

City of Lincoln လူ့ခရီးစဉ်

StarTran (စတီထြေ့ ဘီးစ်)

Tips for Easy Riding (တပ်ဟ့ န်ကူ န်ရူ သူ န်ဘ န်ဃး တပ်ဖီး ဘီးစ် လာအညီ)

Route & Schedule Information

To get started riding StarTran, consult the [routes & schedules](#). If you have additional questions regarding any of the routes, schedules, or services offered by StarTran you may call the StarTran Customer Service Office at (402) 476-1234 weekdays from 8:00 a.m. - 4:30 p.m. Operators are on hand to assist you in making your ride a pleasant and convenient one.

တပ်လဲအကျိးဖီးတပ်ဆာကတီအရဲ န်အကျိး

လာတပ်ကစးထီ န်ဖီးစတီထြေ့အကျိး န်တပ်ပီ န်သကီးဖီးလု သူ န်ညါဘ န်ဃး တပ်လဲတရဲအကျိးဖီးတပ်ဆာကတီအရဲ န်အကျိးတပ်ကွာ်. န်မုာ်အိ န်ဖီးတပ်သံကွာ်ဘ န်ထွဲဖီးတပ်ဂွာ်တဖ န်အံ န်နကီးလီတဲစိဆူစတီထြေ့အဝဲဖီးဖဲ (၄၀၂) ၄၇၆-၁၂၃၄ သုဝဲလာဖီတနွံ အပူ နီ နီ(၈:၀၀) န်ရဲ န်-ဟါနီ (၄:၀၀) န်ရဲ န်န့ န်လီ. တပ်ကမာစာ န်နံ န်သီးနကဖီးဘ န်ကါဂု န်ဂုဖီးဘီ န်ဘီ န်ညီအကျိး န်န့ န်လီ.

Exact Change

Please have exact change ready when you board the bus. (Drivers are not allowed to give change, handle or deposit fares.) If you do not have exact change, a change card will be issued which can be utilized on your next trip. This change card cannot be exchanged for cash. For your convenience StarTran offers 31-consecutive-day passes and 20-ride passes.

ကတီယာ်စုလီဖွဲ န်လီတပ်လီဆဲး

ဝံသးစူ ကတီယာ်စုလီဖွဲ န်လီတပ်တဘျီ န်ဖီးထီ န်သိလု န်အခါတကွာ်. ပု နီ န်သိလု န်တဖ န်တပ်ပျဲအီ လာကဟံး န်နီ ကါလဲဖီးဟ့ န်စုလီဖွဲ န်ဘ န်. န်စုလီဖွဲ န်မုာ်တအိ န်တခီတပ်ကဟ့ န်လီ န်နလာခးကု န်ဖီးနစုးကါအီ လာနတပ်လဲအညါအကျိး သုဝဲ န်န့ န်လီ. ခးကွဲအံ တပ်ဆီတလဲအီ ဆူစုတသုဘ န်. န်သီးကဘီ န်ကညီ (တပ်ကီသုတအိ န်) အကျိးစတီထြေ့ဟ့ မာစာ န်ဝဲလံ န်ပျဲကု လာအမုာ်ဝဲ တပ်ဖီးဘီးစ်လာ ၃၁သီအတီပူ န်ဖီး တပ်ဖီး ၂၀ဘျီအကျိးလဲးမး န်န့ န်လီ.

Identifying Your Bus

Every StarTran Bus is marked beside the front door and above the windshield with a route number and name. If you should have any doubts or questions about the routes, please feel free to ask the bus driver.

တပ်ကွာ်နီ န်သိလု န်ဘီးစ်

စတီထြေ့သိလု န်ဘီးစ်လါ န်န့ န်ဘ န်တပ်မာ နီ န်ယာ်အမဲ န်ညါဖီးအဝဲတြီလီ လာတပ်လဲတရဲအကျိးအနီ န်ဂံ န်ဖီးအမံအိ န်ဘ န်စု န်န့ န်လီ. န်မုာ်အိ န်ဖီးသံကွာ်တပ်န့ န်နသံကွာ်ပု နီ န်သိလု န်ဖိ သုဝဲ န်န့ န်လီ.

StarTran Bus Stops

Most stops on every route are marked by a blue and green bus stop sign. However, for your convenience, StarTran buses will stop at all corners outside the downtown loop. Always arrive at your bus stop five minutes before the bus is scheduled to arrive so that you will not miss your bus. For passenger convenience, bus shelters are located at major boarding areas.

စတီယာထြားဘီးပတုတ်အလီတဖှ်

အါတကွာ်သီလုဂ်ဘီးပတုတ်အလီန့ၣ်တၢ်မၤနီၣ်ယၢ်လၢ အလွၢ်လါအဲး, အလွၢ်လါဒီးဘီးပတုတ်တၢ်ပနီၣ်န့ၣ်လီၤ. ဒ်လဲၣ်ဂ့ၤဒ်သီးကညီအဂီၢ်သီလုဂ်ဘီးပတုတ်ဝဲလၢတၢ်သနၢၣ်(တၢ်ယၢ်အကဝီၤ) န့ၣ်လီၤ. ထီၣ်တီၤတုၤဆိယၢ် ၅မံးနံးတချးသီလုဂ်ဟဲတုၤဒဲးဘၣ် မ့ၢ်ဒ်သီးနသုတစဲၤခံတဂ့ၤအဂီၢ်န့ၣ်လီၤ.

Passes

StarTran passes make your traveling even easier. StarTran passes are available at several locations including major banks, grocery stores and the StarTran office. For more information on passes, call (402) 476-1234.

သီလုဂ်အလံာ်ပျဲက့ (လဲးမး)

စတီယာထြားအလံာ်ပျဲက့အံၤမၤညီထီၣ်စ့ၢ်ကီးနတၢ်လဲၤတၢ်က့ၤန့ၣ်လီၤ. စတီယာထြားအလံာ်ပျဲက့တဖှ်အိၣ်ဝဲလၢတၢ်လီၤအါတီၤဒီးလၢစ့တၢ်ခိၣ်သ့ၣ်တဖှ်, ကျးတဖှ်ဒီးလၢစတီယာထြားဝဲဒၤန့ၣ်လီၤ. နမ့ၢ်အဲၣ်ဒီးသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤန့ၣ် နဆဲးကျိးသ့ၣ်ဝဲလီၤတဲမိနီၣ်ဂံၢ် (၄၀၂)၄၇၆-၁၂၃၄န့ၣ်လီၤ.

Transfers

If you need to take more than one bus or make stops along the way, ask your StarTran driver for a transfer when paying your fare. (One transfer per fare). Transfers are free and allow you to change buses without having to pay another fare. There are two types of transfers for your convenience:

တၢ်ဆိတလဲသီလုဂ်

နမ့ၢ်လိၣ်ဘၣ်ဒီးကါအါန့ၢ်ဒဲးတခိၣ်ဒီးအိၣ်ပတုတ်လၢကျဲတီၤလီၤန့ၣ်သံကွၢ်ပုၤနီၣ်သီလုဂ်ဖိဒ်သီးကဟ့ၣ်နၢလၢတၢ် ဆိတလဲ ခးဖဲနဟ့ၣ် လီၤကါလဲအခါန့ၣ်တက့ၢ်. တၢ်ဆိတလဲခးန့ၣ်ကလိးဝဲဒီးပျဲနၢလၢနကဆိတလဲသီလုဂ်ဒ်သီး နသုတဟ့ၣ်ဘၣ်အပူၤအသီတဘျီတဂ့ၤန့ၣ်လီၤ. တၢ်ဆိတလဲအိၣ်ဝဲခံကလုာ်န့ၣ်လီၤ.

1. **Regular** -- A regular transfer lets you board a different bus going in the same direction as if it were the first bus you boarded. This transfer is good for one hour or until the next connecting bus arrives.
2. **Stop Over** -- A stop over transfer lets you stop for one hour along your route and reboard the same bus going in the same direction.

၁). လၢအညီန့ၢ်ဒီးအဘၣ်ဆၢဘၣ်ကတီၢ်- တၢ်ဆိတလဲဒ်အံၤတကလုာ်ပျဲနၢလၢနကဒီးထီၣ်သီလုဂ်အဂၤတ ခိၣ်ဖဲနလဲၤလၢကျဲတီၤလီၤန့ၣ်လီၤ. ဒီးဂ့ၤစ့ၢ်ကီးဝဲလၢတနၢၣ်ရံၣ်အဂီၢ် မ့တမ့ၢ် တုၤလၢသီလုဂ်အဂၤတခိၣ် လၢကဆဲး လဲၤတၢ်ဆူညါဟဲတုၤဝဲတစုန့ၣ်လီၤ.

၂). တၢ်အိၣ်ပတုတ်တကီၢ်ခါ- တၢ်ဆိတလဲဒ်အံၤတကလုာ်ပျဲနၢလၢနကအိၣ်ပတုတ်တနၢၣ်ရံၣ်လၢကျဲတီၤလီၤဒီး ဒီးထီၣ်ကဒီးသီလုဂ်အလီၤလီၤတခိၣ်ဒ်သီးကဆဲးလဲၤတၢ်ဆူညါန့ၣ်လီၤ.

Getting Off the Bus

In order to let the bus driver know when you want to get off the bus, just pull the bell cord or press the strip above your seat one block before you want to get off. This will alert the driver to stop at the next corner.

If you are not familiar with the area, ask the driver to let you know when you are approaching your destination.

တစ်စုံတစ်ရာလေးထိုင်လာသိလွန်

ဒီသီးပုဂ္ဂိုလ်တို့သိလွန်ဖိကသွန်ညှိဝဲလၢ နကစံတံလီၤလၢသိလွန်ပူၤအဂီၢ်န့ၣ် ထူးလီၤပျံၤလၢနလီၢ်ဆုၣ်နီၤအဖိခိၣ်(ဒီခိၣ်) တချူးလၢ နအဲၣ်ဒီးစံတံလီၤအခါန့ၣ်တက့ၢ်. တၢ်အံၤမ့ၢ်ဒ်သီးကဒူးပလီၢ်ပုၤနီၣ်သိလွန်ဖိလၢ ကပတုၣ်လၢတၢ်နၢၣ်ထံး(တၢ်ယၢၤထံး) န့ၣ်လီၤ.

နမ့ၢ်တညီနီၤဒီးဘၣ်ဒံးဘၢးစံလၢဟီၣ်ကဝီၤအဝဲန့ၣ်ဒံးဘၣ်န့ၣ်, သံကွၢ်ပုၤနီၣ်သိလွန်ဖိလၢကဒူးသ့ၣ်ညှိနၢၣ်န့ၣ်တုၤလၢတၢ်လီၢ်လၢ နအဲၣ်ဒီးစံတံလီၤ(လဲၤတုၤ)အလီၢ်န့ၣ်တက့ၢ်.

Lost and Found

Please check your seat before leaving the bus and make sure you have all of your belongings. However, if you do leave something, you may call the StarTran Customer Service office at (402) 476-1234 between 8:00 a.m. and 4:30 p.m., Monday through Friday. Every attempt will be made to recover your lost item. Lost and found items can be picked up at 710 "J" Street. Items will be kept up to 15 days, so please pick up your items within that time.

တၢ်ဖိတၢ်လံၤလီၤမၢ်ဒီးတၢ်ထံၣ်န့ၣ်အီၤ

ဝံသးစူၤသမံသမိးဒီးဟံးထီၣ်က့ၤနတၢ်ဖိတၢ်လံၤလဲၤလၢတချူးလၢနစံတံလီၤအခါန့ၣ်တက့ၢ်. ဒ်လဲၣ်ဂ့ၤဒ်လဲၣ်ဂ့ၤနမ့ၢ်သးပုၤနီၣ်တၢ် န့ၣ် ကိးလီၤတဲစိဆူပုၤဘၣ်မူဘၣ်ဒါအအိၣ်ဖဲ (၄၀၂-၄၇၆-၁၂၃၄)သ့ဝဲဖဲတၢ်ဆၢကတီၢ်ဂီၤခီ (၈း၀၀န့ၣ်ရံၣ်) တုၤလၢဟါခီ (၄း၃၀ န့ၣ်ရံၣ်) လၢမ့ၢ်ဆၣ်န့ၣ်တုၤလၢမ့ၢ်ဖိဖးန့ၣ်သ့ဝဲန့ၣ်လီၤ. တၢ်ဖိတၢ်လံၤလၢအလီၤမၢ် ဒီးတၢ်ထံၣ်န့ၣ်က့ၤအီၤတဖၣ်တၢ်ဘၣ်လဲၤဟံးန့ၣ် က့ၤအီၤဖဲလၢတၢ်လီၢ် (710 J Street) န့ၣ်လီၤ. ဝံသးစူၤဟံးန့ၣ်က့ၤနတၢ်ဖိတၢ်လံၤလဲၤလၢ ၁၅သီအတီၢ်ပူၤန့ၣ်တက့ၢ်.



Wheelchair Accessible Route Service

All of StarTran's regular bus routes are now wheelchair accessible.

လီၢ်ဆုၣ်နီၤခးလွန်ညီအဂီၢ်တၢ်လဲၤအကျိၤ

ခးလွန်တဖၣ်တၢ်ဒီးအီၤညီဝဲလၢစတီၤတြဲဘၢးစံဂီၢ်စ့ၢ်ကိးလီၤ.

Handi-Van Services

Disabled persons unable to use regular bus service may qualify/register for specially equipped StarTran Handi-Van at the League of Human Dignity, 1701 "P" Street, (402) 441-7871. Following registration, reservations for the StarTran Handi-Van may be made by calling the StarTran Dispatcher. Fare for the special door-to-door service is \$3.50 each way. Special Transportation Services 20-ride and 31-consecutive-day passes may also be used.

(Handi-Van)တစ်မာစာ

ပုဂ္ဂိုလ်တို့ကွပ်ကဲတလားပဲ့ဘတ်တဖန်လၢ နီးဝဲဘားစိယိယိဖိတသ့ဘတ်တဖန်န့ၣ် လဲဆဲးလီၤပနီၣ်ယာ်မံၤဒ်သီးကဒီး (Handi-Van) သုဝဲဝဲတလီၢ် (Human Dignity, 1701 P Street, 402-441-7871)န့ၣ်လီၤ. တၢ်နဆဲးလီၤ မံၤ မ့ၢ်ဝံၤလံန့ၣ် တချုးလၢနဒီးသိလ့ၣ် န့ၣ်နကဘတ်ကိးဆိစတၢ်တြုဒ်သီးကရဲၣ်ကျဲၤယာ်သိလ့ၣ်န့ၣ်လီၤ. နီးတဘျီစုၣ်စုၣ် အပူၤမ့ၢ်ဝဲ ၃.၅၀ ဒီလၢန့ၣ်လီၤ. ဝံစိၣ်တီဆုၢ်လီၤ ဆီလၢတၢ်ဒီးဘားစိလၢ တၢ်ဒီး ၂၀ဘျီအဂီၢ် ဒီး၃၁သီအတီၢ်ပူၤလဲးမးတၢ်သုဝဲစ့ၢ်ကိးန့ၣ်လီၤ.

Reduced Fares for Seniors & Disabled

Reduced bus fares on fixed route buses are available to senior citizens and disabled persons. By showing your bus driver a Medicare card, Senior Saver, or Go For Less photo I.D. card, you may ride the bus for only 85¢ or purchase a 20-ride pass for \$16.00. I.D.'s can be obtained from the League of Human Dignity at 441-7871.

တၢ်မာစာလီၤတၢ်ဒီးဘားစိအပူၤလၢပုၤသးပုၤဒီးပုၤကွၢ်ပုၤဂီၤတလားပဲ့ၤအဂီၢ်

တၢ်မာစာလီၤတၢ်ဒီးဘားစိအပူၤလၢပုၤသးပုၤဒီး ပုၤကွၢ်ပုၤဂီၤတလားပဲ့ၤအဂီၢ်အိၣ်ဝဲန့ၣ်လီၤ. နမ့ၢ်ဒုးန့ၣ်ပုၤနီၣ်သိလ့ၣ်ဖိလၢန (Medicare) အခးဒီးနတၢ်ဂီၤခိၣ် (I.D)အခးန့ၣ်နကဟ့ၣ်ဘတ်သိလ့ၣ်အပူၤထဲလၢ (၅၅စး) မ့တမ့ၢ် ပုၤဘတ်လီၤ ဒီး၂၀ဘျီဂီၢ်အလဲးမးထဲ ၁၆ဒီလၢန့ၣ်လီၤ. နလဲၤမၤန့ၢ်တၢ်ဂီၤခိၣ်I.D အခးသုဝဲလၢတၢ်လီၢ် League of Human Dignity ဒီးလီၤတဲစိအနီၣ်ဂံၢ် မ့ၢ်ဝဲ ၄၀၂-၄၄၁-၇၈၇၁န့ၣ်လီၤ.

UNL / StarTran Transportation Program

This new program allows UNL students, faculty, and staff to ride any StarTran regular, fixed route service with a special bus pass issued by the University. Persons using this pass must also present a current UNL photo I.D. card when boarding the bus.

(UNL/ Star Tran) ဝံစိၣ်တီဆုၢ်တၢ်ရဲၣ်တၢ်ကျဲၤ

တၢ်ရဲၣ်တၢ်ကျဲၤအသီဝဲအံၤပျဲဝဲ (UNL) ကိုဖိ, ကိုသရဲၣ်တဖန်ဒီး ပုၤမၤတၢ်ဖိတဖန် ဒ်သီးကဒီးဝဲစတၢ်တြုဘားစိ ယုၣ်ဒီးအလဲးမး လီၤဆီလၢတၢ်ဟ့ၣ်လီၤအီၤလၢဟ့ၣ်စိမိၤကိုန့ၣ်လီၤ. ပုၤတကၤလၢလၢ အသုဝဲလဲးမးဒ်အံၤတကလုၣ်န့ၣ်ကဘတ်ဒုးန့ၣ်ပုၤနီၣ်သိ လ့ၣ်ဖိလၢအနီၣ်ကစၢ် UNL တၢ်ဂီၤ I.D ခးဖဲဒီးထီၣ်သိလ့ၣ်အဆၢကတီၢ်န့ၣ်လီၤ.

Employer Bus Program

StarTran has a program whereby employers may offer bus passes to their employees at the regular price or subsidize the passes as a fringe benefit for them. This is tax deductible for both employers and employees alike (Commuter Tax Benefit). The passes will be delivered to you each month and it's as easy as a phone call to StarTran, (402) 476-1234.

တၢ်မၤလီၢ်ဘားစိ အတၢ်ရဲၣ်တၢ်ကျဲၤ

BUS FARES

Cash Fare	\$1.75
Child (under 4 yrs)	FREE
Senior Saver/Go For Less Cash Fare (Senior Saver/Go For Less/Medicare ID Required Prior to Paying Fare)	85¢
Transfers	FREE
Star Shuttle	25¢
<u>Handi-Van</u>	\$3.50

Please have exact change ready.

သိလှည့်ဘားစ်အလဲ

သိလှည့်အလဲနမ့်ဟ့ၣ်လီၤလၢစ့

ဖိသၣ် (၄နံၣ်ဆူအဖီလၢ်)

ပုၤသးပုၤၤၤၤနံၣ်ဆူအဖီခိၣ်ဘၣ်ဟ့ၣ်ဝဲအပူၤစ့ၤလီၤ

တၢ်ဆိတလဲဒီးသိလှည့်

တၢ်လဲၤထီၣ်က့ၤလီၤဖဲအဘူးဒီး(Star Shuttle)

(Handi-Van)

ဝံသးစူၤအိၣ်ဒီး(စိၣ်ယုၣ်)နစ့ၤလီၤဖဲၣ်လီၤတၢ်တဘျီယီတက့ၢ်.

၁.၇၅ ဒီလာ်

ကလီ (တလိၣ်ဟ့ၣ်စ့ဘၣ်)

၀.၈၅ ဘ့ၣ်(၈၅စဲး)

ကလီ (တလိၣ်ဟ့ၣ်စ့ဘၣ်)

၀.၂၅ ဘ့ၣ်(၂၅စဲး)

၃.၅၀ ဒီလာ်

BUS PASSES

20 Ride Pass	\$33.00
31 Consecutive Day Pass	\$17.00
<u>"Ride for \$8.00" 31 Consecutive Day Pass</u>	\$8.00

Handi-Van 20-Ride Pass \$66.00

Handi-Van 31 Consecutive Day Pass \$34.00

"Ride for \$16" HandiVan 31 Consecutive Day Pass \$16.00

Senior Saver/Go For Less 20 Ride Pass
(Senior Saver/Go For Less/Medicare ID Required Prior to Paying Fare) \$16.00

သိလှည့်ဘားစ်အလံာ်ပျဲကု (လဲးမး)

တၢ်ဒီးဘားစ် ၂၀ဘျီဂီၢ်အလဲးမး	၃၃.၀၀ ဒီလာ်
တၢ်ဒီးလာ ၃၁သီ တပယုာ်ဃီဂီၢ်အလဲးမး	၁၇.၀၀ ဒီလာ်
တၢ်ဒီးထဲ ၈.၀၀ ဒီလာ် လၢ၃၁သီအဂီၢ်လဲးမး	၈.၀၀ ဒီလာ်
(Handi-Van)တၢ်ဒီးထဲ ၂၀ဘျီဂီၢ်အလဲးမး	၆၆.၀၀ ဒီလာ်
(Handi-Van) တၢ်ဒီးလာ၃၁သီအတီၢ်ပူၤ(တပယုာ်ဃီဂီၢ်)အလဲးမး	၃၄.၀၀ ဒီလာ်
တၢ်ဒီးထဲ ၁၆ဒီလာ်(Handi-Van) လၢ၃၁သီဂီၢ်အလဲးမး	၁၆.၀၀ ဒီလာ်
လဲးမးအပူၤဘၣ်လၢပူၤသးပှၢ်အဂီၢ်ဒီးထဲလၢ၂၀ဘျီအဂီၢ်	၁၆.၀၀ ဒီလာ်

31 Consecutive Day Pass

The StarTran 31 Consecutive Day Pass is the most economical way to ride StarTran. This pass offers unlimited rides for 31 consecutive days on any StarTran bus, including Star Shuttle.

တၢ်ဒီးဘားစ်လၢ၃၁သီ (တပယုာ်ဃီ)အတီၢ်ပူၤအလဲးမး

စတၢ်ထီၣ်တၢ်ဒီးလာ ၃၁သီတီၢ်ပူၤအလဲးမးအံၤမ့ၢ်ကျဲတဘိလၢတၢ်စူးကၢကတီၤကျိၣ်စုလၢနဒီးစတၢ်ထီၣ်န့ၣ်လီၤ. လဲးမးအံၤတဟ် ပနီၣ်(နီၣ်ဂံၢ်အဘျီ)လၢနကဒီးအံၤလၢ ၃၁သီအတီၢ်ပူၤအဂီၢ် ဒီးကွၢ်လၢနကဒီးဘားစ်တခိၣ်ဂ့ၤတခိၣ်ဂ့ၤသ့ဝဲ. ဟ်စ့ၢ်ကီးဒီးနဒီး (Star Shuttle)စ့ၢ်ကီးန့ၣ်လီၤ.



20 Ride Pass

This pass provides you an easy and convenient way to ride the bus without worrying about finding correct change. The pass provides you with 20 rides and can be used any time during the year.

တၢ်ဒီးဘၢးစံ ၂၀ဘျီဂီၢ် အလဲးမး

လဲးမးအဝဲအံၤမၤစၢၤနၤလၢနကဒီးဘၢးစံမုၢ်မုၢ်, နတဘၣ်ကီၢ်ဘၣ်ဂီၤလၢတၢ်ကဟ့ၣ်က့ၤနစ့လီၤဖုံၣ်ဘၣ်/တဘၣ်အဂီၢ်န့ၣ်ဘၣ်. လဲးမးအဝဲအံၤဟ့ၣ်လီၤနၤလၢနကဒီးဘၢးစံအဘျီ ၂၀နသ့အီၤတကတီၢ်ဂ့ၤတကတီၢ်ဂ့ၤသ့ဝဲလၢဒီတနံၣ်အတီၢ်ပူၤန့ၣ်လီၤ.



Senior Saver/Go For Less 20 Ride Pass

The Senior Saver/Go For Less 20 Ride Pass is available for senior citizens and disabled persons. A Medicare card, senior photo I.D. or Go For Less photo I.D. must be presented when boarding the bus. I.D.'s may be



obtained from the League of Human Dignity, 1701 'P' Street, 441-7871.

လဲးမးအပူၤဘၣ်လၢပှၤသးပှၤအဂီၢ်ဒီးထဲလၢ ၂၀ဘျီအဂီၢ်

လဲးမးအပူၤဘၣ်လၢပှၤသးပှၤအဂီၢ်ဒီးထဲလၢ ၂၀ဘျီအဂီၢ်အံၤပှၤသ့ၣ်ထဲလၢပှၤသးပှၤလၢအကဲထီၣ်ထံဖိကီၢ်ဖိဒီးပှၤလၢအကွၢ်အဂီၢ်တလၢတပှၤတဖၣ်ဒီးအဂီၢ်န့ၣ်လီၤ. နကဘၣ်ဒုးန့ၣ်န(Medicare)အခးဒီးပှၤသးပှၤအတၢ်ဂီၤခိၣ်(I.D.) ဝဲနလဲၤပှၤဘၢးစံလဲးမးအဆၢကတီၢ်. ဘၣ်သ့ၣ်သ့ၣ်နကမၤန့ၣ် I.D လၢ League of Human Dignity, 1701 'P' Street, 441-7871 န့ၣ်လီၤ.