



# Nebraska State Chapter P.E.O. Newsletter

*The Gift of P.E.O...: ★ Sisterhood ★ Education ★ Leadership''*

January 2026 • Issue #7

## It's a New Year Already!!



I have a difficult time believing it is the start of another new year! I always start out with grand plans for the year, many of the usual ones such as losing a few pounds, taking that fabulous trip that I have been dreaming about for years, spending more time with family, well, you get the idea. And then,

seeming in no time at all, it is the end of the year already, and I feel like I hardly had time to take a breath, let alone fulfill all those dreams.

So, this year, instead of lamenting that I failed (she sighed dramatically), I am going to celebrate the things that I accomplished, even if they weren't on my original wish list!

I made it to almost all my chapter meetings, except when I was doing state P.E.O. business.

I planned the delegation to CIC in Phoenix, where we had a great time and learned so much! It was wonderful to connect with sisters from all walks of life from the U.S., and Canada.

I encouraged each of you to share the Gift of P.E.O. through initiation, reinstatement of an inactive sister.

It is wonderful to see all of the posts from chapters showing what fun and exciting things they are doing as they build those connections with each other to strengthen their chapter!

I always encourage chapter leadership to set goals for the coming year so each chapter will continue to be a vital part of the organization.

It is exciting to see all the chapters who are sponsoring someone for a grant or scholarship. The teamwork to accomplish that is so satisfying and exciting to watch.

As a chapter, and as individuals, I challenge you to see how many more ways you can Share the Gift of P.E.O. in new and creative ways. I promise that you will enjoy the opportunity to make a difference in someone's life as well as your own.

*-Jean Matheny, NSC President*

## Attention Reciprocity Treasurers & Presidents

NEW this year – IRS-RG 2026 for Reciprocities will be completed online in the same manner as the IRS-LCs.

As treasurer you will receive notification on March 1st when this available in the P.E.O. Hub. It will appear on your Dashboard as a To-Do Item.

Once the treasurer completes their work, it will move on to the RG president for approval.

They will need to be completed during the same March 1 – 10 timelines as the local chapter annual reports.

**For questions on this please reach out to**

**Jean Danley, Assistant  
Secretary/Treasurer at  
[jmdnepeo@gmail.com](mailto:jmdnepeo@gmail.com)  
402-499-5247**



P.E.O.—Where women **motivate, educate and celebrate** women.



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### It's A New Year! - Goals or Resolutions??

We all like to make New Year's Resolutions. But is that what we should really be doing?

Instead, FOCUS on words and goals for the New Year! Choose a single word as a guiding motto or intention rather than traditional resolutions. For example:

- ★ *Listen – be a better active listener*
- ★ *Mastery – dedicate time to a skill or area you want to excel*
- ★ *Growth – focus on continuous learning and evolving*
- ★ *Focus – prioritize what truly matters and avoid distractions*
- ★ *Connectivity -- attend more P.E.O. meetings; balance connections, community and generosity. Be fully present and form deeper bonds with others.*

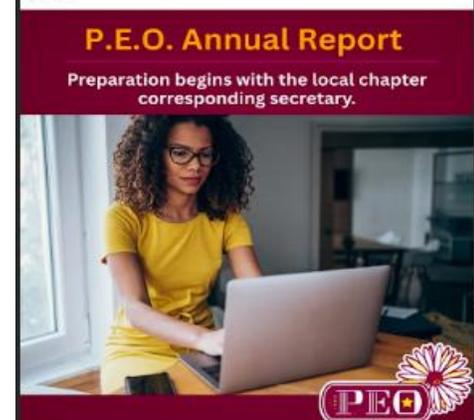
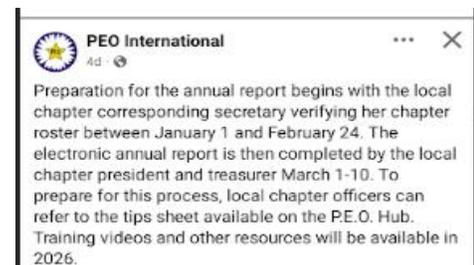
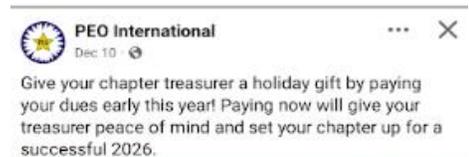
New Year's Resolutions are like a "fix it list" and are often vague promises (lose weight), prone to failure due to high expectations and all or nothing thinking, while goals are specific, have planned actionable steps (Lose weight by exercising 4x/week) that are more likely to succeed, especially if they are broken down into smaller manageable actions, focusing on the consistent habit rather than just the outcome. Goals provide a clear path broken down into achievable steps, making transformation last longer than typical resolutions.

Take this example about P.E.O. meetings:

**Resolution:** I will attend more of my local chapter meetings this year. This is vague and gives no focus or direction which can let you procrastinate and you may even end up attending fewer meetings.

**Goal:** This is the better choice. Focus and decide on how many meetings you will attend then make a list of which months you can and will attend (I will attend meetings in April, May, June, August, September, November) and this makes you accountable to yourself and more likely to reach this goal.

**If you have not already, set some P.E.O. Goals for yourself and your chapter!!**  
Capri McGuire, NSC Treasurer



## Local Chapter Officer Workshops (LCOW)

★ **REMINDER:** LCOW is coming this spring! These workshops are for each chapter officer and led by the state board officers



- ★ Saturday, April 18, 2026 – 10 am CT
- ★ Zoom format
- ★ Northeast Nebraska region will receive invitations via email
- ★ Any officer of any chapter may attend
- ★ *More information will be in following newsletters*

★ **Questions?** Email Beth at [beth4peo@gmail.com](mailto:beth4peo@gmail.com)

*chapter members. Friends have granddaughters and nieces, neighbors and their friends.*

*Start asking now. Add a new star to our sky!*

*If you have questions, please call me at 402-968-4606 or email at [chmeyer@cox.net](mailto:chmeyer@cox.net).*

*Charlene Meyer, STAR Chair*



## Program for Continuing Education

Happy New Year from PCE!

Did you hear? Recently the PCE Board of Trustee's added two new eligibility requirements

for receiving the PCE grant. They are:

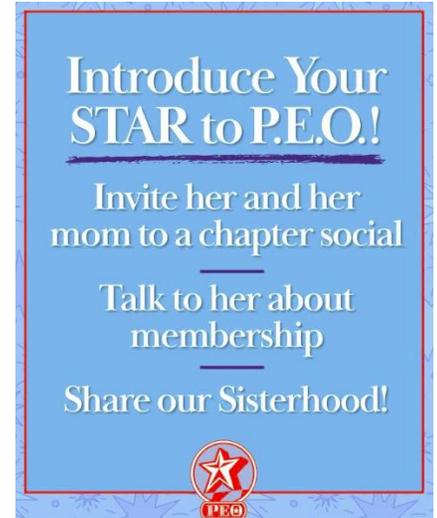
- ★ *The student must have begun her educational program if the course of study is more than one term.*
- ★ *In addition to the student's school being accredited, the certificate or degree program must be accredited.*

The PCE board of trustees along with the executive board routinely review their policies and make updates when needed, and they felt that these revisions needed to be made.

Also, don't forget that to be a PCE "Brighter Tomorrow" chapter and be recognized at state convention in June your \$500 minimum donation and form need to be turned in by the end of January.

As always, don't hesitate to reach out with any questions your chapter may have!

*Heather Adams Chair, [heatherapeo@gmail.com](mailto:heatherapeo@gmail.com)*



## International Peace Scholarship



INTERNATIONAL PEACE SCHOLARSHIP FUND

January is an important month for chapters to become involved

with an International Peace Scholarship winner. The new year brings a wonderful opportunity for individual chapters to become a Partner in Peace (PIP) with a recipient. Your chapter can be paired with a scholarship winner and become acquainted with her,



## STAR Scholarship

*As I look at the night sky and see the stars, I am reminded of the wonderful young ladies that are STAR scholars. They have made many wonderful*

*contributions. As the new year starts, it is again time to begin to look for more of these ladies.*

*The nomination process is a few months away but it might be a good time to begin the search. School counselors can be a great asset as well as*

learn more about her country, and find out what she plans to pursue when she returns to her homeland after completing her advanced degree.

In order to become a PIP your chapter fills out a PDF form found on the IPS section of the International website. The \$500.00 check is sent to Jean Danley, state assistant secretary/treasurer by January 31. Matches of chapters and scholarship recipients will be determined by International and chapters will find out the following September who their student is and how to get in touch with her throughout the academic school year.

This past year eight chapters from across the state participated- Chapters BT, CF, H, HP, HW, HX, I, and O!  
Questions? Contact me at [casrnsn@gmail.com](mailto:casrnsn@gmail.com) *Carol Sorensen, Chair*



## Educational Loan Fund

Sisters

Each new year – brings fresh possibilities – and for many women, that includes the dream of continuing their education. While the cost can feel overwhelming, the P.E.O.

Educational Loan Fund helps open doors by providing affordable, low-interest loans that make those dreams possible. It's a resource designed to inspire confidence and create brighter futures.

With an interest rate of only 2%, ELF makes higher education more accessible without leading to overwhelming debt. Even better—there's no interest added and no payment required until after graduation, so women can focus fully on their studies and goals.

As we look ahead, please remember women who maybe considering their next steps.

ELF allows us the opportunity to encourage and support them as they move forward with hope and determination. This is our gift to share...please do!

Francie Prier, Chapter HP, Omaha, ELF Chair

## P.E.O. Scholar Awards

With the yearly nomination deadline for the P.E.O. Scholar Award having passed on November 20th, this is a great opportunity to start looking ahead and considering potential candidates to nominate in the new year.



The P.E.O. Scholar Awards (PSA), established in 1991, were created to recognize and support the academic excellence and potential of women in the United States and Canada who are pursuing doctoral-level degrees at accredited institutions. These prestigious, merit-based awards offer substantial financial assistance to help exceptional scholars achieve their educational goals and make a meaningful impact in their fields.

The applications will open again on August 20<sup>th</sup> 2026.

Additionally, as you continue your fundraising efforts, remember that a donation of **\$500 or more** to the P.E.O.

Scholar Awards qualifies your chapter for the special distinction of **Laureate Chapter**—a meaningful

recognition of your commitment to advancing women's education. Special thank you to all the chapters who were able to contribute at this level in 2025.

Thank you for all you do to support and empower women scholars through P.E.O.!

*Cristy Fryzek, Chapter IV,  
Hickman, State Scholar Chair*

## Don't Forget...



By the time you have interviewed your P.E.O. project recipients, you know enough about them to know they would make excellent sisters! This new chapter program about the Program for Continuing Education gives chapters ideas for bringing your PCE recipients into your chapter as new members.

## Tech Tidbit

Preparation for the annual report begins with the local chapter corresponding secretary verifying her chapter roster between January 1 and February 24.

The electronic annual report is then completed by the local chapter president and treasurer March 1-10. To prepare for this process, local chapter officers can refer to the tips sheet available on the P.E.O. Hub.

Training videos and other resources will be available soon after the new year, so be sure to check the P.E.O. Hub frequently for updates! After logging onto the Hub, look under Resources and click on Training to see the list of the training videos available.

Let me know if you have any questions!

Leann

[leanndrullinger@gmail.com](mailto:leanndrullinger@gmail.com)

## BYLAWS!!!!!! Deadline: February 28<sup>th</sup> 2026

### Recording Secretaries and Local Chapter Bylaws Committee Chairs

It is that time of year for your chapter to inform Nebraska State Chapter of the status of your chapter bylaws.

If you have made any changes From March 1, 2025 through the end of February 28, 2026. Please send your bylaws and standing rule changes ASAP to Nebraska State Secretary Penni Bruning at: [pennij.peo@gmail.com](mailto:pennij.peo@gmail.com)

**FYI: There are no wording changes for the bylaws with regards to any changes made at Convention of International Chapter.**

PLEASE make sure your chapter letters are on the email and write in the subject line "BYLAWS" that way I can mark your chapter that I have received changes and will review them.

If you did not have any changes, just email me that you had "no bylaw changes" for your chapter.

Please do this as soon as possible, I appreciate it.

Your Nebraska State Secretary, Penni Bruning

## ATTN: Chapter Sisters

*It is my honor as the state secretary to plan the Honors Luncheon at the state convention. The planning and honoring of 9 of our Nebraska chapters has begun! Those chapters will be receiving a letter and an email from me requesting a brief history or story you would like to include in the program.*

*Along with the honored chapters we honor those members celebrating 50, 55, 60, 65, 70, 75 or 80 year anniversary. (That would be a calendar year from January 1 through December 31<sup>st</sup> 2026.)*

*So please be kind and send me a picture of your chapter honoree. Please send this information to me: [pennij.peo@gmail.com](mailto:pennij.peo@gmail.com) or you may call me with any questions you may have: 402-768-8182 If you leave a message-please mention it is for P.E.O.!*

*I am excited to celebrate with you at the state convention your very special chapters and honorees at the noon luncheon.*

*I need all chapter histories, and pictures for the Honor's luncheon presentation in to me by March 15<sup>th</sup>!!*

*Your Nebraska State Secretary  
Penni Bruning*



PEO International

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Support the P.E.O. projects and earn special recognition for your chapter! Chapters interested in participating in any of the chapter recognition programs must have their donations and paperwork submitted to their state/provincial/district chapter by January 31, 2026, to be included in the spring recognitions.



Donations and paperwork  
for the P.E.O. project  
recognition programs are

**DUE BY JANUARY 31, 2026**



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# *January P.E.O. Membership Minute*

Welcome to 2026! The new year brings all kinds of new possibilities and opportunities; a chance to change old habits and create new ones. Many make resolutions at the beginning of each new year. Could your chapter make some resolutions, too? There are so many possibilities. Reach out to non-participating members to let them know you are thinking about them. That may be just the boost they need to start joining meetings again. What about a resolution to reach out to those on the unaffiliate list? I know many chapters do, does yours? Does your chapter have new members? Make a point to use the mentoring program to help them stay an active part of your chapter's membership. Make a goal to present at least 3 names for membership. We all know women who would make excellent sisters! No matter the time of year, the gift of P.E.O. is an excellent gift!

### **Did You Know?**

On the P.E.O. website, there is a place for women who are not P.E.O.s to express their interest in becoming members. I had no idea this existed until the MDC contact from International reached out with a spreadsheet of over 2400 women in the US & Canada who had expressed an interest in being members. Guess what? There are Nebraska women on the list! Below is the contact info for those who have taken the initiative to reach out to us. Opportunities to make new connections and potentially new sisters!

- Jennifer Mulder - Columbus - 402-651-4216 - rockinredapple@gmail.com
- Vicki Cain - Beatrice - 203-500-2858 - cfegrl@yahoo.com
- Nita Deyo - Kearney - 308-627-6631 - ndeyo.pvmg@gmail.com
- Megan Davis - Lincoln - 402-217-0082 - mdavis1981@hotmail.com
- Maryjan Fiala - 402-326-5604 - mmfiala@ksu.edu
- Kaajal Perisetla - Elkhorn - 402-968-2431 - kperisetla329@gmail.com
- Traci Criss - Hubbard - 712-444-5238 - tncriss75@gmail.com
- Lauren Wilkins - Triplet - Sutton - 402-582-3211 - lauren.wilkins85@gmail.com
- Carmen Estwick - Omaha - 402-312-3421 - carmenestwickrn@yahoo.com
- Rachel Kreifels - Roca - 402-570-0347 - rmkreifels@gmail.com
- Cathy Christensen - Omaha - 402-515-8987 - bill.christensen60@gmail.com
- Camille Keaulana - Omaha - 971-300-1157 - camille.keaulana@gmail.com
- Charlotte Wallace - Beatrice - 402-335-7710 - charo.cw@gmail.com





## *The Gift of P.E.O.: ★ Sisterhood ★ Education ★ Leadership''*

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**January 2026  
Happy New Year**

**Nebraska P.E.O. Home, 413 North 5<sup>th</sup> Street, Beatrice, NE 68310-2902**

**Phone: 402-228-4208 Email: [nebraskapeohome@outlook.com](mailto:nebraskapeohome@outlook.com)**

**<https://www.nebraskapeohome.org/>**

**RESIDENT NEWS:** There are currently 18 residents living in our Home. On December 16<sup>th</sup>, Virginia moved in from a facility in Lincoln. She is 99 years young and is totally amazed and is very happy with her new home. Her daughter-in-law, Deb, is a P.E.O. member of Chapter AT, Tecumseh. Deb is a nurse at the Home.

**BIG EVALUATION/INSPECTION NEWS:** When the doorbell rang at 8:00 on Monday morning, December 15, 2025, administrator, Shari Little, had a feeling something would unsettle that first day of the week. It was a state evaluator/surveyor who was there to do an inspection of our Home!

This inspector was very nice, thorough, and complimentary after spending several hours reviewing paperwork, rooms, staff, etc. Our Home had ZERO deficiencies! She said that it was obviously a clean facility with happy residents AND happy staff.

Shari, and Director of Nursing, Kristie McClellan, participate in many webinars as training from their association and state connections. They had learned, recently, that assisted-living facilities typically receive between 11 and 19 deficiencies.

Is it not fabulous that our Home is ready for an inspection at a moment's notice? The state is quite behind with inspections due to staff shortages and, of course, Covid put them behind as well.

**ACTIVITIES:** The monthly schedule can be found on the Home website: [nebraskapeohome@outlook.com](mailto:nebraskapeohome@outlook.com) You will also find donation forms, information about current Resident birthdays, photos of events and the Home itself, the current monthly HOME Newsletter Article

(which will continue to be archived for one year), Adopt and Purposeful Life Program information, contact information, career/job openings and an application, etc. Check it out and share the news with your chapter, family, and friends.

### **Contact Information Nebraska P.E.O. Home Activities and Projects**

**Nebraska P.E.O. Home  
413 North 5<sup>th</sup> Street  
Beatrice, NE 68310-**

**2902 Phone: 402-228-4208  
[www.nebraskapeohome.org](http://www.nebraskapeohome.org)**

#### **To Request a Program:**

Contact Lisa Helmick  
402-669-4186

[lisapeocoxnet@yahoo.com](mailto:lisapeocoxnet@yahoo.com)

#### **To Participate in the Adopt Program:**

Contact Nebraska P.E.O. Home  
Cindy Zajicek, Activity Director  
402-228-4208

[peohomeactivities@gmail.com](mailto:peohomeactivities@gmail.com)

Mail gifts and cards to the address above and be sure to include the Resident or Staff Member's name in the address.

**P.E.O.—Where women motivate, educate and celebrate women.**

**P.E.O. Newsletter *continued...***

**HOME NEEDS and GIFT IDEAS:** 'Tis the Season of giving!

- Full-sized boxes of Kleenex **WITHOUT LOTION!**
- Hand lotions (unscented or lightly scented)
- Spray mists (lightly scented)
- Snack-sized candy bars and bags of peanuts and cashews
- Microwave popcorn **IN ORIGINAL BOXES**
- Popcorn seasonings

**PLEASE remember that we do need original boxes of items that are NOT EXPIRED**

--Monetary donations for the updating of the front entryway so that it will be handicapped accessible.

**PLEASE ALSO remember** that gifts and donations can be sent to the home via Amazon that saves postage and Sisters having to deliver items.

**IMPORTANT REMIDERS FOR CHAPTER TOURS of OUR HOME, please know these things:** ALWAYS plan through our Home Administrator: Shari Little – contact info below:

--Monday through Friday works best – morning is rather busy, but afternoon or evening

certainly works. Only one weekend, per month, could work as well, ask Shari.

Contact Shari Little, well in advance, please.

[nebraskapeohome@outlook.com](mailto:nebraskapeohome@outlook.com)

**STAFF CHRISTMAS CELEBRATION:** Wednesday, December 17<sup>th</sup> was the Employee Christmas Party held at “Tall Tree Tastings”. They had the largest attendance ever for this event. It was SO FUN – lots of games and prizes, laughter, food, and gifts were also given. Here are a few photos.



**TOUR OF HOMES:** Once again, Chapter FM/Beatrice held a fundraiser which included five homes to tour. All were decorated for the Christmas holiday. The Home was included again this year. We are not yet sure of the total number who visited the Home, but this writer

is guessing somewhere between 130 – 150. Our Home looked beautiful – both inside and outside.



**P.E.O. Newsletter *continued...***



**TOURS of OUR HOME, please know these things:** ALWAYS make arrangements through our Home Administrator: Shari Little – contact info below:

--Monday through Friday works best –

morning is rather busy, but afternoon or evening certainly works. Only one weekend, per month, could work as well, ask Shari.

Contact Shari Little, well in advance, please. [nebraskapeohome@outlook.com](mailto:nebraskapeohome@outlook.com)

**IMPORTANT TOUR UPDATES:** When planning for a tour, please be as accurate as possible on the number visiting. It is best to check back a week BEFORE your chapter tour to be sure all you requested has been arranged. For example, be sure the time of the tour is set. Please arrive on time – make a phone call if you are going to be late.

--If you plan to have a chapter meeting, that needs to be known when arrangements are made – it does take time for employees to set up the chapter room.

--**Extremely important** that anyone who is not feeling well – sore throat, runny nose, cough, unusual fatigue, temperature, etc. should refrain from visiting at this time – or you WILL be required to wear a mask for the entire visit. Please know, that for most of the public, the covid virus is no more than a cold. However, for those in long-term care it means quarantining, dressing in gowns, masks, and face shields. Please be aware of these regulations to protect our Residents and staff.

**NEW WEBSITE and P.E.O. HOME PROGRAMS LAUNCHED SEPTEMBER 1, 2025:**

--An updated and NEW P.E.O. Home website was launched on September 1, 2025.

The address is the same: <https://www.nebraskapeohome.org/>

As per usual, you will find donation forms, information about current Resident birthdays, photos of events and the Home itself, the current monthly HOME Newsletter Article (which will continue to be archived for a year), Adopt and Purposeful Life Program information, contact information, career/job openings and an application, etc. Check it out!

Congratulations to our Home staff, Sisters, and Chapters, along with families who have all helped to keep our Home deficiency-free in many loving ways! during our recent inspection by the State of Nebraska. We all deserve to be proud!



Heartfelt thanks to all of you who support our Home with donations of items and financial donations. You are continuing to sustain The Home that Love Built.

**THANK YOU FOR**

**CONSIDERING:** The Nebraska P.E.O. Home is a 501(c)3, non-profit organization. Your donation may be tax deductible. Check with your financial planner or tax preparer to see if your donation may be eligible to be deducted from your taxes.