

# COMMUNITY RESOURCE LIST FOR OLDER ADULTS AND CAREGIVERS DOUGLAS & SARPY COUNTIES \* September 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://neabusehotline-dhhs.ne.gov/>

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 PROGRAMS**

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

Country House Residence "Day-Stay" Program <https://countryhouse.net/>  
5030 S. 155<sup>th</sup> St., Omaha 402-964-2060  
3720 George B. Lake Pkwy, Elkhorn 531-999-2747

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

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 in Omaha)  
<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 (Royal Oaks Assisted Living) 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 <https://www.alz.org/nebraska> 1-800-272-3900  
8790 "F" St., Suite #404 (24-Hours)

Association for Frontotemporal Degeneration	<a href="https://www.theaftd.org">https://www.theaftd.org</a>	1-866-507-7222
Lewy Body Dementia Association	<a href="http://www.lbda.org">http://www.lbda.org</a>	1-800-539-9767
Normal Pressure Hydrocephalus	<a href="https://www.hydroassoc.org">https://www.hydroassoc.org</a>	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/>

## **DISEASE-RELATED ORGANIZATIONS**

American Cancer Society	<a href="https://www.cancer.org/about-us/local/nebraska.html">https://www.cancer.org/about-us/local/nebraska.html</a>	1-800-227-2345
A Time to Heal Cancer Foundation	<a href="https://atimetohealfoundation.org/">https://atimetohealfoundation.org/</a>	402-401-6083
American Diabetes Association	<a href="https://www.diabetes.org/">https://www.diabetes.org/</a>	1-800-342-2383
American Heart Association	9900 Nicholas St., #200 <a href="https://www.heart.org/en/affiliates/nebraska/omaha">https://www.heart.org/en/affiliates/nebraska/omaha</a>	402-810-6870
American Lung Association	<a href="https://www.lung.org/">https://www.lung.org/</a>	1-800-586-4872
American Macular Degeneration Foundation	<a href="https://www.macular.org/">https://www.macular.org/</a>	1-888-622-8527
American Parkinson's Disease Assn.	<a href="https://www.apdaparkinson.org/">https://www.apdaparkinson.org/</a>	1-800-223-2732
Arthritis Foundation	<a href="https://www.arthritis.org/">https://www.arthritis.org/</a>	1-800-283-7800
Bone Health and Osteoporosis Foundation	<a href="https://www.bonehealthandosteoporosis.org/">https://www.bonehealthandosteoporosis.org/</a>	1-800-231-4222
Epilepsy Foundation of Nebraska	<a href="https://www.epilepsy.com/local/nebraska">https://www.epilepsy.com/local/nebraska</a>	1-800-332-1000
National Fibromyalgia Association	<a href="https://www.fmaware.org/">https://www.fmaware.org/</a>	
Nebraska Stroke Association	<a href="https://www.nebraskastroke.org/">https://www.nebraskastroke.org/</a>	1-402-484-8131

## **DRIVING CONCERNS**

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

CHI Health	6901 N. 72 <sup>nd</sup> St.	402-572-3055	
			<a href="https://www.chihealth.com/services/rehabilitation/outpatient-rehabilitation/driver-rehabilitation-program">https://www.chihealth.com/services/rehabilitation/outpatient-rehabilitation/driver-rehabilitation-program</a>
Madonna Therapy Plus	17500 Burke St., Omaha	402-401-3900	
			<a href="https://therapyplus.madonna.org/programs/occupational-therapy">https://therapyplus.madonna.org/programs/occupational-therapy</a>
Methodist Health System	8303 W. Dodge Rd.	402-354-4670	
			<a href="https://bestcare.org/specialties/physical-therapy/driver-rehabilitation">https://bestcare.org/specialties/physical-therapy/driver-rehabilitation</a>

**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)

**Sarpy County Office:**

8044 S. 84<sup>th</sup> St., La Vista 402-595-1247

**Douglas County Offices:**

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

**HOMESTEAD EXEMPTIONS**

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

Douglas County Assessor <http://dcassessor.org/homestead-exemptions> 402-444-7060

Sarpy County Assessor <https://www.sarpy.gov/165/Homestead-Exemption> 402-593-2122

## RETIREMENT AND DISABILITY PENSIONS AND MEDICARE HEALTH INSURANCE

Social Security Administration      <https://www.ssa.gov/>      1-866-716-8299  
604 N. 109<sup>th</sup> 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>

## **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**      1-855-411-2372  
<https://www.consumerfinance.gov/consumer-tools/fraud>

**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>      **402-559-9600**  
**730 S. 38<sup>th</sup> Ave.** (Nebraska Medicine/University of Nebraska Medical Center)

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

## **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://hoardingcleanup.com/steri\\_clean\\_nebraska](https://hoardingcleanup.com/steri_clean_nebraska) 1-800-462-7337  
Bio-One of Omaha <https://www.biooneomaha.com/hoarding-cleaning-services/> 402-521-4301  
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/10040-regency-circle-amedisys-home-health-care>

Angels Care Home Health 402-934-4752  
<https://locations.angelscarehealth.com/ne/omaha/angels-care-home-health-620.html>

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 402-926-4088  
CHI Health At Home 402-898-8000  
<https://www.chihealthathome.com/our-locations/omaha-ne-homecare>

Elite Professionals Home Care <https://www.eliteprohomecare.com> 402-339-7727  
Hillcrest Home Care <https://www.hillcresthealth.com/project/home-care-omaha/> 402-682-4808  
Home Nursing with Heart <https://www.homenursingwithheart.com/> 402-614-4622  
Neighbors Keeper Home Health <https://www.neighborskeeperhomehealth.com/> 402-884-2490

OnCare	<a href="https://oncareathome.com/">https://oncareathome.com/</a>	402-403-4330
Personal Choice Home Care	<a href="https://personalchoiceservices.com/">https://personalchoiceservices.com/</a>	402-885-6700
Physicians Choice	<a href="https://pchhc.com">https://pchhc.com</a>	402-331-2273
Prime Home Care	<a href="https://primehomecare.org/">https://primehomecare.org/</a>	402-390-2492
St. Joseph Villa Home Care	<a href="https://www.stjosephvillaomaha.com/homecare">https://www.stjosephvillaomaha.com/homecare</a>	402-926-4444
Willingham Health Services	<a href="http://www.willinghamhealth.com">http://www.willinghamhealth.com</a>	402-505-9511

## **HOME REPAIR/ACCESSIBILITY SOLUTIONS**

(\* Income limits apply)

Kohll's Rx Home Modifications	12739 "Q" St. <a href="https://kohllsrx.com/products-services/home-modifications/">https://kohllsrx.com/products-services/home-modifications/</a>	402-895-3102
101 Mobility	<a href="https://www.101mobility.com/omaha/">https://www.101mobility.com/omaha/</a> Sells, rents and installs ramps, stair lifts, lift chairs and scooters.	402-961-5512
Superior Van & Mobility	11147 Mockingbird Dr. Sales & service of handicap-accessible vehicles and equipment <a href="https://www.superiorvan.com/locations/omaha-ne">https://www.superiorvan.com/locations/omaha-ne</a>	402-934-7826
Project Houseworks *	<a href="https://projecthouseworks.org/">https://projecthouseworks.org/</a> 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, calking, window/door repair/replacement, heating/cooling system tune-ups for lower-income homeowners). <a href="https://neo.ne.gov/programs/wx/wx.html">https://neo.ne.gov/programs/wx/wx.html</a>	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. <a href="https://planninghcd.cityofomaha.org/for-homeowners">https://planninghcd.cityofomaha.org/for-homeowners</a>	402-444-5150

## **HOME SAFETY**

### **EMERGENCY RESPONSE SYSTEMS**

(All offer GPS technology)

Eastern Nebraska Office on Aging	<a href="https://enoa.org/programs/community-services/emergency-response-system.html">https://enoa.org/programs/community-services/emergency-response-system.html</a>	402-444-6536
FallCall Lite	<a href="https://www.fallcall.com/Apps/FallCall-Lite">https://www.fallcall.com/Apps/FallCall-Lite</a>	
Life Alert	<a href="http://lifealerthelp.com/default.aspx">http://lifealerthelp.com/default.aspx</a>	1-800-852-3081
Lifeline Response System	<a href="https://www.lifeline.com/">https://www.lifeline.com/</a>	1-855-681-5351
Life Station Medical Alert System	<a href="https://www.lifestation.com">https://www.lifestation.com</a>	1-866-816-0215
Lively Medical Alert System	<a href="https://www.lively.com/services-apps/urgent-response/">https://www.lively.com/services-apps/urgent-response/</a>	1-866-829-4527
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
One Call Medical Alert	<a href="https://onecallmedicalalert.com/">https://onecallmedicalalert.com/</a>	1-800-916-0138

Security Equipment, Inc. <https://seisecurity.com/medical-alert/> 1-800-279-3667

## 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: [kcrutchley@unmc.edu](mailto:kcrutchley@unmc.edu) 314-800-8452  
Jenny Song: [jsong@unmc.edu](mailto:jsong@unmc.edu) 402-889-6153

## OTHER SAFETY SERVICES

Free Smoke/Carbon Monoxide Alarm Installation 402-444-3560  
(The Omaha Fire Department provides and installs traditional alarms, and specialized alarms for the hearing-impaired.) <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** Companions/Sitters, Personal Care Aides, Houskeeping, Meal Preparation, Errands, Transportation, etc.

A Place at Home	<a href="https://www.aplaceathome.com/franchise/omaha/">https://www.aplaceathome.com/franchise/omaha/</a>	402-932-4646
Akkase Home Health Care	<a href="http://www.akkasehhc.com">www.akkasehhc.com</a>	402-359-1265
Amada Senior Care	<a href="https://amadaseniorcare.com/omaha-senior-care">https://amadaseniorcare.com/omaha-senior-care</a>	402-281-0921
Assured Companions at Home	<a href="https://assuredcah.com/">https://assuredcah.com/</a>	402-507-9797
Beautiful Life Home Care	<a href="https://www.blifehomecare.com/">https://www.blifehomecare.com/</a>	402-850-8438
BellaCare	<a href="https://www.bellacare.us/">https://www.bellacare.us/</a>	402-347-0007
Care Minders Home Care	<a href="https://www.caremindersnebraska.com/">https://www.caremindersnebraska.com/</a>	402-532-1383
Care One	<a href="https://www.mycareone.com/">https://www.mycareone.com/</a>	402-504-3219
Care Tech, Inc.	<a href="https://caretechinc.com/">https://caretechinc.com/</a>	402-697-5121
Caring Caregivers	<a href="http://caringcaregivers.omaha.com">http://caringcaregivers.omaha.com</a>	402-298-3290
Caring for People Services	<a href="https://caringforpeopleservices.com">https://caringforpeopleservices.com</a>	402-334-6900
Caring Senior Services	<a href="https://www.caringseniorservice.com/omaha">https://www.caringseniorservice.com/omaha</a>	402-226-5552
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="https://enoa.org/programs/community-services/">https://enoa.org/programs/community-services/</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>	402-614-0413
Friends With Caring Hands	<a href="https://www.caringhandshelp.com/">https://www.caringhandshelp.com/</a>	402-819-8089
Home Instead Senior Care	<a href="https://www.homeinstead.com">https://www.homeinstead.com</a>	402-498-3444
Kellah Home Care	<a href="https://www.kellahhomecare.com/">https://www.kellahhomecare.com/</a>	402-706-6894
Key Home Care	<a href="https://www.keyhomecare.us">https://www.keyhomecare.us</a>	402-982-9254
Lotus Home Care	<a href="https://lotushomecare1.com/">https://lotushomecare1.com/</a>	531-867-4848
Love Thy Neighbor Senior Care	<a href="https://ltnseniorcare.com/">https://ltnseniorcare.com/</a>	402-393-2525
Right At Home	<a href="https://www.rightathome.net/omaha-metro">https://www.rightathome.net/omaha-metro</a>	402-697-7536
Seniors Helping Seniors	<a href="https://seniorcaregreateromaha.com">https://seniorcaregreateromaha.com</a>	402-331-3073
The Key	<a href="https://thekey.com/locations/nebraska/omaha">https://thekey.com/locations/nebraska/omaha</a>	402-986-7296
Touching Hearts at Home	<a href="https://www.touchinghearts.com/omaha">https://www.touchinghearts.com/omaha</a>	402-804-2607
True North Home Care	<a href="https://truenorthhomecare.com/">https://truenorthhomecare.com/</a>	402-981-8593
Way to Stay Home Care	<a href="https://waytostayhome.com/">https://waytostayhome.com/</a>	402-557-0639
Moments With Purpose - Recreational Therapy at Home		319-325-1101
Sarah J. Bird, RTS	<a href="https://www.facebook.com/MomentswithPurposeLLC/">https://www.facebook.com/MomentswithPurposeLLC/</a>	

**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://www.shopfamilyfare.com/">https://www.shopfamilyfare.com/</a>
Hy-Vee	<a href="https://www.hy-vee.com/aisles-online">https://www.hy-vee.com/aisles-online</a>
Target	<a href="https://www.shipt.com">https://www.shipt.com</a>
Walmart	<a href="https://www.walmart.com/">https://www.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 (\* Facility accepts Medicaid Waiver or other rent subsidies. # Facility provides dementia care)

Aksarben Village * #	1330 S. 70 <sup>TH</sup> 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 <sup>th</sup> 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 <sup>th</sup> Plz.	402-819-0669
Cedarhurst Senior Living #	8140 S. 97 <sup>th</sup> Plz., La Vista	402-597-0700
Crown Pointe #	2820 S. 80 <sup>th</sup> 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 <sup>th</sup> St.	402-596-9033
Garden View Manor	2450 N. 185 <sup>th</sup> 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 <sup>th</sup> 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 <sup>nd</sup> St.	402-827-6860
Immanuel Courtyard *	6759 Newport Ave.	402-829-2912
Immanuel Village	6801 N. 67 <sup>th</sup> 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 <sup>th</sup> St.	402-393-2277
Ovation Heartwood Preserve #	471 Maxwell Plz. (Open 2021)	402-698-4735
Pacific Springs Village #	805 S. 173 <sup>rd</sup> 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 <sup>nd</sup> St.	402-827-6060
St. Joseph Tower *	2205 S. 10 <sup>th</sup> St.	402-952-5000
Southview Heights *	5110 S. 49 <sup>th</sup> St.	402-731-2118
Symphony Pointe #	445 S. 193 <sup>rd</sup> 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 <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. <https://nrrs.ne.gov/> (Always contact facilities to obtain the most current information).

**HOUSING: DEMENTIA**

Assisted living facilities for persons with dementia

An Angel's Touch	<a href="https://anangelstouchomaha.com/">https://anangelstouchomaha.com/</a> (Multiple locations)	402-672-9580
Cedar Creek at Prairie Meadows	13208 Meredith Ave. <a href="https://www.cedarhurstliving.com/cedar-creek-prairie-meadows-ne">https://www.cedarhurstliving.com/cedar-creek-prairie-meadows-ne</a>	402-391-2790
Country House Residence Omaha	5030 S. 155 <sup>th</sup> St. <a href="https://countryhouse.net/locations/nebraska/omaha/omaha-our-community/">https://countryhouse.net/locations/nebraska/omaha/omaha-our-community/</a>	402-964-2060
Country House Residence Elkhorn	3720 George B Lake Pkwy <a href="https://countryhouse.net/locations/nebraska/elkhorn/elkhorn-our-community/">https://countryhouse.net/locations/nebraska/elkhorn/elkhorn-our-community/</a>	531-999-2747
Edgewood Memory Care Omaha	17620 Poppleton Ave. <a href="https://www.edgewoodhealthcare.com/community/omaha/">https://www.edgewoodhealthcare.com/community/omaha/</a>	402-333-5749
Legato Living	(Multiple locations) <a href="https://legatoliving.com/">https://legatoliving.com/</a>	402-445-4474
Miles Memory Care	1425 Grandview Ave., Papillion <a href="http://www.milesmemorycare.net">http://www.milesmemorycare.net</a>	402-593-5496

**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 <sup>th</sup> Ct.	402-453-6100
Aksarben Village Senior Living	1330 S. 70 <sup>TH</sup> 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 <sup>rd</sup> Plz. Circle	402-573-5555
Corrigan Heights *	5945 S. 39th St.	402-827-8234
Crown Pointe Retirement Cr.	2820 S. 80 <sup>th</sup> St.	402-391-7555
Crown Tower *	5904 Henninger St.	402-444-6900
Cypress Pointe I *	N.60 <sup>th</sup> 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 <sup>th</sup> St.	402-444-6900
Fountain View Senior Living	5710 S. 108 <sup>th</sup> 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 <sup>th</sup> 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. 68 <sup>th</sup> Plz.	402-378-9474
J.C. Wade Villa *	3464 Ohio St.	402-451-8456
James Tinsley Villas *	5304 58 <sup>th</sup> Plz. Cir.	402-434-3344
Kay Jay Tower *	4500 S. 25 <sup>th</sup> 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 <sup>th</sup> Ct.	402-235-9672
Leo Vaughn Manor *	3325 Fontenelle Blvd.	402-453-1070
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 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. 108 <sup>th</sup> St.	402-444-6203
Notre Dame Apartments *	3439 State St.	402-451-4477
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 <sup>RD</sup> Ct.	402-704-3543
Papio Valley Apartments	2004 N. 81 <sup>st</sup> . Ct.,	402-955-0414
Park East Tower *	539 S. 26 <sup>th</sup> Ave.	402-345-3168
Parkside Apartments	7775 Park Dr., Ralston	402-339-9080
Pilgrim Heights *	1315 N. 26 <sup>th</sup> St.	402-953-8959
Platte Valley Apartments *	712 South West St., Valley	402-444-6203
Ponca Heights Elder Community *	84 <sup>th</sup> 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
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 <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	1854 N. 81 <sup>st</sup> St.	402-572-7041

**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/>

A Place at Home	<a href="https://aplaceathome.com/franchise/omaha/">https://aplaceathome.com/franchise/omaha/</a>	402-932-4646
A Place for Mom	<a href="https://www.aplaceformom.com/">https://www.aplaceformom.com/</a>	1-913-298-4986
Assisted Living Locators	<a href="https://assistedlivinglocators.com/care-advisor/Omaha">https://assistedlivinglocators.com/care-advisor/Omaha</a>	402-671-0446
Bridge to Better Living	<a href="https://bridgetobetterliving.com">https://bridgetobetterliving.com</a>	402-218-5610
CareMATRIX	<a href="http://carematrix.net">http://carematrix.net</a>	402-885-5693
Care Patrol	<a href="https://carepatrol.com/omaha/">https://carepatrol.com/omaha/</a>	402-557-0719
Clare Senior Advisors	<a href="https://www.clare senior advisors.com">https://www.clare senior advisors.com</a>	402-990-6994
Oasis Senior Advisors	<a href="https://www.oasis senior advisors.com/omaha/">https://www.oasis senior advisors.com/omaha/</a>	402-669-9490
Simple Senior Solutions	<a href="https://sssmidwest.com/">https://sssmidwest.com/</a>	402-990-0341

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

A Simple Nest	<a href="https://a-simplenest.com/">https://a-simplenest.com/</a>	402-850-5660
Caring Transitions	<a href="https://www.caringtransitionsgreateromaha.com/">https://www.caringtransitionsgreateromaha.com/</a>	402-882-4238
Golden Years Relocation	<a href="https://goldenyearsrelocation.com/">https://goldenyearsrelocation.com/</a>	1-833-776-6877
Senior Moving Services	<a href="http://www.seniormovingservices.com">http://www.seniormovingservices.com</a>	402-445-0996
Downsizing with Dignity	<a href="https://downsizingwithdignity.org">https://downsizingwithdignity.org</a>	402-230-7333
National Association of Senior and Specialty Move Managers	<a href="https://www.nasmm.org/">https://www.nasmm.org/</a>	

## **INFORMATION/REFERRAL**

AARP Information Center	1941 S. 42 <sup>nd</sup> St. #220 (Center Mall)	402-916-9309
	(Tues – Thurs., 10:00am – 4:00 pm)	
Eastern Nebraska Office on Aging	4780 S. 131 <sup>st</sup> St. <a href="https://enoa.org">https://enoa.org</a>	402-444-6536
Elder Care Locator	<a href="https://eldercare.acl.gov/Public/Index.aspx">https://eldercare.acl.gov/Public/Index.aspx</a>	1-800-677-1116
United Way “211” Information & Referral Hotline		Dial: 211
	<a href="https://unitedwaymidlands.org/211-2/">https://unitedwaymidlands.org/211-2/</a>	
Seniors Blue Book	<a href="https://seniorsbluebook.com/local/nebraska-iowa">https://seniorsbluebook.com/local/nebraska-iowa</a>	402-980-4082
(Website and free published booklet listing local resources in Douglas, Sarpy & Pottawattamie Cos.)		

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

## **ELDER LAW ATTORNEYS**

Baird Holm, LLP	1700 Farnam St., #1500	402-636-8302
Ronald C. Jensen	<a href="https://www.bairdholm.com/attorneys/ronald-c-jensen/">https://www.bairdholm.com/attorneys/ronald-c-jensen/</a>	
Burnett & Wilson Law	17525 Arbor St.	402-810-8611
David M. Thompson	<a href="https://www.burnettwilsonlaw.com/our-attorneys/david-m-thompson/">https://www.burnettwilsonlaw.com/our-attorneys/david-m-thompson/</a>	
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
Gross, Welch, Marks & Clare	2120 S. 72 <sup>nd</sup> St. #1500	402-392-1500
Margaret Badura & Daniel Wintz	<a href="https://gwmclaw.com/">https://gwmclaw.com/</a>	
Leroy Peterson Law	11819 Miracle Hills Dr. #104	402-718-8888
	<a href="https://www.leroypetersonlaw.com/about-leroy-peterson-law/">https://www.leroypetersonlaw.com/about-leroy-peterson-law/</a>	
Seidler & Seidler, PC.	10050 Regency Circle, #525	402-397-3801
William E. Seidler Jr.	<a href="https://www.seidler-seidler-law.com">https://www.seidler-seidler-law.com</a>	

## **LEGAL SERVICES FOR LOWER INCOME PERSONS**

Abrahams Legal Clinic	(Creighton University School of Law)	402-280-3068
	<a href="https://www.creighton.edu/law/clinics/abrahams-legal-clinic">https://www.creighton.edu/law/clinics/abrahams-legal-clinic</a>	
Legal Aid Society	209 S. 19 <sup>th</sup> St. #200 <a href="https://www.legalaidofnebraska.org/">https://www.legalaidofnebraska.org/</a>	402-348-1069
Omaha Bar Association Lawyer Referral Service		402-280-3603
	<a href="https://www.omahalawyerreferral.com/requestalawyer">https://www.omahalawyerreferral.com/requestalawyer</a>	

## **FAMILY MEDIATION SERVICES**

Legal and Non-Legal Issues

Concord Mediation Center 2910 S. 84<sup>th</sup> St. 402-345-1131  
(Concord's "Family Conflict Resolution Program" mediates disputes for caregiving families)  
<https://concordmediationcenter.com/conflict-resolution-services/family-conflict-resolution/>

### **Nebraska Living Will Document:**

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

### **Nebraska Health Care Power of Attorney Document:**

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

## **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>

Assistive Technology Partnership 402-979-0142  
<https://atp.nebraska.gov/services/reuse-network>

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/>

Methodist Health Clinics Equipment Loan Program 8111 West Dodge Rd. 402-807-3062  
<https://bestcare.org/specialties/occupational-therapy/equipment-loan-program>

**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 (SHIP) 1-800-234-7119

Volunteers Assisting Seniors (VAS) <http://vas-nebraska.org> 402-444-6617  
900 S. 74<sup>th</sup> Plz., #403 (SHIP office serving residents of Douglas & Sarpy Counties)

## **MENTAL HEALTH & COUNSELING SERVICES**

### **COUNSELORS & THERAPISTS FOR OLDER ADULTS & FAMILY CAREGIVERS**

Amy Dorton, LCSW, and Nene Diallo, LCSW 402-552-6007, option 3  
UNMC Geriatric Psychiatry

Cecilia Yee Man Poon, Ph.D (Multiple locations) 402-559-5031  
Nebraska Medicine Psychology 402-559-2666

Sara Pattavina-Moulton, LIMHP 1804 S. 116<sup>th</sup> 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<sup>th</sup> St. 402-807-0444  
<https://www.otac.space/>

Marti Finkel, LIMHP, LCSW, LADC 11605 Miracle Hills Dr., #300 402-238-1431  
Compassionate Minds Therapy <https://compassionatemindstherapy.com/marti-finkel/>

Erin Bagwell, LCSW, LIMHP 820 S. 75<sup>th</sup> St. 402-391-2477  
Family Enrichment, Inc. <https://www.familyenrichmentomaha.com/therapists/erin-bagwell-lcsw-limhp>

**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>

### **PSYCHIATRIC EVALUATION & CARE FOR OLDER ADULTS**

**Nebraska Medicine Geriatric Psychiatry Service \*** 730 S. 38<sup>th</sup> Ave. 800-922-0000  
<https://www.nebraskamed.com/behavioral-health/geriatric-mental-health>

**Nebraska Medicine Adult Psychiatric Emergency Center** 402-836-9377  
Short-term crisis admissions for persons first seen at the Nebraska Medicine Emergency Room. Provides 24/7 emergency evaluation, stabilization and referral for adults with mental health crises and drug/alcohol intoxication. <https://www.nebraskamed.com/nebraska-medical-center/clarkson-tower/adult-pes>

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

**Community Alliance** 7150 Arbor St. 402-341-5128  
Serves chronically mentally ill persons & their families <https://community-alliance.org/>

**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 thoughts, connecting them with trained crisis counselors 24/7. Services are available in English, Spanish and will provide interpretation services for over 150 other languages. <https://988lifeline.org/>

## **INVOLUNTARY PSYCHIATRIC 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 <sup>nd</sup> 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
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)	2226 "N" St.	402-346-0902
Papillion Landing 55+ Club	1046 W. Lincoln St., Papillion	402-597-2059
Schenzel Community Center (T,Th)	2220 N. 20 <sup>th</sup> 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. 38<sup>th</sup> Ave. 402-559-9600

**Home Instead Center for Successful Aging** <https://www.unmc.edu/homeinsteadcenter>

Alfred Fisher, MD

Joseph Hejkal, MD

Katherine Maliszewski, MD

Brandi Flagg, MD

Tonya McLeay, APRN

Elizabeth Harlow, MD

Cassandra Wehling, MD

Jessie Jenkins, MD

Alyssa Emodi, MD

Kelly Godfrey, APRN

Nora Kovar, MD

Amy Coffey, MD

Maureen Choman, MD

Alexandra McCashland, PA-C

**NEBRASKA MEDICINE – INTERNAL MEDICINE CLINICS**

**Brentwood Health Center** 8604 Giles Rd., La Vista 402-559-0000

<https://www.nebraskamed.com/brentwood-village>

Maureen Choman, MD

Nora Kovar, MD

Alyssa Emodi, MD

Katherine Maliszewski, MD

Cassandra Wehling, MD

Brandi Flagg, MD

Jessie Jenkins, 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 <https://www.nebraskamed.com/doctors/timothy-r-malloy>

**PRIMARY CARE GERIATRICIANS IN THE COMMUNITY**

**CHI Health** 16909 Lakeside Hills Ct. #300 402-758-5400

Heather Morgan, MD <https://providers.chihealth.com/p/heather-m-morgan-1922013531?skipPrescreen=true>

**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](https://providers.bestcare.org/search?filter=locations.external_id%3A6745627377&_ga=2.102055105.153009643.1636585699-802095022.1636214542)

**Immanuel Pathways PACE**      5755 Sorensen Parkway      402-991-0330  
Natalie Manley, MD, Medical Director      <https://immanuel.com/pathways-pace>  
<https://immanuel.com/pathways-pace/immanuel-pathways-eastern-nebraska/team>

A private, managed-care program offering medical, dental & home health care; physical & occupational therapy, social work services, coverage for prescription medications, medical transportation, nutritional counseling, 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>      1-800-222-1222

## **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/browse-alzstore-s/1898.htm>      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/>  
Prescription Discount Program      <https://www.nacorx.org/home>      1-877-321-2652

## **RECREATIONAL & FITNESS PROGRAMS** Programs for adults & seniors

**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  
<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                      Multiple Locations                      402-444-5900  
<https://parks.cityofomaha.org>

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

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

## **AQUATIC EXERCISE PROGRAMS**

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

Lauritzen Garden Walking Club                      (once weekly, Apr-Oct)                      402-346-4002 x 212  
[https://www.lauritzengardens.org/Visit/Events\\_and\\_Exhibits/Walking\\_Club](https://www.lauritzengardens.org/Visit/Events_and_Exhibits/Walking_Club)

## **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 Respite Across the Lifespan                      [edbennett@unmc.edu](mailto:edbennett@unmc.edu)                      402-559-5732

### **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 <sup>th</sup> Plz.	402-682-8929
Immanuel Pacific Springs #	805 S. 173 <sup>rd</sup> 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 <sup>nd</sup> 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 <sup>th</sup> Plz.	402-573-3700
Select Specialty Hospital	1870 S. 75 <sup>th</sup> St.	402-361-5830

## **SOCIAL & 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>

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

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

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

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

**Cyber Seniors**      Do Space – Abrahams Library, 5111 N. 90<sup>th</sup> 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.

## **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) <a href="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</a>	402-341-0800
Moby/ADA Paratransit (Wheelchair accessible vans) <a href="https://www.ometro.com/rider-guide/moby/">https://www.ometro.com/rider-guide/moby/</a>	402-341-0800
Bellevue Specialized Transportation Service <a href="https://www.bellevue.net/departments/human-services/programs#specialized-transportation">https://www.bellevue.net/departments/human-services/programs#specialized-transportation</a>	402-293-3138
LaVista/Ralston Special Services Bus <a href="https://www.cityoflavista.org/256/La-VistaRalston-Special-Services-Bus">https://www.cityoflavista.org/256/La-VistaRalston-Special-Services-Bus</a>	402-657-3550
Papillion Special Transportation Services <a href="https://www.papillion.org/640/Special-Transportation-Services">https://www.papillion.org/640/Special-Transportation-Services</a>	402-680-3970
Beautiful Life Medical Transport <a href="https://www.lifemedicaltransport.com/">https://www.lifemedicaltransport.com/</a>	402-933-0978
Compassion Care Medical Transport <a href="http://www.ccmtransport.com/">http://www.ccmtransport.com/</a>	531-772-0931
My Ol' Friend (Bellevue area) <a href="https://my-ol-friend.com/">https://my-ol-friend.com/</a>	402-915-1062
Oceans Drive Transportation <a href="https://oceansdrivetransportation.com/">https://oceansdrivetransportation.com/</a>	531-213-2211
Z Trip Nebraska <a href="https://www.ztrip.com/nebraska/">https://www.ztrip.com/nebraska/</a> (Merged company for Happy, Yellow, Checker, Cornhusker and Safeway Cabs. Discounted fares and wheelchair accessible vehicles available upon request.)	402-292-2222
GoGo <a href="https://gogograndparent.com">https://gogograndparent.com</a> 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 <a href="https://www.nuihc.org/transportation">https://www.nuihc.org/transportation</a> Transportation for Native Americans to and from medical appointments within Omaha.	402-306-1124
Ponca Express <a href="https://www.poncatribene.gov/services/ponca-express/">https://www.poncatribene.gov/services/ponca-express/</a> Operated by the Ponca Tribe of Nebraska, providing transportation to local and rural residents both Indian and non-Indian.	1-855-766-2239
Share-A-Fare, Inc. <a href="http://www.shareafare.org">http://www.shareafare.org</a> Subsidized cab fare for the visually impaired. Application needed.	402-827-9814
Jewish Senior Outreach <a href="https://www.rbjh.com/outreach-services">https://www.rbjh.com/outreach-services</a>	402-334-6532
American Cancer Society (Limited free rides for cancer treatments) <a href="https://www.cancer.org/treatment/support-programs-and-services.html">https://www.cancer.org/treatment/support-programs-and-services.html</a>	1-800-227-2345

## **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 for appointments at the Omaha VA Medical Center:**

VetRide                      <https://www.vetride.va.gov/app/home>                      402-930-7028

Disabled American Veterans Medical Transportation Service                      402-995-3453  
<https://www.dav.org/get-help-now/medical-transportation/>

### **BENEFITS/FINANCIAL ASSISTANCE**

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

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

Sarpy County Veterans Service Ofc.                      1102 E. 1<sup>st</sup> 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. 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** 1-877-809-2419  
1313 Farnam on the Mall, #316, 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. 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** Volunteer Connect Program 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>  
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  
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/>  
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/](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.

**VACCINATION RECORDS** [https://nesiis-dhhs-prod.ne.gov/prd\\_ir/public/clientSearch.do?language=en](https://nesiis-dhhs-prod.ne.gov/prd_ir/public/clientSearch.do?language=en)

The Nebraska Department of Health & Human Services provides a free personal record of all your vaccinations through its State Immunization Information System. This record may be printed and downloaded to your phone. Log on to the link above, or call 1-888-433-2510

**FREE VOTER PHOTO ID CARDS** – Nebraska law now requires all voters to present a valid photo identification card to cast a ballot. Eligible voters who don't have a Nebraska driver's license or state photo identification card can apply for a **free** photo ID card through any Nebraska Department of Motor Vehicles (DMV) Office. **On the application form, the applicant should indicate that they are seeking the card for voting purposes.**

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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.

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. 38<sup>TH</sup> Ave., Omaha, Nebraska  
<https://www.nebraskamed.com/geriatrics>**

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