



TABLE TALK

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

**MARCH 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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BLUE RIVERS 50 YEAR ANNIVERSARY

In July 2024, Blue Rivers Area Agency on Aging will celebrate its 50th anniversary! Each month leading up to July we will feature fun facts, throw back photos and our old logo.

- When Blue Rivers AAA began in 1974, only three counties were served: Thayer, Jefferson and Gage.
- In 1981, Johnson, Pawnee, Nemaha, Otoe and Richardson Counties were added to the Blue Rivers Area Agency on aging service area.
- In 1989, Blue Rivers AAA signed onto the statewide Care Management Program.
- In 2001, Caregiver Support services were developed to provide assistance to Caregivers who were providing care for a loved one.
- Blue Rivers Area Agency's service counties consist of 72,668 individuals, of which 21,487 are 60 years or older. This is 30% eligible citizens for our services.
- Currently, 1,000 meals are provided daily to citizens in our service area.
- The services that BRAAA can provide to keep individuals in their home cost a fraction of what a nursing facility would cost the same individual.
- It has been proven that individuals live longer, healthier lives in their own homes.
- Blue Rivers Area Agency on Aging operates fourteen senior centers directly and two centers we contractually support.
- Blue Rivers AAA serves the rural area, with very few minority older individuals in the planning and service area.





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.

» **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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Community Forum!

A FREE community event

Searching for Services

Housing in Fairbury



Refreshments
& Door
Prizes!



March 12th at 6pm

Come out to hear our expert panel discuss housing in our community including rental housing, homebuyers market, emergency assistance, mortgage advice, first time homebuyers low income housing, and much more!

Our Expert Panel...

Twilya L'Ecuyer - Fairbury Housing Authority
Ryan Bailey / Kim Clark - Blue Valley Community Action
Dakota Howe - Southeast Nebraska Collaborative
Jeff Hammer - Bruning Bank

First United Presbyterian
2310 H St - Fairbury
For information: 402.729.6129

Sponsored by:



UPCOMING ACTIVITIES

CORTLAND SENIOR CENTER

March 6 - Colleen from SHIP Presentation at 11:30 am.

DESLER SENIOR CENTER

March 4 - Bingo
March 6 - March Word Pictures
March 13 - St Patrick's Day Crossword
March 18 - Bingo
March 20 - Spring Word Scramble
March 27 - Easter Basket Item Word Search

FAIRBURY SENIOR CENTER

March 12 - JCH&L Presentation at Noon.
March 19 - Birthday Party & Bingo.

HEBRON SENIOR CENTER

March 4 - Decorate Tree for Easter.
March 12 - Toe Nail Clinic at 10:00 am. Call 402-768-6052 for more information.
March 13 - Bingo & Presentation by Caring Friends 12:30 pm - 2:00 pm.

STERLING SENIOR CENTER

March 5 - Blood Pressure & Toe Nail Clinic at 10:30 am. Call 402-866-2050 for more information.
March 20 - Easter & Birthday Party with Bingo.

SYRACUSE SENIOR CENTER

March 4 & 18 - Social Hour 10:00 am - 11:15 am.
March 8 - Craft Day 10:00 am - 11:15 am.
March 13 - Birthday Party.
March 22 - Puzzle Day 10:00 am - 11:15 am.
March 28 - Bingo 10:00 am - 11:15 am.

TABLE ROCK SENIOR CENTER

Every Wednesday - Word Search
March 18 - Wear Green in celebration of St. Patrick's Day.
March 19 & 21 - Foot Care Clinic, presented by Lynne Roland RN. To schedule your appointment call 402-839-2060.
****NO TOENAIL CLINIC IN APRIL****
March 20 - Blood Pressure Clinic 11:30 - Noon, sponsored by Johnson County Hospital.

It's time to get
MOVING AGAIN
 WITH ANTERIOR APPROACH HIP REPLACEMENT SURGERY

Learn why some patients are experiencing
 Less Pain | Faster Recovery
 Shorter Hospital Stay | Fewer Pain Medications

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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 Saltzgaber, MD	Sara Sharples, PA-C


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



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 LOCALLY**

WORD SEARCH - CELEBRATE ST. PADDY'S DAY!

06

BAGPIPE

CASTLE

CHEER

DANCE

GREEN

IRELAND

LEPRECHAUN

MUSIC

SAINTPATRICK

TOPHAT

BLARNEY

CELEBRATE

CLOVER

DRINKING

GREENBEER

IRISH

LIMERICK

PARADE

SEVENTEENTH

TOPOFTHEMORNING

BLESSINGS

CELTIC

COINS

ERINGOBLAGH

HARP

JIG

LUCK

POTOFGOLD

SHAMROCK

TRADITION

CABBAGE

CHARM

CORNEDBEEF

FOLKLORE

HOLIDAY

KISS

MARCH

RAINBOW

SNAKES

WISH

P E D A R A P G R E E N B E E R N I O
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 E T S K C U L P C E L T I C A L I E G



Save the date! Blue Rivers Public Transportation will celebrate the 10th year of Nebraska Public Transit Week in 2024 from April 21-27.

Nebraska Public Transit Week is an opportunity for all Nebraskans to show support for their local transit system and to experience the benefits of public transportation for themselves.

Past events and promotions have included:

- Free or Half Price Rides
- Veterans, Passenger, and/or Driver Appreciation Days
- Stuff the Bus
- Buddy Days
- Coloring Contests
- Goodie Bags
- Daily Drawings



AGING AND DISABILITY RESOURCE CENTER

Blue Rivers Area Agency on Aging is one of thirteen 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



- 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
- Easter Sunday - March 31
- Earth Day - April 22
- Cinco de Mayo - May 5
- Mother's Day - May 12

MARCH STAFF BIRTHDAYS



- Roger Haack
- James Neuhart
- Jennifer Seibolt
- Aaron Topham

SPRING FORWARD

Set your clock forward one hour



Commodity Supplemental Food Program



*CSFP
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Difference!!!*



SAMPLE OF ITEMS INCLUDED IN THE FOOD PACKAGE

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.

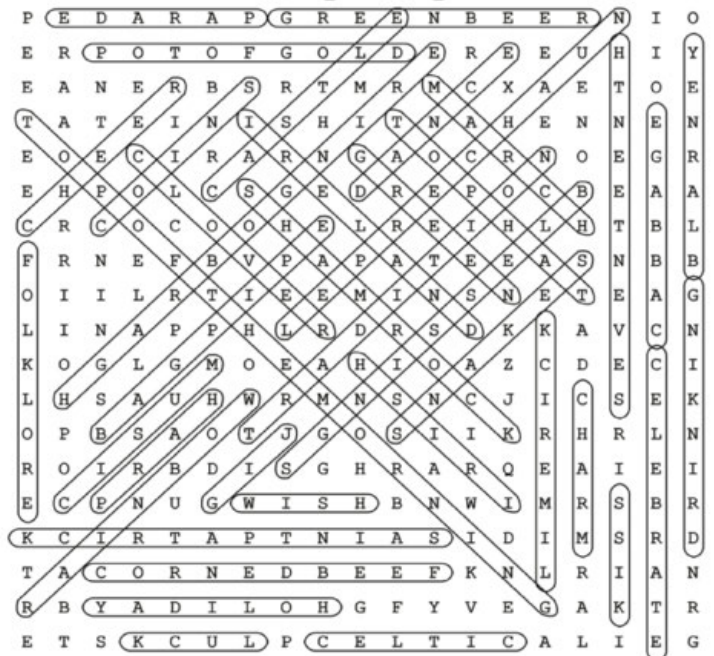
Enrolling in CSFP *does not* affect any other benefits that you may be enrolled in such as SNAP (food stamps) or Medicaid. USDA is an equal opportunity provider and employer.

- 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

Celebrate St. Paddy's Day!



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

HEBRON

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

WYMORE

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

BEATRICE

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

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

INTER-CITY EAST

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

FAIRBURY

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

SYRACUSE

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

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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, 10:30 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, 9:00 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, 7:00 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

MARCH

MON	TUE	WED	THU	FRI
				1 Shrimp Popcorn Potato Wedges Cole Slaw Cookie
4 Sweet/Sour Meatballs over Rice Oriental Veggies Egg Roll	5 Cheeseburger Macaroni Green Beans Spinach Salad Breadstick	6 Smothered Pork Chop Baby Bakers California Blend	7 Creamed Chicken over Mashed Potatoes Mixed Veggies Jello Salad	8 Tuna Salad Sandwich w/ Lettuce & Tomato Macaroni Salad Chips Cottage Cheese w/ Fruit
11 Cooks Choice	12 Pork Rib Patty Baked Beans Cucumber/Tomato Salad	13 Ham & Cheesy Potatoes Broccoli Rice Krispie Bar	14 Spaghetti w/Meat Sauce Green Beans Lettuce Salad Garlic Bread	15 Biscuits & Gravy Tri-Tater Stewed Tomatoes
18 Beef Stew w/Cabbage Corn Bread Baked Apples	19 Chicken Tenders Mashed Potatoes w/ Gravy Savory Carrots Fruit Cobbler	20 Sloppy Joes Tater Tots Pickled Beats	21 Smothered Chicken Cheesy Hashbrowns Brussel Sprouts	22 Tuna & Noodles w/ Peas Carrot Salad Cookie
25 Hotdog on Bun Potato Salad Baked Beans	26 Ham Sweet Potatoes Green Bean Casserole	27 Lasagna Roll-Ups Corn Garden Salad Breadstick	28 Roast Beef Mashed Potatoes w/ Gravy Savory Carrots	29 Baked Fish Steak Fries Cole Slaw Grahm Crackers

MENUS ARE SUBJECT TO CHANGE.

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