COMMUNITY RESOURCE LIST FOR OLDER ADULTS AND CAREGIVERS
OMAHA/DOUGLAS COUNTY:  July  2005

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

ABUSE/NEGLECT

ADULT PROTECTIVE SERVICES  595-3474
DOMESTIC VIOLENCE HOTLINE   (Y.W.C.A.)  24-Hour  345-7273

ADULT DAY CARE

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

FRANCISCAN ADULT DAY CENTER  393-2113
900 N. 90th St.  (New Cassel Retirement Center)

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

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

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

ALZHEIMERS DISEASE:  Information, Services and Support:  www.midlandalz.org
ALZHEIMER'S ASSOCIATION, MIDLANDS CHAPTER  572-3010

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

CARE SEEKERS  www.care-seekers.com  491-0666
7701 Pacific St.  #105

EASTERN NEBRASKA OFFICE ON AGING  www.enoa.org  444-6444
4223 Center St.

ELDER LIFE CONSULTANTS  www.elderlifeconsultants.com  330-3079
11620 Arbor St. Ste. #200

QUALITY SOLUTIONS  333–2543
11448  Frances St.
COUNSELORS SPECIALIZING IN OLDER CLIENTS 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  553-3000
Geriatric Counseling Program

DISEASE-RELATED ORGANIZATIONS

AMERICAN CANCER SOCIETY  www.cancer.org  393-5800
AMERICAN DIABETES ASSOCIATION  www.diabetes.org  (800) 342-2382
AMERICAN HEART ASSOCIATION  www.americanheart.org  346-0771
AMERICAN LUNG ASSOCIATION  www.lungnebraska.org  572-3030
AMERICAN PARKINSON'S DISEASE ASSN.  www.apdaparkinson.org  449-4535
AMERICAN TINNITUS ASSOCIATION  www.ala.org  (800) 634-8978
ARTHRTIS FOUNDATION  www.arthritis.org  330-6130
ASSOCIATION FOR MACULAR DISEASES  www.macula.org  (212) 605-3719
EPILEPSY ASSOCIATION OF NEBRASKA  www.kidneyne.org  572-3030
MUSCULAR DYSTROPHY ASSOCIATION  www.mdausa.org  390-2914
(all neuromuscular diseases)
NATIONAL APHASIA ASSOCIATION  www.aphasia.org  (800) 922-4622
NATIONAL OSTEOPOROSIS FOUNDATION  www.nof.org  (202) 223-2226
NEBRASKA KIDNEY FOUNDATION  www.kidneyne.org  572-3180
NEBRASKA POLIO SURVIVORS ASSOCIATION  www.nsf.itgo.com  341-0710
NEBRASKA STROKE FOUNDATION  www.nsf.itgo.com  331-9401

DRIVING CONCERNS

DRIVER ASSESSMENT PROGRAMS  572-2275
IMMANUEL MEDICAL CENTER
(Examines visual acuity, knowledge, motor skills and does in-car testing)

CREIGHTON UNIVERSITY MEDICAL CENTER  449-4248
(Examines visual, motor and cognitive skills. No in-car testing done)

DRIVING SKILLS REFRESHER COURSES
"COACHING THE MATURE DRIVER"  Safety & Health Council  896-6332
"55-LIVE"  AARP  398-9568
‘ROADWISE REVIEW” (A Self-Test CD-ROM from AAA of Nebraska)  390-1000

HANDICAP PARKING PERMITS  444-7103
C/o County Treasurer’s Offices (multiple locations)

TO REPORT AN UNSAFE DRIVER:  end a signed letter stating specific concerns to:

NEBRASKA DEPARTMENT OF MOTOR VEHICLES  Attention: Examining Division
P.O. Box 94726
Lincoln, NE. 68509
FINANCIAL HELP

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

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

VETERANS SERVICES (Douglas County)  www.va.gov  444-7180

HEATING/COOLING BILL SUBSIDY (American Red Cross)  343-7700
Subsidies for lower income persons to pay heating/cooling bills/deposits, and to repair furnaces, stoves/electric heaters, heat pumps, and air conditioners.

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

GERIATRIC ASSESSMENT PROGRAMS: Comprehensive health/cognitive evaluations

GERIATRIC ASSESSMENT PROGRAM  http://geriatrics.unmc.edu  559-7515
University Hospital, Nebraska Medical Center

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: Health promotion, exercise, senior discounts, etc.

IMMANUEL AGE WELL SENIOR SERVICES  www.ihsi.org  829-3220
METHODIST HEALTH SYSTEM “55-PLUS” PROGRAM  354-7587
NEBRASKA MEDICAL CENTER HEALTH & WELLNESS CLUB  (800) 922-0000

AQUATIC EXERCISE PROGRAMS FOR SENIORS
Mockingbird Hills Indoor Pool  10242 Mockingbird Dr.  444-6103
Montclair Community Center Indoor Pool  2304 S. 135th Ave.  546-1270
Immanuel Age Well Centers  17475 Frances St.  932-9512

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

YMCA/ YWCA. (Multiple locations)

(Most local shopping malls and the Henry Doorly Zoo open before regular business hours for early morning walkers)
HEALTH MAINTENENCE CLINICS: Multiple locations

EASTERN NEBRASKA OFFICE ON AGING 444-6444
(Weights/blood pressures, foot/nail care, injections, and health evaluations by appointment.)

HEARING IMPAIRMENTS: Programs and Services

NEBRASKA COMMISSION FOR THE DEAF/HARD OF HEARING 595-3991
(Has a hearing aid bank that repairs/distributes used hearing aids free to low-income elderly)

SELF-HELP FOR HARD-OF-HEARING PEOPLE www.hearingloss.org 554-1543
(Can also be contacted through the Nebraska Commission for the Deaf/Hard of Hearing)

HOME HEALTH SERVICES: Nurses, aides, therapists, sitters, etc.

ASERA CARE HOME HEALTH 397-0211
ALEGENT HEALTH HOME CARE 898-8000
ALL MIDLANDS HEALTH SERVICE 391-5554
BERGAN MERCY HOME HEALTH 334-0316
CARE CONSULTANTS FOR THE AGING 398-1848
CARING HANDS HOME CARE 933-7552
FIRST CHOICE HEALTH CARE 397-8330
GENTIVA HEALTH SERVICES www.gentiva.com 593-1300
INTERIM HEALTH CARE SERVICES www.interimhealthcare.com 392-1818
INTREPID USA MEDICAL SERVICES 393-8064
KELLY HOME CARE SERVICES www.kellyhomecare.com 334-0605
METHODIST HOME HEALTH 354-3200
MIDLANDS HOME HEALTH 827-4800
NURSE PROVIDERS 399-1700
RIGHT AT HOME 697-7537
ST. JOSEPH VILLA HOME HEALTH CARE 926-4444
VISITING NURSE ASSOCIATION 342-5566
VITALCARE HOME HEALTH 502-3665

HOME REPAIR/SPECIAL NEEDS MODIFICATION (Income limits may apply)

"BRUSH-UP NEBRASKA" (free exterior house painting) 444-6666
"REBUILDING TOGETHER" (free painting/remodeling/repair) 965-9201
EASTERN NE OFFICE ON AGING HANDYMAN PROGRAM 444-6444
HOME ACCESS SOLUTIONS (home modifications) 291-9514
LEAGUE OF HUMAN DIGNITY (home/vehicle modifications) 595-1256

NEBRASKA WEATHERIZATION ASSISTANCE PROGRAM 342-1611
(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)

BEAUTY/BARBER SERVICES IN THE HOME Attitudes To Go 592-0476
**COMPANIONS, MEAL PREPARATION, HOUSEKEEPING, ERRANDS, etc.**

<table>
<thead>
<tr>
<th>Service/Errands Inc. (Errands/house sitting)</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>At Your Service/Errands Inc.</td>
<td>393-9922</td>
</tr>
<tr>
<td>At Home Assistance</td>
<td>320-6480</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>
<tr>
<td>Caring For People Services</td>
<td><a href="http://www.caringforpeopleservices.com">www.caringforpeopleservices.com</a> 334-6900</td>
</tr>
<tr>
<td>Caring Hands</td>
<td>431-1690</td>
</tr>
<tr>
<td>Caring Network, Inc.</td>
<td>573-8031</td>
</tr>
<tr>
<td>Caring Partners</td>
<td>968-8642</td>
</tr>
<tr>
<td>Comfort Keepers</td>
<td><a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a> 991-9880</td>
</tr>
<tr>
<td>Custom Care</td>
<td>320-3700</td>
</tr>
<tr>
<td>Desert Ministries</td>
<td>(Volunteer) 556-8032</td>
</tr>
<tr>
<td>Encircle</td>
<td>558-2000</td>
</tr>
<tr>
<td>Home Instead Senior Care</td>
<td><a href="http://www.homeinstead.com">www.homeinstead.com</a> 498-3444</td>
</tr>
<tr>
<td>Home Helpers</td>
<td>933-6095</td>
</tr>
<tr>
<td>Home Life Senior Care</td>
<td>333-3378</td>
</tr>
<tr>
<td>Kind Hearts</td>
<td>339-7727</td>
</tr>
<tr>
<td>Little Brothers - Friends Of The Elderly</td>
<td>(Volunteer Visitors) 884-6641</td>
</tr>
<tr>
<td>Right At Home</td>
<td>697-7537</td>
</tr>
<tr>
<td>Senior Help Program (ENOA)</td>
<td>(Volunteer) 444-6536</td>
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**GROCERY DELIVERY** (Limited areas)

<table>
<thead>
<tr>
<th>Store</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broadmoor Market</td>
<td>8722 Pacific St.</td>
<td>391-0312</td>
</tr>
<tr>
<td>Hy Vee Supermarket</td>
<td>5150 Center St.</td>
<td>553-2664</td>
</tr>
<tr>
<td>Wohlner Grocery</td>
<td>5205 Leavenworth St.</td>
<td>551-6875</td>
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</table>

**SAFETY**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telephone Reassurance Service (Salvation Army)</td>
<td>898-5937</td>
</tr>
<tr>
<td>Lifeline Emergency Response System (Alegent Health System)</td>
<td>829-3277</td>
</tr>
<tr>
<td>Lifeline Emergency Response System (Methodist Health System)</td>
<td>354-3200</td>
</tr>
<tr>
<td>Health Watch Personal Response System (VNA)</td>
<td>342-5566</td>
</tr>
<tr>
<td>Response Link Personal Response System</td>
<td>740-0650</td>
</tr>
<tr>
<td>Free Furnace Checks (ENOA)</td>
<td>444-6444</td>
</tr>
</tbody>
</table>

**HOUSING:** Apartment complexes and retirement communities for older adults. * notes assisted living facilities; # notes facilities with special services for those with dementia.

<table>
<thead>
<tr>
<th>Housing</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>THE ARBORETUM</td>
<td>8141 Farnam Dr.</td>
<td>391-7573</td>
</tr>
<tr>
<td>BEN VIEW APARTMENTS</td>
<td>Bennington, NE</td>
<td>444-6203</td>
</tr>
<tr>
<td>BICKFORD COTTAGE *</td>
<td>11308 Blondo St.</td>
<td>491-0400</td>
</tr>
<tr>
<td>BICKFORD COTTAGE II *</td>
<td>7337 Hickory St.</td>
<td>391-3000</td>
</tr>
<tr>
<td>BLOOMFIELD FORUM</td>
<td>9804 Nicholas St.</td>
<td>390-9991</td>
</tr>
<tr>
<td>BRIGHTON GARDENS *#</td>
<td>9220 Western Ave.</td>
<td>393-7313</td>
</tr>
<tr>
<td>CAMELOT VILLAGE</td>
<td>9415 Cady Ave.</td>
<td>397-5445</td>
</tr>
<tr>
<td>CENTRAL PARK TOWER</td>
<td>1511 Farnam St.</td>
<td>341-5130</td>
</tr>
<tr>
<td>CORRIGAN HEIGHTS</td>
<td>5945 S. 39th St.</td>
<td>592-5760</td>
</tr>
<tr>
<td>CROWN POINT</td>
<td>2820 S. 80 St.</td>
<td>391-7555</td>
</tr>
<tr>
<td>DEFREESE MANOR</td>
<td>2669 Dodge St.</td>
<td>345-0622</td>
</tr>
<tr>
<td>DOUGLAS COUNTY HEALTH CENTER *</td>
<td>4102 Woolworth Ave.</td>
<td>444-7000</td>
</tr>
<tr>
<td>DURHAM-BOOTH MANOR</td>
<td>923 N. 38th St.</td>
<td>898-5880</td>
</tr>
<tr>
<td>FLORENCE HOME RESIDENCE *</td>
<td>7915 N. 30th St.</td>
<td>827-6000</td>
</tr>
<tr>
<td>FOUNTAIN VIEW *</td>
<td>5710 S. 108 St.</td>
<td>596-9033</td>
</tr>
<tr>
<td>HICKORY VILLA *</td>
<td>7315 Hickory St.</td>
<td>392-0767</td>
</tr>
<tr>
<td>IMMANUEL COURTYARD *</td>
<td>6757 Newport Ave.</td>
<td>829-2912</td>
</tr>
<tr>
<td>Apartment Name</td>
<td>Address</td>
<td>Phone</td>
</tr>
<tr>
<td>----------------------------------------------------</td>
<td>-----------------------------</td>
<td>-----------</td>
</tr>
<tr>
<td>IMMANUEL LAKESIDE TERRACE *</td>
<td>17475 Frances St.</td>
<td>932-9500</td>
</tr>
<tr>
<td>IMMANUEL LAKESIDE VILLAGE</td>
<td>17475 Frances St.</td>
<td>932-9500</td>
</tr>
<tr>
<td>IMMANUEL TERRACE *</td>
<td>6801 N. 67th Plz.</td>
<td>829-3220</td>
</tr>
<tr>
<td>IMMANUEL VILLAGE</td>
<td>6803 N. 68th Plz.</td>
<td>829-3220</td>
</tr>
<tr>
<td>J.C. WADE APARTMENTS</td>
<td>3400 Ohio St.</td>
<td>391-7260</td>
</tr>
<tr>
<td>KINGS GATE SENIOR APARTMENTS</td>
<td>7055 Crown Point Ave.</td>
<td>571-7910</td>
</tr>
<tr>
<td>LA BONNE VIE</td>
<td>60th &amp; Ville de Sante Dr.</td>
<td>592-5760</td>
</tr>
<tr>
<td>LA BONNE VIE</td>
<td>94th &amp; Park Dr.</td>
<td>592-5760</td>
</tr>
<tr>
<td>LEO VAUGHN MANOR</td>
<td>3325 Fontenelle Blvd.</td>
<td>453-1070</td>
</tr>
<tr>
<td>LINDENWOOD NURSING HOME *</td>
<td>910 S. 40th St.</td>
<td>342-2015</td>
</tr>
<tr>
<td>LIVINGSTON PLAZA</td>
<td>303 S. 132nd St.</td>
<td>330-3995</td>
</tr>
<tr>
<td>MARQUIS PLACE ASSISTED LIVING *</td>
<td>20800 W. Maple Rd.</td>
<td>289-9229</td>
</tr>
<tr>
<td>MASONIC MANOR</td>
<td>801 S. 52nd St.</td>
<td>558-3161</td>
</tr>
<tr>
<td>MILLARD MANOR</td>
<td>12835 Deauville Dr.</td>
<td>896-2319</td>
</tr>
<tr>
<td>NEW CASSEL RETIREMENT CR.*</td>
<td>900 N. 90th St.</td>
<td>393-2277</td>
</tr>
<tr>
<td>NORTH ACRES</td>
<td>5449 N. 108th St.</td>
<td>444-6203</td>
</tr>
<tr>
<td>OAK VALLEY APARTMENTS</td>
<td>12424 Krug Ave.</td>
<td>333-9888</td>
</tr>
<tr>
<td>OMAHA HOUSING AUTHORITY HIGH-RISE APARTMENTS:</td>
<td></td>
<td>444-6900</td>
</tr>
<tr>
<td>5900 Northwest Radial Hwy. 600 S. 27th St.</td>
<td>2500 B St.</td>
<td></td>
</tr>
<tr>
<td>5100 Florence Blvd.</td>
<td>1501 Park Ave.</td>
<td>4500 S. 25th St.</td>
</tr>
<tr>
<td>5904 Henninger St.</td>
<td>1601 Park Ave.</td>
<td>1500 Pine St.</td>
</tr>
<tr>
<td>PACIFIC SPRINGS VILLAGE</td>
<td>805 S 173rd Court</td>
<td>691-8434</td>
</tr>
<tr>
<td>PAPIO VALLEY APARTMENTS</td>
<td>813 &amp; Blondo Sts.</td>
<td>592-5760</td>
</tr>
<tr>
<td>PARK EAST TOWER</td>
<td>539 S. 26th Ave.</td>
<td>345-3168</td>
</tr>
<tr>
<td>PARSONS HOUSE *#</td>
<td>14325 Eagle Run Dr.</td>
<td>498-9554</td>
</tr>
<tr>
<td>REMINGTON HEIGHTS *</td>
<td>12606 W. Dodge Road</td>
<td>493-5807</td>
</tr>
<tr>
<td>ROYALE OAKS *</td>
<td>4801 N. 52nd St.</td>
<td>827-6060</td>
</tr>
<tr>
<td>ST. JOSEPH TOWER *</td>
<td>2205 S. 10th St.</td>
<td>952-5000</td>
</tr>
<tr>
<td>SEVEN OAKS OF FLORENCE</td>
<td>3501 State St.</td>
<td>451-4477</td>
</tr>
<tr>
<td>SILVERCREST *</td>
<td>11909 Miracle Hills Dr.</td>
<td>431-0011</td>
</tr>
<tr>
<td>SILVERCREST AT FOUNTAINTVIEW *</td>
<td>5728 S. 108 St.</td>
<td>537-0544</td>
</tr>
<tr>
<td>SKYLINE MANOR &amp; VILLA *</td>
<td>7300 Graceland Dr.</td>
<td>572-5761</td>
</tr>
<tr>
<td>SORENSSEN ASSISTED LIVING CR.</td>
<td>4809 Redman Ave.</td>
<td>455-5025</td>
</tr>
<tr>
<td>SOUTHVIEW HEIGHTS *</td>
<td>5110 S. 49th St.</td>
<td>731-2118</td>
</tr>
<tr>
<td>SUNRIDGE VILLAGE</td>
<td>13410 Blondo St.</td>
<td>496-0116</td>
</tr>
<tr>
<td>VALLEY HEIGHTS/VALLEY VIEW</td>
<td>Valley, NE.</td>
<td>444-6203</td>
</tr>
<tr>
<td>VIA CHRISTE *#</td>
<td>3636 California St.</td>
<td>551-5557</td>
</tr>
<tr>
<td>WALNUT GROVE</td>
<td>4901 S. 153 St.</td>
<td>861-1611</td>
</tr>
<tr>
<td>WESTGATE ASSISTED LIVING *</td>
<td>3030 S. 80th St.</td>
<td>391-8566</td>
</tr>
<tr>
<td>WESTMINSTER COURT</td>
<td>7323 Shirley St.</td>
<td>392-1542</td>
</tr>
<tr>
<td>WOODGATE</td>
<td>7800 Vane St.</td>
<td>444-6203</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Apartment Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>AN ANGEL’S TOUCH</td>
<td>11405 Farnam Cir./1113 N. 85 St.</td>
<td>697-0033</td>
</tr>
<tr>
<td>BETTY’S HOUSE</td>
<td>8001 Maple St.</td>
<td>341-8228</td>
</tr>
<tr>
<td>EDGECWOOD VISTA</td>
<td>17620 Poppleton Ave.</td>
<td>333-5749</td>
</tr>
<tr>
<td>COMFORT CARE HOMES</td>
<td>(Multiple locations)</td>
<td>445-4474</td>
</tr>
</tbody>
</table>

(*See also HOUSING and NURSING HOMES)
**HOUSING RELOCATION**: Helps find appropriate housing for an older adult

A PLACE FOR MOM  [www.aplaceformom.com](http://www.aplaceformom.com)  (712) 566-3211
CARE CONSULTANTS FOR THE AGING  [www.careconsultants.com](http://www.careconsultants.com)  398-1848
TENDER TRANSITIONS  [www.tendertransitions.net](http://www.tendertransitions.net)  965-9170

HOME ACCESS SOLUTIONS  [www.homeaccesssolutions.com](http://www.homeaccesssolutions.com)  291-9514
(A realtor who helps with purchase/sale/modification of homes for older and disabled persons)

**INFORMATION/REFERRAL**

AARP INFORMATION CENTER  1941 S. 42 St.  [www.aarp.org](http://www.aarp.org)  398-9568
CHILDREN OF AGING PARENTS  [www.caps4caregivers.org](http://www.caps4caregivers.org)  (800) 227-7294
EASTERN NEBRASKA OFFICE ON AGING  [www.enoa.org](http://www.enoa.org)  444-6444
ELDER CARE LOCATOR  [www.eldercare.gov](http://www.eldercare.gov)  (800) 677-1116
NEBRASKA DEPT. OF INSURANCE SENIOR HEALTH INSURANCE INFORMATION PROGRAM (SHIP)  [www.doi.ne.gov/ship/index.htm](http://www.doi.ne.gov/ship/index.htm)  (800) 234-7119
UNITED STATES ADMINISTRATION ON AGING  [www.aoa.gov](http://www.aoa.gov)  (202) 609-0724

**LEGAL ASSISTANCE**: Estate planning, guardianships, powers of attorney, etc.

**ELDER LAW ATTORNEYS**

Mary Buford Wilson  9910 N. 48th St. #109  451-1616
DeLila Bergan  3917 N. 113 Circle  496-6184
James Reisinger  5017 Leavenworth  451-4488
William E. Seidler, Jr.  10050 Regency Cir., #525  397-3801

**FAMILY MEDIATION SERVICES** (Legal and Non-Legal Issues)

The Concord Center  3861 Farnam St.  345-1131
[www.concord-center.com](http://www.concord-center.com)

Omaha Bar Association Mediation Referral Service  280-3603

**LEGAL SERVICES FOR LOWER INCOME PERSONS**

Legal Aid Society  500 S. 18th St.  (800) 642-2521
Creighton University Law School Legal Clinic  280-3068

**OMAHA BAR ASSOCIATION**

Lawyer Referral Service  280-3603

**VOLUNTEER CONSERVATORS**

Volunteers Intervening for Equity (VIE)  4601 S. 50th St. #213  444-6617
(VIE 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**  
6901 N. 72nd St. (Heritage Center)  
572-2534

**NEBRASKA MEDICAL CENTER GERIATRIC PSYCHIATRY SERVICE**  
515 S. 26th St.  
354-6380

**NURSING HOMES:** (# Nursing homes with dementia units)

<table>
<thead>
<tr>
<th>Nursing Home</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>THE AMBASSADOR</td>
<td>1540 N. 72nd St.</td>
<td>393-6500</td>
</tr>
<tr>
<td>BROOKESTONE #</td>
<td>4330 S. 144 St.</td>
<td>614-4000</td>
</tr>
<tr>
<td>DOUGLAS COUNTY HEALTH CARE CENTER</td>
<td>4102 Woolworth Ave.</td>
<td>444-7000</td>
</tr>
<tr>
<td>ECHO HILLS HEALTH CARE CENTER</td>
<td>4835 S. 49th St.</td>
<td>733-7200</td>
</tr>
<tr>
<td>FLORENCE HOME</td>
<td>7915 N. 30th St.</td>
<td>827-6000</td>
</tr>
<tr>
<td>HALLMARK CARE CENTER</td>
<td>5505 Grover St.</td>
<td>558-0225</td>
</tr>
<tr>
<td>IMMANUEL FONTENELLE HOME #</td>
<td>6901 N. 72nd St.</td>
<td>572-2595</td>
</tr>
<tr>
<td>INFINIA OF OMAHA</td>
<td>3110 Scott Circle</td>
<td>455-6636</td>
</tr>
<tr>
<td>LIFE CARE CENTER OF ELKHORN #</td>
<td>315 Hopper St.</td>
<td>289-2572</td>
</tr>
<tr>
<td>LIFE CARE CENTER OF OMAHA</td>
<td>6032 Ville De Sante Dr.</td>
<td>571-6770</td>
</tr>
<tr>
<td>LINDENWOOD NURSING HOME</td>
<td>910 S. 40th St.</td>
<td>342-2015</td>
</tr>
<tr>
<td>LUTHERAN NURSING HOME</td>
<td>530 S. 26th St.</td>
<td>346-3344</td>
</tr>
<tr>
<td>MAPLE CREST CARE CENTER</td>
<td>2824 N. 66th Ave.</td>
<td>551-2110</td>
</tr>
<tr>
<td>MILLARD GOOD SAMARITAN CENTER #</td>
<td>12856 Deauville Dr.</td>
<td>895-2266</td>
</tr>
<tr>
<td>MONTCLAIR NURSING CENTER #</td>
<td>2525 S. 135th Ave.</td>
<td>333-2304</td>
</tr>
<tr>
<td>NEBRASKA SKILLED NURSING/REHAB CR.</td>
<td>7410 Mercy Road</td>
<td>397-1220</td>
</tr>
<tr>
<td>ROSE BLUMKIN JEWISH HOME</td>
<td>323 S. 132nd St.</td>
<td>330-4272</td>
</tr>
<tr>
<td>SKYLINE HEALTH CENTER</td>
<td>7350 Graceland Dr.</td>
<td>572-5750</td>
</tr>
<tr>
<td>ST. JOSEPH VILLA #</td>
<td>2305 S. 10th St.</td>
<td>345-5683</td>
</tr>
<tr>
<td>SORENSEN HEALTH CARE CENTER</td>
<td>4809 Redman Ave.</td>
<td>455-5025</td>
</tr>
<tr>
<td>THOMAS FITZGERALD VETERAN'S HOME #</td>
<td>15345 W. Maple Rd.</td>
<td>595-2180</td>
</tr>
<tr>
<td>VAL HAVEN NURSING CENTER</td>
<td>300 W. Meigs (Valley)</td>
<td>359-2533</td>
</tr>
</tbody>
</table>

**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 DEPARTMENT 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.

- Bennington Center (Wed.only) 322 N. Molly St. 238-2471
- 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
- Elkhorn Center (Tues. only) 302 E. Douglas St. 289-4908
- Heartland Family Services Senior Center 2101 S. 42nd St. 553-5300
- Florence 2920 Bondesson St. 444-6333
- Heartland Senior Center (M,W,F) 3534 S 108th St. 616-3090
- Highland Tower 2500 "B" St. 444-6444
- Immanuel Courtyard (Evening Meal) 6757 Newport Ave. 829-2912
- Jewish Community Center (Kosher Meals) 330-4272
- 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 Grant St. 444-6278
- Park Tower South Senior Center 1601 Park Ave. 444-6444
- 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

RESTAURANT MEALS HOME DELIVERY SERVICES:
Waiters Express 333-3663

MEALS PREPARED/DELIVERED IN BULK:
Seattle Sutton’s Healthy Eating [www.sshe.com] 213 S. 25 St. 408-3438
12041 Blondo St. 991-8234
16617 Polk St. 614-4747

PET/COMPANION ANIMAL SERVICES:
"ANI-MEALS" Nebraska Humane Society 444-7800
(Free/low-cost pet food delivered to lower income elderly/disabled pet owners)

VETERINARIANS/GROOMERS WHO MAKE HOUSECALLS (See Yellow Pages)

PRESCRIPTION MEDICATIONS

PHARMACIES THAT DELIVER MEDICATIONS (Many others will mail medications)

- BAUM DRUG (Wolner’s Market) 5203 Leavenworth 551-5200
- HY VEE SUPERMARKETS (Various Locations)
MAIL ORDER AND INTERNET PHARMACIES
The National Association of Boards of Pharmacy [www.nabp.net](http://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](http://www.crossborderpharmacy.com), Canada Meds [www.canadameds.com](http://www.canadameds.com) and Canadian Super Save Pharmacy [www.canadiansupersavepharmacy.com](http://www.canadiansupersavepharmacy.com) may offer medications at reduced cost.

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

PATIENT ASSISTANCE PROGRAMS and MEDICATION DISCOUNT 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. For persons not eligible for free medications, most companies offer Discount Cards that allow persons to obtain certain medications at reduced cost. Contact your pharmacist for information, or go on line at [www.helpingpatients.org](http://www.helpingpatients.org) or [www.medicare.gov](http://www.medicare.gov) or [www.benefitscheckup.org](http://www.benefitscheckup.org)

PHYSICIANS: GERIATRICIANS  Specialists in care for older adults

NEBRASKA MEDICAL CENTER GERIATRIC MEDICINE SERVICE  559-9600
Web Site: [http://geriatrics.unmc.edu](http://geriatrics.unmc.edu)
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

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

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 METROPOLITAN MINISTRIES  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  572-3010
AMPUTATIONS  733-4954
AMYOTROPHIC LATERAL SCLEROSIS  www.alsa-midwest.org  991-8788
ARTHRITIS  330-6130
ATAXIA  573-5838
CANCER SUPPORT GROUPS
   Cancer (all)  393-5800
   559-4420
   572-2768
Breast Cancer  354-5890
For Ladies Only  (women-only group)  280-5673
Gynecological Cancer  354-5890
Leukemia/Lymphoma  344-2242
Prostate Cancer  393-5800
CARDIO-VASCULAR DISEASE  354-4190
CIRCUS  (support group for family caregivers)  996-8444
CO-DEPENDENCY  www.codaomaha.org  449-1716
CROHNS/COLITIS SUPPORT  391-9302
DEBTORS ANONYMOUS  397-4059
DEPRESSION (WOMEN)  Nebraska Medical Center  (800) 922-0000
DEPRESSION/BIPOLER DISORDER  www.dbsago.com  933-6326
DIABETES  399-0777
DIVORCE  895-3394
EMOTIONS ANONYMOUS  556-3279
EPILEPSY  558-7383
FIBROMYALGIA  330-6130
GAMBLING ADDICTION  978-7557
GREATER OMAHA SELF-HELP FOR HARD OF HEARING  558-6449
GRIEF/BEREAVEMENT:
Compassionate Friends (death of a child of any age)  571-4011
www.tcfomaha.org
Gentle Support/Partners On The Journey  391-1664
Grief Recovery Group  552-3219
Grief Share  www.griefshare.com  895-3394
Pet Bereavement (Nebraska Humane Society)  444-7800
Surviving Bereavement  572-2933
THEOS (death of spouse)  391-2971
HEART TO HEART  572-3353
MENTAL ILLNESS  345-8101  345-6089
MULTIPLE SCLEROSIS  572-3190
MUSCULAR DYSTROPHY  390-2914
OBSESSIVE COMPULSIVE ANONYMOUS  343-9455
OSTEOPOROSIS  393-8996  493-2493
OSTOMY  www.uoa.org  345-4912
PET ANXIETY DISORDERS  455-9260
PARKINSON'S DISEASE  449-4535
POLIO SURVIVORS  341-0710
PULMONARY (RESPIRATORY) PROBLEMS  354-4190
RECOVERY INC. (Mental health recovery)  449-0301
SENIOR CAREGIVERS SUPPORT GROUP  502-1764
STOP-SMOKING PROGRAMS American Lung Association  572-3030
STROKE SUPPORT GROUP  559-6264  895-3689
STROKE EDUCATIONG GROUP  593-3864
VISUAL IMPAIRMENTS  595-2041

Information also from United Way First Call For Help:  444-6666
www.uwmidlands.org/directory

TRANSPORTATION: Ambulances, vans and private autos

A & B Shuttle Service  331-7558
American Ambulance  342-0404
American Van Transports  333-2114
Bureau for the Jewish Aging (van service)  330-4272
Eastern Nebraska Office on Aging (van service, 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
Road To Recovery (volunteers drive cancer patients to treatments)  393-5800
(Non-medical home care agencies such as Comfort Keepers, Home Instead, and Right At Home can arrange for their workers to transport a client in the client’s own vehicle.

**URINARY INCONTINENCE**: Medical Assessment & Treatment

NEBRASKA MEDICAL CENTER  
Geriatric Medicine Service  
559-9600

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

EYE CARE AMERICA  
[www.eyecareamerica.org](http://www.eyecareamerica.org)  
(800) 391-3937  
(Directory of eye doctors providing free/low cost care. Sponsored by the Am. Academy of Ophthalmology)

LOW VISION CLINIC (UNMC)  
3925 Dewey Ave  
559-4170  
(specially designed glasses and vision aids)

LOW VISION PRODUCTS/LARGE PRINT ITEMS (CATALOGUE)  
Lighthouse Center for Vision and Aging  
[www.lighthouse.org](http://www.lighthouse.org)  
(800) 829-0500  
MISSION CATARACT USA  
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

OMAHA ASSOCIATION OF THE BLIND  
341-3017

RADIO TALKING-BOOK NETWORK  
572-3003

TALKING BOOKS/LARGE-PRINT MATERIALS  
Omaha Public Library  
444-4835

  Nebraska Library Commission Talking Book Service  
  (800) 742-7691
  National Library Service for the Blind  
  (800) 424-8567

**VOLUNTEER AND EMPLOYMENT OPPORTUNITIES FOR OLDER ADULTS**

EASTERN NEBRASKA OFFICE ON AGING  
444-6558  
Senior Employment Program  
Senior Help Program  
Neighbor to Neighbor Program  
Retired Senior Volunteer Program  
Ombudsman Advocate Program  
Golden Carriage Transportation Program

Respite Care Program  
Foster Grandparent Program  
Home Delivered Meals Program  
Senior Companion Program  
Tax Counseling Program

VOLUNTEERS INTERVENING FOR EQUITY (VIE)  
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
P.O. Box 9008
Farmingdale, NY 11735

Telephone Preference Service
Direct Marketing Assn.
P.O. Box 9014
Farmingdale, NY 11735-9014

SHARE A FARE  Half-price cab fare coupons for visually impaired persons.

Share A Fare, Inc.  http://www.ncbvi.state.ne.us/shareafare.htm
P.O.Box 4378
Omaha, NE 68104-0378.

SMOKE DETECTOR INSTALLATION  Omaha Fire Department  444-5700
Free installation & checking of smoke for lower income elderly

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 CAN/RECYCLING BIN PICKUP FROM THE DOOR 444-5239
For elderly or disabled persons. Application and medical statement required.

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

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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 acknowledgment.