



TABLE TALK

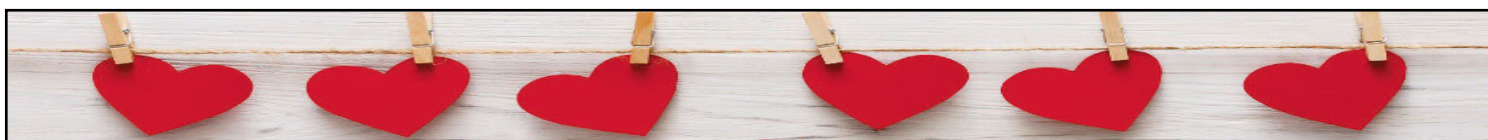
Gather 'round for places to go... things to do... people to see...

**FEBRUARY 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.



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www.BlueRiversAAA.org

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RESPIRATORY ILLNESSES

02


We've all had our share of cold temperatures, snow and ice this year. Unfortunately, this is also the season where respiratory illnesses are more common. When conditions are unfavorable to be outside, gatherings occur inside. As a result, contagious illnesses typically thrive. Prevention of illnesses includes the utilization of immunizations, masking, physical distancing, and frequent hand washing.

Covid-19 is still around, and likely will continue to circulate. It is caused by the SARS-CoV-2 virus that spreads easily from person to person. Covid-19 can cause only mild to moderate symptoms, however, it is capable of causing severe illness that can be fatal. According to the CDC, the updated (2023-2024 Formula) Covid-19 vaccine is recommended for everyone 6 months of age and older. However, it is recommended that you check with your physician prior to receiving the vaccine, as it is not suggested in some situations.



RSV (respiratory syncytial virus) is a common respiratory virus typically causing mild, cold-like symptoms. However, RSV can be serious in older adults or infants. The CDC recommends the RSV vaccine for adults 60 years of age and older. Again, it is recommended that you check with your physician prior to receiving the vaccine, as it is not suggested in some situations.

Influenza, (flu), is a contagious disease that typically spreads in the United States annually, usually between October and May. Infants and young children, the elderly, and individuals with certain health conditions are at a greater risk of complications from the flu. The CDC recommends that everyone 6 months or older receive a flu vaccine annually. Again, it is recommended that you check with your physician, as it is not suggested in some situations.

Many of our local pharmacies, in addition to physician's offices, provide these, (and other), immunizations. It is suggested that you call prior to your arrival, to assure the availability of the vaccine requested. If transportation problems arise, please contact your local Blue Rivers public transportation office. Transportation, through Blue Rivers, is available in Beatrice, Wymore, Hebron, Auburn, Nebraska City, and Syracuse.

**Blue Valley
Community
Action**

COVID-19 Vaccine Update

**Blue Valley
Community
Action**

In-Home COVID-19 Vaccination Available To Those Who Need It

Immunizations
402-826-2141
COVID-19
402-587-1589

Blue Valley Community Action is now providing updated Covid-19 vaccine solely to adults and children who are uninsured or underinsured, and children with Medicaid due to changes made by the federal government.

Adults and children who are uninsured or underinsured, and children 18 and younger with Medicaid may still receive the COVID-19 vaccine through BVCA at no cost.

Those who have health insurance, Medicare, or adults with Medicaid must receive the COVID-19 vaccine through a pharmacy or health care provider.

If you have private insurance and are 6 months of age or older BVCA can provide you the flu vaccine.

If you are uninsured, underinsured, have Medicaid or are American Indian/Alaskan Native and between the ages of 6 months and 18 years BVCA can also provide the flu vaccine to you.

To schedule an appointment visit immunizations@bvca.net or call 402-587-1589.

BVCA can not accept Medicare.



Legal Aid OF NEBRASKA

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.

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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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HEALTHY LIVING TIPS

04

Staying Healthy During the Winter

As we age our body's ability to maintain a constant temperature is diminished, and certain diseases and conditions may make controlling the body's temperature even more difficult.

As you spend time enjoying winter activities such as skating, skiing and building snowmen with your grandchildren, stay on the lookout for signs of hypothermia. These signs include:

- Shivering
- Loss of motor control
- Cold skin
- Discoloration of ears, fingers, nose or toes
- Drowsiness
- Confusion
- Speech difficulties

Although winter can be dangerous, it's important to remain active. Take steps now to prepare for the winter months and enjoy them safely. There are many ways to be safe this winter:

- Avoid going out during storms or when the temperature is very low.
- Keep your home warm, even when you are out. Coming home to a warm home is an easy way to prevent frostbite and hypothermia.
- If you think you or a loved one is suffering from hypothermia, call 911 immediately.

https://acl.gov/sites/default/files/news%202017-03/HealthyLivingTips_Healthy_Winter.pdf



Walking Challenge at Fairbury Senior Center

Lace up your sneakers! The Community Building Walking Challenge has begun! Get in your steps and get fit. Anyone is welcome to join the walking challenge.

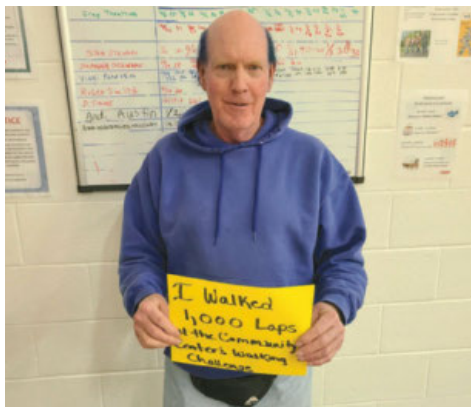
To participate, you just need to sign up for the Walking Challenge at the Fairbury Senior Center (in the Community Building). The Gym is open 8 am to 4 pm, Monday - Friday (closed holidays). For more information, call the city offices at 402-729-2476.

Fairbury Senior Center Diners and Jefferson Community Health & Life recognized the top walkers for December in the Community Building Walking Challenge.

The top walker was Greg Tegethoff (who walked 1000 laps!)

Second, third and fourth places was: Stan Stewart, Deanna Stewart, and Roger Smith.

Congratulations to all who participated!



UPCOMING ACTIVITIES

FAIRBURY SENIOR CENTER

February 13 - JCH&L Presentation at Noon.

DOUGLAS SENIOR CENTER

February 20 - Foot Care Clinic at 9:00 am by appointment only. Call 402-799-2300 for more information.

STERLING SENIOR CENTER

February 6 - Blood Pressure & Toe Nail Clinic at 10:30 am. Call 402-866-2050 for more information.

February 14 - Valentines Day Party.

February 19 - Birthday Party.

SYRACUSE SENIOR CENTER

February 5 & 19 - Social Hour 10:00 am - 11:15 am.

February 8 - Craft Day 10:00 am - 11:15 am.

February 14 - Birthday Party.

February 16 - Puzzle Day 10:00 am - 11:15 am.

February 29 - Bingo 10:00 am - 11:15 am.

TABLE ROCK SENIOR CENTER

Every Wednesday - Word Search

February 13 & 15 - Foot Care Clinic, presented by Lynne Roland RN. To schedule your appointment call 402-839-2060.

February 21 - Blood Pressure Clinic 11:30 - Noon, sponsored by Johnson County Hospital.

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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

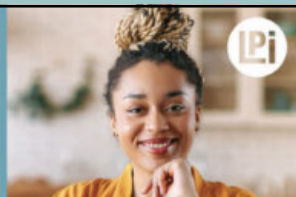
Ben Biehl, MD Beth Gobber, PA-C
Zak Tempelmeyer, MD Katie Griess, PA-C
Grant Saltzgeber, MD Sara Sharples, PA-C

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www.4lpi.com/careers

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LOCALLY**



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ARIZONA	ALABAMA	MASSACHUSETTS	MICHIGAN
MINNESOTA	INDIANA	MARYLAND	WISCONSIN
ILLINOIS	PENNSYLVANIA	WYOMING	LOUISIANA
OHIO	FLORIDA	IOWA	KANSAS
KENTUCKY	MONTANA	NEBRASKA	CONNECTICUT
OKLAHOMA	TEXAS	TENNESSEE	UTAH
DELAWARE	IDAHO	HAWAII	MAINE
NEVADA	OREGON	VERMONT	VIRGINIA
WASHINGTON	MISSOURI	GEORGIA	MISSISSIPPI

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SEVERE WEATHER CLOSING INFORMATION

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 news and radio stations and the Blue Rivers Area Agency on Aging's or the Blue Rivers Public Transportation's Facebook pages 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

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
 Good Friday - March 29
 Daylight Savings Time Begins - March 31

FEBRUARY STAFF BIRTHDAYS



Kimberly Cotton
 Carla Frase
 Rhiannon MacKey
 Daniel Naillieux



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\$2137/month for a
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 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.

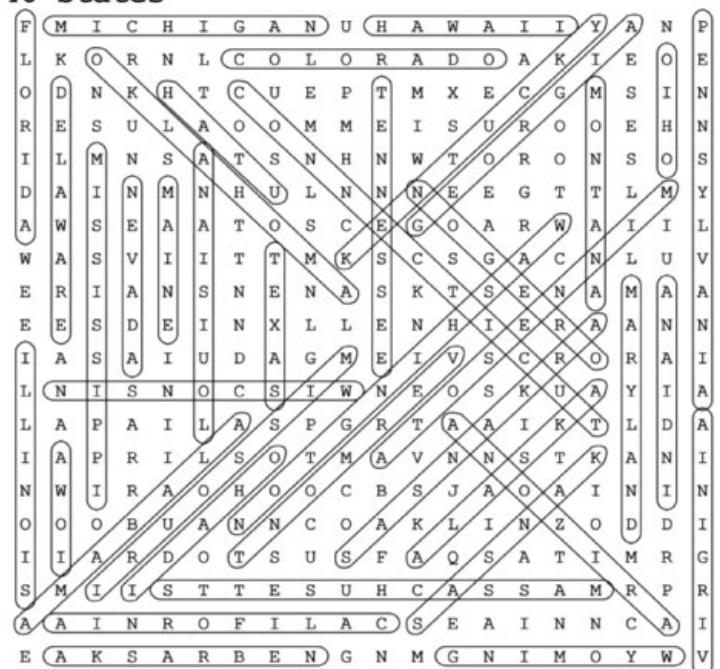
Enrolling in CSFP does not affect any other benefits that you may be enrolled in such as SNAP (food stamps) or Medicaid. USDA is an equal opportunity provider and employer.

- 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

40 States



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

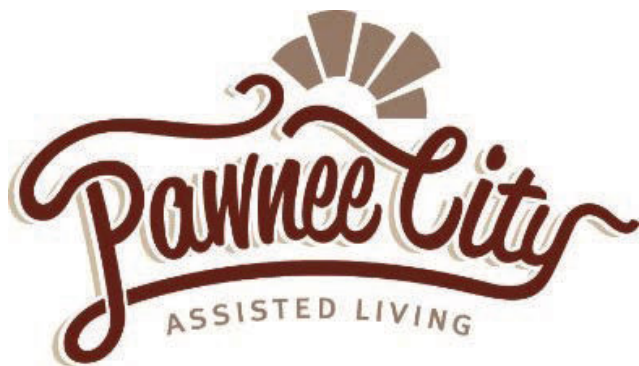
via Table Rock
Manager: Roberta Turnbull
Phone: 402-839-2060

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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LUNCH MENU

12

February

MON	TUE	WED	THU	FRI
			1 Goulash Broccoli Tossed Salad	2 Breaded Chicken Patty Sweet Potato Fries Cucumber & Tomato Salad
5 Tater Tot Casserole w/Green Beans Cookie	6 Beef Noodle Soup w/ Carrots Pea Salad Muffin	7 Chicken Bacon Ranch Baby Bakers California Blend	8 Pulled Pork Baked Beans Creamy Cole Slaw	9 Ham Cheesy Potatoes Glazed Carrots
12 Lasagna Roll-Ups w/ Meat Sauce Corn Tossed Salad Garlic Bread	13 Chicken Ala King over Biscuits Broccoli Fruit Cobbler	14 Salsbury Steak Mashed Potatoes w/ Gravy Seasoned Brussel Sprouts Strawberry Shortcake	15 Chicken Noodle Soup Carrots & Celery Spinach Salad Biscuit	16 Fish Sandwich Potato Wedges 3 Bean Salad
19 	20 Taco Salad Refried Beans w/ Cheese Churro	21 Glazed Ham Sweet Potatoes Cauliflower w/Cheese	22 Meatloaf Mashed Potatoes w/ Gravy Mixed Veggies	23 Tuna Noodle Casserole w/Peas Glazed Carrots
26 Mushroom Burger Tater Tots Green Beans	27 Seasoned Pork Loin Sweet Potato Casserole Beets Applesauce	28 Pizza Corn Broccoli Salad Fruited Jello	29 Chicken Tenders Mashed Potatoes w/ Gravy Peas	

MENUS ARE SUBJECT TO CHANGE.

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