



# TABLE TALK

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

APRIL 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.



## INSIDE THIS ISSUE

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Blue Rivers 50th Anniversary .....	2	Information .....	7
Information .....	3	Information .....	8
Public Transit Week .....	4	Contact Information .....	9
Senior Center Activities .....	5	Contact Information .....	10
Word Search .....	6	Lunch Menu .....	12

# 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 and throw back photos.



- Blue Rivers Area Agency on Aging has to submit an area plan of goals, objectives, strategies, with performance measures listed every four years.



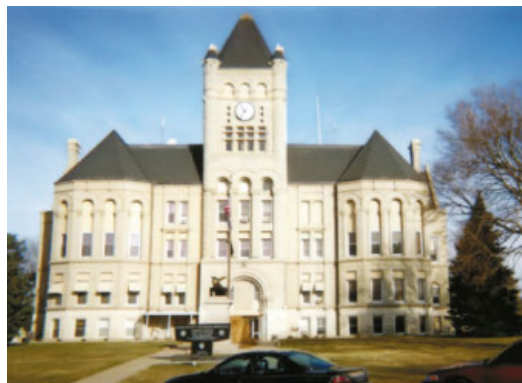
- Blue Rivers Area Agency on Aging relies on Federal Funds from the Older Americans Act and State funds from CASA (Community Aging Services Act).



- Community-based senior services system operates on funding from the Older Americans Act, Nebraska Community Aging Services Act, and Nebraska Care Management Act. Ne4A goals include:
  1. Continue support of the Aging Networks.
  2. Expand resources and system enhancements.
  3. Establish the Area Agency on Aging Network as the appropriate gatekeeper and care manager for long-term care in Nebraska.



- Blue Rivers Agency on Aging Administration office resided in the NW corner of the Gage County Courthouse for many years, with 10 staff, including the Beatrice Transit office. The administration office now houses 21 staff.



- In 2016, Blue Rivers AAA joined six other Nebraska AAAs to initiate the Aging and Disability Resource Center (ADRC) Nebraska pilot project.



- Blue Rivers AAA relies on many volunteers to provide meal delivery to homebound individuals.



- Blue Rivers Area Agency on Aging is a member of the Nebraska Association of Area Agencies on Aging (Ne4A).



- Combating social isolation and addressing comprehensive needs of older people were the primary objectives of the earliest senior centers.



- Current services provided by the Agency: Meals, Transportation, Emergency Response Systems, Caregiver Support, Care Management, Supportive Services, In-home, Evidence-based Health Promotion, Senior Care Options/Medicaid Waiver, Access Assistance, Legal Services, ADRC.



- Blue Rivers Area Agency on Aging used to have centers in Alexandria, Diller and Chester.




**BEATRICE AREA SENIOR HEALTH & WELLNESS FAIR**

Join us to learn about what resources are available to Seniors in Beatrice and the surrounding area!

**Free Blood Pressure Checks!**

**Give-aways!**

**APRIL 12, 2024**  
**8 AM - 11 AM**

**BEATRICE SENIOR CENTER**

**Over 20 booths will be there!!**

**\*\*Need a ride? please call Blue Rivers Transportation 402-223-1357**

**\$6 Grab & Go Meals after 10:30a\***

**BCH Blood Glucose Checks!**

\*Meal is \$9 for those under 60 years of age

*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](http://www.AccessNebraska.gov)



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# Go **NE** Where PUBLIC TRANSIT WEEK April 21 - 27, 2024



## Auburn

402-274-5365

**Monday** - All new passengers ride free.  
**Wednesday** - Rider Appreciation Day. Drawing entry for a 10 punch ticket.  
**Thursday** - Social Day, come visit us in our office.  
**Friday** - All passengers ride for half price.



## Beatrice

402-223-1357

**Monday** - Free one way ride for all passengers.  
**Tuesday** - Driver/Dispatcher Appreciation Day.  
**Wednesday** - Goody bags for passengers.  
**Thursday** - One free ride with non-perishable item.  
**Friday** - Stuff the bus for Beatrice Food Pantry.  
**All Week** - Daily drawings.



## Fairbury

402-729-6475

**Monday** - Half priced rides.  
**Tuesday** - Goody bags for passengers.  
**Wednesday** - One free ride with non-perishable item.  
**Thursday** - Buy one ride and your friend gets one free.  
**Friday** - Drawing for prize give away.



## Nebraska City

402-873-3005

**Monday** - Coloring contest winners announced.  
**Tuesday** - Veterans ride free.  
**Wednesday** - Play Luck of the Draw for prizes.  
**Thursday** - All passengers ride free.  
**Friday** - Stuff the bus for Nebraska City Food Pantry at Walmart from 8am-4pm.



## Syracuse

402-269-5129

**Monday** - Free ride to the Senior Center for lunch.  
**Tuesday** - Coloring pages, Word Find, Guess how many Miles the Syracuse bus traveled in March.  
**Wednesday** - Sweet Treats!  
**Thursday** - All passengers ride free.  
**Friday** - Veterans ride free.  
**All Week** - Daily drawings.



## Wymore

402-645-3525

**All Week** - Goody bags. Everyone who rides is entered into a prize drawing on Friday.



LET US DO THE DRIVING



# UPCOMING ACTIVITIES

**DESHLER SENIOR CENTER**

**April 1** - Bingo  
**April 3** - April Word Pictures  
**April 10** - Tongue Twisters Crossword  
**April 15** - Bingo  
**April 17** - Jelly Bean Flavors Word Search  
**April 24** - Baseball Slang Crossword

**DOUGLAS SENIOR CENTER**

**April 3** - Medicare Bingo.  
 April Toe Nail Clinic at 9:00 am by appointment only. Call 402-799-2300 for more information.

**FAIRBURY SENIOR CENTER**

**April 9** - JCH&L Presentation at Noon.  
**April 18** - Birthday Party & Bingo.

**PALMYRA SENIOR CENTER**

**April 25** - Homestead Exemption assistance by Otoe Couty Accessor 10:00 am - 2:00pm. RSVP for a meal by April 19th. Call 402-780-5606 for more information.

**STERLING SENIOR CENTER**

**\*\*NO FOOT CARE CLINIC IN APRIL\*\***  
**April 17th** - Birthday Party, Chad Rhinne on piano.

**SYRACUSE SENIOR CENTER**

**April 5** - Craft Day 10:00 am - 11:15 am.  
**April 10** - Birthday Party & Bingo.  
**April 15 & 29** - Social Hour 10:15 am - 11:15 am.  
**April 18** - Game & Puzzle Day 10:15 am.  
**April 25** - Homestead Exemption assistance by Otoe Couty Accessor 11:00 am - 1:00pm. RSVP for a meal by April 19th. Call 402-269-2957 for more information.  
**April 26** - Volunteer Appreciation Tea 10:15 am.

**TABLE ROCK SENIOR CENTER**

**Every Wednesday** - Word Search  
**April 17** - Blood Pressure Clinic 11:30 - Noon, sponsored by Johnson County Hospital.  
**\*\*NO FOOT CARE CLINIC IN APRIL\*\***

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 402-335-3361  
**JCHOSP.COM**

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

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**ADAMS PRIMARY CARE**  
 620 MAIN ST  
 ADAMS NE 68301  
 402-988-2188

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

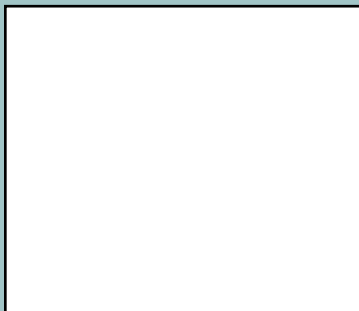
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# WORD SEARCH - ANIMALS OF AFRICA

06

LION  
HIPPOPOTAMUS  
BABOON  
SERVAL  
MEERKAT  
NYALA  
CROCODILE  
GAZELLE  
BUFFALO  
LEMUR

LEOPARD  
ZEBRA  
IMPALA  
VULTURE  
MONKEY  
CARACAL  
WARTHOG  
OSTRICH  
CAMEL  
IBIS

ELEPHANT  
GIRAFFE  
AARDVARK  
SPRINGBOK  
KUDU  
CHEETAH  
JACKAL  
HORNBILL  
EGRET

RHINOCEROS  
HYENA  
OKAPI  
WILDEBEEST  
PANGOLIN  
GORILLA  
BONOBO  
ADDAX  
FLAMINGO

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



POWERED BY CONNECTION: MAY 2024

**Older Americans Month 2024**

Every May, the Administration for Community Living leads the nation’s observance of Older Americans Month (OAM). The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

**TAI CHI**

Tai Chi is an evidence based program for arthritis and fall prevention. Tai Chi is a form of exercise that involves slow movements that can increase flexibility and strength. Tai Chi also can ease depression, improve balance, and relieve stress. Tai Chi consists of eight primary movements, and is taught during one hour sessions, typically for a total of sixteen sessions. Tai Chi classes will be starting in mid-April at the Beatrice Senior Center and will be taught by Shelley Whitwer, RN. These classes will be held from 10 to 11, every Tuesday. There is no limit to the number of participants in the class. A \$2 donation is requested at the time of each class. Please contact Tracie at the Administration office at 402-223-1376 if you are interested in participating.



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Anita Aguilar**

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(800) 950-9952 x2677







## 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  
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

Meal Sponsored By



### 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

### 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

*Blue Rivers*  
Area Agency on Aging

## APRIL 2024 MENU

Call your local center manager at least 24 hours in advance for a meal reservation.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 BBQ Meatballs Cheesy Potatoes California Blend	2 Chicken a la King over Biscuits Cucumber Salad Cookie	3 Pizza Corn Lettuce Salad Fruited Jello	4 Sweet & Sour Chicken over Rice Asian Veggies Egg Roll	5 Pulled Pork Potato Wedges Cole Slaw
8 Taco Salad Refried Beans w/ Cheese Churro	9 Ham & Cheesy Potato Casserole Mixed Veggies Strawberry Shortcake	10 Hamburger Stroganoff Carrots Spinach Salad	11 Pork Fritter Mashed Potatoes w/ Gravy Corn	12 Hamburger on Bun Potato Salad Baked Beans Cookie
15 Goulash Green Beans Lettuce Salad Bread Stick	16 Chicken Noodle Soup w/Carrots Pea Salad Muffin	17 Pork Rib Patty Tator Tots 3 Bean Salad	18 Meatloaf Mashed Potatoes w/ Gravy Brussel Sprouts	19 Tuna Salad Sandwich w/Lettuce Broccoli Salad Chips Fruit Salad
22 Cooks Choice	23 Ranch Bacon Chicken Baby Bakers Carrots Dessert	24 Lasagna Roll Ups Green Beans Lettuce Salad Garlic Bread	25 Chicken Strips Scalloped Potatoes Corn	26 Baked Ham Sweet Potatoes Broccoli
29 Hamburger w/ Mushroom Gravy Mashed Potatoes Seasoned Peas	30 Pork Loin Sweet Potatoes Cucumber & Tomato Salad Fruit Cobbler			

### MENUS ARE SUBJECT TO CHANGE.

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

**\$6 meal suggested contribution for 60 and over.**

**\$9 meal fee for under age 60.**

**\$1 round trip transportation available in select areas to and from the Senior Center for lunch.**