

COMMUNITY RESOURCE LIST FOR OLDER ADULTS AND CAREGIVERS
DOUGLAS & SARPY COUNTIES: AUGUST 2008

Compiled by: Susan V. Murray, CMSW, LMHP
Section of Geriatrics & Gerontology
University of Nebraska Medical Center

ABUSE/NEGLECT

ADULT PROTECTIVE SERVICES (24 Hour Helpline) (800)652-1999
DOMESTIC VIOLENCE HOTLINE (Y.W.C.A.) 24-Hour 345-7273

ADULT DAY CARE

EDGEWOOD VISTA ADULT DAY www.edgewoodvista.com 333-5749
17620 Poppleton Ave.

FRANCISCAN CENTRE www.newcassel.org 393-2113
900 N. 90th St. (New Cassel Retirement Center)

FRIENDSHIP PROGRAM, INC. 7315 Maple St. 393-6911

HERITAGE POINTE RETIREMENT CENTER 614-5222
16811 Burdette St. www.heritagepointeomaha.com

OMAHA OOIC ADULT DAY CENTER 2724 N. 24th St. 457-4222

SARAH CARE ADULT DAY SERVICES www.sarahcare.com 496-3379
3615 N. 129 St.

THE CLUB (Mabel Rose Estates) www.hillcresthealth.com 291-9777
4609 Hilltop St. Bellevue

TRANSITIONS (HOUSE OF HOPE) 827-6296
4801 N. 52nd St.

ALZHEIMERS DISEASE AND RELATED DEMENTIAS: <http://www.alz.org/midlands>

ALZHEIMER'S ASSOCIATION, MIDLANDS CHAPTER 502-4301
Center Mall, #205; 1941 S. 42nd St. 24 Hour Phone: (800)272-3900

CARE MANAGERS: (Help to Identify/Access Care Resources)

CARE FOR SENIORS 4916 Cass St. 558-0687

EASTERN NEBRASKA OFFICE ON AGING 4223 Center St.	www.enoa.org	444-6444
ELDER LIFE CONSULTANTS 2107 S. 151 St.	www.elderlifeconsultants.com	330-3079
QUALITY SOLUTIONS 11448 Frances St.		333-2543
SENIOR CONNECTIONS, INC.	www.completecareforseniors.com	932-4401

COUNSELORS (Specializing in older adults and family caregivers)

DENNIS McNEILLY, MA, Ph.D Nebraska Medical Center, Geriatric Psychiatry Service	515 S. 26 th St.	354-6830
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DISEASE-RELATED ORGANIZATIONS

AMERICAN CANCER SOCIETY	www.cancer.org	393-5800
AMERICAN DIABETES ASSOCIATION	www.diabetes.org	571-1101
AMERICAN HEART ASSOCIATION	www.americanheart.org	346-0771
AMERICAN LUNG ASSOCIATION	www.lungnebraska.org	572-3030
AM. PARKINSON'S DISEASE ASSN.	www.apdaparkinson.org	449-4535
AMERICAN TINNITUS ASSOCIATION	www.ata.org	(800)634-8978
ARTHRITIS FOUNDATION	www.arthritis.org	330-6130
ASSOCIATION FOR MACULAR DISEASES	www.macula.org	(212)605-3719
NATIONAL APHASIA ASSOCIATION	www.aphasia.org	(800)922-4622
NATIONAL OSTEOPOROSIS FOUNDATION	www.nof.org	(800)231-4222
NEBRASKA KIDNEY ASSOCIATION	www.kidneyne.org	932-7200
NEBRASKA POLIO SURVIVORS ASSOCIATION	www.ne-polio.org	341-0710
NEBRASKA PARKINSON'S DISEASE ASSOCIATION		392-2732
NEBRASKA STATE STROKE ASSN	www.nebraskastroke.org	(888)808-5678

DRIVING CONCERNS

DRIVER ASSESSMENT PROGRAMS

Immanuel Medical Center	572-2275
Creighton University Medical Center	449-4248

(These programs evaluate vision, motor and cognitive skills, knowledge of driving rules and in-car performance. Medicare covers some costs with a doctor's prescription)

Greater Omaha Safety and Health Council (In-car performance evaluation)	896-0454 x448
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DRIVING SKILLS REFRESHER COURSES (Classroom only)
 DRIVER EDUCATION COURSE Greater Omaha Safety & Health Council 896-0454
 AARP DRIVER SAFETY PROGRAM 398-9568
 ROADWISE REVIEW (Self-Test CD-ROM from AAA of Nebraska) 390-1000

HANDICAP PARKING PERMITS

Douglas County Treasurer (Multiple locations) 444-7103
 Sarpy County Clerk 1261 Golden Gate Dr., Papillion 593-2114

TO REPORT AN UNSAFE DRIVER: Send a signed letter stating specific concerns to:
 NEBRASKA DEPARTMENT OF MOTOR VEHICLES

Attention: Examining Division
 P.O. Box 94726; 301 Centennial Mall South
 Lincoln, NE. 68509-4726 (402)471-3861

FINANCIAL HELP

NEBRASKA DEPT. OF HEALTH & HUMAN SERVICES www.hhs.state.ne.us
 Info/referral; Financial/medical assistance; Food stamps 595-3400
 Emergency/Energy Assistance 595-3608

HEATING/COOLING ASSISTANCE (American Red Cross) 343-7755
 Subsidies for lower income persons to pay heating/cooling bills/deposits, and to repair
 furnaces, stoves/electric heaters, heat pumps, and air conditioners.

OTHER UTILITY BILL SUBSIDY PROGRAMS:

State of Nebraska Health and Human Service 595-3608
 Salvation Army 898-5966
 GOCA (Greater Omaha Community Action) 453-5656
 Omaha Public Power District 536-4131
 United Way 444-6666

HOMESTEAD EXEMPTIONS County Assessor's Office
 Douglas County 444-7185
 Sarpy County 593-2122

SOCIAL SECURITY ADMINISTRATION www.ssa.gov 399-8963
 7100 West Center Rd., Suite 200

VETERANS SERVICES www.va.gov
 Douglas County 4102 Woolworth Ave., Rm. #B45 444-7180
 2428 Cuming St. 346-6735
 Sarpy County 1308 Gold Coast Rd. Papillion 593-2203

GERIATRIC ASSESSMENT PROGRAMS: Comprehensive health/cognitive evaluations

GERIATRIC ASSESSMENT PROGRAM 559-7515
University Tower, Nebraska Medical Center <http://geriatrics.unmc.edu>

GERIATRIC EVALUATION & MANAGEMENT CLINIC 346-8800 ext. 4803
4101 Woolworth Ave. (Veterans Administration Medical Center)

GERIATRIC EVALUATION & MANAGEMENT SERVICE 354-3152
8303 Dodge St. (Nebraska Methodist Hospital)

HEALTH & FITNESS PROGRAMS: Programs especially for older adults.

IMMANUEL CENTERS FOR ACTIVE AGING 829-2900
Locations: Immanuel Village, Lakeside Village and Trinity Village

METHODIST HEALTH SYSTEM "55-PLUS" PROGRAM 354-7587

NEBRASKA MEDICAL CENTER HEALTH & WELLNESS CLUB (800)922-0000

AQUATIC EXERCISE PROGRAMS FOR ADULTS AND SENIORS
Immanuel Centers for Active Aging 829-2900
Mockingbird Hills Community Center 10242 Mockingbird Dr. 444-6103
Montclair Community Center 2304 S. 135th Ave. 444-4956

CITY OF OMAHA PARKS & RECREATION PROGRAMS 444-5440
(Multiple locations)

YMCA/ YWCA. (Multiple locations) www.metroymca.org

(Most local shopping malls and the Henry Doorly Zoo open before business hours for early morning walkers)

HEALTH MAINTENANCE CLINICS: Multiple locations

EASTERN NEBRASKA OFFICE ON AGING www.enoa.org 444-6444
Weights/blood pressures, foot/nail care, injections, and health evaluations by appointment.
Call for clinic locations.

HEARING IMPAIRMENTS: Programs and Services

NEBRASKA COMMISSION FOR THE DEAF/HARD OF HEARING 595-3991
(Repairs/distributes used hearing aids and other amplification devices to low-income elderly)
www.ncdhh.ne.gov

HOME HEALTH SERVICES: Nurses, aides, therapists, sitters, etc.

AMAZING ANGELS		455-2500
APRIA HEALTH CARE		731-8700
ASERA CARE HOME HEALTH	www.aseracare.com	397-0211
ALEGENT HEALTH HOME CARE	www.alegent.com	898-8000
ALL MIDLANDS HEALTH SERVICE	www.allmidlands.com	391-5554
CARE CONSULTANTS	www.careconsultants.com	398-1848
CARETECH, INC.	www.caretechinc.com	697-5121
CUSTOM CARE		320-3700
GENTIVA HEALTH SERVICES	www.gentiva.com	593-1300
HILLCREST HOME CARE	www.hillcresthomecare.com	682-4808
INTERIM HEALTH CARE SERVICES	www.interimhealthcare.com	392-1818
MAXIM HEALTH CARE	www.maxhealth.com	399-8888
METHODIST HOME HEALTH		354-3200
NURSE PROVIDERS		399-1700
PHYSICIANS CHOICE	www.pchhc.com	331-2273
PRIME HOME CARE		390-2492
RIGHT AT HOME	www.rightathome.net	Douglas Co. 697-7536 Sarpy Co. 292-2212
ST. JOSEPH VILLA HOME HEALTH CARE		926-4444
TRAVELING ANGELS, INC.		618-0018
TRI-STATE NURSING		502-1610
VISITING NURSE ASSOCIATION	www.vnam.org	342-5566
VITALCARE HOME HEALTH		502-3665

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

"BRUSH-UP NEBRASKA"	(free exterior house painting)	444-6666
PAINT-A-THON	(free exterior house painting)	965-9169
"REBUILDING TOGETHER"	(free painting/remodeling/repair)	965-9201
EASTERN NE OFFICE ON AGING HANDYMAN PROGRAM		444-6444
HOME ACCESS SOLUTIONS	(home modifications)	291-9514
LEAGUE OF HUMAN DIGNITY	(home/vehicle modifications)	595-1256
MIDWEST CONTRACTOR REFERRAL	(screening & referral)	305-6712
NEBRASKA WEATHERIZATION ASSISTANCE PROGRAM		342-1611
(Insulation, calking, window/door repair/replacement, heating/cooling system tune-ups for lower-income homeowners)		

HOME SERVICES: Non-medical (Fee for service unless otherwise noted)

BEAUTY/BARBER SERVICES IN THE HOME	Attitudes To Go	592-0476
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COMPANIONS, MEAL PREPARATION, HOUSEKEEPING, ERRANDS, etc.

At Your Service/Errands Inc.	(Errands/house sitting)	393-9922
Care Consultants for the Aging	www.careconsultants.com	398-1848
Care One Caregivers	(nurse aids and companions)	504-3219
Care Tech, Inc.	www.caretechinc.com	697-5121
Caring For People Services	www.caringforpeopleservices.com	334-6900
Comfort Keepers	www.comfortkeepers.com	991-9880
Custom Care		320-3700
Desert Ministries (Volunteer)	www.desertministries.org	556-8032
Hillcrest Home Care	www.hillcresthomecare.com	682-4808
Home Instead Senior Care	www.homeinstead.com	498-3444
Kind Hearts	www.kindheartsathome.com	339-7727
Little Brothers - Friends of the Elderly	(Volunteer Visitors) www.littlebrothers.org/omaha/	884-6641
Right At Home	www.rightathome.net	697-7536 212-2212
Senior Helpers	www.seniorhelpers.com	991-6847
Touching Hearts at Home	www.touchinghearts.com	934-3303

ELECTRONIC MONITORING AND RESPONSE SYSTEMS

Health Watch Personal Response System (VNA)	342-5566
Immanuel Lifeline Response System (Immanuel Medical Center)	829-3277
Lifeline Emergency Response System	354-3200
Life Station Medical Alert System	(800)884-8888
Personal Emergency Response System (Walgreens)	(866)310-9061
Response Link Personal Response System	740-0650
Quiet Care Home Health Security System	(877)822-2468

SAFETY

Free Furnace Checks (ENOA)	444-6444
Free Smoke Alarm/ Carbon Monoxide Detector Installation	444-3560
Telephone Reassurance Service (Salvation Army) (Volunteer)	898-5937

HOUSING: Apartment complexes and retirement communities for older adults. (* notes assisted living facilities; # notes facilities providing dementia care.)

THE ARBORETUM	8141 Farnam Dr.	391-7573
BELLEVUE PLACE	1808 Warren St., Bellevue	292-0423
BELLEWOOD COURTS	1002 Bellewood Ct., Bellevue	292-3300
BEN VIEW APARTMENTS	Bennington, NE	444-6203
BICKFORD COTTAGE *	11308 Blondo St.	491-0400
BICKFORD COTTAGE II *	7337 Hickory St.	391-3000
BLOOMFIELD FORUM	9804 Nicholas St.	390-9991
BRIGHTON GARDENS *#	9220 Western Ave.	393-7313
CAMELOT VILLAGE	9415 Cady Ave.	397-5445
CENTRAL PARK TOWER	1511 Farnam St.	341-5130

CORRIGAN HEIGHTS	5945 S. 39th St.	592-5760
CROWN POINTE	2820 S. 80 St.	391-7555
DEFREESE MANOR	2669 Dodge St.	345-0622
DOUGLAS COUNTY HEALTH CR *	4102 Woolworth Ave.	444-7000
DURHAM-BOOTH MANOR	923 N. 38th St.	898-5880
ELK RIDGE VILLAGE *#	19400 Elk Ridge Dr.	763-8692
FLORENCE HOME RESIDENCE *	7915 N. 30th St.	827-6000
FOUNTAIN VIEW SENIOR LIVING *#	5710 S. 108 th St.	596-3033
GRANVILLE *	507 Granville Pkwy, La Vista	933-6405
GRETNA PLAZA	210 E. Glenmore, Gretna	339-8059
HARMONY COURT	1802 Wall St., Bellevue	291-4200
HERITAGE POINTE *#	16811 Burdette St.	614-5222
HICKORY VILLA *	7315 Hickory St.	392-0767
HOUSE OF HOPE * #	4801 N. 52 nd St.	827-6060
IMMANUEL COURTYARD	6759 Newport Ave.	829-2912
IMMANUEL COURTYARD *	6759 Newport Ave.	829-2990
IMMANUEL TERRACE *	6801 N. 67th Plz.	829-3240
IMMANUEL VILLAGE	6803 N. 68th Plz.	829-3220
J.C. WADE APARTMENTS	3400 Ohio St.	391-7260
KINGS GATE SENIOR APARTMENTS	7055 Crown Point Ave.	571-7910
LAKESIDE TERRACE *	17475 Frances St.	829-9030
LAKESIDE VILLAGE	17475 Frances St.	829-9020
LEO VAUGHN MANOR	3325 Fontenelle Blvd.	453-1070
LINDENWOOD NURSING HOME *	910 S. 40 th St.	342-2015
LIVINGSTON PLAZA	303 S. 132nd St.	330-3995
MABLE ROSE ESTATES * #	4609 Hilltop St., Papillion	291-9777
MAPLE RIDGE	3525 N. 167 th Cir.	614-3160
MARQUIS PLACE * #	20800 W. Maple Rd.	289-9229
MASONIC MANOR	801 S. 52nd St.	558-3161
MILLARD MANOR	12835 Deauville Dr.	896-2319
MISSION HOUSE VUE	406 E. Mission Ave., Bellevue	292-0423
MONARCH VILLA	201 & 301 E. Cedardale Rd. Bellevue	331-6882
NEW CASSEL RETIREMENT CR.*	900 N. 90th St.	393-2277
NORTH ACRES	5449 N. 108th St.	444-6203
OAK VALLEY APARTMENTS	12424 Krug Ave.	333-9888
OMAHA HOUSING AUTHORITY HIGH-RISE APARTMENTS:		444-6900
5900 Northwest Radial Hwy.	600 S. 27th St.	2500 B St.
5100 Florence Blvd.	1501 Park Ave.	4500 S. 25th .
5904 Henninger St.	1601 Park Ave.	1500 Pine St.
4850 Underwood Ave.		
ORCHARD GARDENS *	1006 S. Mayne St. Valley	359-4884
PACIFIC SPRINGS VILLAGE	805 S. 173 RD Ct.	691-8434
PAPIO VALLEY APARTMENTS	81st & Blondo Sts.	592-5760
PARK EAST TOWER	539 S. 26th Ave.	345-3168
PARSONS HOUSE *#	14325 Eagle Run Dr.	498-9554
REMINGTON HEIGHTS *	12606 W. Dodge Road	493-5807

RICHMONT VILLAGE	702 Ft. Crook Road S., Bellevue	291-9800
ROLLING HILLS RANCH	4324 N. 132nd St.	391-1055
ROYALE OAKS *	4801 N. 52nd St.	827-6060
ST. JOSEPH TOWER *	2205 S. 10 th St.	952-5000
SEVEN OAKS OF FLORENCE	3501 State St.	451-4477
SILVER RIDGE * #	20332 Hackberry Dr., Gretna	332-4280
SKYLINE MANOR & VILLA *	7300 Graceland Dr.	572-5750
SORENSEN ASSISTED LIVING CR *	4809 Redman Ave.	455-5025
SOUTHVIEW HEIGHTS *	5110 S. 49th St.	731-2118
TREGARON RESIDENCES	2815 Greenwald Dr. Bellevue	292-1818
TRINITY COURTYARD	620 W. Lincoln St. Papillion	614-1900
TRINITY TERRACE *	522 W. Lincoln St., Papillion	614-5505
TRINITY VILLAGE	522 W. Lincoln St., Papillion	614-5500
VALLEY HEIGHTS/VALLEY VIEW	Valley, NE.	444-6203
VIA CHRISTE *#	3636 California St.	551-5557
VICTORIA GARDENS *#	1702 Hillcrest Dr., Bellevue	682-4295
WALNUT GROVE	4901 S. 153 St.	861-1611
WATERFORD *	11909 Miracle Hills Dr.	431-0011
WATERFORD *	5728 S. 108 th St.	537-0544
WEL-LIFE *	801 N. Adams St., Papillion	339-1775
WELLINGTON	501 E. Gold Coast Rd., Papillion	331-3101
WESTGATE ASSISTED LIVING *	3030 S. 80th St.	391-8566
WESTMINSTER COURT	7323 Shirley St.	392-1542
WOODGATE	7800 Vane St.	444-6203

HOUSING (DEMENTIA): Residential care homes for persons with dementia

AN ANGEL'S TOUCH	11405 Farnam Cir./1113 N. 85 St.	697-0033
COMFORT CARE HOMES	(Multiple locations)	445-4474
EDGEWOOD VISTA	17620 Poppleton Ave.	333-5749
SILVER MEMORIES	8001 Maple St	393-4960
	617 Morrison Dr.	884-0404

(*See also **HOUSING** and **NURSING HOMES**)

HOUSING RELOCATION: Helps find appropriate housing for an older adult and/or arranges the details of the moving process.

A PLACE FOR MOM	www.aplaceformom.com	(866)333-2214
CARE CONSULTANTS	www.careconsultants.com	398-1848
SENIOR MOVING SERVICES	www.SeniorMovingServices.com	445-0996
TENDER TRANSITIONS	www.tendertransitions.net	965-9170
HOME ACCESS SOLUTIONS	www.homeaccesssolutions.com	291-9514
(Realtor who arranges purchase/sale/modification of homes for elderly/disabled)		

INFORMATION/REFERRAL

AARP INFORMATION CENTER	1941 S. 42 St.	www.aarp.org	398-9568
EASTERN NEBRASKA OFFICE ON AGING		www.enoa.org	444-6444
ELDER CARE LOCATOR		www.eldercare.gov	(800)677-1116
SENIOR HEALTH INSURANCE INFORMATION PROGRAM			(800)234-7119
UNITED WAY "211" INFORMATION & REFERRAL HOTLINE			211

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

ELDER LAW ATTORNEYS

Mary Buford Wilson	9910 N. 48th St. #109	451-1616
John E. Lynch	1823 Harney St. #1016	346-9450
James Reisinger	5017 Leavenworth	451-4488
William E. Seidler, Jr.	10050 Regency Circle #525	397-3801

FAMILY MEDIATION SERVICES (Legal and Non-Legal Issues)

Concord Center	9802 Nicholas St. #375	345-1131
Omaha Bar Association Mediation Referral Service		280-3603
Omaha Mediation Center	11605 Miracle Hills Dr. #300	492-9800

LEGAL SERVICES FOR LOWER INCOME PERSONS

Elder Access Hotline	(Legal Aid Society)	827-5656
Creighton University Law School Legal Clinic		280-3068

OMAHA BAR ASSOCIATION

Lawyer Referral Service		280-3603
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VOLUNTEER CONSERVATORS

Metro Area Volunteer Guardians & Conservators		431-9129
Volunteers Assisting Seniors (VAS)	4601 S. 50 th St. #213	444-6617
(VAS also provides help with legal and insurance issues)		

MEDICAL EQUIPMENT: Loaned or free

NEBRASKA HOTLINE FOR DISABILITY SERVICES	(800)742-7594
(Info/referral/purchase/training for assistive devices & services)	

PRESBYTERIAN OUTREACH, INC.	8447 Lake St.	341-6559
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MENTAL HEALTH SERVICES: Specialized Geriatric programs

ALEGENT HEALTH SENIOR PSYCHIATRIC SERVICES	572-2534
6901 N. 72nd St. (Heritage Center)	

NEBRASKA MEDICAL CENTER GERIATRIC PSYCHIATRY SERVICE
515 S. 26th St. Omaha 552-6007

MENTAL HEALTH HOLDS/COMMITMENTS
Douglas County 444-7191
Sarpy County 593-2230

NURSING HOMES: (# Nursing homes with dementia units)

AMBASSADOR OF OMAHA	1540 N. 72nd St.	393-6500
BROOKESTONE #	4330 S. 144 St.	614-4000
DOUGLAS COUNTY HEALTH CENTER	4102 Woolworth Ave.	444-7000
EASTERN NE VETERANS HOME	12505 S. 40 th St. Bellevue	595-2180
FLORENCE HOME	7915 N. 30th St.	827-6000
GRETNA CARE CENTER	700 Hwy 6, Gretna	332-3446
HALLMARK CARE CENTER	5505 Grover St.	558-0225
HILLCREST HEALTH CENTER	1702 Hillcrest Dr., Bellevue	291-8500
HUNTINGTON PARK CARE CR. *	1507 Gold Coast Rd., Papillion	339-6010
IMMANUEL FONTENELLE HOME #	6809 N. 68 th Plz.	572-2595
INFINIA OF OMAHA	3110 Scott St.	455-6636
LIFE CARE CENTER OF ELKHORN #	315 Hopper St.	289-2572
LIFE CARE CENTER OF OMAHA	6032 Ville De Sante Dr.	571-6770
LINDENWOOD NURSING HOME	910 S. 40th St.	342-2015
LUTHERAN NURSING HOME	530 S. 26th St.	346-3344
MAPLE CREST CARE CENTER	2824 N. 66th Ave.	551-2110
MILLARD GOOD SAMARITAN CENTER #	12856 Deauville Dr.	895-2266
MONTCLAIR NURSING CENTER #	2525 S. 135th Ave.	333-2304
NEBRASKA SKILLED NURSING & REHAB CR.	7410 Mercy Rd.	397-1220
OMAHA NURSING & REHAB. CENTER	4835 S. 49th St.	733-7200
PAPILLION MANOR	600 S. Polk St., Papillion	339-7700
ROSE BLUMKIN JEWISH HOME	323 S. 132nd St.	330-4272
SKYLINE HEATH CENTER	7350 Graceland Dr.	572-5750
ST. JOSEPH VILLA #	2305 S. 10th St.	345-5683
VAL HAVEN NURSING CENTER	300 W. Meigs, Valley	359-2533

NURSING HOMES: Information and concerns

HEALTH DEPT. INSPECTION REPORTS ON-LINE (All US nursing homes)
www.medicare.gov/NHCompare/

NEBRASKA DIVISION OF AGING: Statewide Ombudsman (402)471-2307

NUTRITION

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

Bellevue Senior Center	109 W. 22 nd Ave.	293-3041
Bennington Center (Wed.only)	322 N. Molly St.	238-2471
Bingel Senior Center	3612 Cuming St.	898-5854
Camelot Friendship Center	9270 Cady Ave.	444-3091
Clair Community Center (Wed.only)	5544 Ames Ave.	451-8322
Corrigan Multi-Purpose Center	3819 "X" St.	731-7210
Crown Tower	5904 Henninger Dr	444-6444
Dorothy Lawver Senior Center	5105 S. 37 th St.	444-5154
Elkhorn Center (Tues. only)	302 E. Douglas St.	289-4908
Florence	2920 Bondesson St.	444-6333
Heartland Family Services Senior Center	2101 S. 42nd St.	553-5300
Heartland Senior Center (M,W,F)	3534 S 108 th St.	616-3090
Highland Tower	2500 "B" St.	731-4231
Immanuel Courtyard (Evening Meal)	6757 Newport Ave.	829-2912
Jewish Community Center	(Kosher Meals)	330-4272
LaVista Senior Center	8116 Park View Blvd.	331-3455
Millard/Montclair Center	2304 S. 135h Ave.	546-1270
Native American Elders Center (Tu - Thur)	2240 Landon Ct.	346-0902
North Omaha Senior Center	2415 Grant St.	444-6278
Papillion Senior Center	1001 Limerick Rd.	597-2059
Park Tower South Senior Center	1601 Park Ave.	342-6616
Ralston Senior Center (Mon - Sun)	7599 Main St.	339-4926
Seven Oaks of Florence	3439 State St.	451-4477
St. Mary Magdalene Center	1817 Dodge St.	346-3234

DELIVERED MEALS:

Eastern Nebraska Office on Aging		444-6444
Jewish Senior Services (Kosher Meals)		330-4272

MEAL ASSEMBLY KITCHENS Provides ingredients/recipes for do-it-yourself meal preparation in bulk.

Super Suppers www.ssomahawestne.com	15655 Pacific St.	502-5300
Supper Thyme USA www.supperthymeusa.com	12317 W. Maple Rd. 5332 S. 138 th St. 8013 S. 83 rd Ave.	991-0322 933-4521 218-2198

MEALS PREPARED/DELIVERED IN BULK:

Seattle Sutton's Healthy Eating www.sshe.com	2041 Blondo St. 2909 S. 169 th Plz., #110	991-8234 993-1599
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MAIL ORDER AND INTERNET PHARMACIES

The National Association of Boards of Pharmacy www.nabp.net lists licensed U.S. pharmacies that accept on-line or mail orders for medications. Licensed Canadian pharmacies such as Cross Border Pharmacy www.crossborderpharmacy.com Canada Meds www.canadameds.com and Canadian Super Save Pharmacy www.canadiansupersavepharmacy.com may offer medications at reduced cost.

MEDICARE PRESCRIPTION DRUG PLANS

All Medicare Beneficiaries qualify for coverage of some medication costs beginning January 1, 2006 Drug plans are offered by numerous insurance companies, and vary according to premiums, co-payments, medications that will be covered and participating pharmacies. For more information, call Medicare at 1 (800) 633-4273 or go online at www.medicare.gov

MEDICATION DISPENSING/REMINDER SYSTEMS

Health Watch Personal Response System	Visiting Nurse Assn.	342-5566
Response Link of the Midlands	www.responselink.com	740-0650

PATIENT ASSISTANCE PROGRAMS

Most pharmaceutical companies have Patient Assistance Programs that dispense 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 www.helpingpatients.org or www.medicare.gov or www.benefitscheckup.org

RECREATIONAL/HOBBY PROGRAMS Activities for seniors (* Transportation)

Adams Park Community Center	3230 John Creighton Blvd	444-5164
A.V.Sorensen Community Center	4808 Cass St.	444-5596
Benson Community Center	6008 Maple St.	444-5184
Bingel Activities Center *	923 N. 38 th St.	898-5854
Camelot Community Center	9270 Cady Ave.	444-5972
Christie Heights Community Cr	5105 S. 37th St.	444-5081
Heartland Family Services Center *	2101 S. 42nd St.	553-5300
Florence Community Center	2920 Bondesson St.	444-5216
Heartland Senior Center	3534 S. 108 th St.	616-3090
Mockingbird Hills Community Center	10242 Mockingbird Dr.	444-6103
Montclair Community Center	2304 S. 135th Ave.	546-1270
New Cassel Retirement Center	900 N. 90th St.	393-2277
North Omaha Senior Center *	2425 Grant St.	444-6278
Pipal Park Community Center	7770 Hascall St.	444-5140
Sherman Community Center	5701 N. 16th St.	444-5673
YMCA/YWCA	(Multiple Locations)	

RESPIRE SERVICES (see also: COMPANIONS/FRIENDLY VISITORS)

EASTERN NEBRASKA OFFICE ON AGING	444-6650
PRESBYTERIAN OUTREACH.	341-6559

RESPIRE RESOURCE CENTER 996-8443
 (Assisted living and nursing facilities may also provide short term respite care)

SUPPORT/SELF- HELP GROUPS

ALCOHOLICS ANONYMOUS 556-1880
 AL ANON (Families of alcoholics) 553-5033
 ALZHEIMER'S DISEASE/DEMENTIA www.midlandsalz.org 502-4301
 AMPUTEES 733-4954
 AMYOTROPHIC LATERAL SCLEROSIS 390-2914
 ARTHRITIS & FIBROMYALGIA 330-6130
 CANCER (General)
 American Cancer Society – Omaha Chapter 393-5800
 Alegent Health System 572-2768
 Methodist Health System 354-4016
 Nebraska Medical Center 559-4420
 BREAST CANCER 354-5890
 GYNECOLOGICAL CANCER 354-5890
 LEUKEMIA/LYMPHOMA/MYELOMA 344-2242
 ORAL/HEAD & NECK CANCERS
 Nebraska Medical Center 559-4420
 Methodist Health System 354-5890
 PROSTATE CANCER
 Alegent Health System 398-6267
 Methodist Health System 354-5890

CAREGIVER INFORMATION RESOURCE CLUB (CIRCUS) 996-8444
CHILDREN OF AGING PARENTS www.caps4caregivers.org 496-6400
 CROHN'S DISEASE & COLITIS 505-9901
 DEBTORS ANONYMOUS 397-4059
 DEPRESSION & BIPOLE DISORDERS 502-4673
 DIABETES 399-0777
 EMOTIONS ANONYMOUS 697-1023
 EPILEPSY 680-8026
 GAMBLING ADDICTION 978-7557

GRIEF/BEREAVEMENT:
 Bereavement Support Group (J.Gentleman Mortuary) 391-1664
 Compassionate Friends (death of a child of any age) 571-4011
 Grief Recovery Group 552-3219
 Grief Support Group (Heafey,Hoffman Mortuary) 391-3900
 Pet Bereavement (Nebraska Humane Society) 444-7800
 Surviving Bereavement 572-2933
 Survivors of Suicide 558-4616
 THEOS (death of spouse) 399-0759

HEAD INJURY 991-7717

HEARING LOSS	Hearing Loss Assn. of Omaha	558-6449
HEART DISEASE		301-4402
IMPLANTABLE CARDIAC DEFIBRILLATOR		354-4288
LUNG DISEASE	Pulmonary Partners	354-4190
MENTAL ILLNESS		341-5128
MULTIPLE SCLEROSIS		572-3190
MYASTHENIA GRAVIS		289-1766
OSTEOPOROSIS		493-2493
OSTOMY	United Ostomy Assn. of Omaha	397-4796
PANIC AND ANXIETY DISORDERS		493-7958
PARKINSON'S DISEASE	Am. Parkinson's Disease Assn.	449-4535
POST-POLIO SYNDROME		341-0710
SENIOR CAREGIVERS SUPPORT GROUP (Caregiver Support Services)		502-1764
STOP-SMOKING PROGRAMS	American Lung Assn.	572-3030
STROKE SUPPORT GROUP		559-6264
		354-4453
THEOS	(Widowed Persons)	399-0759
VISUAL IMPAIRMENTS		595-2041

The United Way of the Midlands keeps an updated list of local support groups:
 Call 211 for their information line, or log on to www.ne211.org

TRANSPORTATION: Ambulances, vans and private autos

A & B Shuttle Service		331-7558
American Ambulance		342-0404
American Van Transports		333-2114
Bellevue Specialized Transportation Service		293-3138
Bureau for the Jewish Aging	(van service)	330-4272
Eastern Nebraska Office on Aging	(Non-Omaha residents)	444-6444
Golden Carriage Program	(private car/escort service)	444-6558
Moby Van Service -Metro Area Transit Co.	(van service)	346-8779
Midwest Medical Transportation	(van service)	(800)562-3396
Nebraska Health & Human Services Department	(taxi vouchers)	595-3400
Omaha Ambulance/Van Service		345-6666
Papillion Senior Bus Service		680-3970
Prince of the Road		934-2800
Road To Recovery (volunteers drive cancer patients to treatments)		393-5800
Rural/Metro Ambulance/Van Service		346-9191
Shared Mobility Coach		345-6640
Veterans Services		346-8800. ext. 3453 or ext. 3345

(Non-medical home care agencies can arrange for their workers to transport a client in the client's own vehicle.)

VISUAL IMPAIRMENTS: Devices, training, services

EYE CARE AMERICA www.eyecareamerica.org (800)222-3937
(Referral to eye doctors providing free/low cost care)

LOW VISION SERVICES (UNMC) 704 S. 38th.Ave 559-4170
(Evaluation, visual aids and training)

LOW VISION PRODUCTS/LARGE PRINT ITEMS (CATALOGUE)
Independent Living Aids, Inc. www.independentliving.com (800)537-2118

MISSION CATARACT USA Midwest Eye Care, PC 552-2020
Provides cataract surgery, lens implants and follow up care at no charge for persons
with limited means

NEBRASKA SERVICES FOR THE VISUALLY IMPAIRED 595-2041

TALKING BOOKS, READING SERVICES, AND LARGE-PRINT MATERIALS

Omaha Public Library 444-4835
Nebraska Library Commission Talking Book Service (800)742-7691
Omaha Association of the Blind 341-3017
Radio Talking Book Network 572-3003

VOLUNTEER AND EMPLOYMENT OPPORTUNITIES FOR OLDER ADULTS

EASTERN NEBRASKA OFFICE ON AGING 444-6558
 Senior Employment Program Respite Care Program
 Foster Grandparent Program Home Delivered Meals Program
 Retired Senior Volunteer Program Senior Companion Program
 Ombudsman Advocate Program Tax Counseling Program
 Golden Carriage Transportation Program

DESERT MINISTRIES 2205 S. 10th St. 556-8032
SENIOR HEALTH FOUNDATION (Computer training) 827-6091
SERVICE CORPS OF RETIRED EXECUTIVES (SCORE) 221-3606
VOLUNTEER RESOURCE CENTER 1805 Harney St. 342-8232
VOLUNTEERS ASSISTING SENIORS 4601 S. 50th St. #213 444-6617

MISCELLANEOUS

CAREGIVER TRAINING 502-1764
7 hour training class offered by the American Red Cross and Caregiver Support Services for
family caregivers. Topics covered include nursing care, home safety, nutrition. legal and
financial issues. www.caregiversupportservices.org

FANS LOANED TO LOWER INCOME ELDERLY

Salvation Army Senior Services 898-5860
Eastern Nebraska Office on Aging 444-6444

HOLIDAY CALLS PROGRAM (AT&T) 970-1818

Arranges free long distance calls from seniors to family anywhere in the world at the holiday season

HOLIDAY PARTY FOR THE ELDERLY www.littlebrothers.org/omaha/ 884-6641

Annual free Christmas Day luncheon with entertainment and gifts for elders. Free transportation provided. For shut-ins, holiday meal and gifts are delivered. Sponsored by Little Brothers-Friends of the Elderly, a non-sectarian, non-profit organization.

MAIL/TELEPHONE SOLICITATIONS - To stop these, send written requests to:

Mail Preference Service
Direct Marketing Assn.
P.O. Box 643
Carmel, NY 10512

Telephone Preference Service
Direct Marketing Assn.
P.O. Box 1559
Carmel, NY 10512

Federal Government "Do Not Call" Registry www.donotcall.gov: (888)382-1222
Better Business Bureau Senior Line (Information on scams and frauds) (877)637-3334

TELEPHONE SERVICE REBATES: Nebraska Public Service Commission

The Nebraska Telephone Assistance Program (NTAP) assists lower-income persons to establish phone service by subsidizing up to 50% of connection fees and a delayed, no-interest payment plan for installation charges. It also provides a discount up to \$13 per month for phone service. Applications are available on line at: www.psc.state.ne.us/ or by phone: (800) 526-0017

TRASH & RECYCLING BIN PICKUP FROM THE DOOR 444-5238

Elderly or disabled persons can designate a special pick up spot near their house if they cannot physically move cans/bin to the curb. Application and medical statement required.

UTILITY SHUT-OFF NOTICES Copies of shut off notices can be sent to the caregiver of an elderly person who fails to pay utility bills. Contact Utility business offices.

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

The Community Resource List for Older Adults and Caregivers is updated at least once annually and may be duplicated with proper acknowledgement. For updated versions, log on to: <http://geriatrics.unmc.edu> and click on the link to “Patient Information.” On the left side bar, click on “Patient/Caregiver Education Materials.” There, you will find a printable copy of this resource list.

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