Welcome to Omaha!
From The House Officers Association - Alliance for UNMC and Creighton Residents, Fellows & their families.

Our group, “HOAA”, is meant to serve the spouses and significant others of the resident or fellow in training. We share our welcome packet with you every year and hope that it will serve you well as you transition into your training program at UNMC or Creighton.

If you have a spouse or significant other who is looking for a local group to join with other wives and husbands of medical professionals in training, look no further! Have him or her reach out to us at omahahoaa@gmail.com to get connected.

Enjoy and welcome to Omaha!
Dear House Officer and Family,

Welcome to Omaha! We hope that this information packet will help you in your transition to the medical school, residency, or fellowship years, particular if you are new to the area.

Included in this welcome packet is information about our group. We are formally known as the House Officers’ Association Alliance (HOAA). Our group exists to provide support and friendship to the spouses and families of UNMC residents, fellows, and medical students. We also partner with spouses and families of Creighton University residents and fellows to provide broadened support to the medical community as a whole.

We understand that these years of continued medical training can be challenging, but with a good support network they can also be very rewarding. We are here to help make this a time to enjoy and flourish rather than merely survive.

HOAA sponsors several events and special interest groups for the partners, spouses, and children of house officers throughout the year. These include a monthly event, book club, children’s playgroup, and volunteer opportunities among others. These events are advertised on our website calendar, www.omahahoa.com, and via our facebook group HOAA - Omaha and Creighton Residents and Fellow Spouse Group. Included are sample calendars of our monthly and children’s playgroup events. We invite you to let us be your family away from family, your friends in a new place, and your support system. We all understand what you are going through and are here for mutual support.

We hope that you will take advantage of all that HOAA has to offer. Included in this folder is a membership application for our 2018-2019 year. Please note that this is an organization for spouses or significant others of the residents, medical students and fellows and not the residents, medical students and fellows themselves. Annual dues are $25 for medical students, $30 for medical students plus playgroup, $40 for members only and $50 for members plus playgroup. These dues pay for themselves in just a few events.

Please don’t hesitate to contact me with questions about our organization, life in Omaha, the training years, or any other questions you may have. I wish you the best in your upcoming years and I look forward to meeting you.

Sincerely,

Victoria Blair
HOAA President 2018-2019
Spouse of William Blair, Radiology Resident
omahahoa@gmail.com
**Our Current 2017-18 HOAA Calendar of Events!**
(Some events are members only, some spouse included. Babysitting provided at events.)

<table>
<thead>
<tr>
<th>Month</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>July</td>
<td>Welcome Picnic - Elmwood Park</td>
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<tr>
<td>August</td>
<td>Brunch at UNMC</td>
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</tbody>
</table>
| September | Blackstone Food and Beverage Tour  
Barrie Food and Beverage Tour
Creighton Men’s Soccer Game |
| October | Game Night at Spielbound                               |
| November | Bowling at Sempecks                                    |
| December | Holiday Ice Skating Party, A visit from Santa         |
| January | Members Night In at a previous HOAA alumna’s home     |
| February | Couples Sushi Making Class                            |
| March  | St. Patty’s Day celebration                           |
|        | Barre Class taught by one of our own members           |
| April  | Members Dinner at Cantina Laredo                       |
| May    | Henry Doorly Zoo                                       |

HOAA exists to provide support and friendship to the spouses and families of UNMC and Creighton medical students, residents and fellows. When finalized, the dates of these events will be posted on our calendar and on our website at [www.omahahoaa.com](http://www.omahahoaa.com). You can also RSVP via the calendar on the website. Please email us at [omahahoaa@gmail.com](mailto:omahahoaa@gmail.com) and find us on [Facebook](http://www.facebook.com) under HOAA - Omaha Resident and Fellow Spouse Group.
**Our 2017-2018 Playgroup Events:**

<table>
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<tr>
<th>Month</th>
<th>Events</th>
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<tr>
<td><strong>July</strong></td>
<td>Opening Social Elmwood Park</td>
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<td>Hanscom Pool</td>
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<td><strong>August</strong></td>
<td>Bellevue Berry Patch</td>
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<td>Splash Pad</td>
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<td><strong>September</strong></td>
<td>Apple Orchard</td>
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<td>Henry Doorly Zoo</td>
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<td><strong>October</strong></td>
<td>Vala’s Pumpkin Patch</td>
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<td>UNMC Halloween Party</td>
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<td><strong>November</strong></td>
<td>Children’s Museum</td>
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<td>Gingerbread House Making</td>
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<tr>
<td><strong>December</strong></td>
<td>Holiday Party</td>
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<td><strong>January</strong></td>
<td>Indoor Playground</td>
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<td>Amazing Pizza Machine</td>
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<td><strong>February</strong></td>
<td>Valentine’s Day Party</td>
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<td>PE 101 Indoor Kids Gym</td>
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<td><strong>March</strong></td>
<td>Bounce House</td>
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<td>Downtown Mounted Police Tour</td>
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<td><strong>April</strong></td>
<td>Easter Egg Hunt</td>
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<td>Fire Station Tour</td>
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<td><strong>May</strong></td>
<td>Seymour Smith Park</td>
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<td>Closing Social- Stinson Park</td>
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*Playgroup usually held on the second Wednesday and last Thursday of every month from 10am-noon unless otherwise noted by the coordinators.*
These individuals and companies not only sponsored this packet but sponsored our monthly HOAA member events at the Platinum, Gold, Silver, or Bronze levels. Their support of our group allows us to host our monthly events and playgroup meet-ups throughout the year. Thank you to our generous sponsors!

Access Bank - Physician Loan Mortgage Lending & Banking, Local Bank
Katie Henry - 402.905.4121. khenry@accessbank.com
https://www.accessbank.com/

Realtor, Designer, Allied ASID, HGTV Specialist - Sallie Elliott
Salliemelliott@gmail.com - 402-630-5953

Cross Country Bank - Physician Loan Mortgage Lending
Greg Accero 402-281-2999 greg.accero@myccmortgage.com

Renaissance Financial - Financial Advising and Insurance
Chris Insinger and Associates: Chris.Insinger@rfconline.com
www.renaissancefinancial.com

Dundee Bank - Banking Services, Local Bank

Metro Credit Union - Mortgages and Banking, Local Bank

MB Financial Bank - Physician Loan Mortgage Lending
Michele Ringsdorf - 402.934.4281 mringsdorf@mbmortgage.com

CBS Home Real Estate - Realtor
Kathy Lanphier - Kathy.Lanphier@cbshome.com
http://kathylanphier.cbshome.com
Member Recommendations

Auto Care

- Don's Radiator: 125 E. 1st Papillion 68046 – (402) 331-0897 – General auto care, not just radiators – most honest and best priced shop I've worked with!
- Atchley Ford: 3633 North 72nd St., Omaha - (402) 574-2600 - www.atchleyford.com
- Charlie Graham Body & Service: This is right on the corner before you get to UNMC, so it has been very convenient for car pickup. They have a courtesy shuttle and are always wonderful. 4206 Leavenworth Street - (402) 551-6000 - www.charliegraham.com
- Gregg Young Chevy: Awesome customer service. Free loaner when your car is getting worked on. Will call throughout the day with updates. Great customer service. 17750 Burt Street - (402) 572-8080 - www.gychevy.net
- Marion Tire: They do an AMAZING job fixing a flat or will give you honest, low prices on new tires. The only downfall-they don't make appointments, but a lot of times we'd have a very little wait or we'd just drop our car off and pick it up later! (402) 553-9393
- Midwest Tire: They've been family owned since 1944. I went for new tires on the van with the kids and they were the nicest guys! It was a super busy day and we were there almost three hours, but they put on PBS kids and were so nice and kind! 13th and Pacific -(402) 342-2248
- Yeck's Auto Repair: Excellent customer care and fair prices. 203 Fort Crook Road, North Bellevue - (402) 293-1200 - www.yeckautorepair.com
- Omaha Car Care on Center and 58th. They are very honest and knowledgeable 402-556-6708
- Excellence in Auto Repair. Great family run company that has helped out in so many ways. 402 399-0934

Legal, Taxes, & Home Insurance

Attorneys
- Contract Negotiations: Eric W. Tiritilli: Attorney at Law, Gross & Welch, P.C., L.L.O. Specializes in contract negotiations. Phone: 402.504.1300 or etiritilli@vwattys.com

Accountants
- Brian Cspikes with Seim Johnson (402) 330-2660
- Nicole Snow at Bland and Associates (402) 397.8822

Home and Auto Insurance
- Devan Kennington, Allstate: (402) 496-5315
- Debbie Williams, Farmer’s Insurance - (402) 614-4633
Beauty and Spa Services

- **Janae Henry** at Creative Hair Design (402) 330-5660
- **Faces Spa**: They have a great maternity massage. 8715 Countryside Plz, Omaha - (402) 384-8400 - http://facespa.com/
- **Garbo's Salon**: 120 Regency Pkwy #176, Omaha - (402) 391-2333 www.garbossalons.com
- **James Harris Salon**: 201 South 157th Street, Suite 109, Omaha - (402) 934-0019
- **Mod Studio**: (Private beauty salon) Nicole Bouwens - (402) 320-2420
- **Novel Hair Salon and Spa**: 84th and Center area - (402) 399-9100 www.novelhairsalon.com
- **Parlour 1887**: 6068 Maple in Benson area - http://parlour1887.com
- **Salon Seven**: (402) 934-2177 - www.sevensalon.com
- **Oasis Spa**: 689 N. 132nd St, Omaha, NE 68154 – (402) 964-2267

Childcare

- **Morning Star Preschool** located near children’s hospital. Need to get on waiting list early.
- **Family Place Daycare** located in Clarkson College. Affiliated with Nebraska Medicine.
- **Omaha Christian Academy**. Preschool and continues through 12th grade.
- **Montessori Educational Centers**- various locations around town.
- **The Curious Child Montessori Preschool**
- **The Early Childhood Center at First Covenant Church**
- **The Hills Montessori**
- **Kindernook Preschool**. They have preschool and also a 2’s program. Phenomenal!
- **YMCA** (check website, not all branches have preschools). They do tuition based on income.
- **Beautiful Savior Preschool** in La Vista.
- **The Wonder Place** at Dundee Presbyterian Church in Omaha.
- **St Pius** on Blondo has preschool and enrolls children up through 8th grade.
- **UNMC's Child Development Center**: Located on UNMC’s campus on the backside of the administration building at 40th & Dewey. www.unmc.edu/unmcchildcare

Churches

- **Beautiful Savior Lutheran Church**: 7706 S 96th Street, La Vista - www.bslcomaha.org - (402) 331-7376
- **Christ Community Church**: Campuses in Bellevue and Omaha. Making disciples of Jesus for Kingdom impact. (402) 330-3360 - eccomaha.org
- **Finding Life Church**: “We’re finding what's worth living for . . . intimacy with the King and passion for His Kingdom.” Very involved children and student ministries as well as small groups throughout the week for adults. 8989 Park Dr, Ralston, NE 68127 www.findinglifechurch.com
- **Heritage Church of the Nazarene**: 6909 Cornhusker Rd., Papillion - (402) 331-8900 www.heritagehillchurch.com
• **St. Mary’s Catholic Church**: They have lots of active ministries including perpetual adoration. 2302 Crawford St., Bellevue - (402) 291-1350 - [www.stmarysbellevue.com](http://www.stmarysbellevue.com)

• **St. Patrick’s Catholic Church**: in Elkhorn- very involved parish! Lots of ongoing activities for children and families! (402) 289-4289

• **St Margaret Mary Catholic Church**: 6116 Dodge St, Omaha, NE. 402-558-2255.

• **Dundee Presbyterian Church**: 5312 Underwood Ave, Omaha, NE, 68132.

• **www.archomaha.com** -- a listing of the Catholic Churches in the Omaha Archdiocese with links to individual church websites for mass times and bulletins.

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**Dining**

• **Flatiron Café**: Excellent food in a unique dining atmosphere, but it’s priced accordingly. Good for a special occasion. 1722 Saint Mary’s Ave #110, Omaha - (402) 344-3040

• **Mula – Mexican Kitchen and Tequileria**: Amazing street style tacos and margaritas! 40th and Farnam, Omaha.

• **Darios Brasserie**: 4920 Underwood Ave Omaha. French cafe style

• **Pitch**: 5021 Underwood Ave Omaha & 17808 Burke St (near 180th and Dodge) – Delicious coal-fired pizza!

• **Upstream Brewery** – located in the Old Market 514 S. 11th Street and West Omaha 17070 Wright Plaza Omaha.

• **Benson Brewery** – 6059 Maple Street Omaha.

• **Dantes Ristorante Pizzeria** - 168th and Center Omaha, also located in Blackstone

• **Shucks Fish House and Oyster Bar** – near downtown Omaha – 1911 Leavenworth Street Omaha

• **Twisted Fork** – 1014 Howard Street Omaha – in the Old Market

• **Fleming's**: Prime Steakhouse and Wine Bar. 140 Regency Pkwy, Omaha - (402) 393-0811

• **Mark's Bistro**- homey upscale American bistro with beautiful patio in the summer and jazz bar/cafe downstairs. 4916 Underwood Ave, Omaha, NE 68132, (402) 502-2203

• **Jones Bros Cupcakes**: Close to Aksarben Park and a great treat. They were on Food Network’s Cupcake Wars! 2121 S. 67th St., Omaha - (402) 884-2253

• **Kobe Steakhouse**: In Regency Parkway, upscale. 120 Regency Pkwy # 13, Omaha - (402) 391-1755.

• **Le Quartier Baking Company**- 5026 Underwood Ave, Omaha, NE 68132, (402) 933-3595, amazing bakery with the best bread and croissants and homemade soups.

• **V. Mertz**: In the Old Market. The best for anniversaries – romantic ambiance! Entrees are $20-30. 1022 Howard St, Omaha, NE 68102 (402) 345-8980

• **Laibela Ethiopian Restaurant**: Small Ethiopian restaurant. Owner/cook is very nice and helpful. The combo platter is the best deal it's $13/14 and will feed 2-3 people. Close to UNMC! 4422 Cass Street, Omaha.

• **La Mesa**: A Mexican favorite. Multiple locations. 11002 Emmet St. Ste 112, Omaha; 156th & Q St., Omaha - (402) 496-1101

• **Lo Sole Mio Ristorante Italiano**: Close to VA and University Hospitals. 3001 S. 32 Ave., Omaha - (402) 345-5656
• **Mama’s Pizza**: Delicious and family-friendly! 715 N Saddle Creek Rd., Omaha - (402) 553-9270 - www.mamaspizzaomaha.com

• **Mother India Restaurant**: Small and family owned. The mom seats you, the dad takes your order, and the kids bus tables. It is great Indian food with a quaint atmosphere. Close to UNMC! 3572 Leavenworth St., Omaha - (402) 763-2880

• **Gorat’s**: 4917 Center St, Omaha, NE 68106, old school steak house. Warren Buffet likes it :)

• **Sgt. Peffer’s**: Super quick and easy Italian food – they have a drive through window for take out orders! They are a local favorite (I love the grilled chicken salad!) and now have 2 locations (midtown and millard).  www.sgtpeffers.com

• **Summer Kitchen**: 3 locations in metro area. Our favorite is the La Vista one. www.summerkitchen.net

• **Taqueria Tijuana**: Small little taco place in South Omaha. Great authentic tacos and salsa. ONLY TAKES CASH! 5139 S 24th St. Omaha

• **Tas's Thai Pepper**: 12775 Q Street, Omaha - (402) 895-7788

• **Salween Thai**: great prices, GREAT Thai food – always packed! 1102 NW Radial Highway (402) 884-5375

• **Valentino’s**: Huge Italian buffet and has good deals for kids. Multiple locations around town. 10190 Maple St., Omaha; 5070 Leavenworth St., Omaha; 5022 S. 108th St., Omaha

• **Stoysich House of Sausage**: name says it all! Delicious selection of homemade sausages and hot dogs. 2532 South 24th Street, 68108

• **Wheatfield’s**: Huge amounts of good food from breakfast through dinner. Family-friendly. Also good for carry-out bakery items. Our family members like to come here when they visit. One Pacific Place, 1224 S 103rd St, Omaha, NE 68124 and 1224 S 103rd St., Omaha; 7775 Olson Dr. Ste 101, Papillion - (402) 955-1485 - www.wheatfieldscatering.com

• **Ice Cream Shops**: Ted and Wally’s, E-Creamery, Coneflower Creamery, The Local Ice Creamery: people are really into ice cream here and everyone has their favorites. The malts and shakes at the Storz Pavilion at UNMC aren’t bad either!

• **Friday macaroni and cheese bar** for $5.99 at the UNMC cafeteria. Huge portions and great if you want to meet your spouse for lunch and have your kids. Fridays only 11a-2pm.

• **Goldberg’s**: great family restaurant in Dundee. Excellent burgers and other homestyle comfort food like bread pudding. 5008 Dodge St, Omaha, NE 68132

• **The Boiler Room**: 1110 Jones St, Omaha, NE 68102. Super fancy delicious French food. Go here to celebrate the end of residency!

• **Coffee shops**: Beansmith Coffee Roasters at 1213 Harney St, Omaha, NE 68102 , Archetype at 3926 Farnam St, Omaha, NE 68131, Aromas in Benson.

• **Gerda’s German Restaurant and Bakery**: 5180 Leavenworth St, Omaha, NE 68106. Great German beer, pan fried chicken, amazing donuts and a great yearly Octoberfest festival.Very family friendly.

• **Olsen’s Bake Shop**: 1708 S 10th St, Omaha, NE 68108. Best donuts in town.

• **Noli’s Pizzeria**: 4007 Farnam St, Omaha, NE 68131, 402-359-1802

• **Amsterdam Falafel and Kebab**: Delicious kebabs and falafel and curry fries! 620 N 50th St, Omaha, NE 68132, open late on weekends. Located in the heart of dundee.

• **Duggers Cafe**: Great breakfast and lunch spot in Dundee. Can get crowded on weekends for breakfast. Amazing pancakes and egg dishes. 4950 Dodge St, Omaha, NE 68132. 402-502-9156
Harold's Koffee House- Old school diner located in Florence. Been family run for over 50 years. Amazing donuts, homemade rolls and pies and comfort food. 8327 N 30th St, Omaha, NE 68112, (402) 451-9776

Lisa’s Radial Cafe- excellent breakfast diner frequented by Creighton undergraduates and alumni. 817 N 40th St, Omaha, NE 68131, 402-551-2176

Sweet Magnolia’s Bakery- Best cinnamon rolls ever. 813 N 40th St, Omaha, NE 68131, (402) 934-6427

J. Coco- romantic American bistro, good for date night. 5203 Leavenworth St, Omaha, NE 68106, (402) 884-2626

Entertainment/Activities

Farmer's Markets : Old Market location – Open every Saturday May 7th – October 15th from 8am – 12:30pm. Aksarben Village location – Open every Sunday May 8th – October 16th from 9am – 1pm Charles Drew Health Center location open every Wednesday July 6 – August 31st from 3:30pm – 5:30pm.

CenturyLink Center: Great concert venue. www.centurylinkcenteromaha.com

Durham Museum: Families get in for FREE with Resident ID!!! Great Museum for the family with Nebraska history and Trains. Also has traveling Smithsonian Exhibits. 801 S 10th St., Omaha - info@durhammuseum.org

Henry Doorly Zoo: One of the nation’s best zoos (always top ranked, if not #1) and has lots of indoor areas to view animals in the winter! Also has an aquarium and IMAX theater which are both free with zoo membership/admission. Amazing splash pad open in the summer. The season pass is the cheapest way to go if you plan to go more than once. 3701 S. 10th Street, Omaha - (402) 733-8400

Bob Kerry Pedestrian Bridge- 705 Riverfront Drive, Can walk across the bridge to Iowa. Has a small splash pad/fountain area and concert venues and food trucks in the summer.

Maplewood Lanes: Clean. 3030 N. 101st Street, Omaha - (402) 572-9393

Midtown Crossing offers a wide variety of delicious restaurants with great atmosphere. 333 Farnam St., Omaha - (402) 934-8860 - www.midtowncrossing.com

Moylan Iceplex – 12550 West Maple Road Omaha.

Motto McLean Ice Arena

Prairie View Lake: (In Bennington) is a great place to fish. The kids catch small fish about every 5-10 minutes. Located 2 miles West of Bennington, 180th & Hwy 36.

Standing Bear Lake: (of Omaha Parks and Rec) is a great place to go for walks or runs and has a lot of open sidewalk for the kids to ride bikes. 6404 North 132nd Street, Omaha - (402) 444-5955

Fontenelle Forest: One of Nebraska's oldest conservation organizations and largest private nature centers. 1111 Bellevue Boulevard North, Bellevue, NE. They have a great early childhood program called Mud Pies.

Westwood Cinema: Movies are $3.25, cash only (but are not brand new to the box-office). Great way to have an inexpensive date night or take the family to a movie! Located behind Bakers at 125th and West Center, Westwood Plaza - 2809 S. 125th Ave. #297 Omaha - (402) 697-1300
• **The Mark** - 20902 Cumberland Drive – Bowling, laser tag, arcade, full dinner menu! [www.markomaha.com](http://www.markomaha.com)
• **Aksarben Village** – Dining and shopping – Summer concert series.
• **Lake Zorinsky**: 9901 JJ Pershing Dr. Omaha. Beautiful park – two playgrounds, hiking and bicycling trails.
• **Strategic Air and Space Museum** – 28210 W. Park Highway, Ashland, NE.
• **Joslyn Art Museum** – Free entrance, great kid area called Artworks in basement and outdoor sculpture garden. 2200 Dodge Street Omaha.
• **Omaha Children’s Museum**- yearly memberships make great gifts from family. [http://www.ocm.org/](http://www.ocm.org/)
• **Bounce U** – Indoor bounce house arena. 11144 Q Street Omaha.
• **Pump It Up** – Indoor bounce house arena. 960 S. 72nd Street Omaha.
• **PE 101** – Indoor Kid gym – 2920 N. 118th Circle Omaha.
• **Go Kids Gym**: 4223 S. 120th Street Omaha.

### Health Clubs

• **Anytime Fitness** – Multiple locations (downtown, near Children's, Papillion, etc) all open 24/7. Fantastic gym!
• **24 Hour Fitness**: 4 locations. Open 24/7. Full service. [www.24hourfitness.com](http://www.24hourfitness.com)
  - Cass – Sport: Multiple locations. 7777 Cass St., Omaha - (402) 343-0486; Northpark – sport 2718 North 118th Circle, Omaha - (402) 496-2444; 144th & F (OMAHA) – sport 4007 S. 145th Plaza Omaha - (402) 895-5550; Tara Plaza – sport 845 Tara Plaza Papillion - (402) 331-7333.
• **Aspen Athletic Club**: 3 locations. Childcare and children’s programs available. [www.aspenathleticne.com](http://www.aspenathleticne.com)
  - Aksarben 2110 South 67th Street, Omaha - (402) 763-1400;
  - Shadow Lake 7549 Towne Center Parkway, Papillion - (402) 884-7377; Q Street- Aspen Active 17725 Welch Plaza, Omaha - (402) 452-3399
• **Lifetime Fitness**: Has a wonderful aquatic center. 17007 Elm Street, Omaha - (402) 334-3000. [http://clubs.lifetimefitness.com/Omaha/11261/](http://clubs.lifetimefitness.com/Omaha/11261/)
• **Mick Doyle's Kickboxing and Fitness Center**: Pricey, but the staff is really personal. 10801 Blondo Street, Omaha - (402) 498-9592 - www.mickdoyle.com
• **Omaha Dive Club** is an awesome dive club for kids! Head Coach Peter Charles at peter@omahadiveclub.com or by phone at 402-850-9683 - [www.omahadiveclub.com/facility](http://www.omahadiveclub.com/facility)
• **Prairie Life**: 3 locations. Full service health club with great classes. Very nice facilities and features. Child-care and children’s programs are available. [www.prairielife.com](http://www.prairielife.com) 132nd & Center, 275 S. 132nd St., Omaha - (402) 691-8546; 84th & Q, 8525 Q Street Omaha - (402) 537-0430; Midtown Crossing, 31st & Farnam Street, Omaha, (402) 916-5000
• **Salvation Army Kroc Center**: Aquatic center, fitness center, education center, rental facilities, programs for adults and children, fellowship hall. 2825 Y St., Omaha - (402) 905-3500 - www.omahakroc.org
• **YMCA**: Armbrust and Maple locations. Great facilities, wonderful childcare, zero-entry pool. Maple has a great Terrific 2's program, pre-school, and great group exercise classes. Papillon
location is newer and has a great pre-school program and great children swim lessons. The downtown location also has a full time day care.

- **Swimtastic**: For swimming lessons. They do a great job of teaching kids of all ages the basics of swimming in a very small class environment. If you do lessons there, you get free use of the heated 80 degree pool on the weekends. 2920 N 118th St, Omaha, NE 68164. 402-496-7946
- **DiVentures** – For diving and swim lessons for infants and kids of all ages. 4303 S 121st Plaza Omaha.
- **Lotus House of Yoga**- 3 studio locations around town. Great variety of classes. The Aksarben studio also has a barre fitness room and juice bar.
- **Bhadra Yoga**- 5020 Leavenworth St, Omaha, NE 68106, Great restorative and prenatal class.
- **Barre Code Dundee**-5002 Dodge St #301, Omaha, NE 68132, 402-884-1667

### Household/Home Repairs/Cleaning

- **A&P Construction, Inc**: Roofing specialists - (402) 740-0800.
- **AAA Residential Heating and Cooling**: (402) 551-1000
- **Aksarben ARS**- 7070 S 108th St, La Vista, NE 68128, 402-331-1233
- **B&B Plumbing** Brian Bales, Owner. (402) 330-5660
- **Backlund Plumbing**: (402) 341-0450 - www.backlundplumbing.com
- **Brasch Heating and Cooling, LLC**: Shane Brasch, owner. (402) 591-1838
- **Brink Painting Services**: (402) 575-7878- www.brinkpainting.com
- **Thrasher Basement** – 1-888-822-4553
- **Affordable Window and Gutter Cleaning** – 402-706-7374.
- **Orlando**- landscaper. 402 321-7033.
- **Painting**- Terry O’Doherty at 402-334-7934
- *Be sure to ask your real estate agent for local vendor recommendations as well*

### Medical Care

#### OB/Gyn

- **Dr. Amoura**: Office is at the Olson Women’s Center at UNMC. (402) 559-9800
- **Dr. Julia Bishop**: Gynecology only - 16120 West Dodge Road, Omaha - (402) 354-0910 and Methodist Women’s Hospital 707 N. 190th Plaza, Omaha - (402) 815-4000 http://methodistforwomen.com/
- **Dr. Erin Evans**: at Lakeside and Alegent. 17001 Lakeside Hills Plaza #100, Omaha, NE 68130, 402-697-7200.
- **Dr. Karen Carlson**: UNMC Physicians - (402) 559-2719
- **Dr Hill** with Omaha OB/GYN- 4239 Farnam St. Suite 734 / (402) 552-2700 and at 16909 Lakeside Hills Ct. Suite 201 / (402) 991-1900
- **Dr. Linda Collins**: Omaha OB/GYN Associates at 16909 Lakeside Hills Court Suite 201, Omaha - (402) 991-1900 and at 4239 Farnam Street Suite 734, Omaha (402) 552-2700
• **Dr. Lanette Guthman**: Delivers at Methodist. 717 N. 190th Plaza, Omaha, NE, (402) 815-1700
• **Dr. Nancy Hicks**: Physicians of OB-GYN. 2723 S 87th St, Omaha, NE 68124, 402-397-6600
• **Dr. William Weidner**: Methodist Physicians Clinic Women's Center 717 N. 190th Plaza, Omaha - (402) 815-1700
• **Dr. Jill Burke**: Omaha OB/GYN Associates at 16909 Lakeside Hills Court Suite 201, Omaha - (402) 991-1900 and at 4239 Farnam Street Suite 734, Omaha (402) 552-2700.
• **Dr. Nick Steinauer**: Omaha OB/GYN Associates at 16909 Lakeside Hills Court Suite 201, Omaha - (402) 991-1900 and at 4239 Farnam Street Suite 734, Omaha (402) 552-2700. He completed additional training at the Pope Paul VI Institute for the Study of Human Reproduction/Creighton University as a Natural Family Planning Medical Consultant, specifically the Creighton Model Fertility Care System.

**Dermatology**
• **Dr. Kristie Hayes**: 10060 Regency Circle Omaha - (402) 354-1315
• **Dr. Joel Schlessinger**: 2802 Oak View Drive, Omaha - (402) 334-7546

**Pediatrics**
• **Children's Physicians Dundee Clinic**: There are many residents who use Dr. Erin Loucks and Dr. Drake and Dr. Moore. 119 North 51st Street Ste 201, Omaha - (402) 955-7676
• **Dr. Mary Dek**: Village Pointe Pediatrics 16811 Burke Street # 101 Omaha - (402) 573-7337. All the physicians there are wonderful. They have night and weekend appointments to fit everyone's schedule.
• **Dr. Kari Krenzer**: Children's Physicians, West Village Pointe 110 North 175th Street (402) 955-5437
• **Dr. Kronberg** at Eagle Run, 13808 W. Maple Rd. Ste 100, Omaha - (402) 955-3000
• **Dr. Amanda Votruba** at the Methodist Women's Hospital campus. (402) 815-1325
• **Dr. Dulac**: Sancta Familia Medical Apostolate. Also Dr. Pierre is a family doctor there as well. Catholic non-profit clinic. 10506 Burt Circle, Omaha, NE 68114, (402) 991-3393

**Family Medicine**
• **Dr. Elisabeth Backer**: 2727 South 144th Street, Omaha, NE (402) 778-5677
• **Dr. Harnisch**: Family physician at UNMC. (402) 552-3222

**Dentists**
• **Pediatric Dentist: Dr. Jane Bennett** - 72nd and Cornhusker Suite 400 - 545 Fortune Drive, Papillion (402) 502-1256 (our kids LOVE her!) www.janebennentdds.com
• **Gentry Smiles** is VERY kid friendly!! 11010 Prairie Brook Road Omaha (402) 571-3415
• **Greder Dental** 1113 North 72nd Street, Omaha - (402) 558-6220
• **Hillsborough Family Dentistry**: 13808 W Maple Road, Suite 112, Omaha (402) 445-4647
• **Pediatric Dentist: Dr. J. Bryan Hohenstein**: Smile Station Pediatric Dentistry- located at 180th & Q - highly recommend this office! Fantastic with kids and makes it a fun experience. (402) 330-5535
• **Dr. Lisa Strunk and Dr. Dana Carmen** are wonderful pediatric dentists. Both are magical and so is the office staff. My kids practically run into the dentist! [http://www.pedodonticspc.com](http://www.pedodonticspc.com) 2521 S. 119th St, Omaha, NE 68144, 402-330-5913

• **Dr. Elizabeth Szeliga**: We shopped around for almost 6 years in Omaha before finding this FABULOUS dentist! (402) 572-1120

• **Pediatric Dentist: Dr. Barry Webber** with Walnut Creek Pediatric Dentistry in Papillion. 11336 S 96th St Suite 111, Papillion - (402) 590-2018  [www.walnutcreekteeth.com](http://www.walnutcreekteeth.com)

**Other Specialties**

• **Allergist: Dr. James Tracy**: Ste 210, 2808 South 80th Avenue, Omaha - (402) 391-1800  [www.allergynebraska.com](http://www.allergynebraska.com)

• **Boys town Pediatric Audiologist**: 555 North 30th Street, Omaha - (402) 498-6520

**Pet Care**

- **Harvey Oaks Animal Hospital**: 2706 S. 148th Circle, Omaha, Nebraska 68144, 402-334-0200
- **Ralston Veterinary Clinic**: Multiple vets, longer hours. Nice staff, good & inexpensive boarding services, includes outdoor walks 2x a day. 6880 S. 78th St., Ralston - (402) 331-6322  [www.ralstonvet.com](http://www.ralstonvet.com)
- **Log Barn Stables**: Quality horse boarding. 11420 33rd Ave., Plattsmouth (402) 296-5351
- **Pittman Animal Hospital**: Friendly and affordable. In Midtown. 4629 Dodge Street, Omaha - (402) 556-2535
- **Dr. Cory at VCA Animal Hospital**: off of center and 66th. He is a wonderful vet. Dr. Cory and the whole staff are so wonderful. 2323 South 64th Avenue Omaha, NE 68106 (402) 558-1522

**Shopping**

• **Big Wheels to Butterflies**: Awesome selection of gently used infant and children’s clothing, gear, toys, and more! Multiple locations around town. Their Papillion store also carries maternity clothes.  [www.bigwheels2butterflys.com](http://www.bigwheels2butterflys.com)

• **B2B Last Chance**: It’s owned by Bigwheels to Butterflies and it’s their clearance center on gently used baby/children clothes. It’s across the street from Bigwheels to Butterflies in Papillion. Everything is $1 unless otherwise noted. Onesies are 2 for $1 and socks are 4 for $1. 11425 S. 72nd Street Papillion – (402) 884-5010.

• **Nebraska Furniture Mart**: Huge furniture, appliance, and electronics store with hard-to-beat prices. 700 S. 72nd Street, Omaha - (402) 397-6100

• **Midtown Crossing** has a plethora of places to shop near both Creighton and UNMC! 333 Farnam St. Omaha - (402) 934-8860 - [www.midtowncrossing.com](http://www.midtowncrossing.com)

• **Once-N-Again**: Gently used infant and children’s clothing, gear, toys, and more! 11820 S. 25th Bellevue, NE 68123 (402) 905-2404  [www.Once-n-again.com](http://www.Once-n-again.com)

• **Rotella’s Bakery**: has really inexpensive bread and rolls. 6949 South 108th Street La Vista - (402) 592-6600

• **The Bookworm**: great independent book store. 2501 South 90th Street, Suite 111, Omaha, NE 68124, 402-392-2877
Moving to Omaha Information
CHECK OUT THE OMAHA CHAMBER OF COMMERCE AT
HTTP://WWW.OMAHACHAMBER.ORG/

Housing

The area of town you live in can make a big difference. Below you will find a list of the various sections of town. Hopefully this will save you some time and ultimately help you find a good place to live. In general, the further west you go, the newer the housing is and it’s more of a “suburbia” setting. Make sure to investigate how traffic is along the route to UNMC/Creighton prior to selecting housing.

Downtown: Rental properties priced in resident/fellow budgets are often older, smaller, and typically more run down. A growing market of loft apartment and condominiums has recently emerged in and around an area downtown known as the Old Market, many of them are great! In general, housing downtown is generally more expensive than comparable housing in other Omaha areas, but it is also popular among residents and fellows who enjoy nightlife and a more urban setting.

Central/Midtown (roughly between 30th and 72nd Streets): A little older housing with pockets of charming neighborhoods. Homes here usually are a good value for the price. The Dundee area within Midtown has a good reputation with past residents, being known for its unique two and three story homes. Morton Meadows and Field Club are also neighborhoods within Midtown with great homes and very close to Creighton, The NE Medical Center, and the VA. The Benson area has retained its small town atmosphere and “main street” shopping district. Several residents who decide to buy a house purchase in this area because it is often affordable and close to area hospitals. Excellent elementary schools and parochial schools nearby.

Bellevue: Generally good neighborhoods and moderately priced housing, with a large diversity of acreages, condos and new housing developments. The commute to hospitals depends on traffic, but is usually about 20 min. Bellevue has a small town feel with the perks of a city nearby. It is also home to Offutt Air Force Base.

South/Southeast Omaha: Older housing in mostly working-class, diverse neighborhoods. Some areas are well kept and safe, while others feel more run-down. If you are looking to buy a more reasonably priced house, this may be a good area. It is close to the Zoo, Rosenblatt Stadium, and the Botanical Gardens. Also home to historic south 24th street where some of the city’s best and most authentic Mexican restaurants and bakeries are located.

North Omaha: Older and very inexpensive housing. This area has great neighborhood pockets but is also home to much of Omaha’s crime and gang activity.
West/Northwest Omaha: Larger, newer homes, which often have large yards. Nice, moderate housing along with several newer homes which are quite affordable. 15-20 minute commute to UNMC. The nearness of the interstate allows for easy commuting to any part of the city from here.

Millard/Southwest Omaha: Nice housing and neighborhoods with an excellent school system, but housing is often more expensive and the commute is greater than 20 min.

Papillion, Ralston, La Vista, Gretna: Nice housing and neighborhoods, with both established areas and new construction and excellent schools. The commute to UNMC depends on traffic but will be greater than 20 minutes.

Getting Around Omaha

Getting around Omaha can be fairly easy if you remember a few hints:

- The streets are divided into north and south by Dodge Street, which runs from east to west starting downtown all the way out to west Omaha. Dodge is the main street through town. The city is divided from east and west by 72nd Street. Where Dodge and 72nd Street meet is considered the “crossroads.”
- Typically, north/south streets are numbered (i.e. 55th Street) and east/west streets are named (i.e. Maple Street). Streets and Avenues are not the same; they are usually right next to each other though.
- The interstate system consists of I-80 going east-west, I-680 heads north off of I-80 in west Omaha, and I-480 heads north off of I-80 downtown.

Omaha’s public transportation system, known as Metro Area Transit (MAT), is somewhat limited. Most residents drive to get where they are going.

Omaha has been nicknamed the “20 Minute City” because almost everything is within a 20-minute drive, although with the suburban sprawl to the west that nickname is really being stretched!

Auto Registration & Licensing

New residents in Omaha have 30 days after establishing residency to purchase license plates, register their vehicle and pay auto taxes. Automobiles are taxed as personal property. Titles and registrations can be processed at these Douglas County Treasurer office locations:

- By mail at 1819 Farnam St, 402-444-7025
- In person at:
  - North Branch - 7414 N 30th St
  - South Branch - 4202 S 50th St
  - Millard Branch - 5730 S 144th St
  - Maple Branch - 2910 N 108th St
  - Midtown Branch - 411 N 84th St*
Vehicles previously titled in another state must have their vehicle undergo a VIN number inspection, which is done at the Douglas County Sheriff’s Vehicle Inspection Office located at 8338 Chicago Street, 402-444-7532 or 402-444-7536. The cost is $10.00. Then you must bring your insurance and registration information to the County Treasurer’s office (Douglas County, Omaha – 402-444-7103) (Sarpy County, Papillion 402-593-2143). To title your vehicle, you will need your out of state title and the inspection receipt. Licensing fees vary; there is a wheel tax and a motor vehicle tax which is based on your vehicle’s value.

Driver License
By law, you must get your Nebraska driver’s license within 30 days of moving here. You will have to give them your current license in exchange for a new one. You can also register to vote while you get your license!
DMV locations:
4208 S 50th street, 402-595-2039
7414 N 30th street, 402-595-2040
2910 N 108th Street, 402-595-3106
5730 S 144th Street, 402-595-2424
Sarpy County DMV; 1210 Golden Gate Drive, 402-595-1834

Voter Registration
New residents can register to vote by mail or in person. You can register at the Election Commissioner’s office located at 225 North 115th Street, Omaha, NE 68154, 402-444-VOTE, at any public library, or when renewing a driver’s license.
For Papillion residents, you can register at the Sarpy County Election Commission office located at 501 Olson Dr, Suite 4, Papillion, NE 68046, 402-593-2167.

Utilities
Omaha Public Power District (OPPD): New customers 402-536-4131
Metropolitan Utilities District (MUD): Serving the metro area including municipalities in 4 other counties. Located at 1723 Harney St. Call 402-554-6666 for gas and water connections.

For garbage, recyclables and yard waste collection within the Omaha city limits go to http://www.wasteline.org/mybin/
For Sarpy County residents see http://www.bellevue.net/Information/Trash-Recycling or http://www.premierwastesolutions.com/
*Residents outside the Omaha city limits, in unincorporated areas or sanitary improvement districts (SID), should make arrangements with private contractors for garbage collection.

Omaha Area Newspapers
The Metropolitan area is served daily by the Omaha World Herald which publishes both morning and evening editions. The metro area also has several community newspapers.
The Computerized Omaha Public Library system consists of 10 convenient locations. Most cities/towns in the Greater Omaha area have public libraries to enhance educational systems. Sump Memorial Library is an amazing library in Sarpy County.

Free Education
The University of Nebraska in Omaha offers 15 credits a year to the families of medical residents at UNMC. FREE classes up to a certain amount of credits per quarter. These can only be applied to undergrad classes. For more information contact the registrar's office at http://www.unomaha.edu/registrar/

Medical Services

Urgent Care Centers for Children:
*Children’s Physicians Urgent Care - West Village Pointe*
Monday through Friday 6-10 pm
Saturday, Sundays & Holidays Noon – 10 pm
110 N. 175th St. (175th & Burke -Southwest of Village Pointe Shopping Center)
Omaha, NE 68118, (402)-955-8300
*Children’s Physicians Urgent Care - Val Verde*
Monday through Friday 6-10 pm
Saturday, Sundays & Holidays Noon – 10 pm
9801 Giles Rd., Suite1 (96th and Giles)
Omaha, NE 68128
(402) 955-7200

Urgent Care Centers for Adults:
Clarkson Family Medicine affiliated with UNMC operates 3 urgent care clinics in 3 locations around the city with evening, weekend, and holiday hours.
http://www.nebraskamed.com/immediate-care-clinics

See also a list here:
https://www.urgentcarelocations.com/ne/omaha/omaha-urgent-care

Emergency Rooms
Omaha
*Nebraska Medicine-4305 Dewey Ave*
402-559-6637
*Children’s Hospital - 8200 Dodge Street*
402-955-5400
Bergan Mercy Medical Center - 7500 Mercy Road 402-398-6060
Creighton University Medical Center - 601 North 30th Street 402-449-4000
Immanuel Medical Center - 6901 North 72nd Street 402-572-2225
Methodist Hospital - 8303 Dodge Street 402-354-4000
Methodist Women’s Hospital- 707 N. 190th Plaza 402-815-4000

Council Bluffs, Iowa
Mercy Hospital - 800 Mercy Drive, 712-328-5000
Methodist Jennie Edmundson Hospital- 933 E Pierce St 712-396-6000

Papillion
Midlands Hospital - 11111 South 84th Street 402-593-3000

Bellevue
Bellevue Medical Center - 2500 Bellevue Medical Center Drive 402-763-3000

**Shopping Centers**

**Aksarben Village**: 67th and Center. Great outdoor shopping area with boutique shops and excellent restaurants. Home to Stinson Park which has a fountain, playground, and is home to a great summer concert series. Also hosts a holiday market with lots of local crafts. Also home to a movie theater and Spirit World, a great liquor/wine store.

**Crossroads Mall**: 72nd and Dodge. Sears, Target, Barnes & Noble

**CountrySide Village**: 84th and Pacific. Unique local shops, salons, galleries, and a few eating establishments.

**Garden Ridge**: Located at about 129th & W. Center. Lots of items at cheap prices. They have everything from furniture to underwear. [http://www.gardenridge.com/](http://www.gardenridge.com/)

**Midtown Crossing** located at 333 Farnam St. Omaha, NE 68131 (402) 934-8860 www.midtowncrossing.com. Has a variety of stores and restaurants and lots of activities. Thursdays throughout the summer they host jazz on the green and free community yoga on Sunday afternoons.

**Oakview Mall**: 144th and Center. Bright and open. Lots of varieties of stores: Dillard’s, Williams-Sonoma, Movie Theater nearby. Great soft-sculpture play area for kids.

**Old Market**: Unique trendy shops, galleries and restaurants. Summertime farmers market.

**One Pacific Place**: 102nd and Pacific. High-end chain shops in an upscale strip mall setting: Ann Taylor, Banana Republic, Sur la Table, Eddie Bauer. Trader Joe’s is also located here.

**Regency Court**: remodeled Shopping Center offers a unique blend of upscale shopping and dining in the heart of Omaha. The quality is unmatched, the service is unbeatable, and the ambiance is one of a kind, very nice! Pottery Barn kids has concerts and events. Excellent Santa Claus with fake snow at Christmastime for family photo opportunities.

**Rockbrook Village**: 108th and Center. A large number of fun local shops, galleries, plus some restaurants and services. Hosts several events for families throughout the year.

**Nebraska Crossing Outlet Mall**: 21209 Nebraska Crossing Dr. C100 - Gretna, NE (15 minutes outside of downtown Omaha) Great selection of outlet stores including J Crew, Kate Spade, Nike, etc. [www.nexoutlets.com](http://www.nexoutlets.com)

**Shadow Lake Towne Center**: an 880,000 sq. ft. open-air mall on 127 acres. Has a combination of home, fashion, grocery, discount and lifestyle retailing all in one. The center has vehicular access to the major and junior anchors, as well as shops at the center’s core. The architectural elements
reflect those of historic buildings across Nebraska for a unique shopping experience. Great variety of stores and restaurants.

**Village Pointe:** 168th and Dodge. Higher-end stores such as Sephora and Janie and Jack, some good chain restaurants, a movie theater and the Apple Store. Beautiful Christmas decorations.

**Westroads Mall:** 98th and Dodge. Dillard’s, Younkers, Von Maur, JC Penny, The Container Store, several chain restaurants, large amusement center on lower level. Movie theatre is very nice but with expensive concessions. Amazing food court called Flagship Commons https://www.westroadsmall.com/en/flagship-commons-food-hall.html

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**Grocery and Specialty Foods**

**Aldi:** A no frills, value packed grocery store. The quality is great and the money saved is substantial. You need your own grocery bags or Aldi sells good ones cheaply or you can gather boxes as you go because items are in boxes and on pallets. The carts are locked together outside and require a quarter to unlock (return cart to get money back). Aldi will also give a double your money back guarantee if you are not satisfied with their products.

**Bag-N-Save:** I always make sure to check the Sunday ads for the specials at Bag n Save. Their regular prices are a little higher than other stores in the area, but their sales are great. You do have to bag your own groceries.

**Bakers:** Several locations, big and clean with a large variety and good produce. Some even have those car carts for kids. Great bakery and deli with pharmacy, floral, and photo depts. Watch their flyers for prices. Make sure to get a Baker’s saving card.

**Costco:** 2 locations in Omaha at 12300 W Dodge Rd and at 12515 Westport Pkwy in La Vista. Costco is a membership warehouse, carrying brand name merchandise at substantially lower prices than typical stores. It has much more than just groceries. They also have cheaper gas prices and 1 hour photo. Worth the membership just for household goods and if you have a large family (or a large freezer).

**Absolutely Fresh Seafood Market:** The name speaks for itself. 1218 S 119th St, Omaha, NE 68144, (402) 827-4376

**HyVee Supermarkets:** Several locations, employee-owned, great customer service. Has “car carts” for the kids and postal services inside some stores. Very friendly and good selection with great catering departments and good pizza and Chinese food. Make sure to get a fuel saver card to save on groceries and gas. Also, kids can eat free fruit in the store while you shop! Also has a curbside delivery service and home delivery service.

**Jacobo’s:** Hispanic specialty, fresh tamales and salsa. 4621 S. 24th St. (402)-733-9009. Cash only, closed Mondays.

**La Guerra:** Hispanic specialty market. 4233 S. 24th St. (402) 733-9194.

**No Frills Supermarkets:** Multiple locations. They have a large selection of items, nice parking, and competitive prices. Not always the cleanest or friendliest (depends on location).

**Sam’s Club:** Membership required; large quantities. 120th and L (Note: owned by Wal- Mart). Also have 1 hour photo and many household items besides food.

**Whole Foods:** natural, organic, and specialty foods. The prices are quite high, but you can’t beat their selection of produce, seafood, meats, and cheese. 10040 Regency Circle. Excellent to go food options and eat in cafe.
Trader Joe’s: “great food + great prices = Value” grocery store. Regency, 10305 Pacific Street, Omaha - (402) 391-3698. Cult following for some of their products.

WalMart- various locations around Omaha. Also offers curbside delivery service on groceries. Walmart Markets are smaller stores with a pharmacy that just sell grocery and some household items and can be very convenient with lower prices on produce and other packaged goods.

Information Centers

There are so many wonderful things to do in Omaha that it is hard to mention them all in this packet but here are some helpful links about the city of Omaha and things to do and see here.

Visitomaha.com
Momaha.com
Greater Omaha Convention and Visitors Bureau: Has lots of flyers and brochures about area attractions and activities, plus a knowledgeable and helpful staff. 1620 Dodge Street, 402-444-4660, www.visitomaha.com.

Nebraska Game and Parks Commission: http://outdoornebraska.gov/
For a list of office locations see this link :http://outdoornebraska.gov/locations/
Can purchase hunting and fishing licenses at these locations.

Council Bluffs Area Chamber of Commerce-149 W Broadway, Council Bluffs, IA 51503, (712) 325-1000

Iowa Information Center: Council Bluffs, Iowa, Exit 1B on I-80, follow signs to the center. A unique drive to the center – through a prairie setting to a beautiful facility that serves as a tourism info center for Iowa.
Medical & Dental Professional Loan

- Medical school loans can often be excluded from your debt-to-income ratio if deferred more than 12 months from closing!
- Signed offer or employment contract can be used as evidence of income!

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