COMMUNITY RESOURCE LIST FOR OLDER ADULTS AND CAREGIVERS
DOUGLAS & SARPY COUNTIES: NOVEMBER 2007

Compiled by: Susan V. Murray, CMSW, LMHP
Section of Geriatrics & Gerontology
University of Nebraska Medical Center

ABUSE/NEGLECT

ADULT PROTECTIVE SERVICES (24 Hour Helpline) (800)652-1999
DOMESTIC VIOLENCE HOTLINE (Y.W.C.A.) 24-Hour 345-7273

ADULT DAY CARE

EDGEWOOD VISTA ADULT DAY www.edgewoodvista.com 333-5749
17620 Poppleton Ave.

FRANCISCAN ADULT DAY CENTER www.newcassel.org 393-2113
900 N. 90th St. (New Cassel Retirement Cr.)

FRIENDSHIP PROGRAM, INC. 7315 Maple St. 393-6911

HERITAGE POINTE RETIREMENT CENTER 614-5222
www.heritagepointeomaha.com
16811 Burdette St.

OMAHA OOIC ADULT DAY CENTER 2724 N. 24th St. 457-4222

SARAH CARE ADULT DAY SERVICES www.sarahcare.com 496-3379
3615 N. 129 St.

THE CLUB (Mabel Rose Estates) www.hillcresthealth.com 291-9777
4609 Hilltop St. Bellevue

TRANSITIONS (HOUSE OF HOPE) 4801 N. 52 St. 827-6296

ALZHEIMERS DISEASE AND RELATED DEMENTIAS: www.midlandalz.org

ALZHEIMER'S ASSOCIATION, MIDLANDS CHAPTER 502-4301
Center Mall, #205; 1941 S. 42nd St. 24 Hour Phone: (800)272-3900

CARE MANAGERS: (Help to Identify/Access Care Resources)

CARE FOR SENIORS 4916 Cass St. 558-0687
EASTERN NEBRASKA OFFICE ON AGING    www.enoa.org  444-6444
4223 Center St.

ELDER LIFE CONSULTANTS    www.elderlifeconsultants.com  330-3079
2107 S. 151 St.

QUALITY SOLUTIONS 11448 Frances St.  333–2543

COUNSELORS (Specializing in older adults and family caregivers)
DENNIS McNEILLY, MA, Ph.D 515 S. 26th St.  354-6830
Nebraska Medical Center, Geriatric Psychiatry Service

HEARTLAND FAMILY SERVICE www.heartlandfamilyservice.org 554-7482
Geriatric Counseling Program

DISEASE-RELATED ORGANIZATIONS

AMERICAN CANCER SOCIETY www.cancer.org (800)642-8116
AMERICAN DIABETES ASSOCIATION www.diabetes.org 571-1101
AMERICAN HEART ASSOCIATION www.americanheart.org 346-0771
AMERICAN LUNG ASSOCIATION www.lungnebraska.org 572-3030
AM. PARKINSON'S DISEASE ASSN. www.apdaparkinson.org 449-4535
AMERICAN TINNITUS ASSOCIATION www.ata.org (800)634-8978
ARTHITIS FOUNDATION www.arthritis.org 330-6130
ASSOCIATION FOR MACULAR DISEASES www.macula.org (212)605-3719
EPILEPSY ASSOCIATION OF NEBRASKA  558-7383
NATIONAL APHASIA ASSOCIATION www.aphasia.org (800)922-4622
NATIONAL OSTEOPOROSIS FOUNDATION www.nof.org (800)231-4222
NEBRASKA KIDNEY ASSOCIATION www.kidneyne.org 572-3180
NEBRASKA POLIO SURVIVORS ASSOCIATION 341-0710
NEBRASKA PARKINSON'S DISEASE ASSOCIATION 392-2732
NEBRASKA STATE STROKE ASSN www.nebraskastroke.org (888) 808-5678

DRIVING CONCERNS

DRIVER ASSESSMENT PROGRAMS
Immanuel Medical Center  572-2275
(Evaluates vision, motor skills, knowledge and in-car abilities)

Creighton University Medical Center  449-4248
(Evaluates vision, motor and cognitive skills. No in-car testing.)

National Safety Council, Greater Omaha Chapter  896-0454
(In-car performance evaluation only)
DRIVING SKILLS REFRESHER COURSES
COACHING THE MATURE DRIVER     Safety & Health Council   896-6332
55-ALIVE                        AARP                  398-9568
ROADWISE REVIEW                 (Self-Test CD-ROM from AAA of Nebraska)   390-1000

HANDICAP PARKING PERMITS
Douglas County Treasurer     (Multiple locations)   444-7103
Sarpy County Clerk         1261 Golden Gate Dr., Papillion   593-2114

TO REPORT AN UNSAFE DRIVER: Send a signed letter stating specific concerns to:
NEBRASKA DEPARTMENT OF MOTOR VEHICLES
Attention: Examining Division
P.O. Box 94726; 301 Centennial Mall South
Lincoln, NE. 68509-4726   (402)471-3861

FINANCIAL HELP
NEBRASKA DEPT. OF HEALTH & HUMAN SERVICES   www.hhs.state.ne.us
Info/referral; Financial/medical assistance; Food stamps   595-3400
Emergency/Energy Assistance                     595-3608

HEATING/COOLING ASSISTANCE   (American Red Cross)   343-7755
Subsidies for lower income persons to pay heating/cooling bills/deposits, and to repair furnaces, stoves/electric heaters, heat pumps, and air conditioners.

OTHER UTILITY BILL SUBSIDY PROGRAMS
State of Nebraska Health and Human Service   595-3608
Salvation Army                                898-5966
GOCA (Greater Omaha Community Action)         453-5656
Omaha Public Power District                   536-4131
United Way                                    444-6666

HOMESTEAD EXEMPTIONS    County Assessor’s Office
Douglas County                                  444-7185
Sarpy County                                    593-2122

SOCIAL SECURITY ADMINISTRATION     www.ssa.gov   399-8963
7100 West Center Rd., Suite 200

VETERANS SERVICES   www.va.gov
Douglas County    4102 Woolworth Ave., Rm. #B45   444-7180
                               2428 Cuming St.   346-6735
Sarpy County       1308 Gold Coast Rd. Papillion   593-2203
GERIATRIC ASSESSMENT PROGRAMS: Comprehensive health/cognitive evaluations

GERIATRIC ASSESSMENT PROGRAM  559-7515
University Tower, Nebraska Medical Center  http://geriatrics.unmc.edu
GERIATRIC EVALUATION & MANAGEMENT CLINIC  346-8800 ext. 4803
4101 Woolworth Ave. (Veterans Administration Medical Center)

GERIATRIC EVALUATION & MANAGEMENT SERVICE  354-3152
8303 Dodge St. (Nebraska Methodist Hospital)

HEALTH & FITNESS PROGRAMS: Programs especially for older adults.

IMMANUEL CENTERS FOR ACTIVE AGING  829-2900
Locations: Immanuel Village, Lakeside Village and Trinity Village

METHODOIST HEALTH SYSTEM “55-PLUS” PROGRAM  354-7587
Mind and Body Shop  2200 Franklin St. Bellevue  827-9196
Nebraska Medical Center Health & Wellness Club  (800)922-0000

AQUATIC EXERCISE PROGRAMS FOR SENIORS
Immanuel Centers for Active Aging  829-2900
Mockingbird Hills Indoor Pool  10242 Mockingbird Dr.  444-6103
Montclair Community Center Indoor Pool  2304 S. 135th Ave.  546-1270

CITY OF OMAHA PARKS & RECREATION PROGRAMS  444-5440
(Multiple locations)

YMCA/ YWCA. (Multiple locations)  www.metroymca.org
(Most local shopping malls and the Henry Doorly Zoo open before business hours for early morning walkers)

HEALTH MAINTENENCE CLINICS: Multiple locations

EASTERN NEBRASKA OFFICE ON AGING  www.enoa.org  444-6444
Weights/blood pressures, foot/nail care, injections, and health evaluations by appointment. Call for clinic locations.

HEARING IMPAIRMENTS: Programs and Services

NEBRASKA COMMISSION FOR THE DEAF/HARD OF HEARING  595-3991
(Repairs/distributes used hearing aids and other amplification devices to low-income elderly)  www.ncdhh.ne.gov
### HOME HEALTH SERVICES:
Nurses, aides, therapists, sitters, etc.

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
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<tbody>
<tr>
<td>APRIA HEALTH CARE</td>
<td>731-8700</td>
</tr>
<tr>
<td>ASERA CARE HOME HEALTH</td>
<td><a href="http://www.aseracare.com">www.aseracare.com</a> 397-0211</td>
</tr>
<tr>
<td>ALEGENT HEALTH HOME CARE</td>
<td><a href="http://www.alegent.com">www.alegent.com</a> 898-8000</td>
</tr>
<tr>
<td>ALL MIDLANDS HEALTH SERVICE</td>
<td><a href="http://www.allmidlands.com">www.allmidlands.com</a> 391-5554</td>
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<tr>
<td>CARE CONSULTANTS</td>
<td><a href="http://www.careconsultants.com">www.careconsultants.com</a> 398-1848</td>
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<tr>
<td>CARETECH, INC.</td>
<td><a href="http://www.caretechinc.com">www.caretechinc.com</a> 697-5121</td>
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<tr>
<td>CUSTOM CARE</td>
<td>320-3700</td>
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<tr>
<td>GENTIVA HEALTH SERVICES</td>
<td><a href="http://www.gentiva.com">www.gentiva.com</a> 593-1300</td>
</tr>
<tr>
<td>HILLCREST HOME CARE</td>
<td><a href="http://www.hillcresthomecare.com">www.hillcresthomecare.com</a> 682-4808</td>
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<tr>
<td>INTERIM HEALTH CARE SERVICES</td>
<td><a href="http://www.interimhealthcare.com">www.interimhealthcare.com</a> 392-1818</td>
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<tr>
<td>MAXIM HEALTH CARE</td>
<td><a href="http://www.maxhealth.com">www.maxhealth.com</a> 399-8888</td>
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<td>METHODIST HOME HEALTH</td>
<td>354-3200</td>
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<td>NURSE PROVIDERS</td>
<td>399-1700</td>
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<tr>
<td>PHYSICIANS CHOICE</td>
<td><a href="http://www.pchhc.com">www.pchhc.com</a> 331-2273</td>
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<tr>
<td>PRIME HOME CARE</td>
<td>390-2492</td>
</tr>
<tr>
<td>RIGHT AT HOME</td>
<td><a href="http://www.rightathome.net">www.rightathome.net</a> Douglas Co. 697-7536 Sarpy Co. 292-2212</td>
</tr>
<tr>
<td>ST. JOSEPH VILLA HOME HEALTH CARE</td>
<td>926-4444</td>
</tr>
<tr>
<td>TRAVELING ANGELS, INC.</td>
<td>618-0018</td>
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<tr>
<td>TRI-STATE NURSING</td>
<td>502-1610</td>
</tr>
<tr>
<td>VISITING NURSE ASSOCIATION</td>
<td><a href="http://www.vnam.org">www.vnam.org</a> 342-5566</td>
</tr>
<tr>
<td>VITALCARE HOME HEALTH</td>
<td>502-3665</td>
</tr>
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### HOME REPAIR/SPECIAL NEEDS MODIFICATION (Income limits may apply)

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact</th>
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<tbody>
<tr>
<td>BRUSH-UP NEBRASKA</td>
<td>444-6666</td>
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<tr>
<td>PAINT-A-THON</td>
<td>965-9169</td>
</tr>
<tr>
<td>REBUILDING TOGETHER</td>
<td>965-9201</td>
</tr>
<tr>
<td>EASTERN NE OFFICE ON AGING HANDYMAN PROGRAM</td>
<td>444-6444</td>
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<tr>
<td>HOME ACCESS SOLUTIONS</td>
<td>291-9514</td>
</tr>
<tr>
<td>LEAGUE OF HUMAN DIGNITY</td>
<td>595-1256</td>
</tr>
<tr>
<td>MIDWEST CONTRACTOR REFERRAL</td>
<td>305-6712</td>
</tr>
<tr>
<td>NEBRASKA WEATHERIZATION ASSISTANCE PROGRAM</td>
<td>342-1611</td>
</tr>
</tbody>
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(Insulation, caulking, window/door repair/replacement, heating/cooling system tune-ups for lower-income homeowners)

### HOME SERVICES: Non-medical (Fee for service unless otherwise noted)

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEAUTY/BARBER SERVICES IN THE HOME</td>
<td>Attitudes To Go 592-0476</td>
</tr>
<tr>
<td>COMPANIONS, MEAL PREPARATION, HOUSEKEEPING, ERRANDS, etc.</td>
<td>393-9922</td>
</tr>
<tr>
<td>CARE Consultants for the Aging</td>
<td><a href="http://www.careconsultants.com">www.careconsultants.com</a> 398-1848</td>
</tr>
</tbody>
</table>
Care Tech, Inc.   www.caretechinc.com   697-5121
Caring For People Services   www.caringforpeopleservices.com   334-6900
Comfort Keepers   www.comfortkeepers.com   991-9880
Custom Care   320-3700
Desert Ministries (Volunteer)   www.desertministries.org   556-8032
Hillcrest Home Care   www.hillcresthomecare.com   682-4808
Home Instead Senior Care   www.homeinstead.com   498-3444
Kind Hearts   www.kindheartsathome.com   339-7727
Little Brothers - Friends of the Elderly   (Volunteer Visitors)   884-6641
Right At Home   www.rightathome.net   697-7536
Senior Helpers   www.seniorhelpers.com   991-6847

ELECTRONIC MONITORING AND RESPONSE SYSTEMS
Health Watch Personal Response System (VNA)   342-5566
Immanuel Personal Response System (Immanuel Medical Center)   829-3277
Lifeline Emergency Response System   354-3200
Life Station Medical Alert System   (800)884-8888
Personal Emergency Response System (Walgreens)   (866)310-9061
Response Link Personal Response System   740-0650
Quiet Care Home Health Security System   (877)822-2468

SAFETY
Free Furnace Checks (ENOA)   444-6444
Free Smoke Alarm/ Carbon Monoxide Detector Installation   444-3847
Telephone Reassurance Service (Salvation Army)   (Volunteer)   898-5937

HOUSING: Apartment complexes and retirement communities for older adults.
(* notes assisted living facilities; # notes facilities providing dementia care.)

THE ARBORETUM   8141 Farnam Dr.   391-7573
BELLEVUE PLACE   1808 Warren St., Bellevue   292-0423
BELLEWOOD COURTS   1002 Bellewood Ct., Bellevue   292-3300
BEN VIEW APARTMENTS   Bennington, NE   444-6203
BICKFORD COTTAGE *   11308 Blondo St.   491-0400
BICKFORD COTTAGE II *   7337 Hickory St.   391-3000
BLOOMFIELD FORUM   9804 Nicholas St.   390-9991
BRIGHTON GARDENS *#   9220 Western Ave.   393-7313
CAMELOT VILLAGE   9415 Cady Ave.   397-5445
CENTRAL PARK TOWER   1511 Farnam St.   341-5130
CORRIGAN HEIGHTS   5945 S. 39th St.   592-5760
CROWN POINTE   2820 S. 80 St.   391-7555
DEFREESE MANOR   2669 Dodge St.   345-0622
DOUGLAS COUNTY HEALTH CR *   4102 Woolworth Ave.   444-7000
DURHAM-BOOTH MANOR   923 N. 38th St.   898-5880
ELK RIDGE VILLAGE *# 19400 Elk Ridge Dr. 763-8692
FLORENCE HOME RESIDENCE * 7915 N. 30th St. 827-6000
FOUNTAIN VIEW SENIOR LIVING *# 5710 S. 108th St. 596-3033
GRANVILLE * 507 Granville Pkwy, La Vista 933-6405
GRETNAPLAZA 210 E. Glenmore, Gretna 339-8059
HARMONY COURT 1802 Wall St., Bellevue 291-4200
HERITAGE POINTE *# 16811 Burdette St. 614-5222
HICKORY VILLA * 7315 Hickory St. 392-0767
HOUSE OF HOPE *# 4801 N. 52nd St. 827-6060
IMMANUEL COURTYARD 6759 Newport Ave. 829-2912
IMMANUEL COURTYARD * 6759 Newport Ave. 829-2990
IMMANUEL TERRACE * 6801 N. 67th Plz. 829-3240
IMMANUEL VILLAGE 6803 N. 68th Plz. 829-3220
J.C. WADE APARTMENTS 3400 Ohio St. 391-7260
KINGS GATE SENIOR APARTMENTS 7055 Crown Point Ave. 571-7910
LAKESIDE TERRACE * 17475 Frances St. 829-9030
LAKESIDE VILLAGE 17475 Frances St. 829-9020
LEO VAUGHN MANOR 3325 Fontenelle Blvd. 453-1070
LINDENWOOD NURSING HOME * 910 S. 40th St. 342-2015
LIVINGSTON PLAZA 303 S. 132nd St. 330-3995
MABLE ROSE ESTATES * # 4609 Hilltop St., Papillion 291-9777
MAPLE RIDGE 3525 N. 167th Cir. 614-3160
MARQUIS PLACE * # 20800 W. Maple Rd. 289-9229
MASONIC MANOR 801 S. 52nd St. 558-3161
MILLARD MANOR 12835 Deauville Dr. 896-2319
MISSION HOUSE VUE 406 E. Mission Ave., Bellevue 292-0423
MONARCH VILLA 201 & 301 E. Cedardale Rd. Bellevue 331-6882
NEW CASSEL RETIREMENT CR.* 900 N. 90th St. 393-2277
NORTH ACRES 5449 N. 108th St. 444-6203
OAK VALLEY APARTMENTS 12424 Krug Ave. 333-9888

OMAHA HOUSING AUTHORITY HIGH-RISE APARTMENTS: 444-6900
5900 Northwest Radial Hwy. 600 S. 27th St. 2500 B St.
5100 Florence Blvd. 1501 Park Ave. 4500 S. 25th .
5904 Henninger St. 1601 Park Ave. 1500 Pine St.
4850 Underwood Ave.

ORCHARD GARDENS * 1006 S. Mayne St. Valley 359-4884
PACIFIC SPRINGS VILLAGE 805 S. 173rd Ct. 691-8434
PAPIO VALLEY APARTMENTS 81st & Blondo Sts. 592-5760
PARK EAST TOWER 539 S. 26th Ave. 345-3168
PARSONS HOUSE *# 14325 Eagle Run Dr. 498-9554
REMINSTON HEIGHTS * 12606 W. Dodge Road 493-5807
RICHMONT VILLAGE 702 Ft. Crook Road S., Bellevue 291-9800
ROLLING HILLS RANCH 4324 N. 132nd St. 391-1055
ROYALE OAKS * 4801 N. 52nd St. 827-6060
ST. JOSEPH TOWER * 2205 S. 10th St. 952-5000
SEVEN OAKS OF FLORENCE 3501 State St. 451-4477
SILVER RIDGE *# 20332 Hackberry Dr., Gretna 332-4280
SKYLINE MANOR & VILLA * 7300 Graceland Dr. 572-5750
SOBERSENSE ASSISTED LIVING CR * 4809 Redman Ave. 455-5025
SOUTHVIEW HEIGHTS * 5110 S. 49th St. 731-2118
TREGARON RESIDENCES 2815 Greenwald Dr. Bellevue 292-1818
TRINITY COURT YARD 620 W. Lincoln St. Papillion 614-1900
TRINITY TERRACE * 522 W. Lincoln St., Papillion 614-5505
TRINITY VILLAGE 522 W. Lincoln St., Papillion 614-5500
VALLEY HEIGHTS/VALLEY VIEW Valley, NE. 444-6203
VIA CHRISTE *# 3636 California St. 551-5557
VICTORIA GARDENS *# 1702 Hillcrest Dr., Bellevue 682-4295
WALNUT GROVE 4901 S. 153 St. 861-1611
WATERFORD * 11909 Miracle Hills Dr. 431-0011
WATERFORD * 5728 S. 108th St. 537-0544
WEL-LIFE * 801 N. Adams St., Papillion 339-1775
WELLINGTON 501 E. Gold Coast Rd., Papillion 331-3101
WESTGATE ASSISTED LIVING * 3030 S. 80th St. 391-8566
WESTMINSTER COURT 7323 Shirley St. 392-1542
WOODGATE 7800 Vane St. 444-6203

**HOUSING (DEMENTIA):** Residential care homes for persons with dementia

AN ANGEL’S TOUCH 11405 Farnam Cir./1113 N. 85 St. 697-0033
COMFORT CARE HOMES (Multiple locations) 445-4474
EDGWOOD VISTA 17620 Poppleton Ave. 333-5749
SILVER MEMORIES 8001 Maple St 393-4960
617 Morrison Dr. 884-0404

(*See also **HOUSING** and **NURSING HOMES**)

**HOUSING RELOCATION:** Helps find appropriate housing for an older adult and/or arranges the details of the moving process.

SENIOR MOVING SERVICES www.SeniorMovingServices.com 445-0996
TENDER TRANSITIONS www.tendertransitions.net 965-9170

HOME ACCESS SOLUTIONS www.homeaccesssolutions.com 291-9514
(Realtor who arranges purchase/sale/modification of homes for elderly/disabled)

**INFORMATION/REFERRAL**

AARP INFORMATION CENTER 1941 S. 42 St. www.aarp.org 398-9568
CHILDREN OF AGING PARENTS www.caps4caregivers.org (800)227-7294
LEGAL ASSISTANCE: Estate planning, guardianships, powers of attorney, etc.

ELDER LAW ATTORNEYS
Mary Buford Wilson 9910 N. 48th St. #109 451-1616
John E. Lynch 1823 Harney St. #1016 346-9450
James Reisinger 5017 Leavenworth 451-4488
William E. Seidler, Jr. 10050 Regency Circle #525 397-1801

FAMILY MEDIATION SERVICES (Legal and Non-Legal Issues)
Concord Center 9802 Nicholas St. #375 345-1131
Omaha Bar Association Mediation Referral Service 280-3603
Omaha Mediation Center 11605 Miracle Hills Dr. #300 492-9800

LEGAL SERVICES FOR LOWER INCOME PERSONS
Elder Access Hotline (Legal Aid Society) 827-5656
Creighton University Law School Legal Clinic 280-3068

OMAHA BAR ASSOCIATION
Lawyer Referral Service 280-3603

VOLUNTEER CONSERVATORS
Metro Area Volunteer Guardians & Conservators 431-9129
Volunteers Assisting Seniors (VAS) 4601 S. 50th St. #213 444-6617
(VAS also provides help with legal and insurance issues)

MEDICAL EQUIPMENT: Loaned or free

NEBRASKA HOTLINE FOR DISABILITY SERVICES (800) 742-7594
(Info/referral/purchase/training for assistive devices & services)

PRESBYTERIAN OUTREACH, INC. 341-6559

MENTAL HEALTH SERVICES: Specialized Geriatric programs

ALEGENT HEALTH SENIOR PSYCHIATRIC SERVICES 572-2534
6901 N. 72nd St. (Heritage Center)

NEBRASKA MEDICAL CENTER GERIATRIC PSYCHIATRY SERVICE
515 S. 26th St. Omaha 354-6380
MENTAL HEALTH HOLDS/COMMITMENTS
Douglas County             444-7191
Sarpy County             593-2230

NURSING HOMES:  (# Nursing homes with dementia units)

AMBASSADOR OF OMAHA    1540 N. 72nd St.       393-6500
BROOKESTONE #           4330 S. 144 St.       614-4000
DOUGLAS COUNTY HEALTH CENTER 4102 Woolworth Ave.  444-7000
EASTERN NE VETERANS HOME 12505 S. 40th St.  Bellevue 595-2180
FLORENCE HOME           7915 N. 30th St.  827-6000
GREMNA CARE CENTER      700 Hwy 6, Gretna  332-3446
HALLMARK CARE CENTER    5505 Grover St.       558-0225
HILLCREST HEALTH CENTER 1702 Hillcrest Dr., Bellevue 291-8500
HUNTINGTON PARK CARE CR. * 1507 Gold Coast Rd., Papillion 339-6010
IMMANUEL F0NTENELLE HOME # 6809 N. 68th Plz.     572-2595
INFINIA OF OMAHA        3110 Scott St.       455-6636
LIFE CARE CENTER OF ELK Horn # 315 Hopper St.  289-2572
LIFE CARE CENTER OF OMAHA 6032 Ville De Sante Dr. 571-6770
LINDENWOOD NURSING HOME 910 S. 40th St.         342-2015
LUTHERAN NURSING HOME   530 S. 26th St.         346-3344
MAPLE CREST CARE CENTER 2824 N. 66th Ave.    551-2110
MILLARD GOOD SAMARITAN CENTER # 12856 Deauville Dr. 895-2266
MONTCLAIR NURSING CENTER # 2525 S. 135th Ave.    333-2304
NEBRASKA SKILLED NURSING & REHAB CR. 7410 Mercy Rd. 397-1220
OMAHA NURSING & REHAB. CENTER 4835 S. 49th St.  733-7200
PAPILLION MANOR         600 S. Polk St., Papillion 339-7700
ROSE BLUMKIN JEWISH HOME 323 S. 132nd St.    330-4272
SKYLINE HEATH CENTER    7350 Graceland Dr.    572-5750
ST. JOSEPH VILLA #      2305 S. 10th St.       345-5683
VAL HAVEN NURSING CENTER 300 W. Meigs (Valley) 359-2533

NURSING HOMES:  Information and concerns

HEALTH DEPT. INSPECTION REPORTS ON-LINE (All US nursing homes)
www.medicare.gov

NEBRASKA DIVISION OF AGING: Statewide Ombudsman (402) 471-2307

NEBRASKA DEPT. OF HEALTH & HUMAN SERVICES (402) 471-0316
Regulation/Licensing/Investigations  www.hhs.state.ne.us/reg/regindex.htm
NUTRITION

COMMUNITY MEAL SITES:  Open Mon - Fri unless otherwise noted.

Bellevue Senior Center   109 W. 22nd Ave.  293-3041
Bennington Center   (Wed.only)  322 N. Molly St.  238-2471
Bingel Senior Center  3612 Cuming St.  898-5854
Camelot Friendship Center  9270 Cady Ave.  444-3091
Clair Community Center   (Wed.only)  5544 Ames Ave.  451-8322
Corrigan Multi-Purpose Center  3819 "X" St.  731-7210
Crown Tower  5904 Henninger Dr  444-6444
Dorothy Lawver Senior Center  5105 S. 37th St.  444-5154
Elkhorn Center   (Tues. only)  302 E. Douglas St.  289-4908
Florence  2920 Bondesson St.  444-6333
Heartland Family Services Senior Center  2101 S. 42nd St.  553-5300
Heartland Senior Center   (M,W,F)  3534 S 108th St.  616-3090
Highland Tower  2500 "B" St.  731-4231
Immanuel Courtyard (Evening Meal)  6757 Newport Ave.  829-2912
Jewish Community Center  (Kosher Meals)  330-4272
LaVista Senior Center  8116 Park View Blvd.  331-3455
Millard/Montclair Center  2304 S. 135th Ave.  546-1270
Native American Elders Center (Tu - Thur)  2240 Landon Ct.  346-0902
North Omaha Senior Center  2415 Grand St.  444-6278
Papillion Senior Center  1001 Limerick Rd.  597-2059
Park Tower South Senior Center  1601 Park Ave.  342-6616
Ralston Senior Center   (Mon - Sun)  7599 Main St.  339-4926
Seven Oaks of Florence  3439 State St.  451-4477
St. Mary Magdalene Center  1817 Dodge St.  346-3234

DELIVERED MEALS:
Eastern Nebraska Office on Aging  444-6444
Jewish Senior Services (Kosher Meals)  330-4272

MEAL ASSEMBLY KITCHENS  Provides ingredients/recipes for do-it-yourself meal assembly.

Super Suppers  15655 Pacific St.  502-5300
www.ssomahawestne.com

Supper Thyme USA  12317 W. Maple Rd.  991-0322
www.supperthymeusa.com
  15418 W. Center Rd.  218-2198
  8013 S. 83rd Ave.  614-9955

MEALS PREPARED/DELIVERED IN BULK:
Seattle Sutton’s Healthy Eating  12041 Blondo St.  991-8234
www.sshe.com
RESTAURANT MEALS HOME DELIVERY SERVICES:
Food In A Flash  www.foodinaflashomaha.com  334-3488

PET/COMPANION ANIMAL SERVICES:
NEBRASKA HUMANE SOCIETY  www.nehumanesociety.org  444-7800
Services: Pet Loss Support Group and “Ana-Meals” Program (Free pet food to low-income elderly/disabled pet owners)
VETERINARIANS, PET SITTERS, GROOMERS WHO MAKE HOUSECALLS (See Yellow Pages)

PHYSICIANS: GERIATRICIANS  Specialists in care for older adults
NEBRASKA MEDICAL CENTER GERIATRIC MEDICINE SERVICE
Web Site:  http://geriatrics.unmc.edu  559-9600
Jane Potter, MD  Catherine Eberle, MD  Debra Mostek, MD
William Lyons, MD  Brenda Keller, MD  Cheryl Hinners, MD
Edward Vandenberg, MD

NEBRASKA MEDICAL CENTER FAMILY MEDICINE CLINIC  559-7200
Timothy Malloy, MD and Rebecca M. Wester, MD

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Susan G. Scholer, MD  1805 N. 145 St.  393-1000

PRESCRIPTION MEDICATIONS
PHARMACIES THAT DELIVER MEDICATIONS (Many others will mail medications)

ELKHORN DRUG  20330 Veterans  289-2576
KEYSTONE PHARMACY  7328 Maple St.  391-4885
KOHLL'S DRUG  5106 "L" St.  733-2000
2923 Leavenworth  342-6547
617 N. 114 St.  408-0012
3427 S. 84th St.  393-1404
12739 "Q" St.  895-3101
5000 Dodge St.  553-8900
1413 S. Washington St., Bellevue 331-8632

PAPILLION PHARMACY  535 Fortune Dr.  502-4488
SEIG PHARMACY  6520 Sorensen Pkwy.  829-3282
WOLNER’S PHARMACY  5203 Leavenworth  551-5200
MAIL ORDER AND INTERNET PHARMACIES
The National Association of Boards of Pharmacy www.nabp.net lists licensed U.S. pharmacies that accept on-line or mail orders for medications. Licensed Canadian pharmacies such as Cross Border Pharmacy www.crossborderpharmacy.com Canada Meds www.canadameds.com and Canadian Super Save Pharmacy www.canadiansupersavepharmacy.com may offer medications at reduced cost.

MEDICARE PRESCRIPTION DRUG PLANS
All Medicare Beneficiaries qualify for coverage of some medication costs beginning January 1, 2006 Drug plans are offered by numerous insurance companies, and vary according to premiums, co-payments, medications that will be covered and participating pharmacies. For more information, call Medicare at 1 (800) 633-4273 or go online at www.medicare.gov

MEDICATION DISPENSING/REMINDER SYSTEMS
Health Watch Personal Response System Visiting Nurse Assn. 342-5566
Response Link of the Midlands www.responselink.com 740-0650

PATIENT ASSISTANCE PROGRAMS
Most pharmaceutical companies have Patient Assistance Programs that dispense medications free of charge to physicians who apply on behalf of their lower-income patients. Contact your pharmacist for information, or go on line at www.helpingpatients.org or www.medicare.gov or www.benefitscheckup.org

RECREATIONAL/HOBBY PROGRAMS Activities for seniors (* Transportation)
Adams Park Community Center 3230 John Creighton Blvd 444-5164
A.V. Sorensen Community Center 4808 Cass St. 444-5596
Benson Community Center 6008 Maple St. 444-5184
Bingel Activities Center * 923 N. 38th St. 898-5854
Camelot Community Center 9270 Cady Ave. 444-5972
Christie Heights Community Cr 5105 S. 37th St. 444-5081
Heartland Family Services Senior Center * 2101 S. 42nd St. 553-5300
Florence Community Center 2920 Bondesson St. 444-5216
Heartland Senior Center 3534 S. 108th St. 616-3090
Mockingbird Hills Indoor Pool 10242 Mockingbird Dr. 444-6103
Montclair Community Center & Pool 2304 S. 135th Ave. 546-1270
New Cassel Retirement Center 900 N. 90th St. 393-2277
North Omaha Senior Center * 2425 Grant St. 444-6278
Pipal Park Community Center 7770 Hascall St. 444-5140
Sherman Community Center 5701 N. 16th St. 444-5673
YMCA/YWCA (Multiple Locations)
**RESPITE SERVICES**  (see also: COMPANIONS/FRIENDLY VISITORS)

EASTERN NEBRASKA OFFICE ON AGING  444-6650
PRESBYTERIAN OUTREACH.  341-6559
RESPITE RESOURCE CENTER  996-8443
(Assisted living and nursing facilities may also provide short term respite care)

**SUPPORT/SELF-HELP GROUPS**

ALCOHOLICS ANONYMOUS  556-1880
AL ANON  (Families of alcoholics)  553-5033
ALZHEIMER’S DISEASE/DEMENTIA  [www.midlandsalz.org](http://www.midlandsalz.org)  502-4301
AMPUTEES  733-4954
AMYOTROPHIC LATERAL SCLEROSIS  390-2914
ARTHRITIS & FIBROMYALGIA  330-6130

CANCER (General)
- American Cancer Society – Omaha Chapter  393-5800
- Alegent Health System  398-6267
- Methodist Health System  354-4016
- Nebraska Medical Center  559-4420

BREAST CANCER  354-5890
GYNECOLOGICAL CANCER  354-5890
LEUKEMIA/LYMPHOMA/MYELOMA  344-2242

ORAL/HEAD & NECK CANCERS
- Nebraska Medical Center  559-4420
- Methodist Health System  354-5890

PROSTATE CANCER
- Alegent Health System  398-6267
- Methodist Health System  354-5890

**CAREGIVER INFORMATION RESOURCE CLUB (CIRCUS)  996-8444**

CHILDREN OF AGING PARENTS  [www.caps4caregivers.org](http://www.caps4caregivers.org)  496-6400 x6501

CROHN’S DISEASE & COLITIS  505-9901
DEBTORS ANONYMOUS  397-4059
DEPRESSION & BIPOLAR DISORDERS  502-4673
DIABETES  399-0777
EMOTIONS ANONYMOUS  697-1023
EPILEPSY  680-8026
GAMBLING ADDICTION  978-7557

GRIEF/BEREAVEMENT:
- Bereavement Support Group  (J.Gentleman Mortuary)  391-1664
- Compassionate Friends (death of a child of any age)  571-4011
- Grief Recovery Group  552-3219
- Grief Support Group  (Heafey,Hoffman Mortuary)  391-3900
- Pet Bereavement  (Nebraska Humane Society)  444-7800
Surviving Bereavement 572-2933
Survivors of Suicide 558-4616
THEOS (death of spouse) 399-0759

HEAD INJURY 991-7717
HEARING LOSS Hearing Loss Assn. of Omaha 393-8310
G.O.S.H.H.H 558-6449
HEART DISEASE 301-4402
IMPLANTABLE CARDIAC DEFIBRILLATOR 354-4288
LUNG DISEASE Pulmonary Partners 354-4190
MENTAL ILLNESS 341-5128
MULTIPLE SCLEROSIS 572-3190
MYASTHENIA GRAVIS 289-1766
OSTEOPOROSIS 493-2493
OSTOMY United Ostomy Assn. of Omaha 397-4796
PANIC AND ANXIETY DISORDERS 493-7958
PARKINSON’S DISEASE Am. Parkinson’s Disease Assn. 449-4535
POST-POLIO SYNDROME 341-0710
SENIOR CAREGIVERS SUPPORT GROUP 502-1764
STOP-SMOKING PROGRAMS American Lung Assn. 572-3030
STROKE SUPPORT GROUP 559-6264
354-4453
THEOS (Widowed Persons) 399-0759
VISUAL IMPAIRMENTS 595-2041

The United Way of the Midlands keeps an updated list of local support groups:
www.uwmidlands.org/directory 444-6666

TRANSPORTATION: Ambulances, vans and private autos

A & B Shuttle Service 331-7558
American Ambulance 342-0404
American Van Transports 333-2114
Bellevue Specialized Transportation Service 293-3138
Bureau for the Jewish Aging (van service) 330-4272
Eastern Nebraska Office on Aging (Non-Omaha residents) 444-6444
Golden Carriage Program (private car/escort service) 444-6558
Moby Van Service -Metro Area Transit Co. (van service) 346-8779
Nebraska Health & Human Services Department (taxi vouchers) 595-3400
Omaha Ambulance/Van Service 345-6666
Papillion Senior Bus Service 680-3970
Prince of the Road 934-2800
Road To Recovery (volunteers drive cancer patients to treatments) 393-5800
Rural/Metro Ambulance/Van Service 346-9191
Shared Mobility Coach 345-6640
Veterans Services 346-8800, ext. 3453
or ext. 3345
(Non-medical home care agencies can arrange for their workers to transport a client in the client’s own vehicle.)

**VISUAL IMPAIRMENTS:** Devices, training, services

**EYE CARE AMERICA**  [www.eyecareamerica.org](http://www.eyecareamerica.org)  (800)222-3937
(Referral to eye doctors providing free/low cost care)
**LOW VISION CLINIC (UNMC)**  3925 Dewey Ave  559-4170
(Specially designed glasses and vision aids)

**LOW VISION PRODUCTS/LARGE PRINT ITEMS (CATALOGUE)**
Independent Living Aids, Inc.  [www.independentliving.com](http://www.independentliving.com)  (800)537-2118

**MISSION CATARACT USA**  Midwest Eye Care, PC  552-2020
Provides cataract surgery, lens implants and follow up care at no charge for persons with limited means

**NEBRASKA SERVICES FOR THE VISUALLY IMPAIRED**  595-2041

**SHARE A FARE**  Half-price cab fare coupons for visually impaired persons.
Share A Fare, Inc.  [http://www.ncbvi.state.ne.us/shareafare.htm](http://www.ncbvi.state.ne.us/shareafare.htm)
P.O. Box 4378
Omaha, NE 68104-0378.

**TALKING BOOKS, READING SERVICES, AND LARGE-PRINT MATERIALS**
- Omaha Public Library  444-4835
- Nebraska Library Commission Talking Book Service  (800)742-7691
- Omaha Association of the Blind  341-3017
- Radio Talking Book Network  572-3003

**VOLUNTEER AND EMPLOYMENT OPPORTUNITIES FOR OLDER ADULTS**

**EASTERN NEBRASKA OFFICE ON AGING**  444-6558
- Senior Employment Program
- Foster Grandparent Program
- Retired Senior Volunteer Program
- Ombudsman Advocate Program
- Golden Carriage Transportation Program

**DESERT MINISTRIES**  2205 S. 10th St.  556-8032
**SENIOR HEALTH FOUNDATION**  (Computer training)  827-6091
**SERVICE CORPS OF RETIRED EXECUTIVES (SCORE)**  221-3606
**VOLUNTEER RESOURCE CENTER**  1805 Harney St.  342-8232
**VOLUNTEERS ASSISTING SENIORS**  4601 S. 50th St. #213  444-6617
**MISCELLANEOUS**

**CAREGIVER TRAINING** 502-1764
7 hour training class offered by the American Red Cross and Caregiver Support Services for family caregivers. Topics covered include nursing care, home safety, nutrition, legal and financial issues. www.caregiversupportservices.org

**FANS LOANED TO LOWER INCOME ELDERLY**
Salvation Army Senior Services 898-5860
Eastern Nebraska Office on Aging 444-6444

**HOLIDAY CALLS PROGRAM** (AT&T) 970-1818
Arranges free long distance calls from seniors to family anywhere in the world at the holiday season

**HOLIDAY PARTY FOR THE ELDERLY** 884-6641
Annual free Christmas Day luncheon with entertainment and gifts for elders. Free transportation provided. For shut-ins, holiday meal and gifts are delivered. Sponsored by Little Brothers-Friends of the Elderly, a non-sectarian, non-profit organization. www.littlebrothers.org/omaha/

**MAIL/TELEPHONE SOLICITATIONS** - To stop these, send written requests to:

Mail Preference Service
Direct Marketing Assn.
P.O. Box 643
Carmel, NY 10512

Telephone Preference Service
Direct Marketing Assn.
P.O. Box 1559
Carmel, NY 10512

To Register on the Federal Government “Do Not Call” List: (888) 382-1222 or go on line to https://www.donotcall.gov/default.aspx

**NATIONAL DO NOT CALL REGISTRY** (888)382-1222
http://www.fcc.gov/cgb/donotcall/

**TELEPHONE SERVICE REBATES** (QWEST, ALLTEL, SPRINT)

The LINK UP PROGRAM covers half the cost of establishing new phone service, and arranges deferred payment of the balance for lower income persons.

The LIFELINE PROGRAM provides a monthly rebate averaging $10-$12 for basic phone service, plus optional free blocking service of long distance calling for lower income persons.

Applications for LINK UP and LIFELINE are available from the Nebraska Public Service Commission (800) 526-0017. More information at www.lifelinesupport.org
TRASH & RECYCLING BIN PICKUP FROM THE DOOR 444-5238
Elderly or disabled persons can designate a special pick up spot near their house if they cannot physically move cans/bin to the curb. Application and medical statement required.

UTILITY SHUT-OFF NOTICES  Copies of shut off notices can be sent to the caregiver of an elderly person who fails to pay utility bills. Contact Utility business offices.

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The Community Resource List for Older Adults and Caregivers is intended as a timely and comprehensive directory of services for older adults and their family caregivers in the Omaha/Douglas County area. It is not an endorsement of any particular program or service listed. The information herein is gleaned from public sources, such as telephone books, brochures and newspaper advertisements and articles. We accept no responsibility for the quality of services provided by any resource listed.

This resource list is updated at least once annually and may be duplicated with proper acknowledgement.

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