



TABLE TALK

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

JANUARY 2024
NEWSLETTER



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.

Hello January

INSIDE THIS ISSUE

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www.BlueRiversAAA.org

New Voter ID Law	2	Information	7
Information	3	Information	8
Information	4	Contact Information	9
Senior Center Activities	5	Contact Information	10
Word Search	6	Lunch Menu	12

NEBRASKA'S NEW VOTER ID LAW

02

NEBRASKA'S NEW VOTER ID LAW

What ID can I use to vote?

ID must have your **name** and **photo**.
It can be expired. Valid photo IDs are:

- Nebraska driver's license/state ID
- Passport, military ID, tribal ID
- Hospital, assisted-living facility or nursing home record
- Nebraska political subdivision ID (state, county, city, school, etc.)
- Nebraska college or university ID

What will **NOT** be accepted?

- Birth certificate
- Medicare/Medicaid card
- Out-of-state driver's license
- Out-of-state college ID
- Social Security card
- Store membership card
- Utility bill/bank statement
- Voter registration acknowledgement card



Contact Nebraska SOS
for more information on voter ID.
voterid.nebraska.gov
sos.elect@nebraska.gov
(402) 471-2555



Contact Nebraska DMV
for more information on a free
state ID for voting purposes.
dmv.ne.gov



Contact Nebraska DHHS
for more information on a free
certified copy of your Nebraska
birth certificate to get a free
state ID for voting purposes.
dhhs.ne.gov



Nebraska Secretary of State

Revised November 2023

When does voter ID take effect?

The first Nebraska election
requiring voter ID will be the
statewide primary in 2024:

May 14, 2024

All elections in Nebraska after that
will require voter ID.

In 2022, Nebraska voters approved
a constitutional amendment
requiring voter ID. In June 2023,
the governor signed into law LB514,
the bill putting voter ID into effect.



What if I forget my ID?

You will fill out a provisional ballot.
For your ballot to count, you will
need to present a valid photo ID
to your county election office
**on or before the Tuesday
after the election.**

How do I vote with voter ID?



IN PERSON
Present a valid photo ID
or vote provisionally.



EARLY IN OFFICE
Present a valid photo ID
or vote provisionally.



EARLY BY MAIL
Write driver's license/state ID
number on **ballot application**
or enclose a copy of valid
photo ID or reasonable
impediment certification
with your application.



**BY-MAIL PRECINCTS OR
BY-MAIL SPECIAL ELECTIONS**
Write driver's license/state ID
number on **ballot return
envelope** or enclose a copy
of valid photo ID or reasonable
impediment certification in your
ballot return envelope.

What if I can't afford an ID?

You can get a **free state ID** for voting
from the DMV. If you were born in
Nebraska and need your birth
certificate to get a free state ID,
you can get a **free certified copy
of your birth certificate** from the
Nebraska Department of Health and
Human Services. A birth certificate
is not a valid form of photo ID.

What if I can't get an ID?

If you have a reasonable impediment,
you can complete a certification
instead of presenting valid photo ID.
Reasonable impediments are:

- Inability to obtain a valid ID due to:
 - Disability or illness
 - Lack of birth certificate or other required documents
- Religious objection to being photographed

Contact your county election office
or the Secretary of State's Office
for more information.



Are you 60 years of age or older?

We can help you with:

- Elder abuse and financial exploitation
- Advanced directives/Living wills
- Power of Attorney
- Evictions/At risk of losing housing
- Unemployment and other benefits
- Debt collection and garnishments
- Medicare/Medicaid
- Consumer protection
- Homestead Exemption
- And other legal concerns

During times of crisis, Legal Aid is your legal safety net.

» **ElderAccessLine®**
Toll-free: 1-800-527-7249
Monday–Thursday:
9 a.m. – 12 p.m., 1 p.m. – 3 p.m.
Fridays: 9 a.m. – 12 p.m.
In Omaha: 402-827-5656

Serving Nebraska's seniors in all 93 counties.

www.LegalAidofNebraska.org



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



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THANK YOU & TRAY SEALERS

04

SENDING A HEARTFELT THANK YOU

We wanted to send recognition to some of the amazing volunteers we are lucky to have at our Blue Rivers Senior Centers! Lois Milburn, Carol Pralle, and Margaret Dunn (pictured left) generously donated their time making treat bags for our clients, and handed them out while helping to deliver meals in Wymore. In Table Rock, Clara, Lulu Evans, Toby Evans (not pictured) and Sherry Winkinhofer (pictured right) made Christmas treats to pass out to all of our Seniors. Again, we thank you so much for your willingness to donate your time and talents! We greatly appreciate you!



NEW MEAL TRAY SEALERS

Blue Rivers Area Agency on Aging was able to purchase 4 tray sealers with ARPA funding to be used in four of our meal sites. These tray sealers will be utilized to help with weekend meals and they will also help to utilize any leftovers that our sites may have.

The process to prepare these is relatively simple. The cook cools the food to proper temperature and then measures the amount required and seals the meals with the heat press. Each meal also must be labeled with the contents of the meal, how to reheat and when the meal is to be used by. The meals are then put in the freezer and used as needed.

These tray sealers have helped our kitchen teams with the amount of time it takes to prepare our weekend meals and has been very helpful when we have holidays or days that we are closed and need to provide extra meals for our clients.

Currently the tray sealers are located in areas that have the highest numbers for weekend meals. Those meals sites include Beatrice, Fairbury, Hebron and Table Rock.



UPCOMING ACTIVITIES

FAIRBURY SENIOR CENTER

January 9 - JCH&L Presentation at Noon.

DOUGLAS SENIOR CENTER

January 9 - Foot Care Clinic at 9:00 am by appointment only. Call 402-799-2300 for more information.

HEBRON SENIOR CENTER

January 9 - Toe Nail Clinic at 10:00 am. Call 402-768-6052 for more information.

January 18 - Bingo & Presentation by Caring Friends 12:30 pm - 2:00 pm.

NEBRASKA CITY SENIOR CENTER

January 18 - Good Sam Presentation on Available Services at Noon.

STERLING SENIOR CENTER

January 2 - Blood Pressure & Toe Nail Clinic at 10:30 am. Call 402-866-2050 for more information.

January 18 - Birthday Party & Bingo.

TABLE ROCK SENIOR CENTER

Every Wednesday - Word Search

January 16 & 18 - Foot Care Clinic, presented by Lynne Roland RN. To schedule your appointment call 402-839-2060.

January 17 - Blood Pressure Clinic 11:30 - Noon, sponsored by Johnson County 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

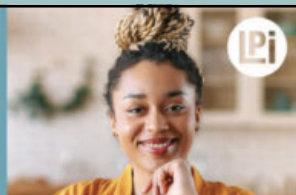
Ben Biehl, MD Beth Gobber, PA-C
Zak Tempelmeyer, MD Katie Griess, PA-C
Grant Saltzgeber, MD Sara Sharples, PA-C

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careers@4lpi.com or
www.4lpi.com/careers

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LOCALLY**



WORD SEARCH - NFL TEAMS

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COWBOYS	DOLPHINS	EAGLES	FALCONS	FORTY NINERS
GIANTS	JAGUARS	JETS	LIONS	PACKERS
PANTHERS	PATRIOTS	RAIDERS	RAMS	RAVENS
REDSKINS	SAINTS	SEAHAWKS	STEELERS	TEXANS
TITANS	VIKINGS			

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C	F	P	J	B	K	P	B	W	M	H	K	C	M	G	Y	X	B	D	B	A	A	N	P

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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www.mycommunityonline.com



INFORMATION

08

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
 Presidents' Day - February 19 (**closed**)
 International Women's Day - March 8
 Daylight Savings Time Begins - March 10
 St. Patrick's Day - March 17
 First Day of Spring - March 19

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'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 Community Action Partnership
 Helping People. Changing Lives.

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

JANUARY STAFF BIRTHDAYS



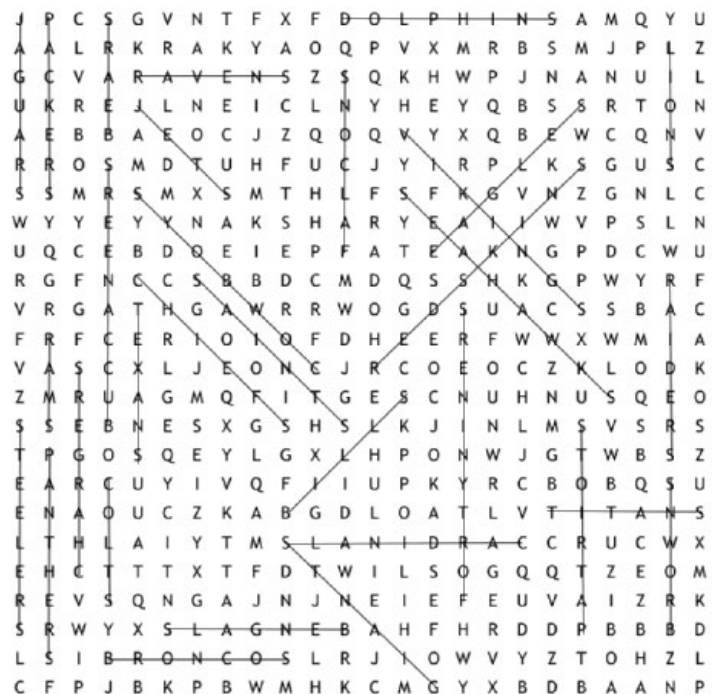
Dylan Dell-Haro	Rod Koch
Robert Dodes	Amie Maguglin
Deb Ford	Rachel Theye
Lynn Jones	Brenda Williams

I HAVE A DREAM MARTIN LUTHER KING JR. DAY

- 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
 103 Eastside Blvd - Beatrice
 1-888-989-9417 or
 402-223-1376



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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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: Virginia Young
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: Virginia Young
Phone: 402-269-2957

HUMBOLDT

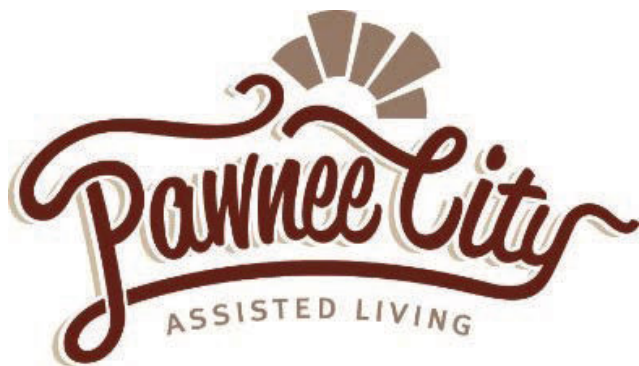
via Table Rock
Manager: Roberta Turnbull
Phone: 402-839-2060

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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2300 Lincoln St, Beatrice, NE 68310

HomesteadHouseAL.com [f HomesteadHouseSL](https://www.facebook.com/HomesteadHouseSL) (402) 223-3287



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CHIhealth.com/StMarys

Hello humankindness®





LUNCH MENU

12



JANUARY



MON	TUE	WED	THU	FRI
<p>1</p> 	<p>2</p> <p>BBQ Chicken Sand Steak Fries Baked Beans</p>	<p>3</p> <p>Hamburger w/ Mushroom Gravy Scalloped Potatoes Mixed Veggies</p>	<p>4</p> <p>Baked Ham Sweet Potatoes Peas</p>	<p>5</p> <p>Sausage Gravy over Biscuits Tri-Taters Stewed Tomatoes</p>
<p>8</p> <p>Pizza Corn Lettuce Salad Cookie</p>	<p>9</p> <p>Hamburger Stroganoff Green Beans Spinach Salad Fruited Gelatin</p>	<p>10</p> <p>Sweet & Sour Pork over Rice Broccoli Egg Roll</p>	<p>11</p> <p>Chicken Gravy over Mashed Potatoes Carrots Fruit Cobbler</p>	<p>12</p> <p>Baked Fish Potato Wedges Cole Slaw</p>
<p>15</p> 	<p>16</p> <p>Cheeseburger Potato Salad 3-Bean Salad</p>	<p>17</p> <p>Spaghetti w/Meat Sauce Green Beans Side Salad Garlic Bread</p>	<p>18</p> <p>Fried Chicken Mashed Potatoes w/ Gravy Corn</p>	<p>19</p> <p>Chili Soup Carrots/Celery Crackers Cinnamon Roll</p>
<p>22</p> <p>Beef Stew Cucumber/Tomato Salad Biscuit</p>	<p>23</p> <p>Pork Loin Baby Bakers Broccoli w/Cheese</p>	<p>24</p> <p>BBQ Meatballs Cheesy Hashbrown Casserole Brussel Sprouts</p>	<p>25</p> <p>Sloppy Joes Tater Tots Corn Rice Krispie Bar</p>	<p>26</p> <p>Cook's Choice</p>
<p>29</p> <p>Chicken Alfredo Green Beans Lettuce Salad Bread Stick</p>	<p>30</p> <p>Ham & Beans Broccoli Salad Carrots/Celery Corn Bread</p>	<p>31</p> <p>Tuna & Noodles w/ Peas Carrot Salad Muffin</p>		

MENUS ARE SUBJECT TO CHANGE.

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