

# 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

## Medicare Part D Review Event

A Medicare Part D Review event with Nebraska State Health Insurance Assistance Program (SHIP) counselors will be held on Wednesday, Oct. 30, at JCH&L North Building, 825 22nd St. This is a free event to help those who are enrolled in Medicare D review their options for the coming plan year.

To sign up for a time, call 402-587-5184. You will be asked to leave a voice mail with your name and a phone number where you can be reached. JCH&L staff will return your call with an appointment time. When coming to the event, each participant will be asked to bring their Medicare ID and password if they already have online access, and their medication list including medication names, dosage, strength and how often it is taken. They will also need to provide the name of the pharmacy they wish to use in 2025.

Open enrollment for Medicare D is Oct. 15 through Dec. 7. It can be very beneficial to review your plan and your current medications before deciding on a plan or the next plan year. This event is specifically for Medicare D review.



## Influenza, COVID vaccines at JCH&L Fairbury Clinic

Influenza and COVID vaccines are available at JCH&L Fairbury Clinic. You can get vaccines during a regular appointment or by making a vaccine appointment. Call 402-729-3361 (option 1) for appointment. For your appointment, please wear clothing which allows easy access to your arm, bring your health insurance card and photo ID. Most major insurances and Medicare cover the influenza vaccine. *There will be a charge for those who are private pay.*

### Coordinator's Corner

Dear Sterling Connection Members,

I hope you are enjoying the beginning of fall. It is my favorite time of year. I love helping with harvest, listening to the rustles when the wind is blowing through a cornfield. The setting sun as it goes down has a burnt orange color. Enjoying a cup of coffee outside and listening to the Katydid. I did some research on how they got their name. It is a large green long-horned male grasshopper that makes a characteristic sound that resembles saying "Katydid."

We have three trips coming up that Sterling Connection will be doing with Travels with Doris. See the flyers in this newsletter.

Our annual Christmas party will be Saturday, Dec. 7, at the Bonham Theatre. All who join us will get free admission to the movie, popcorn and a drink. We are doing a membership drive with winners to be announced that morning, and we will have door prizes, as well. Please come join us—and bring a friend!

*Pauline Niederklein, Sterling Connection Coordinator*

Sterling Connection is offered in conjunction with Bryan Health

## Travel with Sterling Connection

Upcoming trips:

\***Mystery Trip** —Oct. 22. There will be clues at Travels with Doris from now until the trip. The first clue is "The Underground tunnels have many secrets to share." Doris says: I researched and picked this one out especially for the season. Price: \$95, includes motorcoach, lunch, admission 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** — Price: \$119, includes Christmas at Union Station, lunch, the Omaha Westside Church Christmas pageant, and gratuities.



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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.

## Christmas Party Dec. 7 at Bonham Theatre

We are planning the annual Sterling Connection Christmas party for the Bonham Theatre on **Saturday, Dec. 7. This year we will show the Christmas movie "A Christmas Carol" (1938)**

The movie will begin at 10 a.m. We'll provide popcorn and a drink for each person attending. Sterling Connection members are welcome to bring a non-member as their guest. (Our membership contest will end that day—so anyone who signs up will be eligible for the prize drawing. (See more information on the membership contest below.) Reservations are appreciated by calling Lana Likens at 402-729-6855 (leave a voice mail, please.)



## Year-end Membership Drive: Your Chance to Win!

Sterling Connection is having a membership drive until Dec. 7 — and it's your chance to win! If you receive this newsletter you are already a member of Sterling Connection. We encourage you to invite a friend (or friends!) to join. **An enrollment brochure is included in this newsletter for you to share with a friend or neighbor who is not already a member. Please put your name next to REFERRED BY at the bottom for a chance to win prizes!** If you need more brochures, call Lana or Pauline at 402-729-3351.

On Dec. 7 (at our Christmas party), we will draw for winners. One new member and the member who referred them will each receive a gift certificate for one of our Sterling Connection one-day trips with Travels with Doris next year. The more you refer, the more chances you have to win a trip.

Help us grow our membership and promote Sterling Connection! Sterling Connection is a free opportunity to receive health and fitness information, programs and travel opportunities, coupons for free Blue Rivers Area Agency on Aging meals after you have been hospitalized, a quarterly newsletter, and a special membership rate at the Burkley Fitness Center for those who are 50-59 (get the senior discount early as a member!) To belong, you must be 50 or older and register for JCH&L Sterling Connection. For more information talk to Pauline or Lana at 402-729-3351.

# Healthy Eating is Important

**Editor's Note: reprinted from CDC.gov.**

It's easy to feel bombarded by the latest healthy eating trend or buzzworthy ingredient. But good nutrition is really about consistently choosing healthy foods and beverages. With healthy eating patterns, it's possible to enjoy food and beverages that reflect your preferences, cultural traditions, and [budgetary considerations](#).

Healthy eating emphasizes fruits, vegetables, whole grains, dairy, and protein. Dairy recommendations include low-fat or fat-free milk, lactose-free milk, and fortified soy beverages. Other plant-based beverages do not have the same nutritional properties as animal's milk and soy beverages. Protein recommendations include seafood, lean meats and poultry, eggs, legumes (beans, peas, and lentils), soy products, nuts, and seeds.

Most people in the United States need to adjust their eating patterns to increase their intake of dietary fiber, calcium, vitamin D, and potassium, according to the [Dietary Guidelines for Americans, 2020–2025](#) [PDF-30.6MB]. At the same time, we need to consume less added sugar, saturated fat, and sodium. Here are some ways to get started.

## Bump Up Fiber

Fiber helps maintain digestive health and helps us feel fuller longer. Fiber also helps control blood sugar and lowers cholesterol levels. Fresh fruits and vegetables, whole grains, legumes, nuts, and seeds are [good sources of fiber](#).

*To bump up fiber, try this:*

- Slice up raw vegetables to use as quick snacks. Storing celery and carrots in water in the refrigerator will keep them crisp longer.
- Start your day off with a whole grain cereal like oatmeal or food made with bulgur or teff. For even more fiber, top your cereal with berries, pumpkin seeds, or almonds.
- Add half a cup of beans or lentils to your salad to add fiber, texture, and flavor.
- Enjoy whole fruit—maybe a pear, apple, melon slice or passion fruit—with a meal or as dessert.

## Increase Calcium and Vitamin D

Calcium and vitamin D work together to promote optimal bone health. Our bodies can make vitamin D from sunshine, but some individuals may have difficulty producing enough vitamin D, and too much sun exposure can increase the risk of skin cancer. While very few foods naturally contain vitamin D, several foods and beverages are fortified with this essential nutrient. See food [sources of calcium](#) and [vitamin D](#).

*To increase calcium and vitamin D intake, try this:*

- Drink a fortified dairy beverage with your meals.
- When you pack your lunch, include a packet of salmon or can of sardines once a week. Salmon and enough potassium can increase sardines with bones has more calcium than salmon and sardines without bones.
- Include spinach, collard greens, bok choy, mushrooms, and taro root in your vegetable dishes.
- Look for foods that are fortified with calcium and vitamin D. Soy beverages, soy yogurt, orange juice, and some whole-grain cereals may have these added nutrients. Just be sure they do not include added sugars!

## Add More Potassium

Potassium helps the kidneys, heart, muscles and, nerves function properly. Not getting enough potassium can increase blood pressure, deplete calcium in bones, and increase the risk of kidney stones. People with chronic kidney disease and people taking certain medications may have too much potassium in their blood. But most people in the United States need more potassium in their eating patterns. See [food sources of potassium](#).

*To add more potassium, try this:*

- Try new [recipes](#) that use beet greens, lima beans, or Swiss chard.
- Put some variety in your beverages with one cup of 100% prune juice or 100% pomegranate juice.
- Have a banana as a snack.
- Enjoy 100% orange juice or a recommended dairy product with your meals.

# Healthy Eating

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## Limit Added Sugars

Too much added sugar in your diet can contribute to weight gain, obesity, type 2 diabetes, and heart disease. Some foods such as fruit and milk contain natural sugars. [Added sugars](#) are sugars and syrups that are added to foods and drinks when they are processed or prepared. Added sugars have many different names, such as cane juice, corn syrup, dextrose, and fructose. Table sugar, maple syrup, and honey are also considered added sugars. Sugary drinks are a [common source of added sugars \[PDF-30.6MB\]](#).

*To limit added sugars, try this:*

- Drink water instead of sugary drinks. Add berries or slices of lime, lemon, or cucumber for more flavor.
- Add fruit to your cereal or yogurt for sweetness.
- Don't stock up on sugary drinks and snacks. Instead, drink water and keep fruit and vegetable slices handy for snacks.
- At coffee shops, skip the flavored syrups and whipped cream. Ask for low-fat or fat-free milk or an unsweetened, fortified soy beverage. Or get back to basics with black coffee.
- Read [nutrition labels](#) and choose foods with no or lower amounts of added sugars.

## Replace Saturated Fats

Replacing saturated fat with healthier unsaturated fats can help protect your heart. [Common sources of saturated fat \[PDF-1.13MB\]](#) are fatty meats such as beef ribs and sausage, whole milk, full-fat cheese, butter, and cream cheese.

We need some dietary fat to give us energy, help us develop healthy cells, and help us absorb some vitamins and minerals. But unsaturated fat is better for us than saturated fat. See [common sources of saturated and unsaturated fat \[PDF-1.13MB\]](#).

*To replace saturated fats with unsaturated fats, try this:*

- Replace whole milk in a smoothie with low-fat yogurt and an avocado.
- Sprinkle nuts or seeds on salads instead of cheese.
- Use beans or seafood instead of meats as a source of protein.
- Cook with canola, corn, olive, peanut, safflower, soybean, or sunflower oil instead of butter or margarine.
- Replace full-fat milk and cheese with low-fat or fat-free versions.

## Cut Back on Sodium

Eating too much sodium can raise your risk of high blood pressure, heart attack, and stroke. More than 70% of the sodium Americans consume comes from packaged and prepared foods. While sodium has many forms, 90% of the sodium we consume is from salt. See the [top sources of sodium \[PDF-226KB\]](#).

*To cut back on sodium, try this:*

- Instead of using salt, add flavor to your meals with a squeeze of lemon juice, a dash of no-salt spice blends, or fresh herbs.
- Eat high-sodium processed and prepackaged food less frequently. Many [common foods](#), including breads, pizza, and deli meats, have high amounts of sodium.
- At the grocery store, read the Nutrition Facts label to find low-sodium products. Buy unprocessed food, such as fresh or frozen vegetables, to prepare at home without salt.

## Aim for a Variety of Colors

A good practice is to aim for a variety of colors on your plate. Fruits and vegetables like dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fiber, and minerals.

*Try this:*

- Sprinkle fresh herbs over a salad or whole wheat pasta.
- Make red sauce with fresh tomatoes (or canned tomatoes - low sodium or no salt added), fresh herbs, and spices.
- Add diced veggies—peppers, broccoli, or onions—to stews and omelets to give them a boost of nutrients.
- Top low-fat, unsweetened yogurt with your favorite fruit.

# Sterling Connection

Enriching lives over 50

This is a membership application only.  
It is not an application for credit.

Hospitals offering *Sterling Connection* reserve the right to change the program services or discontinue the program at any time.

Complete program benefits are outlined in the *Sterling Connection* brochure. Some restrictions may apply to specific program benefits.

*Sterling Connection* is in conjunction with Bryan Health.

Jefferson Community Health & Life  
Sterling Connection  
P.O. Box 277  
Fairbury, NE 68352

Place  
Stamp  
Here

**Sterling Connection MEMBERSHIP APPLICATION**

Name \_\_\_\_\_  
LEGAL LAST NAME                                          LEGAL FIRST NAME                                          MIDDLE INITIAL

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_ Sex F M Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_

E-Mail \_\_\_\_\_

Marital Status:     Married    Spouse Name \_\_\_\_\_

Single                       Widowed                       Divorced

**SPOUSE OR OTHER IN HOUSEHOLD APPLYING FOR MEMBERSHIP**

Name \_\_\_\_\_  
LEGAL LAST NAME                                          LEGAL FIRST NAME                                          MIDDLE INITIAL

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_ Sex F M Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_

E-Mail \_\_\_\_\_

Marital Status:     Married    Spouse Name \_\_\_\_\_

Single                       Widowed                       Divorced

REFERRED BY: \_\_\_\_\_

## **Travels with Doris & Sterling Connection**

### **Take You on a Mystery Trip ? ? ? ?**

**CLUES:**

**THE UNDERGROUND TUNNELS HAVE MANY  
SECRETS TO SHARE.**

**Mystery Trip Oct 22, 2024**

Bus will pickup at Dorchester Fire Hall across from Gas Station 6:30, Western Library 6:50,  
Fairbury Walmart Parking Lot South End 7:15, Hebron 8:00



**KEEP CHECKING BACK FOR MORE CLUES**

***YOU WON'T WANT TO MISS THIS ADVENTURE. I RESEARCHED AND PICKED  
THIS ONE OUT ESPECIALLY FOR THE SEASON!***

- **\$95 Price includes: Motorcoach, Lunch, Admissions, & gratuities.**

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

**Nov. 7-10, 2024**

*Branson*

**\$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 Malt Gummi 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



**It's Beginning to Look a lot like Christmas  
Travels with Doris & Sterling Connection  
Celebrate Christmas**

**Saturday, December 14, 2024**



**THANK YOU FOR ATTENDING THE 2023 CHRISTMAS  
PAGEANT!**

**WE'LL SEE YOU IN 2024!**



11:00 -12:00 Lunch

12:30 – 2:00 Christmas at Union Station Come experience the magic of the region's largest indoor Christmas tree, learn about holiday traditions from Omaha and around the globe. Enjoy some of the area's most beautiful holiday music under the glow of The Durham's Christmas tree. Talented local entertainers perform as part of The Durham Museum's holiday concert series.

**3:00 Annual *Christmas Pageant* Matinee with live animals at *Omaha Westside Church* One of Omaha's most popular Christmas traditions! Gives you the hope we are all searching for.**

**Depart from** Depart Dorchester Firehall 7:30 a.m., Fairbury Walmart Parking Lot at 8:15 a.m,  
Beatrice Walmart Parking Lot at 9:00, 27<sup>th</sup> St Walmart 9:45

\$119 includes Motorcoach, lunch, admission, & gratuities.

**To reserve a seat call Doris at 402-821-2547 or**

**mail check to: Doris Broz-Clauss, 1794 County Road, Wilber, NE 68465**

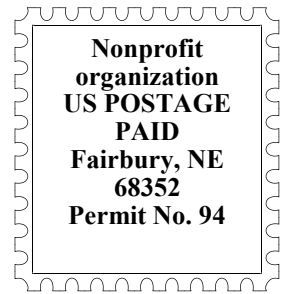
2200 H St., P.O. Box 277  
Fairbury, NE 68352

**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.



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**UPCOMING EVENTS ...**

**October**

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

**Oct. 22** — Mystery trip. Price: \$95. Pre-registration required. See flyer.

**Oct. 30** — Medicare D review event, JCH&L North Building. Appointment required by calling 402-587-5184 (please leave a message.)

**November**

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

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

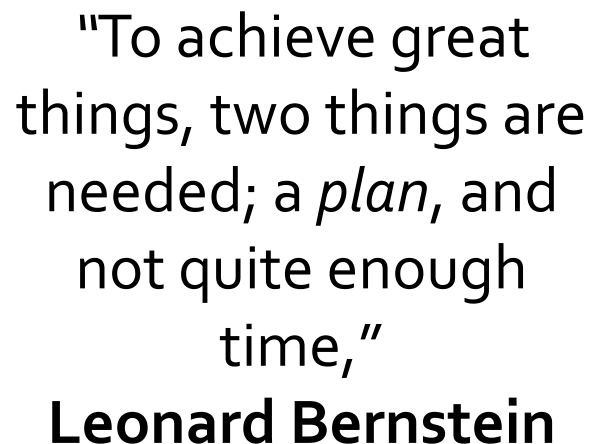
**Nov. 19-Jan. 28, 2025**—Cottonwood Hospice Grief Support Group. Call 402-228-8501 for reservations.

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

**December**

**Dec. 7**— 10 a.m. Christmas party, Bonham Theatre.

**Dec. 14**— Christmas in Omaha. Price: \$119. Pre-registration required. See flyer.



"To achieve great things, two things are needed; a *plan*, and not quite enough time,"  
**Leonard Bernstein**