

# 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

## Wolff Begins as CEO of Jefferson Community Health & Life

Holly Wolff, MHA, began her new position as CEO of Jefferson Community Health and Life on Jan. 6. Wolff followed Bill Welch who has served as interim CEO since September.

Wolff most recently served as administrator at Mount Edgecumbe Medical Center/ SEARHC, in Sitka, Alaska. She was previously chief executive officer at Roundup Memorial Healthcare in Roundup, Montana, and Ashley Medical Center in Ashley, North Dakota, and Family Practice Center and Family Medicine Residency Administrator at the Northeast Iowa Medical Education Foundation in Waterloo, Iowa. She said she loves rural health care, and the communities it serves.



Holly Wolff

"The intersection between rural communities and local healthcare is where we can be dynamic in our approach to addressing specific needs and create a gold standard of care that surrounds the whole person's well-being," Wolff said. "Growing up rural made a lasting impression on my love of small towns and commitment to serve the community."

She has more than 10 years of experience in balancing strategic decisions and financial discipline with a hands-on approach to leadership. She has experience in several areas of health care, including long-term care. She said she strives for

*(Continued on page 2)*

## Welcome Reception/ Business After Hours

Wednesday, Jan. 29

5:30 p.m. to 7 p.m.

On the Bricks, 508 E St., Fairbury

Heavy Hors d'euvres provided

Cash bar available

Everyone is welcome!

## Coordinator's Corner

Dear Sterling Connection Members,

Wishing you a belated Merry Christmas and blessed New Year. A new year is always exciting and fun to try new things.

Our winners for the new member contest was Paul Brahm, who was referred by Margaret Brahm. Congratulations! They will choose a Sterling Connection day trip as their prize.

Doris has found some interested places to go. Please thank her for her work! Our kick off for 2025 is Feb. 15, 2025, to Moulin Rouge at the Lied Center. We will have a Valentine party on the way home. Let's see how many different shades of red we can wear that day. It will be fun to search through our closets for red clothing (and don't forget jewelry!)

Stay healthy and active for a wonderful year.

*Pauline Niederklein, Sterling Connection Coordinator*

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## Travel with Sterling Connection

Upcoming trips:

**\*Moulin Rouge, Lied Center**—Feb. 15. Price: \$159, includes motorcoach, lunch, matinee and gratuities. Welcome to Moulin Rouge! The Musical! Baz Luhrmann's revolutionary film comes to life on stage directed by Tony Award winner Alex Timbers. Lunch at Cracker Barrel, Moulin Rouge! Matinee. (See flyer.)

**\*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.)



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**\*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.

## Wolff New CEO

excellent employee, customer and provider satisfaction.

"Our staff, clinical and non-clinical alike, are the cornerstone of a strong foundation in the organization. When staff are supported and valued, patients will be on the receiving end of amazing care. My leadership approach is centered on being accessible and visible, to really create a workplace that is second to none," she said.

She said she is excited to learn about JCH&L's strategic initiatives and current programs, as well as the community JCH&L serves.

"My focus in the early days at JCH&L will be to listen and learn so I can continue the strong initiatives that are already in place," Wolff said. "I want to empower the staff and providers to help me understand the opportunities and challenges, creating strong communication channels. Living and volunteering in the local community, through civic engagement, is important to me so I can support the greater initiatives in the region. When I came to visit, the first impression of Fairbury and JCH&L was of a stellar community that takes a lot of pride in the town and its healthcare organization. It's a privilege to accept this role and I am eager to join the JCH&L team."

Wolff was chosen by the JCH&L board of directors from among more than 100 applicants for the position. Four candidates brought to Fairbury for on-site interviews.

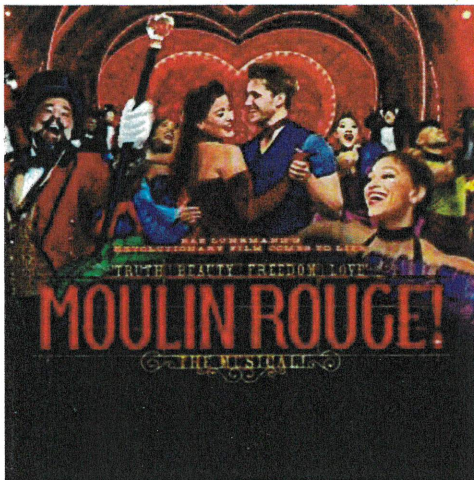
"The board sought a CEO with exceptional leadership skills and a strong background in rural healthcare, and we are thrilled to welcome Holly to our community and to JCH&L," said Trevor Steinmeyer, chairman of the JCH&L board of directors. "We were also pleased to have four excellent candidates interview on site for the CEO position, and we are confident Holly's expertise and vision will greatly benefit our organization."

Wolff has two sons, Tripp, 17, a high school junior, and Finn, 15, a high school freshman. Both are students at Fairbury High School.



Travels with Doris & Sterling  
Connection Take You to  
**MOULIN ROUGE**

at the Lied Saturday, February 15



I have 2 PM Matinee tickets

Enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur, and glory! A world where Bohemians and aristocrats rub elbows and revel in electrifying enchantment. Welcome to *Moulin Rouge! The Musical!* Baz Luhrmann's revolutionary film comes to life onstage, remixed in a new musical mash-up extravaganza. Directed by Tony Award® winner Alex Timbers, *Moulin Rouge! The Musical* is a theatrical celebration of Truth, Beauty, Freedom, and — above all — Love.

.....  
11:30 Lunch at Cracker Barrel

**\$159 Price includes: Motorcoach, Food, Tickets(center), & gratuities.**

Bus will pickup at Hastings Walmart parking lot north end 7:30 a.m., Dorchester Fire Hall across from Gas Station 9:00 a.m., Fairbury Walmart Parking Lot South End, 9:45 Bathroom Break, Beatrice Walmart northwest end 10:30

Return approximately Beatrice 6:00, Fairbury 6:45, Dorchester 7:30, Fairmont 8:00

**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 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 6<sup>th</sup> St Parking Lot 7:45 a.m.

Marysville Walmart 8:20 Bathroom Break

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

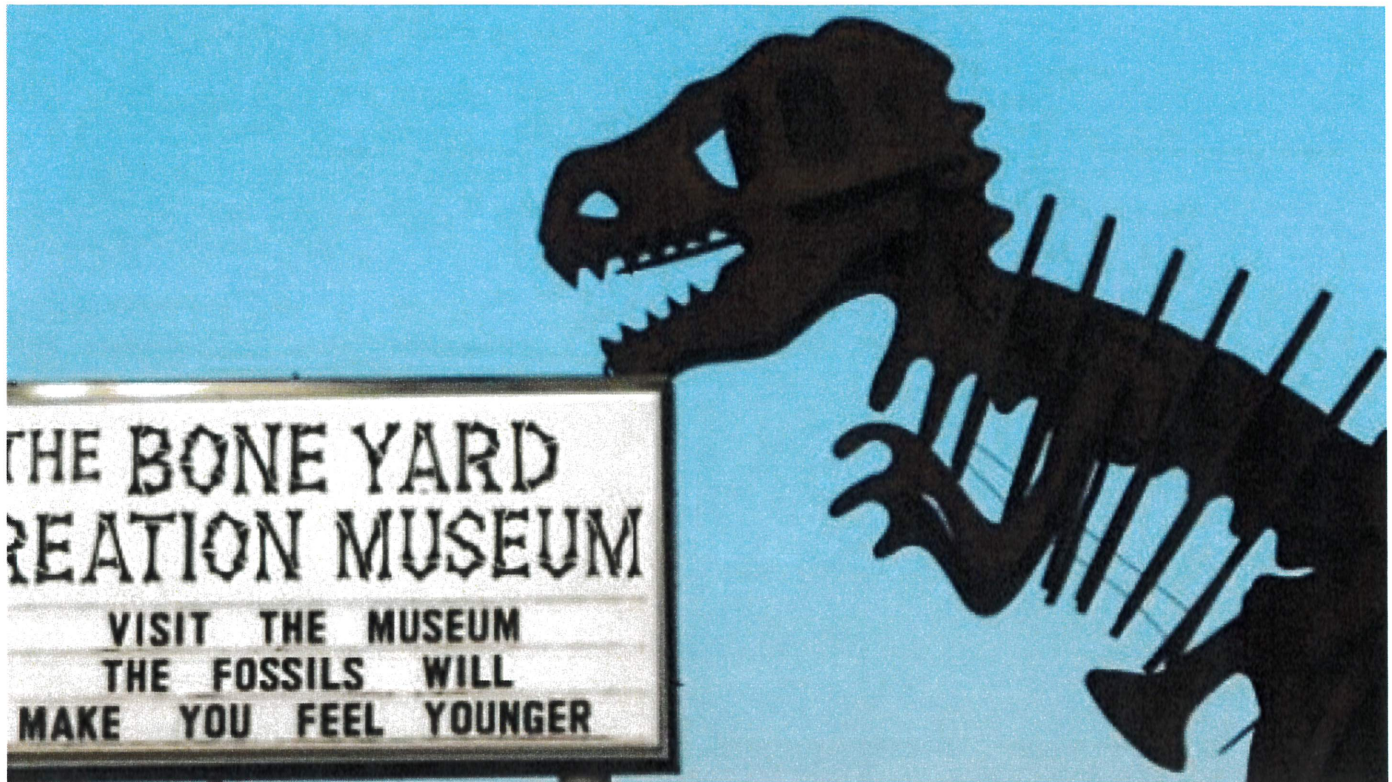
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# Travels with Doris & Sterling Connection take you to Visit



## 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

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, ☐

**To reserve seat mail check to:**

**Travels with Doris, 1794 County Rd 1500, Wilber, NE 68465**

**For more information call Doris at 402-821-2547 , Cell 402-641-7132**

# Oral Health Tips

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

## Overview

Adults can develop oral health problems throughout their lifetime. Oral health problems can include cavities, gum disease, tooth loss, and oral cancer. More than 40% of adults report having felt pain in their mouth within the last year, and more than 80% of people will have had at least one cavity by age 34.

During pregnancy, you may be more likely to have cavities and gum disease. People with chronic disease, such as arthritis, diabetes, or heart disease may have an increased risk of having missing teeth and poor oral health.

Oral health problems also increase with age because of problems with saliva production, receding gums, and difficulties flossing and brushing due to poor vision, cognitive problems, chronic disease, and physical limitations.

Good oral health = good overall health

## ***To maintain a healthy mouth and strong teeth:***

- **Don't use tobacco products.** [If you smoke, quit.](#) The more you smoke or come into contact with smoke, the higher your risk of developing cancer.
- **Drink less alcohol.** The more alcohol you drink, the higher your risk of head and neck cancer. If you drink, [do so in moderation](#) to lower your risk.
- **Get vaccinated.** Human papillomavirus (HPV) can infect the mouth and throat and cause cancer. Ask your doctor if you need to be vaccinated against HPV to possibly prevent throat cancer.
- **Manage your diabetes.** If you have [diabetes](#), you may need to get your teeth cleaned multiple times a year, which may help lower your blood sugar level. Managing your diabetes will also lower your risk of other oral health complications, including gum disease.
- **Prevent dry mouth.** If your medication makes your mouth feel dry, ask your doctor for a different medication that may not cause this condition. If this doesn't help, drink plenty of water, chew sugarless gum, don't smoke or use tobacco products, and don't drink alcohol.
- **Act on any new symptoms.** Talk to your doctor or dentist if you have sudden changes in taste and smell.

## ***Daily care***

- **Avoid food and drinks with added sugar** as much as possible. They contribute to oral diseases and other chronic diseases.
- Drink **fluoridated tap water** and brush your teeth with **fluoride toothpaste**.
- Practice **good oral hygiene**. Brush your teeth well twice a day and floss between your teeth to remove dental plaque.
- Wear a **mouthguard** when participating in contact sports or high-risk activities.

## ***Yearly care***

- **Visit your dentist** at least once a year, even if you wear dentures and have lost some or all of your teeth. Your dentist will check your mouth for cancers, oral health problems, and cavities.





## New Wound Clinic Offered at JCH&L Specialty Services

Jefferson Community Health & Life is offering a new wound clinic through Outpatient Services beginning Jan. 8, 2025. Megan Knutson, FNP-C, and Kensly Williams, PA-C, have been certified through The National Alliance of Wound Care and Ostomy.

Wound Clinics will be held on the second and fourth Wednesday of each month through JCH&L Specialty Services. For more information, an appointment, or other available dates, please call JCH&L Outpatient Services at 402-729-6851.



Knutson

Williams

The clinic can help with pressure sores, diabetic ulcers, new and chronic wounds, arterial wounds, venous wounds, and burns (less than 10 percent of body surface area.) Treatments may include compression therapy, topical antimicrobial therapy, wound debridement, and a variety of dressing options.

"We know many people struggle with wounds, and help is now available here at JCH&L with two Wound Care Certified advanced practice providers," said Erin Smith, CNO.

For more information or an appointment, call JCH&L Outpatient Services at 402-729-6851, or ask your primary care provider if the Wound Clinic would be helpful for you.

## JCH&L Now Offering Parkinson Voice Project's SPEAK OUT!® Therapy Program

Jefferson Community Health & Life is pleased to announce the SPEAK OUT!® Therapy Program is now available through its Sports Medicine and Rehab Services speech-language pathology department. Kristen Banahan, MS, CCC-SLP, is a licensed provider.

The SPEAK OUT! Therapy Program, developed by Parkinson voice Project, is a research evidence-based program helping individuals diagnosed with Parkinson's and related neurological disorders regain and retain their speech and swallowing. This comprehensive program combines individual speech therapy with education and ongoing group support.



Banahan

"Up to 90 percent of people with Parkinson's are at risk of losing their ability to speak. In addition, swallowing complications account for 70 percent of the mortality rate in this patient population. Our vision at Parkinson Voice Project is to make quality speech therapy accessible to people with Parkinson's worldwide," said Samantha Elandary, Parkinson Voice Project's founder and chief executive officer.

JCH&L Sport Medicine and Rehab Services is committed to serving its Parkinson's community by offering the SPEAK OUT! Therapy Program. Provider referral is required. For more information, contact JCH&L Sports Medicine and Rehab Services at 402-729-6840.

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

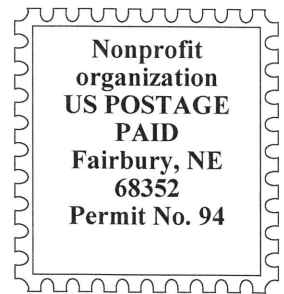
**CHANGE SERVICE REQUESTED**

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.



**UPCOMING EVENTS ...**

**January**

**Jan. 29**— 5:30 p.m. to 7 p.m. Welcome reception for Holly Wolff at a Fairbury Chamber Business After Hours. Open house at On the Bricks, 508 E St., Fairbury. Heavy hors d’oeuvres provided, cash bar available. Everyone is welcome! No reservations required.

**February**

**Feb. 13**— Alzheimer’s Caregivers Support group. 4:30 p.m. JCH&L Clinic Conference Room. Call 402-729-6855 for more information!  
**Feb. 15** — Moulin Rouge musical, Lied Center. \$159. Pre-registration required. See flyer.

**March**

**March 13**— Alzheimer’s Caregivers Support group. 4:30 p.m. JCH&L Clinic Conference Room. Call 402-729-6855 for more information!

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

**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.

