

COMMUNITY RESOURCE LIST FOR OLDER ADULTS AND CAREGIVERS DOUGLAS & SARPY COUNTIES * February 2024

(*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
<https://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

Beautiful Life Adult Center 4205 S.96th St. 531-466-1275
<https://beautifulifeadultcare.com/>

Country House 5030 S. 155th St. 402-964-2060
<https://countryhouse.net/>

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

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

Legato Living (Multiple locations) 402-445-4474
<https://livinglegato.com/services/respice-adult-daycare/>

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. 52nd 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 <https://www.alz.org/nebraska> 1-800-272-3900
8790 "F" St., Suite #404 (24-Hours)

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

Respite care financial grants for families caring for a relative with dementia.
<https://www.helpforalzheimersfamilies.com/get-help/hilarity-for-charity/>

COUNSELORS (Specializing in older adults and family caregivers)

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

Sara Pattavina-Moulton, LIMHP	1804 S. 116 th St	402-312-0177
http://www.myemotionalwellness.com/		

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

Jean Stuto Therapy, LLC	3031 S. 87 th St.	402-807-0444
https://www.otac.space/		

DISEASE-RELATED ORGANIZATIONS

American Cancer Society		1-800-227-2345
https://www.cancer.org/about-us/local/nebraska.html		

A Time to Heal Cancer Foundation	https://atimetohealfoundation.org/	402-401-6083
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American Diabetes Association	https://www.diabetes.org/	1-800-342-2383
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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
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American Macular Degeneration Foundation	https://www.macular.org/	1-888-622-8527
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American Parkinson’s Disease Assn.	https://www.apdaparkinson.org/	1-800-223-2732
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Arthritis Foundation	https://www.arthritis.org/	1-800-283-7800
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Bone Health and Osteoporosis Foundation		1-800-231-4222
https://www.bonehealthandosteoporosis.org/		

Epilepsy Foundation of Nebraska	https://www.epilepsy.com/local/nebraska	1-800-332-1000
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National Fibromyalgia Association	https://www.fmaware.org/	
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Nebraska Stroke Association	https://www.nebraskastroke.org/	1-402-484-8131
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DRIVING CONCERNS

DRIVER ASSESSMENT/REHABILITATION PROGRAMS Evaluation of physical & cognitive abilities to drive, in-car driving assessment, training & adaptive equipment.

CHI Health 6901 N. 72nd St. <https://www.chihealth.com/driverevaluation> 402-572-3055

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

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 Driver Safety & Mobility <https://exchange.aaa.com/safety/senior-driver-safety-mobility/>

AARP Smart Driver Online Course <https://www.aarpdriversafety.org/>

National Safety Council Nebraska 402-898-7371
<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** at the following site stating specific concerns:

<https://dmv.nebraska.gov/sites/dmv.nebraska.gov/files/doc/dls/forms/CitizenReexaminationReport.pdf>

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
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:

<https://dhhs.ne.gov/Pages/default.aspx>)

ONLINE ASSISTANCE APPLICATIONS: iServe Nebraska <https://iserve.nebraska.gov/>

Customer Service:

Economic Assistance – 402-595-1258 (Omaha) 1-800-383-4278 (Toll-free)

Medicaid Assistance - 402-595-1178 (Omaha) 1-855-632-7633 (Toll-free)

Douglas County Offices:

1215 S. 42nd St., Omaha (402-595-2665) 5319 N. 30th St. (1-800-383-4278)
 1500 N. 24th St., #102 (402-595-3700) 1313 Farnam St. (402-595-2890)

Sarpy County Office:

8044 S. 84th St., La Vista (402-595-1247)

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
<https://www.sarpy.gov/165/Homestead-Exemption>

RETIREMENT AND DISABILITY PENSIONS AND MEDICARE HEALTH INSURANCE

Social Security Administration <https://www.ssa.gov/> 1-866-716-8299
 604 N. 109th Court (Old Mill Centre)

TELEPHONE & INTERNET SERVICE DISCOUNTS/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>

Lifeline is a federal program dedicated to making phone and internet service more affordable for low-income households. This benefit provides eligible consumers with a monthly discount of up to \$9.25. Consumers living on Tribal lands are eligible for an enhanced discount of up to \$34.25 per month. <https://www.lifelinesupport.org/get-started/>

FINANCIAL INVESTMENTS – Information, resources & fraud prevention for seniors

Financial Industry Regulatory Authority - Securities Helpline for Seniors 1-844-574-3577
<https://www.finra.org/investors/have-problem/helpline-seniors>

North American Securities Administrators Association – Serving Our Seniors Program
<https://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/> 1-800-727-6432

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

1-855-411-2372

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

GERIATRIC ASSESSMENT PROGRAMS Comprehensive medical & cognitive evaluations

Geriatric Assessment Program <https://www.nebraskamed.com/geriatrics> **402-559-7515**
730 S. 38th Ave. (Nebraska Medicine/University of Nebraska Medical Center)

Geriatric Assessment Clinic (Methodist Physicians Clinic) 402-354-3152
8901 W. Dodge, #250 (*Serves persons referred by Methodist Health System physicians only)

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

Geriatric Evaluation and Management Clinic (VA Medical Center) 402-930-7099
4101 Woolworth Ave. (*Serves persons referred by VA system medical providers only)

*** For info. about VA geriatrics services, contact: Norrie Ragland, RN, BSN 402-930-7623**

HEALTH & FITNESS PROGRAMS Programs especially for older adults.

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

Lied Activity Center 2700 Arboretum Dr. Bellevue 402-293-5000
<https://www.bellevuepublicschools.org/domain/431>

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. <https://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 402-444-4227
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
<https://www.omahazoo.com/join-a-club>

Lauritzen Garden Walking Club (once weekly, Apr-Oct)
[https://www.lauritzengardens.org/Visit/Events and Exhibits/Walking Club](https://www.lauritzengardens.org/Visit/Events_and_Exhibits/Walking_Club)

402-346-4002 x 212

HEARING IMPAIRMENTS

Programs and Services

Sertoma Hearing Aid Bank 1-800-545-6244
The Nebraska Commission for The Deaf & Hard of Hearing provides free, reconditioned hearing aids, phone amplifiers and personal listening devices to lower-income hearing-impaired persons. <https://ncdhh.nebraska.gov/services/sertoma-hab>

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

HOARDING De-Cluttering/Cleaning, Sorting/Organizing

Steri-Clean <https://www.steri-cleannebraska.com/hoarding-cleanup> 1-888-577-7206
Bio-One <https://biooneomaha.com/hoarding/> 402-207-2126
Craft Lifestyle Management, Inc. <http://craftlifestylemgt.com/> 1-402-944-9494

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

Eastern Nebraska Office on Aging <https://enoa.org> 402-444-6536
Flaherty Senior Consulting <https://www.flahertyconsulting.net/about> 402-312-9324

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 <https://www.homehealthcareomaha.com/> 402-490-3120
All Midlands Health Service <https://www.allmidlands.com/> 402-391-5554
Amakes Quality Home Care <https://www.amakeshomecare.com/> 402-884-1645
Ambi's Home Health Care <https://www.ambishomehealth.com/> 402-934-3441
Amedysis Home Health Care 402-342-5566
<https://locations.amedisys.com/ne/omaha/amedisys-home-health-care.html>

Angels Care Home Health <https://angelscarehealth.com/locations/omaha-ne> 402-934-4752
Aveanna Home Health Care 402-933-3360
<https://www.aveanna.com/locations/326/omaha-nebraska-68144/>

Brookestone Home Health Care <https://www.brookestonehomehealthcare.com/> 402-932-9406
Charter Health Care <https://www.charterhcg.com/locations/phymed/> 402-926-4088
CHI Health At Home 402-898-8000
<https://www.chihealthathome.com/our-locations/omaha-ne-homecare>

Comper Care <http://compercareinc.com> 402-932-0703
Elite Professionals Home Care <https://www.eliteprohomecare.com> 402-339-7727

Hillcrest Home Care	https://www.hillcresthealth.com/locations/home-care-omaha	402-682-4808
Home Nursing with Heart	https://www.homenursingwithheart.com/	402-614-4622
Neighbors Keeper Home Health Care	https://www.neighborskeeperhomehealth.com/	402-884-2490
OnCare	https://oncareathome.com/	402-578-0789
Personal Choice Home Care	https://personalchoiceservices.com/	402-885-6700
Physicians Choice	https://pchhc.com	402-331-2273
Prime Home Care	https://primehomecare.org/	402-390-2492
St. Joseph Villa Home Care	https://www.stjosephvillaomaha.com/homecare	402-926-4444
Willingham Health Services	http://www.willinghamhealth.com	402-505-9511

HOME REPAIR/ACCESSIBILITY SOLUTIONS (* Income limits apply)

Kohl's Rx Home Modifications	12739 "Q" St. https://kohlsrx.com/products-services/home-modifications/	402-895-6025
101 Mobility	https://www.101mobility.com/omaha/ Sells, rents and installs ramps, stair lifts, lift chairs and scooters.	402-279-4309
Superior Van & Mobility	11147 Mockingbird Dr. Sales & service of handicap-accessible vehicles and equipment https://www.superiorvan.com/locations/omaha-ne	402-934-7826
Project Houseworks *	https://projecthouseworks.org/ Free home painting/repairs and modifications; heating & cooling checks/repairs and help to purchase affordable housing. This program serves low-income elderly and/or disabled persons.	402-965-9201
Nebraska Weatherization Assistance Program *	Insulation, caulking, window/door repair/replacement, heating/cooling system tune-ups for lower-income homeowners). https://neo.ne.gov/programs/wx/wx.html	1-877-253-2603
City of Omaha Planning Department *	Funds and arranges exterior and interior home repair and accessibility projects, including ramp/handrail installation, bathroom modification, window and door repair/replacement, furnace/water heater and minor plumbing repair; interior painting & drywall repair, etc. https://planninghcd.cityofomaha.org/for-homeowners	402-444-5150

HOME SAFETY

EMERGENCY RESPONSE SYSTEMS (All offer GPS technology)

Eastern Nebraska Office on Aging	https://enoa.org/programs/community-services/emergency-response-system.html	402-444-6536
FallCall Lite	https://www.fallcall.com/Apps/FallCall-Lite	
Life Alert	http://lifealrthelp.com/default.aspx	1-800-852-3081

Lifeline Response System	https://www.lifeline.com/	1-855-681-5351
Life Station Medical Alert System	https://www.lifestation.com	1-855-667-0378
Lively Medical Alert System	https://www.lively.com/services-apps/urgent-response/	1-866-829-4527
MediGuard USA	https://mediguardusa.com/mobile-monitoring	402-891-9700
Medical Alert	https://medicalalert.com	1-800-800-2537
One Call Medical Alert	https://onecallmedicalalert.com/	1-800-916-0138
Security Equipment, Inc.	https://seisecurity.com/medical-alert/	1-888-909-9517

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	https://alarm.com/wellness-independent-living	1-877-389-4033
Safe in Home	https://www.safeinhome.com/	1-855-476-6665

HOME SAFETY INSPECTIONS: Covered by most insurance plans for home bound elderly.

Community Home Elder Safety Solutions Group (CHESS) 402-318-8654
 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. Service **not** restricted to Nebraska Medicine patients. Contact:

Kaitlyn Crutchley:	kcutchley@unmc.edu	314-800-8452
Jenny Song:	jsong@unmc.edu	402-889-6153

OTHER SAFETY SERVICES

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

A Place at Home	https://www.aplaceathome.com/franchise/omaha/	402-932-4646
Akkase Home Health Care	www.akkasehhc.com	402-359-1265
Amada Senior Care	https://amadaseniorcare.com/omaha-senior-care	402-281-0921
Assured Companions at Home	https://assuredcah.com/	402-413-1370
Beautiful Life Home Care	https://www.blifehomecare.com/	402-850-8438
BellaCare	https://www.bellacare.us/	402-347-0007

Care Minders Home Care	https://www.caremindersnebraska.com/	402-532-1383
Care One	https://www.mycareone.com/	402-504-3219
Care Tech, Inc.	https://caretechinc.com/	402-697-5121
Caring for People Services	https://caringforpeopleservices.com	402-334-6900
Caring Senior Services	https://www.caring seniorservice.com/omaha	402-226-5552
CCA Home Care	https://www.ccahomecare.com/	402-398-1848
Comfort Keepers	https://www.comfortkeepers.com/offices/nebraska/omaha	402-991-9880
Dignity Home Care	https://www.dignityhomecares.org/	402-401-6689
Eastern Nebraska Office on Aging	https://enoa.org/	402-444-6536
First Light Home Care	https://www.firstlighthomecare.com/home-healthcare-omaha	402-614-0413
Friends With Caring Hands	https://www.caringhandshelp.com/	402-819-8089
Home Instead Senior Care	https://www.homeinstead.com	402-498-3444
Key Home Care	https://www.keyhomecare.us	402-982-9254
Lotus Home Care	https://lotushomecare1.com/	531-867-4848
Love Thy Neighbor Senior Care	https://ltnseniorcare.com/	402-393-2525
Right At Home	https://www.rightathome.net/omaha-metro	402-697-7536
Seniors Helping Seniors	https://seniorcaregreateromaha.com	402-331-3073
The Key	https://thekey.com/locations/nebraska/omaha	402-986-7296
Touching Hearts at Home	https://www.touchinghearts.com/omaha	402-804-2607
True North Home Care	https://truenorthhomecare.com/	402-981-8593
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://www.shopfamilyfare.com/
Hy-Vee	https://www.hy-vee.com/aisles-online
Target	https://www.shipt.com
Walmart	https://www.walmart.com/
Whole Foods	https://www.wholefoodsmarket.com/online-ordering

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 (* Facility accepts Medicaid Waiver or other rent subsidies. # Facility provides dementia care)

Aksarben Village * #	1330 S. 70 TH St.	402-810-9440
Astoria Senior Living & Memory Care #	9220 Western Ave.	402-393-7313
Bailey Pointe at Miracle Hills *	11909 Miracle Hills Dr.	402-656-6799
Bailey Pointe at Roxbury Park *	5728 S. 108 th St.	402-656-6726

Bickford Senior Living * #	11308 Blondo St.	402-948-4219
Bickford Senior Living * #	7337 Hickory St.	402-415-0151
The Brandt Senior Living #	6991 S. 178 th Plz.	402-819-0669
Cedarhurst Senior Living #	8140 S. 97 th Plz., La Vista	402-597-0700
Crown Pointe #	2820 S. 80 th St.	402-391-7555
Echo Hills #	14509 Echo Hills Dr., LaVista	531-721-2500
Elk Ridge Village #	19400 Elk Ridge Dr.	402-763-8692
Esprit Whispering Ridge #	17555 Emmet St.	402-932-7300
Fountain View Senior Living #	5710 S. 108 th St.	402-596-9033
Garden View Manor	2450 N. 185 th St.	531-999-2264
Heritage Pointe #	16811 Burdette St.	402-621-2207
Heritage Ridge * #	1502 Ft. Crook Rd. South, Bellevue	402-764-1695
The Heritage at Legacy #	2961 S. 169 th Plz.	402-835-0084
The Heritage at Sterling Ridge * #	1111 Sterling Ridge Dr.	402-625-0842
Hickory Villa *	7315 Hickory St.	402-392-0767
Hillcrest Country Estates #	6082 Grand Lodge Ave., Papillion	402-885-7007
Hillcrest Mable Rose * #	4609 Hilltop St., Papillion	402-291-9777
Hillcrest Silver Ridge * #	20332 Hackberry Dr., Gretna	402-332-4280
Homestead of La Vista *	8507 Granville Pkwy, La Vista	402-933-6405
House of Hope * #	4801 N. 52 nd St.	402-827-6860
Immanuel Courtyard *	6759 Newport Ave.	402-829-2912
Immanuel Village	6801 N. 67 th Plz.	402-829-3220
Keystone Villas	7300 Graceland Dr.	402-572-5750
Lakeside Village #	17475 Frances St.	402-829-9020
Marquis Place * #	20800 W. Maple Rd.	402-275-5972
New Cassel Retirement Center *	900 N. 90 th St.	402-393-2277
Ovation Heartwood Preserve #	471 Maxwell Plz. (Open 2021)	402-698-4735
Pacific Springs Village #	805 S. 173 rd Ct.	402-691-8434
Parsons House #	14325 Eagle Run Dr.	402-498-9554
Remington Heights	12606 W. Dodge Rd.	402-493-5807
Richmont Terrace * #	620 Fort Crook Road South, Bellevue	402-291-9800
Ridgewood Retirement Center * #	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
Southview Heights *	5110 S. 49 th St.	402-731-2118
Symphony Pointe #	445 S. 193 rd Plz.,	402-502-8577
Trinity Village *	522 W. Lincoln St., Papillion	402-704-8169
Valley Lakes *	1006 S. Mayne St. Valley	402-359-4884
Via Christe * #	3636 California St.	402-551-5557
Wel-Life Assisted Living *	801 N. Adams St., Papillion	402-339-1775
Westgate Assisted Living *	3030 S. 80 th 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. <https://nrrs.ne.gov/> (Always contact facilities to obtain the most current information).

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

Adams Park Senior Cottages	2707 N. 36 th Ct.	402-453-6100
Aksarben Village Senior Living	1330 S. 70 TH St.	402-810-9440
Arboretum Village	8141 Farnam Dr.	402-704-3626
Avidor Omaha	13110 Sterling Ridge Dr.	402-875-5985
Bellevue Place *	1808 Warren St., Bellevue	402-292-0423
Bellewood Court *	1002 & 1701 Bellewood Ct., Bellevue	402-292-3300
Benn View Apartments *	15652 N. 4th St., Bennington	402-444-6203
Bloomfield	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.	402-979-1655
Connect 55+	3535 Piney Creek, Elkhorn	402-502-7565
Connect 55+	7544 Gertrude St.	402-933-8080
Connect 55+	7205 N. 73 rd Plz. Circle	402-573-5555
Corrigan Heights *	5945 S. 39th St.	402-827-8234
Crown Pointe Retirement Cr.	2820 S. 80 th St.	402-391-7555
Crown Tower *	5904 Henninger St.	402-444-6900
Cypress Pointe I *	N.60 th Ave. & Ogden St.	402-434-3344
Cypress Pointe II *	6025 Hartman Ave.	402-434-3344
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
Evans Tower *	3600 N. 24 th St.	402-444-6900
Fountain View Senior Living	5710 S. 108 th St.	402-596-9033
Freedom Village	Hwy 370 & Hillcrest Dr., Bellevue	402-682-6866
Graceland Affordable Apartments	7350 Graceland Dr.	402-572-5750
Harmony Court	1802 Wall St., Bellevue	402-291-4200
The Heritage at Legacy	2961 S. 169 Th Plz.	402-835-0084
Heritage at Sterling Ridge	1111 Sterling Ridge Dr.	402-625-0842
Heritage Ridge	1502 Ft. Crook Rd. South, Bellevue	402-764-1695
Hillcrest Country Estates	6021 Grand Lodge Ave., Papillion	402-885-7007
Hillcrest Highlands	Hwy 6 at Hwy 370, Gretna	402-682-6871
Immanuel Courtyard *	6759 Newport Ave.	402-682-7173
Immanuel Village	6803 N. 68th Plz.	402-378-9474
J.C. Wade Villa *	3464 Ohio St.	402-451-8456
James Tinsley Villas *	5304 58 th Plz. Cir.	402-434-3344
Kay Jay Tower *	4500 S. 25 th St.	402-444-6900
Kellom Gardens *	2517 Caldwell St.	402-341-1019
Keystone Villas	7350 Graceland Dr.	402-572-5750
Kings Gate Senior Apartments *	7055 Crown Point Ave.	402-382-2947
Lakeside Village	17475 Frances St.	402-704-4871
Lakeside Lofts	2303 S. 175 th Ct.	402-235-9672

Leo Vaughn Manor *	3325 Fontenelle Blvd.	402-453-1070
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 Manor Apartments *	3325 Meredith Ave.	402-614-0414
Millard Manor *	12835 Deauville Dr.	402-896-2319
Mission House Vue *	406 E. Mission Ave., Bellevue	402-292-0423
Monarch Villa *	201 & 301 Cedardale Rd., Papillion	402-331-6882
North Acres Apartments *	5449 N. 108th St.	402-444-6203
Oak Valley Apartments *	12555 Krug Ave.	402-333-9888
Orchards at Wildwood *	7454 Gertrude St., La Vista	402-933-7478
Ovation Heartwood Preserve	470 Maxwell Plz.	402-999-7900
Pacific Springs Village	805 S. 173 RD Ct.	402-704-3543
Papio Valley Apartments	2004 N. 81 st Ct.,	402-955-0414
Park East Tower *	539 S. 26th Ave.	402-345-3168
Parkside Apartments	7775 Park Dr., Ralston	402-339-9080
Pilgrim Heights *	1315 N. 26 th St.	402-953-8959
Platte Valley Apartments *	712 South West St., Valley	402-444-6203
Ponca Heights Elder Community *	84 th St. & Lakeview Dr., Ralston	402-505-3055
Ralston House *	7301 "Q" St.	402-339-9014
Remington Heights	12606 W. Dodge Road	402-493-5807
Richmont Village	702 Ft. Crook Road South, Bellevue	402-291-9800
Ridgewood Retirement Community	12301 N. 149 Cir., Bennington	402-884-7644
River Road Townhomes *	Waterloo, NE	402-444-6203
Rolling Hills Ranch	4324 N. 132nd St.	402-403-6246
Salem Village at Miami Heights *	3502 Lake St.	402-614-0414
Seven Oaks of Florence *	3439 & 3501 State St.	402-451-4477
Shannon Heights *	1811 Maple Plz. Cir.	402-434-3344
Sorensen Heights *	5425 Mary St.	402-881-8233
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	402-512-8681
Trinity Village	522 W. Lincoln St., Papillion	402-704-8169
Underwood Tower *	4850 Underwood Ave.	402-444-6900
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	1854 N. 81 st St.	402-572-7041

HOUSING: DEMENTIA Assisted living facilities for persons with dementia

An Angel's Touch	https://anangelstouchomaha.com/	(Multiple locations)	402-672-9580
Country House Residence Omaha	5030 S. 155 th St.		402-964-2060
	https://countryhouse.net/locations/nebraska/omaha/omaha-our-community/		
Country House Residence Elkhorn	3720 George B Lake Pkwy		531-999-2747
	https://countryhouse.net/locations/nebraska/elkhorn/elkhorn-our-community/		
Edgewood in Omaha	17620 Poppleton Ave.		402-333-5749
	https://www.edgewoodhealthcare.com/community/ne-omaha-edgewood		
Legato Living	(Multiple locations)	https://legatoliving.com/	402-445-4474
Miles Memory Care	1425 Grandview Ave., Papillion		402-593-5496
	http://www.milesmemorycare.net		
Prairie Meadows Alzheimers Care Center	13208 Meredith Ave.		402-281-9154
	https://frontiermgmt.com/communities/prairie-meadows-alzheimers-special-care-center/		

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 <https://helpequipment.org/long-term-care-planning/>

(*HELP doesn't accept a "referral fee" from any facility. This service is free, but donations are welcome.)

A Place at Home	https://aplaceathome.com/franchise/omaha/	402-932-4646
Assisted Living Locators	https://assistedlivinglocators.com/care-advisor/Omaha	402-671-0446
Bridge to Better Living	https://bridgetobetterliving.com	402-218-5610
CareMATRIX	http://carematrix.net	402-885-5693
Clare Senior Advisors	https://www.clare senior advisors.com	402-990-6994
Oasis Senior Advisors	https://www.oasis senior advisors.com/omaha/	402-378-9592
Simple Senior Solutions	https://sssmidwest.com/	402-990-0341

HOUSING RELOCATION Organizes and arranges household relocation and downsizing

A Simple Nest	https://a-simplenest.com/	402-850-5660
Caring Transitions	https://www.caringtransitionsgreateromaha.com/	402-882-4238
Senior Moving Services	http://www.seniormovingservices.com	402-445-0996
Tender Transitions	https://tendertransitions.net/	402-965-9170
Downsizing with Dignity	https://downsizingwithdignity.org	402-230-7333
National Association of Senior and Specialty Move Managers	https://www.nasmm.org/	

INFORMATION/REFERRAL

AARP Information Center https://local.aarp.org/omaha-ne/	1941 S. 42 nd St. #220 (Center Mall) (Tues – Thurs., 10:00am – 4:00 pm)	402-916-9309
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
United Way “211” Information & Referral Hotline https://www.unitedwaymidlands.org/2-1-1		Dial: 211
Seniors Blue Book (Website and free published booklet listing local resources in Pottawattamie, Douglas, and Sarpy Counties.)	https://seniorsbluebook.com/local/nebraska-iowa	402-980-5179

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

ELDER LAW ATTORNEYS

Catherine Swiniarski Elder Law of Omaha	2813 S. 88 th St. http://www.elderlawomaha.com	402-614-6400
Ronald C. Jensen Baird Holm, LLP	1700 Farnam St., #1500 https://www.bairdholm.com/attorneys/ronald-c-jensen/	402-636-8302
David M. Thompson Burnett & Wilson Law	17525 Arbor St. https://www.burnettwilsonlaw.com/our-attorneys/david-m-thompson/	402-810-8611
Margaret Badura & Daniel Wintz Gross, Welch, Marks & Clare	2120 S. 72 nd St. #1500 https://gwmclaw.com/attorneys/	402-392-1500
Leroy Peterson Leroy Peterson Law	11819 Miracle Hills Dr. #104 https://www.leroypetersonlaw.com	402-718-8888
William E. Seidler Jr. Seidler & Seidler, PC.	10050 Regency Circle #525 https://www.seidler-seidler-law.com	402-397-3801

LEGAL SERVICES FOR LOWER INCOME PERSONS

Elder Access Line	(Legal Aid of Nebraska)	1-800-527-7249
Abrahams Legal Clinic https://www.creighton.edu/law/clinics/abrahams-legal-clinic	(Creighton University School of Law)	402-280-3068
Omaha Bar Association Lawyer Referral Service https://www.omahalawyerreferral.com/requestalawyer		402-280-3603

FAMILY MEDIATION SERVICES

Legal and Non-Legal Issues

Concord Mediation Center

2910 S. 84th St.

402-345-1131

Concord's Family Conflict Resolution program mediates disputes for families caring for an elderly relative.

<https://concordmediationcenter.com/conflict-resolution-services/family-conflict-resolution/>

Downloadable forms:

Nebraska Health Care Power of Attorney:

<https://eforms.com/power-of-attorney/ne/nebraska-durable-power-of-attorney-for-health-care/>

Nebraska Living Will:

<https://eforms.com/living-will/nebraska-living-will-declaration-form/>

POLST Portable Medical Order

“POLST” is a process that lets people who are seriously ill or extremely frail **voluntarily chose** certain health care treatments in emergency situations when they cannot speak for themselves. Portable Medical Order forms are **specifically designed for people whose medical conditions mean they are likely to have a medical emergency, and they likely know what that emergency will be.**

POLST gives seriously ill or frail people more specific direction over their health care treatments compared to advance directives, and more options than “Do Not Resuscitate” (DNR) orders. It should be used as a supplement – not a replacement – for Advance Directive (Living Will and Health Care Power of Attorney) documents.

Conversations between the individual and their health care provider may result in them jointly executing a Portable Medical Order (POLST) document for the patient. Nebraska and most other states recognize POLST forms as legal documents. See the following links: <https://polst.org/>
<https://polst.org/who-needs-a-POLST>

THE CONVERSATION PROJECT®

<https://theconversationproject.org/>

The Conversation Project® is a public engagement initiative whose goal is to help everyone talk about their wishes for care through the end of life, so those wishes can be understood and respected. The place for this to begin is at the kitchen table—not in the intensive care unit—with the people who matter most to us, before it's too late. It offers free tools, guidance, and resources to begin talking with those who matter most about your and their wishes.

MEDICAL AND ASSISTIVE EQUIPMENT

Loaned or free

HELP Medical Equipment & Medical Supplies Market

402-341-6559 x101

8522 Park Drive

<https://www.helpequipment.org>

Mobility Library 1001 Limerick Rd., Papillion (Papillion Vol. Fire Dept. Museum)

Accepts and loans used assistive devices free of charge.

Russ Zeeb

402-681-0929

Assistive Technology Partnership

402-979-0142

<https://atp.nebraska.gov/services/reuse-network>

Methodist Health Clinics Equipment Loan Program 8111 West Dodge Rd. 402-807-3062

<https://bestcare.org/specialties/occupational-therapy/equipment-loan-program>

Easterseals Nebraska Alternative Financing Program 402-462-3031
Provides low-interest loans for the purchase of assistive technology devices and services.

<https://www.easterseals.com/ne/our-programs/alternative-financing/>

MEDICARE Agencies providing free & unbiased counselling about Medicare & health insurance options.

Nebraska Department of Insurance <https://doi.nebraska.gov/consumer/senior-health>

Senior Health Insurance Information Program (SHIIP) 1-800-234-7119

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

MENTAL HEALTH SERVICES (* Specialized Geriatric programs)

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

Nebraska Medicine Adult Psychiatric Emergency Center 402-836-9377
Via the Nebraska Medicine Emergency Department 24 hours/7 days per week
Provides emergency evaluation, stabilization and referral for adults with mental health crises and drug/alcohol intoxication.

CHI Health Senior Mental Health Services * 402-717-4673
6901 N. 72nd St. <https://www.chihealth.com/en/services/behavioral-care/senior.html>

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 1-888-670-1360
(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/friendship-line>

Suicide and Crisis Hotline (Formerly the National Suicide Prevention Hotline) Dial **988**
National 3-digit phone number for anyone experiencing a mental health, drug use or suicidal Crisis, connecting them with trained crisis counselors 24/7. Available via landline, cell phone and voice-over internet connection. Services are available in English, Spanish and will provide interpretation services for over 150 other languages. <https://988lifeline.org/>

MENTAL HEALTH HOSPITAL COMMITMENTS

Douglas County <https://clerk.dc4dc.com/board-of-mental-health> 402-444-7191
Sarpy County <https://www.sarpy.gov/313/Mental-Health> 402-593-2230

NUTRITION

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

Adams Park Senior Center (M,W,F)	3230 John Creighton Blvd.	402-444-3237
Bellevue Senior Community Center	109 W. 22 nd Ave.	402-293-3041
Bennington 60 Plus 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 th Ave.	402-546-1270
NE Urban Indian Health Coalition (T,W,Th)	2226 "N" St.	402-346-0902
Papillion Landing 55+ Club	1046 W. Lincoln St., Papillion	402-597-2059
Schenzel Community Center (T,Th)	4318 Fort St.	402-612-0848
Seven Oaks Senior Center	3439 State St.	402-451-4477

DELIVERED MEALS

Eastern Nebraska Office on Aging	https://enoa.org	402-444-6536
Jewish Senior Outreach (Kosher)	https://rbjh.com/outreach-services	402-334-6532

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	17250 Davenport St. (Village Pointe)	https://eatfitgo.com	402-885-8777
Mom's Meals	https://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 8929 Fort St. 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.
<https://www.nehumanesociety.org/community-services/community-resources/>

The **Eastern Nebraska Office on Aging (ENOA)** subsidizes transportation of pets to and from veterinary & grooming appointments, pet day care and boarding kennels for lower-income, homebound elderly ENOA clients. For information, call ENOA at 402-444-6536

PHYSICIANS: GERIATRICIANS Specialists in care for older adults

NEBRASKA MEDICINE **730 S. 38th Ave.** **402-559-9600**
Home Instead Center for Successful Aging <https://www.unmc.edu/homeinsteadcenter>

Alfred Fisher, MD	Elizabeth Harlow, MD	Nora Kovar, MD
Joseph Hejkal, MD	Cassandra Wehling, MD	Amy Coffey, MD
Katherine Maliszewski, MD	Jessie Jenkins, MD	Maureen Choman, MD
Tonya McLeay, APRN	Kelly Godfrey, APRN	

NEBRASKA MEDICINE – INTERNAL MEDICINE CLINICS

Brentwood Health Center **8604 Giles Rd., La Vista** **402-559-0000**
<https://www.nebraskamed.com/brentwood-village>

Mandy Byars, MD	Jessie Jenkins, MD	Nora Kovar, MD;
Katie Malisewski, MD	Cassandra Wehling, MD	Brandi Flagg, MD

Durham Outpatient Center **4400 Emilie St.** **402-559-4015**
Carrie A. B. Hoarty, MD <https://www.nebraskamed.com/doctors/carrie-a-b-hoarty>

NEBRASKA MEDICINE - FAMILY MEDICINE CLINIC 4400 Emilie St. 402-559-7200
Timothy Malloy, MD Lindsey J. Schindler, DO

PRIMARY CARE 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://providers.bestcare.org/search?filter=locations.external_id%3A6745627377&ga=2.102055105.153009643.1636585699-802095022.1636214542

Think Whole Person Health Care 7100 West Center Rd. 402-506-9041
Brandi N. Flagg, MD <https://thinkhealthcare.org/>

Archwell Health <https://archwellhealth.com/> 531-895-9805
Primary care clinics for Medicare Advantage patients (Multiple locations)
2816 Ames Ave. 3501 S. 84th St. 5401 N. 90th St.

Immanuel Pathways PACE 5755 Sorensen Parkway 402-512-6199
<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 can direct you to Nebraska pharmacies that will accept and properly dispose of unwanted medications free of charge. <https://www.nebraskameds.org>

INTERNET (ON-LINE) PHARMACIES

The National Assn. of Boards of Pharmacy lists accredited US digital (on-line) pharmacies. <https://nabp.pharmacy/programs/accreditations-inspections/digital-pharmacy/accredited-digital-pharmacies/>

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>

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

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

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>

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

PRESCRIPTION MEDICINE DISCOUNT PROGRAMS

Discounts for local pharmacy and mail-ordered prescription medications.

Good Rx <https://www.goodrx.com/>
Single Care <https://www.singlecare.com/>
Cost Plus Drugs <https://costplusdrugs.com/>
No-Cost Prescription Discount Program <https://livehealthycard.com/>

RECREATIONAL/EDUCATIONAL PROGRAMS:

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

Salvation Army Kroc Center 2825 Y St. <https://omahakroc.org/> 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>

Schenzel Community Center 2220 N. 20th St. 402-612-0848
<https://www.hopocenterforkids.com/schenzelcommunitycenter>

Nebraska Urban Indian Health Coalition 2240 Landon Ct. 402-346-0902
Tired Moccasins Elders Program <https://www.nuihc.org/community-outreach-tired-moccasins>

CITY OF OMAHA DEPARTMENT OF PARKS & RECREATION <https://parks.cityofomaha.org/>

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. 37 th St.	402-444-5081
Columbus Community Center	1515 S. 24 th 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 th Ave.	402-444-4956
Pipal Park Community Center	7770 Hascall St.	402-444-5140
Saddlebrook Community Center	14850 Laurel Ave.	402-932-0180
Sherman Community Center	5701 N. 16 th St.	402-444-5673

Cyber Seniors Do Space – Abrahams Library 5111 N. 90th 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>
(*Temporary location pending completion of the new Central Library building in 2026)

Get Set Up <https://www.getsetup.io/partner/nebraska> 1-888-559-1614
The Nebraska State Unit on Aging has partnered with GetSetUp to provide hundreds of live, online, interactive classes to keep you mentally, physically and socially active. Classes are taught by older adults and kept small to ensure that everyone can participate. Classes are free, easy to join and are offered day and night.

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

In Home:

Caregiver Support Program (Eastern Nebraska Office on Aging) 402-444-6536
<https://enoa.org/programs/choices/caregiver-support.html>

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

Community-based:

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

SKILLED CARE NURSING HOMES (# 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 Midtown	910 S. 40th St.	402-342-2015
Azria Health Montclair #	2525 S. 135th Ave.	402-333-2304
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.	402-444-7000
Eastern Nebraska Veterans Home #	12505 Harrison Tull Dr., Bellevue	402-595-2180
Emerald Nursing & Rehab Legacy Pointe	3110 Scott Circle	402-455-6636
Emerald Nursing & Rehabilitation Mercy	7410 Mercy Rd.	402-397-1220
Emerald Nursing & Rehabilitation Omaha	5505 Grover St.	402-558-0225
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 Lakeside #	17475 Frances St.	402-704-4871
Immanuel Newport House #	6798 N. 67 th Plz.	402-682-8929
Immanuel Pacific Springs #	805 S. 173 rd Ct.	402-704-3543
Life Care Center of Elkhorn	20275 Hopper St.	402-289-2572
Life Care Center of Omaha	6032 Ville De Sante Dr.	402-571-6770
The Lighthouse	17600 Arbor St.	402-769-3540
Maple Crest Health Center #	2824 N. 66th Ave.	402-551-2110
Omaha Nursing & Rehabilitation Center	4835 S. 49th St.	402-733-7200
Papillion Manor	610 S. Polk St., Papillion	402-339-7700
River City Nursing & Rehabilitation	7410 Mercy Rd.	402-397-1220
Rose Blumkin Jewish Home #	323 S. 132nd St.	402-988-1110
St. Joseph Villa Nursing & Rehabilitation Center #	2305 S. 10th St.	402-345-5683

NURSING HOMES: Consumer information and reporting concerns

On-line Health Inspection Reports for all US nursing homes

<https://www.medicare.gov/care-compare/?providerType=NursingHome&redirect=true>

Eastern Nebraska Office on Aging Ombudsman

402-444-6536

Nebraska Long Term Care Ombudsman

<https://dhhs.ne.gov/Pages/Aging-Ombudsman.aspx>

SKILLED CARE REHABILITATION FACILITIES (Short-term in-patient rehab. services only)

CHI Immanuel Rehabilitation Institute	6901 N. 72 nd St.	402-572-2295
Hillcrest Millard	13225 Westwood Ln.	531-365-3000
Keystone Ridge Post-Acute Nursing & Rehab.	7501 Keystone Dr.	402-572-5750
Madonna Rehabilitation Hospital	17500 Burke St., Omaha	402-401-3000
Old Mill Rehabilitation	1131 Papillion Pkwy.	402-934-7500
Quality Living Rehabilitation Institute	6404 N. 70 th Plz.	402-573-3700
Select Specialty Hospital	1870 S. 75 th St.	402-361-5830

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 **non-emergency** public, private & subsidized transportation services. Many home care agencies allow workers to transport a client in the client's own vehicle.

Omaha Metro (Reduced bus fare for elderly/disabled) http://www.ometro.com/wp-content/uploads/2020/09/Metro_Half_Fare_App_1-4-11.pdf	402-341-0800
Moby/ADA Paratransit (Wheelchair accessible vans) https://www.ometro.com/rider-guide/moby/	402-341-0800
Bellevue Specialized Transportation Service https://www.bellevue.net/departments/human-services/programs#specialized-transportation	402-293-3138
LaVista/Ralston Special Services Bus https://www.cityoflavista.org/256/La-VistaRalston-Special-Services-Bus	402-657-3550
Papillion Special Transportation Services https://www.papillion.org/640/Special-Transportation-Services	402-680-3970
Beautiful Life Medical Transport https://www.lifemedicaltransport.com/	402-933-0978
Compassion Care Medical Transport http://www.ccmtransport.com/	531-772-0931
My Ol' Friend (Bellevue area) https://my-ol-friend.com/	402-915-1062
Oceans Drive Transportation https://oceansdrivetransportation.com/	531-213-2211
Z Trip Nebraska https://www.ztrip.com/nebraska/ (Merged company for Happy, Yellow, Checker, Cornhusker and Safeway Cabs. Discounted fares and wheelchair accessible vehicles available upon request.)	402-292-2222
GoGo https://gogograndparent.com Program to pre-arrange rides through Uber and Lyft and monitor status from pickup to drop off via text message and phone calls to older rider and family caregivers.	1-855-464-6872
Nebraska Urban Indian Health Coalition https://www.nuihc.org/transportation Transportation for Native Americans to and from medical appointments within Omaha.	402-346-0902

Ponca Express <https://www.poncatribe-ne.org/services/ponca-express/> 1-855-766-2239
 Operated by the Ponca Tribe of Nebraska, providing transportation to local and rural residents both Indian and non-Indian.

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

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

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.

VETERANS SERVICES

MEDICAL SERVICES

Omaha VA Medical Center 4101 Woolworth Ave. 402-346-8800
<https://www.va.gov/nebraska-western-iowa-health-care/locations/omaha-va-medical-center/>

Omaha VA Clinic 825 Dorcas St., #200 402-977-4444
<https://www.va.gov/nebraska-western-iowa-health-care/locations/omaha-va-clinic/>

Bellevue VA Clinic 2206 Longo Dr., #102 402-591-4500
<https://www.va.gov/nebraska-western-iowa-health-care/locations/bellevue-va-clinic/>

Geriatric Evaluation and Management Clinic 402-930-7380
 4101 Woolworth Ave. (Veterans Administration Medical Center) Norrie Ragland

Transportation to/from appointments at the Omaha VA Medical Center:

VetRide <https://www.vetride.va.gov/app/home> 402-930-7028
 Disabled American Veterans <https://www.dav.org/veterans/i-need-a-ride/> 402-995-3453

BENEFITS/FINANCIAL ASSISTANCE

Veterans Benefits Administration <https://benefits.va.gov/benefits/>

Omaha Vet Center 2132 S. 42nd St., Suite. 1 402-346-6735
<https://www.va.gov/directory/guide/facility.asp?ID=424>

Sarpy County Veterans Service Ofc. 1102 E. 1st St., Papillion 402-593-2203
<https://www.sarpy.gov/280/Veterans-Services>

VetAssist <https://veteranshomecare.com/> 1-888-314-6075
Private organization that helps wartime vets and their surviving spouses to access pension and in-home care services through the Veterans Administration for nonservice-connected disabilities. Not affiliated with the US Government or Department of Veterans Affairs.

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. 72nd 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 1-877-809-2419
1313 Farnam on the Mall, 3rd Floor, Omaha <https://ncbvi.nebraska.gov/>

Share-A-Fare, Inc. <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.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 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. <https://enoa.org/how-to-get-involved/volunteer/>

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://www.score.org/omaha> 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

AFFORDABLE AND EMERGENCY DENTAL CARE

Creighton Dental Clinic 2109 Cuming St. 402-280-5990
<https://www.creighton.edu/dentistry/creighton-dental-clinic-patients/payment-information>

Creighton University School of Dentistry provides affordable dental care by appointment for uninsured persons with limited incomes. They also have an after-hours emergency dental clinic twice weekly from 5:30 - 8:30 pm. (walk-ins accepted). <https://www.creighton.edu/dentistry/patients>

ANGEL FLIGHT CENTRAL <https://angelflightcentral.org> 1-866-569-9464

Free flights on private aircraft for persons needing to access medical care not available within 125 miles of their home. Service is for those who cannot otherwise afford it, and covers a 10-state region in and around Nebraska.

CARE TEAMS/CARE CALENDARS

On-line organizations that offer guidance to individuals and caregivers to organize and maintain a team of trusted friends to provide care, practical assistance and emotional support during an acute or chronic illness or disability. They provide on-line interactive calendars for helpers to sign up for specific duties.

- Caring Bridge <https://www.caringbridge.org/resources/how-to-form-a-care-team/>
 Alzheimer's Assn <https://www.alz.org/help-support/caregiving/care-options/care-team-calendar>
 Lotsa Helping Hands <https://lotsahelpinghands.com/>
 Care Zone <https://carezone.com/>
 Caring Village <https://caringvillage.com/>
 Care Calendar <https://www.carecalendar.org>

MAIL/EMAIL/TELEPHONE MARKETING OPT-OUT - To reduce or stop these

- Association of National Advertisers <https://www.dmchoice.org/>
 Direct Mail.com "Do Not Mail" List https://www.directmail.com/mail_preference/
 National "Do Not Call" Registry <https://www.donotcall.gov/>
 Commercial Email Opt-Out <https://www.ims-dm.com/cgi/optoutemps.php>

Form for caregiver to opt out of commercial marketing lists for an impaired family member:
<https://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.

PROJECT LIFESAVER

<https://projectlifesaver.org/>

National program that trains caregivers and local first-responders, and provides them with the necessary technology to locate and rescue impaired wandering persons. The website helps users locate Project Lifesaver programs in their area. Local member agencies include:
Omaha Police Department: 402-444-4123 Sarpy County Sheriff's Office: 402-593-2288

STORYWORTH

<https://welcome.storyworth.com/>

Helps an older person create a book of their memories as a keepsake for their family.

TRASH & RECYCLING CART 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 carts 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://www.usps.com/manage/informed-delivery.htm>

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.

This list 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. 38TH Ave., Omaha, Nebraska**

<https://www.nebraskamed.com/geriatrics>

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