



TABLE TALK

Gather 'round for places to go... things to do... people to see...

DECEMBER 2023
NEWSLETTER



Happy Holidays!

Wishing you nothing but the
best this holiday season!

OUR MISSION

Blue Rivers Area Agency on Aging's mission statement is to develop or support a system of coordinated and comprehensive services for older individuals that promotes a safe, healthy, and independent lifestyle.



INSIDE THIS ISSUE

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www.BlueRiversAAA.org

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Join us on Friday, December 15th at 5pm, for a Christmas Lights Tour in Beatrice!

The Beatrice Light Tour Bus Trip is \$10 per person which includes transportation around Beatrice, along with Chili and Cinnamon Rolls to be served before the tour begins.

Payment by cash or check must be received in advance. No refunds for cancellations!

Call the Beatrice Blue Rivers Public Transportation Office at 402-223-1357, for more information or to make your reservation today! Seats are limited!

Our public transportation vehicles are handicap and wheelchair accessible. Bus trips are open to all members of the public.

Experience some of the best Christmas lights in Beatrice and let us do the driving!





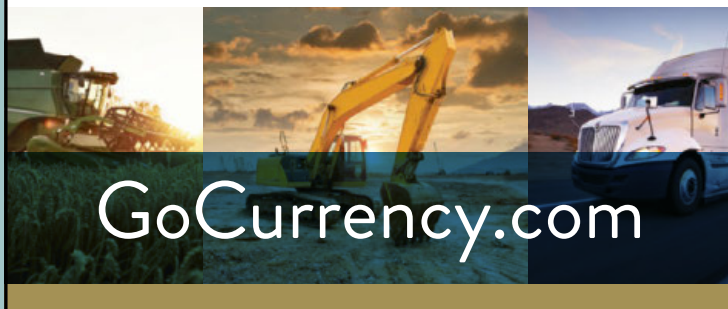
From the Director:

I would like to take this time to ask that you all reflect on your blessings over the past year and enjoy the experience of an even better year to come! Christmas is a time of joy, happiness and realization of the gift of family and friends in our lives. I am praying that each one of you has a wonderful Christmas season and a happy new year. May the Spirit of Christmas surround you and yours in the days to come. All of our staff and clients are special in the eyes of our Blue Rivers Area Agency on Aging Family! MERRY CHRISTMAS AND HAPPY NEW YEAR!

Carla Frase, Director

CURRENCY.

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Put a **FREEZE** on Winter Holiday Fires

It's fun to decorate for the winter holidays, but holiday decorations can increase your risk for a home fire. As you deck the halls this season, be fire smart.



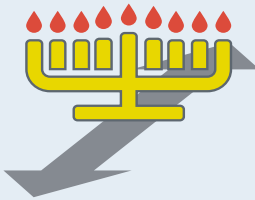
Half of the home decoration fires in December are started by candles.



More than 1/3 of home decoration fires are started by candles.



Christmas is the peak day for candle fires.



Keep candles at least **12 inches** away from anything that burns.



A dry Christmas tree can burn very hot and very fast.



More than 1 in every 5 Christmas tree fires were caused by a heat source too close to the tree.



Read manufacturer's instructions for the number of light strands to connect.



Make sure your tree is **at least 3 feet away** from heat sources like fireplaces, radiators, space heaters, candles or heat vents. Also, make sure your tree does not block exits.



Get rid of your tree after Christmas or when it is dry.



For more information on how to prevent winter fires, visit usfa.fema.gov/prevention/outreach/holiday.html and nfpa.org/winter.

SENIOR CENTER ACTIVITIES

CORTLAND SENIOR CENTER

December 6 - Chuck Bentjen Legal Clinic and Presentation on Scams - Consumer Awareness and Protection at Noon.

FAIRBURY SENIOR CENTER

December 12 - JCH&L Presentation at Noon.

STERLING SENIOR CENTER

December 5 - Blood Pressure & Toe Nail Clinic at 10:30 am. Call 402-866-2050 for more information.

December 20 - Christmas & Birthday Party.

TABLE ROCK SENIOR CENTER

Every Wednesday - Word Search
December 19 & 21 - Foot Care Clinic, presented by Lynne Roland RN. To schedule your appointment call 402-839-2060.

December 20 - Blood Pressure Clinic 11:30 - Noon, sponsored by Johnson County Hospital.

Additional Benefits/Resources may be available

Blue Rivers Area Agency on Aging has trained staff that can assist you with questions you may have about benefits/services available to you. Please call our office at 888-989-9417 or 402-223-1376 and ask for the ADRC worker.

Services available from Access Nebraska:

Meals - please specify that you would like Blue Rivers AAA

Housekeeper/handyman - Please specify you would like Blue Rivers AAA

Public Transit - Please specify you would like Blue Rivers AAA

Energy Assistance

Medicaid

General Income/Resource guidelines:

Single \$1437 per month income

Married \$1613 per month income

Contact Access Nebraska directly at:

800-383-4278 or www.AccessNebraska.gov



It's time to get MOVING AGAIN

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Learn why some patients are experiencing

Less Pain | Faster Recovery

Shorter Hospital Stay | Fewer Pain Medications

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HOSPITAL**

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402-335-3361
JCHOSP.COM

TECUMSEH FAMILY HEALTH

202 HIGH ST, SUITE 100
TECUMSEH NE 68450
402-335-2811

ADAMS PRIMARY CARE

620 MAIN ST
ADAMS NE 68301
402-988-2188

Compassionate Care Close to Home

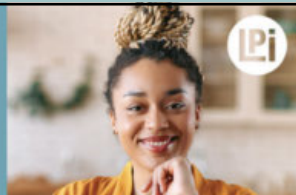
Ben Biehl, MD Beth Gobber, PA-C
Zak Tempelmeyer, MD Katie Griess, PA-C
Grant Saltzgeber, MD Sara Sharples, PA-C

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LOCALLY**



For ad info. call 1-800-950-9952 • www.lpcommunities.com Blue Rivers Area Agency on Aging, Beatrice, NE

B 4C 02-1133

WORD SEARCH - WINTER WONDERLAND

06

BELOWZERO
BOOTS
COCOA
FIREPLACE
FROZEN
HIBERNATE
JACKFROST
SHIVER
SLED
SNOWSTORM

BLANKET
CABINFEVER
COLD
FLURRIES
GLOVES
ICICLE
MITTENS
SHOVEL
SLIPPERY
SNOWSUIT

BLIZZARD
CHILLY
EARMUFFS
FROSTY
HAT
ICY
PLOW
SKATING
SNOW
WINDY

BLUSTERY
COATS
FEBRUARY
FROSTY
HEATER
JANUARY
SCARF
SKIING
SNOWMAN
WINTER

E	F	R	B	Y	R	E	P	P	I	L	S	C	H	I	L	L	Y
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S	O	T	T	I	N	S	Y	B	S	L	E	Y	Y	D	N	I	W
T	Z	N	R	O	N	L	E	C	A	L	P	E	R	I	F	O	I
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B	I	T	Z	O	W	C	D	Y	R	E	T	S	U	L	B	N	S
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L	E	L	I	I	W	S	C	F	M	S	N	U	I	Y	E	A	I
C	C	B	H	S	K	A	N	W	U	U	L	Z	T	O	A	C	N
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C	A	O	I	G	B	N	T	R	Z	A	O	I	C	Y	E	F	L
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M	G	A	C	N	L	R	A	D	F	T	A	O	C	O	C	Z	Q

SEVERE WEATHER CLOSING INFORMATION

Winter weather is just around the corner! In the event of severe weather or dangerous road conditions, Blue Rivers Area Agency on Aging may be closed. Public Transportation Services may be inoperable.

If the schools in your community are closed due to weather, Blue Rivers AAA centers will also close. Meals will not be served for dine in or carry out, and there will be no home delivered meals on those days. Be prepared by keeping some canned or frozen food on hand!

Please check your local radio stations and the Blue Rivers Area Agency on Aging's Facebook page for the most accurate and up-to-date closing information.



AGING AND DISABILITY RESOURCE CENTER

Blue Rivers Area Agency on Aging is one of seven sites hosting the Aging & Disability Resource Center, ADRCNebraska, benefitting:

- Seniors (age 60 and older)
- People with disabilities of all ages; and
- Family members, caregivers & advocates

Our Options Counselors are currently available over the phone to assist eligible people and/or their representatives in making informed choices about the services or setting that best meet the person's needs. For assistance call toll free 844-843-6364 or visit ADRCNebraska.org.

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CONTACT ME
Anita Aguilar

aaguilar@lpicommunities.com

(800) 950-9952 x2677

Visit

www.mycommunityonline.com



INFORMATION

08

Pearl Harbor Day - December 7
 Hanukkah - December 8
 First Day of Winter - December 21
 Christmas Eve - December 24
 Christmas Day - December 25 (**closed**)
 New Year's Day - January 1 (**closed**)
 Martin Luther King Jr. Day - January 15 (**closed**)
 Groundhog Day - February 2
 St. Valentine's Day - February 14

Commodity Supplemental Food Program



CSFP Makes A Difference!!!

CSFP serves Nebraska residents age 60 & greater.
 Income guidelines:
\$1580/month for a household of one;
\$2137/month for a household of two.



ENROLLMENT IS EASY!

CALL CALEB TO SEE IF YOU QUALIFY AT 402-587-0529



BLUE VALLEY community Action
 PARTNERSHIP
Helping People. Changing Lives.

Blue Valley Community Action Partnership's CSFP Program serves individuals in the counties of Butler, Fillmore, Gage, Jefferson, Polk, Seward, Saline, Thayer and York.

Enrolling in CSFP *does not* affect any other benefits that you may be enrolled in such as SNAP (food stamps) or Medicaid. USDA is an equal opportunity provider and employer.

Blue Valley Commodities Clinics			
	Gage	Jefferson	Thayer
	1623 N. 5th St Beatrice, NE 68310	1303 B St. Fairbury, NE 68352	327 Lincoln Ave. Hebron, NE 68370
October	10/18/2023	10/10/2023	10/3/2023
November	11/15/2023	11/14/2023	11/7/2023
December	12/20/2023	12/12/2023	12/5/2023
January	1/17/2024	1/9/2024	1/2/2024

DECEMBER STAFF BIRTHDAYS



Jane Kreifels
 Carol Maxson
 Doug Neemann



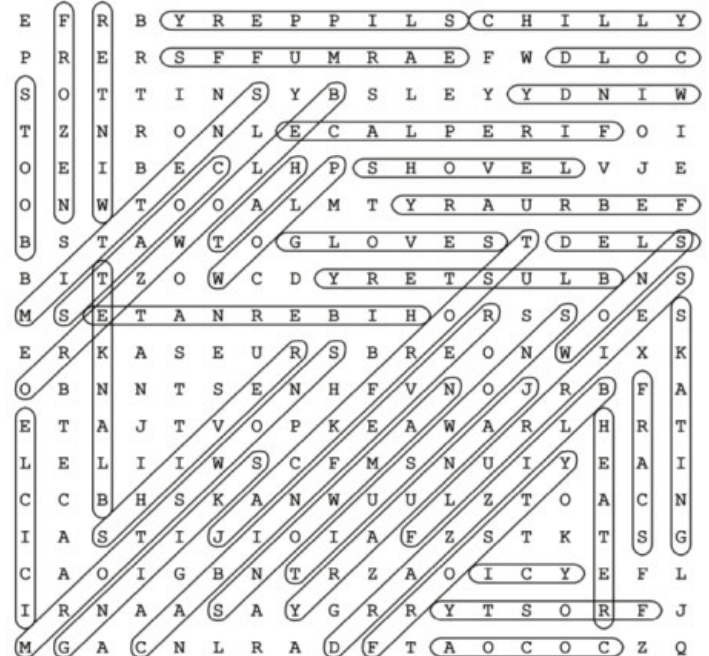
- Aged & Disabled Medicaid Waiver
- Care Management
- Choices - Long Term Care Options
- Family Caregiver Support
- Handyman & Housekeeper
- Health Promotion
- Information & Assistance
- Legal Assistance
- Nutrition Services
- Senior Centers
- Consumer Protection
- All Transit Services Are Available To The Public, Including Persons With Disabilities



Blue Rivers
 Area Agency on Aging

Blue Rivers Area Agency on Aging
 103 Eastside Blvd - Beatrice
 1-888-989-9417 or
 402-223-1376

Winter Wonderland



BLUE RIVERS PUBLIC TRANSPORTATION - FOR ALL AGES

AUBURN

1101 J St
Auburn, NE 68305
Open: Mon - Fri, 8:00 am - 4:30 pm
Dawn Parriott
Phone: 402-274-5365

BEATRICE

103 Eastside Blvd
Beatrice, NE 68310
Open: Mon - Fri, 8:00 am - 4:30 pm
Kathy Skiles
Phone: 402-223-1357

FAIRBURY

601 City Park Road
Fairbury, NE 68352
Open: Mon - Fri, 8:00 am - 4:00 pm
Samantha Hein
Phone: 402-729-6475

HEBRON

224 Lincoln Ave
Hebron, NE 68270
Open: Mon - Fri, 8:00 am - 3:00 pm
Loren Goedeken
Phone: 402-768-1694

NEBRASKA CITY

713 Central Ave, Suite B
Nebraska City, NE 68410
Open: Mon - Fri, 8:00 am - 5:00 pm
Bobbi Lechner
Phone: 402-873-3005

SYRACUSE

303 Railroad Ave
Syracuse, NE 68446
Open: Mon - Fri, 7:30 am - 4:00 pm
Carol Graham
Phone: 402-269-5129

WYMORE

118 East D St
Wymore, NE 68466
Open: Mon - Fri, 9:00 am - 3:00 pm
Angie Meyer
Phone: 402-645-3525

INTER-CITY EAST

Contact the office closest to you
Auburn: 402-274-5365
Nebraska City: 402-873-3005
Syracuse: 402-269-5129

INTER-CITY WEST

Contact the office closest to you
Beatrice: 402-223-1357
Wymore: 402-645-3525
Fairbury: 402-729-6475
Hebron: 402-768-1694

All transit services are available to the public, including persons with disabilities.



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- ◆ Gardenside long-term care
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- ◆ Outpatient specialists
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CONTACT INFORMATION

10

BLUE RIVERS SENIOR CENTER LOCATIONS

HOME OFFICE

103 Eastside Blvd
Beatrice, NE 68310
Open: Mon - Fri, 8:00 am - 4:30 pm
Director: Carla Frase
Phone: 402-223-1376
Toll Free: 888-989-9417

BEATRICE

101 N 25th St
Beatrice, NE 68310
Open: Mon- Fri, 7:30 am - 1:30 pm
Lunch Served: Noon
Manager: LeAnn Umphenour
Phone: 402-223-3055

CORTLAND

W 5th St
Cortland, NE 68331
Open: Wed, 10:00 am - 1:30 pm
Lunch Served: 11:30 am
Manager: Karen Ostlund
Phone: 402-416-3676

DAVENPORT

110 S Linden Ave
Davenport, NE 68335
Open: Mon - Fri, 10:00 am - 12:30 pm
Lunch Served: Noon
Manager: Sharon Littrel
Phone: 402-364-2449

DESHLER

507 4th St
Deshler, NE 68340
Open: Mon - Fri, 9:30 am - 1:00 pm
Lunch Served: Noon
Manager: Michaelah Weeldreyer
Phone: 402-365-7698

DOUGLAS

200 Main St
Douglas, NE 68344
Open: Mon - Fri, 10:00 am - 12:00 pm
Lunch Served: 11:15 am
Manager: Yulonda Randall
Phone: 402-799-2300

FAIRBURY

601 City Park Rd
Fairbury, NE 68352
Open: Mon - Fri, 9:00 am - 2:00 pm
Lunch Served: Noon
Manager: Brenda Williams
Phone: 402-729-5258

FALLS CITY

221 West 16th St
Falls City, NE 68355
Open: Mon - Fri, 8:00 am - 1:00 pm
Lunch Served: Noon
Manager: Linda Hardenberger
Phone: 402-245-3871

HEBRON

224 Lincoln Ave
Hebron, NE 68370
Open: Mon - Fri, 10:00 am - 2:00 pm
Lunch Served: Noon
Manager: Connie Drohman
Phone: 402-768-6052

NEBRASKA CITY

200 N 3rd St
Nebraska City, NE 68410
Open: Mon - Fri, 8:30 am - 12:30 pm
Lunch Served: Noon
Manager: Deb Ford
Phone: 402-873-1525

PALMYRA

425 C St
Palmyra, NE 68418
Open: Mon - Fri, 11:00 am - 1:00 pm
Lunch Served: Noon
Manager: Jackie Thomson-Bremer
Phone: 402-780-5606

STERLING

130 Broadway St
Sterling, NE 68443
Open: Mon - Fri, 8:30 am - 12:30 pm
Lunch Served: 11:15 am
Manager: Doris Behrens
Phone: 402-866-2050

SYRACUSE

303 Railroad Ave
Syracuse, NE 68446
Open: Mon - Fri, 10:00 am - 1:00 pm
Lunch Served: 11:30 a.m.
Manager: Julie Wiebusch
Phone: 402-269-2957

TABLE ROCK

402 Luzerne St
Table Rock, NE 68447
Open: Mon - Fri, 8:00 am - 2:30 pm
Lunch Served: Noon
Manager: Roberta Turnbull
Phone: 402-839-2060

WYMORE

118 East D St
Wymore, NE 68466
Open: Mon - Fri, 9:00 am - 1:00 pm
Lunch Served: Noon
Manager: Carol Maxson
Phone: 402-239-0338

HOME DELIVERED MEALS

CHESTER

via Hebron
Manager: Connie Drohman
Phone: 402-768-6052

DILLER

via Fairbury
Manager: Brenda Williams
Phone: 402-729-5258

ODELL

via Wymore
Manager: Carol Maxson
Phone: 402-239-0338

PICKRELL

via Beatrice
Manager: LeAnn Umphenour
Phone: 402-223-3055

COOK/UNADILLA

via Syracuse
Manager: Julie Wiebusch
Phone: 402-269-2957

HUMBOLDT

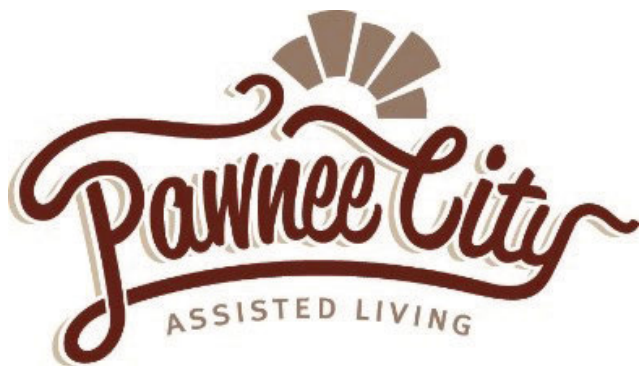
via Table Rock
Manager: Roberta Turnbull
Phone: 402-839-2060

PAWNEE CITY

via Table Rock
Manager: Roberta Turnbull
Phone: 402-839-2060

PLYMOUTH

via Beatrice
Manager: RoJane Meyer
Phone: 402-223-8783



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E 4C 02-1133

LUNCH MENU

12



MON	TUE	WED	THU	FRI
				<p>1</p> <p>Taco Salad Refried Beans w/ Cheese Churro</p>
<p>4</p> <p>Creamy Chicken over Biscuit Mixed Veggies Garden Salad</p>	<p>5</p> <p>BBQ Meatballs Cheesy Hashbrowns Peas Fruit Cobbler</p>	<p>6</p> <p>Smothered Steak Baked Potato Broccoli w/Cheese</p>	<p>7</p> <p>Tuna & Noodles w/ Peas California Blend</p>	<p>8</p> <p>Sloppy Joes Steak Fries Baked Beans</p>
<p>11</p> <p>Ham & Cheesy Potato Casserole Brussel Sprouts Cookie</p>	<p>12</p> <p>Chicken Noodle Soup w/Carrots Pea Salad Muffin</p>	<p>13</p> <p>Goulash Italian Veggies Lettuce Salad Garlic Bread</p>	<p>14</p> <p>Roast Beef Mashed Potatoes w/ Gravy Candied Carrots</p>	<p>15</p> <p>Tater Tot Casserole Spinach Salad Cottage Cheese w/ Peaches</p>
<p>18</p> <p>Parmesan Chicken Scalloped Potatoes Corn</p>	<p>19</p> <p>Pulled Pork Potato Salad Broccoli w/Cheese</p>	<p>20</p> <p>Chicken Bacon Ranch Baby Bakers Green Beans</p>	<p>21</p> <p>Vegetable Beef Soup w/Crackers Bread Stick Brownie</p>	<p>22</p> <p>Cook's Choice</p>
<p>25</p> 	<p>26</p> <p>Cheeseburger Tater Tots Pickled Beats</p>	<p>27</p> <p>Pork Chop Cheesy Rice Mixed Veggies</p>	<p>28</p> <p>Chicken Tenders Mashed Potatoes w/ Gravy Carrots Fruited Gelatin</p>	<p>29</p> <p>Polish Dog w/Kraut Tri-Taters Cookie</p>

MENUS ARE SUBJECT TO CHANGE.

All meals include low-fat or fat-free milk, assorted fruit, and whole grain bread.