AUGUST 2023 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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2023 Elder Justice Training

August 16, 2023

Time: 8:30 a.m. to 4:30 p.m. (CDT)

Cost: Free!

Registration is open!!

Register online at www.dhhs.ne.gov/agingtraining

Co-sponsored by the Nebraska Department of Health and Human Services, State Unit on Aging, AARP Nebraska, University of Nebraska-Omaha Department of Gerontology, Alzheimer’s Association Nebraska Chapter, Better Business Bureau, and Legal Aid of Nebraska.

Questions?

Email: dhhs.aging@nebraska.gov

Phone number: (402) 471-2307
BEATRICE SENIOR CENTER
August 14 - Alzheimer’s Support Group at 2:00 pm hosted by Whispering Winds Cottage.

DOUGLAS SENIOR CENTER
August 1 - Chuck Bentjen Legal Clinic and Presentation on Scams - Consumer Awareness and Protection at 11:30 am.

FAIRBURY SENIOR CENTER
August 14 - Presentation by JCH&L at Noon.
August 24 - Birthday Party

HEBRON SENIOR CENTER
August 8 - Garden Veggies to Fair for Judging.
August 9 - Fair Parade.
August 14 - Toe Nail Clinic at 10:00 am. Call 402-768-6052 for more information.
August 23 - Bingo & Presentation by Caring Friends.

STERLING SENIOR CENTER
August 1 - Blood Pressure & Toe Nail Clinic at 10:30 am. Call 402-866-2050 for more information.
August 16 - Birthday Party, entertainment by Cherrlyn Fritz and the Senioretts.

TABLE ROCK SENIOR CENTER
Every Wednesday - Word Search
August 15 & 17 - Foot Care Clinic, presented by Lynne Roland RN. To schedule your appointment call 402-839-2060.
August 15 - Picnic
August 16 - Blood Pressure Clinic 11:30 - Noon, sponsored by Johnson County Hospital.

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833-287-3502

FOR AD INFO. CALL 1-800-950-9952 • www.lpicommunities.com
Stepping On Classes - Update

Stepping On Classes are scheduled to begin on Wednesday, September 13th. Our Beatrice class is filling up quickly, however, we can still accommodate additional interested individuals. There has been limited interest in the Fairbury location thus far. It is planned for the Fairbury classes to be held in the morning, with the Beatrice sessions held in the afternoon. Stepping On is an evidence based program that focuses on balance and strength exercises to help decrease the risk of falls. The classes will be taught by Shelly Whittwer, RN. The class consists of seven sessions that last approximately two hours. Class size will be limited to eight participants.

Please note: If you utilize a walker, you will not be able to participate in this class.

If you are interested, please contact the Administrative Office at 402-223-1376, and press zero to speak to Tracie.
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 $1200 per month income/$4000 resource
- Married $1345 per month income/$6000 resource

Contact Access Nebraska directly at:
800-383-4278 or www.AccessNebraska.gov
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.
National Senior Citizens Day - August 21
September is National Senior Center Month
Labor Day - September 4 (closed)
Grandparents Day - September 10
Patriot Day - September 11
First Day of Autumn - September 23
Columbus Day - October 9
Daylight Savings Time Ends - October 29
Halloween - October 31

Blue Rivers Area Agency on Aging • Table Talk • August 2023

AUGUST STAFF BIRTHDAYS
Connie Drohman
Kent Heckman
Samantha Hein
Sharon Littrel
Maurice Morris
Dawn Parriott
Donald Wiseman
Keri Wright

Blue Rivers Area Agency on Aging
Independence starts with you
We LOVE what we do
AGED & DISABLED MEDICAID WAIVER
PUBLIC TRANSPORTATION - FOR ALL AGES!
INFORMATION & ASSISTANCE
CHOICES - LONG TERM CARE OPTIONS
LEGAL ASSISTANCE
FAMILY CAREGIVER SUPPORT
NUTRITION SERVICES
HANDYMAN & HOUSEKEEPER
COST REDUCTION
HEALTH PROMOTION
CONSUMER PROTECTION

Serving Southeast Nebraska in Gage, Jefferson, Nemaha, Otoe, Pawnee, Richardson, and Thayer County for over 45 years.
Respite Care info for helping out caregivers will also be available as well. We are here to help you thru!

Blue Valley Commodity Clinics

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<tr>
<td>1623 N. 5th St.</td>
<td>1303 B St.</td>
<td>327 Lincoln Ave.</td>
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<td>Beatrice, NE 68310</td>
<td>Fairbury, NE 68325</td>
<td>Hebron, NE 68370</td>
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<td>May</td>
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<td>9/5/2023</td>
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Blue Rivers Area Agency on Aging • Table Talk • August 2023
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: 402-768-6052

**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: 402-768-6052

All transit services are available to the public, including persons with disabilities.
## 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, 8:30 am - 2:00 pm  
Lunch Served: Noon  
Manager: LeAnn Umphenour  
Phone: 402-223-3055

### CORTLAND
W 5th St  
Cortland, NE 68331  
Open: Wed, 9:30 am - 1:30 pm  
Lunch Served: Noon  
Manager: Karen Ostlund  
Phone: 402-416-3676

### DAVENTPORT
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, 9:00 am - 2:30 pm  
Lunch Served: Noon  
Manager: Keri Wright  
Phone: 402-365-7698

### NEBRASKA CITY
200 N 3rd St  
Nebraska City, NE 68410  
Open: Mon - Fri, 9:00 am - 1:00 pm  
Lunch Served: Noon  
Manager: Deb Ford  
Phone: 402-873-1525

### 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

### PICKRELL
via Beatrice  
Manager: LeAnn Umphenour  
Phone: 402-223-3055

### PLYMOUTH
via Beatrice  
Manager: RoJane Meyer  
Phone: 402-223-8783

### 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

### SYRACUSE
303 Railroad Ave  
Syracuse, NE 68446  
Open: Mon - Fri, 9:30 am - 1:30 pm  
Lunch Served: 11:30 a.m.  
Manager: Julie Wiebusch  
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

**COOK/UNADILLA**  
via Syracuse  
Manager: Julie Wiebusch  
Phone: 402-269-2957

**DILLER**  
via Fairbury  
Manager: Brenda Williams  
Phone: 402-729-5258

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

**ODELL**  
via Wymore  
Manager: Carol Maxson  
Phone: 402-239-0338

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

**PICKRELL**  
via Beatrice  
Manager: LeAnn Umphenour  
Phone: 402-223-3055
Come have fun with us at Pawnee City Assisted Living INC!!
A City Owned 501 C 3
"Where home town Care and Caring come together."

CALL US TODAY FOR AVAILABILITY! 402.852.2055
WWW.PAWNEECITYASSISTEDLIVING.COM

Welcome Home to
Homestead House Assisted Living Community
2300 Lincoln St, Beatrice, NE 68310
HomesteadHouseAL.com HomesteadHouseSl (402) 223-3287

Forward, together
- Family Medicine Clinics - Crete, Wilber, & Friend
- Outpatient Specialists and Surgical Services
- 24-Hour Emergency Care
- Acute and Swingbed Services
- Physical, Occupational, and Speech Therapy

For ad info. call 1-800-950-9952 • www.lpicommunities.com
Blue Rivers Area Agency on Aging, Beatrice, NE

Your partner in health.
We believe in providing care close to home, because that's where healing happens. You can count on us for everything from routine care to advanced procedures – and the humankindness that connects us all.

CHIhealth.com/StMarys

Security First Bank
JOIN US!
Free Movie Tuesdays
10am and 2pm

Held every second Tuesday of the month at the Beatrice Movie Theater. Free popcorn and sodas. Must be a Security Gold Club Member to attend. To become a member, please call 402.223.4041.

security1stbank.com/travel-and-events-club

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Anita Aguilar
aaguilar@lpicommunities.com
(800) 950-9952 x2677

CHI Health.
St. Mary's
Hello humankindness®

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

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CHI Health.
St. Mary's
Hello humankindness®
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<tbody>
<tr>
<td>1</td>
<td>Chicken Gravy over Biscuits Glazed Carrots Cucumber &amp; Tomato Salad Baked Apples</td>
<td>2</td>
<td>Pizza Corn Lettuce Salad Cookie Fruit</td>
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<td>7</td>
<td>Cheesy Ham &amp; Potato Bake Green Beans</td>
<td>8</td>
<td>BBQ Pork on Bun Baked Beans Coleslaw</td>
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<tr>
<td>14</td>
<td>Chicken Tetrazzini Brussel Sprouts Lettuce Salad Garlic Bread</td>
<td>15</td>
<td>Cheeseburger Tater Tots 3 Bean Salad</td>
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<td>21</td>
<td>Biscuits &amp; Sausage Gravy Hash Brown Patty</td>
<td>22</td>
<td>Spaghetti w/Meat Sauce Green Beans Lettuce Salad Garlic Bread</td>
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<td>28</td>
<td>Tuna &amp; Noodles w/ Peas California Blend</td>
<td>29</td>
<td>Parmesan Chicken Baked Potato Zucchini</td>
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**Menus are subject to change.**

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

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