

**COMMUNITY RESOURCE LIST FOR OLDER ADULTS AND CAREGIVERS  
DOUGLAS & SARPY COUNTIES \* March 2021**

(\*All addresses/phone numbers are in Omaha unless otherwise noted)

Compiled by: Home Instead Center for Successful Aging  
Nebraska Medicine, Omaha, Nebraska

**ABUSE/NEGLECT**      24-hour crisis lines (\*Those with emergency shelters)

Adult Protective Services (Nebraska Dept. of Health & Human Services) 1-800-652-1999  
<http://dhhs.ne.gov/Pages/Adult-Protective-Services.aspx>

Catholic Charities Domestic Violence Services \*      402-558-5700  
<https://www.ccomaha.org/program-and-services/domestic-violence>

Heartland Family Services Domestic Violence/Sexual Assault Services \*      1-800-523-3666  
<https://heartlandfamilyservice.org/housing-financial-stability>

Women's Center for Advancement      3801 Harney St. <https://wcaomaha.org>      402-345-7273

**ADULT DAY CARE**

Edgewood In Omaha      17620 Poppleton Ave.      402-333-5749  
<https://www.edgewoodhealthcare.com/community/ne-omaha-edgewood/>

Franciscan Centre      <https://www.newcassel.org/adult-day-center>      402-393-2277  
900 N. 90th St. (New Cassel Retirement Center)

Legato Living (Multiple locations)      <https://www.livinglegato.com/>      402-445-4474

The Club at Hillcrest Mabel Rose      4609 Hilltop St., Papillion      402- 291-9777  
<https://www.hillcresthealth.com/locations/adult-day-services>

House of Hope      4801 N. 52<sup>nd</sup> St.      402-557-6860  
<https://www.omahaseniorcare.org/our-services/adult-day-resident-care.html>

**ALZHEIMERS DISEASE AND RELATED DEMENTIAS**

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

Association for Frontotemporal Degeneration      <https://www.theaftd.org>      1-866-507-7222

Lewy Body Dementia Association      <http://www.lbda.org>      1-800-539-9767

Normal Pressure Hydrocephalus      <https://www.hydroassoc.org>      1-888-598-3789

## **COUNSELORS** (Specializing in older adults and family caregivers)

**Nebraska Medicine Behavioral Health** 402-552-6007  
Cecelia Yee Man Poon, Ph.D, Nathan Howland, LCSW and Amy Dorton, LCSW

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

Sara Pattavina-Moulton, LIMHP 2808 S. 80<sup>th</sup> 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. 87<sup>th</sup> 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 1-800-227-2345  
<https://www.cancer.org/about-us/local/nebraska.html>

American Diabetes Association [www.diabetes.org](http://www.diabetes.org) 1-800-342-2383

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

American Lung Association <https://www.lung.org/> 1-800-586-4872

American Macular Degeneration Foundation <https://www.macular.org/> 1-888-622-8527

American Parkinson's Disease Association [www.apdaparkinson.org](http://www.apdaparkinson.org) 1-800-223-2732

Arthritis Foundation <https://www.arthritis.org/> 1-800-283-7800

Epilepsy Foundation of Nebraska 1-800-332-1000  
<https://www.epilepsy.com/local/nebraska>

National Fibromyalgia & Chronic Pain Association <https://fibroandpain.org/>

National Osteoporosis Foundation <https://www.nof.org/> 1-800-231-4222

Nebraska Kidney Assn. <http://kidneyne.org/> 11725 Arbor St., #120A 402-932-7200

Parkinson's Nebraska 16811 Burdette St. #1 402-715-4707  
<https://parkinsonsnebraska.org/>

## **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<sup>nd</sup> St. <https://www.chihealth.com/driverevaluation> 402-572-3055

Madonna Therapy Plus 17500 Burke St., Omaha 402-401-3900  
<https://therapyplus.madonna.org/omaha>

Methodist Health System 8303 W. Dodge Rd. 402-354-4670  
<https://bestcare.org/specialties/physical-therapy/driver-rehabilitation>

**DRIVING SKILLS REFRESHER COURSES** Classroom and On-Line

AAA Senior Driving Website <https://seniordriving.aaa.com>  
AARP Smart Driver Online Course <http://www.aarpdriversafety.org> 1-800-350-7025  
National Safety Council Nebraska 402-896-0454  
<https://www.safenebraska.org/safe-road/adult-senior-driving/senior-driver-program>

**HANDICAP PARKING PERMITS & LICENSE PLATES** 1-402-471-3918  
<https://dmv.nebraska.gov/dvr/handicapped-plate-permit>

## **HOW TO REPORT AN UNSAFE DRIVER:**

Any concerned citizen may download and complete a **Citizen Re-examination Report**  
<https://dmv.nebraska.gov/sites/dmv.nebraska.gov/files/doc/dls/forms/CitizenReexaminationReport.pdf>  
stating specific concerns. It should then be mailed or faxed to:

Director, Department of Motor Vehicles 1-402-471-3861  
Driver Licensing Division Fax: 1-402-471-4020  
301 Centennial Mall South  
P.O. Box 94726  
Lincoln, NE. 68509-4726

## **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> )

#### **Douglas County Offices:**

1215 S. 42<sup>nd</sup> St., Omaha (402-595-2665) 1500 N. 24<sup>th</sup> St., #102 (402-595-3700)  
1500 N. 24<sup>th</sup> St., #102 (402-595-3700) 1313 Farnam St. (402-595-2890)

#### **Sarpy County Office:**

8044 S. 84<sup>th</sup> St., La Vista (402-595-1258)

## **ACCESSNebraska Online Assistance Applications:**

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

## **ACCESSNebraska Customer Service (Toll Free Numbers):**

Economic Assistance (1-800-383-4278)      Medical Assistance (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](http://www.ssa.gov)      1-866-716-8299  
604 N. 109<sup>th</sup> 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. 38<sup>th</sup> Ave.** (Nebraska Medicine/University of Nebraska Medical Center)  
<http://unmc.edu/homeinsteadcenter>

Geriatric Assessment Clinic \* (Methodist Physicians Clinic) 402-354-3152  
8901 W. Dodge, #250

(\*This clinic only serves persons referred by Methodist Health System physicians).

<https://bestcare.org/specialties/geriatrics-and-senior-services/geriatric-assessment-clinic>

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

**HEALTH & FITNESS PROGRAMS** Programs especially for older adults.

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

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](http://www.bellevuepublicschools.org/vnews/display.v/SEC/District%7CBPS%20Lied%20Activity%20Center%3E%3EHours%20%26%20Swim%20Schedule)

Omaha Wellbound Fitness Center 12121 Emmet St. 402-506-4333  
<https://www.omahawbfitness.com/>

Omaha Dept. of Parks & Recreation Parks & Recreation Centers 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  
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. 135<sup>th</sup> 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](https://www.lauritzengardens.org/Visit/Events_and_Exhibits/Walking_Club)

**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/services/sertoma-hab>

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

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

**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](http://www.craftlifestylemgt.com) 1-402-216-3288  
Steri-Clean [https://hoardingcleanup.com/steri\\_clean\\_nebraska](https://hoardingcleanup.com/steri_clean_nebraska) 402-800-1205

Patricia Wicks, Ph.D 6550 S. 84<sup>th</sup> St., #300 402-339-7991  
<https://www.wickspsys.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 <https://www.aplaceathome.com/franchise/omaha/> 402-932-4646  
(Serves Douglas, Sarpy, Dodge, Washington & Saunders Counties in Nebraska; and Pottawattamie and Mills Counties in Iowa)

**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 <https://www.caremindersnebraska.com/> 402-215-0387  
Care One <https://www.mycareone.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  
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  
Kindred At Home 402-343-9433  
<https://www.kindredhealthcare.com/locations/home-health/omaha-ne-2388>

Personal Choice Home Care <https://personalchoiceservices.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	<a href="https://primehomecare.org/">https://primehomecare.org/</a>	402-390-2492
Progressive Home Health	<a href="http://www.progressivecare.com">http://www.progressivecare.com</a>	402-933-5836
Right At Home	<a href="https://www.rightathome.net/omaha-metro">https://www.rightathome.net/omaha-metro</a>	402-697-7536
St. Joseph Villa Home Care		402-926-4444
	<a href="https://www.delmargardens.com/facilities/st-joseph-villa-homecare-hospice">https://www.delmargardens.com/facilities/st-joseph-villa-homecare-hospice</a>	
Visiting Nurse Association	<a href="https://www.vnatoday.org">https://www.vnatoday.org</a>	402-342-5566
Willingham Health Services	<a href="http://www.willinghamhealth.com">http://www.willinghamhealth.com</a>	402-505-9511

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

Kohll's Home Care "Mod Squad"		402-895-6025
	<a href="https://kohllsrx.com/home-medical-equipment/modsquad/">https://kohllsrx.com/home-medical-equipment/modsquad/</a>	
Superior Van & Mobility	11147 Mockingbird Dr. <a href="https://www.superiorvan.com">https://www.superiorvan.com</a>	402-934-7826
(Sales & service of handicap-accessible vehicles and equipment)		
Project Houseworks	<a href="http://projecthouseworks.org">http://projecthouseworks.org</a>	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).		
	<a href="http://www.neo.ne.gov/programs/wx/wx.html">http://www.neo.ne.gov/programs/wx/wx.html</a>	

**HOME SAFETY**

**EMERGENCY RESPONSE SYSTEMS** (All offer GPS technology)

FallCall Lite	<a href="https://www.fallcall.com/Apps/FallCall-Lite">https://www.fallcall.com/Apps/FallCall-Lite</a>	
Great Call 5Star Urgent Response	<a href="https://www.greatcall.com">https://www.greatcall.com</a>	1-800-918-8543
Life Alert	<a href="http://lifealerthelp.com/default.aspx">http://lifealerthelp.com/default.aspx</a>	1-800-990-0638
Life Station Medical Alert System	<a href="https://www.lifestation.com">https://www.lifestation.com</a>	1-877-354-3050
MediGuard USA	<a href="https://mediguardusa.com/mobile-monitoring">https://mediguardusa.com/mobile-monitoring</a>	402-891-9700
Medical Alert	<a href="https://medicalalert.com">https://medicalalert.com</a>	1-800-800-2537
Phillips Lifeline Response System	<a href="https://www.lifeline.philips.com">https://www.lifeline.philips.com</a>	1-855-681-5351
Security Equipment, Inc.		1-888-909-9517
	<a href="https://seisecurity.com/medical-life-alert-medical-emergency-necklace-sei/">https://seisecurity.com/medical-life-alert-medical-emergency-necklace-sei/</a>	

**HOME SENSORS**

System of 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 placed on beds and chairs, and can be worn by the person to detect a fall.

Alarm.com Wellness	<a href="https://alarm.com/wellness-independent-living">https://alarm.com/wellness-independent-living</a>	1-877-389-4033
Care Innovations	<a href="http://resources.careinnovations.com/quietcare">http://resources.careinnovations.com/quietcare</a>	1-855-855-2273
Evermind	<a href="https://evermind.us">https://evermind.us</a>	



HomeExcept	<a href="https://www.homeexcept.com">https://www.homeexcept.com</a>	
Safe in Home	<a href="http://www.safeinhome.com">http://www.safeinhome.com</a>	1-855-476-6665
TruSense	<a href="https://mytrusense.com">https://mytrusense.com</a>	1-855-814-6478

## HOME SAFETY INSPECTIONS

### Community Home Elder Safety Solutions Group (CHESS)

University of Nebraska Medical Center provides free home safety inspections with emphasis on preventing falls and accidents. Develops solutions and arranges minor home safety repairs and modifications. Email contacts: Nicole Burns [nicole.burns@unmc.edu](mailto:nicole.burns@unmc.edu) or Stephen Kotopka [stephen.kotopka@unmc.edu](mailto:stephen.kotopka@unmc.edu).

### OTHER SAFETY SERVICES

Free Smoke/Carbon Monoxide Alarm Installation (Omaha Fire Dept.) 402-444-3560  
<https://www.omaha-fire.org/smokealarms>

**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, Houskeeping, Meal Preparation, Errands, Transportation, etc.

Amada Senior Care	<a href="https://amadaseniorcare.com/omaha-senior-care">https://amadaseniorcare.com/omaha-senior-care</a>	402-281-0921
Anew In-Home Care	<a href="http://www.anewinhomecare.com">www.anewinhomecare.com</a>	402-871-7869
BellaCare	<a href="https://www.bellacare.us/">https://www.bellacare.us/</a>	402-347-0007
Care Tech, Inc.	<a href="http://caretechinc.com">http://caretechinc.com</a>	1-800-991-7006
Caring for People Services	<a href="https://caringforpeopleservices.com">https://caringforpeopleservices.com</a>	1-877-625-6901
Caring Senior Services	<a href="https://www.caringseiorservice.com/omaha">https://www.caringseiorservice.com/omaha</a>	402-682-7326
CCA Home Care	<a href="https://www.ccahomecare.com/">https://www.ccahomecare.com/</a>	402-398-1848
Comfort Keepers	<a href="https://www.comfortkeepers.com/offices/nebraska/omaha">https://www.comfortkeepers.com/offices/nebraska/omaha</a>	402-991-9880
Dignity Home Care	<a href="https://www.dignityhomecares.org/">https://www.dignityhomecares.org/</a>	402-401-6689
Eastern Nebraska Office on Aging	<a href="http://enoa.org">http://enoa.org</a>	402-444-6536
First Light Home Care	<a href="https://www.firstlighthomecare.com/home-healthcare-omaha">https://www.firstlighthomecare.com/home-healthcare-omaha</a>	402-215-0111
Home Care Assistance	<a href="https://www.homecareassistanceomaha.com">https://www.homecareassistanceomaha.com</a>	402-249-0204
Home Instead Senior Care	<a href="https://www.homeinstead.com">https://www.homeinstead.com</a>	402-498-3444
Key Home Care	<a href="https://www.keyhomecare.us">https://www.keyhomecare.us</a>	402-982-9254
Rosalie, LLC	<a href="https://rosaliellc.com/">https://rosaliellc.com/</a>	402-979-7770
Seniors Helping Seniors	<a href="https://seniorcaregreateromaha.com">https://seniorcaregreateromaha.com</a>	402-331-3073
Synergy Home Care	<a href="https://www.synergyhomecare.com/agencies/ne/omaha/omaha/">https://www.synergyhomecare.com/agencies/ne/omaha/omaha/</a>	402-505-7300
Touching Hearts at Home	<a href="https://www.touchinghearts.com/omaha">https://www.touchinghearts.com/omaha</a>	402-934-3303
Way to Stay Home Care	<a href="https://waytostayhome.com/">https://waytostayhome.com/</a>	402-557-0639



**GROCERY SHOPPING** Stores that provide curbside pickup and/or home delivery services

Aldi	<a href="https://shop.aldi.us">https://shop.aldi.us</a>
Bakers	<a href="https://www.bakersplus.com">https://www.bakersplus.com</a>
Family Fare	<a href="https://delivery.shopfamilyfare.com">https://delivery.shopfamilyfare.com</a>
Hy-Vee	<a href="https://www.hy-vee.com/aisles-online">https://www.hy-vee.com/aisles-online</a>
Schwan's Home Delivery	<a href="https://www.schwans.com">https://www.schwans.com</a>
Target	<a href="https://www.shipt.com">https://www.shipt.com</a>
Walmart	<a href="https://grocery.walmart.com">https://grocery.walmart.com</a>
Whole Foods	<a href="https://www.wholefoodsmarket.com/online-ordering">https://www.wholefoodsmarket.com/online-ordering</a>

**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 <sup>TH</sup> 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 <sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> 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 <sup>nd</sup> St.	402-827-6060
Immanuel Courtyard *	6759 Newport Ave.	402-829-2912
Immanuel Village	6801 N. 67 <sup>th</sup> 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 <sup>th</sup> Plz. La Vista	402-597-0700
New Cassel Retirement Cr.*	900 N. 90 <sup>th</sup> St.	402-393-2277

Orchard Gardens *	1006 S. Mayne St. Valley	402-359-4884
Ovation Heartwood Preserve #	144 <sup>th</sup> & Pacific St. (Open 2021)	402-999-7900
Pacific Springs Village	805 S. 173 <sup>rd</sup> 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 <sup>nd</sup> St.	402-827-6060
St. Joseph Tower *	2205 S. 10 <sup>th</sup> St.	402-952-5000
Silver Ridge Village * #	20332 Hackberry Dr., Gretna	402-332-4280
Southview Heights *	5110 S. 49 <sup>th</sup> 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 <sup>th</sup> St.	402-537-0544
Welcov Assisted Living *	801 N. Adams St., Papillion	402-339-1775
Westgate Assisted Living *	3030 S. 80 <sup>th</sup> 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 <sup>TH</sup> 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. 39 <sup>th</sup> St.	402-827-8234
Crown Pointe Retirement Cr.	2820 S. 80 <sup>th</sup> St.	402-391-7555
DeFreese Manor *	2669 Dodge St.	402-345-0622
Durham-Booth Manor *	923 N. 38 <sup>th</sup> St.	402-898-5880
Elk Ridge Village	19303 Seward Plz.	402-763-8692
Elmwood Tower	801 S. 52 <sup>nd</sup> St.	402-558-3161
Fountain View Retirement Cr.	5710 S. 108 <sup>th</sup> 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 <sup>th</sup> 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. 68 <sup>th</sup> Plz.	402-829-3220
J.C. Wade Villa *	3464 Ohio St.	402-333-7373
Kellom Gardens *	1111 N. 27 <sup>th</sup> 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 <sup>th</sup> Ct.	402-317-5994
Leo Vaughn Manor *	3325 Fontenelle Blvd.	402-453-6100
Livestock Commons	4920 S. 30 <sup>th</sup> St.	402-345-8450
Livingston Plaza *	303 S. 132 <sup>nd</sup> St.	402-330-3995
Maple Ridge	3525 N. 167 <sup>th</sup> Cir.	402-403-0178
Meredith Townhomes *	3325 Meredith Ave.	402-614-0414
The Meriwether	8140 S. 97 <sup>th</sup> 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. 108 <sup>th</sup> St.	402-444-6203
Orchards at Wildwood *	7454 Gertrude St., La Vista	402-933-7478
Ovation Heartwood Preserve	144 <sup>th</sup> & Pacific Sts. (Open 2021)	402-999-7900
Pacific Springs Village	805 S. 173 <sup>RD</sup> Ct.	402-691-8434
Park East Tower *	539 S. 26 <sup>th</sup> Ave.	402-345-3168
Parkside	7775 Park Dr., Ralston	1-844-833-7635
Pilgrim Heights *	1315 N. 26 <sup>th</sup> 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. 132 <sup>nd</sup> 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. 49 <sup>th</sup> 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 <sup>th</sup> 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 <sup>st</sup> & Blondo Sts.	402-572-7041
Woodbridge Senior Village	7205 N. 73 <sup>rd</sup> Plz. Circle	402-573-5555
<b>OMAHA HOUSING AUTHORITY HIGH-RISE APARTMENTS *</b>		
Crown Tower	5904 Henninger St.	402-444-4213
Evans Tower	3600 N. 24 <sup>th</sup> St.	402-444-3662
Kay Jay Tower	4500 S. 25 <sup>th</sup> 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	<a href="https://anangelstouchinc.com">https://anangelstouchinc.com</a>	(Multiple locations)	402-672-9580
Becky's House	13016 Shirley St.	<a href="http://beckyshousememorycare.com">http://beckyshousememorycare.com</a>	402-885-8103
Compassionate Memory Care			402-614-7446
Country House Residence Omaha	5030 S. 155 <sup>th</sup> St.		402-964-2060
	<a href="https://www.countryhouse.net/our-communities/omaha-ne/">https://www.countryhouse.net/our-communities/omaha-ne/</a>		
Country House Residence Elkhorn	3720 George B Lake Pkwy		402-307-2004
	<a href="https://www.countryhouse.net/our-communities/elkhorn-ne/">https://www.countryhouse.net/our-communities/elkhorn-ne/</a>		
Edgewood in Omaha	17620 Poppleton Ave.		402-333-5749
	<a href="https://www.edgewoodhealthcare.com/community/ne-omaha-edgewood">https://www.edgewoodhealthcare.com/community/ne-omaha-edgewood</a>		
Legato Living	(Multiple locations)	<a href="https://www.livinglegato.com/">https://www.livinglegato.com/</a>	402-445-4474

**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 x102  
8522 Park Drive <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	<a href="http://aplaceathome.com/home">http://aplaceathome.com/home</a>	402-932-4646
A Place for Mom	<a href="https://www.aplaceformom.com">https://www.aplaceformom.com</a>	1- 866-205-8671
A Right Place for Seniors	<a href="https://arightplaceforseniors.com/ne/omaha/">https://arightplaceforseniors.com/ne/omaha/</a>	1- 800-804-3840
Assisted Living Locators	<a href="https://assistedlivinglocators.com/care-advisor/Omaha">https://assistedlivinglocators.com/care-advisor/Omaha</a>	402-205-2667
Bridge to Better Living	<a href="https://bridgetobetterliving.com">https://bridgetobetterliving.com</a>	402-802-3301
Clare Senior Advisors	<a href="https://www.clareseioradvisors.com">https://www.clareseioradvisors.com</a>	402-990-6994

CareMATRIX	<a href="http://carematrix.net">http://carematrix.net</a>	402-885-5693
Oasis Senior Advisors	<a href="https://www.oasissenioradvisors.com/omaha/">https://www.oasissenioradvisors.com/omaha/</a>	402-378-9592

**HOUSING RELOCATION** Organizes and arranges household relocation and downsizing

A Simple Nest	<a href="https://a-simplenest.com/#real-estate">https://a-simplenest.com/#real-estate</a>	402-850-5660
Caring Transitions	<a href="http://www.caringtransitionsgreateromaha.com">http://www.caringtransitionsgreateromaha.com</a>	402-882-4238
Senior Moving Services	<a href="http://www.seniormovingservices.com">http://www.seniormovingservices.com</a>	402-445-0996
Tender Transitions	<a href="http://www.tendertransitions.net">http://www.tendertransitions.net</a>	402-965-9170
Downsizing with Dignity	<a href="https://downsizingwithdignity.org">https://downsizingwithdignity.org</a>	402-230-7333

**INFORMATION/REFERRAL**

AARP Information Center	Center Mall, 1941 S. 42 <sup>nd</sup> St. #220 <a href="https://local.aarp.org/omaha-ne">https://local.aarp.org/omaha-ne</a>	402-398-9568
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Eastern Nebraska Office on Aging	4780 S. 131 <sup>st</sup> St. <a href="https://enoa.org">https://enoa.org</a>	402-444-6536
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Elder Care Locator	<a href="https://eldercare.acl.gov/Public/Index.aspx">https://eldercare.acl.gov/Public/Index.aspx</a>	1-800-677-1116
Nebraska Aging and Disabilities Resource Center	<a href="http://nebraska.networkofcare.org/aging">http://nebraska.networkofcare.org/aging</a>	1-844-843-6364

Retirement Living.com	<a href="https://www.retirementliving.com/">https://www.retirementliving.com/</a>	
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United Way “211” Information & Referral Hotline	<a href="https://www.unitedwaymidlands.org/2-1-1">https://www.unitedwaymidlands.org/2-1-1</a>	Dial: 211
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Paying for Senior Care – Assisted Living  
<https://www.payingforseniorcare.com/assisted-living-in-omaha-ne> [payingforseniorcare.com]

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

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

**ELDER LAW ATTORNEYS**

Badura & Wintz Law LLC	7602 Pacific St., #300A <a href="https://www.omahaestatelawyers.com/">https://www.omahaestatelawyers.com/</a>	402-398-3040
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Elder Law of Omaha	2813 S. 88 <sup>th</sup> St. <a href="http://www.elderlawomaha.com">http://www.elderlawomaha.com</a>	402-614-6400
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Ronald C. Jensen	Baird Holm LLP, 1700 Farnam St., #1500 <a href="https://www.bairdholm.com/attorneys/ronald-c-jensen/">https://www.bairdholm.com/attorneys/ronald-c-jensen/</a>	402-636-8302
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Leroy Peterson	11819 Miracle Hills Dr. #104 <a href="https://www.leroypetersonlaw.com">https://www.leroypetersonlaw.com</a>	402-718-8888
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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. 90<sup>th</sup> St. 402-345-1131

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

K.T. Beck Enterprises Kathleen Kauth, BS, MPP <https://ktbeckenterprisesllc.com>

**LEGAL SERVICES FOR LOWER INCOME PERSONS**

Elder Access Line (Legal Aid of Nebraska) 1-800-527-7249

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  
<https://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 x101  
8522 Park Drive <https://www.helpequipment.org>

Assistive Technology Partnership 402-979-0142  
<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. 42<sup>nd</sup> St. #312

**MENTAL HEALTH SERVICES** \* Specialized Geriatric programs

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

**Nebraska Medicine Psychiatric Emergency Center** Clarkson Tower, 42<sup>nd</sup> & Dewey Ave.  
Provides emergency evaluation and treatment for persons with mental health crises and medical issues such as drug/alcohol intoxication.

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

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

The Friendship Line The Institute on Aging 1-800-971-0016  
(A 24-hour, toll-free non-emergency line for persons 60 & older suffering from loneliness, depression and/or suicidal thoughts. It also offers on-going phone outreach and wellness-checks to seniors.  
<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

The Institute on Aging sponsors a 24-hour crisis line

**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. 72 <sup>nd</sup> 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. 40 <sup>th</sup> St.	402-342-2015
Azria Health Montclair #	2525 S. 135 <sup>th</sup> 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 <sup>th</sup> St. Bellevue	402-595-2180
Florence Home Health Care Center	7915 N. 30 <sup>th</sup> 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 <sup>th</sup> 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. 66 <sup>th</sup> Ave.	402-551-2110
Nebraska Skilled Nursing & Rehabilitation Center	7410 Mercy Rd.	402-397-1220
Omaha Nursing & Rehabilitation Center	4835 S. 49 <sup>th</sup> 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. 132 <sup>nd</sup> St.	402-330-4272
St. Joseph Villa Nursing & Rehabilitation Center	2305 S. 10 <sup>th</sup> 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  
<https://dhhs.ne.gov/Pages/Aging-Ombudsman.aspx>

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 <sup>nd</sup> 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
Florence Senior Center	2920 Bondesson St.	402-444-6333
Heartland Generations Center (T-F)	4318 Fort St.	402-553-5300
Immanuel Courtyard (Evening Meal)	6757 Newport Ave.	402-829-2914

Intercultural Senior Center 5545 Center St. 402-444-6529  
 (This site also sponsors a food pantry) <https://www.interculturalseniorcenter.org>

LaVista Senior Center	8116 Park View Blvd.	402-331-3455
Millard-Montclair Center	2304 S. 135 <sup>th</sup> 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 (W)	7301 "Q" St.	402-339-4926
Seven Oaks Senior Center	3439 State St.	402-451-4477 x 129

**DELIVERED MEALS**

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

## LOCAL RESTAURANT FOOD DELIVERY SERVICES

Door Dash.com <https://www.doordash.com>  
Grub Hub <https://www.grubhub.com>  
Uber Eats <https://www.ubereats.com/en-US/>

## PRE-PREPARED MEALS

(Shipped and delivered)

Eat Fit Go 304 N. 179<sup>th</sup> St., Omaha, #202 <https://eatfitgo.com> 402-885-8777  
Mom's Meals [www.momsmeals.com](http://www.momsmeals.com) Regular & specialty menus 1-877-508-6667  
BistroMD <https://www.bistromd.com> Regular & specialty menus 1-866-401-3438

## PET/COMPANION ANIMAL SERVICES Some veterinarians & pet groomers make home visits.

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 mobile meals through the Eastern Nebraska Office on Aging), **Pet Food Panty** (weekly distribution of free pet food to needy pet-owners) and a **Pet Loss Support Group** that meets monthly.

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

## PHYSICIANS: GERIATRICIANS Specialists in care for older adults

### NEBRASKA MEDICINE – HOME INSTEAD CENTER FOR HEALTHY AGING

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

Jane Potter, MD	Elizabeth Harlow, MD	Amy Coffey, MD
William Lyons, MD	Joseph Hejkal, MD	Karina Bishop, MD
Alfred Fisher, MD	Cassandra Wehling, MD	Mandy Byers, MD
Katherine Maliszewski, MD	Sara Wolfson, APRN	Tonya McLeay, APRN
Kelly Godfrey, APRN		

### NEBRASKA MEDICINE – INTERNAL MEDICINE CLINIC

Carrie A. B. Hoarty, MD 4400 Emilie St. (Durham Outpatient Center) 402-559-4015  
2510 Bellevue Medical Center Dr. #200 402-595-2275  
<https://www.nebraskamed.com/doctors/carrie-a-b-hoarty>

### NEBRASKA MEDICINE - FAMILY MEDICINE CLINIC

Timothy Malloy, MD 4400 Emilie St. (Durham Outpatient Center) 402-559-7200  
<https://www.nebraskamed.com/doctors/timothy-r-malloy>

Lindsey J. Schindler, DO 20310 Blue Sage Parkway, Elkhorn 402-559-0111  
<https://www.nebraskamed.com/doctors/lindsey-j-schindler>

## GERIATRICIANS IN THE COMMUNITY

**CHI Health** 16909 Lakeside Hills Ct. #300 402-758-5400  
Heather Morgan, MD  
<https://www.chihealth.com/en/find-a-provider/heather-morgan-md.html>

**Methodist Physicians Clinic** 8901 W. Dodge Rd. #250 402-354-3152  
Abelardo Cruz, MD and Kilie Donovan, MD  
<https://bestcare.org/specialties/geriatrics-and-senior-services>

**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

**PROGRAM OF ALL- INCLUSIVE CARE FOR THE ELDERLY (PACE)** 402-512-6199  
5755 Sorensen Parkway <https://immanuel.com/pathways-pace/eastern-nebraska/about>

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://www.douglascounty-ne.gov/prescription-discount-card/> 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  
ePill.com [www.epill.com](http://www.epill.com) 1-800-549-0095

## **RECREATIONAL/EDUCATIONAL PROGRAMS:**

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

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

Papillion Landing Recreation Center 1046 W. Lincoln St. Papillion 402-597-2041  
<https://www.papillion.org/334/55-Club>

## **CITY OF OMAHA DEPARTMENT OF PARKS & RECREATION** <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
Columbus Park Community Center	1515 S. 24 <sup>th</sup> 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. 135 <sup>th</sup> Ave.	402-444-4956
Saddlebrook Community Center	14850 Laurel Ave.	402-932-1080
Sherman Community Center	5701 N. 16 <sup>th</sup> St.	402-444-5673

**OMAHA COMPUTER USERS GROUP** 402-333-6529  
Organization dedicated to helping older adults develop and improve computer skills. Meets The 3<sup>rd</sup> Saturday of each month at the Abrams Library, 5111 N. 90<sup>th</sup> 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:**

Nebraska Lifespan Respite Network <https://respite.ne.gov/family-caregivers> 1-866-737-7483

Caregiver Support Program (Eastern Nebraska Office on Aging) 402-444-6536

**Community-based:**

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

**SUPPORT / EDUCATION / SELF- HELP GROUPS**

Support groups are an excellent source of information, education and emotional support for persons facing challenging life events, such as chronic illness, disability and bereavement. Support groups are usually facilitated by health care professionals who provide accurate and reliable information, and who encourage group participants to share their concerns and coping strategies, and to problem-solve with each other.

Local chapters of disease-specific organizations often sponsor support groups. On-line support groups and webinars 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 Metro** (Reduced bus fare for elderly/disabled) 402-341-0800  
[http://www.ometro.com/wp-content/uploads/2020/09/Metro\\_Half\\_Fare\\_App\\_1-4-11.pdf](http://www.ometro.com/wp-content/uploads/2020/09/Metro_Half_Fare_App_1-4-11.pdf)

**Moby/ADA Paratransit** (Wheelchair accessible vans) 402-341-0800  
<https://www.ometro.com/rider-guide/moby/>

**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  
<https://www.cityoflavista.org/256/La-VistaRalston-Special-Services-Van>

**Papillion Special Transportation Services** 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** [https://enoa.org/?page\\_id=15](https://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 rides for cancer treatments) 1-800-227-2345  
<https://www.cancer.org/treatment/support-programs-and-services.html>

**Wear Yellow Nebraska**      <https://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. <https://www.nebraska.va.gov> 402-346-8800

Omaha VA Clinic 825 Dorcas St., #200 402-995-4070  
[Omaha VA Clinic | Veterans Affairs](#)

Bellevue VA Clinic 2206 Longo Dr., #102 402-591-4500  
[Bellevue VA Clinic - VA Nebraska-Western Iowa Health Care System](#)

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

### **BENEFITS/FINANCIAL ASSISTANCE**

Veterans Benefits Administration [Veterans Benefits Administration Home \(va.gov\)](#)

Sarpy County Veterans Service Ofc. 1261 Golden Gate Dr. #5 E, Papillion 402-593-2203  
<http://www.sarpy.com/offices/veterans>

Omaha Vet Center 3047 S. 72<sup>nd</sup> St. 402-346-6735

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

**Eye Care America** <https://www.aao.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 Enrichment** 4125 S. 72<sup>nd</sup> St. <https://www.outlooken.org/> 531-365-5051  
Training in use of adaptive equipment and support group

**Nebraska Commission for the Blind and Visually Impaired** 402-595-1008  
1313 Farnam on the Mall, 3<sup>rd</sup> Floor, Omaha <https://ncbvi.nebraska.gov>

**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. 38<sup>th</sup> Ave. <https://www.nebraskamed.com/nebraska-medical-center/weigel-williamson-center>

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  
Volunteer options include: in-home support services for seniors (companion, transportation, handyman, lawn care/snow removal, meal delivery and housekeeping.) Volunteers are also placed in public and non-profit organizations, such as schools and child care centers, food pantries and senior centers. Volunteer ombudsmen provide advocacy for residents of long-term care facilities. Some of these services provide the volunteer with an hourly tax-free stipend, transportation reimbursement and other benefits.

**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> 402-502-0360  
Web site that lists local non-profit organizations seeking volunteers and donations.

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

**Volunteers Assisting Seniors** <http://vas-nebraska.org> 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.alz.org/help-support/caregiving/care-options/care-team-calendar>

<https://www.carecalendar.org>



**MAIL/EMAIL/TELEPHONE MARKETING OPT-OUT** - To reduce or stop these  
DirectMail.com [https://www.directmail.com/mail\\_preference/](https://www.directmail.com/mail_preference/)  
Federal Trade Commission "Do Not Call" Registry <https://www.donotcall.gov/>  
Direct Marketing Association <http://www.dmachoice.org/>  
Commercial Email Opt-Out <http://www.ims-dm.com/cgi/optoutemps.php>

Form for caregiver to opt out of commercial marketing lists for an impaired family member:  
<http://www.ims-dm.com/cgi/dncc.php>

**NOMOROBO** <https://www.nomorobo.com/>  
Service that intercepts and answers phone calls from known scam robotic phone numbers.  
No charge for landlines, small monthly fee for mobile phones.

**STORYWORTH** <https://welcome.storyworth.com>  
Helps an older person create a book of their memories as a keepsake for their family.

**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 pickup spot near their house if they cannot physically move cans/bin to the curb. Application and medical statement required. <https://wasteline.org/waste-collection-information/70-or-disabled-assistance>

**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>

**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 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>

**Home Instead Center for Successful Aging**  
**Nebraska Medicine**  
**730 S. 38<sup>TH</sup> Ave., Omaha, Nebraska**  
<https://www.nebraskamed.com/geriatrics>

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