

ALZHEIMERS DISEASE AND RELATED DEMENTIAS

Alzheimer's Association: Nebraska Chapter 1-800-272-3900 (24 Hour)
1711 Arbor St., Suite 110 <https://www.alz.org/nebraska>

Assn. for Frontotemporal Degeneration <https://www.theaftd.org> 1-866-507-7222
Lewy Body Dementia Association <https://www.lbda.org/>
Normal Pressure Hydrocephalus <https://www.hydroassoc.org> 1-888-598-3789

COUNSELORS (Specializing in older adults and family caregivers)

Jodi McQuillen, LCSW, LIMHP Nebraska Medicine Behavioral Health 402-559-5031
Cecelia Poon, Ph.D

MaryAnn Calta, LCSW, M.Div. 1403 Farnam St. #215 402-393-0642
<http://caltatherapy.com/>

Sara Pattavina-Moulton, LIMHP 2808 S. 80th Ave., #130 402-312-0177
<http://www.myemotionalwellness.com/>

Pando Geriatric Counseling 11932 Arbor St., #104 402-321-8995
<https://www.pandogeriatrics.com/>

Jeanie Stuto, LCSW. LMHP 3031 S. 87th St. 402-807-0444
<http://www.otac.space/associates>

Marti Finkel, LIMHP, LCSW 11580 W. Dodge Rd. 402-238-1431
<https://www.compassionatemindstherapy.com/>

DISEASE-RELATED ORGANIZATIONS

American Cancer Society 9850 Nicholas St., #200 402-393-5800
<https://www.cancer.org/about-us/local/nebraska.html>

American Diabetes Association www.diabetes.org 1-800-342-2383
Diabetes Education Center of the Midlands 2910 S. 84th St. 1-800-779-3374
<https://diabetes-education.com>

American Heart Association 9900 Nicholas St., #200 402-810-6870
<https://www.heart.org/en/affiliates/nebraska/omaha>

American Lung Association 11225 Davenport St., #101 402-502-4950
<https://www.lung.org/>

American Macular Degeneration Foundation <https://www.macular.org/> 1-888-622-8527
American Parkinson's Disease Association www.apdaparkinson.org 1-800-223-2732

Arthritis Foundation https://www.arthritis.org/	11414 W. Center Rd., #348	402-262-0144
Epilepsy Foundation of Nebraska https://www.epilepsy.com/local/nebraska		1-800-332-1000
National Fibromyalgia & Chronic Pain Association National Osteoporosis Foundation	https://fibroandpain.org/ https://www.nof.org/	1-800-231-4222
Nebraska Kidney Association http://kidneyne.org/	11725 Arbor St., #120A	402-932-7200
Parkinson's Nebraska https://parkinsonsnebraska.org/	16811 Burdette St. #1	402-715-4707

DRIVING CONCERNS

DRIVER ASSESSMENT/REHABILITATION PROGRAMS Evaluates physical & cognitive abilities to drive, performs in-car driving assessment, and provides training & adaptive equipment.

CHI Health	6901 N. 72 nd St. https://www.chihealth.com/driverevaluation	402-572-3055
Madonna Therapy Plus https://therapyplus.madonna.org/omaha	17500 Burke St., Omaha	402-401-3900
Methodist Health System http://www.bestcare.org/methodist-hospital/services/physical-occupational-and-speech-therapy/driver-rehabilitation	8303 W. Dodge Rd.	402-354-4670

DRIVING SKILLS REFRESHER COURSES Classroom and On-Line

AAA Senior Driving Website AARP Smart Driver Online Course National Safety Council Nebraska https://www.safenebraska.org/safe-road/adult-senior-driving/senior-driver-program	https://seniordriving.aaa.com http://www.aarpdriversafety.org	1-800-350-7025 402-896-0454
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HANDICAP PARKING PERMITS & LICENSE PLATES 1-402-471-3918
<https://dmv.nebraska.gov/dvr/handicapped-plate-permit>

TO REPORT AN UNSAFE DRIVER: Download, complete and mail a **Citizen Re-examination Report** from <https://dot.nebraska.gov/safety/driving/age> stating specific concerns to:

Director, Department of Motor Vehicles Driver Licensing Division P.O. Box 94726 Lincoln, NE. 68509-4726	1-402-471-4567
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FINANCIAL HELP

NEBRASKA DEPARTMENT OF HEALTH & HUMAN SERVICES (NDHHS)

For a detailed description of all the programs and services of NDHHS, go to their web site:

<http://dhhs.ne.gov/Pages/default.aspx>

Local offices for information, assistance and filing for benefits. Business Hours: 8am-5pm.

Douglas County:

1313 Farnam St., Omaha 402-595-2890
1500 N. 24th St., #102 402-595-3700

Sarpy County:

8044 S. 84th St., La Vista, NE 402-595-1258

Customer Service: Douglas & Sarpy Counties:

Economic Assistance: 402-595-1258

Medical Assistance: 402-595-1178

ACCESSNebraska Online Assistance Applications:

<http://dhhs.ne.gov/Pages/ACCESSNebraska.aspx>

ACCESSNebraska Customer Service (Toll Free Numbers):

Economic Assistance 1-800-383-4278

Medicaid 1-855-632-7633

HOMESTEAD EXEMPTIONS

Volunteers Assisting Seniors (VAS) <http://vas-nebraska.org/> 402-444-6617

Douglas County Assessor's Office 402-444-7060

<http://dcassessor.org/homestead-exemptions>

Sarpy County Assessor's Office 402-593-2122

<http://sarpy.com/offices/assessor/homestead-exemption>

RETIREMENT AND DISABILITY PENSIONS AND MEDICARE HEALTH INSURANCE

Social Security Administration www.ssa.gov 1-866-716-8299

604 N. 109th Court (Old Mill Centre)

FINANCIAL INVESTMENTS – Information, resources & fraud prevention for seniors

Financial Industry Regulatory Authority - Securities Helpline for Seniors 1-844-574-3577

<http://www.finra.org/investors/finra-securities-helpline-seniors>

North American Securities Administrators Association – Serving Our Seniors Program

<http://serveourseniors.org>

FRAUD & SCAM PREVENTION

The Nebraska Attorney General's Office has a web site that allows someone to file a complaint, report a scam and learn how to handle identity theft or determine whether a charity is reputable. Downloadable brochures describe common financial scams and tips to avoid becoming a victim. <https://protectthegoodlife.nebraska.gov/> 1-800-272-6432

Consumer Financial Protection Bureau 1-855-411-2372
<https://www.consumerfinance.gov/consumer-tools/fraud>

Charity Navigator monitors and rates charities for accountability & transparency, and posts consumer advisories on questionable and bogus charities. <https://www.charitynavigator.org>

GERIATRIC ASSESSMENT PROGRAMS Comprehensive medical & cognitive evaluations

Geriatric Assessment Program **402-559-7515**
730 S. 38th Ave. (Nebraska Medicine/University of Nebraska Medical Center)
<http://unmc.edu/homeinsteadcenter>

Geriatric Evaluation and Management Clinic 402-995-4971
4101 Woolworth Ave. (Veterans Administration Medical Center) Kate Giraud

Methodist Physicians Clinic * 8901 W. Dodge, #250 402-354-8600
Abel Cruz, MD & Kilie Donovan, MD.

(*This clinic provides medical and cognitive evaluations for persons referred by Methodist Health System physicians only).

HEALTH & FITNESS PROGRAMS Programs especially for older adults.

UNMC EngGage Wellness Center **730 S. 38th Ave.** **402-552-7210**
<https://www.unmc.edu/engage>

Immanuel Age Well Centers Multiple locations 402-507-4899
<https://www.immanuel.com/senior-living-choice/wellness-centers>

Lied Activity Center 2700 Arboretum Dr. Bellevue 402-293-5000
www.bellevuepublicschools.org/vnews/display.v/SEC/District%7CBPS%20Lied%20Activity%20Center%3E%3EHours%20%26%20Swim%20Schedule

Omaha Wellbound Fitness Center 3673 N. 129th St. 402-506-4333
<https://www.omahawbfitness.com/>

Omaha Dept. of Parks, Recreation & Public Property Multiple locations 402-444-5900
<https://parks.cityofomaha.org>

Salvation Army Kroc Center 2825 Y St. <http://www.omahakroc.org> 402-905-3500
YMCA (Multiple locations) <https://metroymca.org>

AQUATIC EXERCISE PROGRAMS FOR ADULTS AND SENIORS

Common Ground Community Center	1701 Veterans Dr. Elkhorn	402-289-0451
Immanuel Age Well Centers	Multiple locations	402-829-2900
Lied Activity Center	2700 Arboretum Dr., Bellevue	402-293-5000
Mockingbird Hills Community Center	10242 Mockingbird Dr.	402-444-6103
Montclair Community Center	2304 S. 135th Ave.	402-444-4956
Salvation Army Kroc Center	2825 "Y" St.	402-905-3500

WALKING CLUBS

Omaha Zoo & Aquarium Walking Club	(once weekly, year-round)	402-733-8401
http://www.omahazoo.com/join-a-club		
Lauritzen Garden Walking Club	(once weekly, Apr-Oct)	402-346-4002 x 253
https://www.lauritzengardens.org/Visit/Events_and_Exhibits/Walking_Club		
CHI "Heart & Sole" Walking Program	(four times weekly, year-round)	402-343-4648
https://www.chihealth.com/heart-and-sole-walking-program		

HEARING IMPAIRMENTS

Programs and Services

Nebraska Commission For The Deaf & Hard of Hearing 1-800-545-6244
Provides/repairs phone amplifiers, signaling devices to lower-income hearing impaired.
<https://ncdhh.nebraska.gov>

Sertoma Hearing Aid Bank Free re-conditioned hearing aids 1-800-545-6244
<https://ncdhh.nebraska.gov/services/sertoma-hab>

CapTel <https://www.captel.com> 1-800-233-9130
The Nebraska Public Service Commission (www.psc.state.ne.us) provides phones that amplify voice and display text of conversation.

HOARDING De-Cluttering/Cleaning, Sorting/Organizing, Counselors & Therapists

Absolute Bio-Recovery Services, Inc. <http://abrsne.com> 402-933-0077
Craft Lifestyle Management, Inc. www.craftlifestylemgt.com 1-402-216-3288
Steri-Clean https://hoardingcleanup.com/steri_clean_nebraska 402-800-1205
Hoarding Cleanup.Com <http://hoardingcleanup.com/nebraska>

Patricia Wicks, Ph.D 6550 S. 84th St., #300 402-339-7991
<https://www.wickspsysc.com/pwicks>

HOME CARE NAVIGATION SERVICES Help to identify & access local in-home care services

Eastern Nebraska Office on Aging <https://enoa.org> 402-444-6536

A Place at Home www.aplaceathome.com
Omaha: 402-932-4646
Papillion: 402-858-4644

HOME HEALTH SERVICES: Skilled care nurses, nurse-aides & therapists. (Most also provide non-medical companions/sitters, housekeeping, meal preparation, errands, transportation, etc.)

Advanced Home Health Care	http://www.homehealthcareomaha.com	402-490-3120
All Midlands Health Service	http://allmidlands.com/Pages/home.aspx	402-391-5554
Ambi's Home Health Care	http://www.ambishomehealthcare.com	402-934-3441
Angels Care Home Health	https://angelscarehealth.com/locations/omaha-ne	402-934-4752
Care Minders Home Care	http://www.careminders.com	402-932-2211
Care One Caregivers	http://www.careonecaregivers.com	402-504-3219
CHI Health At Home	http://www.chihealthathome.com/	402-898-8000
Comper Care	http://compercareinc.com	402-932-0703
Elite Professionals Home Care	https://www.eliteprohomecare.com	402-339-7727
Fidelity Home Health Care		402-884-9581
Freedom In-Home Services	http://www.freedominhome.com	402-934-2224
Hillcrest Home Health Care		402-682-4808
	https://www.hillcresthealth.com/locations/home-care-omaha	
Home Nursing With Heart	http://homenursingwithheart.com	402-614-4622
Ify's Home Health Care	http://www.ifyshomehealthcare.com	402-330-4198
Kindred At Home		402-343-9433
	https://www.kindredhealthcare.com/locations/home-health/omaha-ne-2388	
Nebraska Home Health Care	https://www.nebhc.com	402-315-4357
Personal Choice Home Care	https://www.personalmedcheck.com	402-885-6700
Physicians Choice	https://pchhc.com	402-331-2273
Physmed, Inc. Home Health Care	http://www.physmedinc.com	402-926-4088
Prime Home Care	http://www.primehomecarecompassionatecarehospice.com	402-390-2492
Progressive Home Health	http://www.progressivecare.com	402-933-5836
Right At Home	https://www.rightathome.net/omaha-metro	402-697-7536
St. Joseph Villa Home Care		402-926-4444
	https://www.delmargardens.com/facilities/st-joseph-villa-homecare-hospice	
Visiting Nurse Association	https://www.vnatoday.org	402-342-5566
Willingham Health Services	http://www.willinghamhealth.com	402-505-9511

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

Kohl's Home Care "Mod Squad"		402-895-6025
	https://kohlsrx.com/home-medical-equipment/modsquad/	
Superior Van & Mobility	11147 Mockingbird Dr. https://www.superiorvan.com	402-934-7826
(Sales & service of handicap-accessible vehicles and equipment)		
Brush-Up Nebraska	http://www.brushupnebraska.org/conc/index.php	402-965-9169

Project Houseworks <http://projecthouseworks.org> 402-965-9201
(Free home painting, repairs and modifications for lower-income elderly/disabled persons)

Nebraska Weatherization Assistance Program 1-877-253-2603
(Insulation, caulking, window/door repair/replacement, heating/cooling system tune-ups for lower-income homeowners). <http://www.neo.ne.gov/programs/wx/wx.html>

HOME SAFETY

EMERGENCY RESPONSE SYSTEMS

(* Those offering GPS technology)

Alert USA Emergency Response System <http://www.alertusa.org> 1-800-789-6969
FallCall Lite * <https://www.fallcalllite.com>
Great Call 5Star Urgent Response * <https://www.greatcall.com> 1-800-918-8543
Life Alert <http://www.lifealert.net/home/home.html> 1-800-982-0332
Life Station Medical Alert System * <https://www.lifestation.com> 1-800-554-4600
MediGuard USA * <https://mediguardusa.com/mobile-monitoring> 402-891-9700
Medical Alert * <https://medicalalert.com> 1-800-800-2537
Phillips Lifeline Response System * <https://www.lifeline.philips.com> 1-855-681-5351
Security Equipment, Inc. (SEi) * <https://seisecurity.com/medical-alert> 402-333-3233
Walgreens Ready Response <https://www.walgreensreadyresponse.com> 1-866-310-9061

HOME SENSORS

System of small electronic sensors that attach to frequently-used household items (coffee pot, microwave, pill box, walker, refrigerator and bathroom door, etc.). Sensors send wireless messages (not images) to caregiver's smart phone/computer allowing them to track use of these objects and alerting them of a possible emergency. Sensors can also be worn by the person to detect a fall. A less intrusive (and likely more acceptable) system for the older person than a web-cam. Providers include:

Alarm.com Wellness <https://www.alarm.com/productservices/wellness.aspx> 1-877-389-4033
Care Innovations <http://resources.careinnovations.com/quietcare> 1-855-855-2273
Evermind <https://evermind.us>
HomeExcept <https://www.homeexcept.com>
Safe in Home <http://www.safeinhome.com> 1-855-476-6665
TruSense <https://mytrusense.com> 1-855-814-6478

OTHER SAFETY SERVICES

Free Smoke/Carbon Monoxide Alarm Installation (Omaha Fire Dept.) 402-444-3560

HEAT'S ON Program sponsored by the Mechanical Contractors Association of Omaha. Provides free fall furnace & smoke detector checks for low-income seniors. Persons must be current clients of the Eastern Nebraska Office on Aging, and referred to MCA by ENOA.

HOME SERVICES

Non-skilled nursing services only

COMPANIONS/SITTERS, PERSONAL CARE AIDES, HOUSEKEEPING, MEAL PREP. ERRANDS, TRANSPORTATION, ETC.

Amada Senior Care	https://amadaseniorcare.com/omaha-senior-care	402-281-0921
Anew In-Home Care (Medicaid Waiver)	www.anewinhomecare.com	402-509-8078
BellaCare	https://www.bellacare.us/about-us	402-347-0007
Care Tech, Inc.	http://caretechinc.com	1-800-991-7006
Caring For People Services	https://caringforpeopleservices.com	1-877-625-6901
Care Consultants	https://careconsultants.com	402-398-1848
Comfort Keepers	https://omaha-315.comfortkeepers.com	402-991-9880
Dignity Home Care	https://www.dignityhomecares.org	402-637-2354
Eastern Nebraska Office on Aging	http://enoa.org	402-444-6536
Empower Home Care		402-557-6869
First Light Home Care		402-215-0111
	https://www.firstlighthomecare.com/home-healthcare-omaha	
Home Care Assistance	https://www.homecareassistanceomaha.com	402-249-0204
Home Instead Senior Care	https://www.homeinstead.com	1-888-673-1166
Key Home Care	https://www.keyhomecare.us	402-982-9254
Rosalie, LLC	http://rosaliehomehealthcare.com/	402-401-2848
Seniors Helping Seniors	https://seniorcaregreateromaha.com	402-331-3073
Synergy Home Care		402-505-7300
	https://www.synergyhomecare.com/find-an-agency?searchVal=Omaha,NE	
Touching Hearts at Home	https://www.touchinghearts.com/omaha	402-934-3303
Way to Stay Home Care	https://waytostayhome.com	402-557-0639

GROCERY SHOPPING

Stores that provide curbside pickup and/or home delivery services

Aldi	https://shop.aldi.us
Bakers	https://www.bakersplus.com
Family Fare	https://delivery.shopfamilyfare.com
Fresh Thyme	https://shop.freshthyme.com
Hy-Vee	https://www.hy-vee.com/grocery
Schwan's Home Delivery	https://www.schwans.com
Target	https://www.shipt.com
Walmart	https://grocery.walmart.com
Whole Foods	
	https://primenow.amazon.com/storefront?merchantId=A3QOZHJWCTE66&newStack=1

HOSPICE AND PALLIATIVE CARE SERVICES

<http://www.nationalhospicelocator.com>

Interactive directory of hospice and palliative care services in the United States

On-line interactive comparison tool for all national Hospice providers from Medicare.Gov.

<https://www.medicare.gov/hospicecompare>

HOUSING: ASSISTED LIVING Retirement Centers that provide personal care services, such as assistance with bathing/dressing, and medication administration (* indicates facility accepts Medicaid Waiver or other lease subsidies. # indicates facility provides dementia care.)

Aksarben Village Senior Living * #	1330 S. 70 TH St.	402-810-9440
Bickford Cottage * #	11308 Blondo St.	402-491-0400
Bickford Cottage * #	7337 Hickory St.	402-391-3000
Brighton Gardens #	9220 Western Ave.	402-393-7313
Crown Pointe #	2820 S. 80 th St.	402-391-7555
Elk Ridge Village #	19400 Elk Ridge Dr.	402-763-8692
Esprit Whispering Ridge #	17555 Emmet St.	402-932-7300
Fountain View Retirement Community #	5710 S. 108 th St.	402-596-9033
Granville Villa *	8507 Granville Pkwy, La Vista	402-415-0044
Heritage Pointe * #	16811 Burdette St.	402-614-5222
Heritage Ridge * #	1502 Ft. Crook Rd. South, Bellevue	402-932-1881
Heritage at Legacy #	2961 S. 169 th Plz.	402-934-2999
Heritage at Sterling Ridge * #	1111 Sterling Ridge Dr.	402-504-3111
Hickory Villa *	7315 Hickory St.	402-392-0767
Hillcrest Country Estates #	6082 Grand Lodge Ave., Papillion	402-885-7000
Hillcrest Mable Rose * #	4609 Hilltop St., Papillion	402-291-9777
House of Hope * #	4801 N. 52 nd St.	402-827-6060
Immanuel Courtyard *	6759 Newport Ave.	402-829-2912
Immanuel Village	6801 N. 67 th Plz.	402-829-3220
Keystone Villa Senior Living	7300 Graceland Dr.	402-572-5750
Lakeside Village #	17475 Frances St.	402-829-9020
Marquis Place * #	20800 W. Maple Rd.	402-289-9229
The Meriwether #	8140 S. 97 th Plz. La Vista	402-597-0700
New Cassel Retirement Cr.*	900 N. 90 th St.	402-393-2277
Orchard Gardens *	1006 S. Mayne St. Valley	402-359-4884
Ovation Heartwood Preserve #	144 th & Pacific St. (Open 2021)	402-999-7900
Pacific Springs Village	805 S. 173 rd Ct.	402-691-8434
Parsons House #	14325 Eagle Run Dr.	402-498-9554
Prairie Meadows #	13208 Meredith Ave.	402-391-2790
Remington Heights	12606 W. Dodge Road	402-493-5807
Richmont Terrace * #	620 Ft. Crook Road South, Bellevue	402-291-9800
Ridgewood Retirement Cr. * #	12301 N. 149 Circle, Bennington	402-884-7644
Royale Oaks *	4801 N. 52 nd St.	402-827-6060
St. Joseph Tower *	2205 S. 10 th St.	402-952-5000
Silver Ridge Village * #	20332 Hackberry Dr., Gretna	402-332-4280
Southview Heights *	5110 S. 49 th St.	402-731-2118
Trinity Village *	522 W. Lincoln St., Papillion	402-614-5500
Via Christe * #	3636 California St.	402-551-5557
Waterford at Miracle Hills *	11909 Miracle Hills Dr.	402-431-0011
Waterford at Roxbury Park *	5728 S. 108 th St.	402-537-0544
Welcov Assisted Living *	801 N. Adams St., Papillion	402-339-1775

Westgate Assisted Living * 3030 S. 80th St. 402-391-8566

The Nebraska Resource and Referral System (NRRS) offers an on-line interactive program that allows you to identify Assisted Living Facilities throughout Nebraska and compare their services.

(* note: you should also contact facilities to obtain the most current information).

<https://nrrs.ne.gov/alchoices/assessment.php>

HOUSING: INDEPENDENT LIVING Apartment complexes and retirement communities for older adults. (* notes facilities that are rent-subsidized and/or may set upper income limits.)

Aksarben Village Senior Living	1330 S. 70 TH St.	402-810-9440
The Arboretum	8141 Farnam Dr.	402-391-7573
Avidor Omaha	13110 Sterling Ridge Dr.	402-817-2957
Bellewood Courts *	1002 Bellewood Ct., Bellevue	402-292-3300
Bloomfield of Omaha	9804 Nicholas St.	402-390-9991
Camelot Village VI *	9415 Cady Ave.	402-397-5445
Central Park Tower *	1511 Farnam St.	402-341-5130
Concord Square *	2120 Paul St.	402-934-6104
Corrigan Heights *	5945 S. 39th St.	402-827-8234
Crown Pointe Retirement Cr.	2820 S. 80 th St.	402-391-7555
DeFreese Manor *	2669 Dodge St.	402-345-0622
Durham-Booth Manor *	923 N. 38th St.	402-898-5880
Elk Ridge Village	19303 Seward Plz.	402-763-8692
Elmwood Tower	801 S. 52nd St.	402-558-3161
Fountain View Retirement Cr.	5710 S. 108 th St.	402-596-9033
Grand Reserve	3535 Piney Creek, Elkhorn	402-502-7565
Harmony Court	1802 Wall St., Bellevue	402-291-4200
Harrison Heights Senior Village	7544 Gertrude St., LaVista	1-844-841-7327
Heritage at Legacy	2961 S. 169 Th Plz.	402-934-2999
Heritage at Sterling Ridge	1111 Sterling Ridge Dr.	402-504-3111
Heritage Ridge	1502 Ft. Crook Rd. South, Bellevue	402-932-1881
Hillcrest Country Estates	6021 Grand Lodge Ave., Papillion	402-885-7000
Immanuel Courtyard *	6759 Newport Ave.	402-829-2912
Immanuel Village	6803 N. 68th Plz.	402-829-3220
J.C. Wade Villa *	3464 Ohio St.	402-333-7373
Kellom Gardens *	1111 N. 27 th St.	402-934-6104
Keystone Villa Senior Living	7300 Graceland Dr.	402-572-5750
Kings Gate Senior Apartments *	7055 Crown Point Ave.	402-571-7910
Lakeside Village	17475 Frances St.	402-829-9020
Lakeside Lofts	2303 S. 175 th Ct.	402-317-5994
Leo Vaughn Manor *	3325 Fontenelle Blvd.	402-453-6100
Livestock Commons	4920 S. 30 th St.	402-345-8450
Livingston Plaza *	303 S. 132nd St.	402-330-3995
Maple Ridge	3525 N. 167 th Cir.	402-403-0178
Meredith Townhomes *	3325 Meredith Ave.	402-614-0414
The Meriwether	8140 S. 97 th Plz., La Vista	402-597-0700

Millard Manor *	12835 Deauville Dr.	402-896-2319
Mission House Vue *	406 E. Mission Ave., Bellevue	402-292-0423
Monarch Villas *	201 E. Cedardale Rd., Bellevue	402-331-6882
North Acres Apartments *	5449 N. 108th St.	402-444-6203
Orchards at Wildwood *	7454 Gertrude St., La Vista	402-933-7478
Ovation Heartwood Preserve	144 th & Pacific Sts. (Open 2021)	402-999-7900
Pacific Springs Village	805 S. 173 RD Ct.	402-691-8434
Park East Tower *	539 S. 26th Ave.	402-345-3168
Parkside	7775 Park Dr., Ralston	1-844-833-7635
Pilgrim Heights *	1315 N. 26 th St.	402-341-1019
Ralston House *	7301 "Q" St.	402-339-9014
Remington Heights	12606 W. Dodge Road	402-493-5807
Richmont Senior Living	702 Ft. Crook Road South, Bellevue	402-291-9800
Ridgewood Retirement Community	12301 N. 149 Circle, Bennington	402-884-7644
River Road Townhomes *	Waterloo, NE	402-444-6203
Rolling Hills Ranch	4324 N. 132nd St.	402-391-1055
Salem Village at Miami Heights *	3502 Lake St.	402-614-0414
Seven Oaks of Florence I *	3501 State St.	402-451-4477
Seven Oaks of Florence II *	3439 State St.	402-451-4477
St. John Vianney Residence	7323 Shirley St.	402-392-1542
Southview Heights	5110 S. 49th St.	402-731-2118
Stone Plaza Townhomes	6025 Ville de Sante Dr.	402-504-1700
Sunridge Village	13410 Blondo St.	402-496-0116
Tregaron Residences *	2315 Greenwald Dr. Bellevue	402-292-1818
Trinity Courtyard *	620 W. Lincoln St. Papillion	402-614-1900
Trinity Village	522 W. Lincoln St., Papillion	402-614-5500
Valley Heights *	309-317 W. Meigs, Valley	402-444-6203
Valley View *	400 W. Meigs, Valley	402-444-6203
Village East	2011 N. 25 th St.	402-679-3229
Ville de Sante Terrace *	6202 Ville De Sante Dr.	402-504-1700
Walnut Creek	2204 Albert St., Bellevue	402-819-3999
Walnut Grove	4901 S. 153 St.	402-403-4246
The Wellington	501 E. Gold Coast Rd., Papillion	402-331-3101
Westbrook Gardens	81 St & Blondo Sts.	402-572-7041
Woodbridge Senior Village	7205 N. 73 rd Plz. Circle	402-573-5555
OMAHA HOUSING AUTHORITY HIGH-RISE APARTMENTS *		402-444-6900
Crown Tower	5904 Henninger St.	402-444-4213
Evans Tower	3600 N. 24 th St.	402-444-3662
Kay Jay Tower	4500 S. 25 th St.	402-444-3316
Underwood Tower	4850 Underwood Ave.	402-444-7558

HOUSING: DEMENTIA

Residential care homes for persons with dementia

An Angel's Touch	https://anangelstouchinc.com	(Multiple locations)	402-672-9580
Comfort Care Homes	https://www.cchne.com	(Multiple locations)	402-445-4474
Compassionate Memory Care			402-614-7446
Edgewood in Omaha	17620 Poppleton Ave.		402-333-5749
	https://www.edgewoodhealthcare.com/community/ne-omaha-edgewood		

HOUSING NAVIGATION SERVICES

Free consultation and referral to local senior housing and nursing home options. (Some services may be paid a "referral fee" by facilities).

HELP Long Term Care Planning Service 402-341-6559 x101
The Center Mall, 1941 S. 42nd St., #200 <http://www.helpequipment.org/long-term-care-planning>

(HELP does not accept a "referral fee" from any facility. There is no charge to families for this service, but donations are welcomed).

A Place at Home	http://aplaceathome.com/home		402-932-4646
A Place for Mom	https://www.aplaceformom.com		1- 866-518-0936
Assisted Living Locators	https://assistedlivinglocators.com/care-advisor/Omaha		402-205-2667
Bridge to Better Living	https://bridgetobetterliving.com		402-802-3301
Clare Senior Advisors	https://www.clare senioradvisors.com		402-990-6994
CareMATRIX	http://carematrix.net		402-885-5693
Oasis Senior Advisors	https://www.oasissenioradvisors.com/omaha/		402-378-9592

HOUSING RELOCATION

Organizes and arranges household relocation and downsizing

Caring Transitions	http://www.caringtransitionsgreateromaha.com		402-882-4238
Senior Moving Services	http://www.seniormovingservices.com		402-445-0996
Tender Transitions	http://www.tendertransitions.net		402-965-9170
Downsizing with Dignity	https://downsizingwithdignity.org		402-230-7333

INFORMATION/REFERRAL

AARP Information Center	Center Mall, 1941 S. 42 nd St. #220		402-398-9568
	https://local.aarp.org/omaha-ne		
Eastern Nebraska Office on Aging	4780 S. 131 st St.	https://enoa.org	402-444-6536
Elder Care Locator		https://eldercare.acl.gov/Public/Index.aspx	1-800-677-1116
Nebraska Aging and Disabilities Resource Center			1-844-843-6364
	http://nebraska.networkofcare.org/aging		
Retirement Living.com		https://www.retirementliving.com/	
United Way "211" Information & Referral Hotline			Dial: 211
	https://www.unitedwaymidlands.org/2-1-1		

Paying for Senior Care – Assisted Living
<https://www.payingforseniorcare.com/assisted-living-in-omaha-ne> [[payingforseniorcare.com](https://www.payingforseniorcare.com)]

Paying for Senior Care – Nursing Home
<https://www.payingforseniorcare.com/longtermcare/resources.html> [[payingforseniorcare.com](https://www.payingforseniorcare.com)]

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

ELDER LAW ATTORNEYS

Badura & Wintz Law LLC 7602 Pacific St., #300A 402-398-3040
<https://www.omahaestatelawyers.com/>

Elder Law of Omaha 2813 S. 88th St. <http://www.elderlawomaha.com> 402-614-6400

Ronald C. Jensen Baird Holm LLP, 1700 Farnam St., #1500 402-636-8302
https://www.bairdholm.com/people/index.php?option=com_content&view=article&id=88

Leroy Peterson 10730 Pacific St., #107 <https://www.leroypetersonlaw.com> 402-718-8888

William E. Seidler Jr. 10050 Regency Circle #525 402-397-3801
<https://www.seidler-seidler-law.com>

David M. Thompson (two Omaha locations) 402-810-8611
<https://www.carlsonburnett.com/our-attorneys/david-m-thompson/>

FAMILY MEDIATION SERVICES Legal and Non-Legal Issues

Concord Mediation Center 4225 N. 90th St. 402-345-1131
1223 Golden Gate Dr. Papillion 402-345-2252

Concord's "Generations Around the Table" program mediates disputes for families caring for an elderly or disabled relative. <http://concordmediationcenter.com/mediation/family-mediation>

LEGAL SERVICES FOR LOWER INCOME PERSONS

Elder Access Line (Legal Aid of Nebraska) 1-800-527-7249
<https://www.legalaidofnebraska.org/how-we-help/resources/elderly-aging/>

Milton R. Abrams Legal Clinic (Creighton University School of Law) 402- 280-3068
<https://law.creighton.edu/clinics/abrahams-legal-clinic>

Omaha Bar Association Lawyer Referral Service 402-280-3603
<http://www.omahalawyerreferral.com/>

NEBRASKA HEALTH CARE POWER OF ATTORNEY FORM (Downloadable Form)
<https://eforms.com/power-of-attorney/ne/nebraska-durable-power-of-attorney-for-health-care/>

NEBRASKA LIVING WILL FORM (Downloadable Form)
<https://eforms.com/living-will/nebraska-living-will-declaration-form/>

MEDICAL AND ASSISTIVE EQUIPMENT Loaned or free

HELP Medical Equipment & Medical Supplies Market 402-341-6559
The Center Mall, 1941 S. 42nd St., #200 <https://www.helpequipment.org>

Eastern Nebraska Office on Aging https://enoa.org/?page_id=27 402-444-6536

Assistive Technology Partnership 1- 877-713-4002
<https://atp.nebraska.gov/services/reuse-network>

MEDICARE

Agencies that provide free and unbiased counselling and educational materials about Medicare, Medicare Advantage and Medicare Drug Plans:

Senior Health Insurance Information Program (SHIIP) - 800-234-7119
Nebraska Department of Insurance <https://doi.nebraska.gov/consumer/senior-health>

Volunteers Assisting Seniors (VAS) <http://vas-nebraska.org> 402-444-6617
1941 S. 42nd St. #312

MENTAL HEALTH SERVICES * Specialized Geriatric programs

CHI Health Senior Behavioral Health Services * 402-717-4673
6901 N. 72nd St. <https://www.chihealth.com/senior-mental-health-services>

UNMC Geriatric Psychiatry Service * 730 S. 38th Ave. 402-552-6007
<https://www.unmc.edu/psychiatry/patient-care/geriatric/index.html>

Community Alliance 4001 Leavenworth St. 402-341-5128
<https://community-alliance.org> (serves chronically mentally ill persons & their caregivers)

MENTAL HEALTH HOSPITAL COMMITMENTS

Douglas County <https://clerk.dc4dc.com/board-of-mental-health> 402-444-7191
Sarpy County <http://www.sarpy.com/justice-public-safety/attorney/mental-health> 402-593-2230

NURSING HOMES (# Indicates nursing homes with dementia units)

Ambassador Health of Omaha	1540 N. 72nd St.	402-393-6500
Arbor Care Center Valhaven	300 W. Meigs, Valley	402-359-2533
Azria Health Gretna	700 Hwy 6, Gretna	402-332-3446
Azria Health at Midtown	910 S. 40th St.	402-342-2015
Azria Health Montclair #	2525 S. 135th Ave.	402-333-2304
Brighton Gardens #	9220 Western Ave.	402-393-7313
Brookestone Meadows	600 Brookestone Meadows Plz.	402-289-2696
Brookestone Village #	4330 S. 144 St.	402-614-4000
Douglas County Health Center	4102 Woolworth Ave.	402-444-6064
Eastern Nebraska Veterans Home #	12505 S. 40 th St. Bellevue	402-595-2180
Florence Home Health Care Center	7915 N. 30th St.	402-827-6000
Good Samaritan Home	12856 Deauville Dr., Millard	402-895-2266
Hillcrest Country Estates #	6021 Grand Lodge Ave., Papillion	402-885-7000
Hillcrest Health & Rehabilitation Cr.	1702 Hillcrest Dr., Bellevue	402-291-8500
Hillcrest Shadow Lake #	1507 Gold Coast Rd., Papillion	402-339-6010
Immanuel Fontenelle Home #	6809 N. 68 th Plz.	402-572-2595
Life Care Center of Elkhorn	20275 Hopper St.	402-289-2572
Life Care Center of Omaha	6032 Ville De Sante Dr.	402-571-6770
Maple Crest Health Center #	2824 N. 66th Ave.	402-551-2110
Nebraska Skilled Nursing & Rehabilitation Center	7410 Mercy Rd.	402-397-1220
Omaha Nursing & Rehabilitation Center	4835 S. 49th St.	402-733-7200
Papillion Manor	610 S. Polk St., Papillion	402-339-7700
Ridgecrest Rehabilitation Center #	3110 Scott St.	402-455-6636
Rose Blumkin Jewish Home #	323 S. 132nd St.	402-330-4272
St. Joseph Villa Nursing & Rehabilitation Center	2305 S. 10th St.	402-345-5683
The Lighthouse	17600 Arbor St.	402-829-9070

NURSING HOMES: Consumer information and reporting concerns

On-line Health Inspection Reports for all US nursing homes

<https://www.medicare.gov/nursinghomecompare/search.html>

Nebraska Long Term Care Ombudsman 1-800-942-7830
Eastern Nebraska Office on Aging Ombudsman 402-444-6536

NUTRITION

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

Adams Park Senior Center (M,W,Th,F)	3230 John Creighton Blvd.	402-444-3237
Bellevue Senior Center (M,T,W,F)	109 W. 22 nd Ave.	402-293-3041
Bennington Center (Wed.only)	322 N. Molly St.	402-502-9264
Camelot Friendship Center	9270 Cady Ave.	402-444-3091
Corrigan Senior Center	3819 "X" St.	402-731-7210
Dora Bingel Senior Center	932 N. 38 th St.	402-898-5854
Florence Senior Center	2920 Bondesson St.	402-444-6333

Heartland Generations Center	4318 Fort St.	402-553-5300
Immanuel Courtyard (Evening Meal)	6757 Newport Ave.	402-829-2914
Intercultural Senior Center (This site also sponsors a food pantry)	5545 Center St. https://www.interculturalseniorcenter.org	402-444-6529
LaVista Senior Center (M,W,F)	8116 Park View Blvd.	402-331-3455
Millard-Montclair Center	2304 S. 135 th Ave.	402-546-1270
NE Urban Indian Health Coalition (T,W,Th)	2240 Landon Ct.	402-346-0902
Notre Dame/Seven Oaks Senior Center	3439 State St.	402-451-4477
Papillion Landing 55+ Club	1046 W. Lincoln St., Papillion	402-597-2059
Ralston Senior Center	7301 "Q" St.	402-339-4926

DELIVERED MEALS

Eastern Nebraska Office on Aging	https://enoa.org	402-444-6536
Jewish Senior Outreach	https://www.rbjh.com/outreach-services	402-374-4075

LOCAL RESTAURANT FOOD DELIVERY SERVICES

Door Dash.com	https://www.doordash.com	
Fast Guys Food Delivery	https://www.fastguysfd.com	402-933-7747
SkipTheDishes	https://www.skipthedishes.com	
Uber Eats	https://www.ubereats.com/en-US/	

PRE-PREPARED ENTREES

Eat Fit Go	https://eatfitgo.com	Multiple local stores
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PET/COMPANION ANIMAL SERVICES

NEBRASKA HUMANE SOCIETY <http://www.nehumanesociety.org> 402-444-7800
 Programs include: Low-cost spay/neuter services. Pet cremation services. **"Ana-Meals"** monthly delivery of free pet food to older persons receiving delivered meals through the Eastern Nebraska Office on Aging. **"Pet Food Panty"** weekly distribution of free pet food to needy pet-owners. **Pet Loss Support Group** that meets monthly.

PAWS TO ANGELS 11718 W. Dodge Rd. 402-507-0585
 Offers pet cremation, funeral and memorial services. Also offers individual and group counseling/support for those grieving the loss of a pet. <http://ptapetlosscenter.com>

Some veterinarians and pet groomers make home visits.

PHYSICIANS: GERIATRICIANS Specialists in care for older adults

NEBRASKA MEDICINE - GERIATRIC INTERNAL MEDICINE CLINIC

730 S. 38th Ave. <https://www.unmc.edu/homeinsteadcenter> 402-559-9600

Jane Potter, MD
 William Lyons, MD

Elizabeth Harlow, MD
 Joseph Hejkal, MD

Thuy Koll, MD
 Karina Bishop, MD

Alfred Fisher, MD
Sara Wolfson, APRN

Mandy Byers, MD
Kelly Godfrey, APRN

Jessie Jenkins, MD

NEBRASKA MEDICINE - FAMILY MEDICINE CLINIC

Timothy Malloy, MD 4400 Emilie St. (Durham Outpatient Center) 402-559-7200

GERIATRICIANS IN THE COMMUNITY

Think Whole Person Health Care 7100 W. Center Rd. <https://thinkhealthcare.org>
Rebecca Reilly, MD 402-506-9110
Susan G. Scholer, MD 402-506-9115

Carrie Hoarty, MD 14080 Boys Town Hospital Rd. 531-355-7600
www.boystownhospital.org/physiciandirectory/Pages/InternalMedicine/CarrieHoarty.aspx

Heather Morgan, MD 16909 Lakeside Hills Ct. #300 402-758-5400
<https://www.chihealth.com/en/find-a-provider/provider-details.physician.a7dad68c-e2c4-4adc-92ee-1e4b4f5c5ead.html>

PROGRAM OF ALL- INCLUSIVE CARE FOR THE ELDERLY (PACE) 402-999-4889
5755 Sorensen Parkway <https://www.immanuel.com/immanuel-pathways>

A private, managed-care program offering medical, dental & home health care; physical & occupational therapy, coverage for prescription medications, medical transportation, nutritional counseling, social services and a recreation & activities center. Services are free to Nebraska Medicaid recipients. Persons who are not financially eligible for Medicaid will be charged a monthly premium. Person must be at least 55 years old and reside independently.

PRESCRIPTION MEDICATIONS

DISPOSING OF OUTDATED/UNWANTED PRESCRIPTION DRUGS: The Nebraska Meds Coalition has a searchable website to locate Nebraska pharmacies that will accept and properly dispose of unwanted medications free of charge. <https://www.nebraskameds.org>

MEDICARE PRESCRIPTION DRUG PLANS

All Medicare beneficiaries qualify for optional coverage of some medication costs through plans offered by insurance companies. Plans vary according to premiums, co-payments, medications that will be covered and participating pharmacies. For more information, call **Volunteers Assisting Seniors** at 402-444-6617, or go online at <https://www.medicare.gov>

MAIL ORDER AND INTERNET PHARMACIES

The National Association of Boards of Pharmacy lists accredited US mail order pharmacies. <https://nabp.pharmacy/programs/vipps/vipps-accredited-pharmacies-list/>

PRESCRIPTION DISCOUNT CARD FOR DOUGLAS COUNTY RESIDENTS

<https://cvs-naco-maintenance.herokuapp.com> 1-877-321-2651

PRESCRIPTION MEDICINES FOR UNINSURED OR UNDERINSURED PERSONS

Rx Outreach is a non-profit organization that provides affordable mail-order prescription and generic medications to persons in need. <https://rxoutreach.org> 1-888-796-1234

PATIENT ASSISTANCE PROGRAMS

Most pharmaceutical companies have Patient Assistance Programs that provide 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 Benefits Checkup <https://www.benefitscheckup.org>

MEDICATION DISPENSING/REMINDER SYSTEMS (Locked, with reminder signals)

The Alzheimer's Store <https://www.alzstore.com/default.asp> 1-800-752-3238
Phillips Lifeline <https://www.epill.com/md2center.html> 1-800-549-0095

RECREATIONAL/EDUCATIONAL PROGRAMS:

Salvation Army Kroc Center 2825 Y St. 402-905-3500
Dora Bingel Senior Activities Center 923 N. 38th St. 402-898-5854
YMCA (Multiple Locations) <https://metroymca.org>
Papillion Landing Recreation Center 1046 W. Lincoln St. Papillion 402-597-2041

CITY OF OMAHA DEPARTMENT OF PARKS, RECREATION & PUBLIC PROPERTY

<https://parks.cityofomaha.org/community-centers/locations-hours>

Adams Park Community Center 3230 John Creighton Blvd 402-444-5164
A.V.Sorensen Community Center 4808 Cass St. 402-444-5596
Benson Community Center 6008 Maple St. 402-444-5184
Camelot Community Center 9270 Cady Ave. 402-444-5972
Christie Heights Community Center 5105 S. 37th St. 402-444-5081
Columbus Park Community Center 1515 S. 24th St. 402-444-4111
Common Ground Community Center 1701 Veterans Dr. Elkhorn 402-289-0451
Florence Community Center 2920 Bondesson St. 402-444-5216
Mockingbird Hills Community Center 10242 Mockingbird Dr. 402-444-6103
Montclair Community Center 2304 S. 135th Ave. 402-444-4956
Pipal Park Community Center 7770 Hascall St. 402-444-5140
Saddlebrook Community Center 14850 Laurel Ave. 402-932-1080
Sherman Community Center 5701 N. 16th St. 402-444-5673

UNMC EngAge WELLNESS PROGRAM 730 S. 38th Ave. 402-552-7210
(Home Instead Center for Successful Aging) <https://www.unmc.edu/engage>

OMAHA COMPUTER USERS GROUP 402-333-6529

Organization dedicated to helping older adults develop and improve computer skills. Meets The 3rd Saturday of each month at the Abrams Library, 5111 N. 90th St.

CYBER SENIORS Do Space – 7205 Dodge St. 402-819-4022

Informal group that meets every Wednesday, 9:00 am – 12:00 pm. Volunteers teach and mentor older adults in computer skills. Do Space membership is free. <https://www.dospace.org>

RESPIRE SERVICES (see also: **NON-MEDICAL HOME SERVICES - COMPANIONS**)

In-Home: Respite Across the Lifespan 402-559-5732
<https://www.unmc.edu/mmi/center-grants/ucedd/respite/index.html>

Community-based:

Most assisted living facilities and nursing homes provide short-term, respite stays.

SUPPORT / EDUCATION / SELF- HELP GROUPS

ALCOHOLICS ANONYMOUS <https://www.omahaaa.org> 402-556-1880
AL ANON (Families of alcoholics) <http://nebr-al-anon-alateen.org> 402-553-5033
ALZHEIMER'S DISEASE/DEMENTIA <https://www.alz.org/nebraska> 1-800-272-3900

CANCER (All forms) American Cancer Society 402-393-5800
On-line support services <https://www.cancer.org/about-us/local/nebraska.html>
<https://www.cancer.org/treatment/support-programs-and-services.html>

BREAST CANCER SUPPORT FOR AFRICAN-AMERICAN WOMEN

My Sister's Keeper MaxCine Jackson 402-541-5803
Pink Lotus Project <https://www.pinklotusprojectne.org> 402-512-4677

For information on current community support groups for specific types of cancer, contact the American Cancer Society, and the health organizations listed below:

CHI Health-Bergan Mercy 402-717-2273
CHI-Immanuel Medical Center 402-717-2273
Methodist Estabrook Cancer Center 402-354-4673
Nebraska Medicine Department of Social Work 402-559-4420

CROHN'S DISEASE & COLITIS 402-505-9901
<https://www.crohnscolitisfoundation.org/chapters/iowanebraska>

DEBTORS ANONYMOUS <https://www.debtorsanonymous.org> 1-800-421-2383

DIABETES Diabetes Education Center of the Midlands 1-800-779-3374
<https://diabetes-education.com>

EPILEPSY CHI Health-Midlands & Bergan Mercy 402-717-3422
Life Innovations for Epilepsy 402-557-8708

FAMILY CAREGIVERS <http://caregiversupportservices.com> 1-866-201-6896

GAMBLERS ANONYMOUS <http://www.gamblersanonymous.org/ga> 402-978-7557

GRIEF/BEREAVEMENT:

Grief Share <https://www.griefshare.org> 1-800-395-5755
The Centering Corporation 6406 Maple St. <https://centering.org> 1-866-218-0101

PET BEREAVEMENT
 Nebraska Humane Society <http://www.nehumanesociety.org> 402-444-7800
 Paws to Angels <http://ptapetlosscenter.com> 402-507-0585

HEARING LOSS
 Omaha Chapter, Hearing Loss Association of America 402-558-6449
<http://www.hlaaomaha.org/>

LOW VISION <https://www.unmc.edu/lowvision> 402-559-2463

POST-POLIO SYNDROME 402-932-5426
<https://www.facebook.com/NebraskaPolioSurvivorsAssociation>

STROKE CHI Immanuel Health 402-572-2887
 CHI Lakeside 402-717-8392
 Methodist Health System (Donnis Arens) 402-895-3689

Local chapters of disease-specific organizations also provide support group information. On-line blogs, webinars and support groups are increasingly popular. The United Way of the Midlands keeps an updated list of local support groups. Dial 211 for their information line, or log on to <https://www.unitedwaymidlands.org/2-1-1/>

TRANSPORTATION * Sources of public, private & subsidized transportation services.

Omaha City Bus (Reduced fare for elderly/disabled. Application needed) 402-341-0800
<http://www.ometro.com/?s=Elderly%2FDisabled%2FMedicare>

Moby/ADA Paratransit (Wheelchair accessible vans. Application needed) 402-341-0800
<http://www.ometro.com/index.php/rider-guide/mobyada>

Bellevue Specialized Transportation Service 402-293-3138
<https://www.bellevue.net/departments/human-services/programs#specialized-transportation>

LaVista/Ralston Special Services Van 402-657-3550
<http://www.cityoflavista.org/index.aspx?NID=256>

Papillion Special Services Van 402-680-3970
<https://www.papillion.org/640/Special-Transportation-Services>

GoGo Grandparents <https://gogograndparent.com> 1-855-464-6872
 Program that allows family caregivers to pre-arrange rides through Uber and Lyft for their older relatives and monitor status from pickup to drop off via text message and phone calls.

Eastern Nebraska Office on Aging http://enoa.org/?page_id=15 1-888-210-1093
 Rural Transportation Program provides accessible van transport to older residents of Sarpy and rural Douglas Counties within those counties and to/from Omaha and Lincoln.

Share-A-Fare, Inc. <http://www.shareafare.org> 402-827-9814
 Subsidized cab fare for visually impaired. Application needed.

American Cancer Society (Limited free cab rides to/from cancer treatments) 402-393-5800

Wear Yellow Nebraska <https://www.wearyellownebraska.org> 402-965-1699
A non-profit organization that provides free cab and Uber/Lyft rides for cancer patients to medical/radiation/chemotherapy appointments. Referrals must be made by a social worker or nurse-navigator from the medical facility providing the care.

Jewish Senior Outreach <https://www.rbjh.com/outreach-services> 402-374-4075

* Many home care agencies allow workers to transport a client in the client's own vehicle.

VETERANS SERVICES

MEDICAL SERVICES

Omaha VA Medical Center 4101 Woolworth Ave. 402-346-8800
<https://www.nebraska.va.gov>

Bellevue VA Clinic 2206 Longo Dr., #102 402-591-4500
Omaha VA Clinic 825 Dorcas St., #200 402-995-4070

Geriatric Evaluation and Management Clinic 402-995-4971
4101 Woolworth Ave. (Veterans Administration Medical Center) Kate Giraud

BENEFITS/FINANCIAL ASSISTANCE

Omaha VA Medical Center 4101 Woolworth Ave. 1-800-451-5796
<https://www.nebraska.va.gov>

Omaha Vet Center 3047 S. 72nd St. 402-346-6735

Douglas County Veterans Service Ofc. 1111 S. 41st St. #110, Omaha 402-444-7180
<https://veterans.douglascounty-ne.gov>

Sarpy County Veterans Service Ofc. 1261 Golden Gate Dr. #1E, Papillion 402-593-4413
<http://www.sarpy.com/offices/veterans>

VISUAL IMPAIRMENTS: Devices, training and services

Eye Care America <https://www.ao.org/eyecare-america> 1-877-887-6327
Referral to eye doctors providing free/low cost care

Low Vision Products & Large Print Items

Independent Living Aids, Inc. <https://www.independentliving.com> 1-800-537-2118

Outlook Nebraska Education & Training Center 402-614-3331

4125 S. 72nd St. <https://outlookne.org/>
Education and training in adaptive equipment for visually-impaired people of all ages.

Nebraska Commission for the Blind and Visually Impaired <https://ncbvi.nebraska.gov>
1313 Farnam on the Mall, 3rd Floor, Omaha 1-877-809-2419

Share-A-Fare <http://www.shareafare.org> 402-827-9814
Subsidized taxi fares for visually-impaired persons.

TALKING BOOKS, LARGE-PRINT MATERIALS AND READING SERVICES

Nebraska Library Commission <http://nlc.nebraska.gov/tbbs> 1-800-742-7691
Radio Talking Book Service <https://rtbs.org> 402-572-3003

Weigel-Williamson Center for Visual Rehabilitation 402-559-2463
704 S. 38th Ave. <https://www.unmc.edu/lowvision>
Evaluation, adaptive equipment and training for persons with visual deficits.

VOLUNTEER AND EMPLOYMENT OPPORTUNITIES FOR OLDER ADULTS

Eastern Nebraska Office on Aging <http://enoa.org> 402-444-6536
Respite Care Program Foster Grandparent Program Home Delivered Meals
Ombudsman Program Retired Senior Volunteer Program Senior Companion Program

Seniors Helping Seniors <https://seniorcaregreateromaha.com> 402-331-3073
Recruits older adults for jobs providing non-medical in-home care for other seniors.

Service Corps of Retired Executives <https://omaha.score.org/volunteer> 402-221-3606
Retired businesspersons help & mentor new business owners.

Share Omaha <https://shareomaha.org>
Web site that lists local non-profit organizations seeking volunteers and donations.

United Way of the Midlands 402-342-8232
<https://www.unitedwaymidlands.org/volunteer/>

Volunteers Assisting Seniors (VAS) <http://vas-nebraska.com> 402-444-6617

MISCELLANEOUS

CAREGIVER CALENDARS

Interactive “Help Calendars” help family members to schedule/coordinate care tasks. A caregiver can post updates and tasks that require help. Other family members can easily see and volunteer for specific duties. Reminders are sent so that no one forgets their commitments.

<https://www.carecalendar.org/>

<https://www.alz.org/help-support/caregiving/care-options/care-team-calendar>

FINANCIAL MANAGEMENT & OVERSIGHT

Pinecone Partners, LLC <https://pineconepartners.com/#do> 402-968-5981

Pinecone Partners employs legal and accounting experts to provide routine financial management, bill paying, filing & oversight of insurance claims, preparing court-required asset and financial reports and inventory of all client assets for estate planning purposes.

MAIL/TELEPHONE SOLICITATIONS - To reduce or stop these

Mail Preference Service https://www.directmail.com/mail_preference/
Federal Government "Do Not Call" Registry <https://www.donotcall.gov/>

NOMOROBO <https://www.nomorobo.com/>

Service that intercepts and answers phone calls from known scam robotic phone numbers. Free for landlines, \$1.99 per month for mobile phones.

US POSTAL SERVICE INFORMED DELIVERY

The US Postal Service will email digital images of mail scheduled to be delivered to you that day. It also allows you to track packages and re-schedule deliveries. Service is free and secure. Enrollment necessary. <https://informedelivery.usps.com/box/pages/intro/start.action>

TELEPHONE SERVICE REBATES

1-800-526-0017

The Nebraska Telephone Assistance Program (NTAP) provides lower-income persons a monthly credit for landline or cellular phone service. Applications are available on line or by phone. <https://psc.nebraska.gov/telecommunications/nebraska-telephone-assistance-programlifeline>

TRASH & RECYCLING BIN PICKUP FROM THE DOOR

402-444-5238

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. <https://wasteline.org/garbage-information/70-or-disabled-assistance>

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.

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

The Community Resource List for Older Adults and Caregivers is updated at least once annually and may be duplicated with proper acknowledgement.

You may download and print a copy of this and other patient education documents from the resources link on our Internet web site: <https://www.nebraskamed.com/geriatrics/resources>

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