

**COMMUNITY RESOURCES FOR OLDER ADULTS AND CAREGIVERS
COUNCIL BLUFFS & POTTAWATTAMIE COUNTY, IOWA ***
September 2024

(*All addresses are in Council Bluffs, Iowa unless otherwise noted)

ABUSE/NEGLECT 24 Hour Hotlines, Programs and Emergency Shelters

Elder Abuse Hotline	(24-Hour referral line)	1-800-362-2178
Adult Protective Services	https://hhs.iowa.gov/programs/programs-and-services/adult-protective-services	
Micah House	https://www.themicahhouse.org/	712-323-4416
Catholic Charities Domestic Violence and Sexual Assault Program		712-328-0266
	https://www.catholiccharitiesdm.org/our-services/domestic-violence-sexual-assault/	1-888-612-0266

ADULT DAY CARE/SHORT TERM RESPITE CARE

Country House #	1831 E. Kaneshville Blvd.	712-322-4100
	https://countryhouse.net/locations/iowa/council-bluffs/council-bluffs-our-community/	

AGING SERVICES

Connections Area Agency on Aging	231 S. Main St.	1-800-432-9209
	https://www.connectionsaaa.org/	

Umbrella organization providing free case management and support services to seniors who live in Pottawattamie and 19 surrounding counties in Western Iowa.

ALZHEIMER'S DISEASE/DEMENTIA

Alzheimer's Association, Iowa Chapter	https://www.alz.org/iowa	24 Hour: 1-800-272-3900
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/>

COUNSELING/MENTAL HEALTH/SUPPORT SERVICES (* Inpatient care)

Affinity Community Counseling	300 W. Broadway St., #111	712-242-0533
	https://www.affinitycommunitycounseling.com/	

CHI Health Senior Behavioral Services * 402-717-4673
<https://www.chihealth.com/services/behavioral-care/senior>

Center For Healing and Hope 427 E. Kanessville Blvd., #201 712-256-9660
<https://www.healingandhopellc.com/>

Horizon Therapy Group 300 W. Broadway St., #270 712-256-7511
<https://horizontherapy.net/>

Methodist-Jennie Edmundson Hospital Behavioral Health * 712-396-6000
<https://bestcare.org/specialties/behavioral-health/behavioral-health-inpatient-services>

Wings of Hope Cancer Support Center 427 E. Kanessville Blvd., #202 712-325-8970
<https://wingsofhope.org/>

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/>

INVOLUNTARY PSYCHIATRIC HOSPITALIZATION

How to file for an involuntary mental health commitment in Iowa:
<https://www.iowacourts.gov/for-the-public/representing-yourself/commitments>

Where to request an involuntary mental health commitment in Pottawattamie County:
Clerk of the Pottawattamie County Court 227 S. 6th St., Council Bluffs 712-328-5604

DRIVING CONCERNS To report an unsafe driver, send a signed letter to:

Iowa Department of Transportation Ph: 1-515-244-8725
Driver and Identification Services Fax: 1-515-239-1837
P.O. Box 9204
Des Moines, IA 50306-9204 <https://iowadot.gov/mvd/driverslicense/Medical-Vision>

Website provides guidance and a request form ("Request for Re-Examination" form # 431030) that can be completed on-line, mailed or faxed to Iowa DOT.

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

CHI Health 6901 N. 72nd St. 402-572-3055
<https://www.chihealth.com/services/rehabilitation/outpatient-rehabilitation/driver-rehabilitation-program>

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/>

FINANCIAL ASSISTANCE

Iowa Department of Health & Human Services <https://hhs.iowa.gov/> 1-800-972-2017

Social Security Administration 20 Arena Way, #1, Council Bluffs 1-866-331-9094
<https://www.ssa.gov>

Homestead Property Tax Credit (application form to be filed with the County Assessor)
<https://revenue.iowa.gov/taxes/tax-guidance/property-tax/homestead-tax-credit-and-exemption>

Pottawattamie County Assessor 227 S. 6th St., #257, Council Bluffs 712-328-5617
<https://www.pottco.org/index1net.html>

Pottawattamie County Veterans Affairs 623 6th Ave., Council Bluffs 712-328-5797
https://www.pottcounty-ia.gov/departments/veteran_affairs/

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 non-service-connected disabilities. Not affiliated with the US Government or Department of Veterans Affairs.

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

Office of the Iowa Attorney General 1-888-777-4590
<https://www.iowaattorneygeneral.gov/for-consumers>

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

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

GERIATRIC ASSESSMENT PROGRAMS Comprehensive medical & cognitive evaluations

Geriatric Assessment Program <https://www.nebraskamed.com/geriatrics> **402-559-9600**
730 S. 38th Ave., Omaha. (Nebraska Medicine/University of Nebraska Medical Center)

Geriatric Assessment Clinic (Methodist Physicians Clinic) 402-354-3152
8901 W. Dodge, #250, Omaha
<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., Omaha (*Serves persons referred by VA system medical providers only)

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

GROCERY DELIVERY

Aldi 3135 Manawa Centre Dr. 1-855-955-2534
<https://www.aldi.us/en/pickup-delivery/grocery-delivery/>

Hy-Vee Supermarket "Aisles on Line" <https://www.hy-vee.com/aisles-online>
#10 Hy-Vee Dr. (712) 322-9260
2323 W. Broadway (712) 328-9792

Walmart Supercenter 1800 N. 16th St. 712-890-3914
https://www.walmart.com/cp/fulfillment-options/1987240?povid=OMNISRV_D i GLOBAL Nav ServicesNav EXT 1987240 SuperDepartment OrderOnline_Pickup&Delivery_1332399668

HANDICAP PARKING PERMITS

Driver's License Examining Station 1720 N. 16th St. 515-244-8725
<https://iowadot.gov/mvd/driverslicense/driverslicense/dlsites/councilbluffs>

HEALTH & FITNESS (Exercise/water exercise programs for older adults)

YMCA Healthy Living Center 714 S. Main St. <https://metroymca.org/hlc-cb> 712-323-5995

HOME CARE SERVICES: MEDICAL Skilled care nurses, nurse-aides and therapists
(* Agencies in Omaha that also serve Pottawattamie County, IA)

Angels Care Home Health Care 712-352-3640
<https://locations.angelscarehealth.com/ia/councilbluffs/angels-care-home-health-910.html>

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>

Aveanna Home Health Care 712-325-8989
<https://www.aveanna.com/locations/320/council-bluffs-iowa-51503/>

CHI Health at Home * <https://www.chihealthathome.com/> 402-898-8000

Hillcrest Home Care * <https://www.hillcresthealth.com/project/home-care-omaha/> 402-682-4808

Willingham Health Services * <http://www.willinghamhealth.com> 402-505-9511

HOME CARE SERVICES: NON-MEDICAL Housekeeping, meals, companions, etc.
(* Agencies in Omaha that also serve Pottawattamie County, IA)

Connections Area Agency on Aging 1-800-432-9209
https://www.connectionsaaa.org/healthy/senior_centers.html

Beautiful Life Home Care * <https://www.blifehomecare.com/> 402-850-8438

Home Instead Senior Care <https://www.homeinstead.com/location/229/service-area/> 712-220-2866

Comfort Keepers 712-256-5800
https://www.comfortkeepers.com/offices/iowa/council-bluffs?utm_source=GMB&utm_medium=organic

Right at Home * <https://www.rightathome.net/omaha-metro> 402-697-7536

Sunlight Senior Care * <https://sunlightseniorcare.com/> 402-421-1119

Touching Hearts at Home * <https://www.touchinghearts.com/omaha/about-us/> 402-804-2607

Way to Stay Home Care * <https://waytostayhome.com/> 402-557-0639

HOME SAFETY DEVICES

EMERGENCY RESPONSE SYSTEMS

(All offer GPS technology)

FallCall Lite	https://www.fallcall.com/Apps/FallCall-Lite	
Life Alert	http://lifealerthelp.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	1-866-816-0215
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/	1-800-279-3667

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/VEHICLE SPECIAL NEEDS MODIFICATION

Connections Area Agency on Aging, Solutions for Seniors 1-800-432-9209
(Provides financial assistance for home repair and home & vehicle accessibility modification)
<https://www.connectionsaaa.org/services/home-and-vehicle-repair-and-modification-program.html>

Superior Van & Mobility 11147 Mockingbird Dr., Omaha. 1-855-934-7826
<https://www.superiorvan.com/locations/omaha-ne>

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 (# Dementia care unit * Lower income specific)

Amelia Senior Living 57 W. Ferndale Dr. 712-387-7205
<https://tutera.com/location/amelia-senior-living/>

Avoca Specialty Care Center 610 York Rd., Avoca 712-343-6398
<https://www.careinitiatives.org/avoca-specialty-care>

Bethany Heights https://blhs.care/assisted-living/	11 Elliott St.	712-328-8228
Country House # https://countryhouse.net/locations/iowa/council-bluffs/council-bluffs-our-community/	1831 E. Kanessville Blvd.	712-322-4100
Hansen House Assisted Living # https://hansenhouseassistedliving.com/council-bluffs/about.html	2331 Nash Blvd.	712-242-5734
The Heritage at Fox Run # https://www.heritage-communities.com/communities/the-heritage-at-fox-run/	3121 Macineery Dr.	712-221-2448
Oakland Manor Assisted Living https://mgmhealthcare.com/facility/oakland-manor/	737 N. Highway St., Oakland	712-482-6403
Prairie Gate Senior Living Community # https://www.preshomes.org/our-communities/prairie-gate	16 Valley View Dr.	712-352-6600
Primrose Retirement Community https://primroseretirement.com/council-bluffs-iowa-senior-care-communities/	1801 E. Kanessville Blvd.	712-352-1111
Risen Son Christian Village # https://christianhorizonliving.org/locations/risen-son-christian-village	3000 Risen Son Blvd.	712-214-7900
The Rose of Council Bluffs * https://evergreenredc.com/iowa-senior-assisted-living/the-rose-of-council-bluffs/	2306 Sherwood Dr.	712-322-1000

HOUSING: INDEPENDENT LIVING (* Subsidized rent or lower income specific)

Bluffs Towers * https://www.knudsonmanagement.com/bluffs-towers	38 Pearl St.	712-328-2222
Camelot Village * https://rhf.org/camelot-village/	1105 S. 3 rd St.	712-328-2525
Bennett Building https://www.knudsonmanagement.com/bennett-building	405 W. Broadway	402-328-2222
Dudley Court * http://mhacb.org/dudley-court/	201 N. 25 th St.	712-322-1491
Graceview Courtyard * https://immanuel.com/our-communities/council-bluffs/graceview-courtyard/home	1681 College Rd.	712-201-5339
Harmony Court https://www.harmonycourt.com/	173 Bennett Ave.	712-388-9000
The Heritage at Fox Run https://www.heritage-communities.com/senior-living/ia/council-bluffs/fox-run/	3121 Macineery Dr.	712-221-2448

Kanesville Heights Apartments *	2310 Sherwood Dr.	402-331-6882
http://www.kimballmgmt.com/heights.php		
Linden Place *	25 S. Linden Ave.	402-681-3001
	https://www.seldin.com/lindenplace	
Maple Park *	3524 2 nd Ave.	712-322-8977
	https://www.seldin.com/maplepark	
North Avenue Tower Apartments *	103 North Ave.	712-323-0684
https://www.seldin.com/northavenuetower		
Prime Square Apartments	822 S. Main St.	712-435-5500
https://www.seldin.com/primesquare		
Prairie Gate Senior Living Community	16 Valley View Dr.	712-352-6600
https://www.preshomes.org/our-communities/prairie-gate		
Primrose Retirement Community	1801 E. Kaneshville Blvd.	712-352-1111
https://primroseretirement.com/council-bluffs-iowa-senior-care-communities/		
Regal Towers *	505 S. 6 th St.	712-322-1491
	https://www.mhacb.org/regal-tower	
Risen Son Christian Village	3000 Risen Son Blvd.	712-308-8145
https://christianhorizonliving.org/locations/risen-son-christian-village		

LEGAL SERVICES

Iowa State Bar Association <https://www.iowabar.org/?pg=Find-A-LawyerHP>
(Helps you find an attorney by location and practice area.)

Legal Aid of Southwest Iowa 532 1st Ave. 1-800-532-1275
<https://www.iowalegalaid.org/organization/iowa-legal-aid-southwest-iowa-regional-office#contact-tab>

Downloadable forms:

Durable Power of Attorney for Health Care – Iowa
<https://www.iowalegalaid.org/resource/durable-power-of-attorney-for-health-care-dec>

Living Will – Iowa <https://www.iowalegalaid.org/resource/living-will-form-1>

MEDICAL EQUIPMENT/ASSISTIVE DEVICES

Help Adult Services 8522 Park Dr. Omaha, NE 402-341-6559
(Loans medical equipment at no cost) <https://www.helpequipment.org>

Mobilis Inc. Home Medical Equipment 2701 W. Broadway St. 712-328-2288
<http://www.mobilismed.com>

MEDICAL INSURANCE

Social Security Administration 20 Arena Way, #1 <https://www.ssa.gov> 1-866-331-9094
Senior Health Insurance Information Program <https://shiip.iowa.gov/> 1-800-351-4664
Iowa Department of Health & Human Services <https://hhs.iowa.gov/> 1-800-972-2017
Veterans Administration 1-800-698-2411
<https://www.va.gov/health-care/apply/application/introduction/>

MEDICAL SERVICES

Immanuel Pathways PACE 1702 N. 16th St. 712-256-7284
<https://immanuel.com/pathways-pace/immanuel-pathways-southwest-iowa>

(Program of **All-inclusive Care for the Elderly**). Medical & dental services, medications, physical and occupational therapies, counseling and social services.

NURSING HOMES (# Facilities that have special care dementia units)

Avoca Specialty Care Center 610 E. York St. (Avoca) 712-343-6398
<https://www.careinitiatives.org/avoca-specialty-care>

Bethany Lutheran Home # 7 Elliott St. 712-328-9500
<https://www.blhs.care/bethany-lutheran-home/#long-term-care>

Midlands Living Center 2452 N. Broadway 712-323-7135
<https://www.midlandslivingcenter.com/>

Northcrest Living Center 34 Northcrest Dr. 712-328-2333
<http://www.northcrestliving.com/>

Oakland Manor Nursing Home 737 N. Highway St. (Oakland) 712-482-6403
<https://mgmhealthcare.com/facility/oakland-manor/>

Risen Son Christian Village 3000 Risen Son Blvd. 712-308-8145
<https://christianhorizonliving.org/locations/risen-son-christian-village>

Iowa Long Term Care Ombudsman 1-866-468-7887
<https://hhs.iowa.gov/programs/programs-and-services/aging-services/ltombudsman>

On-line Health Inspection Reports for all US nursing homes
<https://www.medicare.gov/care-compare/?providerType=NursingHome&redirect=true>

NUTRITION PROGRAMS: Home delivered meals and community meal sites
Connections Area Agency on Aging www.connectionsaaa.org/healthy 1-800-432-9209

Council Bluffs Congregate Meal Site	714 Main St.	712-323-5995
Carter Lake Congregate Meal Site	626 E. Locust St.	712-347-6102
Neola Congregate Meal Site	110 Fourth St.	712-485-2179
Oakland Congregate Meal Site	618 N Highway	712-482-3353

PRESCRIPTION MEDICATIONS

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 Connections Area Agency on Aging at 1-800-432-9209 or log on to Iowa Senior Health Insurance Information Program (SHIIP) at <https://shiip.iowa.gov/>

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/>

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

RESPITE CARE

In-home: See "Home Care Non-Medical"

Institutional: Most Assisted Living Centers and Nursing Homes offer short-term respite care.

SOCIALIZATION AND RECREATION PROGRAMS

Connections Area Agency on Aging	https://www.connectionsaaa.org/healthy/senior_centers.htm	
Carter Lake Senior Center	626 E. Locust St. (Carter Lake)	712-347-6102
YMCA – Council Bluffs	714 Main St.	712-323-5995
Neola Senior Center	110 Fourth St. (Neola)	712-485-2179
Oakland Senior Center	618 N Highway (Oakland)	712-482-3353

TRANSPORTATION Portal-to-portal van service for elderly and disabled

Council Bluffs Special Transit Service 712-890-5296
<https://www.councilbluffs-ia.gov/361/Special-Transit-Service-STS>

GoGo <https://gogograndparent.com> 1-855-464-6872
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.

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 Iowa.

VETERANS SERVICES

Pottawattamie County Veterans Affairs 623 6th Ave., Council Bluffs 712-328-5797
https://www.pottcounty-ia.gov/departments/veteran_affairs/

MISCELLANEOUS

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>

COMMUNITY RESOURCE DIRECTORIES

Seniors Blue Book <https://seniorsbluebook.com/local/nebraska-iowa>
(Website and free published booklet listing local resources in Pottawattamie, Douglas, and Sarpy and Counties.)

My Iowa Resource Directory <https://iowa.myresourcedirectory.com/>
Searchable website for services statewide

United Way “211” Information & Referral Hotline <https://211iowa.org/> Dial: 211

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 a 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.

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

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

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://informeddelivery.usps.com/box/pages/intro/start.action>

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

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

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

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