring a guest!

Pauline Niederklein, Sterling Connection Coordinator

Sterling Connection is offered in conjunction with Bryan Health

Travel with Sterling Connection

Upcoming trips:

***Jamesport, MO**—April 30. Price: \$129, includes motorcoach, rolls in route, home cooked noon meal, tour and gratuities. Get a glimpse of authentic Amish life in Missouri's largest Amish community. Tour through homes, farms, shops and stores, see the school, sawmill and cemetery. Learn about lifestyle and beliefs with a local guide. (See flyer.)

***Boneyard Creation Museum, Broken Bow, NE**—July 22. Price: \$129, includes motorcoach, admission, lunch at the Tumbleweed, and gratuities. Boneyard Creation Museum is a museum in Broken Bow recently purchased by the Creation Instruction Association.

***Branson**—Nov. 1-4 — 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.

Body Odor May Be Sign of Disease

Editor's note: Reprinted from the National Institutes of Health, US Dept. of Health and Human Services

Did anyone ever tell you that you smell bad? Funky breath or stinky underarms can happen to anyone, at any age. Whether or not you've noticed them, some body odors can signal a health problem. But most breath and body odors are normal.

"Bad breath is most often caused by bacteria on the teeth and tongue," explains Dr. Madeleine S. Deming, an internal medicine expert at the NIH Clinical Center.

It's normal if your breath smells a little in the morning, especially if you slept with your mouth open. A dry mouth allows bacteria to thrive. Bacteria that live in the mouth can make compounds that have sulfur. These compounds are especially stinky. They can smell like rotten eggs or onion, for example.

If bad breath isn't cleared up by brushing your teeth or using mouthwash, it may be a sign of another issue. Over time, bacteria can cause tooth decay and gum disease. Decay and gum disease do not smell good. Both require a trip to the dentist for treatment.

Other causes of foul breath odor may be sinus, throat, or lung infections. These need to be treated by a health care professional, too.

Your breath can also carry clues of disease from other parts of your body. That's because you exhale more than just air. Your breath also contains gassy compounds that move from your organs through the bloodstream into your lungs.

Breath that smells fruity or like rotten apples, for example, can be a sign of diabetes that's not under control.

Rarely, people can have bad breath because of organ failure. A person with kidney failure may have breath that smells like ammonia or urine. Serious liver disease can make breath smell musty or like garlic and rotten eggs.

Compounds that are transported through the blood can also be released through your sweat glands. That can make your armpits and skin smell bad. It's normal for stress to cause smelly compounds to be released through your sweat.

But your armpits can smell for other reasons too. Both moisture and hair enable bacteria to thrive. These bacteria can make smelly compounds. Bathing, shaving, and deodorant can help keep these odors in check.

Because certain diseases cause breath or body odors, NIH-supported researchers are developing an electronic "nose" to help doctors detect them. This research is at an early stage. In the lab, scientists can already analyze odor compounds from the body. They've even trained dogs to detect signs of certain cancers in breath samples.

If you're concerned about a new or worsening body odor, "a trip to the doctor for evaluation is always the first step," Deming advises. "Bad breath is best assessed by a dentist."

Your dentist can examine your mouth for signs of trouble. If body odor is your concern, your doctor can conduct a physical exam. If needed, your doctor can suggest further tests.

"A trial of avoiding foods that are known to cause body odor may be considered. In rare cases of body odor due to an underlying medical condition, the treatment of that condition may help to manage the odor as well," Deming says.

Travels with Doris & Sterling Connection

take you to Jamesport, MO Wednesday April 30, 2025

Tiny Amish Town in Missouri that's the
Perfect Day trip Destination

where you'll get a glimpse of authentic Amish life in the state's largest Amish community, shop in authentic Amish stores, and sit down to a scrumptious Amish meal. With a population of just over 510, Jamesport just might be the most well-known Amish community in Missouri.

Tour through the Amish Farmlands, Amish Homes and Farms, Country Shops and Stores, by the Amish School, Saw Mill, and Cemetery. Learn all about the Amish lifestyle, beliefs, and ask all your questions that you always wanted to know.

Local guide will be Laura Graber, Mary's daughter. She will talk about the Amish culture as we drive through countryside shopping at Mary's store that has towels & locally made items—BEST OF ALL—Mary is going to cook for us—authentic Amish meal in her home. Grabers Garden Store is last stop to provide opportunity to buy garden plants.



\$129 includes Rolls in Route, Home Cooked Noon Meal at Mary's, Motorcoach, Tour, and gratuities.

Depart Crete 6:15 a.m., Fairbury Walmart Parking Lot at 7:15 a.m., Beatrice Roller Rena 1133 S 6th St Parking Lot 7:45 a.m.

Marysville Walmart 8:20 Bathroom Break

Return approximately Beatrice 8:30, Fairbury 9:00, Crete 9:15.

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 take you to Visit



Boneyard Creation Museum

Broken Bow, NE

July 22, 2025

Pickup Fairbury Walmart parking lot
south end 6:30,
Dorchester Firehall across from
gas station 7:15
Hastings Walmart parking lot
north end 9:45

\$129 includes admission, bus,
lunch at the Tumbleweed,
& gratuities

The Boneyard Creation Museum is a non-profit educational museum located in Broken Bow, Nebraska. Recently purchased by Creation Instruction Association with the goal of accurately presenting the powerful evidence for God as Creator and Savior, the museum supports and believes in the inerrancy of the Bible and uses it as the foundation for science and education.

The museum is designed to provide experiences for guests to actively consider biblical truths and applications — from creation, to Noah's Flood, to dinosaurs, to Christ. Our greatest desire is for guests to grow in their relationship with Christ Jesus by considering the scientific and biblical truths presented.

Return approximately Hastings 7:00, Dorchester 8:30, Fairbury 9:30

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

JCH&L Gardenside and Heritage Care Center in Fairbury are planning their third annual fund-raising car show for Sunday, May 18, to conclude Nursing Home Week festivities for both facilities. Proceeds from the show will benefit residents at the two facilities.

All types of vehicles are welcome. The cost to enter a vehicle is \$20. Pre-entry is available, and "drive-ins" are welcome as space is available. Awards will be given for Top 10, Judges Choice, and Residents' Choice. For more information on entries email wayne.franzen@jchealthandlife.org or call 402-729-6848.

Sponsors are now being sought. Sponsorships of \$500 will have a large logo on the back of the show t-shirt. Sponsorships of \$250 will have a small logo on the t-shirt. Sponsorships of \$100 will have a name on the t-shirt. All sponsors will also be recognized on programs and in media and social media. The show also welcomes donations toward a \$500 raffle prize. Raffle tickets will be on sale prior to the show.

The show will be held on Sunday, May 18, 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, tshirts for sale, and concessions available to purchase.

For more information or to enter call 402-729-6848, or email wayne.franzen@jchealthandlife.org.

JCH&L Gardenside Offers 5-Star Care

Jefferson Community Health & Life Gardenside offers 5-Star Care to its residents. Gardenside has again received a 5 Star Rating from the Centers for Medicare and Medicaid. Gardenside has been a 5 Star facility nearly continuously since the rating system was started by the Centers for Medicare and Medicaid in 2008.

Nursing Home Compare and the star rating system allow consumers to compare information about nursing homes. It contains quality of care, staffing and survey information for all 15,000 plus Medicare- and Medicaid-participating nursing homes. Facilities are assigned star ratings from a high of 5 stars to a low of 1 star based on health inspection surveys, staffing information and quality of care measures. Five stars indicate much above average quality, while a one star indicates much below average quality. The ratings are publicly available on the agency's Nursing Home Compare website at www.medicare.gov/nursinghomecompare.

"Gardenside staff and administration strive to remain at the 5 Star rating. Staff work hard to ensure that our residents receive the best care possible. We believe the well-being of our residents and their quality of life is crucial," said Laura DeBoer, RN, director of nursing at JCH&L Gardenside.

JCH&L Gardenside has been providing long-term care to area residents since 1963. Currently, Gardenside is licensed for 40 beds, and has one dedicated Hospice room available. Gardenside has an aviary and a variety of activities in which residents can participate including organized activities in the evenings and on weekends.

Gardenside prides itself on having a homelike environment, and being a small, family-oriented care facility. Three enclosed courtyards provide outdoor space for residents and their families to enjoy.

"What really sets us apart and makes our facility special is our wonderful staff," DeBoer said. "Their hard work, dedication and care for our residents truly makes us an outstanding facility."

The Nursing Home Compare statistics can be accessed by going to www.medicare.gov/nursinghomecompare and selecting Gardenside LTC-JCHC.

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.

Holly Wolff, MHA
Chief Executive Officer

Pauline Niederklein,
Sterling Connection Coordinator

For more information about
Sterling Connection
call (402) 729-3351.

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UPCOMING EVENTS ...

April

April 10— Alzheimer's Caregivers Support group. 4:30 p.m. JCH&L Clinic Conference Room. Call 402-729-6855 for more information!

April 30 — Jamesport, MO. \$129. Pre-registration required. See flyer.

May

May 8 — JCH&L Auxiliary Salad Festival, 11 a.m. to 1 p.m., Fairbury Elks Lodge. Tickets \$9 in advance, \$10 at the door.

May 8 — Alzheimer's Caregivers Support group. 4:30 p.m. JCH&L Clinic Conference Room.

May 18—JCH&L Gardenside and Heritage Car Show, 12 p.m. to 3 p.m., 2200 H St., Free admission! (See story on page 7.)

May 28—Senior Health and Fitness Day, JCH&L Burkley Fitness Center, 1:30 p.m., free, pre-registration encouraged at 402-729-6855.

June

June 12 — Alzheimer's Caregivers Support group. 4:30 p.m. JCH&L Clinic Conference Room.

June 17—5:30 p.m. Educational Program on Parkinson's, JCH&L Clinic Conference room. Free.

July

July 22 — Boneyard Creation Museum, Broken Bow. \$129. Pre-registration required. See flyer.

*"The flowers of late winter
and early spring occupy
places in our hearts well out
of proportion to their size,"
— Gertrude S. Wister*