



# TABLE TALK

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



MAY 2024  
NEWSLETTER

# Powered by Connection

## 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.

**ACL.gov/OAM**  
#OlderAmericansMonth



## INSIDE THIS ISSUE

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 Visit Our Website!  
[www.BlueRiversAAA.org](http://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 and throw back photos.



- The current Executive Director has worked with/for every other Agency Director that has been a part of Blue Rivers the past 50 years.



- Blue Rivers Area Agency on Aging has never had a “wait” list for clients, which will change if additional funds are not secured, due to decreased Federal and State Funding and increasing 60+ population.



- There have been only six Executive Directors in the 50 years of the Agency.



- The accounting and payroll processing of agency expenses were all manually processed until 1989, when computers and software were purchased.



- The Blue Rivers Public Transportation system relies on 25% matching funds from the counties of service: Gage, Thayer, Jefferson, Otoe and Nemaha for operations.



- A new area plan with new budget funding is submitted each year in May for the next fiscal year.



- Blue Rivers AAA is a (501c)3 and can receive charitable and monetary donations.



- The Blue Rivers AAA Governing Board consists of 14 members from all the counties served and are appointed by the county commissioners.



- The Older Americans Act provides the foundation for the creation and continuing evolution of the Blue Rivers Area Agency on Aging.



- Blue Rivers AAA centers provide engaging activities at their area centers to combat social isolation.





**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



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In Omaha: 402-827-5656

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[www.LegalAidofNebraska.org](http://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
- Chore
- Public Transportation
- Energy Assistance
- Medicaid

Contact Access Nebraska directly at 855-632-7633.

Apply for benefits anywhere, any time . . . wherever a computer with Internet access is available.

[www.ACCESSNebraska.ne.gov](http://www.ACCESSNebraska.ne.gov)



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# OLDER AMERICANS MONTH

04



## CELEBRATING OLDER AMERICANS MONTH: POWERED BY CONNECTION

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

## HISTORY OF OLDER AMERICANS MONTH

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.

## WHAT CAN INDIVIDUALS DO TO CONNECT?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

For more information, visit the official OAM website and follow ACL on X, Facebook, and LinkedIn. Join the conversation on social media using the hashtag #OlderAmericansMonth.

## DESHLER SENIOR CENTER

**May 1 & 29** - May Word Puzzle.  
**May 8** - Sports Team Crossword.  
**May 15** - Salsas Word Search.  
**May 22** - Person, Place or Thing? Things in Common Puzzle.

## DOUGLAS SENIOR CENTER

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

## FAIRBURY SENIOR CENTER

**May 6** - Cinco d Mayo Celebration.  
**May 9** - Birthday Party & Bingo.  
**May 14** - Closed for Election Day.  
**May 15** - Older Americans Month Celebration & Sundae Bar.

## STERLING SENIOR CENTER

**May 1** - Homestead Exemption assistance by Johnson Couty Accessor 10:00 am - 12:00pm. Call 402-866-2050 for more information.  
**May 7** - Blood Pressure & Toe Nail Clinic at 10:00 am. Call 402-866-2050 for more information.  
**May 15** - Birthday Party, Chad Rhinne on piano.

## STERLING SENIOR CENTER CONT.

**May 23** - Chuck Bentjen Legal Clinic Presentation on Scams, Consumer Awareness & Protection at 11:00 am.

## SYRACUSE SENIOR CENTER

**May 1** - May Day Baskets.  
**May 3** - Craft Day 10:00 am - 11:15 am.  
**May 9** - Chuck Bentjen Legal Clinic Presentation on Scams, Consumer Awareness & Protection at 11:00 am.  
**May 6 & 29** - Social Hour 10:15 am - 11:15 am.  
**May 17** - Birthday Party & Bingo 10:30 am.  
**May 22** - Game & Puzzle Day 10:15 am.  
**May 27** - Bingo 10:30 am - 11:30 am.

## TABLE ROCK SENIOR CENTER

**Every Wednesday** - Word Search  
**May 1** - Deliver May Baskets  
**May 14 & 16** - Foot Care Clinic, presented by Lynne Roland RN. To schedule your appointment call 402-839-2060.  
**May 15** - Blood Pressure Clinic 11:30 - Noon, sponsored by Johnson County Hospital.  
**May 21** - Bring your favorite dessert recipe.

It's time to get

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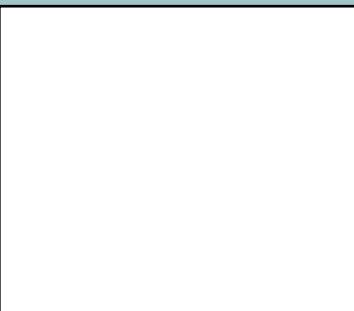
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THRIVE  
 LOCALLY

# WORD SEARCH - OLDER AMERICANS MONTH

06

AGING  
EFFORTS  
ACTIVITIES  
POWERED  
EVENTS  
ADULTS  
INSPIRATION

COMMUNITY  
MEANINGFUL  
IMPACT  
RELATIONSHIPS  
VOLUNTEER  
MAY  
BENEFITS

SUPPORT  
SERVICES  
MENTORS  
OAM  
HEALTH  
FACTS  
OLDER  
WISDOM

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S	P	I	H	S	N	O	I	T	A	L	E	R	N

**APRIL STAFF BIRTHDAYS**

Rose Clauson	Pamela Menke
Loren Goedeken	Murray Petersen
Lindsey Harms	Bonnie Richardson
Dale Henke	Richard Sevening
Dorothy Hoops	LeAnn Umphenour
Roxann Laschanzky	Bethanie Williams

**MAY STAFF BIRTHDAYS**

Timothy Engel  
 Sheryl Fuller  
 Karen Klover  
 Angela McCubbin  
 Cathy Rakes  
 Yulonda Randall  
 Verna Shelton



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  - Care Management
- Choices - Long Term Care Options
  - Family Caregiver Support
  - Handyman & Housekeeper
  - Health Promotion
- Public Transportation - For All Ages & Disabilities
- Information & Assistance
  - Legal Assistance
  - Nutrition Services
  - Senior Centers
  - Consumer Protection



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

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 Anita Aguilar**

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 (800) 950-9952 x2677



# INFORMATION

- May is Older Americans Month
- Cinco de Mayo - May 5
- Mother's Day - May 12
- Memorial Day - May 27 **(closed)**
- All Staff Training - May 30 **(closed)**
- Flag Day - June 14
- World Elder Abuse Awareness Day - June 15
- Father's Day - June 16
- Juneteenth - June 19 **(closed)**
- First Day of Summer - June 20

- 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

### Community Supplemental Food Program (C.S.F.P)


The Commodity Supplemental Food Program (CSFP) provides nutritious supplemental food to seniors 60 years of age and older.

CSFP does not provide all the food a person needs. It provides supplemental food with good sources of nutrients which may be lacking in the diets of the participants.

**PARTICIPANTS RECEIVE:**  
 UHT Milk and non-fat dry milk  
 Fruit & Vegetables – canned fruits & vegetables, canned juices  
 Cereals  
 Rice, Spaghetti, Macaroni  
 Canned meat  
 Peanut Butter/Dry Beans  
 Cheese Reduced Fat



Income guidelines: \$1,632/month for a household of one; \$2,215 for a household of two.

 **CALL CALEB TO SEE IF YOU QUALIFY AT 402-587-0529**  
 Serving individuals in the counties of Butler, Fillmore, Gage, Jefferson, Polk, Saline, Thayer and York.

### 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
April	4/17/2024	4/9/2024	4/2/2024
May	5/15/2024	5/14/2024	5/7/2024
June	6/19/2024	6/11/2024	6/4/2024
July	7/17/2024	7/9/2024	7/2/2024

Aging and Disability Resource Center

# ADRC

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Call 1-844-843-6364 (toll free)

## 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.

Please Note: We'll Be

# CLOSED

# MAY 30TH

For All Staff Training





## 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  
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

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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, 10:00 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, 9:30 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  
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# LUNCH MENU

12

*Blue Rivers*  
Area Agency on Aging

## MAY 2024 MENU

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

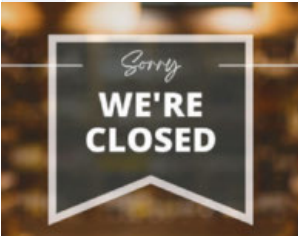

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Sweet & Sour Meatballs over Rice Asian Veggies Egg Roll	2 Beef & Rotini w/ Spaghetti Sauce Lettuce Salad Green Beans Garlic Bread	3 Chicken Salad w/ Lettuce Potato Salad Cottage Cheese w/ Fruit
6 Taco Salad Refried Beans w/ Cheese Churro	7 Baked Chicken Breast Baby Bakers Mixed Veggies	8 Tater Tot Casserole Baked Apples	9 Cheese Burger Potato Wedges Baked Beans	10 Tuna & Noodles w/ Peas Spinach Salad
13 Baked Ham Sweet Potatoes Brussel Sprouts	14 Pizza Fiesta Corn Cucumber & Onions	15 Creamy Chicken over Mashed Potatoes Carrots Fruit Cobbler	16 BBQ Pork Rib Patty Chesy Hashbrowns Broccoli	17 Biscuits & Gravy Tri-Taters Sliced Tomatoes
20 Lasagna Roll Ups Italian Veggies Salad Bread Sticks	21 Chef's Salad w/Ham, Egg & Cheese Crackers Rice Krispie Bar	22 BBQ Chicken Sandwich Sweet Potato Fries Three Bean Salad	23 Polish Dog & Kraut Macaroni Salad Baked Beans	24 Cook's Choice
27 	28 Sloppy Joes Steak Fries Carrot Salad Cookie	29 Oven Fried Chicken Mashed Potatoes w/ Gravy Corn	30 	31 Fish Sandwich w/ Cheese Coleslaw Green Beans Fresh Fruit

### 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.**